

# N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 12 Issue 5

www.nisqually-nsn.gov

May 2022

## Evolving the Nisqually Youth Program

The Nisqually Tribe Youth Program is undergoing a needed sea change while still providing basic services to youth as the addition of staff and renovation of space is underway.

“We need to provide services for our youth that address the whole person,” said Leighanna Scott, 7<sup>th</sup> Council. “The Community and Youth building was not a consistent place to have youth based because it was always open to disruption at any time for community events,” said Scott.

The ultimate goal is a new building dedicated to youth, but for now, a space is being renovated just for youth in the Billy Frank Jr. Building, on the two floors above Children and Family Services.

The main floor will house classroom and tutoring space as well as youth staff offices. The third floor is being renovated to become an art space where art classes, dance and cultural classes can be offered. The gym will hold recreation and fitness activities, and the kitchen will be used for nutrition education, cooking classes and traditional food demonstrations. The tribe is working to bring a behavioral health counselor on board that is dedicated to youth and located with them.



“That’s a cornerstone of what we’re trying to improve,” said Scott. By adding other staff, it will also allow the expansion of simultaneous work or activities.

“We’re involved in a mural project with Nisqually State Park and the clinic has reached out to us about doing a mural as well,” said Moore. “The art class we’re adding will flow into that with basic art and drawing concepts,” said Kevin Moore, Youth Program Operation Manager. Youth GONA (Gathering of Native Americans) will take place this spring featuring workshops on culture and the environment.

Three new staff positions were passed by tribal council the week of March 14 and are now advertised:

Cultural Coordinator

Two Youth Coordinators

“It’s services for K-12 and we have been conducting activities around the COVID-19 guidelines,” said Moore. Youth have been snowboarding for a number of weekends and there have been activities with the Nisqually River Foundation as part of working to improve the health of the Nisqually River watershed. Tutoring services are available and basketball and tournaments have resumed with the relaxing of some COVID-19 recommendations. The Nisqually language program will also be offered along with an updated youth jobs program. There will be transportation for youth to and from the after-school program.

*Continued on page 4-YOUTH*

# Tribal Council Business

## Nisqually Tribal Council Meeting Minutes

Date: 3/29/2022

Minutes Approved on:

Meeting Called To Order: 3:07



Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 <sup>th</sup> Council	Present
Hanford McCloud	6 <sup>th</sup> Council	Present
Leighanna Scott	7 <sup>th</sup> Council	Present
Derrick Sanchez	Sergeant of Arms	Absent

**Guest:** Justine C., Brent B., Deb L., Deb P., Sharlaine R., Tita K., Rodney M., Tom I., Jeff M., Mary S., David W., Pete A., Elizabeth D., Alvin A.,

### Tribal Council Motions and Consensus:

Brent Bottoms – **Emergency Declaration on Public Health Crisis to End illegal Drug Use on the Nisqually Reservation and Establishment of Drug Task Force and Requirements for Deliverables to Support Improving Health and Safety of the Nisqually Tribe.** *Motioned by Antonette Squally, second by Jackie Whittington. Motion passes, 6-0-0.*

*Motion to Adjourn by David Iyall, second by Jackie Whittington. Motion passes, 6-0-0.*

**Meeting ends 3:16**

### 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

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

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

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

### Nisqually Tribal Council

Chair, William (Willie) Frank III  
Vice Chair, Antonette Squally  
Secretary, Jackie Whittington  
Treasurer, David Iyall  
5<sup>th</sup> Council, Chayannah (Chay) Squally  
6<sup>th</sup> Council, Hanford McCloud  
7<sup>th</sup> Council, Leighanna Scott

### Where to Find Information:

#### **Squalli Absch Newsletter**

- Mailed, on website

#### **Street Buzz**

- Mailout, on She Nah Num

Facebook and website

#### **Nisqually Indian Tribe Facebook**

- geared toward educating the public

#### **She Nah Num**

- Private Facebook page

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

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# Dignitaries Visit Nisqually

By Debbie Preston

The Nisqually Indian Tribe welcomed Governor Jay Inslee, U.S. Senator Maria Cantwell and U.S. Representative Marilyn Strickland to tour the Nisqually River to see for themselves the issues with the continuing changes in the river that threaten the I-5 bridges and the economic health of the region should that occur. The tours were followed by a roundtable with many other regional officials who have worked on this early study and design work that has begun, which includes plans completing the Yelm bypass to have early alleviation of traffic when construction begins in the future and to have an outlet if needed for traffic when it is diverted.



"This day will be remembered as a really important moment in our push to get this done," said Willie Frank III, Chairman of the Nisqually Indian Tribe.



# U.S. Attorney Nick Brown

By Debbie Preston

Tribal Council and staff met with U.S. Attorney Nick Brown and tribal liaison Tate London and discussed the issues affecting Nisqually tribal members and some of the contacts that can help with the drug and behavioral health problems that so many communities are experiencing.

Following the meeting, Josette Ross gave a tour of the Nisqually Health Center, which included the Behavioral Health wing that is and will be so important to wellness efforts.





# North Thurston School District Field Trip to the Nisqually Community Center

By Debbie Preston



The North Thurston School District sent all 400 fourth graders to the Nisqually Culture Center as part of a Science, Technology, Engineering and Math (STEM) emphasis. For five days, groups rotated through stations where they learned the math-related patterns of weaving from Daydiska and Joyce McCloud. They spent time in a canoe and learned about the properties of canoe and a paddle and working with the tide.

Students also learned about salmon from Sheila Wilson from the Nisqually River Foundation and also learned about the Community Garden.

“This was a pilot project that we did with North Thurston School District,” said Hanford McCloud, 6<sup>th</sup> Council. “We’ll see what the future is for more of these kinds of educational opportunities.”

Later this summer, there is a plan to bring North Thurston School District teachers to the Culture Center for more immersive day as well.

## **Continued from cover-YOUTH**

“We always still have boxing, but that is for the student who really wants it and is willing to dedicate themselves to the rigorous training,” said Moore.

There will be outreach regarding the program to tribal members in all the outlets that serve Nisqually tribal members in the next months as staff are hired and trained, said Moore.

The program will also have a connection to the Nisqually Library for education needs, and it will be

easily accessible from the new location. A container with youth gear will be relocated from the Community building (now called the Adult Wellness Center) to be accessible to the program.

“Change requires commitment and we are committed to seeing this through the interim stage to the final goal of building a program that supports our youth through their transition into adulthood,” said Scott.



# Medicine River Ranch

By Debbie Preston

The Nisqually community welcomed home the horse warriors Derrick Sanchez and Derrin Brisbois from Nevada this morning followed by a demonstration from the Seattle Police Mounted Patrol that was coordinated by Nisqually officer Kahelelani Kalama. The Nisqually Tribe intends to have horse patrol officers as well and used the opportunity to ask a lot of questions of Officer Stephan Arulaid who was generous with his time and advice. Officer Jessica Chandler, only on horse patrol for less than a week, helped out with a second horse, Jackson. Prior to the demonstration, the community welcomed horse warriors Derrick Sanchez and Derrin Brisbois back from Nevada where they participated in aspects of a prayer ride and made good connections for future rides that will be hosted by Medicine River Ranch.



## Editors Corrections

*In the April 2022 issue of the Squalli Absch News, there was an article about Arlene Kautz's retirement. In that article it was stated that she had worked for the Nisqually Tribe for 36 years. It was brought to our attention that she in fact had worked for the tribe for 44 years.*

*We apologize for the mistake. And again would like to thank Arlene for her many years of service to the Nisqually Tribe and its community!*

## Nisqually Tribal Office Closures

Friday May 13  
National Indian Day

Monday May 30  
Memorial Day

## Night Sky – May 2022

By George Walter

There's an eclipse of the Moon coming this month! It will occur on the evening of May 15<sup>th</sup>/16<sup>th</sup> and will last for most of the night. The total eclipse, where the Earth's shadow fully covers the Moon's surface, will last about an hour and there will be interesting views of a partial eclipse before and after. If anyone has doubts about the Earth being round, an eclipse will provide the answer as the Earth's curved shadow creeps little by little across the face of the Moon. I wonder what the ancestors made of such a celestial event?

Otherwise, night sky viewing this month is not really special. The major planets can be seen in the pre-dawn sky, but because we have long hours of daylight at this time of year, dawn and dusk planet viewing is not all that satisfying. The bright star almost directly overhead is Arcturus, the 4<sup>th</sup> brightest star as seen from Earth and our constant night companion throughout the summer months.



# Don't let the sun go down on me - What is the 3G sunset?

Tips from the IT-WebDev Department

By the end of 2022, most major wireless cellular carriers will shut down their 3G networks. This shutdown of 3G services is referred to as the 3G sunset. Certain devices may be impacted by the ceasing of this network service.

With 4G technology widely available and 5G undergoing rollout, removal of the 3G older infrastructure frees up bandwidth for faster 4G and 5G signals.

These are the shutdown dates reported as of February, 2022;

**Sprint (T-Mobile)** – January 2022 (CDMA network) and 4G LTE in June 2022

**AT&T** – February 2022

**T-Mobile** – July 2022 however they have not decided when to retire the even older 2G network

**Verizon** – December 2022

It is estimated 5G may be up to 100 times faster than 4G; this means self-driving automobiles and fleet services vehicles can use 5G to make real-time navigational decisions using cloud-based artificial intelligence (AI). This may sound like technology used in Star Trek but it is becoming more available and utilized as the market grows.

Around the world, 3G networks are shutting down. After the 3G shutdown some devices may no longer

work. Devices affected include smart phones, tablets, smart watches, laptops, home security systems, and 3G telematics hardware and this count of impacted devices is in the millions. Finding out a cell phone is about to become obsolete

can be stressful especially with the hassle of finding a replacement phone, transferring data from the old device and coming up with the money to buy it.



***How do I prepare for this shutdown? The best way is to reach out to the carrier providing your cellular service. For example, most carriers have this information posted on their websites indicating which models of devices are impacted. If the website does not contain the information needed, contact the mobile carrier's customer support by phone. This also applies to older home security systems.***

## New manila clam garden at the Shellfish Farm

By Richard Iyall

In early April the shellfish farm set up a new planting of manila clam seed. The clams will be specifically for Nisqually Community use.

Over 50,000 seeds were planted and are expected to take 3-5 years to grow. Staff must cover the seeds with predator nets until the seed can dig itself into the substrate. The nets will protect from birds.

This planting will provide steady harvest opportunities for tribal members in 2025 and beyond.

Any inquiries for oysters or clams please contact Richard at [iyall.richard@nisqually-nsn.gov](mailto:iyall.richard@nisqually-nsn.gov).





# Community Services

## Community Garden

Molly is the garden's newest field technician! The garden has started, we have peas in the ground and a greenhouse full of seeds! The garden is also hosting a spring greens event on April 14<sup>th</sup> where you can get a tour of the space and learn about some of the earliest edible greens! We will also have samples and tea for you to try.



## Community Garden Staff:

- Chantay Anderson, Project Supervisor  
[anderson.chantay@nisqually-nsn.gov](mailto:anderson.chantay@nisqually-nsn.gov)
  - Elsa Haun, Production Supervisor  
[haun.elsa@nisqually-nsn.gov](mailto:haun.elsa@nisqually-nsn.gov)
  - Grace Ann Byrd, Garden Technician II  
[byrd.graceann@nisqually-nsn.gov](mailto:byrd.graceann@nisqually-nsn.gov)
  - Luis Morales, Garden Technician II  
[morales.luis@nisqually-nsn.gov](mailto:morales.luis@nisqually-nsn.gov)
  - Molly McNutt, Garden Technician I  
[mcnutt.molly@nisqually-nsn.gov](mailto:mcnutt.molly@nisqually-nsn.gov)
- Phone # 360-456-5221 ext. 1165**

## Nisqually Library

Greetings from the Nisqually Library, We wanted to share some updates with the community in regards to library operations. We have received approval from Public Health for re-opening for



patrons! We have been approved to open our doors Mondays, Wednesdays, and Fridays from 9 a.m.-5 p.m. (we are closed daily from 12 p.m.-1 p.m. for staff lunch breaks). All guests and patrons are still required to complete a screening slip and hand sanitize when entering, masks are optional. A long overdue project has finally been completed; which is our computer lab has finally been upgraded to all new PCs!

Since the Library has been closed for so long due to the pandemic, we are planning a Grand Re-Opening Celebration in May that will include a meal, raffle and more so please be on the lookout for that. We look forward to seeing you all!

Use the camera on your smartphone to scan the QR code and browse the Library Catalog!



## Library Staff:

- Darla Obi, Library Manager  
[obi.darla@nisqually-nsn.gov](mailto:obi.darla@nisqually-nsn.gov)
  - Kayla Sparkuhl, Culture Education & Outreach Coordinator  
[sparkuhl.kayla@nisqually-nsn.gov](mailto:sparkuhl.kayla@nisqually-nsn.gov)
  - Catalina Sanchez, Library Tech IV  
[sanchez.catalina@nisqually-nsn.gov](mailto:sanchez.catalina@nisqually-nsn.gov)
- Phone # 360-456-5221**  
**Darla ext. 1220; Kayla ext. 1002; Catalina ext. 1222**

# Nisqually Community

The Spring Greens event at the Community Garden at the Culture Center was a fun event that also involved eating! Attendees got a tour of what was available to eat on the ground and hanging from the maple tree while drinking nettle tea and sampling nettle pesto, a salad and dandelion cookies.



*Planting potatoes with our Nisqually Community Garden Crew Members.*

*This is the row that I planted, which are Dark Red Norland OG. Grace Ann Byrd*





# Nisqually Tribal Archives Museum Review

By Kurtis Bullchild, Archives Tech 4

Haʔt sləx̌il.

Welcome to the first of five museum reviews. The first museum to be reviewed is the Tulalip Tribe’s Hibulb Cultural Center that is located at 6410 23rd Ave NE, Tulalip, WA 98271 on the Tulalip reservation which is about a two hour drive north from the Nisqually reservation. The hours of operation are as follows: Monday- closed, Tuesday to Friday- 10:00 a.m. to 5:00 p.m. and Saturday & Sunday – 12:00 p.m. to 5:00 p.m. The General Admission fees are: Adults (18 years and over) - \$10.00 Seniors (50+ yrs.) - \$7.00 Students (6-17 years) - \$6.00 Military and Veterans - \$6.00 Child (5 and under) – Free.

The Hibulb Culture Center is one of the first Native owned and operated museums you should experience. It has four permanent displays. The first is a replica of an ancestral river shoreline complete with the sound of rushing water and local wildlife playing in the background. The second is the one dedicated to Tulalip’s basket weaving tradition. They have baskets on display that are very old and have

also added more contemporary baskets made by Tulalip tribal members and signage and information on their more distinguished tribal basket weavers. The third of the permanent displays is a wall that shows the family lineage of the Tulalip Tribe’s people. The fourth permanent display is called the “Warriors: We Remember” wall that displays all the Tulalip tribal Veterans from all 4 branches of service. The Hibulb culture center has a room called the “Special Gallery” where they host a rotating exhibit space with various exhibits that change throughout the year. The exhibit on display now is titled “The Power of



Words: A History of Tulalip Literacy” which features the Treaty of Elliot Point on loan from the National Archives.

One of the museum’s more prominent displays is the Longhouse Room. In the middle of the floor is a replica of a burning fire pit. Around the fire pit are benches where people can sit and listen to a story teller tell a story from Tulalip’s history. This display is made to



look like the inside of a longhouse our ancestors lived in. If there isn’t a real person telling a story then you can sit in the longhouse and watch the recorded version of a storyteller on a big screen. And last but not least is the gift shop. The Hibulb gift shop has some great native themed items and they also have a section where they sell things made by Tulalip Tribal Members such as woven items or handmade jewelry.

My personal opinion for the Hibulb Cultural Center is this, I have visited this museum two times this year alone. I thoroughly enjoy walking around the exhibits and interacting with the museum staff and various weekly and monthly events the Hibulb Culture Center offers. A good way to get more involved and show support to your local museums and culture centers is to join their membership. Becoming a member of the Hibulb Culture Center has a fee but you get some exclusive benefits such as free admission for a year, invitations to private events, exhibit previews and 15% off at the gift shop.

All information and photos collected by the Nisqually Tribal Archives. This review is to help create awareness of the local tribal museums that are owned and operated by the Tribe the museum represents.

For Questions or Comments please contact me at:  
work: 360-456-5221 ex. 1162  
work Cell: 360-338-1306  
Email: [bullchild.kurtis@nisqually-nsn.gov](mailto:bullchild.kurtis@nisqually-nsn.gov)



# Nisqually Markets Update

By Debbie Preston

The Medicine Creek Enterprise Corporation (MCEC) reports that the group of Nisqually Markets, for only the fourth time in history, sold 1.5 million gallons of fuel in the month of March.

In the group of six stores, the Frederickson location has been internationally recognized in the top 1 percent of fuel sales for Shell.

“We are really proud of these stores and the brand that has been created by Nisqually that is recognized as a preferred place to do business when consumers have many other choices,” said Bob Iyall, CEO for MCEC . The Yelm/510 roundabout store is on target for completion in October, said Jerry Drury, Manager of Nisqually Construction.



The Kupa Coffee House, a drive through along with some indoor seating and a conference center, is easy to spot toward the back of the site. Nisqually artists are being sought for submitting designs for the shop, contact [info@mc-ec.org](mailto:info@mc-ec.org) or call 360-464-2893 by 5 p.m., April 20 to express interest in submitting a design.

# National Child Abuse Prevention Month

By Debbie Preston

As part of National Child Abuse Prevention Month, Indian Child Welfare and other departments in Community Services distributed information packages, family activity packs, toys and lunch in a drive through event last week.



Kevin Moore, Youth Services Director, preps toys and activities for distribution. TANF handed out lunches as part of the drive through. Indian Child Welfare handed out tulips along with informational packets and a giveaway bag. Keisha McDonald, Youth Education Counselor, hands out youth activity packets.



# TRIBAL <sup>25<sup>th</sup></sup> Anniversary COMMUNITY MEMBERS!

Join us to celebrate the casino's 25th Anniversary!

When: Monday, May 9 • 11 am - 3 pm

Where: Gravel Lot Across From Casino

Free lunch from CJ's Food Truck and a Free Gift!

While supplies last



# \$1 MILLION ANNIVERSARY DRAWING

WIN UP TO \$1 MILLION!

WEDNESDAYS & THURSDAYS IN MAY

3 PM - 9 PM | HOURLY

WANNA BE A MILLIONAIRE?!

Celebrate our 25th Anniversary with us!

Simply push a button and you could walk away with \$1 Million Dollars!



Slots Promotion Only. Must be actively gaming with Club Red Card.

# 25<sup>th</sup> Anniversary

## \$25,000 ANNIVERSARY PARTY!

WIN \$5,000 EACH DRAWING HOUR & MUCH MORE!

SATURDAY, MAY 7 • 12 PM - 8 PM  
EVERY TWO HOURS

IT'S GONNA BE A PARTY AT THE RED WIND CASINO  
CELEBRATING 25 WONDERFUL YEARS!

- \$5,000 CASH Each Drawing Hour
- Live Radio Broadcast • 25th Anniversary T-Shirts
- Resort Getaway • Concert Tickets \*While supplies last

Thank You for 25 years!





# Medication Safety -Brown Bag Review

By Robert Blaine Hanson, Nisqually Tribal Pharmacy Administrative Manager

Brown Bag programs encourage consumers – especially elders – to gather up all their prescription and over-the-counter medications and take them to a pharmacist for review. Everyone can benefit from a Brown Bag Medicine Review. Even people that have no written prescriptions but could be taking over the counter medicines, supplements or traditional remedies.

Brown Bag Reviews are done by appointment in one of the two private consulting rooms at the Nisqually Tribal Pharmacy. Call 360-491-9770 and ask to make a Brown Bag appointment with a pharmacist.



The goals of a Brown Bag review include:

- Promoting better patient/pharmacist communications
- Identifying and solving medication related issues such as side effects.

- Spotting duplicate, outdated and poorly stored medicines

The "Brown Bag Review" of medicines is a common practice that involves encouraging people to bring all of their medicines and supplements to their visit. The goal is to determine what medicines are being taken and how individuals are taking them. The process can identify oversights and misunderstandings that could otherwise be overlooked.

### People should bring.



- All prescription medicines.
- All over-the-counter medicines.
- All vitamins, supplements, and herbal medicines.
- All topicals, liquids, injectibles, and inhalants, as well as pills.

Any outdated medications can be disposed of on-site in the MedSafe container in the pharmacy waiting area.

**HEALTH FAIR COMING! – JUNE 24<sup>th</sup>**  
 The Nisqually Health Clinic Health Fair is fast approaching!  
 Plan to come and join the fun. Etc. More details in the June newsletter.

## Traditional Healing

By Taylor Pulsifer

### Garden Updates

We are finally breaking ground in the medicines garden behind the clinic! We would love community support and will be hosting multiple work parties to get the space up and running. Dates for these work parties are TBD- please stay tuned to help plant and build the medicines garden! For more information on how and when to be a part of the medicines garden project, please contact:

[Traditionalmedicine@Nisquallyhealth.org](mailto:Traditionalmedicine@Nisquallyhealth.org) or call 360-493-6450.

### Massage Updates

Just a friendly reminder that massage therapy services are open to Nisqually Tribal Members only at this time. We also want to thank all of our patients for being flexible and allowing elders to have scheduling preference. Massage has become a very desirable service and we are hoping to be able to offer more massage days to enhance the services and accessibility for tribal members. Please watch for updates on when we are able to offer more massage days!

*We Just Want to Say:*  
 "Thank You"  
*You are Making a Difference*

**May 26th Thursday**  
**12:00 to 1:30**

**Where: Open Gravel Area ~ Drive Thru**

**Foster Care and Relative Placement**  
**Appreciation**

Join Us for: Gifts, Food & Program Information

Nisqually Children and Family Services  
 Early Head Start & Day Care  
 Nisqually Workforce Development (aka: TANF)  
 New Youth Education & Culture Program / Kevin Moore



# Adult Healing House: When a Doctor Says You Need Help

Nisqually tribal members 18 years and older who have been referred by a doctor for care can get that assistance from Nisqually Healing House.

Located near the Adult Wellness Center (formerly known as the Community Center) on Lashi Street, the staff at the Adult Healing House begins the journey of assistance with the medical referral for an enrolled tribal member.

For instance, a doctor or hospital may be discharging a Nisqually tribal member who has wound care needs for a period of time, or will need their bathrooms modified following surgery. The team will be in consultation with the discharge nurses and doctors at the hospital or a doctor and then do an assessment of the tribal member's home and a scope of care to create a plan for that person.

"Our services are 8 a.m. to 5 p.m., Monday through Friday," said Tasha Lockwood, Adult Healing House Manager. Lockwood also went through the Certified Nursing Assistant (CNA) training herself and has made the rounds to Nisqually tribal members using the services currently.

Mary Szafranski, Public Health Nurse, coordinates the assessments and plans for clients and works to get the discharge instructions before the tribal member comes home. "It's just so much better if we can prepare a home if significant changes are needed, such as grab bars, or ramps or whatever it might be," said Szafranski.

Someone can go to follow-up appointments to be an extra pair of eyes and ears when directions and medications are being handed out. "We can ask questions or note the timing of medication for clients," said Szafranski.

Hospice care from 8 a.m. to 5 p.m. is also provided as needed along with assistance with activities of daily living.

The Adult Healing House can also host events as COVID-19 restrictions ease. "We can have cultural activities here and things like nutrition workshops again in the future," said Lockwood.

The focus is on wellness for all their referrals. If you have questions about the referral process, give them a call at 360-413-2732.

## Good COVID News

By Addie Spencer, MD

This spring is full of hope. After two tough years, we have good news about COVID to share.

We now have several great tools to fight COVID. Everyone can easily access free vaccines, free tests and free treatments whenever you need them.

1. **Vaccines and boosters** are available to all registered patients, community members and tribal employees over the age of 5 years. The third dose is especially important to give your immune system the boost it needs to beat viral variants.
2. **Testing** is easy and can be done either at home or at the clinic. There are three times to take a test. If you feel sick, take a test. If you had an exposure, wait 5 days and then take a test. If you are going to visit an Elder or attending a gathering, take a test just before you go. If your test shows positive, stay home for five days.

3. **Treatment** to prevent hospitalization or loss of life is also available for those at high risk. The treatments work best if started before symptoms get severe, so call and request a video visit if you test positive for COVID. Your doctor or nurse practitioner can teach you about treatment options and help you get started right away.

Enjoy the longer days and warmer weather. And keep using all your tools to fight COVID this spring and summer. Call the Nisqually Tribal Health medical clinic 360-459-5312 #5 to schedule a visit to get more info.



# DENTAL AND CAFE Services

HOURS OF OPERATION ARE MONDAY THROUGH FRIDAY 730AM-430PM  
DENTAL CLOSED DURING LUNCH FROM 12PM-1PM  
CAFE IS AVAILABLE DURING LUNCH HOURS

**WELLNESS CAFE** (360) 493-6441

COFFEE, SPRITZERS, TEA, SNACKS AND FOOD WHILE SUPPLIES LAST.

**DENTAL** (360) 413-2727

AVAILABLE FOR IN-PERSON VISITS TO ALL ELIGIBLE PATIENTS

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

# HEALTH DEPARTMENT Services

2022 HOURS OF OPERATION  
MONDAY-FRIDAY 8AM-5PM  
WE ARE CLOSED FOR LUNCH  
EXCEPT THE CAFE  
FROM 12PM-1PM.

## PHARMACY

(360) 491-9770 PRESS "0"

DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE  
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599

**CHS/PRC**

ISSUE PO'S AND INQUIRE ABOUT REFERRALS IN-PERSON AND VIA PHONE  
APPLY FOR ALTERNATE RESOURCE AND UPDATE REGISTRATION IN PERSON

## MEDICAL

(360) 459-5312 PRESS "5"

IN-PERSON VISITS - NISQUALLY TRIBAL ELDER HOME  
VISITS - COVID VACCINE/BOOSTER AGES 5+

(360) 413-2727

IN-PERSON SUD APPOINTMENTS AND WALK-IN'S WELCOME

**Behavioral Health**

## TRADITIONAL HEALING

(360) 493-6450

IN-PERSON VISITS FOR ELIGIBLE PATIENTS BY  
APPOINTMENT ONLY

(360) 459-5312 PRESS "5"

AVAILABLE FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY.  
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

**COVID TESTING**

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION.

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.



## NISQUALLY HEALTH FRONT DESK UPDATE



**Benefits Coordinator**

**Medical Scheduler**

Health Clinic Phone #

(360) 459-5312 Opt. 5

### FRONT DESK UPDATES

As we continue to get comfortable in our new space, our work flows continue to evolve to better accommodate for our patients, staff, and overall efficiency. Like our old clinic, the front desk is divided into two different services.

The left side you will find a medical assistant who can check you in, make medical appointments, and schedule follow up appointments you may have after your visit.

The right side we have Krislyn Chum, our benefits coordinator. She is a tribal assister and can help with applying for alternate resources, register new patients and update current patients..

Please wait at least 8 feet away if people are in front of you to help insure our patients privacy. Thank you

### NEED A PO # ?

Call the Business Office Phone  
(360) 486-9599

### DROPPING OFF DOCUMENTS

Please hand documents to a staff member at our front desk. They will direct paperwork to the correct department.

### NEED INSURANCE?

Krislyn and Johanna are both certified tribal assisters and can assist with applying for alternate Resources!!!!



## Important COVID-19 RESOURCES

### Home Test Kits

- Everyone: 4 Free through the U.S. government at [www.covidtests.gov](http://www.covidtests.gov) will be shipped through USPS right to your door AND 5 Free through WA State per household at [www.sayyescovidtest.org](http://www.sayyescovidtest.org)
- Nisqually Tribal Members & Community:

Health Clinic 360-459-5312 Option #5	<b>NEW</b> Now available through the Pharmacy Drive-thru!!! 360-491-9770	Emergency Management 360-456-2822  Public Safety Law Enforcement 24/7 phone line 360-459-9603
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- Nisqually Staff: 8 free through your Shasta insurance!
- Please utilize this free resource rather than accessing home test kits through the Tribe, in order to make sure we have enough test kits for those who do not have insurance. It is a new federal requirement for all private insurances to reimburse for home test kits- so for those who do not have Shasta insurance, please feel free to contact your insurance provider!

Shasta OptumRX	Simply go to the pharmacy counter at Walmart or Rite Aid and present your member ID card and ask to have the product submitted to OptumRX (many locations are low on stock at the moment, but working to resupply).
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*You can go to [optumrx.com/testinfo](http://optumrx.com/testinfo) to learn more*

### COVID-19 Vaccination & Testing

- Everyone: Nisqually Health Clinic continues to provide vaccine and testing services M-F from 8am to 5pm.

COVID-19 Vaccinations Ages 5+ 360-413-2733	Booster Shots Ages 12+ 360-413-2733	Covid-19 DRIVE-THRU Rapid Testing Priority for symptomatic patients 360-459-5312
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- Check out Thurston County Public Health or WA DDH for local vaccination and testing sites.
  - Vaccination: Rite Aid, Walmart, Walgreens
  - Testing: Rite Aid, Walmart, Walgreens, Providence Urgent Care

### COVID-19 Proof of Vaccination

- Go to <https://waverify.doh.wa.gov> - when you enter your information, there is an icon at the bottom that allows you to add your certificate directly to your smartphone wallet for easy access!
- [www.MyIRMobile.com](http://www.MyIRMobile.com) for a certificate download

### N95 Masks

- Everyone: Launching in early February. 3 Free N95 masks per adult. Free at CVS Walgreens and Walmart through the federal government
- Nisqually Tribal Members & Community: Emergency Management 360-456-2822
- Nisqually Staff: Please stop at the Front Desk in the Administration Building during business hours



WIC has added New Foods!  
Check your WIC Shopper App under  
"WIC Allowable Foods"

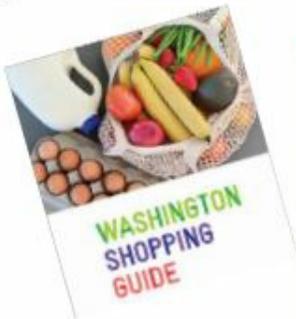


**Not on WIC? Check to see if you qualify:**

<https://doh.wa.gov/you-and-your-family/wic/wic-eligibility>

Food Changes include:

- **Different brands/ types of cereals**, different cereal pkg sizes allowed
- **Refried beans** have been added-Let us know before we issue benefits if you'd prefer the canned beans instead of the peanut butter or dried beans
- **Cheese Added:** String cheese, cheese sticks, shredded cheese plus more cheese variety
- **Eggs Added:** brown, cage free, organic added: small, medium, large, extra large, jumbo
- Breastfeeding moms can now get **fish in pouches!**
- **Milk Added:** goat milk (but not always available in stores), more soy brands
- **Yogurt:** Greek or non-Greek acceptable , whole milk yogurt for child 1 year old
- **More whole grain options**



Shopping tips:

- Decide what WIC foods you plan to buy before heading to the store
- Stores are not required to carry all cereals in all sizes, have options
- Check your WIC app tile "WIC Allowable foods" for more detail or "Google" WIC Shopping Guide WA

**WIC vegetable & fruit bump extended through Sept 2022 remember to use it! (Children \$24/month, Moms \$43-\$47/month)**



**This institution is an equal opportunity provider.**

**Washington State WIC Nutrition Program doesn't discriminate.**



South Puget Intertribal Planning Agency

## USDA Foods Program May Dates



<b>PT. GAMBLE S'KLALLAM</b>	5/5/22
<b>SQUAXIN ISLAND</b>	5/11/22
<b>SKOKOMISH</b>	5/13/22
<b>CHEHALIS</b>	5/19/22
<b>NISQUALLY</b>	5/20/22

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 SPIPA at 360.426.3990

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South Puget Intertribal Planning Agency

## WIC Program May Dates



<b>SHOALWATER BAY</b>	5/04/22
<b>SQUAXIN ISLAND</b>	5/10/22
<b>NISQUALLY</b>	5/11/22
<b>CHEHALIS</b>	5/12/22
<b>SKOKOMISH</b>	5/18/22

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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.





# Announcements

## May 10, Happy Birthday WuSa, Smooches Marie

May 16, Happy Birthday Chenoa, Love the McDonald Family

May 27, Happy 29<sup>th</sup> Birthday Jasmine, Love Dad, Mom, Keisha, Samira, Nevaeh & Rodney

May 31, Happy Birthday Xavier, Love Nevaeh, Rodney and the McDonald Family



May 9<sup>th</sup>

Happy 2<sup>nd</sup> Birthday to (our)  
"2 Fast & 2 Curious Lil' Girl"

\*\*Rena Darlene Marie Byrd \*\*

Grandma Grace and Grandpa Red Star  
love you so much

May you dance to the beat of the  
drum forever. . .



## 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

Zoom meetings will be set up for 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 Lori Lehman at 360-456-5221 to set up an appointment.

**Nisqually Transit**

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**FREE Rides**  
**Monday through Friday**

**Transit available**  
**6:00 a.m. to 6 :00 p.m.**  
**Open to all tribal, community and**  
**tribal employees (within 15 minute**  
**drive from the admin. Building).**

**Contact Adrian Scott,**  
**Motor Pool Coordinator/Dispatch**  
**At 360-456-5236**

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

