

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

October 2018

Steh-Chass Festival

By Debbie Preston

Festival of the Steh-Chass. held the first weekend of September, celebrated the salmon and the restoration possibilities for the Deschutes River estuary that would allow salmon to migrate freely. The Squaxin Island and Nisqually tribes paddled into the dam and after landing, processed to the stage where they sang together. There were indigenous artists of many genres who sang, capped by Taboo of the Black Eyed Peas with Emcee One. The festival was co-sponsored by <https://salmondefense.org/> and <http://www.deschutesestuary.org/> as well as a number of tribes including Nisqually.



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

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

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ext. 1252

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

Nisqually Tribal Council

Chair, Ken Choke
Vice Chair, Chris Olin
Secretary, Jackie Whittington
Treasurer, Julie Palm
5th Council, Brian McCloud
6th Council, Handford McCloud
7th Council, Willie Frank

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Nisqually Collaboration with SPIPA and Salish Cancer Center Nisqually Wellness Days

The Nisqually Indian Tribe in a collaboration between the Health Department and Elder's Program, through a grant called the Comprehensive Cancer Control Program through SPIPA, recently held a two- day event in August with the Salish Cancer Center for cancer survivors of the Nisqually community.

This event included nutrition, traditional medicine, exercise, and alternative medicine education focused on preventing cancer from taking hold again in the future. Participants learned how to make medicines and learned deep breathing and physical activity exercises, and even explored acupuncture! Most importantly, they had the opportunity to work with spiritual healers and come together in talking circles to share their experiences and to heal together as a community, which is a way of life.

This work began many years ago with community members such as John Simmons and Carmen Kalama, and we hope to continue to bring awareness to cancer prevention, celebrate our survivors and caregivers, and to bring holistic healing services to our people.



Garden Fun Facts

By Grace Ann Byrd- Garden Field Technician

- Did you know that basil and tomatoes do not go into the fridge?
Tomatoes actually keep better on a counter top because refrigeration gets them too cold for comfort.
Long-stemmed basil keeps freshest in a glass of water just like you'd put flowers in a vase.

Here at the Garden, we use shipping and boxing items to keep them at their best capacity.

- Did you know that parsley has more purpose than just being a decoration on your plate?

Parsley is very good for you and you can break sprigs of it into your water to drink with blueberries/strawberries/raspberries and cucumbers. Parsley also can be eaten or cooked into recipes. I usually eat the parsley when I'm done with my parsley-flavored water I make in my reusable water bottle.

- Did you know that berry leaves can be gathered at the same time you are picking berries for drying so that you can make a berry leaf tea later?

Many berries and their leaves have anti-oxidants, they are high in vitamin C and oh so good for you!

- Here's another great idea I learned at one of the classes I attend:

Achy and tired feet can be remedied by inserting cottonwood leaves into your shoes while walking or on a hike. Probably great for diabetic foot pain too!

That's all for fun facts from the Garden Dept. Enjoy your day! Stay hydrated and rest well! Try your best to eat 5 fruits and/or veggies every day!





Fishing Disaster Funds

By Debbie Preston

The Nisqually Indian Tribe will receive fishing disaster funds for the 2015 chum, coho and chinook fisheries from the National Oceanic and Atmospheric Administration (NOAA). The decision dragged on as the transition was made to the new administration, with the tribe making numerous visits to involved congressional and NOAA staff about resolving the matter.

“We have been told that we must use the funds to help avoid future disasters, whether that is through habitat recovery and restoration or improvements to our hatchery operations,” said David Troutt, Nisqually Natural Resources Manager.

A coordinated effort between Natural Resources with the science, tribal council members who worked with Nisqually’s Washington, D.C. lobbyist Josh Clause to visit Senators and Representatives at least three times on the topic helped move the declaration along.

“It was a team effort. It took all of us to get this done,” said Willie Frank, Nisqually tribal councilman, who along with Nisqually councilman Hanford McCloud, made multiple trips to U.S. Representatives and Senators to support the tribe’s request. “We told all the Senators and Representatives that we met with that without salmon, we lose our identity – who we are. It’s just like my dad said, you just have to keep telling our story.”

The Nisqually fishermen’s losses and stark state of the fisheries were outlined in a letter that was sent

from Nisqually to the Commerce Secretary. “Our fisheries are managed to achieve our escapement objectives and our recovery goals under the Endangered Species Act for chinook and steelhead in the Nisqually River. Complicating this management intent is the fact that the Nisqually River is geographically and biologically located at the extreme end of the return adult salmon’s journey.”

“These fisheries are all based on preseason forecasts and typically are able to adjust to meet their preseason expectations. We are left with whatever escapes those fisheries and typically fall short of preseason planning to accommodate escapement.”

“In 2015, we experienced that phenomenon again in the Nisqually. Our chinook preseason expectation for harvest was about 5,800 salmon but our realized catch was 4,400, an almost 25 percent reduction. Coho was much worse with an expectation of 4,200 and an actual catch of 800, an almost 80 percent reduction. Our chum salmon also came back in smaller numbers than expected with a forecasted catch of 14,000 and an actual catch of 6,200, an almost 55 percent reduction.”

Troutt said that work continues with local NOAA officials in the region regarding how much money will be allocated and to what salmon-enhancing projects. “We’ll update when we know more.”

Emergency Management Relief Application Now Available

The Nisqually Indian Tribe may provide emergency financial relief to assist tribal members in personal situations for which there is no other alternative assistance. The primary purpose and intent is to provide assistance to tribal members who are unemployed, economically disadvantaged, medically and/or physically challenged, or who are experiencing extraordinary circumstances.

The financial assistance offered is for the direct benefit of members of the Nisqually Indian Tribe, regardless of their household income or jurisdiction of residency.

Tribal member assistance requests that will be considered include, but are not limited to:

1. Natural disasters
2. Bereavement activities/travel
3. Imminent and immediate need for emergency housing/shelter-e.g. fire, natural disaster. Not to be used for things such as eviction (assistance costs will be evaluated on case by case basis)

Assistance to business and organizations is not permitted under these guidelines.

For more and application or more information please contact Rhiannon Wells at 360-456-5221.



McAllister Chinook Fishery

By Craig Smith and George Walter

For the first time in more than 15 years, the Nisqually Tribe opened a directed chinook fishery in McAllister Creek to harvest returning adults produced by the tribe. These chinook are the returns from ½ million and 1 million chinook fry released from the McAllister Springs headwaters pond in the spring of 2015 and 2016 respectively.

This fishery is different from the tribe’s Nisqually River fishery since there is no wild fish management required. All the returning chinook are encouraged to be caught! Fishing the McAllister area presents challenges – it’s a small stream with lots of grass and extreme tidal changes in a confined channel. But our fishermen, especially the younger fishermen, are

taking on the challenge aggressively. It’s been interesting to see older fishermen passing on their knowledge to these younger guys.

Making McAllister Springs available for chinook rearing is the direct result of the Nisqually Tribe’s settlement with the City of Olympia and our Chinook Recovery Plan. The tribe now owns and manages the property at the springs. This McAllister Creek fishery will only get bigger in years to come. Annual releases are now 1 million chinook and are planned to continue indefinitely. With community support and structural upgrades, the fishery benefits could increase even more.

2018 Washington Marine Debris Action Plan

By George Walter

The National Oceanic and Atmospheric Administration (NOAA) just released its 2018 action plan for cleaning up marine debris and the Nisqually Tribe is prominently featured. Thanks to the persistent work of David Stepetin, our Natural Resources Outreach Coordinator, NOAA included the Nisqually Environmental Team’s plans to continue its marine shoreline clean-up activities. This work is

funded through the tribe’s charitable fund and a small grant from the Russell Foundation.

Also, the Tribe’s Marine Services Program, with Dennis Lucia as Program Manager, is recognized for the program’s work removing derelict fishing gear. Our marine services team has been doing this work for many years and will be continuing it as an on-going task.

Fishing for Data



Craig Smith, Salmon Harvest Program Manager for Nisqually, and Rene Bracer, Nisqually fisheries technician, work to catch chinook salmon near the Centralia powerhouse near Yelm as part of a study to determine the number of unmarked and marked adult chinook and coho that enter the river and ultimately the spawning grounds. The study will be conducted three days a week through mid-November or until 100 fish are captured, as submitted, with impacts estimated, to the North of Falcon fisheries-setting process.



Nisqually Library Bookmobile

The Summer Bookmobile was a success. Throughout each visit, we had several STEAM activities, movies, community event information and free giveaways. Now that summer has come to an end and school has begun, we are working on a new schedule to keep the fun and resources coming. Thank you to everyone who supported our programming and we are excited for your new school year!

Library and
Archives Staff



Archives/Library Hours of Operation

Monday through Friday-8:00 a.m. to 5:00 p.m.

If you need to visit Archives,
It is by **appointment only**.

Anyone can call the office at: (360) 456-5221 ext.-1141
(No Soliciting)

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

Working While Disabled – Social Security Can Help

By Kirk Larson
Social Security Washington Public Affairs Specialist

While it may be best known for retirement, Social Security is also here to help you get back to work if you are disabled. For millions of people, work isn't just a source of income, it's a vital part of who they are — it gives them purpose and pride — it's a connection to community. If you're getting Social Security disability benefits, we have good news for you. Social Security's work incentives and Ticket to Work programs can help you if you're interested in working. Special rules make it possible for people receiving Social Security disability benefits or Supplemental Security Income (SSI) to work and still receive monthly payments.

The Ticket to Work program may help you if you'd like to work. You can receive:

- Free vocational rehabilitation;
- Training;
- Job referrals; and
- Other employment support.

Read more about working while collecting disability benefits at
Work incentives include:

- Continued cash benefits for a time while you work;
- Continued Medicare or Medicaid while you work; and
- Help with education, training, and rehabilitation to start a new line of work.

If you're receiving Social Security disability benefits or SSI, let us know right away when you start or stop working, or if any other change occurs that could affect your benefits. If you returned to work, but you can't continue working because of your medical condition, your benefits can start again — you may not have to file a new application.

You can read more about the Ticket to Work program in the publication titled "Working While Disabled: How We Can Help" at www.socialsecurity.gov/pubs/EN-05-10095.pdf.

Part of securing today and tomorrow is giving you the tools to create a fulfilling life. Getting back to work might be part of that. We're here with a *ticket* to a secure tomorrow.



Technology Life – Disposable Trends

Tips from the IT-WebDev Department

There is a saying made popular by Thomas B. Lance of President Jimmy Carter’s administration: “If it ain’t broke, don’t fix it.” As the Director of the Office of Management and Budget, he was referencing the U.S. Federal Government “Fixing things that aren’t broken and not fixing things that are broken”.

In recent studies of the lifespan of consumer products, large household appliance purchases almost doubled between 2004 and 2013. A third of all replacement purchases for products such as refrigerators and washing machines appeared to be just the desire of a better unit even while the old one was still working. In 2012, more than 60 percent of replaced televisions

The majority of the world has become a throw-away society, living a life filled with disposable items. From kitchen ware to furniture, in 2006, Americans individually generated an average of 4.6 pounds of garbage every day. Forty to 50 percent of all readily harvested food in America is wasted and technology items (e-waste) represents nearly 70 percent of the toxic waste in landfills.

Consider the purpose of upgrading to something new - *Does this new item come with an abundance of unique or much better features?* Some 2015 statistical studies of technology devices indicate these average lifespans;

- Desktop Computers – 6.7 years
- Flat Screen Monitor – 13.3 years
- Laptop - 11.8 years
- Flat Screen TV – 7.9 years
- Tablet – 5 years
- Wearable Devices – 1.5 years
- Smartphones – 2 years
- Small Appliances – 5.5 years

Note: Some products can last longer than the average lifespans shown above depending on the make, model and features.



were still functioning. These studies indicate the belief that many are persuaded to buy new because newer seems better.

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

Nisqually Public Safety Drone (UAV) program

By Jeff Jackson

The Nisqually Public Safety Department operates a UAV (drone) program. The UAV is a commercial grade quadcopter (four motors) with different cameras for different applications. It is registered with the Federal Aviation Administration as a commercial aircraft and is governed under those rules when airborne.

The UAV is operated by Officer Jeff Jackson (Fish and Game Enforcement) who holds a Federal Aviation Administration Remote Pilot’s Certificate to operate the UAV. He has gone through extensive training to achieve a high level of confidence in the operation of our UAV. He brings a level of professionalism and long experience as an officer that ensures a safe and conscientious operation of our UAV system.

Many members of the community have seen the UAV in operation since 2016 when its use debuted at the Paddle to Nisqually where it was used to document portions of the paddle and protocol ceremonies. It was also used during the Paddle 2016 for locating and deterring potentially predatory wildlife from encroaching on the camp areas. The UAV has since been used for detection of predatory wildlife, search and rescue along the Nisqually River and aiding in the apprehension of fugitive, dangerous felons for the Law Enforcement part of our department.

The UAV is also utilized by the Nisqually Enterprise for land surveys and documentation of building sites.

Continued on page 8-UAV



Great Drone Training in Nevada

By Jeff Jackson

During the first week of September, our drone pilot attended training required to maintain and expand his skills.

Officer Jeff Jackson attended the International Drone Expo and training held in Las Vegas, Nevada. This is one of the largest conferences in the world and focuses on different training tracks for the use of Unmanned Aerial Vehicles (UAV). Jeff focused on the use track for Public Safety. This track trained him in safe and effective use of the UAV in all aspects of public safety including but not limited to; Fire response, search and rescue, assisting in capture of fleeing criminals and many more uses. Jeff also attended some classes on how to use the UAV for wildlife management and cinematography. We also got ideas for how to expand the program and make better use of our aircraft. There was an intensive night flying course which included actual flying time with a UAV that has prepared him for responses after dark.

There were many speakers from all over the world and attendees from almost every country on the map.

For those not familiar with the program that the Nisqually Public Safety department has, it is designed to help in all aspects of public safety and also in documenting tribal interests for both enterprise and cultural events. The Federal Aviation Administration requires that all pilots of UAVs who fly for either profit or a governmental agency must pass testing and maintain certification under the Code of Federal Regulations (CFR) 14 part 107. This CFR also denotes the circumstances under which the UAV can and cannot be operated. IT also provides a pilot certificate for the pilot of the UAV. All flights of the UAV must be directly supervised or performed by that pilot.



Jeff preparing for night flying. Sunglasses are mandatory to safeguard against bright light.

Continued from page 7-UAV

It has been used to document the parks under Nisqually control, giving a different perspective of our lands that most of us never get to see.

In the future, the department plans to implement a program for counting wildlife herd populations within the Nisqually Reservation and usual and accustomed hunting and gathering areas. The UAV will also aid firefighters in surveying fires for hot spots and potential danger areas in a working fire.

Dispelling some myths:

1. Our UAV is not used for random surveillance of you or your house.
2. Despite what it says in television land, we cannot see through your curtained windows, walls or roof into your house.
3. It is not armed with anything but cameras.
4. We are not spying on you or your children in the backyard sunbathing or peering through your bathroom windows.



Officer Jackson is more than happy to talk about the UAV (drone) with anyone who has questions. The only request he has is that if you see him flying to please not interrupt until the UAV is on the ground for safety.



Inhalers

By Richelle

Why do I have to use two different inhalers? I just want to breathe and my albuterol inhaler works right away for me so why would I add another inhaler to my day?

Sometimes we are prescribed more than one type of inhaler. Most of us don't want to use a medication if it isn't necessary. In the case of respiratory inhalers it is important to understand why more than one type of inhaler is prescribed in certain disease states and why it is important to use more than one type if it was prescribed.

1. Rescue inhalers are for airway relief within minutes and are used **if needed**. These inhalers essentially open up the airways for 4-6 hours. Examples: ProAir, Ventolin, albuterol, Proventil
2. Maintenance/Controller/Steroid inhalers are **used daily** to manage the worsening of symptoms. When used daily these inhalers reduce the ongoing inflammation in the lungs to help prevent exacerbations (asthma attacks). Examples: Qvar, Advair, Symbicort, Flovent

If more than one inhaler is prescribed chances are that one of those is a maintenance/steroid inhaler in hopes to prevent asthma attacks or exacerbations. Preventing exacerbations is important because exacerbations increase the worsening of lung function and worsening of one's health status.

- Interruption of maintenance therapy has been shown to lead to exacerbations.
- Withdrawing from steroid inhalers may lead to exacerbations in some patients.

Remember:

- The fast acting inhalers relax the airway muscles to provide fast relief of symptoms when needed.
- Steroid inhalers should be used each day to prevent symptoms and attacks. Steroid inhalers are the most effective way to control long-term persistent asthma. The lowest dose that maintains asthma control and using a spacer for correct delivery into the lungs is key.
- Steroid inhalers are not the same as anabolic steroids that some athletes use to increase sports performance.
- Important to rinse mouth or eat after use to prevent possible yeast infection from chronic/high doses.

In any case, using a metered dose inhaler or a spacer device attached to the inhaler, (or using nebulizer solutions if necessary), all improve airway and lung absorption of the medicine and increase airway benefit. And as always, avoiding environments that worsen asthma is essential.

You Are Not Alone

By Kayla Sparkuhl

According to a study by the National Institute of Justice, more than four in five American Indian and Alaska Native women and men have experienced violence in their lifetime; and more than one in three have experienced violence in the past year. October is Domestic Violence Awareness Month and we have a few events planned. Be on the lookout for information we will send out about these events.

We would also like to inform the community of the domestic violence and sexual assault advocacy services available and introduce the individuals that provide the services. There are many barriers that may discourage an individual to seek help, therefore, we have a team of DV/SA service providers amongst three different departments to help break the barrier.



Kayla Sparkuhl and Jamie Murphy are located in the Nisqually Public Safety Complex; Lavita Tessay-Plumage is located in the Nisqually Health Department and Carmelita Escarcega is located in Nisqually Behavioral Health. A few of our services include: safety

planning, court accompaniment, information and referrals, emergency services, transportation assistance and advocacy. All services are free and confidential, and available to women and men.



Mother's Day In August

The Nisqually Tribal Clinic hosted a Mother's Outreach Dinner in August for all the women who take care of the future – the children, including mothers, aunties, grandmas and sisters.

More than 50 women attended the event that featured Solana Booth, Nooksack tribal member and matriarch in her family. She discussed the impact of historic trauma, the importance of knowing birth stories and trusting your gut when caring for children.

"We had a children's activities table that allowed the mothers to really listen to Solana along with 12 vendors with information on various community resources," said Mary Szafranski, Elder's Public Health Nurse with the Healing House.

"Hearing that what you do is important and sharing in that appreciation with others is empowering," Szafranski said.

Keep an eye out for an October date for Booth to conduct a workshop at Nisqually for all about historical trauma.

The Mother's Outreach Dinner is slated to be an annual event.




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 18 05~~
- ⇒ **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.

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.

2018

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

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

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.

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



Living Well With Behavioral Health Challenges

By Addie Spencer MD

The medicine wheel teaches us the equal importance of emotional, spiritual, cultural and physical health. If one aspect of health is neglected, one's whole sense of wellness will be out of balance.

New public health studies prove the point. Folks who struggle with emotional health challenges face higher rates of physical health burdens. Depression increases your risk for heart disease. Substance use disorder increases your risk for infections.

So to live a long and healthy life, we must care for our emotional, spiritual and cultural health just as we care for our physical health. But how do we live well when faced with behavioral health challenges?

Perhaps the first step is to realize that mental health issues like depression and PTSD can be chronic in nature. This is true for substance use disorders as well. There are times of good control when symptoms are minimal and a person is functioning well as a parent, as a friend and as a community member.

Then there are times when symptoms flare and a person might struggle through each day.

Many people find they need ongoing behavioral health support. Some may need medications. Others may need to attend regular sweats, see traditional healers, practice traditional cultural activities or get involved in the community. Counseling with a therapist is often an important part of mental health care. Each person will have a unique way of caring for their emotional and spiritual health.

Next time you are seeing your medical provider, please feel free to discuss your emotional, cultural and spiritual health. We are here to support your wellness!




South Puget Intertribal Planning Agency



WIC Program October Dates

CHEHALIS 10/4/18
SQUAXIN ISLAND 10/9/18
NISQUALLY 10/10/18
SKOKOMISH 10/17/18

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 October Dates

NISQUALLY 10/3/18
SQUAXIN ISLAND 10/9/18
SKOKOMISH 10/16/18
CHEHALIS 10/19/18
PT. GAMBLE S'KLALLAM 10/23/18

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



SAVE THE DATE

Friday October 12th, 2018

11 a.m. - 2 p.m.

NISQUALLY HEALTH FAIR

@ NISQUALLY YOUTH CENTER

Dentures

If you have DENTURES, these are signs you need to see your dentist.

- Your denture moves when you talk.
- You have to use a lot of denture adhesive.
- It's been over a year.
- You have sores in your mouth.

If you are experiencing any of these issues, please call the Nisqually Dental Clinic (360)413 -2716
Nisqually Dental Clinic 360-413-2716



Newborn Bags



Mothers who get their babies into their first well baby check up in the first three to five days of life at the Nisqually Health Clinic will receive a newborn kit of goodies that includes baby wipes, a state-of-the-art baby thermometer, lotions, onesies and other health care items for your baby.

“It’s important to establish primary care for your baby in those first few days, whether it’s here at Nisqually Health Clinic or elsewhere,” said Amanda Houle, Public Health Nurse for Nisqually Health Clinic.

“It’s a good time to get questions about breast feeding answered, any questions at all about your baby and establish some of that support that’s available here at the clinic,” Houle said.

The bags were paid for by a grant from the Nisqually Tribe’s charitable giving. The bags will only be given to mothers who come to the clinic when the baby is three to five days old.

Start Motherhood with a Healthy Mouth

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!
Sue Bohannon, DMD c/o Arcora Foundation

Welcoming Dr. Scott Andrews - Prosthodontist

By Robin Smith and Ruby Kautz

We now have a new part-time dentist working here at the Nisqually Tribe Dental Clinic! Dr. Andrews has lived in Seattle for more than 65 years. He graduated from the University of Washington with a Bachelor of Arts degree. He also attended and graduated from the UW Dental School where he received a Doctor of Dental Surgery Degree, and taught at UW Dental School for 12 years in prosthodontics. He has created more than 30,000 dentures and partials.



Dr. Andrews specializes in removable dental appliances such as dentures and partials, which will be done here in-house.

He and his team will be here every other Friday and his services are open to Nisqually Tribal Members. If you would like to make an appointment, give us a call at: **(360) 413-2716**.

Nisqually Tribal Health Department Patient Referrals for

URGENT CARE



The Nisqually Tribe CHS program has established a working relationship with two facilities for Urgent Care needs.

They are open on **weekends** and have lab and X-ray on site. Wait times are generally shorter than an ER Visit.

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

Providence Immediate

Care Lacey

4800 College St SE
Lacey, WA 98503
(360) 486-2900

Mon-Fri 8 p.m. - 7:30 p.m.

Sat-Sun 9 a.m. - 4:30 p.m.

Providence Immediate Care

West Olympia

1620 Cooper Point Rd SW
Olympia, WA 98502
(360) 486-6710

Mon-Fri 8 a.m. - 8 p.m.

Sat-Sun 9 a.m. - 5 p.m.





Elders News

Senior Meals are served four times a week: Monday, Wednesday, Thursday and Friday Noon to 1 p.m.

Menus are mailed out each month, available at the Elders Center and online at

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. Activities include: beading, sewing, regalia- making and other activities.

Culture Classes Wednesdays and Thursday 4:30 p.m. - 8:30 p.m.

Nisqually Tribal Elders can utilize the building for projects during business hours.

- Vest Making Class - for Elders and Caregivers on Tuesday 9/25 10 a.m. – 4 p.m.
- Ribbon Skirt Class - for Elder and Caregivers on Tuesday 10/23 10 a.m. -- 4 p.m.
- Cattail Weaving Class for Elders and Caregivers on Sunday 10/14 10 a.m. – 4 p.m.
- Weaving Classes on 11/18 and 12/9 10 a.m. – 4 p.m.

Elders are always welcome to come in and work on projects

Events

Elders Inter Tribal Elders Luncheon October 19, 2018 at Nisqually Youth and Community Center Mini Bazaar

November 15, 2018 at Billy Frank JR Community Center

Elders Bazaar

December 7, 2018 at Nisqually Youth and Community Center

Nicole Wells, Events & Activities Coordinator at wells.nicole@nisqually-nsn.gov

Health and Wellness

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

Genesis

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

Genesis is available at the Elders Center. For more information about availability contact Elders Program.

Health

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

Elders Nurse

Monday and Wednesday

11 a.m. to Noon

Nutrition

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

Nutrition Classes

Wednesday

1:00 p.m.

Heating Assistance

Is provided for enrolled Nisqually Tribal Elders 55 Years or older, who use an alternative heating source for their home. The Elders Program purchases cords of wood per tribal elders household or provide assistance for a different heating source.

Any concerns on disconnection contact Cleo Frank, Elders Program Manager at 360-486-9546 Ext 2166 or Norine Wells, Elders Program Assistant Manager.

Flyers are sent out in the weekly mail outs, and information is also available online at: www.nisqually-nsn.gov and you can call the Nisqually Elders Program for more information.

Contact Information: Nisqually Elders Program
Telephone (360) 486-9546 Fax: (360) 459-4146

Elders: Preparing for an Emergency Oct. 30

Register by Oct. 23 for Looking Forward Together: Elder's Support and Services – Preparing for an Emergency from 9 a.m. to 3:30 p.m. at the Nisqually Youth and Community Center. There will be guest speakers, lunch, group discussion and emergency preparedness bingo!

This will be an intertribal gathering of tribal members, caregivers and service providers. You can pre-register by calling your Elder's Activities Coordinator or SPIPA at (360) 426-3990 to qualify for an Elder's Emergency Preparedness Kit.



Caregivers

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.

such as legal custody or guardianship, or is raising the child informally.

Call Karen Anderson, Elder's Caregiver-Specialist, to set up an appointment! (360)456-5221, ext 1981. Helping your loved one means taking care of you too!

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. Grandparents, caring for grandchildren, or is a relative of a child by blood, marriage, or adoption, who is 55 years of age or older and •Lives with a child; •Is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; and •Has a legal relationship to the child,

Caregiver Support Specialist is in the office Monday-Thursday 9:00am-2:00pm

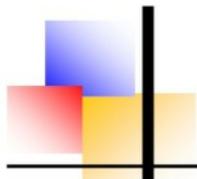
Support Group
2nd Thursday 1:00 p.m.

Training
4th Thursday 4:00 p.m.

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

Nisqually Elders menu (360)486-9546
Va & Titan, Cooks

menu subject to change



OCTOBER 2018

Guests pay \$4.00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pork Schnitzels Mashed Potatoes Veggie Blend Jello/Fruit	2	3 Corned Beef & Cabbage Potato Medley Soda Bread Fresh Fruit	4 Beef Stroganoff Buttered Noodles Roasted Veggies Fresh Fruit	5 Split Pea Soup Ham Grilled Cheese Fresh Fruit	6
7	8 Tamale Pie Spanish Rice/Beans Green Beans Jello/Fruit	9	10 Oven Fried Chicken Potato Salad Red Beans, Cornbread Fresh Fruit	11 Beef Broccoli Brown Rice Glazed Carrots Fresh Fruit	12 Salmon Soup Egg Sandwich Fresh Fruit	13
14	15 Tuna Casserole Broccoli Spears Wheat Bread Jello/Fruit	16	17 Salisbury Steak Mashed Potatoes Roasted Veggies Fresh Fruit	18 Elders eat at the Casino <small>**Guests pay casino prices.</small>	19 Elder's Luncheon @ Youth Center 2018	20
21	22 Meatloaf Mashed Potatoes Garden Veggies Jello/Fruit	23	24 Baked Salmon Potato Medley Garden Veggies Fresh Fruit	25 Ham / Bacon Scrambled Eggs Oven potatoes Toast, Fresh Fruit	26 Beef Barley Soup Wheat Rolls Fresh Fruit	27
28	29 Baked Cod Potato Medley Veggie Blend Jello/Fruit	30	31 Spaghetti with Eyeballs Crunchy Bones (bread) Ghostly Green Beans Juicy Fruits		Crisp Green Salad & Milk Served Every Day, Wheat Bread as Needed.	

Announcements

Happy Birthday

Andreya squally (October 3rd), Chay (October 9th), Karlos Johns (October 12th) and my niece Kalia Squally-Johns Happy 3rd Birthday (October 30th)
Love auntie, uncles, grama Squally Johns, Stolte family



Happy Birthday Sheila!

Happy Birthday Rayne!



*In Loving Memory of
Lila Pinord*

10-12-38 / 08-28-18

Best Friend to Daughter Kim.
Loving Grandma, Sister, Aunt,
Cousin, Cat Mom and Author.
A friend and confidant to many!
She was an Angel and will
continue to be so.





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

**Nisqually Tribal Members
Receive 20% off ENTIRE order!**

Low cost shipping available in the US



**The Nah Nam
Seafood**

A Variety of Seafood and other food products are available:

* Olive Oil	* Mussels	* Walleye	* Salmon
* Balsamic Vinegar	* Spot Prawns	* Perch	* Smoked Products
* Honey	* Lobster	* Swordfish	* Cod
* Rice	* Scallops	* Snapper	* Halibut
* Beans	* Oysters	* Mahi	* Tuna
* Jams & Jellies	* Imitation Flake Crab	* Catfish	* Ling Cod
* Syrup	* Meat	* Tilapia	* Crab
* Beef & Bison	* Calamari	* Clams	* Shrimp

To order, email: orders@shenahnamseafood.com

We are open Monday - Friday 7:30am - 4:00pm
The Nah Nam Seafood is located at 715 78th Avenue SW, Tumwater, WA 98501
Phone Number: (360) 705-0142