

# N<sup>S</sup>qualli Absch News



Nisqually Tribal News

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

Phone Number (360)456-5221

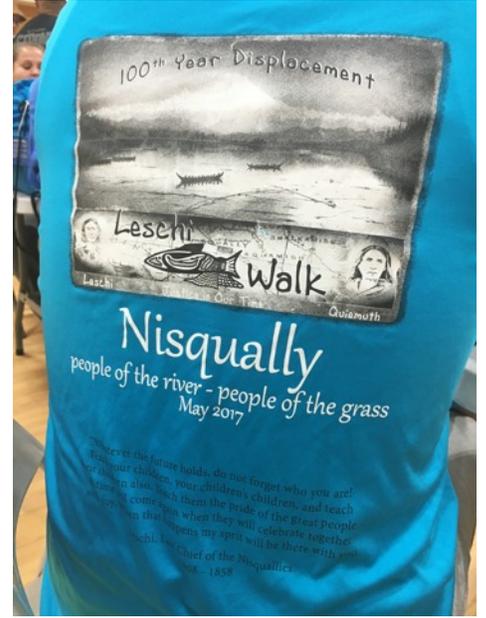
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[www.nisqually-nsn.gov](http://www.nisqually-nsn.gov)

July 2018

## Leschi Honor Walk 2018

By Debbie Preston



Continued on page 5-WALK

# 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.

Contact Carrol Clark at (360)456-5221 ext. 1221 to set up an appointment.

## Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday Nights

Time: 6:00 p.m. - 7:00 p.m.

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

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

## Nisqually Tribal Council

Chair, Ken Choke

Vice Chair, Chris Olin

Secretary, Jackie Whittington

Treasurer, Julie Palm

5th Council, Brian McCloud

6th Council, Handford McCloud

7th Council, Willie Frank

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# Medicine Creek Cafe

By Debbie Preston

Nisqually's Medicine Creek Enterprise (MCEC) Corporation celebrated the reopening of the former Norma's Cafe to the renamed Medicine Creek Cafe on June 25 with the Nisqually Canoe Family and speakers. The public opening at noon followed. The site was formerly Nisqually Tribe territory and the signing of the Medicine Creek Treaty was across the highway from the restaurant. Nisqually also owns several other lots in the vicinity, including a Nisqually Market store and Nisqually Communications building.

Joe Kalama hands off the microphone to MCEC CEO Bob Lyall following the blessing.

The Medicine Creek Riders, comprised of tribal members from the several tribes in the Medicine Creek Treaty, came to the opening of the cafe.

Shiela McCloud, Stephanie Scott, and Rueben and Jinx Wells check out the inside of the cafe that has some Nisqually history now as well as pictures of some Nisqually tribal veterans.

Nisqually Canoe Family Member Amanda Hicks dances prior to the opening of the cafe. Nisqually MCEC committee chairwoman Sharr Steetlah creates the finishing touches on her burger during the event.

Nisqually tribal council members and MCEC board members cut the ribbon to officially reopen the cafe.





# Telling Our Story

By William Frank III 7<sup>th</sup> Council

Our week in Washington, D.C. began with what felt like a hill sprint. Each day began and ended with 85-degree weather and what seemed like 85 percent humidity, making our walks from building to building and meeting to meeting almost unbearable in our business attire. Regardless, we temperate coastal types slogged through it.

Our first meeting was with Sen. Elizabeth Warren. She is on the Department of Defense Committee. We talked about the challenges the Nisqually Tribe has been faced with since Fort Lewis took over two thirds

of the reservation in the first part of the 20th century. It was the first time we have met with her. As she has developed seniority, she has started to take on tribal issues and honoring trust responsibility. Hanford and I took turns describing life on the Nisqually Reservation and the impacts on our people, our way of life as fishermen and gatherers and the struggle to grow with such a small land base that was left to us following the condemnation. My dad always reiterated to us over and over, "Tell Your Story."

## Puget Sound Day on the Hill May 22-24

For the past four years, the Puget Sound Partnership has organized non-profit organizations, state agencies, private business owners and tribes to attend two days of advocating for the health of the Salish Sea by meeting with Washington state's congressional and Senate delegates to talk and strategize solutions to move forward together. This year was the second year myself and Hanford attended Puget Sound Day on the Hill.

We also thanked them for fighting hard to get critical federal funding necessary for habitat and salmon restoration back into the 2018 Fiscal Budget. Without their work the budget, we would have been zeroed out and devastated our fisheries work.

funding, but recipients would be able to use money to help restore the impacted fishery or prevent a similar disaster in the future.

Sen. Martin Heinrich (D-NM) – Fundraiser as Guests of Clause Law. The Nisqually delegation was invited by Clause Law to meet with Heinrich, who chairs the Senate Energy and Natural Resources Committee. He is an ally of Indian Country who is familiar with treaties and salmon and champions wildlands and habitat restoration. We invited him to visit Nisqually to tour and see treaty rights in action.

### Fishery Disaster Relief

National Oceanic and Atmospheric Administration has been the lead in creating and managing the Marine Disaster Declaration. In 2016, Nisqually became aware of this disaster relief fund and immediately applied for and received notification we would be recipients of the disaster relief.

The disaster relief allocations were intended for commercial fisheries and many worked hard to ensure tribes were not left out of the relief funds. When the funds are released, we intend to use them for much needed updates to our two hatcheries. Our lobbyist has been working diligently to ensure Nisqually does not have to re-apply for the funds or compete with others who applied after Nisqually received their notification of successfully applying. The disaster relief must still be reviewed by the Office of Management and Budget and Pacific State Marine Fisheries Commission may be the designated distributor of the





# U.S. Forest Service

By Willie Frank and Handford McCloud

We met with the U.S. Forest Service (USFS) Director to explain the issues we have been having when we go out to gather in our usual and accustomed territory for items such as huckleberries and cedar. In that meeting, we were directed to write an MOU to give to the U.S. Forest Service that will allow the Nisqually People to plan dates and designate areas to gather and pick berries. We also discussed the problems of commercial pickers using machines to shake huckleberries from the bushes, damaging the plants, taking too many berries and nothing being done to replant bushes that are killed.

We also expressed our desire to create certain areas of land set aside for Nisqually use and were directed to send a letter to the Forest Supervisor that included the tribe's proposal for USFS lands, which is covered under the Cultural and Heritage Cooperation Authority which allows the USFS to grant temporary closures for traditional ceremonial uses. With the letter, a meeting would follow with Nisqually, the Forest Supervisor, District Ranger and Tribal Program Manager.

**Rep. Derek Kilmer (D-Wa), Rep. Denny Heck (D-WA) Office of Sen. Patty Murray (D-WA), Office of Senator Maria Cantwell (D-WA)**

We discussed with all three the need for improved process and efficiency of moving land into trust, which Nisqually must do due to two-thirds of the reservation being condemned by the city of Tacoma to become Fort Lewis, now Joint Base Lewis McChord. Additionally we discussed the need to get the fisheries disaster monies to Nisqually to make the improvements to our hatcheries that will help produce more fish for everyone. We also discussed the implementation of the Billy Frank Jr. Tell Your Story Act with Rep. Heck.

The act designated the wildlife refuge on the Nisqually River Delta as "The Billy Frank Jr. Nisqually National Wildlife Refuge and created a National Historic Site at the location of the signing of the 1854 Medicine Creek Treaty. It also required the U.S. Secretary of the Interior to involve the Nisqually, Muckleshoot, Puyallup, and Squaxin Island Tribes in the development of educational materials for the National Historic Site.

*Continued from cover-WALK*

For the past 13 years, the Nisqually Tribe, in cooperation with Joint Base Lewis McChord (JBLM), has held an honor walk on lands that were taken from Nisqually in 1918 to enlarge the military base. Approximately two-thirds of the reservation that was allotted to Nisqually in their treaty was taken by the city of Tacoma for the base, including a huge part of the grassland prairies that Chief Leschi and his brother Quiemuth specifically sought to include in the treaty. Today, JBLM manages parts of those lands for camas by controlled burning and manages cedar trees for the bark that the tribe can access. Those who were displaced are remembered with stops along the way that note who lived there or the cemetery and churches that were located there. Most of the graves have been moved, including Leschi and his brother, who were moved twice.

On front page, Nisqually tribal Chairman Ken Choke joins members of the Nisqually Canoe family to sing to those assembled including Colonel Nicole M. Lucas. Choke reminisced about the first year of the walk 13 years ago and the importance of the education included in the event. Lucas later addressed those walking or running, hoping that those participating would see that JBLM works to maintain the lands now in their care.





# AmeriCorps Graduation

By Debbie Preston

Nisqually AmeriCorps graduates Nolan Matheny, Randy Fosella, Celeste Fosella and Jack George celebrated graduation last week after completing 1,700 hours of work each on a variety of Nisqually projects, including hundreds of hours cleaning up the tribe's Lake St. Clair property, assisting on numerous events, playground installation, raised planter beds for elders, work on Nisqually State Park and many other projects. The program has been approved for another three years of funding from the federal government along with the Nisqually Tribe's supplementation of the program. Each graduate has completed 1,700 hours in the AmeriCorps program and earned \$5,920 of college money along with their work pay. From left, Nolan Matheny, Randy Fosella (who will continue in the program for another year), Celeste Fosella who will continue her college courses at Northwest Indian College, and Jack George, currently working in the t-shirt production at TERO.

Nisqually Parks Committee Chairman Tony Sanchez discusses the AmeriCorps program and the many projects undertaken by the crew.



# Library Closed

The Nisqually Tribe Library will remain closed and suspend services through June due to construction. During this time, the Bookmobile will be in operation for summer programming and Timberland Library service requests can still be made/picked up from staff via telephone or email. Please call to arrange drop-off of library materials that are due. Nisqually Tribe Library computer lab and book requests will not be available.

We will continue to send out updates via All Employee email, the Weekly Mail-Out, and She-Nah-Num Facebook page as we receive them, and apologize for the inconvenience this may impose. If there are any questions, concerns, or to make Timberland requests and drop-off arrangements, please call Shannon Kravitz at (360) 456 – 5221 ext. 1141, or email all library staff at [Library@nisqually-nsn.gov](mailto:Library@nisqually-nsn.gov).

**Marietta Sailto Obi**

**Memorial**

NISQUALLY YOUTH CENTER

1937 Lashi Street S.E., Olympia, WA 98513

**SATURDAY, JULY 21ST, 2018 @ 1:00**

For Information Contact Darla Obi (360) 628-0293 \* Email:



# Nisqually Stream Stewards Accepting Registrations For Summer 2018 Program

Get a backstage pass to what's happening in the Nisqually Watershed! Sign-ups are open now for the 2018 Nisqually Stream Stewards Program, which runs this summer on Thursday evenings and Saturdays starting on August 1. Want to work alongside natural resource professionals, become a citizen scientist, and learn how to protect and restore waterways in your community? Nisqually Stream Stewards is your opportunity to get involved in keeping the Nisqually healthy and sustainable.

Nisqually Stream Stewards is a joint program of the Nisqually River Council and the Nisqually Indian Tribe's Natural Resources Department, open to up to 30 participants each year. Over the summer, Stream Stewards attend 40 hours of classes, field trips, and hands-on trainings led by experts from Mount Rainier National Park, Nisqually Indian Tribe, Billy Frank Jr. Nisqually National Wildlife Refuge, University of Washington's Center for Sustainable Forestry, and many more organizations up and down the watershed. The classes give Stream Stewards a behind-the-scenes understanding of the geologic, environmental, and cultural significance of the Nisqually. In exchange, they commit to donating 40 hours of volunteer time in the watershed over the next year. Stream Stewards

monitor water quality, lead environmental education field trips, survey spawning salmon, collect biodiversity data, restore riparian areas, and help with community conservation and stewardship events like the annual Nisqually Watershed Festival.

Classes meet on Thursday evenings and some Saturday mornings from August 2, 2018 through September 29, 2018. Registration is free, and open now. The class is limited to 30 participants a year and registrations are accepted on a first-come, first-serve basis. Nisqually Stream Stewards is open to people of all ages and abilities who are enthusiastic about learning about the environment and becoming a more effective volunteer for the watershed. Youth under 16 should plan to attend with an adult chaperone.

To learn more and sign up, visit the Nisqually Stream Stewards website at <http://nisquallyriver.org/stream-stewards/>, or email Emily, Ashley, and Sheila at [streamstewards@nisquallyriver.org](mailto:streamstewards@nisquallyriver.org).

## Salmon Camp July 16-20

Again this summer Natural Resources and the Youth Program are partnering to provide a week-long salmon camp. This is a chance for young people to learn more about some of the many interesting projects we do in natural resources and experience first-hand what natural resources jobs are like.

From more information please contact Kevin Moore at 360-455-5213.

## Garden Stand Open!



Grace Ann Byrd talks to folks stopping by the Nisqually Garden Stand's first opening behind the Nisqually Administration building at the end of June. The stand will be open every Thursday through October from 1 to 3 p.m. except as noted.



# Why Steelhead Are So Important

Part 3 – The Days of Conflict

By George Walter

*This article is the third of a four-part series on Steelhead, what they are and why they have been and continue to be so important to the Nisqually fishery, and treaty fishing rights in general. The first part was basic biology and the second part was about pre-treaty times through WWII. This part tells about more recent treaty-right fishing conflicts and how steelhead fitted in.*

In previous newsletter articles, I described the Nisqually fishing rights conflicts, also known as the Fish Wars. The single largest source of the conflict was the Washington Department of Game (WDG) and its insistence that steelhead could not be harvested with nets. The state had no jurisdiction over Indian



fishing within the Nisqually Reservation, so the majority of the conflicts were at usual and accustomed fishing areas off the reservation, especially in the lower Nisqually River at and near Frank's Landing.

This distinction between fishing on- and off-reservation is of little consequence today. The Tribe manages its fishery without regard to the reservation boundary. But before the *United States vs. Washington*, frequently referred to as the Boldt decision, the location of this boundary was very important. Treaty right fishermen with fishing sites off the reservation were subject to state harassment. Some fishermen stayed on the reservation exclusively, choosing to avoid this harassment.

But at times, even these on-reservation fishermen had difficulty selling their fish when they went to off-reservation fish buyers or even taking fish home. Sometimes they were charged with transporting "illegal fish." In all this harassment, much of the

emphasis was on steelhead. This was ironic, because the steelhead run itself was healthy, providing good harvests for tribal net fishermen and a good catch for sport hook-and-line fishermen. In fact, a publication from the 1960's about Washington steelhead streams had a picture on the cover of a successful sport fishermen on the Nisqually River!

It's hard for people today to remember what Nisqually fishing was like before the Boldt decision. Times were tough and income was scarce. It was a challenge to keep a boat and motor in good repair, not to mention replace one when it broke down. Also, it was costly to replace lost nets and gear. Then there was all the other life expenses – rent and food, vehicle repair and replacement, school clothing and shoes, etc. The income generated from steelhead carried Nisqually families through lean winter months

The big *United States vs. Washington* treaty fishing rights case went to trial in 1973 and before the trial there were settlement discussions. Such discussions are normal, and sometimes beneficial, because they give the litigants an opportunity to control the results that might be better with a compromise instead of losing the case completely. The Washington Department of Fisheries (WDF) was willing to agree to an allocation of the harvest of salmon, but WDG refused to agree to any treaty-right net harvest of steelhead. As a result, no settlement was reached, the case went to trial and we all know the results – the legal basis of Indian treaty-right fishing, off- and on reservation, were clearly established. Also, the management authority of tribal governments over their own fishery was established, as well as the legal principle that the harvest was to be shared equally, 50/50. The decision also held that steelhead and the other salmon were the same, as far as treaty fishing rights were concerned.

On appeal, the Ninth Circuit Court of Appeals upheld the decision and the state, under the leadership of Attorney General Slade Gorton, appealed to the United States Supreme Court. The court refused the state's request and the decision became the "law of the land." But, as some may remember, the controversy continued for many years thereafter and continues to this date for some diehard anti-Indian zealots.

*Continued on page 9-STEELHEAD*



# Nisqually Camping Area

By Debbie Preston

It's camping and picnicking season and Nisqually tribal members have a variety of places to choose from close to home.

A little more than an hour's drive is the Nisqually Dedicated Campground at Mt. Rainier National Park. "It's nice because there are showers and bathrooms and wood that Nisqually AmeriCorps leaves for firewood," said Jackie Wall, Tribal Historic Preservation Officer and she is also the person tribal members return their applications to for a camping permit. You do not need a permit if you are going up just for the day. Wall said that it's also a campground that is across from volunteers so there is almost always people around if you are a little nervous going it alone.

## Facilities and activities at the Rainier site include:

- Campground with fire pit and tent sites
- Located in Longmire campground
- What you can do there: Camp overnight, picnic for the daytime, use as a base camp to enjoy Mt. Rainier

- You do not need a permit to go up there for the day.
- You need a permit from the tribe if you want to camp overnight.
- How to get a camping permit: Fill out online application, at return to Tribal Historic Preservation Officer Jackie Wall.
- Tribal members access Mt. Rainier National Park without entrance fee. Tell the ranger that you are a Nisqually tribal member.

## A little closer to home is **Medicine Springs which can be accessed for day use only:**

- Sacred springs at headwaters of Medicine Creek
- The property is gated.
- How to visit the springs: Fill out online application, return to Tribal Historic Preservation Officer Jackie Wall.

## Washington State Parks

- Tribal members can enter Washington State Parks for free, but you do need a pass.
- Pick up a Discover Pass from the Nisqually Tribe's Natural Resources office.

*Continued from page 8-STEELHEAD*

First, state fishing interests created a new lawsuit, attempting to gain backdoor access to the Supreme Court. That effort succeeded initially, but ultimately failed as the U.S. Supreme Court, in a separate 1979 decision called *Washington v. Washington State Commercial Passenger Fishing Vessel Association*, upheld all the essential principles of Judge Boldt's decision.

The state's attempt to overturn the Boldt decision also proceeded in the political arena. A Congressman, Jack Cunningham, ran an anti-treaty-rights campaign and was elected in 1980. He introduced legislation in Congress to outlaw commercial harvest of steelhead as a matter of federal law or de-commercialization. The intent was to overturn the steelhead harvest part of the Boldt decision.

Cunningham's approach was based on conservation – harvesting commercially with nets, state witnesses testified, was incompatible with the conservation of the species. It was specific information about the Nisqually River treaty-right fishery that disproved this argument. In 1981 the Nisqually Tribal Chairman, George Kalama, appeared before a congressional committee offering factual testimony about steelhead

fishing on the Nisqually River. On the Nisqually, a healthy sport and treaty-right net fishery existed side-by-side. Based on that testimony, the Congressional advocates for Indian treaty rights were able to defeat the legislation.

Throughout the 1980's and into the early 1990's, Nisqually steelhead runs were strong and the treaty-right fishing continued as before. Eventually WDG and WDF were merged into one agency (Washington Department of Fish and Wildlife). Co-management decisions concerning steelhead continued to be challenging as the old Indian fighters held on for years after the merger. But steelhead fishing was good, and some years there were short treaty-right steelhead fishing seasons into February and March.

But then, for reasons we still do not understand fully, in the early 1990's steelhead return numbers crashed. As a result, Nisqually has not had a significant steelhead harvest in about 25 years. Part four of this series will take up the steelhead story from this point, describing all the efforts to better understand the crash, to recover the species and restore the traditional Nisqually net fishery for steelhead.



# Protect Mother Earth Conference

By Debbie Preston

The Nisqually Tribe helped host some 1,000 indigenous people at Frank's Landing and Wa He Lut Indian School for the Protect Mother Earth Conference also sponsored by the Indigenous Environmental Network and Indigenous Climate Action. The conference was a call to action for Indigenous Peoples of North America to build narrative and action leading to a response to the protection of Native rights, and the protection of the sacredness of Mother Earth and Father Sky.

Nisqually tribal member Hanford McCloud uses a traditional method shown to him by another tribal member to light the sacred fire while his father, Don McCloud, talks about the importance of culture and protecting it.

Attendees to the conference gather around the sacred fire. The fire will be tended for the duration of the conference with attendees taking turns tending it





# “Can you hear me now?” – Technology Privacy Concerns

## Tips from the IT-WebDev Department

Prior newsletter articles covered how the Internet can potentially be a treacherous place when it comes to privacy including malware (malicious software) and personal data security. Home assistant devices, such as Amazon’s Echo, Google’s Home and Apple’s Siri were also covered in past articles. These devices are equipped with up to seven microphones for voice commands and noise-canceling technology.

Recently, as per an Amazon company representative, and “in rare circumstances,” Amazon’s Echo/Alexa devices mistakenly heard the command, “Alexa, laugh,” which the devices verbally acknowledged the request and laughed at users. As a result, Amazon recently changed the phrase for that command to: “Alexa, can you laugh?” Amazon’s Alexa also came under scrutiny in late May when a couple in Portland, Oregon, reported the Alexa-powered device in their home recorded a private conversation and sent it to a person in their contacts 176 miles away in Seattle. Amazon is taking steps to avoid this from happening in the future. A privacy attorney at Yale Law School’s Information Society Project noted that these problems don’t mean everyone should avoid these devices as they are convenient and can be particularly helpful for people with certain disabilities, for example.

Smart phones, smart TVs and automobiles with GPS or other Bluetooth devices also incorporate such voice recognition technologies to accept and initiate commands given by users. The implementation of hands-free driving laws in many U.S. states and countries has also warranted the increased use of voice-assisted listening devices.

Recent international headline news stories such as the coverage of Facebook CEO, Mark Zuckerberg, testimonies before U.S. Congress highlight the growing concerns for online data and technology privacy.

Since the technology has shown break points in certain functionalities regarding privacy, perhaps a good rule of thumb would be don’t share anything publicly that one wouldn’t want to appear in the newspaper, on the Internet or TV news.

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

# Happy Teeth Tips

Sue Bohannon

A sweetened drink, such as coffee, soda, tea, sports drinks and juice, contains sugar which can cause cavities. If you have a habit of taking little sips of one of these drinks throughout the day, you are bathing your teeth in cavity-causing sugar and keeping your mouth in an unhealthy lower pH where mouth bacteria flourish.

It is best to try to drink your sweetened beverage within 15 minutes and try to limit how many you have. I enjoy drinking water throughout the day with an added food-grade essential oil like lemon or peppermint. Water is a great alternative because it helps us stay youthful and healthy as well as rinse out our mouth from ever-present mouth bacteria.

**Nisqually Tribal Health Clinic**  
**360-413-2716**

## Nisqually Tribal Health Department Patient Referrals for

**URGENT CARE**



The Nisqually Tribe CHS program has established a working relationship with two facilities for Urgent Care needs. They are open on **weekends** and have lab and X-ray on site. Wait times are generally shorter than an ER Visit.

Normal rules for payment apply: please call 360-486-9599 for a PO, only go as a last resort, and provide all insurance information. This is only to be utilized if service at Nisqually Health Center is unavailable.

### Providence Immediate Care Lacey

4800 College St SE  
Lacey, WA 98503  
(360) 486-2900  
Mon-Fri 8 p.m. - 730 p.m.  
Sat-Sun 9 a.m. - 430 p.m.

### Providence Immediate Care West Olympia

1620 Cooper Point Rd SW  
Olympia, WA 98502  
(360) 486-6710  
Mon-Fri 8 a.m. - 8 p.m.  
Sat-Sun 9 a.m. - 5 p.m.





# Turn the Tide: The Path to Recovery from Opioid Use Disorder

By Addie Spencer, MD

The news is full of reports about the opioid epidemic. It can feel overwhelming when opioid use disorders touch us close at home with family and friends. But there is a lot that we can do to get on the path to recovery. If you are searching for ways to help family and friends, here are some tips for you.

## 1. Learn to use the Naloxone nasal spray rescue kits.

You can get training and kits from your medical provider. Eligible patients can get training and kits at the Nisqually Tribal Pharmacy window. Just ask and we'll teach you how to reverse an overdose and save a life.

## 2. Understand that substance use disorders are a chronic disease and often require long term treatment.

Just like folks with asthma or diabetes, people with substance use disorders have their ups and downs. Sometimes the addiction will be in good control and not causing problems. Sometimes there will be rough days. Medications can help

some people gain better control for the opioid use disorder. Consider talking to your medical provider about the benefits and limitations of medication assisted treatment (Suboxone).

## 3. Take care of your emotional and spiritual health.

Recovering from substance use disorder is challenging. Caring for a family member or friend with substance use disorder is challenging too. Having a mental health counselor or traditional healer help you on that journey can be very healing.

If you have questions about substance use disorders or just want to talk with someone about these issues, please schedule a visit with your medical provider at the Nisqually Tribal Health Clinic or :

- Seek services at Behavioral Health, Nisqually
- Seek services at the Department of Behavioral Health and Recovery (DBHR, Olympia)

## Tobacco Facts

This July why not give yourself the Freedom from Commercial tobacco products?

### Did you know:

- Nearly 1/2 of all American Indian/Alaskan Native deaths are attributed to commercial tobacco
- Smokers are 44% more likely to develop Type 2 Diabetes than non-smokers
- 1/3 of our American Indian/Alaska Native women smoke. This is the highest rate of any ethnic group
- Even brief exposure to secondhand smoke can trigger a heart attack
- Tobacco kills more of us than AIDS, drugs, homicides, fires, and auto accidents COMBINED
- Insulin is less effective in people with Type 2 Diabetes who are exposed to nicotine

- Smoking increases one's rate of 'Sudden Death' (in other words, you may not get that 'chance' to decide to quit after a heart attack)

Please visit the Pharmacy this July and give yourself the Freedom from Commercial tobacco addiction--we are here for YOU! Whether this is your 1<sup>st</sup> or your 100<sup>th</sup> attempt to quit—you are worth the investment. Stop by in July and give our new tobacco cessation products a try.

**Richelle, Pharmacist Provider/Pharmacy**  
**\*NPAIHB Indian Leadership for Indian Health**



# The Caregiver Support Program (SPIPA)

The Caregiver Support Program is for Federally recognized Native American Elders taken care of their grandchild/ren (must meet requirements) and unpaid caregivers caring for a Native American Elder residing in the same home.

The Caregiver Support Program helps unpaid caregivers with: gaining access to services, hosting peer support groups, and training services to support individuals caring for their loved one at home for as long as possible.

**Caregiver Support Specialist is in the office Monday-Thursday 9:00 a.m. – 2:00 p.m.**

**Support Group  
2<sup>nd</sup> Thursday 1:00 p.m.**

**Training  
4<sup>th</sup> Thursday 4:00 p.m.**

More information contact Karen Anderson, Caregiver Support Specialist 360-486-9546 ext. 1981



## Nisqually Health Department 2018 Summer Pediatric Schedule

The American Academy of Pediatrics recommends that parents should bring newborns to see their health care provider at 3-5 days old.

After that, check ups should occur at the following ages:

By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

**\* Pediatric providers Dr. Sylvia Morales and Dr. John Karpel will be onsite the 2nd Monday or the 4th Tuesday of each month unless otherwise noted:**

- ⇒ June 11th, 26th
- ⇒ July 9th, 24th
- ⇒ August 13th, 28th

Call the Clinic @ 360-459-5312 to schedule appointments such as well child checks, head start exams, childhood immunizations, physicals and/or screenings.

South Puget Intertribal Planning Agency

### USDA Foods Program July Dates

**NISQUALLY 7/10/18**  
**SQUAXIN ISLAND 7/13/18**  
**SKOKOMISH 7/17/18**  
**CHEHALIS 7/20/18**  
**PT. GAMBLE S'KLALLAM 7/24/18**

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

South Puget Intertribal Planning Agency

### WIC Program July Dates

**CHEHALIS 7/12/18**  
**SQUAXIN ISLAND 7/10/18**  
**NISQUALLY 7/11/18**  
**SKOKOMISH 7/18/18**

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.

## NISQUALLY HEALTH DEPARTMENT MONTHLY PODIATRY CLINICS

### Why is Diabetic Foot Care Important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

*High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.*

*Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.*

Podiatry appointments help manage diabetes foot related complications and prevent amputations!

We provide:

- Diabetic foot exams
- Diabetes foot care education
- Information on foot care
- Advice and help with proper footwear

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding footwear, need a diabetic foot exam, need foot and toe dressings changed, or for an annual foot exam.

# 2018

**Diabetic foot care  
Clinic days for  
Dr. Molina Kochhar:**

- July 11
- August 10
- September 7
- October 5
- November 2
- December 7

**Call the Clinic @  
360.459.5312  
to schedule an  
appointment**



# Elders Services Health and Wellness

We would like to promote health and wellness within the community, as well as promote healthy lifestyles.

## Genesis

The Nisqually Elders Program has *Genesis* available for Nisqually Tribal Elders 55 years or older. *Genesis* is a delicious concoction of red grape and pomegranate in a mixture of apple and aloe vera juice infused with a proprietary blend of super foods, healing herbs, powerful antioxidants, phytonutrients and much more.

*Genesis* is available at the Elders Center. For more information about availability contact Alyssa Wells, Administrative Assistant: 360-486-9546 ext. 1101

## Health

The Elders Nurse comes to the Elders Center twice a week. The Elders Nurse can also provide screenings, immunizations and work with health care needs.

## Elders Nurse

**Monday and Wednesday 11:00 a.m. - Noon**

## Nutrition

Bernita LaCroix is a certified Nutritionist that comes to the Elders Center every Wednesday to do Meal Planning and Nutrition classes. The classes include cooking, traditional food, canning and healthy recipes. If you would like to set up a time with Bernita to discuss nutrition, call the Health Clinic at 360-459-5312 or call Bernita at the Elders Center at 360-486-9546.

**Nutrition Classes Wednesday 1:00 p.m.**

# Elders Program Travel Information

## Watch in the mail for flyers and information about overnight trips.

Nisqually tribal elders, please sign up at the elders building. Late sign ups can not always be guaranteed a room.

### Please include on the sign-up sheet:

- If you will be tiding the bus
- Contact information (phone number)
- Room accommodations (double queen, king, non-smoking etc.)

Rooms are limited and every trip is a first come, first serve basis

***Cancellations: if you are unable to make the trip, please contact the Elders Program 360-486-9546 to let a staff member know. Your room may be re-assigned to someone else or canceled in a timely manner.***

## Weaving Conference

- NNABA –Yakama Nation      October 4-7

## Elders Luncheons

- Lummi WA      July 13<sup>th</sup>
- Grand Ronde WA      July 9<sup>th</sup>
- Suquamish WA      Pending

**Canoe Journey Paddle to Puyallup** July 28-  
August 4

Nicole Wells, Events & Activities Coordinator 360-486-9546 ext. 1151 [wells.nicole@nisqually-nsn.gov](mailto:wells.nicole@nisqually-nsn.gov)

**SAVE THE DATE**  
**Friday October 12th, 2018**  
**11 a.m. - 2 p.m.**  
**NISQUALLY HEALTH FAIR**  
**@ NISQUALLY YOUTH CENTER**

## To the Nisqually Tribal Community

The family of Zelma “Dub” Kalama Mc Cloud would like to thank everyone that helped us in our time of loss. It has taken a while to say our thanks because she was the strength of our family. Her memory is everywhere so not a day goes by that we are reminded of her voice, energy, love and strength. In our family we always said “who is taking mom or grandma” to any event because she always wanted to participate. We give a big thanks to family, friends, and medical staff who helped when called upon and visited her when she was homebound. And for all the prayers that were returned to her, because she was asked to say the blessing at many events.



On behalf of Zelma’s, children, grandchildren, great grandchildren and great, great, grandchildren.



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

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- \*Mahi
- \*Catfish
- \*Tilapia
- \*Clams
- \*Shrimp
- \*Halibut
- \*Tuna
- \*Ling Cod
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- \*Crab
- \*Shrimp
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- \*Calamari

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 The Nah Nam Seafood is located at 715 78th Avenue SW, Tumwater, WA 98501  
 Phone Number: (360) 705-0142