

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



Nisqually Tribal News

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

Phone Number (360)456-5221

Volume 8, Issue 9

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

September 2018

## Nisqually River Fishing



*Nisqually tribal fishermen fish for Nisqually River chinook as part of five 48-hour openings for a total of 10 days, Sunday through Tuesday at noon. Tribal fishermen and non-tribal recreational fishermen are able to fish thanks to the restoration efforts of the tribe and many partners that include Nisqually River Council, Nisqually Land Trust, city of Tacoma, city of Centralia, Eatonville, the Salmon Recovery Funding Board, Washington Department of*

*Fish and Wildlife, South Puget Sound Salmon Enhancement Group and others. Restoring and protecting habitat in the ocean, Puget Sound and the river are key to improving the health and long-term returns of these salmon. Importantly, a fishery can occur for all because the Nisqually Tribe operates two hatchery facilities on the river that use the best available science and are a critical element to the tribe's recovery efforts of Nisqually fall chinook as part of the Puget Sound Fall Chinook Evolutionary Significant Unit (ESU). The Nisqually Clear Creek and Kalama hatcheries release 4 million chinook in total each year.*

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

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

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



**FREE Rides**

**Monday through Friday**

Upper and Lower Reservation Route

7:30 a.m. to 4:30 p.m.

Last OFF RESERVATION

Appointments ending at 3:30 p.m.

**(360)456-5236**

transportation@nisqually-nsn.gov

## Rural and Tribal Transportation

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

**Cost is \$1.00**

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

**Please call  
1-800-650-7846  
for information**

## How to Contact Us

Tribal Center (360) 456-5221

Health Clinic (360) 459-5312

Law Enforcement (360) 459-9603

Youth Center (360) 455-5213

Natural Resources (360) 438-8687

## Nisqually Tribal News

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

## Nisqually Tribal Council

Chair, Ken Choke

Vice Chair, Chris Olin

Secretary, Jackie Whittington

Treasurer, Julie Palm

5th Council, Brian McCloud

6th Council, Handford McCloud

7th Council, Willie Frank

## In This Issue

Canoe Journey.....	pg. 3
Weir.....	pg. 4
Steelhead .....	pg. 5
Camping .....	pg. 6
GPS Trackers .....	pg. 7
Youth Workers .....	pg. 8
Law Enforcement .....	pg. 9
Traditional Medicine .....	pg. 10
Health Employees .....	pg. 11
Fruit and Veggies .....	pg. 12
Health News .....	pg. 13
Elders.....	pg. 14
Announcements .....	pg. 15



# 2018 Power Paddle to Puyallup



The Nisqually Tribe took the floor on the second-to-last day of the Power Paddle to Puyallup protocol on Saturday, Aug. 4. Nisqually paddled from Lummi Nation to Puyallup with many new youth participating.





# Clear Creek Weir

By Craig Smith, Harvest Management Biologist

All Puget Sound fall chinook, including Nisqually, are listed as threatened under the Endangered Species Act (ESA). As a result, every year we are required to adopt fishery management restrictions to ensure enough wild chinook reach the spawning grounds. Because of these restrictions, an unharvested surplus of hatchery-origin chinook return to our Clear Creek hatchery.

This year we are placing a traditional cedar weir at a new hatchery return location adjacent to Clear Creek in an effort to harvest a portion of these surplus chinook while they are still in good condition and before they enter the Clear Creek spawning pond. This is an experiment to determine whether or not this traditional Indian fishing technique might be useful in addressing the ESA-driven harvest challenge - meeting wild spawning escapement while still producing abundant hatchery chinook. The harvest taken at the weir is 100 percent hatchery rack returning chinook.

Our weir was based on designs and old photographs and was built by our Natural Resources salmon management staff. Cedar was donated by the Nisqually Tribe's housing program and Mount Rainier National Park, among others. Our goals for this year are to test to see if this design will work, to reduce wastage at the hatchery by harvesting some returning adults while they are still in good condition, and to supply chinook in better condition to the Nisqually community.

We want community folks to visit the weir site. Unfortunately, the weir is located within JBLM and therefore has limited access, with visits required to be arranged in advance. We will do our best to arrange community visits and, by the time you read this article, expect to have already had several scheduled visits.



New Weir, Nearly Completed – Craig Smith



Yelm Jim's Fish Trap – 19<sup>th</sup> Century Photograph



# Why Steelhead Are So Important

Part 4 – Recovery

By George Walter

**Editor's Note:** *This article is the final of a four-part series on steelhead, what they are and why they have been and continue to be so important to the Nisqually Tribe's fishery, and treaty fishing rights in general. Part 4 starts with the decline in steelhead returns, describes some of the important steelhead research conducted by Nisqually Natural Resources and others, and how our steelhead recovery plan is proceeding.*

In the early 1990s the return of steelhead to the Nisqually River crashed; suddenly very few steelhead were returning, being caught in the tribe's fishery or the hook-and-line sport fishery and spawning in the watershed. The average steelhead run from 1979 through 1990 was 5,600; by 1993-94, that total was down to about 1,000.

What a sad thing! For years, generations really, Nisqually fishermen could count on that winter steelhead fishery. It meant fresh fish on the table and a little mid-winter income, and now it was gone. Fortunately, the Nisqually Tribe now has a natural resources program and our biologists have responded with multiple efforts to figure out the problem and how to correct it.

Fishery managers, tribal, state and federal, first responded with conservation-based reductions in steelhead harvest, eventually eliminating all directed harvests on Nisqually steelhead. This caused a potential problem for the Nisqually treaty-right fishery. The Nisqually River has a unique late-timed run of chum (dog) salmon and an important late chum fishery. The first part of the steelhead run returns at the same time as the end of this late chum run. Management decision through Jan. 31 are made based on the needs of the chum fishery and escapement and few steelhead were caught in the chum fishery.

Steelhead spawning is documented by counting the gravel nests, or redds, used by the spawning female. The turned-over gravel is cleaned of algae and therefore visible, at least when the water is relatively clear. Until recent years, Nisqually natural resources staff did counts from a helicopter flying low up the river. A typical helicopter count from before the crash was 1,200-plus redds. Then, in just a few years, counts were down by 50 percent or more.

So, what was happening? First, it is apparent that the cause was not overfishing. Harvest numbers and escapement numbers declined in tandem, and the

trend was region-wide and not just in the Nisqually River.

Juvenile steelhead rear for from 1 to 3 years in freshwater so spawning counts alone do not tell the entire story. In fact, while counts of out-migrating juvenile steelhead, called smolts, go up and down year to year, declines have been less severe than the spawning counts. This suggests that the cause of the crash likely was outside of the Nisqually watershed itself.

Also, the survival problem was not limited to the Nisqually River. All of the Puget Sound, Coastal, and most Columbia River streams have experienced a similar decline of steelhead returns. Hatchery steelhead were impacted more dramatically than wild steelhead. In response the collapse, in 2007 Puget Sound steelhead were listed as Threatened under the Endangered Species Act (ESA) by the National Marine Fisheries Service.

One of the consequences of having an ESA-listed species is that there are severe restrictions on harvest (taking) of the listed species. The application of these ESA restrictions includes the Nisqually Tribe's fishery; however, with few steelhead returning during the chum fishery these restrictions have had limited practical impacts. The tribe's winter fishery is driven by the needs of chum salmon, not steelhead. There are other results from the ESA listing. The first is development of a Recovery Plan and, ultimately, some amount of state and federal funding to implement the plan. The Nisqually Tribe drafted a recovery plan for Nisqually steelhead and, after approval by the Tribe's Fish Commission, submitted it for review and inclusion in the larger Puget Sound-wide recovery plan. We also have applied for and received funding for implementing some of the research and habitat improvement elements of the plan.

One of the research projects (Early Marine Survival - described in detail in other newsletters) is the annual tagging of representative number of steelhead smolts with acoustic tags. The tag sends out a signal and that allow tracking the progress of the tagged fish as they swim by various listening stations. The first station is in the mouth of the Nisqually River and the furthest station is in the Strait of Juan de Fuca near Port Angeles. Steelhead smolts and coho from other rivers also are tagged.

Initial returns from this study suggested that early (in Puget Sound) marine survival was extremely poor.

*Continued on page 6-STEELHEAD*



## **TRIBAL MEMBERS CAMP FOR FREE AT MT. RAINIER!**

Remember, Tribal members camp free at Mt. Rainier National Park

- Permit required for camping
- No permit for day use visits

Look on Tribe's website under Administration- Planning- Parks for the application



*Continued from page 5-STEELHEAD*

The study has been going for a number of years now and recent results indicate that lately early marine survival has become somewhat better. And, even more recently, this better survival has shown in the increased returning adults.

Another survival factor we have been investigating is the impacts marine mammals may be having on adult and juvenile steelhead. For about 20 consecutive winters, the Nisqually delta area has been visited by sea lions, large mammals of two species (California and Steller's) that are seeking adult fish. They apparently follow the fall chum runs into South Sound and then some remain and eat late chum headed for the Nisqually River. Of course, they also catch and eat steelhead. Harbor seal numbers also have increased substantially in the past 20 years. These fish-eating mammals pursue smaller fish and include out-migrating juvenile steelhead in their diet. A future newsletter article will expand on this marine mammal topic.

There is some good news. For the past two years, there has been an increase in adult returns of steelhead to the Nisqually River. The amount of steelhead spawning has increased. We no longer do helicopter counts; rather, we now document steelhead by rafting most of the Nisqually and use traditional walking counts on the tributaries. With the greater abundance of spawners, we are now finding steelhead spawning in areas that have not been used in the previous 10 years.

Also, we are beginning to understand that our steelhead are like the "canary in the coal mine" for all of our animals. The money coming from ESA listing has helped us better understand the role of Early Marine Survival and how important it is to all of our migrating salmonids. These studies, funded by ESA-recovery monies, are telling us that the ecological function of the Puget Sound is incredibly important for Nisqually salmon and steelhead. By protecting Puget

Sound we are protecting, for the long term, the Nisqually Tribe's treaty fishery.

Our research supports the implementation of our integrated recovery plan, from the mountains to the ocean. A quick summary of our recovery strategy is as follows: to create and maintain the best steelhead spawning and rearing conditions in the Nisqually watershed through habitat protection and restoration so that our wild steelhead will be ready to respond positively to improved Puget Sound and ocean survival conditions.

We are also working with the regional effort to deal with Puget Sound wide issues like storm water, toxics, and predation by marine mammals and birds. It is only through a comprehensive approach that long term steelhead recovery to harvestable levels possible. Salmon, and particularly steelhead, are extremely complex and the reasons for their decline are equally complex.

There are no quick fixes or silver bullets to this effort. It requires sustained effort across the watershed, the state, and the region to recover these fish to numbers that support treaty harvest. But some day, with all these investigation, better understanding and conservation management decisions, we should again see Nisqually fishermen with steelhead in their nets.



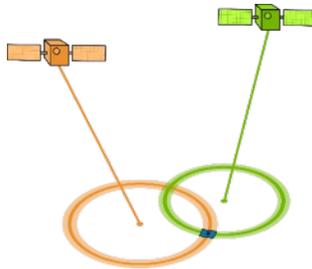
# What are GPS Trackers?

## Tips from the IT-WebDev Department

We've provided articles in the past on wearable technology devices such as exercise trackers, car Global Positioning System (GPS) devices for audible driving directions and the monitoring of children's activities online through browser software tools. Today, inventors of technology devices have combined wearable technology with GPS location tracking and monitoring abilities, especially for child safety.

**Technology can provide some peace of mind in the form of a lightweight GPS tracker that can last a day or two on a charge. It offers frequent and reliable updates on a child's whereabouts.**

Similar to the GPS devices that were used on canoes to track the navigation of Canoe Families paddling during Canoe Journeys - kids' wearable devices function to provide location updates to parents through software and App notification tools. They use satellite systems' signals that are orbiting the planet earth to determine locations within 4 feet of accuracy. These types of tracking devices are not just useful for tracking kids, they can also be used for family or caregivers to know where a loved one is located while hunting, fishing, etc. Several of the tracking devices even appear like watches and function as cell phones.



Several things to consider when purchasing a GPS tracking device are;

- Ease of use
- Age range
- Battery life
- Comfort
- Durability
- Design
- Water resistance
- Features such as email, texting and voice calling
- Range (including indoor use through building walls)
- Panic button alert
- Accuracy

Below are some helpful resource sites for additional information on these devices.

GPS Kid Trackers on Amazon;

<https://www.amazon.com/slp/gps-kid-tracker/zbcmspjwcubz5hv>

GPS Trackers for Kids Buyers Guide;

<https://www.safewise.com/resources/wearable-gps-tracking-devices-for-kids-guide>

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

# Nisqually Youth and Totem Pole



Congratulations to the Nisqually youth who helped finish the totem pole that the Kleiner family is happy to see restored. The pole stood in front of the Kleiner family business in the early 1900s in Tacoma before ending up with Tacoma Metro Parks who were unable to restore it. Nisqually agreed to take the pole and Quinault Indian Nation Master Carver Guy Capoeman supervised the students and urged them to research the names for carving in Nisqually and the house poles created in the past. "It's there - you can go back and find that and start the new generation of pole carvers in your community." Farron McCloud, Nisqually Youth and Community Center supervisor, will help the youth assemble a time capsule to put in the base of the pole. Plans for a pole raising ceremony are being made when the totem will be installed in front of the Youth Center.



# STEP and the Nisqually Summer Youth Tour 2018

By Tia Lozeau

The Nisqually Summer Youth Program joined the Strengthening Tribal Education Program (STEP) for our third annual event at the Nisqually Red Wind Casino July 19-20. This year the youth had an opportunity to shadow a department of their choice. They were able to choose two departments of interest while learning more about the operations within the casino.

The departments that participated this year were: Culinary, Slots, IT, Facilities, HR, and Security. The hands-on experience this year was fun and exciting for our youth and the casino. The youth shadowed Security in jobs such as dispatching and surveying the parking lot for suspicious activity, worked with Slot Techs on resolving technical issues and most importantly, learned our Guest Service Standards. The youth that shadowed in Culinary were given the opportunity to create and serve lunch to some of our leadership team. This event has evolved over the years and we plan to continue to expand on the event in the years to come. The STEP Board would like to personally thank all of the Nisqually Summer Youth participants for joining us this year and our Nisqually Red Wind Casino team members that made this experience possible. We are looking forward to next year.





# Calls for Service 2018

The Nisqually Police Department responded to 428 calls for service in July, (2,570 calls since Jan. 1). At right is an incomplete list of all calls since Jan. 1. Due to space restrictions, a number of categories have been left off. Those with the most calls or of special community interest have been included. Some categories are a combination of calls related to a variety of associated calls on the topic. For example, narcotics encompasses calls for things like suspected drug dealing, narcotics overdoses, etc.

*AT/ATL or "attempt to contact" and "attempt to locate" which encompasses things like serving warrants, court papers, a request to contact someone by a family member, parole check or sex offender required regular check-in.*

Total calls	Jan	Feb	March	April	May	June	July
	430	332	359	301	345	375	428
Assist fire			1	3	3	5	7
Asst. Medic	37	37	27	24	39	50	43
Traf. Accident	8	1	8	5	6	5	5
DUI	11	0	6	6	12	9	6
Physi	0	3	1	1	0	2	0
Reckless	5	7	6	8	6	6	11
Traffic stop	85	67	71	47	38	56	51
Aband 2	0	0	0	1	0	0	1
Warrant	4	1	2	0	8	5	1
Alarm B	0	1	2	1	2	2	4
Animal	0	0	2	3	1	3	0
Area check	8	5	2	1	2	5	5
Assault	1	0	2	5	1	3	4
Agency Asst.	4	4	8	5	4	5	10
ATC/ATL	22	14	12	12	30	19	29
Auto	1	2	6	2	1	4	8
BSN	25	20	16	20	11	17	26
Burglary	1	0	0	0	1	3	2
Civil	4	5	4	10	3	3	2
Counterfeit	4	5	7	3	2	5	4
Domestic	4	2	4	4	3	7	7
E911	30	16	24	10	19	19	29
Follow up	27	18	20	19	22	22	29
Narco	19	19	12	11	26	13	16
Theft	20	28	12	17	20	14	8
Trespass	7	19	12	12	14	8	14
Veh. Prowl	1	2	2	5	3	6	4
Welfare check	10	2	4	6	3	5	8



## Welcome New Officer Alec McClelland

I have lived in Washington since 2008 and have wanted to be a police officer since I was little. I am a husband and a proud father of an 11-month-old baby boy. I like music of all genres and I mostly play golf, camp and hike with my family during my off time.

I have served in the U.S. Marine Corps as a fuels specialist for four years and have two years left in the military.

I chose to work for Nisqually due to its small size and close community feel. My first month working here has been eye opening, informative and very enjoyable, especially meeting community members and I hope to meet more of you, continue to learn more about the culture and continue my service as a police officer for years to come.



# Nisqually Indian Tribe Health Department Traditional Medicine Program- Community Dinner

The purpose of this Community Dinner held on July 17 was to celebrate the grand opening of the Nisqually Indian Tribe Health Department's first Traditional Medicine Program. This program is a small-scale pilot, grant-funded by the NPAIHB through the Center for Disease Control's Wellness in Indian Country grant project. The purpose of this project was to develop a collaboration between the Health Department's Traditional Healers and Pharmacy with the Nisqually Garden Program and local Nisqually medicine-makers. The goal is to establish a sustainable, culturally adapted pharmacy program in order to help this community prevent and manage chronic disease. Pharmacist Dr. Richelle Kistler has been working with our Traditional Healers, Nisqually Gardens, and community medicine-makers to develop the traditional medicines to be offered by the Clinic through the Traditional Healers.

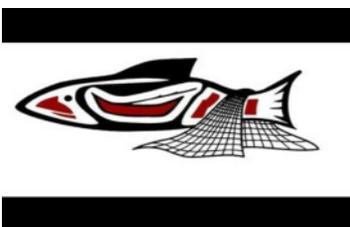


More than 100 community members attended this dinner and 63 surveys were completed! Thank you to everyone who took the time to complete the survey. The results are extremely helpful as we develop this new program. The traditional medicines we had available at the dinner were made by the Traditional Healers Marcianne Allen, Karen Lilly, and Karen Scott; Pharmacist Dr. Richelle Kistler; and the Nisqually Garden's Herbalist Janelle Blacketer.



One key highlight from the survey was that many of our community members feel they don't use traditional medicines as often as they would like, and most often because they don't have access. We hope this program can help change that.

We encourage tribal members to continue to schedule appointments through the clinic with our Traditional Healers, and to work with our Healers and Pharmacist Dr. Richelle Kistler on exploring the traditional medicines we have available. We are developing processes to increase accessibility to the traditional medicines we have available with the Health Department. Stay tuned!





# New Health Employees

**Michelle Davidson** is the the new Clinical Applications Coordinator in the Health Department. “I am very excited about starting this new venture! I come from 25 years of health care experience in both nursing homes and a large health maintenance organization. I have worked as a Nursing Assistant, Data Entry in a Medical Records office, Admissions and Discharge Coordinator and most currently a Certified Medical Assistant for the last 19 years. In those 19 years I have worked as a Medical Assistant Preceptor and E H R Super User and trouble shooter,” Davidson said.

“That experience has led me to obtain my Bachelor Degree in Health Informatics which has prepared me for this position. I was born in Colorado, but have resided mostly in Washington, Oregon and Texas. I am married to a fabulous husband and we have two Chow Chows and two cats. I enjoy gardening, cooking, photography, all types of music and fashion. I am elated to be part of the Nisqually Tribe Health Department,” Davidson said.

**Melinda Cook** is a new Certified Nursing Assistant(CNA). “I will be working for you all here in the Nisqually Tribal Community at the Nisqually Healing Home. I have been a CNA since 1999. I enjoy helping people and making new friends along the way. I love gardening, swimming, playing pool and carving wood signs,” Cook said. I have two daughters that keep me on my toes with sports. I coach basketball for my youngest daughter’s team. I attended Yelm and Rainier high schools back



in the day. I currently work out of the Healing House. I plan on staying with you all for a very long time I would like to meet you all,” Cook said.

**Stephen Shuckebrook** is the new IT Technician for the Nisqually Tribe Health Department. “I am working hard to prove my expertise to the Nisqually Tribe Health Clinic,” Shuckebrook said. “My background is in electronic repair and information technology. My wife, a Quinault Indian Nation tribal member, and I have been married almost 4 years. We enjoy our 9- month -old -son, getting outdoors and participating in the native community. I am enthusiastic about working for the tribal community,” Shuckebrook said.



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

**Nisqually Tribal Health Department**  
 Patient Referrals for **URGENT CARE**



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

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

Providence Immediate Care Lacey	Providence Immediate Care West Olympia
4800 College St SE Lacey, WA 98503 (360) 486-2900 Mon-Fri 8 p.m. - 730 p.m. Sat - Sun 9 a.m. - 430 p.m.	1620 Cooper Point Rd SW Olympia, WA 98502 (360) 486-6710 Mon - Fri 8 a.m. - 8 p.m. Sat - Sun 9 a.m. - 5 p.m.





# Update: Fruit and Vegetable Rx Program for SNAP Participants

Are you utilizing EBT/SNAP Food benefits? If so, this new program may benefit you!

The Nisqually Tribal Health Department is thrilled to see how this program is growing! We are distributing vouchers to eligible persons up to once per week. This is the Washington State Department of Health's first time partnering with a tribal community to offer this voucher program and we are honored to be the first to have this available to you. We distributed almost 250 vouchers in the first three months of the program!

The Fruit and Vegetable Prescription (Rx) Program helps to make it easier for those participating in the Supplemental Nutrition Assistance Program (SNAP) to afford more fruits and vegetables. The prescription is a \$10 voucher that participants can use like cash to

buy fruits and vegetables (fresh, canned, or frozen) at any Safeway store in Washington.



For more information, and to get your voucher, go to one of the following:  
**Head Start and Elders Program:**  
**Bernita LaCroix**  
**Healing House: Mary Szafranski**  
**Tribal TANF: Lorna Kalama**  
**Nisqually Clinic: LaVita Tessay-Plumage**

As a participant in this program, you may also have the opportunity to take an online survey - you'll receive a \$3 Amazon e-gift card (limit one e-gift card redemption per week).

If you are unsure about commodity foods versus SNAP/EBT or if you have any questions about this program, please contact [Bernita.lacroix@nisquallyhealth.org](mailto:Bernita.lacroix@nisquallyhealth.org) or [amber.arndt@nisquallyhealth.org](mailto:amber.arndt@nisquallyhealth.org)

## Start Motherhood with a Healthy Mouth

By Sue Bohannon, DMD c/o Arcora Foundation

*Mom, take care of your teeth for the both of us!*  
Cavities are caused by germs. Parents can pass these germs to their children.

What can you do?

- ❖ Keep your teeth and gums healthy. This helps prevent cavities in your baby's mouth.
- ❖ See a dental professional during your pregnancy.
- ❖ Limit sweet and starchy snacks such as soda, candy, crackers, and chips. These foods feed the germs that live in your mouth and cause cavities.
- ❖ Brush and floss your teeth well each day. Brushing with fluoride toothpaste as least 3 times each day prevents cavities.
- ❖ Take your baby to a dentist or physician for an oral screening by his/her first birthday or when they cut their first tooth.



Call 360-413-2716 to reach the Nisqually Tribe Dental Clinic to make an appointment today!

## Welcome Back, It Is So Good to See You!

By Diane Barres, PharmD

Hello everyone! The Nisqually Tribal Pharmacy is now open to fill prescriptions. Please remember to call and **request that your prescriptions be transferred back to the Tribal Pharmacy; this will not happen automatically.** We need to hear from you! Because this process takes time, please allow up to 48 hours to process your prescription request.

Additionally, we are back to bubble packing for our elders. Please let us know if you would like that service to continue, when you call to transfer back.

Remember, we are on summer hours at the clinic, meaning we have extended hours on Wednesdays, from 9:30 a.m. to 6:30 p.m. Come say "hello," and put us to work.

From all of us at your tribal pharmacy, Welcome Back! We appreciate everyone in the community and their patience during our closure. We look forward to continuing to serve you with care.

See you soon!

--Diane



# Summer Hours

Effective July 11 - September 24

Nisqually Medical Clinic and Pharmacy

Monday	8 a.m. - 5 p.m.
Tuesday	8 a.m. - 5 p.m.
Wednesday	9:30 a.m. - 6:30 p.m.
Thursday	8 a.m. - 5 p.m.
Friday	8 a.m. - 5 p.m.

NOTE: Summer schedule doesn't affect regular Dental, CHR, or Business Office hours

If you have an Emergency, please call 911 or go to either Providence Immediate Care Lacey or West Olympia OR the St. Peter's Emergency Room. Questions? Please call 360-459-5312



## Nisqually Health Department 2018 Fall/Winter Pediatric Schedule

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

After that, check ups should occur at the following ages:  
By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

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

- = September 10, 25
- = October 8, 23
- = November 27
- = December 17

Call the Clinic @ 360.459.5312 to schedule appointments such as well child checks, head start exams, childhood immunizations, physicals and/or screenings.

### South Puget Intertribal Planning Agency



## USDA Foods Program September Dates

- NISQUALLY 9/5/18
- SQUAXIN ISLAND 9/11/18
- SKOKOMISH 9/14/18
- CHEHALIS 9/19/18
- PT. GAMBLE S'KLALLAM 9/25/18

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call the Warehouse at Nisqually 360.438.4216



### South Puget Intertribal Planning Agency



## WIC Program September Dates

- SHOALWATER BAY 9/4/18
- CHEHALIS 9/6/18
- SQUAXIN ISLAND 9/11/18
- NISQUALLY 9/12/18
- SKOKOMISH 9/19/18

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



## NISQUALLY HEALTH DEPARTMENT MONTHLY PODIATRY CLINICS

### Why is Diabetic Foot Care Important?

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

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

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

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

We provide:

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

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

# 2018

Diabetic foot care  
Clinic days for  
Dr. Molina Kochhar:

- ~~July 4~~
- ~~August 4~~
- September 7
- October 5
- November 2
- December 7

Call the Clinic @  
360.459.5312  
to schedule an  
appointment



# Elders Program

## Social Gatherings

The Elders Program host several types of social gatherings such as classes, support groups and meals that take place at the Elders Center each week.

### Please Keep Intake Sheets Up to Date!

Meals for Guest are \$4. Caregiver's lunches may be paid for by the Caregiver Program. Caregivers must see Caregiver Support Specialist Karen Anderson to do an intake Sheet.

Senior Meals are served four (4) times a week: Monday, Wednesday, Thursday and Friday, from noon to 1 p.m.  
*Menus are mailed out each month, available at the Elders Center and online at*

### The Caregiver Support Program (SPIPA)

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

Caregiver Support Specialist is in the office Monday-Thursday, from 9:00 a.m. to 2:00 p.m.  
Support Group

2<sup>nd</sup> Thursday 1 p.m.

Training

4<sup>th</sup> Thursday 4 p.m.

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

### Culture Activities and Events

Nisqually Tribal Members come and join the Elders Program for the following: Nemah Choubaquak hosts culture class in the evenings at the Elders Center. Beading, Sewing, Regalia Making and Other Activities.

Culture Classes

Tuesdays, Wednesdays & Thursday

4:30 p.m.- 8:30 p.m.

### Travel Information

Watch in the mail for Flyers and information about overnight trips.

Nisqually tribal elders sign up at the Elder's Center! Late signups may not always be guaranteed a room! Important information to Include when you sign-up for a trip:

- If You Will Be Riding The Bus
- Contact Information (Phone #)
- Room Accommodations (Double queen, King, non-smoking etc.)

Rooms are limited and every trip is: First Come, First Serve Basis!

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

### Events

- Weavers Gathering

Sept. 8- 9, at Billy Frank Jr. Community Center

- Elders Inter Tribal Elders Luncheon

Oct. 19, at Nisqually Youth and Community Center

- Mini Bazaar

Nov. 15, at Billy Frank Jr. Community Center

- Elders Bazaar

Dec. 7 at Nisqually Youth and Community Center

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

## What is the future of Social Security - Board of Trustees Annual Report

By Kirk Larson Social Security Washington Public Affairs Specialist

Recently, the Social Security Board of Trustees released its annual report on the current and projected financial status of the Old-Age and Survivors Insurance (OASI) and Disability Insurance (DI) Trust Funds.

The combined funds are projected to become depleted in 2034, the same as last year. After that time, the income from taxes will be sufficient to pay 79 percent of scheduled benefits. The DI Trust Fund will become depleted in 2032, extended from last

year's estimate of 2028, with 96 percent of benefits still payable.

In the 2018 Report to Congress, the trustees also announced:

- The asset reserves of the combined OASDI Trust Funds increased by \$44 billion in 2017 to a total of \$2.89 trillion.

The longevity of our programs relies on the accurate, up-to-date data provided in these yearly reports. You can view the full 2018 Trustees Report at [www.socialsecurity.gov/OACT/TR/2018/](http://www.socialsecurity.gov/OACT/TR/2018/).

## Announcements



September 6, Happy Birthday Keisha, Love Dad, Mom, Jasmine, Samira, Nevaeh and Rodney  
September 15, Happy Birthday Katrinah, Love the McDonald Family

### *Thank you from Marlene Mercado's Family*

We take this time to send out a big “Thank you” to everyone that helped us during this time of grief with our mother Marlene Sison Mercado passing to her next journey on June 20, 2018.

Marlene put forth great dedication for her family, friends and the community she called home here in Nisqually.

We would like to also extend a big “Thank You” to the Nisqually Health Clinic staff who were always a phone call away to assist our mother’s medical needs at a moments notice.

We hold our hands high with much gratitude; without everyone’s help and love we would be at a bigger loss.

Sincerely,  
The Family of Marlene S. Mercado





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

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*Tuna	*Mahi	*Oysters	*Beans
*Ling Cod	*Catfish	*Imitation Flake Crab	*Jams & Jellies
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