

N^Squalli 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

September 2019

First Salmon Ceremony

By Willie Frank III, 7th Council

On August 14th we celebrated our traditional First Salmon Ceremony at Rueben's camp. It was good to see so many of our elders and youth come and take part in this event. We had traditional salmon, clams, and oysters. This time of the year is special for our tribe and fisherman it's the beginning of our salmon season. It is important to honor our scared salmon and give them a proper ceremony to honor them and thank them for coming back to the river. We fish three species in the river. The first run is our Chinook salmon. The second run is Coho and the third run is Chum salmon. Our Chum run is unique because it's the latest chum run in the state of Washington. We fight every year to protect this run and make sure our chum come home to the river. It is always important to remember how sacred our salmon are to our way life.

It is good to see so many people come together to make this event happen. I would like to thank Rueben Wells Sr and Jr. as well as John Scott for cooking and catching the salmon. Danny Mcgee and Herman Johns for cooking the clams and oysters. The culture department and canoe family. Leighanna Scott for helping organize the event. She-Nah-Num Sea Foods for providing the salmon, oysters and clams. Also thank you Tribal Council and Administrators for supporting this ceremony.



Photo provided by Debbie Preston, NWIFC

Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

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

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

Please call the tribal office at (360)456-5221 to set up an appointment.

Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday Nights

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

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

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

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



FREE Rides
Monday through Friday

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

(360)456-5236

transportation@nisqually-nsn.gov

Rural and Tribal Transportation

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

Cost is \$1.00

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

Please call
1-800-650-7846
for information

How to Contact Us

Tribal Center (360) 456-5221
Health Clinic (360) 459-5312
Law Enforcement (360) 459-9603
Youth Center (360) 455-5213
Natural Resources (360) 438-8687

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

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

Nisqually Tribal Council

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

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Steh Chass Youth Camp

By Willie Frank , 7th Council

This was the second year of the Salmon Defense Steh Chass Youth Salmon Camp, named after the original name for the watershed and the people who lived there.

There were 25 youth who participated in this 3 day camp. There were a variety of different activities and learning experiences that went over the course of the 3 days. Nisqually elder Tobin “Sugar” Frank showed the kids how to hang a net that was traditionally used for chinook fishing.

The kids were taught about “knowing our history”, which included the history of the watershed, dam

construction, efforts to remove it and restore the estuary, traditional plant medicine, and the importance of exercising our treaty rights. The kids also covered how can we help and sharing what we know. Activities ranged from lessons of civic engagement, salmon habitat, and a day of short films dealing with tribal treaty rights and natural resource management.

This was great to see so many youth getting engaged with protecting our natural resources and learning what it will take to continue to protect our treaty rights.



Photos provided by Debbie Preston, NWIFC

Caregiver Support Program

Mark your September Calendars

Caregivers Support Group

September 9th Monday 1:00 p.m. - 2:00 p.m.

Suicide Prevention-Behavioral Health

September 25th Monday 1:00 p.m. - 2:00 p.m.

Fruit and Veggie BINGO with Bernita

There are also limited amount of Woodland Park Zoo tickets for the Caregivers who have signed up for the program. Please sign up at the Elders.

Sewing, beading and crafts at the Elders Building

Wednesdays and Thursday afternoon

Includes evenings at 4:30 p.m. - 8:30 p.m. w/culture program



*Caring for
Others....*

Caregivers Support Program provides services for: Unpaid caregivers of Native American Elders 55 years or older or Native American Elders raising children who live in their home because their parents are unable or unwilling to care for them.

For more information please contact the Elders Program.

Karen Anderson, Caregiver Support Specialist ext. 1981

Cleo Frank, Elders Program Manager ext. 2166



October TANF

By Jesse Youckton

The TANF Summer Youth Camp 2019 was a success! Tuesdays and Thursdays during the month of July from 11 a.m. – 2 p.m. activities and presentations were put on for the youth of TANF clients. Activities included creating tie dye shirts and healthy foil-packet meals with nutritionist Bernita LaCroix. For a STEM (science, technology, engineering, math), Olympia Children’s Hands on Museum came out and provided instructions and making of paper rockets, rocket launching, and using electric currents to create music. SubZero showed the science of nitrous oxide to make ice cream and made ice cream for all the participants. We would like to thank David Stepetin and NET for passes to Northwest Trek which topped off a great and successful summer youth camp.



Because education is identified as a priority for TANF clients, we host a graduation ceremony every year. This year we honored three graduates, a high school diploma, a high school completion through NWIC, and a Bachelor’s degree from NWIC. Our high school graduate was very focused, having already enrolled in HVAC training. We wish them all great success.



The “Pulling Together for Success Community Resource Dinner” is an event TANF hosts every quarter to showcase resources from tribal programs and non-tribal agencies serving our local native population. We feel it is important to educate on resources available to Nisqually tribal members, other tribal members and non-natives in our community since not every service is not available to each individual. Resource vendors have included educational programs and colleges, financial institutions, employment, health, nonprofit and state agencies. We encourage other Nisqually Tribal departments to set up a resource table if you have not yet had the chance to do so.



The next “Pulling Together for Success Community Resource Dinner” will be October 30th from 5:30 p.m. – 7:00 p.m. at the Billy Frank Jr gym. To sign up for a resource table or to suggest an agency to invite, please contact Jesse Youckton at 360-456-5237 or youckton.jesse@nisqually-nsn.gov.



We would like to take the time to welcome our new employee, Spencer Kee! He is our new Transportation and Maintenance Specialist and we are so very happy to have him as a part of our team. Spencer comes to the TANF program via the Nisqually Corrections Department where he worked for five years. He is from New Mexico and says he likes it here in Washington because we have everything like, rain, ocean and mountains!

As always, the Division of Child Support does monthly outreach and sets up in our TANF classroom on the 2nd Wednesday of every month from 1 p.m. - 4:30 p.m. If you have any questions regarding child support please stop by our classroom or give Lisa Vasquez a call and schedule an appointment time at 360-664-6859.

New NON-EMERGENCY # 360-412-3030
 Call this number to leave a NON-EMERGENCY crime tip. You will be asked to leave a message that will be forwarded to all Nisqually Tribal Police Officers.

Please call 911 for Emergencies



Meet The Library Staff!

My name is Kacie Thompson. I am the youth service



worker for the Library here and focus a lot of my time on inter-tribal collaboration, community togetherness and youth programming. We have several different STEAM activities and games available for patrons,

provide computer access and internet encouraging a healthy learning environment (STEAM computer coding games, career building sites, etc.). Myself as well as Kurtis are currently building a VR program to begin this October 2019. I also work closely with Daycare to provide storytelling and STEAM activities and have recently completed 20 Story Time KITS that will be available for checkout for our Daycare, Head Start, and Early Head Start classes. Each KIT is pre-made to accommodate up to 20 kids providing 1-2 books for the story time and an activity encouraging STEAM for each child.

Hello, My name is Joseph Kalama.



I'm the elder staff that works in the Nisqually Library. I will be the first person you see when you come into the library. I like to hear stories from other tribal members. Please come into the library so we

can share.

Joseph S. Kalama

Hi all! Shannon Rosenbaum, here!



Thank you all for your patience with our department as we worked to upgrade the facility and the collection! I'm helping oversee the department and we're really looking forward to and making

efforts toward heightened community involvement, especially with our collection content and quality exhibits! Stop in and say hello!

- Shannon

My name is Catalina Sanchez, I am the cataloger for the Nisqually Library. I process all



new incoming books. I take requests for new material. I am also in charge of the Special Collections room. The Special Collections will provide in-depth information on the History of

Nisqually Indian Tribe. The Special Collections room will be available upon request with a research computer available.

Hi my name is Kurtis Bullchild. I'm a Nisqually Tribal



member as well as a community member and I work full-time in the Archives department. My main job is the digitization of the entire collection of documents, photographs and other items that are held in Archives. The Archives current goals are to process and digitize the current holdings to make available through the Nisqually Tribal Library. Also

I'll be creating policies and procedures for a revolving display exhibit that will be dedicated to showcasing our Tribal and Community member's art work.

Another contribution from the Archives to the Library will be a photo wall that will display the tribal Archives historical and contemporary collections of our community events and people. Another contribution from Archives will be a database of digitized historical documents on Nisqually Tribal history. This database will be available for research in the Library's new Special Collections room soon.

Why Reading is SO Important

As a lot of kids head back to school this fall, it's important to remember the significance of reading. Reading is important at any age. When you are young, reading can help you develop sharper thinking skills and widen your vocabulary. As you grow older, reading can sharpen your critical thinking skills. Reading every day can even help writing skills improve. Studies have shown that reading helps reduce stress and can even help with relaxation and better sleep. Of course, the best thing about reading is the entertainment. The Nisqually library is also now home to a special collections room. The room will

emphasize on Nisqually Tribal History. A computer will be available for research and resources will be available for use by request. I'm proud to announce we will be updating the special collections room as we have just received a grant from Institute of Museum and Library Services. Please stop by your Nisqually tribal library as you know we re-opened at the end of July. Come check out our awesome displays and check-out a book from our updated collection.





The Nisqually Tribal LIBRARY IS OPEN!

The Library Staff would like to extend gratitude to all who have helped with the reopening of the facility, as well as those that attended the “Grand Reopening” – blessing the department with their presence and participation!

After all said and done, the Library’s upgrades include new light fixtures throughout, new exhibit spaces for the community, and beautiful cedar accent work by one of our own Nisqually Tribe community members, Kevin Sutterli!

Thank you all for your patience and support during the closure and renovation process.



**AS OF JULY 31, 2019
WE ARE OPEN!**



Tribal Members Take your family camping for free this summer!

Nisqually dedicated campground at Mt. Rainier National Park at Longmire Overnight campers need a permit!
Contact Diane Moreno, 360-456-5221 x 1114 for directions and for a permit.
If you want to go up and picnic for the day, no permit needed, just go ahead!

Nisqually Tribal Library STEAM Days!

Come and engage your mind through STEAM play. Science, technology, engineering, art and math. We will have multiple games and activities ready for your testing and amusement!

Dates: Mondays and Wednesday starting September 9th
(9/9, 9/11, 9/16, 9/23, 9/25)

Time: 2:30 p.m. - 4:40 p.m.

Location: Nisqually Library

All ages are welcome to attend. However per Library policy, youth ages 13 and under are required to have an adult 18+ with them.

Question? Please call 360-456-5221 ext. 1125 or 1230



184 Loans (HUD) Program

What is the Section 184 Loan Guarantee Program? The Section 184 Loan Program was designed to provide access to mortgage financing for federally recognized Native American and Alaskan. Section 184 home loans are guaranteed 100% (by the federal government HUD department) and assures the financial lender (*approved bank or credit union*) the investment will be repaid in full in the event of foreclosure.

Eligibility:

1. Either the Brower or Co-Brower MUST be enrolled as a Federally recognized tribe.
2. Local Tribal Government is on the HUD participating list.
3. Land can be allotted Trust, Trust, or Fee Simple.

Thurston County Maximum Loan Limits:

- 1 –Unit \$412,500.
- 2-Unit \$528,000.
- 3- Unit \$638,194.
- 4- Unit \$791,360.

184 Loans can be used for:

4. Purchase new home.
5. Construct-key turn of new home including land purchase.
6. Renovate existing home (owned): including weatherization, solar upgrades and American Disability Act (ADA) adaptive access modification for accessibility, i.e. ramps, hand rails, grab bars, hallways & doorways widening, stair lifts, walk-in tub.
7. Purchase and renovate existing home.
8. Refinance a home including Interest Rate Reduction and term, Streamline, or Cash out.

Key Benefits for 184 Guarantee Loan:

- **Low Down Payment:** 2.25% on loans over \$50,000 and only 1.25% on loans under \$50,000
- **Low Interest Rates:** based on market rates, not on applicant's Credit Scores.
 - *Recommend you have the right to inquire with multiple lender(s) to get lowest interest rates, fees (i.e. closing, underwriting, and profits), disclosures, waivers, and timeframes.
- **Manual Underwriting:** The 184 Program utilizes a hands-on approach to underwriting

and approval opposed to automated decision-making tools.

- **National Network of Approved Lenders:** Our network of approved lenders includes national companies and local banks of selection from your preference.

****This allows you to seek best offer for interest rates, other fees associated, including timeframe to close the loan. **You have the right to select your own lender based on the best package offered in writing to "YOU".**

For more information here is the website link.

HUD-Office of Native American Housing Approved Lenders

https://www.hud.gov/program_offices/public_indian_housing/ih/homeownership

Nisqually Indian Tribal Housing point of contracts to provide support, guidance, and advocacy during the loan process:

Katrina De La Cruz, ROSS Coordinator
Danielle Stricklett, ROSS Specialist

Nisqually Tribal Housing Workshops!

Please Join US!

Credit and Budgeting Basics

At the Nisqually Housing Office
Wednesday September 11, 2019
From 5:15 p.m.- 6:15 p.m.

Gardening

At the Nisqually Housing Office
Wednesday September 4, 2019
From 5:15 p.m.- 6:15 p.m.

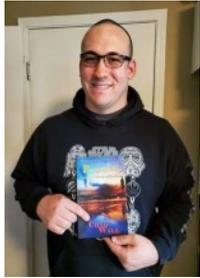
Please RSVP at 360-493-0081 ext. 1284
Or email stricklett.danielle@nisqually-nsn-gov



Tribal Member Gets Published

By Cynthia Iyall, Tribal Administrator

The book is titled, **“Perspectives... a short story collection”**. The author is **Tribal Member Chad Wall** who currently works as a technician in our wastewater plant.



This was a very exciting lifetime adventure for Chad, getting a book published. He started writing as a child, creating little books out of his stories that were hand printed on post it notes resulting in flip books. He then moved on to comic book writing and took on drawing his own pictures for the comics. When he realized his comics weren't so great because of the drawings, he did see that his writing improved. That was the declaring moment of his transition to a writer.

Chad attended NWIC where he took a creative writing class with Dawn Barron. This was the creative space where Brother Wolf, a story in the book, came to life and many more stories were to follow. Chad's stories found a home with Publisher **Timeless Words Publishing** out of Texas. Today, Chad is the proud author of a wonderful book that includes eight short adventurous stories. He is currently working on his Master's Degree in Public Administration – Tribal Governance at Evergreen State College.

He and his wife Brittany live locally with their daughter Kaylee and have one child on the way. Feel free to contact Chad if you are interested in a copy of the book.

Chad continues to write as time permits, hopefully more stories and perhaps a novel will be published.

Nisqually RedWind S.T.E.P Program

Shout out to the Nisqually Summer Youth Program

The Nisqually Summer Youth Program joined the Strengthening Tribal Education Program (STEP) for a 4th annual job shadow event at the Nisqually Red Wind Casino on July 29th and 30th. This year the youth had an opportunity to shadow our Security and Culinary departments. They also went through a one day orientation which included slides on Nisqually Tribal history and Core Values (communication, accountability, respect, integrity and teamwork.). Some of our current and past STEP Apprentices shared their personal stories about being an apprentice in STEP. They answered questions from the youth and enjoyed talking with them. We went on a guided tour of the casino, and as we have done in the past years, stopped by the Potlach Gift Shop for some ice cream.



During their culinary job shadow, they were able to create a lunch for some of the casino's executive team. They made a variety of salads and desserts and served almond crusted chicken as the main dish. While shadowing security, they were able to watch some surveillance cameras, which really caught their interest.



The youth participated in several team building exercises and were awarded prizes. We are looking forward to next year's event. Thanks to all that participated in the event, we can't wait until next year.



Have too many passwords to remember? Try a password manager!

By Kari Lombard Senior Systems Administrator – Nisqually Indian Tribe

Today nearly everything requires an account and password. It can be hard to manage all this information without resorting to tactics such as password reuse or repeating the same password but changing one character, such as using Password1 for one website and then Password2 for a second website. Password reuse and minor password modification put a user's account security at risk. Even if not planning to reuse passwords, it can still be a challenge to remember each one individually.

One option for dealing with this issue is to use a password manager. This is an application that stores personal account information such as user name and password and is protected behind a master password. This allows for only having to remember one password (a master password), which can then be used to log in and view all passwords. It can also be used to store other personal information such as credit card numbers, insurance information, and ID numbers.

Another common feature of password managers is password generation. Can't think of a unique password for a new account? Use the password

generator feature to create one. Other features include, automatically filling in a password when logging into websites, secure web browsers, and auto destruct if someone tries logging into a user's password manager without a password.

Most popular password managers offer applications for both desktop and a phone that allow users to sync between them, that way if a phone is lost for example, there's still a backup on the computer. Still other password managers backup to the cloud so they can be accessed from anywhere or any device. Major web browsers such as Firefox and Chrome also offer password management built in for free. Other popular password managers (in no particular order and not necessarily promoted as the solution but are helpful include) - 1password, Dashlane, Data Vault, EnPass, LastPass, mSecure, RoboForm, and True Key. These and others may be found by searching on the Internet.

Disclaimer: Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services, products or links provided.

Nisqually RedWind S.T.E.P Program

The S.T.E.P. Board would like to send a huge shout out to Tommy Stepetin, Averi Bennett, and Kayley Sharp, for their accomplishments that they have achieved in their apprenticeships.

Tommy Stepetin, our IT Apprentice, has successfully completed 30-days of his apprenticeship. In that 30-days, he has studied towards the Comp TIA and his GED. He has passed two of the GED exams and is working hard on completing the rest of the test. Keep up the amazing work Tommy, you got this!

Averi Bennett, Culinary Apprentice, and Kayley Sharp, Gift Shop Apprentice, have both completed their 90-day probationary period for employment at the Red Wind Casino. During this 90-days, Averi has learned the positions of Dish Washer, Buffet Runner, and is currently learning the Prep Cook positions for all of the venues here at the casino. He did earn his GED in this time. Kayley is currently on the path to learn the position of the Retail/Beverage Supervisor. In her 90-days, she has learned the position of Gift Shop Clerk and will be moving into the Gift Shop Lead position soon. While in the Gift Shop, she is gaining valuable knowledge in retail. Both of you are doing amazing and will be reaching your goals before you know it. Keep shining bright Averi and Kayley, you can do it!



Left to right, Tommy Stepetin, Averi Bennett, and Kayley Sharp



Financial Services Corner

Fun Facts From Finance

Trivia from Nisqually Financial Services

Net 30

Have you ever wondered what the term “net 30” means? This is a universal phrase used in the accounting world from small businesses to multi millions dollar international corporations.

Net 30 means that the full amount owed for goods and services is payable within 30 days of invoice.

Basically, if a vendor drops off an invoice dated the 5th of the month, we have until the 4th of the next month to make payment. Most vendors, used by the Nisqually Tribe, are on terms net 30. The few exceptions are personal services contracts. Those are set at net 15. This gives the payables department 2 weeks to process those payments.

A quick review of recent payments shows that between May and August, 4,762 checks were issued through the payables system. This is an average of about 1,200 checks a month. This shows why net 30 is not only a reasonable process, but necessary to

accommodate all payments in a timely manner.



Requisitions

So far in 2019, (Jan 2 – Aug 27)

Financial Services has accepted 4,585 requisitions for the purchase of goods

or services. That’s an average of 573 per month.

About 60% of those become purchase orders that go out to vendors.

New Employees

Financial Services has recently hired two new employees to process Accounts Payable (aka: bill payers.) Sara Skelton and Natalie Peters joined the finance team in August. Both are eager to learn and bring with them skills and experience to help streamline the existing process. Both have a cheery disposition that helps keep our team energized and looking forward.

Back to School Tips

kidshealth.org

To help ease back-to-school butterflies, try to ease kids into a consistent school-night routine a few weeks before school starts. Also make sure that they:

- get enough sleep (set a reasonable bedtime so that they'll be rested and ready to learn in the morning)
- eat a healthy breakfast (they're more alert and do better in school if they eat a good breakfast every day)
- write down the need-to-know info to help them remember details such as their locker combination, what time classes and lunch start and end, their homeroom and classroom numbers, teachers' and/or bus drivers' names, etc.
- use a wall calendar or personal planner to record when assignments are due, tests will be given, extracurricular practices and rehearsals will be held, etc.
- have them organize and set out what they need the night before (homework and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms)

Helping Homework

Love it or hate it, homework is a very important part of school. To help kids get back into the scholastic swing of things:

- Make sure there's a quiet place that's free of distractions to do homework.
- Don't let kids watch TV when doing homework or studying. Set rules for when homework and studying need to be done, and

when the TV can be turned on and should be turned off. The less TV, the better, especially on school nights.

- If your kids are involved in social media, be sure to limit the time spent on these activities during homework time.
- Keep text messaging to a minimum to avoid frequent interruptions.
- Never do their homework or projects yourself. Instead, make it clear that you're always available to help or answer any questions, as needed.
- Review homework assignments nightly, not necessarily to check up, but to make sure they understand everything.

Encourage kids to:

- develop good work habits from the get-go, like taking notes, writing down assignments, and turning in homework on time
- take their time with schoolwork
- ask the teacher if they don't understand something
- To ensure kids get the most out of school, maintain an open channel of communication with the teachers by e-mailing or talking with them throughout the school year to discuss your kids' academic strengths as well as weaknesses.

Most of all, whether it's the first day of school or the last, make sure your kids know you're there to listen to their feelings and concerns, and that you don't expect perfection — only that they try their best.

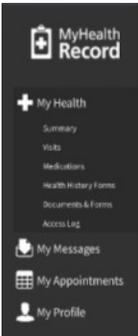


Health Clinic New System Upgrade

As the Nisqually Health Department ventures on preparing to launch the new Greenway Intergy EHR this fall, you may be asking yourself:

- How will I benefit from this new system upgrade?
- How will this improve my care and the way my provider and I communicate?
- What changes can I expect?

One benefit that we are confident that many will enjoy is the new EHR will have a user-friendly patient portal!



Below is a snapshot of what the inside of the patient portal will look like and a list of some of the things you can do in the portal:

At your convenience:

- View your health record from any Internet-enabled device in the privacy of your home or on the go
- Exchange secure messages with your healthcare team
- Request and manage appointments

Anytime access:

- Review your latest vital signs such as height, weight, blood pressure and pulse
- Review your lab orders
- Review your test results when they come in
- Review upcoming appointments
- Request prescription refills

Just imagine, its 2 a.m. your child is sick, but you don't want to wait until 8:00 a.m. to call into the clinic, you can log in to your patient portal and request an appointment. How convenient is that? We think you will like this and the other options that it has to offer, we sure do!



You may also be asking, is my information secure? Yes, only you will have access to your account. It will require a user name and password that you create. Also only access is granted to certain staff members involved in your care. Once we get ready to deploy this part of the new system, we will walk you through the registration process, more to come on that!

INSOMNIA

By Elizabeth Siegel, ARNP

Insomnia, or the inability to sleep is a common problem, and a frequent reason for primary care visits. On the surface, insomnia appears to be a simple problem, easily solved by taking a sleeping medication. Unfortunately, this is not the case.

Common medical causes of insomnia include: chronic pain, sleep apnea, restless leg syndrome, depression, and anxiety. Medications such as steroids and stimulants also can interfere with sleep. Narcotic medications and alcohol are known for their sedating effects, but these meds disrupt the sleep cycle, ultimately worsening insomnia in the long run.

Sleep inducing medications can cause side effects, and may be habit forming and dangerous over time. Sleeping medication interacts with other sedating medication and can be dangerous. Current recommendations for sleep meds are to use them for a short time only, not chronically.

Behavioral changes seem to offer the most promise for effective treatment of insomnia. These changes do take some time to work and require significant effort on the part of the patient. But they are tools that will be useful over a lifetime. Current recommendations include:

- Stick to a sleep schedule. Even on weekends and holidays, try to go to bed and wake up at approximately the same time.
- Limit stimulants. No caffeine after lunch, and no smoking in the evening.
- Avoid light emitting screens such as TV, laptops, cellphones, and tablets for 2 hours prior to bed.
- Avoid naps longer than 20-30 minutes during the day, and avoid completely later in the day.
- Exercise daily for at least 20-30 minutes. This will make your body fatigued, and will help you sleep better.
- Reserve your bed for sleep and intimacy- don't eat, watch TV, or do any other awake type activities while in bed.
- Do not drink alcohol near bedtime. Alcohol will make you feel sleepy, but it interferes with your ability to stay asleep.

Teaching your body to fall asleep without medication is an important skill that will help you throughout your lifetime. Please consider a visit to the clinic to discuss your sleep issues. Call 360-459-5312 to make an appointment.



MEDICAL FOLLOW UP

By Elizabeth Siegel ARNP

Have you ever wondered why your medical provider seems to constantly nag you to come into the clinic for labs and follow-up visits? In this article I will go over a few common situations.

1. High blood pressure.

When a person is diagnosed with high blood pressure, often medications are needed to bring the blood pressure down to a normal level. Follow-up is important to make sure the blood pressure is responding but is not getting too low. Generally, yearly labs are needed to ensure the meds are not causing harm to the kidneys and liver.

2. Diabetes.

Diabetes is a complex condition involving many systems of the body. Often multiple medications are used along with lifestyle changes with exercise and diet. Over time, diabetes treatment often needs to be adjusted. We like to see a person with diabetes every three months in clinic to assess progress. Yearly blood work is recommended.

3. Thyroid disease.

The thyroid is a small gland in the neck which controls our energy level. If the thyroid gland is either over or underactive, treatment is indicated. If a person is stable on thyroid medication, yearly lab work is indicated to make sure that the dose of medication is still correct. If medication is newly started, more frequent labs are needed.

4. Cholesterol.

If a person is taking medication to lower cholesterol, generally labs are needed yearly to make sure that the medication is working properly, and that the meds are not doing any harm to the liver.

As you can see, labs and follow-up are quite important in management of most conditions. Because all medication can have adverse effects over time, if you are taking any medication chronically, it is important to see your health provider regularly. Please call the clinic at: 360-459-5312 if you are due for a visit!




SPIPA's Nisqually WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:
Patty at 360.462.3224, wicnutrition@spipa.org
Debbie Gardipee-Reyes 360.462.3227 gardipee@spipa.org

Main SPIPA number: 360.426.3990

Next WIC:
Wed, Sept 4, 2019 at USDA Food Warehouse
(Date may change)

Warehouse: 360.438.4216



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

Nisqually Health Fair 2019

Friday September 6, 2019

11 a.m. - 2 p.m.

Nisqually Youth and Community Center
1937 Lashi St SE Olympia, WA 98513

Please join us for our annual Health Fair and enjoy:

- Food
- Raffles
- Fun Walk
- Vendors
- Health Information and Services
- Positive Vibes





Screening Tests Just For Women

By Elizabeth Siegel, ARNP

One of the major breakthroughs of modern medicine is the ability to screen for certain cancers. This enables certain cancers to be discovered when it is still possible to completely cure the patient. Cancers that progress slowly over many years are much more amenable to screening than those that develop quickly.

Cervical cancer is ideal for screening. Abnormal cells on the uterine cervix tend to grow slowly, sometimes taking decades to progress from mild abnormality to cancer. The Pap smear is a sample of cells taken from the uterine cervix. The cells are evaluated for their appearance, as well as the presence of the Human Papilloma Virus (HPV) thought to be the most common cause of cervical cancer.

Breast cancer is another cancer that if detected in early stages can often be cured. Most often, a woman will not have symptoms of breast cancer until the cancer has already spread to vital organs such as the lungs, bones and brain. At this point it is very difficult to eradicate. If caught early, however, chances for a cure are quite good.

changing, which can be confusing. Here are the recent guidelines.

PAP Screening:

Start at age 21: continue to age 65.

For ages 21-30: every 3 years.

For ages 30-65: every 3 years, **OR Pap smear with HPV testing every 5 years.** *If HPV test is positive, or Pap test is not normal, additional screening is recommended.

MAMMOGRAM Screening:

Start at age 40, unless a primary relative (mother, sister, daughter) has a history of pre-menopausal breast cancer. If so, screening may need to be initiated sooner.

How often to screen is controversial. Every one to two years from age 40-50, then yearly after age 50 is current standard; screen until the patient has less than a 10 year life expectancy.

Although screening for breast and cervical cancer may not need to be done yearly, it is still a good idea to have a general wellness check up every 1-2 years. This is a good time to screen for other health conditions, update your immunization records, and discuss any new symptoms you are having.

If you are due for a wellness exam, please call the clinic at: 360-459-5312 to schedule your visit now.



Women's Health Matters!

Over the years, there has been considerable controversy over screening Recommendations are constantly

Back to School 2019

Busy summer keep you from scheduling back to school appointments? The Nisqually Health Clinic is available for immunizations and physicals.

We also have special dates if you would like to schedule with our pediatric doctors. [Our pediatric doctors are available in September on the 16th and 24th or in October on the 14th and 22nd.](#) After that they will visit once in November (5th) and December (9th). They can perform general sick visits, well child checks, head start exams, immunizations, physicals and screenings.

Be prepared to inform school officials if your child has allergies or a chronic condition like diabetes or asthma. If your child ever needs to take a medication at school, you will need a special prescription for the medication. Please come see us so we can help make sure your child has the medications they need to be ready for school or upcoming physical education/sport activities.



Medication Refills

Your prescriber will often allow you to refill your medication prescription. The refill information is located on the lower left hand corner of the prescription label. Check your prescription bottles to identify how many refills you have remaining. Mark your calendar or set a reminder in your phone to help avoid last minute refills. If you need refills, **ask the pharmacy where the medication was filled** to request refills for you.



There are a couple of exceptions where the prescribers wish you to get an appointment for every refill. Additionally, there are new laws and regulations that have gone into effect regarding the prescribing and filling of

narcotic medications (Norco, Percocet, oxycodone, tramadol, Tylenol #3, and cough syrup with codeine). The new laws and regulations are in place to protect everyone. They do add additional time to prescribing and filling of these medications. It is important to give at least 48 hours to allow for a refill request. Remember that most refills are approved at the end of the day after the prescriber is done seeing patients.

Thank you for your patience in allowing us to provide service to you and keep you safe.



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.

Clinic dates for
Dr. Molina Kochhar:

2019

~~August 6~~
~~August 14~~
September 13
October 4
*October 11
November 1
*November 8
December 6

Call the Clinic @
360.459.5312
to schedule an
appointment

Nisqually Tribal Health Department

Pediatric Clinics

Dr. John Karpel

Clinic Dates:

REMAINING
DATES

Dr. Sylvia Morales

Clinic Dates:

Monday, June 10th

Monday, July 8th

Monday, August 12th

Monday, Sept. 16th

Monday, October 14th

*Tuesday, November 5th

Monday, December 9th

Tuesday, June 25th

Tuesday, July 23rd

Tuesday, August 27th

Tuesday, September 24th

Tuesday, October 22nd



"Is my child due for a
Well Child Check?"

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

AND...

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.

Call the Clinic at
360.459.5312

to schedule

appointments such as:

- Well Child Checks
- Head Start Exams
- Childhood Immunizations
- Physicals and/or Screenings.

NISQUALLY NATIVE WOMEN'S WELLNESS PROGRAM

Mammogram Day

IF YOU ARE A WOMAN 40 OR OVER PLEASE
COME IN FOR BREAST HEALTH EXAM AND
MAMMOGRAM

NISQUALLY TRIBAL HEALTH CLINIC
THURSDAY, OCTOBER 17TH, 2019
FROM 9:00AM TO 4:00PM

WATER, TEA, JUICE, BREAKFAST SNACKS, AND
LUNCH WILL BE PROVIDED. ALL PATIENTS WHO
ATTEND THEIR MAMMOGRAM WILL BE ENTERED
INTO A DRAWING FOR A PRIZE BASKET.

SPONSORED IN PART BY:



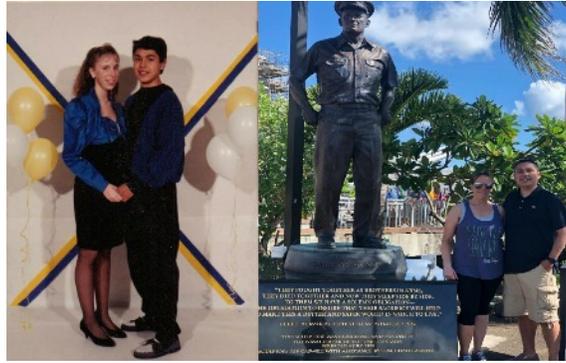
National Breast and Cervical
Cancer Early Detection Program



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



Announcements



Happy 25th Ms K! It has been one heck of a ride! Like Bar-codes Thick & Thin we have never wavered, not even once. Kim you are my heart in human form. When we met I forgot all about my ExGF Misty Poopers. 143 Patches (Rod Obi)! And happy birthday!

September 16th



Happy 6th Birthday to our big boy, Shawn Russell Youckton JR! ♥ Love- Mom, Dad, and takwitáano.

August 23. Happy Birthday Auntie, Love the McDonald Family

September 6, Happy 30th Birthday Keisha, Love Dad, Mom, Jasmine, Samira, Nevaeh and Rodney <3



September 8th
Happy Birthday
Mom (Gail)
Love always
Lori and Julie!

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

