



## AmeriCorps is gone - Long live Nisqually Corps!

Remember getting ready for Canoe Journey 2016? In June of that year, the Tribe started a new Tribal AmeriCorps program. Five adventurous people stepped up to spend a year of their lives making things better for the Tribal parks and community. Since then, tribal and community members have completed a total of 11 one year terms serving the Nisqually Tribe, earning over \$66,000 total for college. They've also built garden boxes for elders, helped with community events, maintained parks and the ballfield, and cleared trails up at Nisqually State Park. And we didn't keep track of the pounds of scotch broom or ivy they dug up but we should have because it was a lot.

One of the highlights of their service (besides Canoe Journey) was getting to be present when Mt. Rainier National Park released the first fishers back into the wild in 2017. This was a ceremonial event featuring guests from the First Nations reserve in BC where the fishers were from. It was a very special and powerful event to witness.

Crew members got to job shadow wildlife biologists (elk tracking at Skokomish and bat monitoring at Mt. Rainier), park rangers, and archeologists (field work at Nisqually State Park and Mt. Rainier National Park.) They visited college campuses and represented the tribe at the Youth Climate Summit at Pack Forest. They learned how to make winter medicines and how to restore trails. They got to work

alongside the Native Plant crew, and help out at Fisheries and the Community Garden.

In 2019 Tribal Council approved ending the



Members of our final AmeriCorps crew include Randy Fossella, James Decker and Mikayla Sison Smith.

AmeriCorps program and transitioning to the Tribe's own program- Nisqually Corps. This is great news. It means a lot more flexibility for the crew members. They'll be able to work on more community based projects, and we can set our own program guidelines. The Nisqually Corps members will be offered a 12 month, full time position with the Tribe. During that time they will get hands on job training as well as

specialized training in power tools, heavy equipment, native plant restoration, trail building and maintenance, GIS data entry and basic hand construction techniques. The goal is to build the next generation of tribal land managers.

The new Nisqually Corps will be working closely with the Nisqually Land Stewards. Watch your mailbox for job openings this spring!

### **Nisqually Land Stewards launch**

Welcome to new Nisqually Land Stewards: Brandon Franklin, Aaron Leschi, Doug Pelaki, Louis Squally, and Michael Bonifer! Brandon, Aaron and Doug were working as contractors in 2019 to clear brush and deter unauthorized camping on tribal land. Now as

# 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

She is on-site in the Administrative Building legal deposition room on 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 the tribal office at (360)456-5221 to set up an appointment.

## Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday Nights

Time: 6:15 p.m. - 7:30 p.m.

Hosted by Anita Torres and Chuck Deuel. Anita can be contacted at 360-413-2727 ext. 2305.

Recovery Cafe located at 4820 Billy Frank Jr. Blvd. Olympia, WA 98513.

Everyone is welcome and encouraged to share Recovery, the struggles and the strengths. You will find support for each other and spread hope at this open talking circle meeting.



**FREE Rides**  
**Monday through Friday**

Upper and Lower Reservation Route  
7:30 a.m. to 4:30 p.m.  
Last **OFF RESERVATION**  
Appointments ending at 3:30 p.m.

**(360)456-5236**

transportation@nisqually-nsn.gov

## Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas

**Cost is \$1.00**

Vets and active duty military ride free. Customers with transit passes ride free.

**Please call**  
**1-800-650-7846**  
**for information**

## 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, Ken Choke  
Vice Chair, Antonette Squally  
Secretary, Jackie Whittington  
Treasurer, David Iyall  
5th Council, Brian McCloud  
6th Council, Hanford McCloud  
7th Council, Willie Frank

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# 2020 Native Vote

Happy New Year to all of our Nisqually Tribal members. 2020 will be a big year for state and federal elections. It is important for all of our tribal members to get registered to vote this year. We will be having community dinners throughout the year and there will be opportunities to register to vote at many of them.

Why is it important to vote? Native Americans weren't fully guaranteed to vote in every state until 1962. Many Native people fought hard for the right to vote. Voting is a right that many of our elders did not have until the 1960s.

Attempts are being made in some states to prevent tribal people from voting using "inadequate addressing" as a reason. We can't take voting for granted.

This year will be important for our people to get registered and make our vote count. We need to make sure we are supporting candidates who understand treaty rights and tribal sovereignty. Throughout the year, TC will be sending out information about who we will be supporting at state and federal levels. Now is the time for our Native communities to speak up and make their votes count in the upcoming elections.



Willie Frank III  
7<sup>th</sup> Council

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*Continued from cover-AMERICORPS*

part of the larger crew, they will be taking on a larger scope of work.

The Land Stewards work under the guidance of Eric Burfiend and Miles McCloud in Parks and Planning. They are taking care of tribal parks and lands both on and off the reservation clearing brush, restoring native plant habitat, maintaining properties, and assisting other departments. They'll be working on tribal lands throughout the Usual and Accustomed Area, from Mt. Rainier National Park to the mouth of the river. In the spring they'll get the campground at Mt. Rainier ready for summer camping, and year round they maintain access roads and trails at Nisqually State Park.

One new project they'll be working on will be reducing community wildfire hazard. Washington State

Department of Natural Resources recently completed a wildfire hazard assessment of the community in August 2019. The assessment includes recommendations to reduce potential harm from wildfire, and the Land Stewards will be heading up the effort to implement those recommendations.

The Land Stewards will be participating in the same trainings as the Nisqually Corps members. Over time, we hope the Land Stewards will develop areas of expertise in areas we need to take care of the Tribe's land base: arborist, GIS tech, heavy equipment operations, wildfire prevention, prairie restoration, surveyor, and more.



# Winter kale is magical and should be sought after!

Now, I'm going to tell you why!

According to: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

The nutrients in kale can help boost wellbeing and prevent a range of health problems. It contains fiber, antioxidants, calcium and vitamin K among other essential nutrients. It has cancer preventative properties, great for bones, eye health, skin and hair care. It offers evidence of protection against diabetes because of the minerals, fiber, and antioxidants.

Warning: People on blood thinners like Warfarin (Coumadin) should not consume kale due to it being rich in Vitamin K. Vitamin K contributes to blood clotting.

Now, I'm going to tell you what I know from working with Kale. . . Kale hasn't always been one of my go to foods. I am also one to try everything and I try them often even if I don't like them. I've learned that the more you try something, the more you give your tastebuds a chance to adapt and overcome tastes that once were awful.

Did you know that kale sweetens itself after the snow has fallen? Yes, folks! I taste things at all times of the year, during every season. One day, I had plucked some kale leaves and plopped them in my mouth. The response, was magical! I highly recommend it!

Chantay Anderson said, kale can be used in soup, salads, baked as chips, or sauteed as a side dish!

Kale is a U pick produce in the winter and is available out here at Nisqually Community Garden. We hope to see you soon!

Feel free contact us at (360) 456-5221 ext 1165 or via our email that can be found on the Nisqually Tribe website under Community Services as the Garden Department Staff.





# Americorps review from Mikayla Sison Smith

January 2020

The Nisqually Americorps program has been a great opportunity to explore different career paths and gain an education. Nisqually Tribal Americorps is a supportive stepping stone for myself and several other community members. The program was developed to help guide people in furthering their education while providing service work to the community. The goal was to complete 1700 hours of community service work within 12 months. After completing the 1700 hours, Americorps then grants a tuition fund. Americorps is ideal for young college students who are still trying to develop life skills or for folks who are looking to go back to school and need help getting back on their feet.



I moved away from Nisqually when I graduated high school but Americorps was a great opportunity for me to come back to the community for work. I didn't know what to expect coming into the program. I had never done anything like it before. I had never committed to anything for an entire year of my life. Working with Americorps has allowed me to fully immerse myself within my community. I began taking college classes again, participating in events, and I began learning Lushootseed language. Overall it has done wonderful things for me and my future.

I will carry the skills I learned this past year with me for the rest of my life. I learned to operate all kinds of machinery, for example; mini-excavator, bobcats, tractors, chainsaws, and many others. I learned to identify native plants and invasive species. I learned to make herbal medicines. I even had the opportunity to earn my horizontal directional drill certification and ladders card through the TERO department. I did some surveying with the tribe's THPO crew and learned about the importance of tribal historic preservation. I worked with another Americorps crew of four young girls who were from all over the United States. They taught me about prairie restoration and prescribed burns. I learned a lot about working with different personality types, how to navigate through tribal departments, and how to develop a conversation about land stewardship. I am amazed at all the different things I was able to be a part of because of Americorps.

While serving my Americorps term I was exposed to a wide variety of different projects. Although there were some projects I enjoyed more than others, there was always something for me to do. Some of the projects I worked on throughout my service were; building planter boxes for elders, help maintain reservation parks and other tribal owned sites, volunteer at the community garden, remove

invasive species, cleanup trash along the river, counting fish eggs at the hatchery, trail development, and so many other activities. The list goes on and on. I was able to participate with some planning for the Nisqually State Park also.

The work we did made a positive impact within the community and a positive impact on my future as well. I always struggled with school and finding a career path, but the tuition funds

from Americorps has motivated me to pursue further education. I have been able to job shadow many different departments throughout the tribe as well as non tribal jobs. Having spent 1700 service hours working outdoors, I have developed a deeper understanding of why land conservation/ restoration is so important. I look forward to using my tuition money to help pursue an education in environmental science. My hope is to see more young people become concerned with land and water stewardship because that is significant to maintaining Nisqually's sovereignty.

I had the opportunity to participate in some really awesome projects and activities but the part that made my Americorps term so memorable for me were the people. I have never felt so supported and appreciated by my supervisors at any other job before Americorps. My bosses truly wanted to see our whole crew succeed. Although some days were not as fun as others, pulling scotchbroom, digging trenches in the mud, or ripping up ivy roots, my crew and bosses made coming to work not just tolerable but actually enjoyable. I would do Americorps all over again if I was guaranteed that I would laugh as hard as I did this last year. I am so grateful to have gotten the chance to make quality friendships and learn new life skills along the way.

I would highly recommend Americorps for anybody who wants to go back to school or has a love for the outdoors. Unfortunately there will no longer be a Nisqually Americorps program, I was the final crew member. However, the parks department has been able to develop other jobs that have very similar values as Americorps. The tribe has a crew of land stewards that are now officially called Nisqually Corps. There are other local Americorps crews as well as across the nation that are always looking for service members. There are countless doors that Americorps has opened for me and my future.

I am proud to say that I am a first generation college student and a Nisqually Americorps service member graduate!



# Caution for Your Pets this Winter

By Chelsea Wells

1. **Battle cold weather:** Take pets inside with the exception of periods of exercise. Consider dressing your pet in a sweater or coat for outdoor activities, which will help them retain their body heat and prevent their skin from drying out. Whenever your pet goes outside, you also need to protect their paws as much as possible. Booties can help lower their exposure to painful salt crystals and other ice-melting elements. If booties aren't an option, try rubbing petroleum jelly into the pads of their paws before going out. This will protect your pet from salts and other chemicals. When you bring them inside, wipe their paws off with a dry towel and pay attention to between their toes.
2. **Provide shelter:** If your pet must be outside, provide them with well-equipped shelter. You want shelter that's dry, draft-free and large enough for them to turn around, sit and lie down comfortably.
3. **Keep pets nourished:** Pets tend to use more energy in the winter months to stay warm, so make sure to feed them a little more food and give them plenty of water. Routinely check you pet's water dish to make certain the water is fresh and unfrozen.
4. **Bang car hood:** Warm engines in parked cars attract cats and small wildlife, which may crawl up under the hood for warmth. To avoid injuries, bang on your car's hood to scare them away before starting your engine.
5. **Groom your pets:** Animals with longer coats tend to have issues with salt crystals, snow balls or de-icing chemicals clinging to their fur, which can dry their skin out. Keep fur trimmed to help prevent this, and don't forget to clip the hair between their paws. Brushing your pet frequently can also stimulate their blood circulation, which improves their overall skin condition. Limit the number of baths you give your pet during winter months, washing too often can remove the essential oils they need to keep their skin healthy.
6. **Avoid salt and chemicals:** Keep paws free of salt and other chemicals by wiping their feet with a damp towel before they lick them and irritate their mouth. Salt and chemicals used to melt snow and ice can also irritate the pads of their feet.
7. **Keep antifreeze out of reach:** Antifreeze is a deadly poison, but it has a sweet taste that may attract animals. Wipe up any spills and store antifreeze where it can't be accessed.

## Nisqually Native Women's Wellness Mammogram Day

**WHO:** All women 40+

**WHAT:** Breast health exam and mammogram

**WHERE:** Nisqually Tribal Health Clinic

**WHEN:** Thursday, March 19th, 2020

**TIME:** 9:00am to 4:00pm

**WHY:** To stay healthy and happy.

**Water, tea, juice and snacks.**

**All patients who attend their mammogram will be entered into a drawing for two beautiful fleece blankets.**

**Sponsored in part by:**







Please call (360) 459-5312 to schedule an appointment.

### Feel Like Fun Running? Or Fun Walking?

Here are some upcoming fun runs around Thurston County Area. If you are interested in participating you should contact Kareem Gannie with the Nisqually Health Fitness & Nutrition Program.



**Feb 8<sup>th</sup> - Valentine's Day 5K (Olympia)**

**March 15<sup>th</sup> - Donut Dash (Olympia)**

**April 4<sup>th</sup> - Run Like a Fool (Olympia)**

**April 25<sup>th</sup> - Race Against Human Trafficking (Tumwater)**

**June 28<sup>th</sup> - Yelm Stampede (Yelm)**



The NHFN program is available for training and support to prepare for the fun runs. Kareem is available Monday through Friday 8 am to 5 pm. Please call 360-455-5213 if interested in setting up time. Group support and training may be set up if there is enough interest. Program is for Nisqually Tribal Members, Nisqually Community Members, and Nisqually Tribal employees.

## NON-EMERGENCY #

### 360-412-3030

Call this number to leave a NON-EMERGENCY crime tip. You will be asked to leave a message that will be forwarded to all Nisqually Tribal Police Officers.

Please call 911 for Emergencies



# Nisqually Tribal Housing Services

## Housing Changes for 2020

As of January 2020 The Nisqually Tribal Housing will no longer administers these Elderly Services:

- ❖ Elder Appliances Program
- ❖ Roofing and Gutters and chimney cleaning
- ❖ Elders Emergency Repair Program

Nisqually Elders Program is the point of contact for all of these Elderly Services listed. Please call them directly at: (360) 486-9546 or (360) 456-5221.

# Liberty Tax Services



Happy New Year to all,

The Nisqually Tribal Council is pleased to present to you all, that this year we have partnered with Liberty Tax Service.

Starting January 30<sup>th</sup> through April 17<sup>th</sup> Liberty will be on site here in Nisqually, located upstairs in the Billy Frank Jr. Building next to the elevator/enrollment.

They will be open 10 a.m. - 5 p.m. Monday-Friday. (Tribal Members are free) Liberty has graciously given out a 50% discount to all employees under the Tribe's umbrella.

Employees can be seen at the on-site location, as well as the Liberty Tax office in Yelm located at 715 E Yelm Ave, Suite 3, Yelm WA 98597. At the on-site location, tribal members will take precedence. Tribal ID or coupon are needed all locations.

Please call **360.456.0788** to make an appointment.

# Evergreen State College Native Pathways

In the Native Pathways Program, you can earn a Bachelors of Arts with an emphasis on Native and Indigenous studies.

- 12 - Credit Academic Program with additional 4 and 2 credit courses
- A well defined, consistent program that balances relationality, personal authority, indigeneuse knowledge and academics
- Immerse yourself in Indigenous and Western Pedagogy and Praxis
- Online or in Olympia, Tacoma or Quinault 2x/week and 2 weekends per quarter in the Longhouse on Evergreen campus in Olympia

Contact Dawn Barron at [barron@evergreen.edu](mailto:barron@evergreen.edu)

Find out more at [evergreen.edu/nativepathways](http://evergreen.edu/nativepathways)

# Rez Animal

Rez Animal, helping dogs and cats on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Reservation.

We offer the following services for tribal member pets for the above reservations.

- Spay/neuter program
- Veterinary care for sick or injured pets
- Rabies vaccinations

## Rez Animal Resources and Education (RARE)

P.O. Box 8640

Lacey, WA 98509

Phone: 253-370-6392



Like us on facebook!



# Last Chance Bookshelf

The Library transfers books that have not been checked out or read in five or more years to the Outreach Collection, most of which are moved to Library shelves disbursed throughout different departments of the Tribe for clients and customers to take, or donated at community events. Each month the Library will review a title or two that is available for newsletter readers to request, on a first-come, first-serve basis.

This month's "Last Chance" title is Eco-Heroes: Twelve Tales of Environmental Victory (Aubrey Wallace, 1993). It covers the environmental efforts and achievements of Goldman Environmental Prize winners from 1992 prior and, while some of the information is now outdated (mostly the environmental statistics), the accounts are still relevant to work done today by environmental activists and groups.

My favorite report details the efforts of Eha Kern and Roland Tiensuu (Sweden) in bridging conservation

issues to school-aged children. Through their work, children in these local schools have raised funds to purchase parcels of rainforest in Costa Rica for preservation, eloquently named "The Children's Eternal Forest."

Accounts such as these remind us that it is of our best interest to help preserve and protect the environment for our children, and in the environmental, political and social power of the children as well. We see the youth as our future and work to provide for them, yet many news stories and headlines currently detail how children are leading our future through their activism and efforts. Let us work toward shaping and supporting our children to be game-changers and recognize their own power in the protection and stewardship of the world.

**If you would like to own this title: Contact the Nisqually Tribe Library at ext. 1141 or by email at [library@nisqually-nsn.gov](mailto:library@nisqually-nsn.gov)**

## Dates of Long Ago..... A Few Important Dates from the Past

By Joseph Kalama, Library staff

- Born 1818 - died 1862 - Issac Stevens
- 1800 - Nisqually Tribe population 2,000
- 1833 - Hudson Bay fur trader- Fort Nisqually
- 1839 - Methodists stabled a mission Catholics in same year.
- 1846 - Americans take control of Washington and Oregon.  
Olympia founded ten miles west of the Nisqually River.  
United States founded Fort Steilacoom
- 1850 - Donation land act established
- December 24 1854 - Stevens announced a treaty council at Medicine Creek.

## January 2020

Hello everyone, Happy New Year from the Library staff. We hope you all had a great holiday.

We are excited to announce that the Nisqually Library will be launching a Facebook page starting February 2020, please follow us on Facebook and like our page to stay up to date on events and activities. We will provide information regarding our upcoming events as well as trivia contests with prizes and birthday shout-outs each month.

Message us on Facebook if you would like to give a shout out, including a full name and birth date.

Hope everyone has a great New Year.  
-Library Staff

COMING SOON!



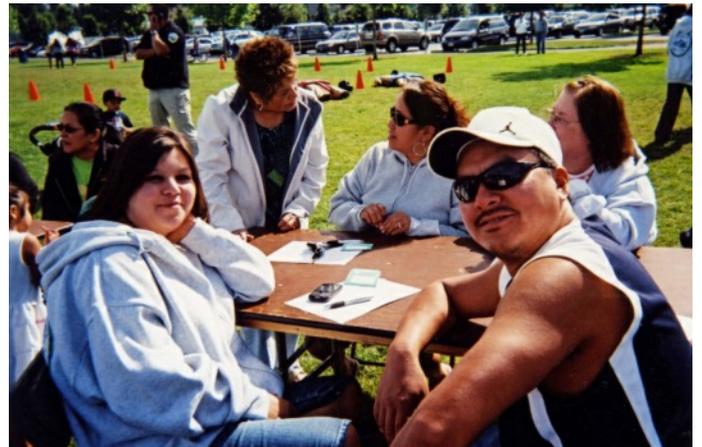


# Archives Department

By Kurtis Bullchild

Hello from the dusty and musty Archives Department! Every month we will send in five photos from the Archives digital collection to the newsletter and they will have a theme to them. Since Valentine's Day is coming up, the photos will be of couples for February. These will be selected from the Archives digitized photo collection. The Archives department would like to show some of the collections and content we have to the community. We have numerous photos that we need help identifying the people so there will be information on how to contact the Archives Department if you can help.

There are a few ways that Archives will be showcasing the Archives collections. The Nisqually Tribal Library will be one of the places to view the various collections and artwork that is now in storage. We will also be utilizing the Nisqually Tribal Library Facebook page that is now under construction and should be available very soon. For questions or concerns please feel free to contact me at: [Bullchild.kurtis@nisqually-nsn.gov](mailto:Bullchild.kurtis@nisqually-nsn.gov) or leave a message at 360-456-5221 ext. 1162. Happy Valentine's Day!



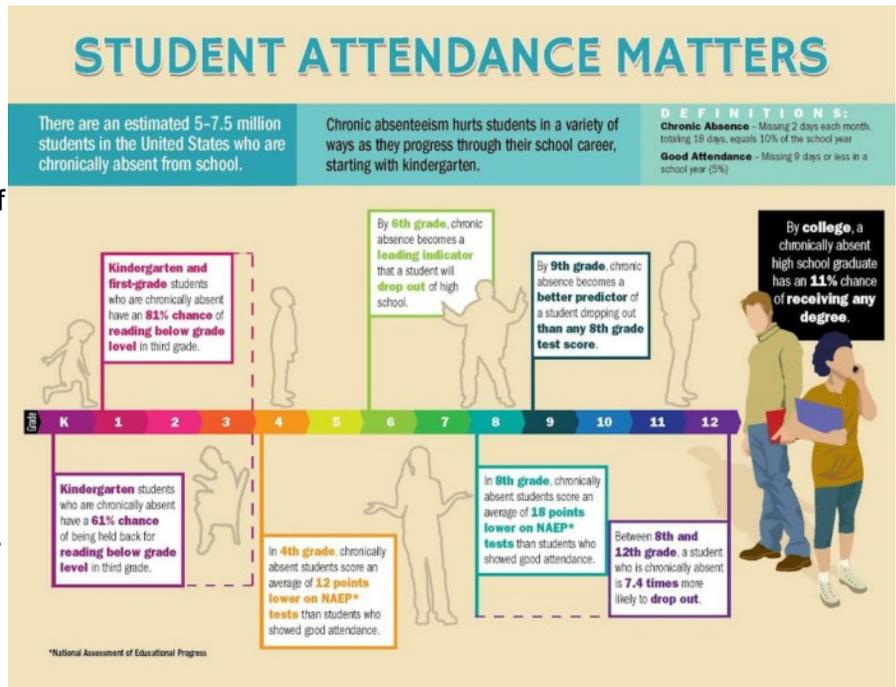


# New Truancy Officer- Madena Oya

Hello, I would like to take this time to introduce myself as the new Truancy Officer here at the Nisqually Tribe. My name is Madena Oya. I've worked in the court since June of 2010 and transferred to this position in the middle of September of 2019.

I just want to let everyone know that I am here to help in any way I can. I will strive to work with you and your child to keep the case from being sent to Thurston County Youth Court.

In order to best serve your child, any information to help guide me will be great. You can reach me at (360) 456-5221 ext. 1259 or email me at [oya.madena@nisqually-nsn.gov](mailto:oya.madena@nisqually-nsn.gov)



# Web Browsing Tips and Tricks

## Tips from the IT-WebDev Department

Here are a few shortcuts that may be used in most popular Windows-based Web browsers such as Chrome, Firefox, and Edge. Hopefully over the course of a few hours or even several minutes, these quick tips and tricks will help save both time and effort typing.

- **Automatically add www. and .com to a website name/address** - Save time typing in a complete URL by simply holding the *Ctrl + Enter* keys after typing the name of a site.
- **Cycle through open browser tabs** – Pres the *Ctrl + Tab* keys while in a browser and switch between each one (*Ctrl + Shift + Tab* to go backwards). This can be much faster than moving the mouse and clicking on a tab.
- **Scroll through web pages with the spacebar** - Tap the *spacebar* while on a website and it will scroll down in full page views; hitting *shift + space* will go back up a view.



- **Use private browsing** - Not having cookies and history saved are helpful for certain activities, such as online shopping or more secure browsing. Pres the *Ctrl + Shift + N* keys to launch a new private window in Chrome, *Ctrl + Shift + P* for Edge.
  - **Instant image search** (for Chrome only) Hold down the "S" key and right click on an image, it will open an image search on a new tab.
  - **Jump to address bar** - There are several ways to jump straight to the address bar from anywhere within the browser. Press *Ctrl + L* or *Alt + D* to accomplish this.
  - **Zoom text** - To zoom text (and images) in almost any browser, hold the *CTRL* key and press the plus (+) key to zoom in. Hold *CTRL* and press the minus key (-) to zoom out. The *CTRL* and the zero key resets the zoom level back to normal.



# The Trevor Project

The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.



	<b>TrevorLifeline</b> If you're thinking about suicide, you deserve immediate help Call us anytime <b>866.488.7386</b>	24/7/365
	<b>TrevorText</b> Talk to a Trevor counselor via text <b>Text "START" to 678678</b>	24/7/365
	<b>TrevorChat</b> Online instant messaging with a TrevorChat counselor <b>TheTrevorProject.org/get-help-now/</b>	24/7/365
	<b>TrevorSpace</b> A social space for LGBTQ youth under 25, and their friends & allies. <b>TrevorSpace.org</b>	24/7/365
	<b>Suicide Prevention &amp; General Info</b> Information on suicide prevention and FAQ's on sexual orientation, gender identity and other topics can be found at: <b>TheTrevorProject.org/resources</b>	

## #WeNeedYouHere

**Suicide is Preventable:** Depression and suicide affect people of all ages and populations, but Native American and Alaskan Native populations can be at a higher risk. If you're struggling, the Lifeline is available to help, 24/7.

### How To Take Care of Yourself

If you are struggling, there are ways to cope right now. You can also call the Lifeline at anytime—we're free, confidential, and 24/7.

**Talk to someone:** Silences isn't strength. Don't keep Suicidal feelings to yourself. Lean on your support network, find a therapist or a support group, or get in touch with the Lifeline.

**Make a safety plan:** Have step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe.

**Build your support network:** Having a sense of belonging to one's culture, or a strong tribal/spiritual bond can be helpful. Discuss problems with family or friends—feeling connected to others can create positive emotional health.

**Fine an activity you enjoy:** Taking care of yourself is an important part of your recovery. Your "self-care" activities can be anything that makes you feel good about yourself.

### How To Help

**Know the facts:** Complex, interrelated factors contribute to suicide among AI/AN people. Risk factors include mental health

disorders, substance abuse, intergenerational trauma, and community-wide issues.

**Ask and listen:** Be an active part of your loved ones' support systems and check in with them often. If they show any warning signs for suicide, be direct. Tell them it's OK to talk about suicidal feeling. Practice active listening techniques and let them talk without judgement.

**Get them help and take care of yourself:** Don't be afraid to get your loved one the help they might need. Helping a loved one through a crisis is never easy. You might want to talk about your feelings with another friend or a counselor. The Lifeline is always her to talk or chat.

Call 1-800-273-TALK(8255). The Lifeline is a national suicide prevention hotline that you can call any time, day or night. A real person will help you through a crisis, give you information, and tell you about resources in your area. There are more than 130 crisis centers in the country. Your call to the Lifeline (1-800-273-TALK) is free and everything you talk to a crisis worker about is just between the two of you.



# Text Messages from Pharmacy

## Did you know

Pharmacy has the ability to send text messages to patients when medications are ready for pick up. This service is an option instead of a phone call or in addition to. If you are interested - all you have to do is ask your friendly pharmacy technician to add this feature to your profile.

Remember the pharmacy phone line **360-491-9770** can be used 24 hours to order refills. Just have your prescription number(s) (located in the upper left corner of the prescription label, **highlighted in yellow**) ready, then follow these 2 simple steps:

- 1.) Press 1 if using a refill prescription number.
- 2.) Enter the RX number followed by the # sign.

Pharmacy may not be open when you realize you need refills but don't worry, you can leave a voicemail on the **Pharmacy's Direct Line** at any time. Please

do not use any extensions and tell us your first and last name, date of birth and the medications you need refilled.

We can also make your life easier by adding you to our monthly Health Minder. This helpful feature will automatically refill your maintenance medications each month. Talk to any pharmacy technician if you would like to set the Health Minder Service up to auto fill your medications.



# Welcome New Health Staff Members

## Misti Dawn Saenz-Garcia, Medical Scheduler

Hello, I am Misti Dawn Saenz-Garcia, daughter of Larry McFarlane and Susan Henry (Squaxin Island Tribe), granddaughter of Theresa Cooper (Squaxin Island Tribe) and Walter John Henry (of Skokomish Indian Nation).

I am enrolled member of Squaxin Island with bloodlines of Skokomish/Quinault as well, married (27 years) with four children. Lifelong foster mom to many as well. Godmother to nearly 100. I am a member at St. Edwards Catholic Church parish, and I also enjoy attending services at Mud Bay Shaker church when able. My children are all adults, and I am currently a grandmother of six gorgeous toddlers from ages one thru six (in March). I have five siblings with 22 amazing nieces and nephews w/five great nieces and

nephews. Many many blessings from the Creator.

I worked for Squaxin as a youth growing up and continued throughout past 27 years of my adult life in many different capacities. I spent most my life serving on many of our tribe's committees, commissions, and boards as well as being a soccer mom and youth volunteer in our tribal programs.

I strongly believe in preserving our past, protecting our future, and respecting our present - embracing our culture and building on the wellness Indian Country. I carry no bias based on last name; I believe in equality and fairness.

I have recently been hired at Nisqually Tribal Health Center as the Medical Scheduler and I am happy to be here and look forward to being of service to the



## Jacqueline Lambert, CAN for the Healing House

My name is Jacqueline Lambert and in November I was hired as a CNA to work in the Healing House. I have worked in the medical field providing care to Elders in their homes for over seven years. I look forward to learning more about the Nisqually people through my work with the Elders.



# Health Business Office Relocation

New for 2020 - Contract Health staff have moved, and will be located in the Billy Frank Jr Center, effective the week of January 27.

This move includes:

**Lisa Wells, Business Office Manager**  
**Chris Curtis, CHS Program Supervisor**  
**Barbara Dominick (Boo), Referral Tech**  
**Jacob Peterson, Medical Bookkeeper**



The new offices are located adjacent TANF, across from the kitchen (where natural resources used to be). If you enter from the back (gym kitchen), we are located to your left and if you enter from the front door (by TANF) please walk down the hallway and we are to your right at the end. There you can bring your medical bills and get PO's, as well inquire about your referrals.

Our contact information remains the same, and we can be reached at 360-486-9599.

## Divers Prepare!

Make a dental check-up part of your 2020 dive season preparation!

Sometimes infected teeth need to be removed and it's important not to disturb the area during the healing phase.

*Did you know - a minimum of 4-6 weeks is recommended for some dental issues to heal before diving!*



Call the Nisqually Dental Clinic today to schedule a check-up 360-413-2716.

## Help Stop the Spread of Illness-Causing Germs

1. Get Vaccinated
2. Stay home if you are sick
3. Cough or sneeze into your elbow, instead of hands.
4. Wash hand frequently
5. Disinfect hard surfaces.



South Puget Intertribal Planning Agency



## USDA Foods Program February Dates

**PT. GAMBLE S'KLALLAM** 2/4/20  
**SQUAXIN ISLAND** 2/7/20  
**CHEHALIS** 2/13/20  
**SKOKOMISH** 2/18/20  
**NISQUALLY** 2/21/20

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 the Warehouse at Nisqually 360.438.4216  
This institution is an equal opportunity provider.



Next WIC:  
**Wed, Feb 12, 2020 at**  
**USDA Food Warehouse**  
**10 am -2:30 pm**  
(Date & time may change)

Warehouse:360.438.4216

**This institution is an equal opportunity provider.**  
Washington State WIC Nutrition Program doesn't discriminate.

**SPIPA's Nisqually WIC**  
**(Women, Infants, and Children)**  
provides healthy foods & nutrition information for you and your child up to age 5.  
**Please bring:**  
Your child, Provider One Card or paystub and identification for you & your child

**Contact at SPIPA for an appointment:**  
**Patty at 360.462.3224,**  
**wicnutrition@spipa.org**

**Debbie Gardipee-Reyes 360.462.3227**  
**gardipee@spipa.org**

**Main SPIPA number: 360.426.3990**





# What Causes Bad Breath?

By Sue Bohannon, DMD

You might think that bad breath, or halitosis, comes mostly from eating foods like garlic and onions. You may be surprised to learn that bacteria in the mouth, especially on the tongue, is one of the biggest bad breath causes.

## Bad Breath Causes from:

**Food** – Food that collects on and between the teeth can collect bacteria that produce odors.

**Poor Dental Hygiene** – Plaque buildup which contains bacteria on your teeth, gums and tongue; cavities and gingivitis can also cause bad breath.



**Tobacco Use** – Smoking can cause chronic bad breath from the build-up of tar and nicotine as well as reduced saliva flow.

**Medical Conditions** – Respiratory tract infections, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbances or liver and kidney ailments can contribute to bad breath problems.

## How to Get Rid of Bad Breath:

To help get rid of bad breath make sure to brush twice a day including your tongue and floss daily to remove odor-causing bacteria from the teeth and gums. A clean, plaque-free mouth is critical to maintaining fresh breath.

## Other helpful tips:

- Rinsing with mouthwash after eating
- Chewing sugarless gum to stimulate saliva flow
- Snacking on celery, carrots and apples which can help loosen debris
- Eat a nutritious diet – vitamin deficiencies can contribute to bad breath
- Brushing your tongue

To make a dental appointment, please call us at 360-413-2716.

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## Mark Your February Calendars:

February 2020

Caregivers Support Group

February 11<sup>th</sup>, Tuesday 10:30 a.m. - 12 p.m.

Heart Health-National Heart Health Month

February 25<sup>th</sup> Tuesday 10:30 a.m. - 12 p.m.

Common Diseases Among Elders: Congestive Heart Failure and Coronary Artery Disease

Sewing, Beading and Crafts at Elders Building

Wednesday & Thursday afternoons

Includes evening 4:30 p.m.- 8:30 p.m.

w/Culture Program

The Elders Program provides support services for Caregivers. **Caregivers may be** unpaid, informal Caregivers, usually a family member, caring for a Native American Elder with a chronic illness or disability; **OR** a Native American Elder, a grandparent or other relative, who is the primary caregiver for a minor child living in their home and has a legal relationship to the child, such as guardianship or is raising the child informally.



# Announcements

## Happy Birthday Kiki

Wishing you a milestone year filled with health and happiness  
May you enjoy great new memories with friends and family ☺  
~ The Gouleys

## HAPPY BIRTHDAY JACK

Love you lots – always sending you a big hug and some positivity  
towards your personal goals Brother. Hope to see you more ☺



February 4, Happy Birthday Auntie Margie, Love the McDonald Family

February 9, Happy 18<sup>th</sup> Birthday Janae aka BOUG, Love the McDonald Family

February 12, Happy Anniversary to my better half, Love you more

February 13, Happy Birthday Chase, Love the McDonald Family

February 15, Happy Birthday Kiki, Love the McDonald Family

February 20, Happy 3<sup>rd</sup> Birthday Grandson (Rodney), Love Papa, Grandma, Mom, Dad, Auntie Jasmine, Auntie Samira and Sissy





Nisqually Indian Tribe  
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