

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 11 Issue 4

www.nisqually-nsn.gov

April 2021

Billy Frank Jr. Day – March 9

By Sheila McCloud

Thank you to all who participated in the Billy Frank Jr. Beautification Project. We had over 60 volunteers! Due to COVID we had to find a safe project that would honor Billy and what he stood for and that is the land that we live in. Billy Frank Jr. Boulevard is the window to the Nisqually Indian Tribe and needed to be landscaped and spruced up. There are plans in the future to do regular maintenance. Our garden staff has identified plants that are indigenous to our area to be planted in the future as well.



“We must rededicate ourselves to the spirit of celebration. It does us no good to forge forward in the struggle to survive if we forget that we must all fit in the same canoe. We share this land.”

Billy Frank Jr.



Photos provided by Debbie Preston

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.

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



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 3:00 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

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

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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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Deb Haaland Confirmed As 1st Native American Interior Secretary

Deb Haaland, a member of New Mexico's Laguna Pueblo, has become the first Native American Cabinet secretary in U.S. History.



The Senate voted 51-40 Monday to confirm the Democratic congresswoman to lead the Interior Department, an agency that will play a crucial role

in the Biden administration's ambitious efforts to combat climate change and conserve nature.

Her confirmation is as symbolic as it is historic. For much of its history, the Interior Department was used as a tool of oppression against America's Indigenous peoples. In addition to managing the country's public lands, endangered species and natural resources, the department is also responsible for the government-to-government relations between the U.S. and Native American tribes.

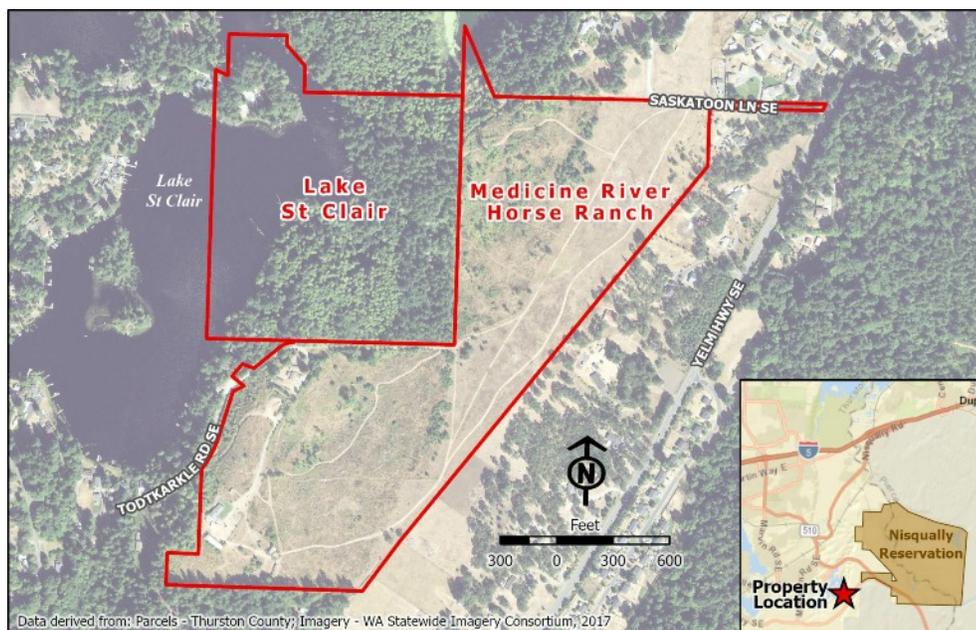
It's not the first time Haaland has made history. In 2018, she became one of the first two Native American women elected to Congress. Her nomination by President Biden to lead the Interior Department was celebrated by tribal groups, environmental organizations and lawmakers who called the action long overdue.

Tribal Land Acquisition Update

By Lisa Breckenridge

Recently the Tribe was able to purchase 78 acres between the Yelm Highway and Lake St. Clair. This rolling, open property is adjacent to 30 acres the Tribe already owns along Lake St. Clair. The previous owners, Richard Oatfield, knew many of our elders and always wanted the Tribe to have this property, and grew hay under the BPA powerlines on part of the property.

The parcel includes two homes and a gentle switchback road access down to a tiny lake. The two homes need quite a bit of repair work and then will be used for program needs. The open prairie like aspect of the land makes it perfect for the Tribe's new horse program, under the direction of Keoni Kalama. Watch for more updates about the horse program and plans for the Medicine River Horse Ranch!





How will I meet my basic needs in a disaster during a pandemic?

Emergency Management

Disasters can cause sudden challenges like knocking out power, blocking roads, disrupting the response of emergency services, and causing stores and pharmacies to close for an extended period. COVID-19 adds to this complexity.

Prepare now so that you have critical skills and can meet your basic needs.

- Learn lifesaving skills, such as First Aid and CPR.
- Assemble two kits of emergency supplies and a one-month supply of prescription medication. Customize your kits to meet your needs. Include disinfectant and hygiene items like soap and hand sanitizer to protect against COVID-19. Some supplies may be hard to get, and availability will worsen in a disaster, so start gathering supplies now.
- Stay-at-home kit (2 weeks of emergency supplies): Include everything you need to stay at home for at least two weeks with items such as food, water, household cleaning and disinfectant supplies, soap, paper products and personal hygiene items.
- Evacuation kit (3 days of supplies in a “go bag”): Your second kit should be a lightweight,

smaller version that you can take with you if you must leave your home quickly. Include everything you need to be on your own for three days - food, water, personal hygiene items, and cleaning and disinfectant supplies that you can use on the go (tissues, hand sanitizer with 60% alcohol and disinfection wipes). Ensure that you have [cloth face coverings](#), such as masks and scarves, for everyone in your household who can wear one safely. Continue to keep about 6 feet between yourself and others in public. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unable to remove it without help.

- 1-month supply of prescription medication, as well as over-the-counter medications like cough suppressants and fever reducing drugs and medical supplies or equipment. Keep these items together in a separate container so you can take them with you if you have to evacuate.

Information courtesy of American Red Cross

Sneak Peak of the New Nisqually Health Clinic



Top photo: Tribal Council and Administration touring the clinic. Middle photo: long hall of one set of exam rooms. Right: look from upstairs through the walkway. Middle bottom: curricular conference room.



Book Review: Working with Emotional Intelligence

By Catalina Sanchez

If there is one book I'd recommend to each department, I would choose *Working with Emotional Intelligence*, by Daniel Goleman. Reading this book was very helpful in my work and home life. Emotional Intelligence can be misleading, but in essence this book looks at what makes a person successful in work as well as everyday situations.

Goleman addresses critical issues with communication and adapting to new environments. For example, at one time what was written on paper mattered more than one's social abilities. But Goleman argues that having a prestigious degree doesn't make one a more successful leader or an everyday employee. Instead, he notes that more and more companies are reaching for workers who have emotional competence.

Using examples from his research at workplaces that are having trouble with employees and management,

he points out that most of the issues came down to using cognitive skills. He points specifically to self-awareness, self-regulation, motivation, empathy, and social skills as crucial components of great leaders.

I love this book because it asks you to find some of your strengths and weaknesses and address them within the context of your own life. Self-mastery addresses your emotional competencies. Do you have excellent communication skills? This book recognizes the strengths and relationships being built to keep an emotionally intelligent company. Again, I'd recommend this to any working department as it offers a wide variety of ideas to help problem-solve and build stronger relationships.

This title is available for check-out via "Curbside Pick-Up" or delivery (on-reservation) through the Nisqually Tribe Library.

LYNDA Migration to **LinkedIn Learning** for Library

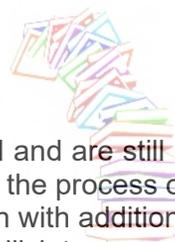
The Nisqually Tribe Library's subscription of LinkedIn Learning (LYNDA) will be migrating to a new platform (**LinkedIn Learning for Library**) on April 13, 2021. Currently this service provides all patrons and cardholders of the library access to professional development courses and our program has reported over 100 hours of usage so far! We are excited as this new platform adds more courses for our patrons, offering over 16,000 courses in seven different languages!

Best of all? The courses are available on your home computer over the web!

If you are looking to learn via LYNDA, or soon to be **LinkedIn Learning for Library, call us at the Library to update your account and password**

As an example, Library staff have been working on Leadership Styles, supplemented by reading materials available from the Library. If your department or program would like ideas on training for staff, let us help you design your learning plan!

LIB LIFE,



Tribal Library Staff

NIT and the Library remain in Phase II and are still closed to the public. We're currently in the process of revising our program's Reopening Plan with additional health and safety precautions and will let our dedicated community (that's you!) know when to expect a modified reopening.

AN AWESOME REMINDER

Library Delivery: For those patrons that live within the boundaries of the Nisqually Reservation, we are able to deliver materials to your door weekly. Give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Friday! For those patrons that live outside the boundaries of the Reservation, call the Library for curbside pick-up to reserve a time – at least 24 hours in advance.

Telephone Reference Services: Have a question about schoolwork? Wondering what materials your kids might like to read based on their age(s) and interest(s)? Need to request an Interlibrary Loan? Nisqually Tribal Members and members of the Reservation community, feel free to give us a call to discuss your information needs!

Library Staff can be reached at 360-456-5221
Catalina S. extension 1222 OR Shannon R. extension 1141



2nd Quarter Family Engagement Kits

Available NOW

Your Nisqually Tribe Library has successfully handed out all of the 1st Quarter Family Engagement Kits, serving ~20 Families and nearly 50 children! We at the library are so grateful for the community support of our programming, and in turn, to be able to support our tribal and community families in remaining engaged, learning, and having fun together during this pandemic.

Following on the heels of this success, our 2nd Quarter Family Engagement Kits are available and ready for delivery! These kits are spectacular, offering:

- Three titles selected from the American Indians in Children's Literature [AICL] "Best Books," one for each of the following age groups: Elementary, Middle, and High School (<https://americanindiansinchildrensliterature.blogspot.com/p/best-books.html>)
- STEAM Activity: Paint kits including tempera or acrylic paint, brushes, pads, and the "Colour & Draw Northwest Coast Native Formline" book (<https://www.nativenorthwestselect.com/Colour-Draw-Northwest-Coast-Native-Formline>)

- Family Board Game: Candyland, Sorry, Clue, or Card Games
- Community Collaboration: seed packs from the Garden Program – just in time for Spring!

In addition, we would love to continue our engagement with the community by hosting a "contest" – i.e. each family that receives a kit will be eligible for a \$25 RezMart gift card when they email a picture of a completed formline drawing, whether from the book provided or an original produced by the children of the household using the paint pad included in the kit. With approval from each family, our Library will then frame and hang these artworks for all to see upon reopening as a temporary exhibit! Framed items will then be gifted back to those families as their keepsake after the exhibit ends.

Photos of completed works must be emailed to Shannon R. in the Library @ Rosenbaum.shannon@nisqually-nsn.gov no later than May 28, 2021. If your family is interested in participating, and would like to schedule delivery of the 2nd Quarter kit, please call 360-456-5221, ext. 1141 and leave a message with return number.

Microphones for Online Conferencing

Tips from the IT-WebDev Department

In a prior article, we covered headsets for audio/video conferencing. Here we focus on improving audio quality by using an external microphone. Laptops, tablets and smart phones have built-in microphones, often these are sufficient in normal video chat sessions. However, if the need arises to really boost and increase audio sound quality, consider an external microphone. There are numerous "top-notch" microphones available on the market; prices of these can vary from the low to high-end range. Below are just a few microphones recommended by popular technology websites.



- The Blue Yeti USB microphone is one of the more versatile devices on the market with a bi-directional mode that captures audio from the front- and back-side of the microphone. The

model comes with four different pattern modes from optimal sound quality in a host of situations. Prices start at \$130 on Amazon.

- The HyperX SoloCast USB microphone is an option for conference attendees; especially those who enjoy gaming and streaming. To prevent audio mishaps, this model features a dedicated mute button as well as an LED indicator to ensure the mic is muted or unmuted as intended. Prices start at \$60 at BestBuy.
- The JUNIVO model is an excellent no-frills high-quality USB microphone. At just four inches in diameter, the model is also compact and ideal for desktops with limited space. Prices start at \$26 on Amazon.

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



Enrollment Committee First Quarter Report

By Natosha Rosado

Mission Statement: The mission of the Enrollment Committee is to preserve the viability and integrity of the Nisqually Indian Tribe. Strengthen the independence and sovereignty of the Nisqually Indian Tribe. To provide for fair and efficient enrollment determinations based on the Constitutional Criteria to ensure the preservation of the Nisqually Indian Tribe and protect the rights of past, present and future members.

Project Summary:

1. DNA Policy: As the General Council requested, we have been working on a DNA policy to provide for DNA testing for all enrollment and adoption applicants. The policy is nearing final draft form and once it's ready for review, we will move it through the process.
2. Enrollment Code Title 47 – Amendments per General Council: The Committee has been working on proposed amendments to Title 47 to clarify the criteria and process for adoption. Among the changes we will be proposing are:
 - Adding a requirement that adoption applicants demonstrate one year of active participation in social and economic activities of the Nisqually Community at the time of their application.
 - Requiring that adoption applicants be direct lineal descendants (proven by DNA testing) of Nisqually members.
 - Changing the number of adoptees per year to 20 instead of 5.
 - Defining the “bona fide residency area” as the Reservation and a 150-mile radius of the Reservation.
 - Including a lottery process for determining which 20 qualified applicants (15 children and 5 adults) are selected for adoption each year .
 - Prohibiting dual enrollment for adoptees.
3. Implementing Resolution 1-2018: The General Council has directed the Enrollment Committee to work on dual enrollment and “tribal jumping,” an adoption process, DNA testing, and an elders panel. One aspect of that work is to implement Resolution 1-2018, which was passed on August 11, 2018 and says that “the Nisqually General Council hereby resolves to amend Title 47 to include the prohibition of future enrollment of any person over the age of eighteen (18) into the Nisqually Tribe, if they are currently enrolled in another federally recognized Tribe as of May 12th, 2018.” As noted above, we are working on amendments to Title 47 (which governs adoption, not automatic enrollment) to implement this Resolution.

We (and the Tribal Council) asked the new enrollment attorney to examine the status of Resolution 1-2018. Our attorney learned that the BIA has asked that the Resolution be voted on again and resubmitted because it was submitted too long after its passage to be approved under the Tribe’s constitution. She also advised us that, in her opinion, it would violate the Tribe’s Constitution to add new membership requirements (like no dual enrollment) for automatic enrollees because the enrollment criteria for automatic enrollees are set forth in the Constitution. She explained that in her opinion, to add or change the enrollment requirements for automatic enrollees, the Tribe would need to amend the Tribal Constitution. We are not taking any action based on that opinion until we receive further direction from the Tribal Council.

4. The Enrollment Attorney: Has been hired and is on board working hard with our enrollment committee. Her name is Vanya Hogen, of the Hogen Adams firm in Minnesota. She has a lot of experience working in tribal enrollment.
5. Enrollment Committee:
 - Frankie McCloud – Chair is up for position 2021
 - Andrey Squally – Vice Chair
 - Rose Henry – Treasurer
 - Natosha Rosado- Secretary is up for position for 2021
 - Andrew Squally Jr
 - Kahelelani Kalama member at large, and is up for position 2021
 - Stephanie Scott
6. Meeting schedule: Regular enrollment committee meeting schedule is at the Administration Building on Mondays and Thursdays at 11 a.m. Thursdays are combined with the elder’s panel. If you have any questions please feel free to attend a committee meeting or written inquiries can be dropped off at the front desk for the Enrollment Committee Box.

Respectfully Submitted by the Enrollment Committee
Thank you



Tribal Heritage Grant Awarded

By Bradley Beach

The Nisqually Indian Tribe was awarded a Tribal Heritage Grant to create a register of properties and places that are of importance to the Nisqually people.

The Nisqually Indian Tribe recently received a \$40,000 grant to fund the development of a historic register of properties and places that are of importance to the Nisqually People. *The project is supported through a grant from the State, Tribal, and Local Plans & Grants Division as administered by the National Park Service, Department of Interior.*

Project Information:

The Tribal Historic Preservation Office (THPO) at the Nisqually Indian Tribe has announced that they were awarded a grant from the National Park Service to develop a tribal historic properties register. Such a wonderful achievement is yet more proof that tribes and the federal government can work together for the protection of cultural resources. The Director of the Nisqually's THPO program described the grant as foundational, and is grateful for the National Park Service's grant program.

As we work to build this historic register for the next generation, we have enlisted the help of an outside contractor, Historical Research Associates, Inc., who is going to conduct original research, as well as synthesize existing research, into three separate properties: Sequatchew Creek and the greater DuPont region, Medicine Creek, and McAllister Springs. The Nisqually Indian Tribe's GIS department has been tasked with creating a framework for storing this information, a task I know they will exceed at.

About the Nisqually Indian Tribe:

The Nisqually people came north from the Great Basin, across the Cascade Mountains, to settle near the Mashel River. We were a fishing people, living off of the rich bounty of the river, and sustaining life for our home and environment. The Nisqually Reservation, as it has become known today, was established by the Medicine Creek Treaty of December 26, 1854, although whether the great Nisqually Chief Leschi had agreed to the treaty is heavily disputed. Still, our people were re-established on a reservation consisting of 1,280 acres in what is now Thurston County.

On January 20, 1856, an executive order enlarged it to 4,717 acres on both sides of the Nisqually River. On September 30, 1884, acreage was set aside and divided into 30 family allotments on both sides of the Nisqually River. The acreage did not include the river. The people lived in peace for a while, harvesting fish from the river and shellfish, crabs, oysters and other seafood from Puget Sound. In the winter of 1917, the U.S. Army moved onto Nisqually lands and ordered them from their homes without any warning. Later, Pierce County condemned 3,353 acres of Nisqually land and transferred it to the Army to expand the Fort Lewis base.

Today, our tribe has more than 650 enrolled members, the majority of whom live on or near the reservation. We are an entrepreneurial tribe that has grown to become one of the largest employers in Thurston County, while building a national reputation for our environmental stewardship programs protecting and enhancing our natural environment for decades.

Bradley Beach, THPO
Tribal Historic Preservation Office
360-456-5221 x 1277
Nisqually Indian Tribe



Emergency Rental Assistance Program (ERAP)



Are you enrolled in a federally recognized Tribe and live in Thurston County area?

Has COVID19 impacted you or your family?

Nisqually Housing Department can help you 😊



PURPOSE

The purpose of this policy is to ensure Emergency Rental Assistance (non-HUD) to Nisqually Indian households impacted by the COVID-19 pandemic. The assistance includes, but is not limited to paying rent, various utility providers, home energy costs, arrears accounts associated with housing, other rehousing/stability costs, other expenses related to housing.

ASSISTANCE AVAILABLE

- Household may receive up to 12 months of assistance, based on required 3 month renewal assistance request at a time.
- Household may receive consideration for extension of 3 additional months, after initial 12 months, if administration deems extra extension months are needed to ensure housing stability and funding is still available.
- ERAP assistance will be applied first for outstanding arrears of rent, utility providers, home energy costs, stability costs, other expenses related to housing assistance.

with Nisqually Indian Tribal Housing for assistance.

- Required to complete a signed Housing Application and Release of information complete with supporting documents (income/tribal verification/proof of hardship), as standard criterias.
- Income can be 2020 or 2021 income taxes return (AGI), wages, unemployment, zero income certification statement, per capita, GA/TANF statement, or similar low income award letters (LIEAP).
- Meet Eligibility Criteria in response or impacted, risk associated with COVID-19, or have disability/health condition at risk.
- Household must reapply for additional assistance at the end of the three-month period.

If this pertains to you, your family members, or someone that you know-please come in and fill out an application and get assistance from the Nisqually Tribal Housing.

To help relieve some financial hardships that COVID-19 has affected.

Nisqually Tribal Housing is here to help!

REQUIREMENTS

- Either an eligible household or a landlord on behalf of that eligible household must apply

Nisqually Beautification Project

Need a new roof? Want to paint your house?

Insulation?

Nisqually Tribal Council graciously created a new program that will give the Nisqually community a new modern look that we hope to maintain for generations to come.

This program will allow Tribal members to utilize this funding to modernize, redecorate, refurbish, modernize, repair, update, and improve the homes that surround our beautiful community.

[The oldest houses on the reservation will take first precedence on this new project.](#)

It will include, but not limited to:

- Roofing
- Siding
- Insulation
- Windows
- Doors
- Paint



Please grab an application at the Nisqually Tribal Housing office or if you have any questions call 360-493-0081.



Behavioral Health News

By Tarah Earhart

Hello from the New Behavioral Health Program Manager

My name is Tarah Earhart, and I am very excited to join the Nisqually Tribe Health Department as the Behavioral Health Program Manager. My approach to behavioral health is to care for the whole person and support healing and balance in all aspects: mental, emotional, social, spiritual, and physical. I look forward to strengthening the services provided by the Behavioral Health Program and increasing our ability to meet the needs of the Nisqually community.



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by the Behavioral Health Program and increasing our ability to meet the needs of the Nisqually community.

April Is Alcohol Awareness Month

Alcohol is the third leading preventable cause of death in the United States. An estimated 88,000 people die from alcohol-related causes each year. The purpose of Alcohol Awareness Month is to reduce the stigma that exists around alcoholism and highlight that **recovery is possible**.

What is Alcoholism? Alcoholism is the inability to control drinking due to a physical and emotional dependence on alcohol. It is important to understand that an alcohol use disorder impacts a person's ability to make healthy choices. People experiencing alcoholism may desperately want to stop drinking, but are often unable to do so without support from trained substance use treatment providers.

Is My Drinking Problematic? Some signs that a person may be experiencing an issue with alcohol can include:

- Trying to cut back on drinking but being unable to do so
- Continuing to drink even though it is causing problems with your health, job, relationships, or the legal system

- Needing to drink to keep from feeling sick, especially first thing in the morning
- Feeling annoyed or upset when friends/family comment on your drinking

There are many factors that go into assessing if a person is experiencing an Alcohol Use Disorder. An accurate diagnosis requires completing an assessment with a licensed Substance Use Disorder Professional.

Resources. To get more information on Alcohol Use Disorder or speak with a Substance Use Disorder Professional, contact The Behavioral Health Program Monday-Friday from 8:00 a.m.-5:00 p.m. at 360-413-2727. You can also utilize FindTreatment.gov to gain more information about treatment options.

Support Groups.

Alcoholics Anonymous (AA)

www.aa.org

212-870-3400

Online Support Meetings Available

Al-Anon Family Groups

www.al-anon.alateen.org

1-888-425-2666 for meetings

Smart Recovery

www.smartrecovery.org

Online Support Meetings Available

SOURCE: National Council on Alcoholism and Drug Dependence; National Institute on Alcohol Abuse and Alcoholism



Health Staff and Two Spirit & LGBTQ+ Affirming Environments Training

By Josette Ross

On February 24th and March 15th the Nisqually Health Department hosted a staff training titled **Two Spirit & LGBTQ+ Affirming Environments Training**, facilitated by the Northwest Portland Area Indian Health Board.

This training was designed to help staff to better understand the meanings of gender, sexual orientation, and gender expression, as well as how to be more affirming in the care we give to the community here at Nisqually.

This training is the first of its kind for our staff as we look toward the expansion of our services to meet the unique needs of our Two-Spirit LGBTQ+ community members.

We will also be hosting a 30 Minute follow up for our providers on strategies to make our spaces more affirming for our Two-Spirit Community Members.

Keep an eye out for upcoming talking circles and community events for our Two Spirit/LGBTQ+ community members, families and allies. We will be hosting another Pride event in June and are looking for community volunteers to help us plan. Keep your eyes out for a flyer coming soon!

Questions? Call Josette at 360-413-2707



BRIGHTON CREEK

Good Day Nisqually!
Here are the latest updates of Brighton Creek; we are busy with construction upgrades and Covid -19 Quarantine preparation.

Brighton Creek Update
Construction and Covid -19 Quarantine:
We continue to prepare for Covid -19 to be ready if needed.

We are busy with construction, licensing and code requirements. We are moving forward with our construction efforts, many repairs and remodeling planned for the spring and summer.

- We will be upgrading and remodeling the Dining Room, ADA Bathroom and Women & Men's bathrooms.
- Installing Septic system for RV Park
- Installing entrance gates

- Building a garage for maintenance and grounds equipment

Our hope is to have Brighton Creek available by September or October of this year providing that we can move to Phase 3 of Covid-19.

Staffing:
Presently we have hired our new Secretary- Kalela Reuben and part-time Medical Assistant Robin Preston. We are in process of hiring our maintenance and security positions.
Welcome aboard Kalela and Robin!

**Stay Well, Stay Safe and Take Care!
"Get Vaccinated"**

We look forward to seeing you here at Brighton Creek in the fall. We look forward to seeing you soon!
Pam



Spring Update From the Pharmacy

Greetings everyone! Your Nisqually Tribal Pharmacy is open Monday through Friday from 8 a.m. until 5 p.m. for your prescription needs. We are closed for lunch from noon until 1 p.m. as well as approved early closures and Holidays observed by the tribe.

We offer prescriptions filled in bubble packaging as well as regular bottles and vials, Traditional



Medicines and natural remedies, curbside pick-up, prescription delivery service for those who are eligible, prescription mailing service, Health Minder for

automatic refills, pharmacist consultations, and a helpful pharmacy staff to serve you.

For excellent service, we encourage you to please call your prescription refills in 48 hours ahead of time. This will allow for staff to obtain refills when needed and to order medications that may not be in stock. You may contact us at 360-491-9770 option 0.

For emergencies when the pharmacy is not open, eligible patients may call Tim's Pharmacy in Yelm at 360-458-8467 Rite Aid in Hawk's Prairie at 360-456-0444 We appreciate every one of you and look forward to serving you.

Nisqually Pharmacy Staff – Richelle, Amy, Halene, Desarae, and Shelly

Temporomandibular Joint Disorder (TMD) or TMJ

By Sue Bohannon, DMD

Temporomandibular Joint Disorder (TMD), or TMJ as some refer to it, has become more and more recognized in today's culture, and symptoms such as jaw pain or clicking and popping noises are well known. The problem with TMD, and what makes it notoriously difficult to self-diagnose, is that symptoms are not always commonplace, and can, in fact, manifest in several different ways not restricted to the jaw.



We recognized that more people might be developing TMD symptoms and not realizing it. One sure fire thing we have noticed lately is an increase in the number of people we are seeing for chipping and cracking of teeth/fillings/crowns. A clear sign of bruxism and clenching of the teeth and generally can lead to problems with the joint from excess jaw biting forces during the night or even during the day. Here are some TMD symptoms that may be surprising:

- Pain or tenderness in the face, jaw joint area, neck and shoulders, and in or around the ear when you chew, speak, or open your mouth wide
- Limited ability to open the mouth very wide
- Jaws that get "stuck" or "lock" in the open- or closed-mouth position
- A tired feeling in the face
- Difficulty chewing or a sudden uncomfortable bite – as if the upper and lower teeth are not fitting together properly
- Swelling on the side of the face

If you are experiencing any of these symptoms, especially in conjunction with jaw soreness, clicking or popping, or lockjaw, schedule an appointment as soon as possible. TMD is a progressive disorder that will become more difficult to treat in the future.

Sue Bohannon, DMD
Nisqually Dental Clinic
360-413-2716



Four Ways to Boost Your Immune System

By Addie Spencer, MD

Having a healthy immune system is the best way to fight all types of infection. Now during the COVID-19 pandemic it is especially important to keep your immune system in tip-top shape and ready to fight off the virus that causes COVID-19 illness. Here are some things you can do to boost your infection fighting powers:

1. **Get vaccinated.** Once you have received two doses of the COVID vaccine you will have infection fighting antibodies and white cells that can recognize the virus. This gives your immune system a head start and you will be less likely to get severely ill if you catch the virus.
2. **Sleep** well every night. Getting 7-9 hours of sleep each night is important for your

health. Turn off the TV and phones and let your body gather strength for the coming day.

3. **Take care of diabetes** and other chronic illnesses. When your blood sugar runs over 140 it makes it harder for your white cells to fight infection. Well controlled chronic health issues mean you are in better shape to face an acute illness.
4. **Take Elderberry syrup** to boost your immune system. This along with a healthy diet full of fruits and vegetables will keep you strong through all the seasons.

When you are ready to schedule your COVID-19 Vaccine please call our hot-line **360-413-2733**

Nisqually Elders Lead the Way

By Addie Spencer, MD

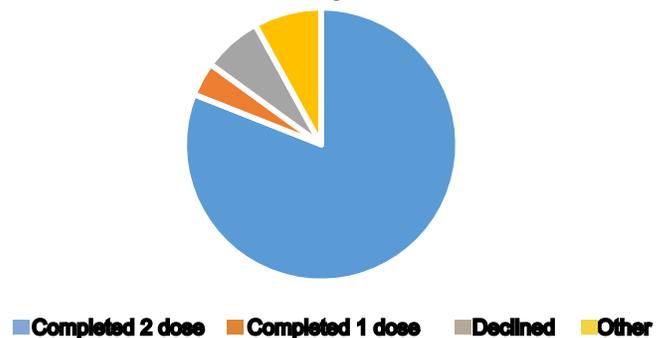
This past year of COVID-19 has been hard. But now spring is here and with it new hope for better days ahead! Nisqually Elders are leading the way forward for the community.

The majority of Nisqually Elders are now vaccinated against COVID-19. In fact, 81% of the oldest Nisqually Tribal Members have received both doses of the Moderna vaccines.

This is great news because as the number of people in the community who are fully vaccinated increases, the risk of a COVID outbreak goes down. Vaccines aren't perfect, but they do lower the risk of severe COVID illness and decrease the spread of infection.

Community events may be different this summer than back in 2019, but I am hopeful that if we all follow the example of the Elders we will be able to enjoy some very special gatherings in a few months. Please call the vaccine scheduling hotline **360-413-2733** to schedule your COVID-19 vaccine today.

100 Nisqually Tribal Member Elders ages 60-91 years





Nutrition Services

With Bernita LaCroix R.D.

One-to-One Consultations for patients of all ages.

Learn healthy choices, set goals,
and get on your way to feeling great!

Diabetes Prevention and Control

Appointments via Telemedicine or Phone due to COVID19 until further notice

Thursdays 10:00—4:30

If you need assistance setting up a telemedicine visit, let the scheduler know and they will walk you through the process.

Call to Schedule an Appt. with Bernita: 360-459-5312

STAY SAFE . SAVE LIVES.



KEEP A SAFE DISTANCE.

COVID 19
PREVENTION
TIP 1



HAND
WASHING



South Puget Intertribal Planning Agency



USDA Foods Program April Dates

- PT. GAMBLE S'KLALLAM 4/6/21
- SQUAXIN ISLAND 4/9/21
- SKOKOMISH 4/14/21
- NISQUALLY 4/16/21
- CHEHALIS 4/22/21

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 April Dates



- SQUAXIN ISLAND 4/13/21
- NISQUALLY 4/14/21
- CHEHALIS 4/8/21
- SKOKOMISH 4/21/21

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.





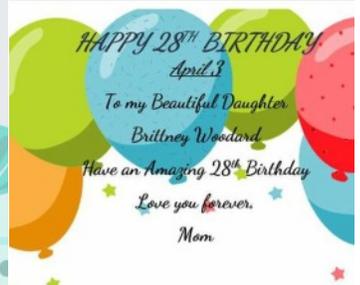
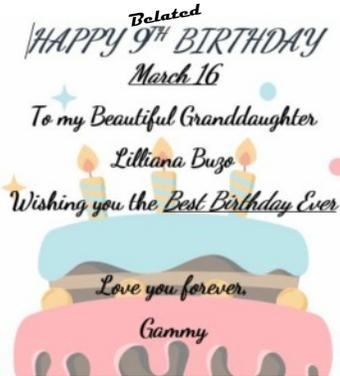
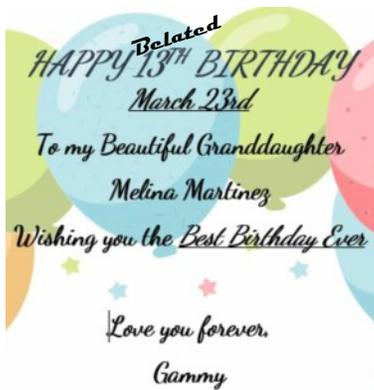
Announcements

April 7, Happy 27th Birthday Samira, Love Dad, Mom, Keisha, Jasmine, Nevaeh and Rodney

April 7, Happy 5th Birthday Juanito, Love the McDonald Family

April 11, Happy Birthday Kylee, Love the McDonald Family

April 26, Happy Birthday Dalia, Love the McDonald Family



2021 SPRING CLEAN UP

Nisqually Indian Tribal Housing has scheduled dumpsters to be placed in the Community for the "Annual Spring Clean Up".

April 12th to April 26th

Locations

Upper Rez

- 1) Church Kalama Drive - Church Drive way
- 2) Muk Sut Wei - End of cul de sac
- 3) Nisqually Drive SE - Across from 4740 driveway
- 4) Muck Creek Drive SE - Island of 1st cul de sac

Lower Rez

- 1) Mary Bobb Lp - past driveway of 11925 on right
- 2) BaKwom Drive - between 2412 and 2346, parallel to rd
- 3) Swa Wa Crt SE - End of cul de sac to the left
- 4) Chickaman Crt-Emergency Mngt Office
- 5) 21st Way SE - Cul de Sac

Valley

- 1) Durgin Rd - 11124 A
- 2) Conine Ave - 11025 1st week / 11029 2nd week

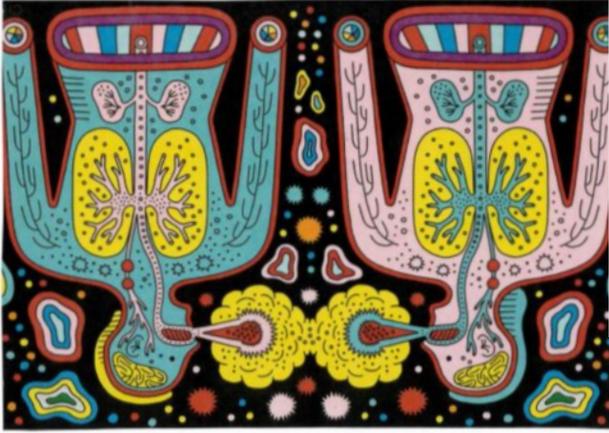
DUMPSTERS WILL BE LOCKED ONCE THEY ARE FULL AND WILL BE EMPTIED ON NEXT BUSINESS DAY PLEASE DO NOT PLACE ITEMS ON THE GROUND.

**Thank you for your cooperation
If you have any questions
Please call 493-0081**



REMEMBER YOUR MASK

REMEMBER



POST & PRINT Nisqually **PROMOS**

Hours:
Monday - Friday
9am - 5pm

Location:
12820 Yelm Highway SE #C
Olympia, WA 98513
Phone: 360.338.6431

Email: orders@nisquallypostandprint.com

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

