

N SQUALLI ABSCH News



Nisqually Tribal News

4820 She-Nah-Num Dr. SE Olympia, WA 98513

Phone # 360-456-5221

Volume 12 Issue 9

www.nisqually-nsn.gov

September 2022

Nisqually Summer Youth Paint a Mural

By Debbie Preston

Mr. Wilson, as he has been called for decades as a teacher, has been working with Nisqually Youth to help complete a mural for a storage container that sits outside the Nisqually Medical Center. Wilson roughed out the elements of the mural, then worked with the youth on brush techniques and other aspects of painting a large mural.



Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: /4/22
Minutes Approved on:
Meeting Called To Order: 1:35

Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Absent
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 th Council	Present
Guido Levy Jr.	6 th Council	Present
Leighanna Scott	7 th Council	Present
Derrick Sanchez	Sergeant of Arms	Absent

Guest: Nat3e C, Justine C, Pete A, Brent B, Alvin A, David W, Deb P, Cynthia I, Sharlaine R, Heidi P.

Tribal Councils Motions & Consensus:

Alvin Aganon – **Approval of Weekly Budget Consent Calendar.** Motioned by David Iyall, seconded by Jackie Whittington. Motion passes 5-0-0

Alvin Aganon – **A Resolution Authorizing Submission of a Health and Wellness center Construction Project to the State of Washington, Department of Commerce, Building Communities Fund Program.** Motioned by David Iyall, seconded by Chayannah Squally. Motion passes 5-0-0

Resolution #126

David Wolff – **A Resolution to Approve and Authorize an Addendum to Contract with the Innovation Group.** Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes 5-0-0

Resolution #127

David Wolff – **A Resolution Adopting Title 23 (Business Leasing Code) of the Nisqually Tribal Code and Repealing Resolution NO, 89-2022.** Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes 5-0-0

Sommer Sanchez – **Approval of 7/21/22 TC Meeting Minutes.** Motioned by David Iyall, seconded by Chayannah Squally. Motion passes 5-0-0

David Wolff – **A Resolution Amending Title 9 of the Nisqually Code.** Motioned by Guido Levy Jr, seconded by Chayannah Squally. Motion passes 5-0-0

Executive Session 1:43-2:19

Nate Cushman – **Approval of Draft Nisqually Indian Tribe Housing Department Eligibility Admissions and Occupancy Policy. 14 Day.**

Nate Cushman – **A Resolution Approving Revisions to the Nisqually Tribe Policy on Approval and Execution of Tribal**

Continued on pg. 3-MINUTES

How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-459-9603
Youth Center 360-455-5213
Natural Resources 360-438-8687

Nisqually Tribal News

4820 She-Nah-Num Dr. SE
Olympia, WA 98513
360-456-5221

Leslee Youckton
youckton.leslee@nisqually-nsn.gov
ext. 1252

The deadline for the newsletter is the second Monday of every month.

Nisqually Tribal Council

Chair, William (Willie) Frank III
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Chayannah (Chay) Squally
6th Council, Guido Levy Jr.
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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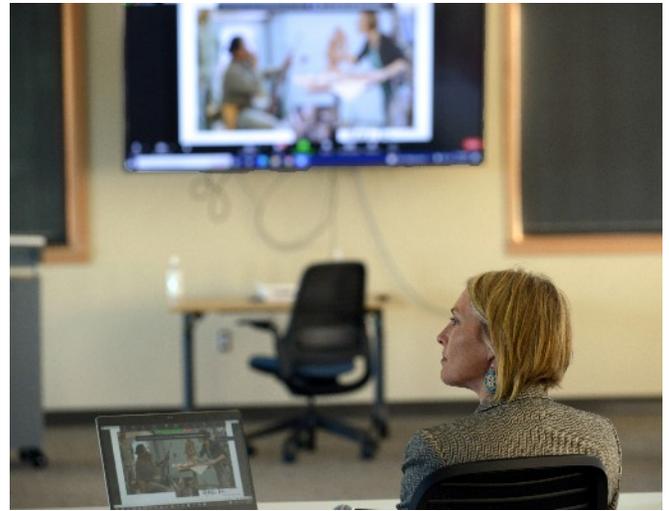


Billy Frank Jr. Sculpture Discussions

Washington state Lt. Governor Denny Heck and Nisqually Chairman Willie Frank III listen to artist Addison Karl discuss his work and sculpture experience.

Heck and Frank are part of the selection committee who will choose the artist to create the sculpture of Billy Frank Jr. which is slated to be installed in Washington, D.C. at the end of 2024.

Artist Marie Rees, who has done extensive sculpture work in bronze, discusses the process of making a statue and answers questions from the committee.



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Government Contracts. *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes 5-0-0 Resolution #130*

Nate Cushman – **A Resolution Amending the Nisqually Indian Tribe Financial Services Policies and Procedures.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes 5-0-0 Resolution #131*

Motion to Adjourn by David Iyall, seconded by Jackie Whittington. Motion passes 5-0-0 Meeting ends 2:21

Chinook Fishin'



Elizabeth Vantiem and Steven set their net near the mouth of the Nisqually River the week of Aug. 15.



National Night Out

Kahelelani Kalama hands out stickers to attendees of the National Night Out at Nisqually earlier in August. There was a helicopter, a slide with water to cool off, goodies and food from CJ and slushies.





State Parks Gathering

By Debbie Preston

Hanford McCloud, Governmental Affairs Liaison, finished discussing the history of the watershed. In the early phase, there will be interpretive signs on the Ohop Valley trail that leads to an overlook where the tribe and its partners restoration work can be seen. Signs leading to the overlook will discuss the tribe's cultural ties to salmon and the need to preserve good habitat. A sculpture of a Nisqually spear fisher is also slated for a spot near the river.

The group included legislators who work on committees related to state parks as well as Nisqually tribal council members and state parks and Nisqually staff.





Canoe Practice





Financial Literacy and Summer Youth

By Nicole Sims

Nisqually Financial Literacy and the Summer Youth program have come together. The summer youth have really enjoyed the week-long boot camp.



The week-long boot camp taught

the kids how to read their paycheck and understand what all of the deductions mean and how to balance a check register, learning what debits and credits are to make sure that they understand the responsibilities of having a checking and savings account so they don't overspend.

The youth were taught how to budget and given tools to save money and plan for future goals like buying a new car, saving for something they really want.

This boot camp also taught the kids how to save money by using the envelope method. This is a book with ledgers and envelopes that helps you track how much cash you put into the envelopes and when a

cash deposit was made. These envelopes are to help reach specific saving goals. With these methods we are teaching the youth the difference between wants and needs, what has to be spent with every paycheck vs what can wait and be saved for.

The youth in the ICW program were also able to benefit from the budget class. This class was taught by Nicole Sims the OMB Director for Tribal Council.

We offer personal one on one sessions to help with all of your savings goals, credit repair, home purchase, car purchase, and the general understanding of how to budget.



If you would like to come in for a session please contact Nicole Sims at 360-456-5221 ext:1309 or email at sims.nicole@nisqually-nsn.gov

U.S. Senator Maria Cantwell River Tour

By Debbie Preston



U.S. Senator Maria Cantwell's staff members and Washington State Dept. of Transportation representatives Steve Roark, Megan Cotton and Lorraine Basch took the Nisqually River tour with Chairman Willie Frank III and Natural Resources Director David Troutt as part of the continued campaign by Nisqually and partners to raise awareness of the issues and potential cut off of the highway by a flood event. Legislative funding has made it possible to proceed with the phase of creating alternatives for the fix which will be expensive and complex. "We need as many folks as possible to understand the issue and help support its correction," said Troutt.



Long Awaited General Council Meeting

Tribal members gathered on Saturday August 13th to exercise their tribal rights at a long awaited general council meeting. With some first-timers in attendance, it was a good meeting for them to start participating as a voting member.

With most of the agenda completed now comes issues to address for the next general council meeting.



Fish Giveaway

Emiliano "Nano" Perez hands out the last fresh chinook from the tote Wednesday, Aug. 17. The fish were gone in 20 minutes.

NOTICE OF PUBLIC HEARING

PROPOSED AMENDMENTS TO NISQUALLY REVENUE ALLOCATION PLAN

An initial public hearing will be held beginning at 5:30 a.m., Thursday, September 15, 2022 in the Billy Frank Jr. Gym, to take comments and questions from members regarding proposed changes to the **Nisqually Tribe's Revenue Allocation Plan**.

Proposed changes include an increase in per capita payment, education requirement prior to 18-year-old distribution, beneficiary designations for distribution after death, and more.

A copy of the proposed changes is available for pick-up at the Legal Front Desk on the second floor of Nisqually Administration Building

Dinner will be provided.

Questions: (360) 456-5221 ext. 1272



Master Carver

By Debbie Preston

Master Carver Ed Archie Noisecat arrived at Nisqually this week to host community Welcome Figure carving workshops. He roughed the figure out in his Bremerton area studio and will be mentoring apprentice carver, Blaze Pluff, throughout the finishing process. The carving studio at the old firehouse in the valley will be open Tuesdays, Wednesdays and Thursdays starting August 23. The project is funded by the National Endowment for the Arts Our Town program and the Nisqually Tribe. The finished figure will welcome visitors to Nisqually State Park when the park opens in 2024. Watch for more updates on open community carving hours and stop by to greet Ed and Blaze.



Nisqually Garden

The Nisqually Community Garden is beginning to see the tomatoes getting ripe, so show up Friday for the special 5-7 p.m. garden distribution as part of the barbecue at the Medical Center!





Larry Sanchez: In Appreciation

By Joe Cushman

Tribal Elder Larry Sanchez retired in May of this year after an amazing 40-year career with the Nisqually Indian Tribe. Larry “ran the table” in terms of his depth and breadth of experience at the tribe. From construction crew member, to housing authority staff, to tribal operations director, to manager of large special projects, to Tribal Council member, Tribal Chairman, SPIPA Representative, Housing Commissioner, WWIETP representative, and committed tribal member and Elder, Larry pretty much did it all.

Larry leaves behind a legacy of achievement and steady work, and most importantly, he provides an inspiration and positive role model to those in the upcoming generation who want to make a difference and pursue a career at the tribe. Larry was a role model in the true sense of the word, and showed others how it was possible to translate hard work and commitment into a productive career of public service working for Nisqually.

Larry was born and raised in the Nisqually area, and ended up going to high school in the small town of Tenino. Larry’s early experience living in off-reservation areas taught him about the prejudice that still lingered outside the reservation against tribal folks. He carried that lesson and experience with him throughout his career, and worked to break down and confront these same barriers years later in his position as a tribal leader, and also as a parent when his own children were attending off reservation schools, facing the same issues.



Larry has been upfront about the challenges he and other tribal youth faced growing up in the South Sound area in the 1950s, 1960s, and 1970s. His generation was the post-war, baby boomer generation. It was the generation of large families, and as one of seven brothers, Larry learned early on about simple survival and hard times and sticking together. Larry has been candid about the challenges he faced while growing up and entering adulthood. He confronted and overcame involvement with criminal justice system, and problems with alcohol. His perseverance to overcome these obstacles served as a positive example to many others who were tempted to go down the same pathway.

Larry started out his career at the tribe as a member of the newly formed Nisqually construction crew. The tribe had secured some grant funding from HUD for housing rehabilitation, and a tribal member crew was formed under local carpenter Del Jones to start working on some of the homes both on and off the reservation. Most tribal member homes at that times were in bad shape and any help the tribe could provide was appreciated. What is interesting about the members of that construction crew is that a lot of the young men on that original crew went on to have successful and long careers in tribal government or tribal programs. The list includes, besides Larry, Farron McCloud, Brian McCloud, Willie Wells, Gene Sanchez, Eddie McCloud, and Eldon Gleason. Thus, the little construction crew turned out to be a launching pad for a number of successful careers at the tribe, including Larry’s.



After working several years with the construction crew, Larry had a stint at the intertribal housing authority working on homebuyer services, and housing maintenance. Larry learned a lot about program management, customer service, and intertribal relations during this time, and saw how the six housing authority member Tribes were all dealing with similar issues relating to community growth and housing development. When Larry returned to work at the tribe as Operations Director several years later, he was also appointed to the Housing Board of Commissioners, and was able to make some needed changes at the housing authority to improve community service and accountability.

As the tribal organization at Nisqually continued to grow during the 1980s, the tribe turned to members such as Larry who had a vision for the future of the community, and were willing to take the time and energy to see these changes through. Back then serving on Tribal Council was basically a labor of love, with a lot of stress and decision-making, and only a small weekly stipend as compensation. Larry was elected as Chairman in 1987 and brought his vision to the tribe in a lot of key areas, but in particular in the potential he envisioned for the newly acquired tribal lands along Yelm Highway.

A lot of folks can remember standing out along Yelm Highway with Larry in the middle of the blackberry bushes and the scotch broom watching the cars go by. He was describing all the future

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development he could see in his mind, and described how it would transform the community if it was approached carefully and diligently. That future vision has now largely come to fruition, with housing, enterprises, facilities, and it was the vision of Larry and those who worked alongside him who made it possible.

"We can't forget our history... it is how we came to be who we are. And our history is needed for our youth to understand what lies ahead," said Sanchez.

As the tribe continued to grow in the 1980s, there was a critical need to work more closely with other governments- state, federal, local, as well as corporate entities, to address a number of long-standing issues that had impacted the tribe over many generations. These issues included the Tacoma and Centralia hydroelectric dams on the Nisqually River, the BPA lines running through the reservation, ongoing relations with JBLM, tribal-state relations and accords, and an increasing need for a tribal presence in Washington DC. Larry was one of the tribal leaders at the forefront of all these efforts and made it easier for the folks who came after him.



In the early days there was very little to go on in terms of precedent, when tribal folks went to a meeting with the state, the BIA, or the federal folks. For some Council members it may have been the first meeting of this magnitude they had attended. How to prepare, how to present the tribe's issues, how to explain the tribe's sovereignty- these were all things that had to be learned virtually "on the fly." Larry was one of the first leaders to really get out there and do this, and he did it well. The BPA negotiations, the TCL agreement, the state government to government accords, were all made possible and better by his involvement and leadership.

In particular the TCL negotiations and eventual settlement agreement were a game changer for the tribe. Larry was Tribal Chairman at the time and spearheaded the negotiating team. The TCL agreement provided a number of benefits to the tribe including: funding for land acquisition, funding for education, funding for funeral expenses, support for hatchery operations, job training opportunities, and long-term investments. The TCL agreement was the first large agreement between the tribe and another governmental entity, and it opened the door and set the stage for other subsequent agreements, including the Central City Light Agreement, the agreement for the Clear Creek

Hatchery project, the Phase I BPA agreement, the tribal- state Centennial Accords, and a better working relationship with JBLM.

Larry worked for a number of years as Operations Director for the Nisqually Tribe. This involved overseeing and maintaining the ever-increasing number of tribal buildings and assets that needed management and maintenance. One of the things that Larry did very well in this capacity was to develop career paths for the maintenance employees within the Operations Department. Even in the 1970s and 80s it was clear that the days of earning a living and supporting a family from fishing on the river were numbered. Fishing is good work, but it is seasonal work, and it doesn't pay the bills all year round. There needed to be opportunities for tribal members to work at the tribe, starting at the skill level they brought with them to the job, followed by on the job training and work experience. If folks wanted to have a house and raise a family, they needed a stable job with career potential. And Larry was able to offer this to the maintenance crew that took care of the tribal buildings. It was an impressive accomplishment. A number of mtce staff have actually made facility mtce a career and handed off the job to the next generation.

Larry from time to time would be assigned major special projects. One of the most ambitious was the Red Wind Casino expansion in the early 1990s. This \$40-million project transformed the tribe's whole gaming future, and laid the groundwork for future gaming expansion and development. The project included all the details of working with the architect, the bank, the contractor and subcontractors, NIGC and BIA, as well as tribal staff and the Tribal Council. Larry brought the project in under budget and ahead of schedule, and was able to fold a new water system into the project at the same time. It's safe to say that Larry set the bar pretty high for those project managers who followed after him.

Larry also had a hand at tribal member business during his years at the tribe. In the 1980's he leased the tribe's old original convenience store along the Yelm highway and ran it very well for over a year. It confirmed to a lot of folks that there is a place for tribal member business development within the Nisqually Tribe's overall economic and community development strategy, and Larry has been a steady advocate of working with the membership to step forward on business opportunities.

Of course, when talking to Larry about the tribe and his wealth of experience over the past 40 years, the question invariably comes

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Bob Blacketer

By George Walter

Nisqually Elder Bob Blacketer passed in late July after multiple health difficulties. Bob was a vital member of the Nisqually Tribe's Natural Resources Department from the late 1970's until his retirement. In 1977 he and others developed the Tribe's first salmon enhancement project, spawning boxes for chum salmon located at Kalama Creek. He was a dedicated worker at the Tribe's salmon enhancement facilities, focusing primarily on Kalama Creek. Along with Bunny McCloud, he made sure that Kalama Creek worked well, always being willing to respond to emergencies no matter the hour.

The Nisqually Indian Tribe certainly benefitted from Bob deciding to establish a life's career in salmon hatchery work. As part of the hatchery team, Bob was responsible for spawning and rearing well over 300 million juvenile salmon. His efforts resulted in the release of healthy young chinook and coho salmon and, ultimately, to many thousands of returning adult salmon being caught by Nisqually fishermen.

Bob also was valuable to the Nisqually community because he initiated a succession of biologists into what it meant to work for an Indian Tribe. He touched the lives and careers of many of us. We appreciated his sense of humor, wit and dedication to rearing healthy salmon. He was a positive influence on all of us and we miss him greatly.

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up about where the tribe is going, what are the next opportunities, what are the risks, and how can the community continue to grow. Larry strongly believes the tribe's future is virtually unlimited, with economic development and tribal member business and community development initiatives continuing to emerge.

Thinking back, Larry sees that the past several generations have done some incredible work, but, in a sense, they have only set the table for the real progress to come. The tribe has a bright young leadership coming up, the lessons of past attempts at development have been learned, and Larry feels it will be exciting to see where the tribe goes over the next 50 years. "It has been an honor to serve the tribe for such a long time. There were years of hardship, then the beginnings of prosperity, and now an unlimited future," said Sanchez. "We have much yet to do. The years ahead of us will bring challenges but I believe our toughest days are behind us."

"For the past 40 years, the Nisqually Tribe and the folks that worked here had tough but exciting times," said Sanchez.

He has also cautioned that the impacts of past trauma and discrimination are still taking a toll on the community, and it will take time, effort, patience, and heavy investments in healing programs to address these issues. Employment, enterprises, and per cap are great benefits to the community, but the core issues pertaining to the tribe's historical experience and treatment are

still there just under the surface and must be confronted and overcome.

He notes that the Nisqually people have survived many things even in recent times, including the following:

- "There was the earthquake of 2001 that shook the buildings and reminded us of the power of nature."
- "There was the ice storm of 1994 when the community was without power for seven days but somehow, we pulled together and got through it."
- "Then there were the 105mm artillery rounds that were fired over the community from JBLM. That in itself was bad enough, but now and then one would go astray and hit near a residence of a fishing area."
- Then there were the floods. The valley under water, roads cut off, families needing assistance..... everyone working together."

Larry's overall message to the community is one of gratitude and thanks. He appreciates the folks at Nisqually allowing him to show what he could do for the tribe, for giving him a chance when no one else would, and supporting him as he completed a successful career of service to the tribe as a staff person and tribal leader. "And finally, I can't forget my Elders as they set the foundation for those that followed them, and made everything we see today possible."



What is Starlink?

Tips from the IT-WebDev Department

Elon Musk, the billionaire SpaceX CEO and owner of Tesla automobiles has launched satellites into orbit offering high-speed broadband Internet to folks across the planet, especially those in extreme remote locations, such as Alaska.

SpaceX goals are to launch a mega-constellation in orbit that could number up to 42,000 satellites. By February 2022, the company had launched over 1,800 satellites into low-level orbit. Also in February 2022, a geomagnetic storm affected as many as 40 satellites, causing them to crash by re-entering the earth's atmosphere. In July, 2022 Starlink announced over 2,000 functional satellites were in orbit and 32 countries being served.



Starlink competitors include Viasat, HughesNet, and Amazon's Project Kuiper. Dish Network has taken issue with SpaceX's claims that 5G expansions in the 12GHz band will interfere with its satellite signals. SpaceX is claiming that, if federal regulators allow 5G wireless networks to use a certain band of spectrum, it can cause widespread outages for Starlink's internet customers. Spectrum refers to a range of radio frequencies, and federal regulators closely guard what companies are allowed to use which frequencies so that signals don't interfere with one another.

TRUE STORY: Starlink satellite dishes have a self-heating feature to melt snow in cold weather climates in order to maintain signal. In December 2021, a Starlink customer posted a photo of five cats curled up on his self-heating satellite dish on Twitter. The post quickly went viral, gaining over 190,000 likes and 26,000 retweets. The owner of the five cats snuggling on his dish said it interrupted his video streaming and "slowed everything down."

Tribal residents began receiving optimal high-speed broadband with the IT fiber to the home project back in the Summer of 2020. This service offers up to 1 Gigabit Internet speed free to Tribal members' homes. Prior newsletter articles have covered the many variables that impact the performance (speed) of a home network, which includes routers, modems, gateways, devices and bandwidth limitations. Reference "Getting the most out of a Home Network" from November 2020, "Fiber-Optics: Surfing at the Speed of Light" from October 2020, and the "Nisqually Fiber Wave and Tribal Technology Update" from the September 2020 Education Edition Squalli-Absch newsletter.

Disclaimer: *The Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of third-party services and/or products links provided.*



NISQUALLY
BEHAVIORAL HEALTH PROGRAM



OPEN HOUSE *Come meet our Staff!!*

TUESDAY, SEPTEMBER 13
3PM-6PM

AT THE NISQUALLY HEALTH AND WELLNESS CENTER
 4840 JOURNEY ST SE OLYMPIA WA 98513

Nisqually Tribal Members, Nisqually Tribe Staff and Community are welcome to come tour our program space and meet the staff.

Learn about what program services our program has to offer the community

- **FOOD & DRINKS**
- **RAFFLE PRIZES**
- **RESOURCES**
- **MEET AND GREET**
- **CULTURAL ACTIVITIES**

QUESTIONS PLEASE CALL KRISTIE AT 360-413-2727

OUR VERY FIRST BACK TO SCHOOL EVENT **HUGE TOY GIVEAWAY!**

EVENT DATES:
 WEDNESDAY 8/31 - THURSDAY 9/1
 WEDNESDAY 9/7 - THURSDAY 9/8

RAFFLE PRIZES!!!

PROVIDERS
DR. SPENCER - DR. PHAN - DR. JACOB

We all know how busy and stressful back to school time can be. Well we here at the Nisqually Tribal Health & Wellness Center wanted to help take some of that stress of you and your kiddos by hosting not 1 but 4 back to school events spanning over a 2-week period!! This will ensure we are able to get all our kiddos needing their Well Child Checks and Sports Physicals scheduled within a timely manner. When scheduled during these event days your child will not only leave with a very special toy of their choice but they will also be entered into a raffle that will be drawn at the conclusion of the event. Call Today!! You won't want to miss this!!

Nisqually Tribal Health & Wellness Center
 360-459-5312 Option #5 4840 Journey St. SE Olympia, WA 98513

Nisqually Tribal Health & Wellness Online Patient Portal

What is it?

It's a secure online website that gives you personal access to request appointments, review your patient information, lab/imaging/procedure reports and send secure messaging to your health care team.

What do I need to sign up?

All you need to sign up is make sure your registration is up-to-date, and your email address is correct with registration. You will receive an email invite, that will guide you through making your portal account.

Who can I call for assistance?

Our highly capable registration staff can sign you up for the Online Patient Portal, as well as our clinic medical assistants and clinic scheduler. If you need your password reset, Dawn Johanson or our clinic scheduler would be glad to assist you.

We are very excited to present this to the Nisqually Community. We believe in putting you at the forefront of your care. The Online Patient Portal not only gives you the information at your fingertips, but puts you in the driver's seat of your own care. We believe an empowered community is a strong community, and we are grateful to be able to serve you in this capacity.





Behavioral Health Director Daniel Felizardo

Good Day! My name is Daniel Felizardo and I am the new Behavioral Health Director at the Nisqually Health Program. I am honored to serve the Nisqually community to promote wellness and recovery.



I've been privileged to work in Indian Country for more than a decade as a clinician, director and consultant to improve behavioral health programs and ultimately meet the needs of the community. While serving as Addictions Director at the Puyallup Tribal Health Authority we developed many new programs including a full drop-in outpatient program, medication-assisted treatment community prevention program, prevention/interventionist at Chief Leschi School, and a fully integrated co-occurring (substance use/mental health treatment program).

I raise my hands to all the past staff and community members who built and supported the Behavioral Health program, and I am honored to carry on the work. The Nisqually Behavioral Health Program is continuing to grow and our team is excited to roll out new programs. We are actively recruiting new staff to fill open positions. I am happy to answer any questions, concerns, or thoughts you may have regarding the Behavioral Health Program. I can be reached at 360-413-2729. I invite you to learn more about the services we offer.

Kelly Knittle has taken on a new position as the **Behavioral Health Outreach Manager**. Kelly will be supervising peer support counselors which will be out in the community assisting members and tribal departments in navigating clients into services.

Services that are currently being offered for youth and adults:

- Substance Use Disorder Counseling Individual and Groups
- Office Based Opiate Treatment-Suboxone and Vivitrol
- Mental Health Counseling for Families and Individuals
- Problem Gambling Education and Counseling

Coming Soon:

- Domestic Violence Perpetrators Treatment Services
- Recovery Housing at Brighton Creek

Brighton Creek is getting a facelift. We have one tiny home with five more on the way. This will provide transitional housing for those in recovery. Houses will be available for families and cabins will be available for single individuals and couples. Randy Derickson is our caretaker for the Brighton Creek Recovery Campus and he's been doing an amazing job getting the grounds ready for our first resident. We will be hiring a Recovery House Manager and residents assistants to support our residents in a life of recovery.

What is Medication Assisted Treatment?

Medication – Use of safe and effective medications such as Suboxone, Buprenorphine or Vivitrol to help people with an opiate use disorder stop using prescription pain medications, heroin or other opioids.

Assisted – Medications assist by curbing cravings, reducing/eliminating withdrawal symptoms.

Treatment – The medication is part of an overall individualized treatment plan including counseling with trained substance use disorder counselors to help manage symptoms and provided ongoing support.

We also will be offering an open access group therapy model where our patients can pick the group topics they would like to attend and what best fits their schedules.

We will have walk in appointments from 8 a.m. to 3 p.m. on Mondays, please feel free to come in and get started on your path to recovery today or to schedule an appointment please call 360-413-2727.



NEWS from the Nisqually Tribal Health & Wellness Center

Business Office- PRC Program

This is a reminder for those who are eligible for the PRC (formerly CHS) program, to please bring in any specialty off-site provider bills you may be receiving.

We want to take care of your preauthorized services, or related services in a timely manner and to prevent any collection actions that could be imposed on you, if your bills are not paid. Remember to obtain a Purchase Order number prior to your other services to avoid delays in payment.

If you did get a Purchase Order number for a specific provider, but there were other related services, it is likely there will be separate charges related to this appointment that you were not aware. These typically need a separate PO otherwise PRC will not be aware of the added services (or billing associated to the service).

- Examples of related charges:
 - You called in for a PO# for a hospital visit, but there were other services provided to you by other providers for services (other than the hospital) within the hospital. These could be X-rays, specialty ER providers, offsite labs, ambulatory services)
 - You went to a Specialty Providers office for an appointment, and they referred you to a laboratory for lab work, X-rays or to another Specialty Provider and these services need their own Purchase Order Number.

If you are not sure if you got a PO# and are receiving medical, dental, or behavioral health providers (counseling, detox & treatment services) **billing, please call our office at 360-486-9599 and we can assist you.**

We are here to assist you if you have any other questions about the billing process.

Traditional Healing Updates:

The season has hit fast, and the Traditional Healing Program is making strides in the Medicines Garden here at the clinic! Please come say hello to the plants behind the health clinic at your next visit. We are really excited to be able to harvest directly from Nisqually land to stock our apothecary at the health clinic. Please stay tuned for a naming ceremony and blessing for the medicines garden- all community is welcome! If you are interested in attending any classes or volunteering with the Traditional Medicines program please contact Taylor Pulsifer @: Taylor.Pulsifer@Nisquallyhealth.org

We are really excited to announce that we are now scheduling for the Hyperbaric chamber! **At this time, we will be offering this service to Tribal Members only-** and encourage all other eligible patients to contact Traditional Healing staff to be on the waiting list. Please contact Victoria Jackson @: Victoria.Jackson@Nisquallyhealth.org

Massage Updates: Beginning September 2022 one of our massage therapist's Andrea will now be here 3 times a week! We are so thankful for her service to the Nisqually community and looking forward to expanding our services to more tribal members. ***Please note the massage policy still stands the same- Tribal Members only with a maximum of 2 appointments per month.** You are more than welcome to be added to the waiting list or cancellation list for a quick fill, as we want appointments to be always filled. Please contact Victoria Jackson to be put on the list @ Victoria.Jackson@Nisquallyhealth.org



New Ultra Low Dose 3D Imaging

Your Dental Clinic is proud to introduce our new Ultra Low Dose 3D imaging unit from Planmecca.

We are very excited to present this equipment as part of our continuous effort to not only protect the community from excessive radiation while receiving your dental care, but to provide comprehensive imaging that will enable early diagnosis of multiple oral conditions.



Giving us more information and less radiation in General Dentistry, orthodontic care, airway, and sinus studies. When you come to visit personally or bringing your entire family for your regular dental care you can rest assured this equipment will enable our doctors to obtain a clear picture of your oral health and keep you on the path of achieving improved and continued health and wellness.

We look forward to seeing you soon!

DENTAL AND CAFE Services

HOURS OF OPERATION ARE MONDAY THROUGH FRIDAY 730AM-430PM
DENTAL CLOSED DURING LUNCH FROM 12PM-1PM
CAFE IS AVAILABLE DURING LUNCH HOURS

WELLNESS CAFE (360) 493-6441
COFFEE, SPRITZERS, TEA, SNACKS AND FOOD WHILE SUPPLIES LAST.

DENTAL (360) 413-2727
AVAILABLE FOR IN-PERSON VISITS TO ALL ELIGIBLE PATIENTS

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

HEALTH DEPARTMENT Services

2022 HOURS OF OPERATION
MONDAY-FRIDAY 8AM-5PM
WE ARE CLOSED FOR LUNCH
EXCEPT THE CAFE
FROM 12PM-1PM.

PHARMACY (360) 491-9770 PRESS "0"
DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599 **CHS/PRC**
ISSUE PO'S AND INQUIRE ABOUT REFERRALS IN-PERSON AND VIA PHONE
APPLY FOR ALTERNATE RESOURCE AND UPDATE REGISTRATION IN PERSON

MEDICAL (360) 459-5312 PRESS "5"
IN-PERSON VISITS - NISQUALLY TRIBAL ELDER HOME
VISITS - COVID VACCINE/BOOSTER AGES 5+

(360) 413-2727 **Behavioral Health**
IN-PERSON SUD APPOINTMENTS AND WALK-IN'S WELCOME

TRADITIONAL HEALING (360) 493-6450
IN-PERSON VISITS FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY

(360) 459-5312 PRESS "5" **COVID TESTING**
AVAILABLE FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY.
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION.

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.



ATTN: NISQUALLY TRIBE EMPLOYEES AND NISQUALLY TRIBE MEMBERS WHO TURN AGE 65 IN 2022.

Be sure to apply for Medicare Part B three months before you turn Age 65. You can go on-line to Cms.gov or stop by the Nisqually Health & Wellness – PRC/CHS program office and we can assist you with a paper application.

If you are older than Age 65 and continued working but plan on retiring this year, you will need to apply for Medicare Part B. Your next Open Enrollment starts in January 2023. You should contact the Nisqually Health & Wellness Center, Business office PRC/CHS program and we will send you a reminder and/or we can furnish you with a paper application, to apply. In addition, you will need to fill out a second form which explains you were working past Age 65 and had previous coverage (Insurance) through your employer.

Screening for Alternate Resources is mandatory, with no obligation for you to purchase health coverage, based on your federal treaty right to health care.

- Nisqually Tribal Council has mandated that all patients of the Nisqually Tribal Health & Wellness Program must be screened for Alternate Resources.
- For those eligible for PRC/CHS, Indian Health Service mandates that screening is mandatory prior to any payment for health care is provided.
- For Nisqually Tribe members, there is a Purchased Referred Care program, through the business office which will assist you with your Medicare Part B premium payments.

If you need additional information or assistance, please call Nisqually Purchased Referred Care Program in the business office at 360-486-9599.



South Puget Intertribal Planning Agency

USDA Foods Program September Dates

PT. GAMBLE S'KLALLAM	9/1/22
SQUAXIN ISLAND	9/8/22
SKOKOMISH	9/14/22
NISQUALLY	9/16/22
CHEHALIS	9/21/22

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990
This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

WIC Program September Dates

SHOALWATER BAY	9/7/22
CHEHALIS	9/8/22
SQUAXIN ISLAND	9/13/22
NISQUALLY	9/14/22
SKOKOMISH	9/21/22

This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



Announcements

September 6,
Happy Birthday Keisha,
Love Dad, Mom, Jasmine,
Samira, Nevaeh and Jr.



Nisqually Tribal Offices Will be closed

Monday, September 5

Labor Day

Friday, September 30

Nisqually Day

Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Probate

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



FREE Rides
Monday through Friday

Transit available
6:00 a.m. to 6 :00 p.m.
Open to all tribal, community
and tribal employees. We offer
rides from 6:15 a.m. to last off
rez ride at 5:15 p.m.

Contact Adrian Scott,
Motor Pool Coordinator/Dispatch

At 360-456-5236

Nisqually Indian Tribe
4820 She-Nah-Num Dr. SE
Olympia, WA 98513

