

Nisqualli Absch News



Nisqually Tribal Newsletter

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

Phone Number (360)456-5221

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January 2019

Looking Back at 2018





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

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Submission deadlines are the second
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, Hanford McCloud
7th Council, Willie Frank

Information

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

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Tribal Estate and Will Planning

Tribal Estate Planning Services
provided by Emily Penoyar-Rambo

Services offered:

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

She is on-site in the Administrative Building legal deposition room on the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please contact Jasmine McDonald 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 3:30 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

Wellbriety Talking Circle

Where: Nisqually Recover Cafe

When: Friday Nights

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

Recovery cafe is located at 4820 Billy Frank Blvd., Olympia

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.

Nisqually Indian Tribe
Victims of Crime Advocacy Services

The Nisqually Indian Tribe Victims of Crime Program offers advocacy services for individuals who are currently experiencing, or are survivors of, domestic violence, sexual assault, stalking, or any form of intimate partner violence/dating violence. Our services are free and confidential, and are available for Nisqually tribal members and Nisqually community members.

- Information and Referral - Emergency Services - Advocacy - Safety Planning -
- Weekly Women's Group -

Contact staff for more information and resources

Women's Healing Circle

Tuesdays from 6 p.m.- 8 p.m. in the
Recovery Café

4816 She-Nah-Num Dr SE, Olympia, WA
98513

Building K, next to the Nisqually Market.

Victims of Crime Program

Nisqually Public Safety Complex

11702 Yelm Highway SE, Olympia, WA 98513

Office (M-F, 8 a.m.-5 p.m.):

360-459-9603

Advocate: 360-878-7199

Call 911 for emergencies.

This project was supported by Grant No. 2015-VA-GX-0031 and Grant No. 2016-VA-GX-0044 awarded by the Office for Victims of Crime, US Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice, Office for Victims of Crime. Grant funds are administered by the Office of Crime Victims Advocacy, Community Services and Housing Division, Washington State Department of Commerce.



Fall 2018 Fitness Challenge

By Debbie Preston

Congratulations to the winners and participants in the Fall 2018 Fitness Challenge!

Fitness Challenge winners were:

Men: 1. Craig Smith 2. Ken Tuckfield

Women: 1. Marcela Gannie 2. Keisha McDonald 3. Erica Revey

Weight Loss Transformation Program:

Weight Loss - Kealoha Kalama

Fat Loss: Azeem Gannie

Inches Lost: Melanie James

Amanda Hicks created the design on the jackets that all those who finished the program received featuring the circle of wellness incorporating a bear claw to represent strength. Winners received gift cards. Those who could not attend can pick their swag from Kareem.



Some of the winners of the Fitness Challenge and Weight Loss Transformation, from left, Erica Revey, Keisha McDonald, Health and Fitness Coach Kareem Gannie, Ken Tuckfield and Melanie James.



Amanda Rae Hicks explains the design she created for the jackets awarded to those who completed the program as Kareem Gannie, Health and Fitness Coach, listens.




YOGA

Tuesdays & Thursdays
12 o'clock Noon
Nisqually Youth Center

Call Kareem for more info 360-455-5213

Nisqually Indian Tribe, Community, & Employees
 PURPOSE: TO OFFER A CLASS TO HELP IMPROVE THE PHYSICAL, MENTAL AND SPIRITUAL HEALTH TO THOSE WHO ARE IN NEED.

**CONDITIONING
 FITNESS GROUPS**

MONDAYS:
 12:15 PM
 & 5:15 PM

WEDNESDAYS
 12:15 PM
 & 5:15 PM

FRIDAYS
 12:15 PM

AT NYCC



Peek of the Head Start/Early Head Start Building



The new Head Start/Early Head Start building is nearing completion. There are three Head Start and three early Head Start classrooms with a spacious reception area for parents and visitors as well as kitchen facilities and improved entry into the adjacent library. The sidewalk around the playground is made so kid bicycles and/or tricycles can be ridden around it. It is expected that Head Start will begin moving into the new facility in February, said David Iyall, Nisqually Projects Manager. A grand opening celebration will be held following completion.



On behalf of the Nisqually Indian Tribal Council, the Nisqually Tribal Third-Party Election Auditor, Honest Ballot, is pleased to announce important information for the upcoming 2019 Tribal Election cycle:

Important Election Dates:

Nominations Meeting: Saturday, February 2, 2019
Nisqually Youth Center
10:00 AM

Primary Election: Saturday, March 9, 2019
Nisqually Tribal Center
10:00 AM – 6:00 PM

General Election: Saturday, May 4, 2019 – Nisqually Tribal Center
Nisqually Tribal Center
10:00 AM – 6:00 PM

Open positions in the 2019 Election Cycle:

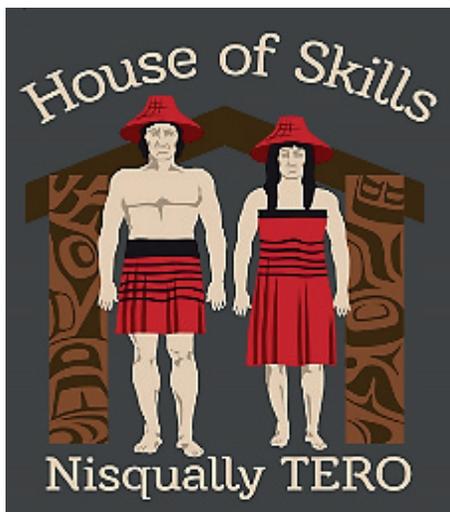
- Tribal Council Vice-Chairman
- Tribal Council Treasurer
- Tribal Council Sixth Member
- Tribal Council Seventh Member

- Enrollment Committee Vice-Chairman
- Enrollment Committee Treasurer
- Enrollment Committee Sixth Member
- Enrollment Committee Seventh Member

- 1 position for General Council Shareholder of Medicine Creek Enterprise Corporation (2 year term)
- 1 position for General Council Shareholder of Medicine Creek Enterprise Corporation (2 year term)

Note that Honest Ballot will circulate further notices and updates throughout the 2019 election cycle. If you should have any questions, please do not hesitate to contact Honest Ballot by phone at (800) 541-1851 or email at honestballot@aol.com. Customer service is available by phone from 9:30 AM to 5:00 PM eastern time, Monday through Friday, and via email at all other times.

Nisqually TERO



Now is a great time to update your information with us!

- New address?
- New phone number?

If you don't have an application on files but would like to, please remember to bring

- Tribal identification
- Spouses tribal identification

Located at
11500 25th Ave. SE
Olympia, WA 98513
360.456.5221

Library Closure Update

Nisqually Tribal Library will remain closed until further notice, contingent on construction/renovation schedule.

Library staff have been working in the Nisqually Archives building during standard operating hours and are available by phone/email at ext. 1222 or 1230/ email: library@nisqually-nsn.gov



Lunar Eclipse – January 2019

By George Walter

January 20, we'll experience the best the night sky can offer – a total lunar eclipse. That's where the Earth's shadow covers the moon's surface during the full moon. Most months the shadow misses the moon, at least from our perspective. Here are the details:

A lunar eclipse is a slow event – you don't have to stand outside and shiver, but rather you can check the progress of shadow across the face of the moon occasionally. The eclipse will begin at 6:37 p.m. and will be quite noticeable about 7:30 p.m. The eclipse becomes "total," with the shadow covering the entire moon's surface, at 9:43 p.m. and it lasts about an hour.

The moon will be located about half way up the southern sky, so if you have trees to the south, you might want to relocate. During the full eclipse, you can expect the moon will change color, probably to an orange-red. The news articles might call this a "blood moon." The color is caused by the sun's rays bending around the earth, like during a sunset.

The eclipse will be visible throughout North America, depending on weather of course, so alert your friends. This is great eclipse timing for exposing the children to the night sky. Not only will they see a beautiful eclipse, but also the bright winter stars which will be surrounding the moon. This is the last good lunar eclipse until May 2021, so don't miss it!

Brought to you by the Nisqually Library

Due to construction, the Library has been closed, but as construction is nearing completion, the Library is preparing for a celebratory "Reopening" within the next month or so. We thank the Nisqually community for their patience and support during this closure and are excited to see our patrons for the Grand Reopening!

January is a significant month and it is important to acknowledge Chief Leschi at this time. We encourage the community to read "[Leschi: Last Chief of the Nisquallies](#)," by Cecelia Svinth Carpenter. The following passages are taken from the book:

"Leschi had taken a stand for his people in the reservation matter, and in time for the Nisquallies acquired better land. But, false accusations and political maneuvering would cost him his life. Leschi heard the beating of Indian drums in the distance and his heart must have become one with his people, the Squally-absch. Granger believed he had hanged an innocent man that day."

"On the memorial stone over his grave are these words, "This is a memorial of Chief Leschi 1818 – 1858 An Arbitrator of His People." On the back of the stone, "Judicially murdered February 19th, 1858 owing to misunderstanding of Treaty of 1854-55. Serving his people by his death. Sacrificed to a principle. A martyr to liberty, honor and the rights of people of his native land. Erected by those he died to serve."

Chief Leschi was exonerated on December 10, 2004 with a unanimous vote by a Historical Court of Inquiry following a definitive trial in absentia.



Nisqually tribal members (l. to. r.) Bill Quiemuth, Luke, unknown, George Leschi, and Yelm Jim at the reburial of Chief Quiemuth and Chief Leschi, Nisqually Delta, July 3, 1895 Photo by A. C. Carpenter, Courtesy Washington State Historical Society (1921.36.1)"



Tips to Make Technology Easy

Tips from the IT-WebDev Department

A common misconception is that technology products or software have to be complicated. Although much of technology management in a workplace environment involves a thorough understanding, current extensive knowledge and often hands-on experience - it doesn't have to be overwhelming for personal use. In fact, it can be quite simple if planned and researched correctly.

The great thing about consumer technology is that there are so many options to choose from. And from these options,



ease of use is a top choice. Some tips when looking into buying or using new technology items include;

- Look for simple, clear designs
- Avoid devices that are confusing
- **Read trusted product reviews**

- Research online or in magazines
- Ask co-workers, friends or family
- Avoid items with over-complicated or too many features

Most consumer products (including automobiles and smart phones) now offer operation manuals online. A Google search of the product name and the words "owner's manual" often result in easily locating and downloading the manual before purchasing the item(s). If the manual instructions are clear and easy to follow, then typically the product will also be easy to understand. This process applies to technology devices, software and apps.

The most important thing to remember is that the buyer is in control and not get blindsided with "cool" features, hype or the feeling that the technology device currently owned is not

sufficient just because a newer one is available.

Editor's note: Recently, I've had family suffer devastating loss in a natural disaster including the loss of electricity, water, dwelling, automobile, police security creating rampant looting, cable TV, Internet, phone and cellular service for days and even weeks. For me, it validated even more the need to be prepared to not have technology always be available. As a Boy Scout, I stand by the motto, "Be Prepared." Have a plan ready in place to deal with temporary loss of technology that may have become a part of everyday life.

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

Microsoft doesn't have the Edge on Browsers

Tips from the IT-WebDev Department

The above title is a little misleading - according to a statistics portal, the Microsoft's Windows operating system held a worldwide market share of almost 83 percent as of July 2018, meaning Microsoft does hold the lead in the market on operating systems. Microsoft includes a browser with its operating system, as do most smart phones and tablets.

Microsoft Edge is actually the name of the browser which was distributed with Windows 10 and replaced Internet Explorer in 2015. The Edge browser failed to gain much market share amidst Google's Chrome browser and other browsers. In December 2018, Windows Central reported that Microsoft is planning to replace its Edge browser with a new browser built on

Chromium, the open source counterpart to Google's Chrome.

Browsers have come a long way since the first text-only browser in 1992, as covered in the November newsletter. Although Microsoft's browser is installed by default with the Microsoft operating system, there are many different browsers to choose from. Browser programs vary in functionality, security and privacy controls and as such, it may be best to test several of them out and find the one that's most suitable and easy to use.

Technical definitions:

Browser - A program with a graphical interface used to navigate the World Wide Web (Internet).

Operating system – Software that provides a platform for other computer programs to run on and provides a graphical user interface that helps simplify usability.

Open source - Software that is available for free and may be modified and redistributed at no cost.

Figure 1. Examples of icons of browser programs used to navigate (surf) the Internet.



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Community Can Help Protect Wastewater Treatment Investment

By Debbie Preston

One of the biggest protections of water quality and health on the Nisqually reservation is the Nisqually Wastewater Treatment system. By treating all the waste that comes from the Public Safety Complex, the Red Wind Casino and housing and government buildings, Nisqually ensures that water that is returned to the land is not contaminated or harmful to humans or animals.

Protecting the system, however, takes each individual. An average of seven times a year, the system grinds to a halt due to people using their toilets and sinks for trash cans. Clothing, diapers, women's hygiene products, needles, condoms and food fats and grease are just a few of the items that jam the pump system and it requires time to clear and restart the system. "We can hold untreated water for a while during these shut downs, but there is a limit," said Tony Berkson, Public Works Manager for Nisqually.

Bergson and his crew ask that folks remember, especially at this time of year with many friends and family gathered, to pour grease into a can, then throw it away instead of pouring it down the drain. The only thing that goes in the toilet is what comes out of a human and the toilet paper, with the understanding that sometimes, the toddler sneaks things in there. "It just helps if each person helps us take care of this big investment by Nisqually," Berkson said.

"Because some of the foreign, non-organic material and drug paraphernalia that has been flushed or poured into the waste water system, Public Works is evaluating a grinder pump system (much like the ones installed at the Public Safety Complex) for the Muck Creek Pump Station in order to protect the system from plugging and jamming existing equipment," Berkson



said. This type of grinder system addition could cost up to \$100,000.

"With the help of the community and understanding that being good stewards will go a long way to protect the investment the Nisqually Tribe has made to its infrastructure and systems, we greatly appreciate any help we can get from the community and the users of the system to keep it operating smoothly. What goes down the potty has to go down the pipe" Berkson said with a wry smile.

The system will last for decades with care, and is built to accommodate Nisqually's growth in housing, business and government buildings into the future.





Looking Back at 2018





Medicine Springs Update

By Lisa Breckenridge – Nisqually Parks Development Specialist

Last fall October 5, about 50 people came out in the rain to visit the Medicine Springs Open House. The City of Olympia transferred the 155-acre property to the tribe in 2017. Since that time, the property has been maintained by Nisqually Tribal Parks/ AmeriCorps. The tribal fisheries program has also been raising chinook in the springs pool.

During the Open House, tribal members had the opportunity to tour the old pumphouse facility, see the springs themselves (under the pumphouse), and enjoy a hot Indian taco lunch.

“What do you think the Tribe should do with Medicine Springs?”

During the Open House, Tribal members commented on what they would like to see happen at the springs. Some of the ideas include:

Elders and Culture

- “Water ceremony yearly”
- “Distribute the water!”
- “I’d like some of the medicine water. I grew up using the Medicine Water as healing water- it needs to be shared with our people!”

Fisheries/ Dive Class

- Dive training / Recertification

Other suggestions

- Keep the water clear
- Make it a Japanese-style bath house. Make it a hub for Washington tribes to gather, heal and unite!
- Salmon ceremony
- Feedings of the Ancestors
- Museum, environmental learning center
- Meeting space for elders, community or staff events
- Return to nature
- Tear out the pump facilities and build a lodge



Continued on page 10-SPRINGS



Continued from page 9-SPRINGS

Facilities at the Springs and Facility Status

Facility	Former Use under City of Olympia management	Current Use
Pumphouse	<p>This building housed the pumps and distribution lines that pulled water out of the springs and fed it to the City of Olympia. It includes a large tiled floor with a high ceiling for the pumps, and an elevated office for the quality control equipment.</p> <p>There are no restrooms in the pumphouse since it is built right over the springs.</p>	<p>The building is currently unused.</p> <p>The tribe repaired the roof in late 2018, since it was long overdue and was leaking.</p>
Springs Pool	<p>The pool was constructed when the city took the property over in the 1940s. They maintained it for water quality and put fencing around it to keep the otters out.</p>	<p>Nisqually DNR raises chinook in the pool in the spring. Returning chinook are harvested before they can return into the pool.</p>
Lower Caretaker House	<p>This was the original caretaker house. It has mold damage and is recommended for demolition.</p>	<p>None.</p>
Upper Caretaker House	<p>This was the newer caretaker house and was in much better condition than the lower one.</p>	<p>With the support of Nisqually tribal council, Nisqually Parks/ AmeriCorps is renovating the house for use as a parks field office and property caretaker office.</p>
Remaining Forest and wetlands	<p>Buffer zone to protect water quality at the springs.</p>	<p>Same.</p>

The Parks program hopes to host an annual open house for tribal members at the springs every year. Parks will also work the Culture program so that tribal members can gather water there. Please contact Parks staff if you would like a tour of the springs at (360)867-3346.

Emergency Management Corner

By Sheila McCloud

WHAT TO DO IMMEDIATELY WHEN SHAKING BEGINS

First, you must **immediately** protect yourself after the first jolt... don't wait to see if the earthquake shaking will be strong!

In most situations, you will reduce your chance of injury if you:

DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand. If a sturdy table or desk

is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Stay on your knees; bend over to protect vital organs. **HOLD ON** until shaking stops. **UNDER SHELTER** hold on to it with one hand; be ready to move with your shelter if it shifts. **NO SHELTER** hold on to your head and neck with both arms and hands. **Wherever you are, protect yourself! It is important to think about what you will do to protect yourself wherever you are.**



Not everyone

may be able to easily drop or move quickly. If so, do your best to Drop, Cover and Hold. Stop moving and brace yourself against a wall or furniture.

If you are outside, move away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold. Stay there until the shaking stops.

If you are driving, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking stops. Once the shaking stops, proceed with caution.



New Shingles Vaccine Available

By Elizabeth Siegel, ARNP

Herpes Zoster, or shingles, is a painful condition that results from a recurrence of chicken pox virus along a nerve ending. Anyone who has been infected with chicken pox during their lifetime has a possibility of contracting shingles. Shingles can cause chronic pain even after the typical rash has resolved.

Fortunately, there are now two vaccines for the prevention of shingles. The older vaccine, Zostavax, has been on the market for some time. This vaccine is a one-time dose, and reduces the incidence of shingles in persons over 60 years of age by about 51 percent.

Recently, a second vaccine, Shingrix, has become available. Shingrix has both advantages and disadvantages over Zostavax. The current recommendation is that Shingrix is the vaccine of choice for

prevention of shingles, and individuals who have previously been vaccinated with Zostavax should consider taking Shingrix 5 years after their Zostavax immunization.

The main advantage of Shingrix over Zostavax is significantly greater effectiveness. In persons over 50, studies have shown a 96 percent reduction in shingles infections, and in persons over 70 there is an 89 percent reduction.

Unfortunately there are some disadvantages that persons taking the vaccine should know. First, rather than a one-time dose, Shingrix is a two-dose vaccine. The second dose should be given two to six months after the first.

Secondly, there are significantly more vaccine related side effects. A person taking the Shingrix vaccine likely will

experience some degree of muscle aches, fatigue, headache, shivering and low-grade fever. Most people reported soreness at the injection site. Only about 10 percent of those taking the vaccine reported that these effects were severe enough to interfere with daily life, and of these, only a few decided not to take the second dose.

Finally, if a person is taking medications that suppress the body's immune system such as Prednisone or chemotherapy, they should discuss the safety of this vaccine with their medical provider.

Please call the clinic at 459-5312 to schedule a Shingrix vaccine if you are over 50 years of age.

5 ways to make flossing easier in 10 days

By Sue Bohannon, DMD, c/o ARCORA The Foundation of Delta Dental of Washington

Give us a little over a week. We'll help you master a habit that keeps your whole body healthy.

1. Stop the bleeding in a matter of days
Healthy gums won't bleed. The best way to stop gums from bleeding is to floss daily for a week or two. Typically, this is enough time for most.

2. Make it less awkward
Learn the technique. There are lots of great, quick video on youtube.com to show you the flossing technique that will make it easier and less awkward.

3. Use floss that fits between your teeth
Try wax floss. It moves between tight spaces better. Be sure to use at least 18 inches so you have enough to work with.

4. Leave it off the "to do" list by combining with other habits

Then it doesn't feel like "extra." Flossing in the shower is my personal favorite. Or floss before you brush. It only takes a couple of minutes.

5. Need help remembering to floss?

Most of us do. And it's just a whole lot easier with a little encouragement. Text FLOSS to 313131 for 10 days of flossing reminders. Message and data rates may apply.

Unlock new benefits, as a flosser, you'll look younger, longer. And you can breathe easy (and fresh) because now you're cleaning 40% of the gunk that brushing missed.

Call Nisqually Tribal Dental Clinic today to make an appointment, 360-413-2716.





Tips to Keep your Family Active in Cold, Rainy Weather

- Put 2 long strips of **masking tape on the floor** about 2 feet apart. Is it a river? A trail? A road? Let your child decide. Travel down the tape. Jump over it. Drive something down it.
- Put one strip of tape on the floor. Put a **laundry basket** or bucket a few feet away. Have your child stand behind the tape & throw bean bags, a soft ball into the basket. Keep moving the basket further away.
- Create your own masking tape game– even **hopscotch!**
- Box Mania:** Find boxes with many sizes. Stack them and knock them down. Build a building, jump over them.
- Dance, Dance, Dance!** Move to your favorite tunes.
- Create an **obstacle course** & compete for shortest time
- Follow an **exercise DVD** or video online instead of a movie
- Walk inside your **local mall**– maybe even make it a competition to see how long you can walk without stopping to shop!
- Don't wait for spring for a thorough **house cleaning**. Wash the inside of your windows, vacuum or shampoo the carpet, or clean out your closets.
- Get outside at a break in the rain & **puddle jump!**
- Head to the **mountains** for sledding, snow angel-making, snow-ball fights.
- Ranger-Led **snowshoe walks** at Mt Rainier details: <https://visitrainier.com/ranger-led-snowshoe-walks/>
- Go **ice skating**: <https://www.co.pierce.wa.us/1310/Sprinker-Recreation-Center>



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

 South Puget Intertribal Planning Agency

WIC Program
January Dates

 WOMEN, INFANTS & CHILDREN

SHOALWATER BAY 1/3/19
SQUAXIN ISLAND 1/8/19
NISQUALLY 1/9/19
CHEHALIS 1/10/19
SKOKOMISH 1/23/19

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

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



 South Puget Intertribal Planning Agency

USDA Foods Program
January Dates

NISQUALLY 1/4/19
SQUAXIN ISLAND 1/8/19
SKOKOMISH 1/11/19
CHEHALIS 1/17/19
PT. GAMBLE S'KLALLAM 1/22/19

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





Prenatal Care

By Sheryl McCloud

Finding out you are pregnant can be one of the happiest and also one of the most frightening times of your life. One of the ways you can make the most of this time and be sure to get the best healthcare for you and your baby is with prenatal care.

Prenatal care is the healthcare you get while you are pregnant. During pregnancy you will typically be seen for checkups once per month through week 28. From weeks 28-36, you will be seen twice a month. As your pregnancy nears the end, you will be seen weekly from week 36 through the birth of the baby.

The CDC reports that the American Indian/Alaska Native population had the highest rate of late or prenatal care at 12 percent.

Early and continuous prenatal care is important because you and your baby's health depends on it.

WomensHealth.com states that women who receive late or no prenatal care are three times more likely to have low birth weight babies and are five times more likely to die.



The goals of early and ongoing prenatal care are providing you with accurate nutritional information, ensuring you are taking appropriate vitamins, keeping track of baby's development, and scheduling appropriate testing at the appropriate times during your pregnancy.

First trimester testing is done to determine if there are any chromosomal abnormalities with your baby as well as testing to determine your overall health. These tests are performed through blood tests as well as ultrasound. Ultrasound during the first trimester can establish due date, diagnose tubal pregnancy as well as examine the uterus and pelvis.

Multiple marker blood tests are done during the second trimester and are used to detect genetic conditions, birth defects and miscalculated due dates. You can also find out the sex of your baby at around 20 weeks by having an ultrasound. Ultrasound is also used to confirm due date, examine fetal anatomy and growth and to check amniotic fluids.

During the third trimester, an ultrasound is used to check fetal growth and the position of the baby. This is also the time to gather information about labor and delivery, breastfeeding, and newborn care.

If you think you might be pregnant, make an appointment with one of our providers at the Health Clinic 360-459-5312. We can confirm your pregnancy with a test in our office, give you information on vitamins and help you establish prenatal care with a provider in the community.

Brown Bag Lunch-Instant Pot Posole

- 1 tbs. oil
- 2-3 lbs. boneless pork: pork loin or tenderloin
- Salt and pepper
- 1 oz. Package of mild or medium red New Mexico chile powder
- 1 tbs. Cumin
- 1 diced onion
- 2 cloves minced garlic
- 4 cps. Chicken broth
- 1 tbs. Dried Mexican oregano
- 2 bay leaves
- 1 30 oz. can of hominy, drained



Slice pork into 2" cubes. Add to a medium bowl. Toss pork cubes with salt and pepper. Coat pork pieces with part of the red chile powder. Set instant pot to saute. Add oil. When oil is hot, add pork in batches and brown all sides. Continue in batches until all pork is browned. Add cumin, onions and garlic. Stir in chicken broth, remaining chile powder, oregano and bay leaves. Seal instant pot. Set to soup/stew setting for 20 minutes. Allow pot to slow release for 10 minutes, then release pressure. Remove bay leaves. Stir in hominy and heat through. Garnishes: service with lime wedges, cilantro and/or avocado.

Nutrition Services
With Bernita please call 360-459-5312



Caregiver Support Specialist

By Karen Anderson

I provide services to our unpaid caregivers in Nisqually Tribe.

Who are our Caregivers? Are you, or someone you know, a Caregiver; someone who cares for a family member? Let's talk about classes, support groups and other services that may interest Caregivers. Caregivers can take a break and come hear more about our Program.

The Nisqually Family Caregiver Support Program can assist two (2) types of unpaid family caregivers:

1. Family caregiver , is an unpaid informal care provider, usually a family member, caring for older American Indian or Alaska Native relatives with a chronic illness or disability. Or
2. Grandparent or Elder, American Indian or Alaska Native grandparents and/or

relative caregivers who are age 55 and older and, who are the primary Caregivers of a child not more than 18 years old because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child. They must be related to the child by blood, marriage, or adoption and live with the child.

The services I provide to the unpaid tribal caregivers include but are not limited to:

- Individual counseling
- Support Groups
- Caregiver Training: Lifting, advanced care planning, bathing, cooking etc.
- Lending Closet
- Outside resources and referrals
- Obtain access to other services within and throughout our community.

- Respite Care

The Family Caregiver Support Program gives priority to:

- Caregivers who are older individuals with the greatest social need
- Older individuals with the greatest economic need, particularly low income individuals
- Older individuals providing care to individuals with severe disabilities, including children with severe disabilities

There are several other services that can be provided, just come and ask! Please contact Karen Anderson, Caregiver Support Specialist at 360-486-9546 ext. 1981.

Nisqually Tribe Elders Program Nutrition Workshops

Date: Every Wednesday

Time: After the lunch service, 1:00 p.m.

Where: The Elders Building

Everyone is *welcome* to attend!



- | | |
|-----------|----------------------------------|
| 1-2-2019 | Goal Setting for 2019 |
| 1-9-2019 | Foods for Healthy Blood Pressure |
| 1-16-2019 | Seasonal Produce |
| 1-23-2019 | Garden Class |
| 1-30-2019 | Health Bingo! |

Nutrition Workshops will be offered every Wednesday after the lunch meal service.

Do you have suggestions for topics for nutrition lunches? Please contact Bernita or Cleo at the Elders program.

Email: Bernita.lacroix@nisquallyhealth.org

Thank You!

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

Nutrition Appointments will now be at the

Nisqually Adult Healing House:
2320 Lashi St. SE

Thursday January 3rd

Thursday January 10th

Thursday January 17th

Thursday January 24th

Thursday January 31st

Thursday February 7th

Thursday February 14th

Thursday February 21st

Thursday February 28th

10:00—4:00 by appointment

Call to schedule an appt. with Bernita @ 360-459-5312





January 13th, 2019

Happiest Birthday Wishes to my sister, Antonette Marie Squally aka Maui Squally!

I have loved you my entire life while growing up here in Nisqually And I will continue loving you, that much more still!

You have nurtured and cared for me for as long as I can remember! When people say how loving I am, I can only think of you and the reflection of love **you** showed me while tying my shoes or covering me up with the only available blanket in the house, sharing its warmth. Love like mine does not just happen without someone passing it down. You are that someone, in every page of every year, who wiped my tears and alleviated fears.

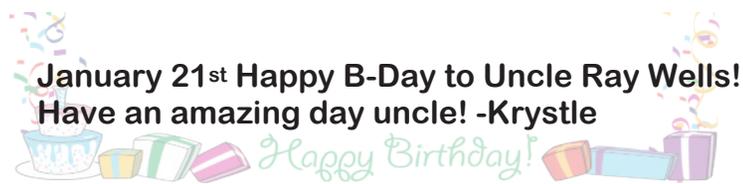
I'll never forget the beautiful, long, and drawn out walks to the river, the old smoke shop or riding your horse when we lived in Yelm. Our life of

love and happiness can only grow deeper with every step we take. I remember on those walks, you'd teach me about medicine and help me up when I fell. Those gentle breaths on my scrape or scratch that instantaneously blew the pain away. (Healing Breaths)

I remember you'd take me to see your friends, but the time alone was the most magical! I am forever grateful. I have a sister who is always on my side and willingly tries my little inventions! I am who I am because I have you!

I know that we are so busy, you and I, but I will always make time to say "Hi! I Love You!"

Happy Birthday to my dearest sister!
Love always, your sister, Grace Ann Byrd



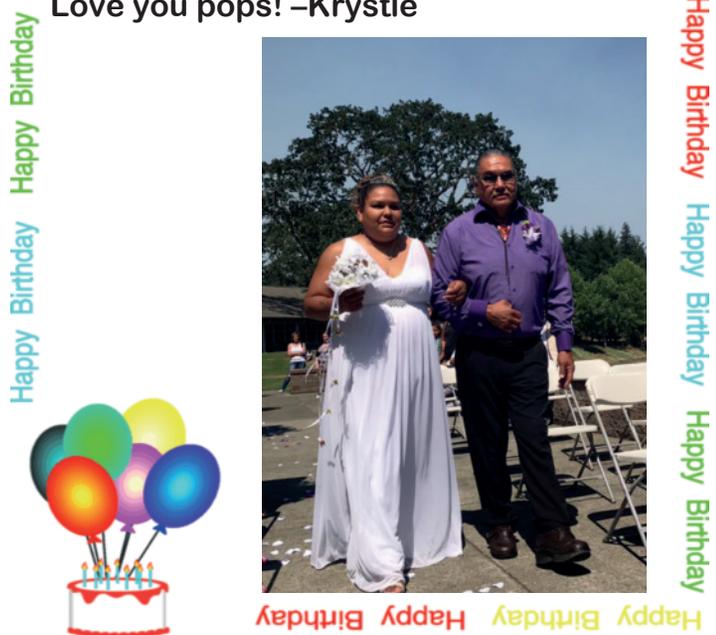
January 21st Happy B-Day to Uncle Ray Wells!
Have an amazing day uncle! -Krystle

January 3, Happy Birthday Chance, Love the McDonald Family
January 6, Happy Birthday Nano, Love the McDonald Family
January 6, Happy Birthday Homie, Smooches Marie
January 7, Happy Birthday Stacy, Smooches Marie
January 16, Happy Birthday Azeem, Love the McDonald Family
January 19, Happy Birthday Izzy, Love the McDonald Family
Happy Birthday Uncle David, Love the McDonald Family

Happy Birthday Happy Birthday Happy Birthday

January 28th-Would like to wish my father a Happy B-Day! I hope your day is filled lots of love and laughter. Pray for you to have a fun filled year. Wishing you many many more to come. Love you pops! -Krystle

Happiest of birthday wishes to Rachel-Lee and our little Miss Diane Karynlee. Lots of love, good times, and great memories gals!! XOXO



Happy 15th Birthday Danielle Elizabeth!!
LOVE,
Emily, Megan, Mom and Dad!



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

Strengthening Tribal Education Program
 Empowered people fulfilling their dreams and aspirations.
 Apprenticeship Offered

Hourly	Administrative Assistant	\$14.44	Beverage Server	\$11.00
Culinary		\$12.50	(Must be 21 and over)	
Engineer I		\$19.30	Cage Cashier	\$15.53
Facilities Custodial		\$13.44	F&B-Front of House	\$11.00
Facilities-Outside Grounds		\$16.69	Gift Shop	\$12.50
Technician		\$14.44	Keno	\$12.50
Finance		\$14.44	Slot Attendant	\$12.50
Human Resources		\$14.44	Slot Technician	\$14.44
IT Technician		\$17.94	Table Games Dealer	\$11.00
Marketing		\$12.50	(must have previous experience dealing blackjack or completed a dealer class.	
Security		\$16.69	Vallet	\$11.00

(requires valid driver's license)

Must be at least 18 years old to apply.
 For more information contact:
 Tia Lozeau, S.T.E.P. Coordinator
 tlozeau@redwind.net
 (360) 412-3651
 or visit step.redwindcasino.com