

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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www.nisqually-nsn.gov

November 2021

Harvest Festival Drive-Thru

So many departments came together to offer a fun Harvest Drive Through event. There were pumpkins, medicines, garden goodies, dinner, fish caught in the Nisqually River by Nisqually fishermen and a boxed dinner. Thank you to all who helped create this wonderful event.



Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

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

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

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



FREE Rides
Monday through Friday

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

Nisqually Tribal News

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

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

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

Nisqually Tribal Council

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

In this issue:

TC Update	pg. 3
Rise Above	pg. 4
TC Roundtable	pg. 5
Health Board	pg. 6
IT	pg. 7
Cecelia Carpenter Excerpt	pg. 8
Education News	pg. 9
General Welfare	pg. 10
Wellness Program	pg. 11
Prescription Drug Awareness	pg. 12
Health	pg. 13
Diabetes Awareness	pg. 14
Announcements	pg. 15



Nisqually Tribal Council Update

TERO

Last month Tribal Council "paused" our TERO program and will revisit it when we begin developing projects such as the Hawks Prairie Property.

We are in the process of transitioning to a Workforce Development Program that allows our tribal members and employees to produce a vibrant economy of lifelong employment and training opportunities. This tribal-wide workforce development system will be a catalyst and a support system that uplifts our tribal members.

This transformation strives to engage and partner with community and workforce training and system stakeholders to create innovative programs and practices to serve job seekers and businesses and offer living wage jobs to tribal members.

Housing

The Housing Department is experiencing some transition which provides an opportunity for the tribe to look at the entire department and programs currently offered. We are in the process of creating a comprehensive system to create an equitable housing list for the various housing options needed. This process includes reviewing and rewriting policies and procedures with staff and the legal department to ensure criteria and selection processes are transparent.

We are seeking contractors to create a capital needs assessment of the current housing structures. The maintenance issues identified in this assessment will take place from oldest structure to newest once the budget is approved by council. The budget will be phased out over several years.

Health Center

The tribal council, CEO, administration and health staff had a two-day strategic planning workshop with Kauffman and Associates Oct. 4-5 to put together a strong and sustainable plan for our health care system.

Providing the best services for our Nisqually tribal members is the number one goal for the health clinic staff and we all want to provide the best health care available.

Building the clinic was part of the original business plan. With that accomplished, we now look toward the opportunity to generate revenue that will help pay off our loan and provide revenue to our tribe, all while providing excellent care to our members.

This strategic planning process is to gain better understanding of the strengths and needs of staff, department directors and tribal council. The purpose of this assessment is to understand the capacity, roles, and responsibilities of Nisqually Tribe's health and human services system which includes the board, staff and providers.

The data collected from this evaluation will be used in the hiring process. We are consulting closely with other tribes who have already accomplished some of the goals we want to achieve. We are thankful for their willingness to share their successes and challenges to help us make the right decisions. This includes the Jamestown S'Klallam Tribe who has successfully operated a beautiful medical facility of their own for years now. We have been on several conference calls and plan to tour their facilities.

Elders Building

We received the updated bid for construction Oct. 1. This bid went through the review process to ensure it was within budget. With some new adjustments added, an additional two weeks was given to receive the final bid. Upon review and acceptance, it will be routed for tribal council approval.



Rise Above Brings Sports Star Power to Help Mentor and Empower Youth

By Debbie Preston

Rise Above, a non-profit founded by Jaci McCormack, Nez Perz tribal member and Illinois State basketball star to empower native youth to live healthy lives, visited Nisqually early in October. In tow were three other believers in the program, Lenny Wilkins, the player/coach who led the Seattle Supersonics to their one and only National Basketball Association championship, Detlef Shrempf, a point guard for the Sonics, and Bill Krueger, who played professional baseball for years, including a stint with the Mariners.

The Nisqually Tribe is exploring a relationship with Rise Above as part of youth services. Rise Above supports healthy lifestyles by providing awareness, prevention and character enrichment using sport as a platform. They partner with tribes across the country to address the needs of their youth/community through prevention and educational basketball clinics hosted by professional athletes and behavioral health and prevention staff.

McCormack is driven to offer mentorship and a hand up to the next generation. She used the example of running a basketball camp that included a mental health survey of youth. "It's something they probably wouldn't volunteer to fill out otherwise, but within the camps, they are willing," McCormack said. One youth came up with a survey in tears, noting that they had checked "yes" to many of the questions. "We connected that youth to their tribe's mental health services, a place they might not have known about or have been willing to seek out on their own."





Nisqually Hosted Roundtable with Chairwoman on Environmental Quality

By Debbie Preston

Nisqually hosted Brenda Malloy, chairwoman of The Council on Environmental Quality, a part of the Executive Office of the President, as part of a roundtable with treaty tribes in western Washington at our Cultural Center.

Tribes used the roundtable to identify opportunities to engage the Biden Administration regarding salmon recovery, habitat restoration and tribal treaty rights.

It was a great opportunity to highlight some of our tribe's priorities when it comes to the Nisqually watershed, such as fixing the I-5 bridges that cause our river to flow contrary to its natural course which affects salmon and could cause the river to cut off the bridge in the future.





Health Center Board to Replace Health Committee

The Nisqually Tribal Council is creating a Health Center Board of Directors to replace the Health Committee to reflect the new needs of administrative and fiscal decision-making for the new health center.

On behalf of the Nisqually Tribal Council we want to extend our deepest gratitude to each of those who served on the Health Committee.

Tribal council will be honoring the Health Committee for their service in the near future and is encouraging them to continue an open discussion about their experience and continue to guide the tribe with the next steps forward.

We are honored to fulfill the hopes and dreams of our tribal members to open up the new Health Center. We are gratified to witness our community members receiving health and wellness services in our state-of-the-art building. The Council is committed to continue to evolve and grow to provide services to our members.

Tribal Council Training



JoAnn Kauffman of Kauffman and Associates, talks with tribal council member Leighanna Scott about health care priorities during the two-day workshop.

VOTE BOB!



Nisqually tribal member Bob Iyall, front right, waves to drivers on the Yelm Highway /510 roundabout during a campaign event to raise awareness of Iyall's campaign for Port Commissioner. The election is Nov. 2 and voters should have received their ballots in the mail. Port Commissioners make many decisions that affect Nisqually lands and water in the Nisqually watershed. You can still register to vote online through Oct. 25, or in person after that at either The Evergreen State College, Lacey Public Library or at the Auditor's office at: County Courthouse, Building 1, Room 106, 2000 Lakeridge Dr. SW, Olympia, WA.



To plug or not to plug? – That is the question.

Tips from the IT-WebDev Department

Editor’s note: I recently learned, in an aluminum fishing boat, before going out on the water, it is important to make sure the plug is in.

Similarly, when knowing that a large amount of data will be used while connected to the Internet, e.g. online gaming, video conferencing, transferring files, streaming movies, etc. it’s best practice to plug in the device via an ethernet cable. This primarily applies to laptop and desktop devices and ensures the device’s maximum data throughput can be achieved. By being plugged in, it also helps ensure security threats are reduced (every 39 seconds, there is a new attack somewhere on the Web).



Smart phones, tablets, or laptops can benefit from a wireless network that has been properly configured to ensure a secure browsing experience. Whether using a wired or wireless network, or a combination of the two, take time to configure it properly and add a firewall to protect privacy and the integrity of the network while enjoying the benefits afforded by both technologies.

Wired (plugged in) advantages summary:

- **Reliability** - Ethernet-based(wired) networks tend to be much more reliable than wireless networks.
- **Security** - Unlike wireless networks that broadcast data through the air, data packets in a wired network securely travel through ethernet cables.

- **Performance** – Wired networks are typically faster than wireless networks. This is important when larger amounts of or faster data use is needed.

What does the term WiFi mean? WiFi was invented and first released for consumers in **1997** when a committee called 802.11 was created. Wi-Fi, often referred to as WiFi, wifi, wi-fi or wi fi, is often thought to be short for “**Wireless Fidelity**” but there is no such thing. The term was created by a marketing firm because the wireless industry was looking for a user-friendly name to refer to the not so user-friendly technology name of IEEE 802.11. The term Wi-Fi is actually a registered trademark of the Wi-Fi Alliance, formerly known as the Wireless Ethernet Compatibility Alliance.

What’s the difference between WiFi and broadband? Essentially WiFi is a wireless connection in a house or business, that connects a phone or computer to a modem/router. Broadband is the actual internet connection that the modem/router uses to send and receive data from a house or business to the wider world.

What is public wifi? Of greater concern are Public WiFi access points. We see these available everywhere now, in coffee shops, airports, shopping malls, hotels, you name it. And they’re very convenient, particularly if you don’t have great cell signal strength, or don’t have much mobile data cap left - so they do get used a lot by the general public. There are however many dangers when using public WiFi.

Nisqually Library Updates

Currently, Nisqually Library is open by appointment only for pick-up services. Appointments to visit the library are available Tuesday and Thursdays only between 9:00 a.m. - 3:00 p.m. A meeting to visit the library needs confirmation from library staff. Please call ahead and make arrangements. Books are available for pick-up or browsing. The library computers are not available at this time. Please call or email staff to confirm the appointment time and date.

Catalina Sanchez 360-456-5221 *1222 or email sanchez.catalina@nisqually-nsn.gov



A Dream Come True

(Revised from her book *The Nisqually, My People* page 268 by Kurtis Bullchild, Archives Tech 4.)

It is a dream come true that no one would have dared to dream fifty years ago. Yet if their ancestors hadn't held out when the going got rough, if they hadn't regrouped when the reservation was condemned and stuck it out during the depression years, there might not be a Nisqually Indian Tribe today. If Henry Martin and Peter Kalama had not hung in there, would there still be a Nisqually Indian Tribe today? If Paul Leschi and William Frank Sr. had not kept the fires burning would there still be a Nisqually Indian Tribe today? If Gertrude Kover and Mary Krise had not testified in the Land Claims would there be a Nisqually Tribe today? If Billie Frank Jr. and Neugen Kautz hadn't held out on the fishing bank would the Boldt Decision have been enacted and saved their fishing rights today? And what about the faithful Nisqually people who served on the tribal council through the many years? The Nisqually Indian Tribe today owes these men and women a great deal for keeping their legacy intact.

But one must give the greatest acclaim to Leschi, the last Chief of the Nisquallies. Let the tribal members say: "Let us remind ourselves, our children and our grandchildren of the greatness of this man who once walked on this very land on which we still walk, the Indian Leschi who has stood as the guardian at the gate of our past. He has become a symbol of the traditional tribal history of our Nisqually people. When we think of the old ways, we think of Leschi, of how he lived and how he died. When we become tired and grow weary from the hardships that life has dealt to us, we turn to Leschi and to the old ways. There in his presence we begin the healing process to make our life whole again to turn so that our face may feel the warmth of the sun again."

I have spoken,
Sincerely,
Cecelia Svinth Carpenter
One of the 210.

Every Day is a View into the Past

By Jeremy Perkuhn

Wow! This has been an eventful summer here in the THPO Office, and out in the field...

While Brad has been busy in the Office, Sela and myself have been visiting and working with archeologists at many different sites and other places that may have the potential to turn into sites. Over the last few weeks, we have been performing our monitoring duties like site visits, pedestrian surveys, and test probes all the way to archeological excavations, even my favorite part of the job, hiking up our beautiful Mt. Tahoma.

Recently, we were on a job site where we were doing a thorough archaeological excavation on a parcel that is slated for substantial development. On this job (location withheld for privacy), we rediscovered several artifacts ranging from adze heads to projectile points as well as miscellaneous broken stone tool

fragments. It was an amazing week and to think of the ancient hands that have touched these things and used them in their daily lives. Talk about connecting with our traditions and culture, you could almost hear the joys and pureness of the way we used to live as native people. Off in the distance when the tide drops low and reveals the bay floor you can see remnants of old fish traps, massive oyster beds and even the skeletal hulls of old abandoned ships and an old fish shack on the beach. You can literally see how things were and how the original land stewards lived from pre-contact, all the way to the disruption of settlers, to the way your average American lives today. You can see it all in one small little place; that tells a giant story. This is why our job and preservation work is so important, to save places like this, and to tell the stories long forgotten.



Nisqually Education and SPSCC are offering a... High School 21+ Program

When:

Come in Monday —Thursday 9 a.m.— 2 p.m. for information.

Schedule an appointment to sign-up and to setup classes.

Who Should Attend:

Community members age 20 years and older who need their high school diploma. Class times are flexible to fit many work and family schedules.



Experiences:

High school transcripts, current GED tests, internships, certifications/special licenses, being a parent, diving, participation in drug/alcohol treatment, sports, cultural events, fireworks, and

current work... the list is endless. These can count towards graduation credits.

What is Needed:

High School Transcripts. If you don't have them, we can help you get them, please bring photo ID.

Location:

Nisqually Walker House / Education Building

Contact:

Shanon Millman-Rodriguez at smillman@spscc.edu.

On site Wednesday 9 a.m.— 2 p.m.
Ken Tuckfield at 360-456-5221 x1161
tuckfield.ken@nisqually-nsn.gov.

Nisqually Education Department

Tutoring and Homework Help

In-Person Homework Help.

Homework Help is available in the Education Building for all Nisqually Community students.

To maintain safety, please pre-schedule your student. Contact Ken or Keisha for scheduling and available times!

Sylvan Tutoring Services.

Sylvan tutoring is available to Nisqually Tribal Member students. Limited space available. Please provide a recommendation from teacher or school counselor.

Remote Tutoring Services.

Education Department is working to provide online tutoring. Please contact Ken or Keisha if your student would be interested in online tutoring.

Ken Tuckfield: tuckfield.ken@nisqually-nsn.gov or 360-456-5221 ext. 1161
Keisha McDonald: McDonald.Keisha@nisqually-nsn.gov 360-456-5221 ext. 2206

Nisqually Education

Student of the Month

Each month we want to honor a Student of the Month for an Elementary school student, a Middle School student, and a High School Student.

Nominate a student at each school level, and provide a reason why! Deadline for nomination is the end of each month. Students will be selected by raffle!

Students of the Month will be recognized in the newsletter, and will receive a prize. New students selected each month.

Please contact Ken or Keisha for any questions and form to nominate a student!

Ken Tuckfield: tuckfield.ken@nisqually-nsn.gov or 360-456-5221 ext. 1161

Keisha McDonald: McDonald.Keisha@nisqually-nsn.gov 360-456-5221 ext. 2206



2022 NISQUALLY INDIAN TRIBE GENERAL WELFARE PROGRAM

Your Tax Savings Start Here

ANNUAL ENROLLMENT NOVEMBER 1- DECEMBER 31, 2021

The Nisqually General Welfare Program is an optional program allowing Nisqually Tribal Members to take advantage of General Welfare tax exemptions up to \$5,000 per quarter. These general welfare funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce accordingly the amount of per capita funds received. An application is required to participate in the program for any enrolled Adult Nisqually Tribal Member (Age 18 and above). Approved General Welfare Program applications will be in effect for February 2022- January 2023 tribal distributions and may not be changed.

Below is a list of common eligible general welfare expenses allowed by the program. A complete list of eligible expenses is available in the Nisqually General Welfare Program Guide.

- Mortgage/Rent Payments
- Utilities
- Childcare Expenses
- Healthcare Expenses
- Transportation Stipend- *\$1,000 per month*
- Nutrition Stipend- *based on household size*

The Tribe's program is administered by FSA TPA, LLC. A provider payment form will be required for any direct provider payments such as rent or mortgage.

TAX SAVINGS ADVANTAGE

Example only to show tax savings opportunity

A) Annual Per-Capita Without General Welfare (GW)

Taxable Per-Capita Income	\$25,000
Tax on this is approx. 25%	\$(6,250)

B) With General Welfare Participation

Taxable Per-Capita Income	\$25,000
Less: GW Participation	<u>\$10,000</u>
Net Taxable Per-Capita Income	\$15,000
Tax on this is approx. 25%	\$(3,750)

Tax Savings

A) Tax paid without GW	\$(6,250)
B) Tax paid with GW	\$(3,750)
Total Tax Savings	\$2,500

APPLICATION PROCESS

Deadline:
December 31, 2021

Online:
www.fsatpa.com/nisqually

Paper:
Mailed to Nisqually members by November 1

Available at the Nisqually Tribal Offices



QUESTIONS? CALL US.

General Welfare Coordinator
Linda Rodriguez
4820 She-Nah-Num Dr S.E.
Olympia, WA 98513

ph: 360-413-3020
fx: 360-486-9549

e: GeneralWelfare@nisqually-nsn.gov
Monday-Friday
8:00 am - 5:00 pm PST



Nisqually Wellness Program Update

By Dawn Lee - Director, Dawn Lee Consulting, LLC

Nisqually Wellness Program (formally Nisqually Behavioral Health) will be re-opening Monday, Oct. 18, for Substance Use Disorder Services for ages 13 and up. Kelly Knittle will be returning to lead our team as the SUD Clinical Supervisor. As we increase staffing we will announce when there is more availability for other services.



NEW SERVICE-Nisqually Wellness Program is excited to announce the addition of an office-based substance use disorder treatment program using medication assisted treatment (MAT) to eligible patients ages 16 and older using a compassionate and holistic approach to support our community members.



The Nisqually Wellness Program will have a medical provider who is credentialed by the Washington State Department of Health and with experience working with Native American who suffer from Substance Use Disorder. The provider will be in the office at least one day per week to provide intakes and start treatment. Telemedicine follow up appointments will be made for those who qualify for treatment and start the Office Based Program.

What is Medication Assisted Treatment?

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

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

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

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

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

NISQUALLY ELDERS PROGRAM

Caregiver Support Program

The Caregiver Support Program Is For Federally Recognized Native American Elders Caring For Grandchild/ren Or Minor Child/ren & Unpaid Caregivers Caring For A Native American Elders.

Clients Must Have A Current or updated Caregiver Intake Sheet On File!

CAREGIVER INTAKE 2021 UPDATE

We are updating our Caregiver Files! Caregivers, we want to make sure we have to most up to date information in order to share current events and distribution to help you, our Nisqually Caregivers.

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.



Caring for Others...

For More Information Call The Elders Program 360-486-9546
Karen Anderson, Caregiver Support Specialist, Ext. 1981
Cleo Frank, Elders Program Manager ext. 2166



Prescription Drug Awareness

Information derived from 10th Annual Harm Reduction Summit, et al

Bringing awareness to drug use is important for Native Americans and our community. Here at the Nisqually Tribal Health Department we have a number of resources, tips, and educational guides to help prevent abuse and how you can be a part of that solution.

Prescription medications are commonly prescribed after an injury or surgery, or for intense pain, which can become extremely habit forming. 14.4% of adults aged 18-25 abuse prescription drugs annually and as many as 25% of patients using prescription drugs long-term struggle with addiction.

What should we as a community be aware of when it comes to prescription drugs?

- Native teens that start using opioids mostly steal them from their parents, get them from friends or buy them off the street. Suicide is higher among native teens than any other ethnicity. Studies show that native teens that use and have little to no support at home have higher suicide rates.
- We need to make use of better medication storage options such as safes. The Nisqually Pharmacy has medication safes available. If you are in need of one, please contact the pharmacy department.
- Safe medication disposal of unused and unwanted drugs is available at the Nisqually Tribal Health Clinic. We currently have two blue MedSafe medication disposal boxes. One is located in the Pharmacy waiting area and one is located in the Behavioral Health waiting area. You can safely dispose of your medications in either of these

boxes. The pharmacy will send medications out to be incinerated once the box is full.

- The Nisqually Health Clinic has a Medication Assisted Treatment program that helps stop opioid addiction without withdrawal. We use Suboxone along with education and support to meet patients where they are in their recovery.
- Pharmacy has naloxone emergency kits to help to reverse opioid overdose until paramedics arrive. Fentanyl testing strips are available because many people are unknowingly ingesting fentanyl. A large percentage of opioids and cocaine are laced with fentanyl leading to more overdoses. It's reported that over 90% of illegal drugs sampled came up positive for Fentanyl
- Do not share medications. Prescription medications are only meant to be taken by the person to whom they were prescribed. "Be aware, don't share."

Western medicine doesn't work for everyone. It is vital to keep up tradition and incorporate traditional medicine and culture. The Nisqually Health Clinic has a state of the art Traditional Medicine Department staffed by an herbalist, a pharmacist, and healers. We look forward to introducing treatments for pain that can be used in conjunction with or in place of western medicine.

Please contact pharmacy staff for any questions you may have. We are here to serve you. 360-491-9770.




South Puget Intertribal Planning Agency
LIHWAP (Water)

NEED HELP WITH YOUR WATER BILL?

SPIPA will be accepting Water Assistance applications
If you qualify for LIHEAP, you will qualify for LIHWAP

APPLY ONLINE!

Go to: spipa.org/community-resources and click on the LIHWAP application

PLEASE ATTACH TO YOU APPLICATION:

- Income for June, July, and August 2021 for all household members 18 and older
- Current water bill, must be in the tribal member's name





HEALTH DEPARTMENT Services



PHARMACY

(360) 491-9770 PRESS "0"

DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599

STAFF CAN ISSUE PD #'S - DROP OFF OR MEET
OUTSIDE FOR DOCUMENTS - PHARMACY AUTHORIZATIONS

CHS/PRC

MEDICAL

(360) 459-5312 PRESS "5"

TELEHEALTH - IN-PERSON VISITS - LIMITED
NISQUALLY TRIBAL ELDER HOME VISITS

(360) 413-2716

IN-PERSON VISITS

DENTAL

COVID VACCINE

(360) 413-2733

TUESDAY'S AND FRIDAY'S AT BILLY FRANK JR GYM
BY APPOINTMENT ONLY AT NEW HEALTH CLINIC

(360) 459-5312 PRESS "5"

AVAILABLE FOR ESTABLISHED PATIENTS BY APPOINTMENT ONLY.
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

COVID TESTING

PLEASE BE SURE TO CALL BEFORE ENTERING BUILDING FOR A VERBAL COVID
SCREENING QUESTIONNAIRE. TEMP CHECKS REQUIRED AT ENTRANCE



NISQUALLY HEALTH BUSINESS OFFICE UPDATE



Krislyn- Benefits Coordinator

Johanna- Tribal Assister

**Business Office Phone #
(360) 486-9599**

BUSINESS OFFICE UPDATES

Access to the Business Office still remains restricted due to Covid-19 Safety Protocols. As of November 1st, the drop box located in Billy Frank Jr. gym will no longer be there. Since changing locations, our work flows have slightly adjusted. Please continue to call for PD's, dropping off documents, and all other needs. Applying for medical benefits has never been easier. Krislyn can assist with Apple Health applications/updates. Johanna can assist with Apple Health applications/updates, Medicare Part B, and Social Security benefits.

NEED A PO # ?

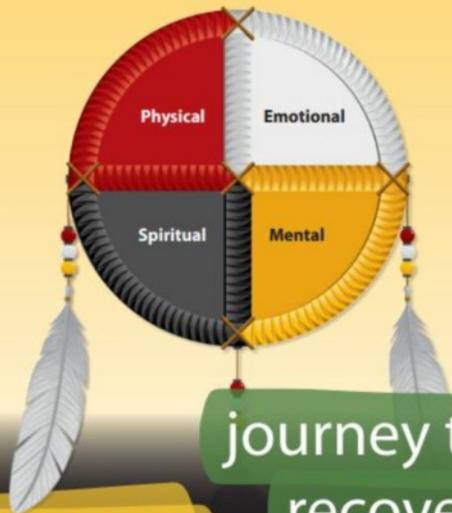
Please Contact either:
Christine Curtis or Lisa Wells

DROPPING OFF DOCUMENTS

Call to be met outside or leave at the front with our greeter who can direct your paperwork to the correct staff member

NEED INSURANCE?

Krislyn and Johanna are both certified Tribal Assisters



journey to recovery

STOP OPIOID ABUSE

Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.¹

Opioids are a leading cause of injury related deaths in our state.² 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.³

Medication Assisted Recovery (MAR) can provide the help you need to recover from opioid dependency.

- ✓ No single treatment is right for everyone.
- ✓ MAR can help you stabilize your life.

¹Source: Washington State Department of Health
²Source: Substance Abuse and Mental Health Services Administration
³Source: National Institute on Drug Abuse

Learn more at
WATribalOpioidSolutions.com

Here are a few services we offer here at the Nisqually Health Clinic

- Medication Assisted Treatment such as suboxone or vivitrol.
- Naloxone rescue kits to prevent risk of overdose.
- Assistance with outside inpatient and outpatient services
- Support services such as housing assistance.
- Driver Relicensing and support navigating the criminal justice system.

Call us to learn more about our recovery support services!

360-459-5312



NISQUALLY HEALTH DEPARTMENT 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 and toe dressings changed, or for an annual foot exam.



**2021 DATES WITH
DR MOLINA
KOCHHAR:**

~~JUNE 14TH~~
~~JULY 20TH~~
~~AUGUST 16TH~~
SEPTEMBER 10TH
~~OCTOBER 1TH~~
NOVEMBER 5TH
DECEMBER 3RD

**HEALTHY FEET ARE
HAPPY FEET**

CALL THE CLINIC

**TO SCHEDULE YOUR
APPOINTMENT AT**

360.459.5312



November is Diabetes Awareness Month and November 14th is World Diabetes Day

All month long we will be celebrating to create awareness and help community members make the important changes needed to protect our families.

Look for our event flyer for “Walk-Thru” on Tuesday November 9th from 5:00 p.m. - 6:00 p.m. at the new Health Center.

Keep your eyes open and you’ll see information shared all over campus to spread awareness throughout the month. Join us in our social media campaign by wearing blue on World Diabetes Day. And using the hashtags #WDD #WorldDiabetesDay #TEST2PREVENT

Symptoms of Type I Diabetes



Symptoms of Type II Diabetes



It’s important to remember that over 50% of type 2 diabetes is preventable by adopting a healthy lifestyle. As families, sharing healthy meals and being active together can help reduce risks. We have nutrition services available to help families learn more about healthy meal planning with traditional foods. Give us a call to schedule an appointment for our diabetes services and learn more about how we can prevent and manage this disease.



EVENT DETAILS- NOVEMBER 9th WEAR BLUE

We will have a “Walk-Thru” event on Tuesday November 9th from 5:00 p.m. - 6:00 p.m. We’ll have outdoor heaters and tents (and hand warmers!) to try to make it a fun, outdoor fall event. We’ll have CJ out with his food truck, giveaways, our traditional healers, and wellness check-in stations with our medical staff.

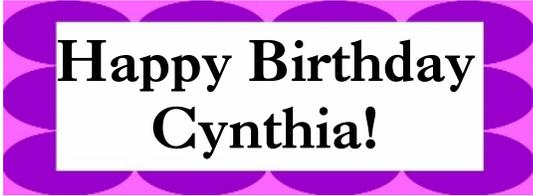
#WEARBLUE

 <p>South Puget Intertribal Planning Agency</p> <h3>USDA Foods Program November Dates</h3> <p>PT. GAMBLE S'KLLAM 11/3/21 SQUAXIN ISLAND 11/9/21 SKOKOMISH 11/12/21 NISQUALLY 11/19/21 CHEHALIS 11/18/21</p> <p><small>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.</small></p> 	 <p>South Puget Intertribal Planning Agency</p> <h3>WIC Program November Dates</h3> <p>SHOALWATER BAY 11/3/20 SQUAXIN ISLAND 11/9/21 NISQUALLY 11/10/21 CHEHALIS 11/11/21 SKOKOMISH 11/17/21</p> <p>This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.</p> <p><small>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.</small></p>  
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Announcements

November 23, Happy 10th Birthday Sekai, Love the McDonald Family
November 30, Happy Birthday Tatiyana, Love the McDonald Family



Nisqually Transportation

Free transportation between the upper and lower reservation and beyond. 360-456-5236

Where does Transit go?

We provide transportation between Upper and Lower Reservation areas (Monday - Friday).

Clinic / Head Start / Library. Tribal Center. Youth Center. Red Wind Casino. Elders Center. Education Center. Other Transits

WHATS BEYOND THE NISQUALLY RESERVATION?

We provide call requests (Monday- Friday 7:30am -3:30pm) to places such as Yelm, Hawks Prairie, Olympia, and Culture Center.

We also provide Special Requests for specific project or program activities and events.

Contact us as far in advance as possible to discuss your transit needs around our schedule.

For medical appointments, first contact the Health Clinic CHR at 360-459-5312 for transportation.

Call for a ride at least 24-hours in advance if possible



Nisqually Transit is a FREE transportation service of the Nisqually Indian Tribe. It is an interim service, under development. Comments and suggestions are especially welcome as we work to ensure the very best customer service.

How old can a child be to ride without an adult?

Over age 12. Unaccompanied children ages 13-15 require a completed consent form.

How is Nisqually Transit funded?

100% Tribal gas tax revenue.

WE PROVIDE FREE:

***CALL REQUESTS
-> APPOINTMENTS HAVE
PRIORITY<-**

**MONDAY - FRIDAY
7:30 AM - 3:30 PM**

***SPECIAL REQUEST RIDES
FOR EVENTS AND ACTIVITIES**



Contact Us

360-456-5236
transportation@nisqually-nsn.gov

Visit us on the web: <http://www.nisqually-nsn.gov/index.php/administration/planning-and-economic-development/transportation/>

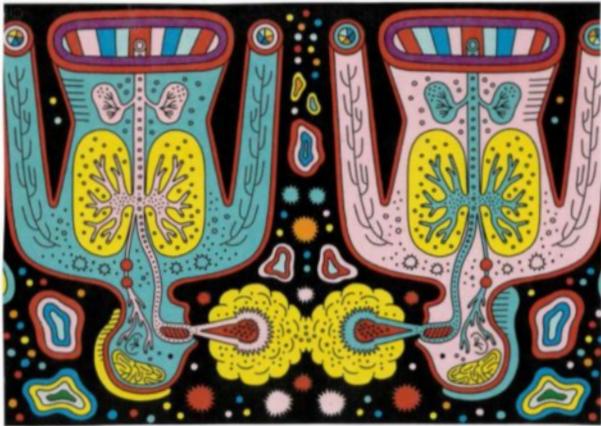
**Drivers: Cecile Hemphill,
Jesus Torrez, Patti Beane,
and Jamen Nation**

**Dispatch/Customer Service:
Craig Arndt
Fleet Manager: Billy Henry**

We connect with Intercity transit for access to the region locations and beyond.

REMEMBER

YOUR MASK



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

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