

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

August 2018

## Nisqually Community Garden Expansion Plans

By Debbie Preston

The Nisqually Garden expansion is beginning to take shape with the advertising for an architect for the plot that will mostly be additional garden space, but also have several buildings including a building for processing fish and animals for tribal members, a test kitchen and storage for the garden equipment. The plot is located across the road from the current garden at the Cultural Center on Mounts Road and already has a well and a road punched in. Preparation for more crops has been started with a “cover crop” planted in the meantime. Cover crops slow erosion, improve soil health, enhance water availability, smother weeds, help control pests and diseases and increase biodiversity.

“Tribal council put money aside this year for the architect and we should have that person by July or early August,” said David Iyall, Construction Projects Manager.

*Carlin Briner, Nisqually Community Garden Production Supervisor, harvests corn for the Garden Stand while Sophia Hipp harvests kale and brushes them off for the garden. The gate opens to the new ground for the garden that will include structures for fish and game preparation as well as garden storage and a test kitchen and much more space for produce.*



# 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.

Contact Carrol Clark at (360)456-5221 ext. 1221 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

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# Stephanie Scott Retirement

By Joe Cushman

One of the true “long timers,” Stephanie Scott, has retired after decades working for her tribe.

Stephanie has been active in the tribal organization and government since the late 1970s, and has served the community ably in a number of ways.

Stephanie started out in an administrative capacity within the tribal organization when she was still a teenager, and at various times in her career worked in planning, economic development, self-governance, natural resources, the tribal newsletter and land acquisition.

Stephanie will be best remembered for her long tenure as a Nisqually Tribal Council member. She was involved at a leadership level in many of the tribe’s important projects and initiatives over the past 25 years. Stephanie also served a term as tribal chairwoman in the late 1990s, and in that role helped guide a number of important community development projects and economic endeavors.

Stephanie is definitely one the institutional memories of the organization and community. Her ability to recall tribal council or committee decisions, or organizational developments, from many years ago has been a source of continual amazement and envy to those of us whose memories are undergoing natural decline.

I think I can state without fear of contradiction that family has always been of key importance to Stephanie. She is devoted to her parents, aunts, uncles, cousins, siblings, children and grandchildren. It is rare to see her around the tribal office without a grandchild or other relative close at hand.

Here’s to hoping that Stephanie stays active within the community and is available to share her stories, insights and wisdom for many years to come.



## Thank you Stephanie for your decades of service!



# Restoring Totem

By Debbie Preston

The Nisqually youth are taking up the challenge of sprucing up a 1917 totem pole that once stood in downtown Tacoma in front of a lumber yard owned by Morris Kleiner.

The pole was eventually donated by Morris Kleiner's son, Herman, to Point Defiance Park where it sat out in the weather due to well-meaning but unrealized ambition to restore it. Metro Parks Tacoma finally inquired whether Nisqually would be willing to give the project a try with the blessings of the Kleiner family who were interested in seeing the pole restored.

The Nisqually Cemetery crew made sure the pole dried out well in the summer of 2017 after being so wet for a number of years. Now resting under cover at the Nisqually Recovery Café, it's ready for painting and lacquer.

"We had a carver come look it over and he thought because of its age, we should just hurry and paint and lacquer it to keep it from decomposing any further," said Farron McCloud, Nisqually tribal youth coordinator.

The Nisqually Youth did sand down parts of the exterior but will now work to prep the pole for painting and lacquer.

McCloud first showed the youth around the Recovery Café area, having them sit around the fire and talked about the importance of culture and spirituality. "We talked about how it is important to keep this in our lives. It's a long journey ahead for these youth," McCloud said.

McCloud also discussed the sweat lodge and its importance in their heritage. Without a fire in the lodge, he took everyone in and closed the door to give them an idea about the sweat lodge and talked to them about the process. "I have had a couple of the youth at our sweat lodges on Mondays, but a number of the youth expressed an interest in having a sweat lodge near the Youth Center," McCloud said.

"We want to awaken this pole. We're researching colors and consulting with a totem pole carver. We aren't going to rush the painting. When it's done, we want to have a big ceremony and raise it up in front of the youth center in the right way."





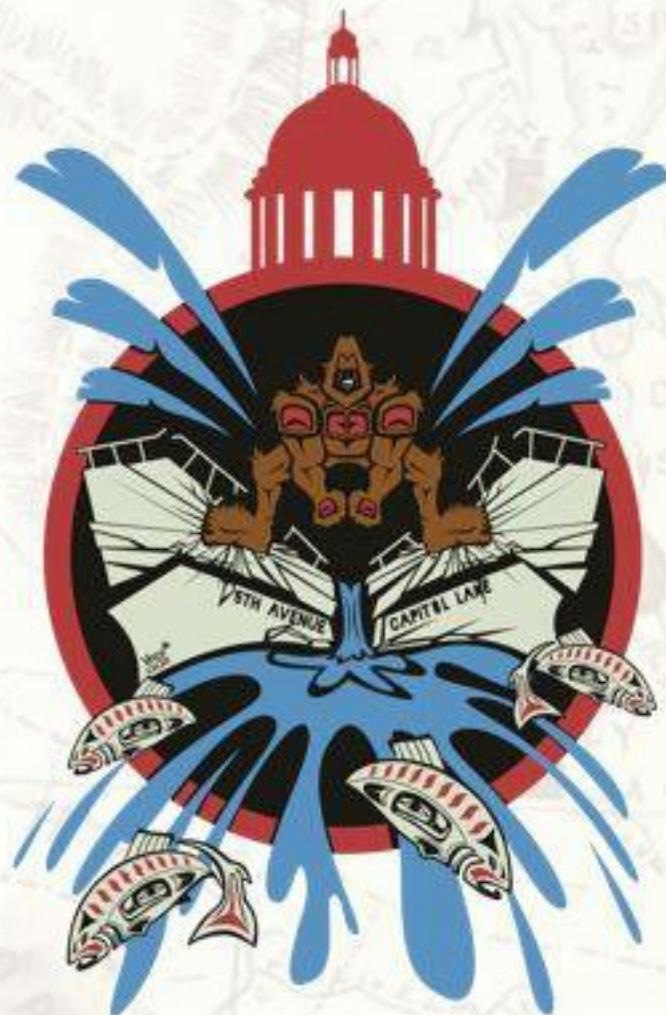
A celebration of the Steh-Chass - Budd Inlet and the Deschutes River watershed, its First People and Estuary Restoration Possibilities

# FESTIVAL OF THE STEH-CHASS

## YOUTH CAMP SUMMER 2018

### 2 DAY YOUTH CAMP (AGES 10-15) AND FESTIVAL OF THE STEH-CHASS

Register now for two fun filled educational days full of legends, history, traditional plant information, native culture, water quality workshops, crafts, and developing a presentation that will be included in the Festival of the Steh-Chass. Students will be included in the festival presentation to the public of what they created.



**MON., AUG. 27**  
10AM - 5PM

Tumwater Historical Park  
*Lunch will be included*

**TUE., AUG. 28**  
10AM - 5PM

Heritage Park  
*Lunch will be included*

**SAT., SEPT. 1**

Join us for the culminating family day and Festival of the Steh-Chass at Heritage Park.

### INTERESTED PARTICIPANTS AND VOLUNTEERS

Contact Ali Johnson  
[ajohnson@salmonddefense.org](mailto:ajohnson@salmonddefense.org)  
for registration documents.  
Registration cut off date is  
**July 31, 2018.**

### VOLUNTEERS NEEDED

Contact Ali Johnson  
[ajohnson@salmonddefense.org](mailto:ajohnson@salmonddefense.org)  
for information. Volunteers must be able to complete background check.





## **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



## Temporary Assistance for Needy Families (TANF) Graduation



Nisqually Temporary Assistance for Needy Families (TANF) celebrated four graduations this past week, both Jenny Rodriguez and Brianna Ortega graduated from Northwest Indian College with their two-year degrees and Gabriel Durillo and Augustina Campos-Morales graduated from area high schools. The picnic celebration included barbecue and cake and cupcakes and fun for the kids.



# Shellfish Harvests This Summer

By Margaret Homerding

As summer comes around tribal members think of fun days on the beach that can include harvesting shellfish. The Nisqually Tribe has regulations that allow tribal members to harvest shellfish for subsistence, including clams and oysters. The beaches currently open for harvest are Tolmie State Park, Penrose Point State Park, Kopachuck State Park, Cutts Island and DNR Beach 8 on Anderson Island.

Although a beach is open does for harvest, the oysters and clams may not be safe to eat. High levels of bio-toxins could be present that can sicken or even kill humans and many of them cannot be cooked out of shellfish you harvest. Please be careful when harvesting shellfish from all waters this time of year. We recommend that you call the shellfish safety hotline (1-800-562-5632) before going out to harvest. We recommend not eating Varnish clams at all, since this introduced species is known for retaining bio-toxins.

The regulation harvest limits for individuals is set high so that one person can dig enough to share with a large gathering, but we ask that you dig only enough to fill your needs. The harvest limits are:

- Butter/Littleneck clams- 50 lbs. combined/day
- Horse clams -50 clams /day
- Geoduck- 6 clams/day
- Mussels-40 lbs. /day
- Oysters- 50 individual oysters/day

Harvest regulations require you to refill any holes that you dig before moving to the next hole or leaving the area. This prevents the beach from having a crater-like appearance and protects the clams. Also, tribal members must have their tribal ID with valid annual fish and shellfish stickers and a subsistence card on hand when harvesting. Subsistence cards, annual fish, and shellfish stickers are available at Natural Resources office located across from the kitchen in the Billy Frank Jr. Community Gym, on the library side of the building.

If you have any questions or need directions to harvest areas, please feel free to stop the Department of Natural Resources, or contact our Shellfish Biologist, Margaret Homerding at 360-438-8687, ext 2138.

# Trump Tariffs Hurt Nisqually Harvesters

By George Walter

Tariffs are taxes imposed on goods imported into a nation. After months of threats, President Trump imposed new tariffs on various goods imported from China the first week of July. Trump's reason for taking this action is "national security." In response, China immediately imposed tariffs on some U.S. goods. This is what is called a "trade war."

Among the imports now taxed with a 25 percent tariff by China are all seafood products, including geoducks. Since China is the main international market for geoduck, the tariff had an immediate impact on the price offered to the Nisqually Tribe's treaty right harvesters. Prices offered dropped from a range of \$12 to \$15 lb. to \$8 to \$11 lb.

There is a lot of political discussion and argument in Washington D.C. about Trump and his tariffs, trade with China, etc. It is tragic and wrong, to say the least, that Trump pursues his economic and political agenda in part on the backs of tribal fishermen



# Burn Ban on Nisqually Reservation Effective July 18, 2018

The Nisqually Tribal Council has approved a burn ban on the Nisqually Reservation effective Wednesday, July 18 until further notice, following a request from Emergency Management Interim Director Jeff Choke.

The exception is for ceremonial burns, but please contact Emergency Management before you burn to conduct a safety check for the area of the proposed burn. Safety is the highest priority, as several fires have already started in the county and windy conditions are adding threat to already dangerously dry conditions.




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## Night Sky – August 2018

By George Walter

August is probably the best month for night sky viewing and no aid is needed, not even binoculars. The evenings are warm and it's getting dark earlier every night. It's a great month to introduce children to looking up and really seeing our Night Sky.

August's best night sky event is the Perseid Meteors. Meteors, sometimes called "shooting stars," are bits of comet debris that the Earth encounters when it crosses the comet's path. This year the Perseids will peak on the night of August 12/13. Find a dark place with a big view, get a comfortable chair, lean back facing northeast. You could see up to 100 meteors per hour. It's a great social event for the family.

This August is also good for viewing all the major planets. First you will notice Venus in the western sky and visible even before dark. Once it gets fully dark, you will be able to see Jupiter toward the southwest, Saturn toward the south and Mars toward the southeast. If you have a wide-open view, you should be able to see that all these planets lining up in an

arc, fairly low in the sky from west to southeast. This marks the Ecliptic, the path that the Sun and its planets follow through space.

Mars this month is especially good viewing. It will be directly south at midnight and quite bright, even brighter than Jupiter. That's because this month the orbits of Mars and Earth come especially close. In fact, those orbits will not be this close again until 2035.

While looking at planets and meteors you also can check out the summer stars. The Milky Way, our home galaxy consisting of billions of stars, runs across the summer sky from northeast to south. If you have a relatively dark viewing area, you cannot miss it. Within the Milky Way, flying toward the south, is Cygnus, the Swan constellation. Look for a bright star making swan's tail, wings outstretched and a long neck. The tail star is part of three bright stars that form the "Summer Triangle."



# Technology in Vehicles

## Tips from IT-Web Development

We discussed briefly in a prior newsletter article about voice-activated controls or hands-free automobile devices. Not only do today's automobiles (both cars and trucks) include high-tech Bluetooth and Wi-Fi radios but are also filled with similar high technology as that used in desktop computers and smart phones; from the computers that control the engine to the dashboard display devices, warning sensors, and monitoring cameras. Cars and trucks being built today even require computer code (called

onboard diagnostic or OBD) readers to troubleshoot and display maintenance warning notifications.



One technology device popular in autos are backup cameras and they are almost becoming a standard feature. Dash cams are also becoming

more popular and very affordable. In 2013, in the country of Russia, spectacular video footage of a huge falling meteor was captured by numerous car cameras. This was because almost everyone in Russia has a dash-mounted video camera in their car, primarily because of fraud and legal system requirements. The use of dash cameras is becoming a worldwide trend; for additional information on dash camera use in the United States, click here;

<https://dashcamerasreviews.com/dashboard-camera-legality-usa/>

A few inexpensive popular dash camera and backup camera solutions:

- **JEEMAK 1080P IPS Touch Screen 170° Wide Angle - \$39.99**  
[https://www.amazon.com/JEEMAK-Rearview-Vehicle-Recorder-Recording/dp/B0792XHZGF/ref=sr\\_1\\_2?ie=UTF8&qid=1531496430&sr=8-2&keywords=jeemak+dash+cam](https://www.amazon.com/JEEMAK-Rearview-Vehicle-Recorder-Recording/dp/B0792XHZGF/ref=sr_1_2?ie=UTF8&qid=1531496430&sr=8-2&keywords=jeemak+dash+cam)
- **Official HD Mirror Cam – As Seen on TV Dash Cam 350° - \$59.99**  
[https://www.amazon.com/Official-HD-Mirror-Cam-Night-mode/dp/B01MAW9T7V/ref=sr\\_1\\_14?s=electronics&ie=UTF8&qid=1531496735&sr=1-14&keywords=wireless+dash+camera](https://www.amazon.com/Official-HD-Mirror-Cam-Night-mode/dp/B01MAW9T7V/ref=sr_1_14?s=electronics&ie=UTF8&qid=1531496735&sr=1-14&keywords=wireless+dash+camera)

***Editor's note:** My truck was hit at night while parked in the driveway at my house. If I had auto dash cameras installed at the time, I could have captured video of the incident. I have since installed front and rear cameras that record while driving/parked.*

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

## Book Mobile Youth Summer Programming

Where: Cuyamaca Park

When: Monday, Wednesday and Friday

Specific dates, times and activities are listed below. Programming is always subjected to change dependent on the weather, tribal events and holidays.

Mondays:

1:30 p.m. -4:30 p.m.  
8/13, 8/20, 8/27

Wednesday:

1:30 p.m. -3:30 p.m.  
8/8, 8/15, 8/22, 8/29



Fridays:

1:30 p.m.-4:00 p.m.  
8/17, 8/24, 8/31

Activities:

- Steam games
- Crafts
- Movies
- Check in/out books
- Library card application
- Promotion of upcoming events

Question: 360-456-5221 Kacie Thompson-Library Staff



# Acupuncture Coming to the Nisqually Health Clinic

By Elizabeth Siegel

Acupuncture, the ancient traditional Chinese medicine (TCM) technique of healing is coming to the Nisqually Tribe Health clinic this spring.

Thanks to a generous grant from the Red Wind Casino, I was fortunate to attend a 330-hour course designed for medical practitioners who wish to add some acupuncture to their practice. As a result, I am now certified in acupuncture and ready to begin providing these services to clients of the tribal health clinic.

Acupuncture involves placing tiny needles along channels of energy called meridians by TCM. The general theory is that these meridians are flowing with qi- or life energy. When the qi is congested or deficient in a particular area, we experience illness and pain. Acupuncture helps to regulate and normalize the flow of qi. Although some patients may experience relief from their condition after only a few treatments, generally multiple visits are needed in order to achieve maximal improvement.

Acupuncture as medical treatment originated in China more than 3,000 years ago. It began to gain popularity in the United States after President Nixon visited China and witnessed the remarkable effects of acupuncture. There have now been numerous scientific studies documenting the effects of acupuncture primarily in treating musculoskeletal pain conditions, but also in a variety of other areas.

For acupuncture to be effective, multiple sessions are usually required. You can expect that your first acupuncture visit will be an hour- long consultation, followed by weekly 30-minute visits. After six to eight visits, we will assess progress made and consider possible changes to your treatment plan. If choosing acupuncture as a treatment modality, we hope you will make a commitment to weekly visits for at least six weeks.

If you are interested in adding acupuncture to your medical treatment plan, I invite you to come and give this a try. Please call 459-5312 to schedule.

## Smile Safety for Active Kids

Sue Bohannon, DMD

Active kids call for active safety. And while helmets, goggles and knee pads protect your kids' bodies, it's also important to protect their teeth. A mouthguard is an easy, reliable way to safeguard your child's teeth during sports and play.

Mouthguards are especially crucial during contact sports such as football, hockey or boxing, where blows to the body and face are regular occurrences. But even non-contact sports, such as gymnastics, and recreational pastimes like skating or biking, pose a risk to the teeth.

In addition to cushioning your child's teeth, using a mouthguard can prevent injury to the tongue, lips, face and jaw. Kids who wear dental braces should be especially careful to protect their mouths during physical activity.

A trip to the dentist can help you choose a mouthguard that's right for your child. In general, there are three types of mouthguards to choose from:

**Stock Mouthguards:** These pre-made protectors can usually be bought wherever sporting equipment is sold. Most dentists do not recommend their use because they cannot be adjusted to your mouth and provide only limited protection.



### *Boil-and-Bite Mouthguards*

- Boil-and-Bite guards are softened with hot water and then molded over your child's teeth. This somewhat custom fit leads to better protection and greater ease in talking and breathing. These are also available at most sporting goods stores.

**Custom Mouthguards.** - Nisqually Tribe's Dental Clinic can create a custom mouthguard designed specifically for your child's teeth. These offer the best fit, comfort and protection. Call us for an appointment for a mouthguard for your child at 360-413-2716.



# Needle Stick injuries and Children

By Amanda Houle, Public Health Nurse

## How to prevent them and what to do if they occur.

### Overview of Needle Stick Injuries

Children may come in contact with discarded needles from syringes in their homes or in public places such as parks or community events. A needle stick injury occurs when one of these needles accidentally cuts or pricks the skin, sometimes as a result of the child picking up and playing with the needle, or by stepping on one that they did not see.

### What are the risks?

Even though the risk of your child getting an infectious disease (such as Hepatitis B, Hepatitis C, and HIV) through a needle stick injury is extremely low, each incident needs to be treated with urgency.

### Prevention

Children should be taught at a young age the dangers associated with stray needles found at home or in the community. Encourage children to seek out a trustworthy adult (parent, teacher, police officer, etc.) if they come across a needle. Safe disposal of needles in a puncture-proof, closed container is also key to preventing accidental needle sticks in children. If you have questions about how to safely store and dispose of used needles, or if you are in need of a Sharps Container, contact the Nisqually Tribal Health Clinic for more information.



### What to do if a needle stick occurs:

1. As soon as possible, clean the wound thoroughly with warm water and soap, making sure to wash away any dirt

2. Avoid squeezing the wound to induce bleeding
3. Place a Band-Aid over the area to keep it clean
4. Call your child's Primary Care Provider right away
5. If unable to contact your child's Primary Care Provider, go to an Urgent Care Clinic or the Emergency Room to seek care

### Nisqually Tribal Health Clinic: 360-459-5312

Resources used:

[https://www.caringforkids.cps.ca/handouts/needle\\_stick\\_injuries](https://www.caringforkids.cps.ca/handouts/needle_stick_injuries)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2529409/pdf/pch13205.pdf>

## 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.





# Nisqually Blood Pressure Program First in Washington for a Tribe

The Nisqually Tribe was the first tribe in Washington to receive a competitive grant to demonstrate a blood pressure program for elders. It was carried out over 10 weeks with readings taken twice a week and there were discussions of health tips and counseling regarding blood pressure.

As part of the program, a number of those who work in Nisqually Health and the elders program received training on the proper way to take blood pressure. Elders enrolled in the program, agreeing to have a number assigned to them so the results could be transmitted to the Washington State Department of Health anonymously.



*Lavita Plumage, adult care caseworker records Carmen Kalama's blood pressure.*

“The grant was specifically to help elders improve control over their blood pressure,” said Lavita Plumage, adult care caseworker for Nisqually Health. “I personally found it really enjoyable and helpful in my job because I was able to establish good connections with the elders and have a better overall understanding of their health challenges,” Plumage said.

Each Elder received their own blood pressure kit and were taught to use it as well as the twice-a-week readings taken at the Elder’s Building. They received a log book page to write down their blood pressure readings. “We talked about something different on each measurement day,” Plumage said. Topics might include making sure to take blood pressure medication if it has been prescribed, foods that help control blood pressure and those that can contribute to high blood pressure. Healthy recipes were shared and conversations about the importance of taking medication, if it had been prescribed.

Elders who enrolled also agreed in writing to a clinic visit if their blood pressure was at dangerous levels needing more immediate care.

The program was set for 10 participants, but the team frequently got more than 10 each appointment day. “Some folks would get competitive, in a good way. They’d say ‘Oh, your blood pressure is lower than mine, I wanted mine to be lower,’” Plumage said.

Elder Program Manager Cleo Frank was ecstatic about the results of the program. “One of our main goals was to have people continue to monitor their own blood pressure after the program and that’s happening. Even my brother mentioned to me that he is still keeping track,” Frank said. “We hope that it’s every other day or so, but even once a week is good.”

Frank was also pleased that the relationship between the Elders Program and Nisqually Health was strengthened. “We in the Elders Program have a much quicker connection with our elders and can help bridge the relationship to health services,” Frank said.

The next goal is to expand the program to Nisqually tribal members in general, not just elders. Keep an eye out for an announcement in the future for that program.



# 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 August Dates

**NISQUALLY** 8/3/18  
**SQUAXIN ISLAND** 8/14/18  
**SKOKOMISH** 8/17/18  
**CHEHALIS** 8/23/18  
**PT. GAMBLE S'KLALLAM** 8/28/18

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 August Dates

**CHEHALIS** 8/2/18  
**SQUAXIN ISLAND** 8/14/18  
**NISQUALLY** 8/8/18  
**SKOKOMISH** 8/15/18

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 11
- August 10
- September 7
- October 5
- November 2
- December 7

Call the Clinic @  
360.459.5312  
to schedule an  
appointment



The Nisqually Tribe Health Department invites you:  
**Back to School**  
 Sports Physicals and Exams!



Eligible children who complete a school exam or sports physical during the month of July or August will be entered for a special **drawing** where **one winner from each category below** will be contacted in September after school has begun.  
*\*note all other medical needs should be scheduled separately*  
*\*Gift cards for categories: Birth to 5 years old, 6 to 12, 13 to 18 and in school*

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

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Nisqually Health Clinic      Call (360)459-5312 to schedule a  
 4816 She-Nah-Num Dr. SE      sports physical or health exam!  
 Olympia, WA 98513



**2018 Upcoming Dates:**

Karen Scott, LMP will be on site in the Health Department Conference room, offering massage therapy and spiritual healing services to our Nisqually patients: Nisqually Tribal Member and Nisqually Tribal Elder preference is observed for all scheduling. Massages are 30 minutes long and all late arrivals will be rescheduled.

**August 1 - 3**  
**August 20 - 21**

\*Scheduled dates are subject to change for emergent situations  
 \*\*Nisqually Tribal Member/ Nisqually Tribal Elder preference for scheduling

To make a reservation to see Karen,  
 Please contact the MAs in the Health Department at (360) 459-5312

**Turn The Tide**  
**Save A Life**

When? Thursday August 9  
 5: 30 — 7:30 p.m.  
 Where? Billy Frank Jr. Center  
 Who? All Nisqually community  
 What? Dinner from *Casa Mia*

**Raffles and Prizes for best dessert**

- Gift cards
- Big surprises

**Learn about Medication Assisted Treatment with buprenorphine (Suboxone)**

Please bring a dessert to win a prize in our dessert contest!

- Naloxone rescue kits and training
- Tips on how to dispose of meds safely
- Support for family and friends
- Survey for community input

*In collaboration with Behavioral Health & Wellness and Traditional Healers*

Questions about this event? Please call the Nisqually Health Department 459-5312 and ask for Addie Spencer, MD

# Announcements

July 5, Happy 2<sup>nd</sup> Birthday AJ, Love the McDonald Family

July 5, Happy Birthday Johnny Joe, Love the McDonald Family

July 18, Happy 25<sup>th</sup> Birthday Querida, Love the McDonald Family

July 27, Happy 5<sup>th</sup> Birthday Pebbles, Love the McDonald Family

August 23, Happy Birthday Auntie, Love the McDonald Family



Happy Birthday shout out to these beautiful Birthday Twins!!!! Grandma Annie & Emily!!!! (June 29)



Congratulations to our daughter Samira,  
Graduating with her MBA at SMC  
We are very proud of you.  
Love Dad, Mom, Keisha, Jasmine,  
Nevaeh and Rodney



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**  
 Seafood

*A Variety of Seafood and other food products are available:*

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

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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