



Happy Retirement Willie Wells Jr.

Our beloved Willie Wells Jr. retired on October 16, 2020 from 32 years of service here at the Nisqually Indian Tribe! Willie was hired back in 1978 as an Auto Mechanic to service the four vehicles the Tribe owned back then.

During his employment he held several positions such as: construction trainee, foreman, construction supervisor and carpenter. A few projects he worked on during this time are: built the 1st Library, repaired windows, doors and installation on tribal buildings, assisted in re-building the 1st jail, (which is the building Public Works is now in) Re-built the roof on the old Tribal center building. In addition, Willie built the long ramp to the Iyall house and re-built Josie McCloud's house. He also built the six additions for the homes on the reservation. Re-built the Daycare center and much more.

Willie also served on Tribal Council as 7th Councilman around 2005 and also as Vice Chairman in 2016. In-between both those times he was the Building Maintenance and Safety Manager, which is now under the Building Department.

Willie, we thank you for all your hard work and wish you the best retirement years ahead of you!

Please wish Willie a happy retirement. Due to COVID at this time we can't celebrate in our normal tribal way.



**Retirement only means it is
time for a new
adventure.**



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.

Wellbriety Talking Circle

Where: Nisqually Community Center Cafe

When: Friday

Time: 6:00 p.m.

Hosts: [Name] can be contacted at 360-[Number]

Recovery Blvd. Olympia, WA 98513.

Everyone is welcome to share Recovery, the struggles and the strength 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 3:00 p.m.

(360)456-5236

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, Ken Choke

Vice Chair, Antonette Squally

Secretary, Jackie Whittington

Treasurer, David Iyall

5th Council, Brian McCloud

6th Council, Hanford McCloud

7th Council, Willie Frank

Postponed until further notice

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Downtown Olympia's Secrets

By Brad Beach and Jeremy Badoldman

As I mentioned in last month's article, downtown Olympia has been the epicenter of archaeological research for many of us in the field of cultural resource management. The original inadvertent discovery at the Market Flats development site has progressed to a phase two research program and a team of archaeologists have completed a phase one survey on the Madrone development, just blocks from the Market Flats development.

The phase two research being conducted at the Madrone development is a much more methodical process than the original phase one, where



Artifact Identification

archaeological samples were taken in areas where utilities were already being planned, and dug, for. Phase two

consists of overlaying a 10-meter by 10-meter grid on top of the entire project area and augering (drilling) holes at the grid intersections to a depth of 2.5 meters, or eight feet. Augering allows for us to quickly discern between archaeological and non-archaeological deposits as well as analyzing the types of soils and sediments that lay below the surface. At the Madrone development site, we have discovered a range of soils and sediments that include engineered fill consisting of gravel for roadway bedding to hydraulic fill consisting of sand and silt taken as dredge spoils from Budd Inlet to the deepest layers which consist of shell midden and the original shoreline, pre-1800's.

As the augering proceeds, trenches are dug with the assistance of a back-hoe to further investigate areas that were deemed archaeologically sensitive during the augering process. Once a trench has been opened up with a back-hoe, trained archaeologists take over and begin digging through the sediment in arbitrary 10 centimeter levels with another archaeologist sifting the sediment through hardware mesh. As the sediments fall through the mesh the



Shell Midden

artifacts are left behind. So far we have found early historic artifacts consisting of broken dinnerware and bottles and have been able to extend the shell midden

from the original inadvertent discovery north, nearly 20 meters.

As phase two work continues at the Market Flats site we will shift our focus to the Madrone development site. As I stated last month, the findings at Market Flats really shifted our focus and both myself and the Squaxin Island Tribe's archaeologist requested a much more in-depth look at the archaeological possibilities at the Madrone development. The City of Olympia agreed and an archaeological firm completed a phase one survey of the entire development lot. This firm decided to overlay multiple "Sanborn Maps" (insurance maps from the 1800's-mid 1900's) to determine the highest likelihood of



Historic Dinnerware

Beth Matthews @ Antiquity Consulting

uncovering archaeological materials and then designed a research program utilizing back-hoe trenches to uncover the areas with the highest probabilities. As we found at the Market Flats site, the majority of artifacts were broken pieces of dinnerware and glass bottles below multiple "fill" activities with shell midden being discovered at the lowest levels near the original

shoreline and beach surface.

We will continue to include updates to the THPO department field work in future Nisqually newsletters, but in the meantime, if you have any questions feel free to contact us at beach.brad@nisqually-nsn.gov or badoldman.jp@nisqually-nsn.gov.



Children and Family Services New Employees

Mary Ann Lara

Greetings and Salutations!



My name is Mary Ann Lara. I am Yaqui, and Apache from Southern Arizona. I was born and raised in Los Angeles, California. My roots run deep with family, and community. I received my Bachelor's Degree in Business, working with Bank of America for 19 years, 7 years of which were spent in Indian

Country building family programs, assisting families and children in need from regions spanning from North Carolina, New Mexico, New York, Southern California and Florida. These programs were supported by strong leadership of many indigenous tribes, as well as State and National Dignitaries.

Working with multiple indigenous-Tribes within the United States has given me a stronger sense of pride and ability to encourage, the importance of 'philanthropy' communal sense, pride, tradition, understanding, and working more towards building stronger communities based on a family first mentality.

On a personal basis, I am currently completing my coursework for my Master's Degree in Social Work. I spent nearly one year with the Department of Family Services in Nevada, working with children and families in Investigations and Permanency. The experience gave me a sense of urgency and need, to help families. Overall, I love spending time with my family, swimming, the outdoors, and being an avid equestrian.

I look forward to a new life in Washington working closely with the great Nation of 'Nisqually Tribe' and local community, by building trust and encouraging healthy families for this great state of Washington.

Rebecca Feld

My name is Rebecca Feld. You may remember me at the Nisqually Health Department. I worked there for 10 years as their Patient Registration Representative. Before coming here in 2010 I worked for Puyallup Tribal Health Authority for 16 years.

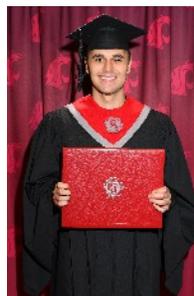


Throughout that time I have lived in Lakewood, where I raised my daughter and son, we have always been

self-employed and hard working. I have five grandchildren here in the Northwest, they call me "Granny". I am enrolled with a tribe in Nevada; Pyramid Lake Paiute, which is North of Reno. I am a Contemporary Artist, you may have seen my work at The Washington State History Museum during the In The Spirit art events. I love to supplement my income with Loom Beadwork, making uniquely designed lanyards and belts and Honor Chords. I dance Women's Golden Age category at Pow Wow, I really miss being around the our community events. I am grateful and enjoy being welcomed at ICW Children and Family Services, I get to see the families that already know me. Hopefully, we can all get together soon. Be well... Rebecca

Rayne Lemaster

My name is Rayne Lemaster. I am a Nisqually Tribal member and have lived on the reservation my entire life. I graduated from Washington State University in 2017 with a Bachelors in Criminal Justice and Criminology, accompanied with minors in Sociology and Political Science.



I have worked within the Nisqually Tribe since I was 14 beginning with the Summer Youth program. Over the past couple years I have worked with the Legal team as a workforce assistant, helping them with various tasks in the department. Then I transferred to the Public Safety building working in the SORNA department for nearly a year. I transferred to Indian Child Welfare at the start of September which is where I have wanted to be all along, and I am very grateful for the opportunity to help families within our community stay safe, and stay together.

Children and Family Services

Rebecca Feld Administrative Secretary 360-491-3015	Mary Ann Lara Investigator/Caseworker 360-481-8450
Betty Pacheco Caseworker 360-292-3595	Rayne Lemaster Caseworker Trainee 360-481-8458
Jasmine McDonald Caseworker 360-489-9106	Lorraine Van Brunt Manager 360-339-2754



Emergency Management:

7 tips for staying safe as COVID-19 cases rise and colder weather heightens the risk



As temperatures fall, people are spending more time indoors. That heightens the risk of the coronavirus spreading, but there are some simple steps you can take to help protect yourself and everyone around you.

Avoid crowds and keep some distance Avoid the 3 C's – closed, crowded and close contact. This gets harder as the seasons change and more activities move indoors.

When people sing, shout or even just talk, they send tiny respiratory droplets into the air. If infected droplets get into your eyes, nose or mouth, you can get infected. Staying 6 feet away is a good rule of thumb, but it doesn't protect you from everything. The tiniest of these droplets, known as aerosols, can linger in the air for hours.

The risks of contracting COVID-19 increase in inadequately ventilated spaces where people spend long periods together in close proximity. You can still find ways to exercise outside, though. Try going for a walk with a friend.

Wear a face mask Face: masks can reduce the virus's spread by stopping droplets people breathe out and filtering some of what they breathe in. To wear the mask correctly, start by cleaning your hands before you put it on, and make sure the mask fits securely over your nose, mouth and chin. When the mask doesn't cover your nose, you're giving the virus an easy route for infection. If you wear a fabric mask, make sure it has two or more layers.

Avoid touching your eyes, nose and mouth: Your hands touch many surfaces and can pick up viruses. Once contaminated, hands can then transfer the virus to your eyes, nose or mouth. From there, the virus can infect you.

Wash your hands: Simply washing your hands can reduce the spread of viruses. Regularly and thoroughly clean your hands for at least 20 seconds with an alcohol-based hand rub or wash them with soap and water. This eliminates germs, including viruses.

Fall and winter also bring more colds. When you feel the need to cough or sneeze, cover your mouth and nose with your bent elbow or tissue. Then dispose of

the used tissue immediately into a closed bin and wash your hands.

Keep surfaces clean: Clean and disinfect surfaces in your home frequently, especially those people touch regularly, such as door handles, faucets and phone screens.

Recognize the symptoms: Common symptoms of COVID-19 include, fever, dry cough and fatigue. Other symptoms that may affect some patients include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhea or skin rash.

Some of these symptoms overlap with the common cold, but it's best to err on the side of safety. If you feel sick or have a fever and difficulty breathing, call your doctor or hospital and seek help. If you experience less severe symptoms, self-isolate until you recover, even if the symptoms seem mild.

Take care of your mental health: During the stress and upheaval of the pandemic, don't forget to take care of your mental health and well-being.

Connecting with friends, loved ones and your community via social media, phone, video or text can help reduce feelings of social isolation. Eating well, exercising daily and getting enough sleep are important for health and coping.

Be deliberate in making time to care for yourself by engaging in activities that bring you joy. Don't be afraid to ask for help or to seek resources including counseling or therapy if you are feeling stressed.

The reality is that you do not want this virus. More than 220,000 people with COVID-19 have died in the U.S. We don't yet know what the long-term effects will be or whether immunity after an infection will last. Even young people who get it and recover can experience continuing cognitive effects, fatigue and potentially heart and lung damage.

As you look ahead, remember these important safety tips and find socially distanced activities that will help you remain connected and safe.

Information courtesy of "The Conversation"



Nisqually Indian Tribe Victims of Crime Department

By Rose Henry

Hello I am Rose Henry, I run the Nisqually Tribes Victims of Crime department. My father is Richard Wells Jr., and my mother is Margaret Wells (Squires) from Oakville. I have three kids, Jamen who works for Nisqually Transit, Tiffany and Joey who is 11. I have two other kiddos in my home, Seonee who is 15 and Mikah who is 10 and I absolutely love being a parent. I am married to Billy who is the Fleet manager for the tribe. I worked for Alaska Airlines for many years and I was a part of their Critical Employee Response Team (CERT) where I took trauma training in case we had an accident, in which we did, our flight 261 went into the water off the coast of California on January 31 2000. The training educates one on how to help people who have been traumatized. I worked for Nisqually Tribal Council for 10 years before moving onto this department. Querida Perez in new to program, she is trained in helping with trauma and is married to one of the Nisqually police officer's. She is a go getter, eager to learn, ready to get things done, enjoys helping others and she looks forward to helping this department grow

My name is Querida Perez and I'm an enrolled Chehalis Tribal Member. I am a Nisqually Descendant that grew up on the Nisqually Reservation and have ties to the community. I am a wife and a mother of two beautiful children. Currently, I am employed by the Nisqually Public Safety Department serving in the position as a Domestic Violence Advocate. This position has given me the gracious opportunity to continue serving the Nisqually Community and help those in need.

The Nisqually's Victims department currently located on the Billy Frank Jr. Drive, in the old head start tan

trailer. With the grant that was rewarded to the program we will be able to purchase a new modular the new physical location has yet to be determined.

Our program is here to serve Nisqually Tribal members, community members as well as employees of the tribe. The program is much bigger than a Domestic Violence Program (DV) the program offers DV help but also helps people who may not even know the perpetrator, like a robbery, stalking etc, or perhaps a family member is abusing you please give us a call our info will be located below.

The program is offered through a Federal Grant. In the grant it requires the program to answer to the Chief of Police and we need to have good communication not only with the Chief but with all officers. The building runs on the regular hours of the tribe but the program is open 24/7 365 days a years.

**Domestic Violence
Emergency 24 hour
Hotline 360-878-7199**

**Rose Henry, Coordinator
Work # 360-456-5221 x 4001
Cell # 360-789-5662**

**Querida Perez, Advocate
Work # 360-456-5221 x 4041
Cell # 360-878-7199**

Call for Art

The Nisqually Health Department is hosting a second CALL FOR ART for the new Nisqually Health Center. *Preference for Nisqually Tribal Members and Community Artists.

Thursday November 5, 2020

10 a.m. - 2 p.m. At the Billy Frank Jr. Gym

Bring your work or photos of your work and meet with our art procurement team. *Art purchases will take place at a later date. No art will be purchased at this event*

For more information please call Josette at 360-413-2707.



TANF News

By Jesse Youckton

TANF has entered their new fiscal year starting Oct. 1st 2020. While we are a program here at Nisqually, our finances are processed through SPIPA. Their fiscal year operates from October 1 – September 30. Which makes September a busy month to complete budget spend downs and end of year fiscal paperwork processed. As we are in our “new” year, we want to focus and determine what our new “COVID normal” will look like. We are discussing with clients and other SPIPA TANF offices on how and what virtual services we can provide. As we have learned from this pandemic, life still goes on. We are wanting to coordinate “live-virtual training sessions” where we can learn new weaving techniques and projects or other cultural activities with our clients.

With the holidays approaching, we will still provide each TANF family with a holiday basket and incentive

to allow each family to cook a family meal and enjoy the time together.

If you have questions about the TANF program or are interested in applying for services, contact Jesse Youckton to request an application. Due to COVID-19 restrictions, you must call ahead to pick up an application in person. For an email or postal deliver, contact Jesse at Youckton.jesse@nisqually-nsn.gov or 360-456-5237.

As always, Lisa Vasquez, Tribal Liaison with the Division of Child Support is available to discuss with you any questions or concerns you have regarding Child Support. She is the tribal liaison assigned to Nisqually Tribal members, Tribal administrative employees and employees of Nisqually profit making businesses. You can call her Mon – Thurs 8 – 5 at 360-664-6859 or email her at vasqula@dshs.wa.gov

Land Survey

By Joe Kautz

To the Nisqually Community

Over the next few months the Planning Department will be working with WH Pacific Land Surveyors on surveying all home sites in the Nisqually Community. The surveyors will be walking around the grounds of each home-site and putting in stakes or markers. This will be done for all homes in the upper and lower villages.

This will assist a number of departments such as Nisqually Housing, Planning Department, and our GIS Department getting documentation of home-site boundary lines once they are finished. These survey lines will allow home-owners to build fences, build a garden, put in a shed, many things.

I am not quite sure when they will be starting their survey work, but it will be soon. The surveyors will work one street at a time, starting with Muck Sut Wei, Nisqually Drive, and then Muck Creek. They will also be working in the Cuyamaca Housing Community too.

Any questions please contact Joe Kautz, Land Manager at 360-456-5221 ext. 2106.



The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.

	TrevorLifeline If you're thinking about suicide, you deserve immediate help Call us anytime 866.488.7386	24/7/365
	TrevorText Talk to a Trevor counselor via text Text "START" to 678678	24/7/365
	TrevorChat Online instant messaging with a TrevorChat counselor TheTrevorProject.org/get-help-now/	24/7/365
	TrevorSpace A social space for LGBTQ youth under 25, and their friends & allies. TrevorSpace.org	24/7/365
	Suicide Prevention & General Info Information on suicide prevention and FAQ's on sexual orientation, gender identity and other topics can be found at: TheTrevorProject.org/resources	



This beautiful green fence is all Nisqually!

Created by a lot of hands and a lot of heart

By Cynthia Iyall

The design was first created by David Iyall when he worked with Public Works a few years ago. Since then the fence has grown in length and has become very visible from Reservation road. Passersby frequently comment on the beautiful site and it brings so many compliments.

Gordon Hatch who worked at Briggs Nursery for so many years, came to work at Nisqually as our cemetery sawyer. Switching from plants to lumber seems to be a real natural for him. As our sawyer and working with Derwin Goddard and the cemetery crew he has taken great care of our mill and is producing our own Nisqually building materials, such as the lumber for this fence. Gordon milled all 120 2x4's, 297 17 foot 1 x5.5" to bring the fence where it is today.

The land crew had a tremendous part by installing the fence. So many pitched in to make this fence happen including (but not limited to) Jerome Sanchez, Shane Kautz, Brandon Franklin, Eric Burfiend and the Parks and Rec crews.

In talking to Gordon, he would love to see more projects like this happen around our reservation. I'm certain we will see more beautification projects like this in the future. Thanks to All who worked on this great project.



Chainsaw Training

By Lisa Beckenridge

Members of the Nisqually Land Steward and Nisqually Corps crews recently completed a two day chainsaw course. The course, taught by North American Training Solutions, included hands-on instruction on safety and cutting techniques and technical tree felling. North American Training Solutions is a leading national provider of forestry, utility, and fire and rescue training. The crew members really enjoyed the class especially the opportunity to practice tree felling.





Getting the Most Out of a Home Network

Tips from the IT-WebDev Department

With COVID-19 increasing the demand on stay-at-home schooling and remote work from home



processes, it's important to ensure we can maximize our productivity and online experience. Video conferencing, watching YouTube videos, streaming movies and online gaming can use more

bandwidth of a home's Internet service (especially if this is all happening at the same time in a full household). Internet traffic (whether plugged in or WiFi) is limited by available bandwidth. Bandwidth limitations can occur outside as well as inside the home and is dependent upon the service provider and the equipment and devices used in the home. To help ensure the best online experience, there are several technology aspects to consider, such as;

- How many devices will be connected in the home?
- What will we be doing, e.g. watching videos, movies, gaming, doing schoolwork?
- Is the hardware compatible to maximize or match the devices' performance limitations?

If many devices are connected in the house and using up lots of data, the available bandwidth can be restrictive and slow down some, if not all, connections. An example is a movie that is being watched begins to buffer. One easy solution to better performance is to not use WiFi and to plug a device directly in with a cable (called Ethernet). This is faster than WiFi and some homes even have Ethernet network jacks built into the walls (similar to a phone or cable TV jack). CAT 6 has recently become the industry standard offering higher data transfer rates over prior CAT 5 cabling. On the back of routers or modems, there are typically several Ethernet or Local Area Network (LAN) ports for multiple devices to plug into. Check the router or modem user manual for details.

Technology Definitions:

- **WiFi Router** – A smart device that provides wireless connectivity to devices in the home such as tablets, laptops and smart phones. This equipment ranges in price from below \$100 to over \$500 and supports from 3 to over 50 wireless connected devices. Connects the Internet to devices used within the home.
- **Modem** – A device that connects to an Internet service provider, such as a cable company or Nisqually FiberWave. Connects the Internet to a home.
- **Gateway** – Many of today's Internet connectivity devices combine routers and modems into one device and offer both connectivity to the outside world through the Internet as well as providing network connectivity within the home.
- **Bandwidth** - Often mistaken for internet speed when it's actually the volume of information that can be sent over a connection in a measured amount of time – calculated in megabits per second (Mbps).

Example router device types and price ranges;

- ❖ Up to 25 devices, dual band and up to 1750 Mbps – Cost \$86 on Amazon
NETGEAR Nighthawk R6700 Smart WiFi Router: Model: AC1750 WiFi
- ❖ Up to 45 devices, dual-band and up to 2600 Mbps – Cost \$170 on Amazon
NETGEAR Nighthawk R7800 X4S Smart WiFi Router: Model: AC2600
- ❖ Up to 55 devices, tri-band and up to 4000 Mbps – Cost \$280 on Amazon
NETGEAR Nighthawk R8000P X6S Smart WiFi Router: Model: AC4000 WiFi

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



Technology – Improving Services and Safety

By Mark Upton, Nisqually Jail Corrections/S.R.T Corporal

Starting in 2017 the Nisqually Jail ceased in person visitation, which was once a week, and moved to live webcam visits conducted on kiosks or tablets in the inmates housing units. Doing so not only helped



preserve time and resources for jail staff, but also allowed inmates to see their family and outside support groups any day at any time during operational hours. The result has

been a decreased amount of contraband found inside the facility which has resulted in improved officer and public safety. Having remote visitation instead of in person visitation has also been a very helpful technological tool in keeping viruses out of the facility.

One of the ways the Public Safety Complex has continued to stay virus free is by the implementation of temperature checks for all persons entering the facility. It was first done with handheld thermometers but was soon replaced by state of the art touch free screens that take a temperature reading and picture of the person wishing to enter. With the advanced abilities of the system, tracking down a positive virus test would be quick and simple by simply looking through the temperature readings and face pictures

for the time in question. The touch free screens have also helped with officer safety by allowing intake officers to remain six feet or more away from incoming inmates while the system does all the work of checking their temperature. Our temperature scanner for incoming inmates is located in our outdoor screening area, which prevents potentially exposed inmates from being brought into the facility before being appropriately screened. Additional scanners are located in the public and staff areas as well.

Contraband is always a major concern to the safety of officers and inmates in the jail, but drugs and weapons are now more easily detected and identified thanks to our body scanner. Our body scanner is essentially a large x-ray, similar to what you may see at the TSA check points. The inmate simply steps onto a platform and is scanned. The officer conducting the scan is then able to see an interior view of the inmates clothing and digestive track and any contraband hidden on or inside the inmate can be detected and dealt with accordingly. The body scanner has been extremely successful and has led to the confiscation of many contraband items that would have otherwise gone undetected.

In the end, our profession as Corrections Officers is an evolving one and the Nisqually Public Safety Complex and it's leadership is working hard to keep up with the most current technology to keep the public safe and pursue our mission statement.

Nisqually Tribal Office Holiday Closures

Wed. November 11
Veteran's Day

Wed. November 25
Closing at noon

Thurs./Fri. November 26 & 27
Thanksgiving

Now Open...

Rudy's Elite Barbershop



OPEN TUESDAYS - SATURDAYS

BY APPOINTMENT ONLY.

SCHEDULE TODAY BY

CALLING OR TEXTING:

(661) 910-3787

LOCATED AT:

314 CAPITAL WAY, OLYMPIA, WA 98501

Rudy Farias,
Owner





2nd Annual Walk for Hope - Life is Precious Event

On Thursday, September 10th, the Nisqually Health Department hosted a drive-through Suicide Prevention event. The event was in conjunction with World Suicide Prevention Day. Once again, the response from the community was excellent. Although COVID-19 changed our plans of having an actual walk, the support from the community was evident. We were able to supply the community with a swag bag, t-shirt, lunch, and information on suicide prevention. Later on that day, we hosted a GoToMeeting with Donna Wolfe, who shared her experience of losing her son to suicide. It was quite emotional, as you can imagine. We are currently in the process of setting up a few sessions with her in the future. Be on the lookout for that information.



We are living in unprecedented times. No one expected a deadly virus to hit our world. COVID-19 has increased tragedies, such as suicide. According to federal reports, psychological distress among American Indians and Alaska Natives are 1.5 times higher than among the general population, and significant mental health concerns include substance use disorder, suicide, anxiety, and post-traumatic stress disorder. Native Americans also have the highest suicide rates in the country, according to the Centers for Disease Control and Prevention.



The lack of socialization, no gatherings, no hugs, etc. has left a lot of people mentally and emotionally drained. During these times, don't be afraid to reach out to your family members. Call, text or do a video call so they can see you, especially now that we are fortunate to have the technology to keep us connected. Family is most important during these times.



Lastly, we should implement using Culture as Prevention. Culture is our customs, traditions, prayers, value systems, etc. Prevent the feelings of hopelessness and loneliness that accompany extended periods of isolation, get out of your home, and go for a walk, stay active and busy. Also, pursue self-love and forgiveness to combat feelings of hopelessness that may be prevalent as the pandemic wears on. Stay safe, stay healthy and wear your mask.

Ahi'yee (Thank-you)

Lavita Tessay- Plumage, Adult Care Caseworker – Nisqually Health Department

Here are some resources:

[National Suicide Prevention lifeline](#) 1-800-273-8255

[The Crisis Clinic of Thurston & Mason Counties](#) 360-586-2800/800-627-2211

[Youth Crisis line](#) (Thurston County) 360-586-2777

[The Trevor Project](#), ending suicide amongst LGBTQ Youth 888-488-7386





Nisqually Tribe Health Department Business Office - Registration Updates

Just a reminder that it is very important that all patients that registered to receive services at the Nisqually Tribal Health clinic update your registration information:

- Annually
- Whenever you have any changes in your address,
- Whenever you have any changes in your phone number/s
- Whenever you have any changes in your insurance information

These updates are needed for you and your household members.

Having your registration information updated and accurate helps our Medical and Dental providers follow up with you or your family in a timely manner. Updating helps our clinic supporting staff to better assist you with your health care needs and to serve you efficiently, and without interruptions.

As a side note, we have many children who when originally registered for Nisqually Tribal Health utilized a birth certificate and their parents tribal enrollment, to establish their tribal affiliation.



This documentation (birth certificate and enrolled parents tribal identification) will suffice for their eligibility, if they are not enrolled.

If your child is an enrolled member of a tribe, we need a copy of their tribal enrollment to assure that they are receiving their maximum benefits provided to them with their enrollment verification provided to us, for reference.

For any assistance with you or your families registration needs or for the updating of your registration, please call the business office staff at 360-486-9599.

Attn: Nisqually Tribal Elders Re: Medicare Part B Premium Reimbursement Program

Thank you for participating in the Nisqually Tribe, Medicare Part B Reimbursement Program.

format is usually a sealed, foldout letter. The top part of the letter indicates, "Your New Benefit Amount."

This is an early reminder that you will be receiving notice from the Social Security Administration advising you of the amount of your 2021 monthly benefit and the 2021 monthly Medicare Part B premium. *****Please forward a copy of this letter to the Business Office/CHS program, so that we can make any adjustments needed to your monthly Reimbursement Amount*****



In addition, we need a copy of this letter to update, and ensure compliance with the program requirements.

Our current office location is in the Billy Frank Jr. Building, across from the kitchen and the pop machine; in the area after the glass doors. We have a black metal drop box on the wall for your convenience; you may leave your Social Security notice in the drop box.

These Social Security notices usually arrive anytime between November 2020 through January 2021. The

As always, if you have any questions, please call the business office at 360-486-9599.



A Lifesaving Decision – Quit Using Tobacco!

By Sue Bohannon, DMD

Did you know that if you smoke tobacco, quitting is the wisest decision that you can make for your health? Worldwide, **tobacco use is the leading preventable cause of death.** Tobacco use kills as many as half of its users, and they die on average 15 years prematurely. Tobacco use in any form raises your risk for a serious gum disease called periodontitis. In 2011-2016, 43% of adults over 65 who currently smoked cigarettes had lost all of their teeth, compared to just 12% of those who never smoked cigarettes.



Don't be discouraged if you have tried to quit and failed. That is common but the key to quitting is not stop trying! It will happen! The Nisqually Tribe Health Department has some wonderful aides in stock at the pharmacy to help you such as nicotine replacement therapies, medications that reduce your cravings, some natural cessation medicines, and coaching/counseling. Some people can do it cold turkey, but many people have been more successful when they tried multiple cessations aides at the same time.

Call the pharmacy to discuss quitting or ask one of us in the dental clinic. We would love to help you on a journey of freedom from tobacco and a healthier you!

Sources: *CDC and Health Edco*

Fast Fact from the CDC

Smoking leads to disease and disability and harms nearly every organ of the body.

- More than 16 million Americans are living with a disease caused by smoking.
- For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.
- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.
- Smoking is a known cause of erectile dysfunction in males.

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm

Hello from the Pharmacy!

With the fall season here and cases of the cold and flu on the rise, we generally see an increase in prescription volume. We would like everyone to be able to get their medications in a timely manner. In order to achieve this, **please order prescription refills at least 48 hours before you would like to pick up your medications.** This will allow us more time to fill prescriptions for patients who are being seen at the clinic and waiting for their medications.

Be sure to call the pharmacy directly for your refill requests. When you call (360) 491-9770, you will have the option of:

- Press #2 to leave automated RX information for refill
- Press #3 to leave a message
- Press #0 to speak with someone in pharmacy

If there are no refills remaining or you are requesting a change to your Nisqually Pharmacy script, please call and press (0) to talk to a pharmacy staff member who will relay your request to the appropriate practitioner.

Stay well!
-The Pharmacy Staff

NON-EMERGENCY #

360-412-3030

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

Please call 911 for Emergencies



Nisqually Tribal Health Department

Pediatric Clinics

Dr. Sylvia Morales

Our Pediatrician will be available for limited hours each month. Appointment availability will be between 9 AM -12 PM.

General days in the clinic will be on the 4th Tuesday of every month. Schedule your child's visit today!



2020 Clinic Dates:

- Tuesday, June 30th
- Tuesday, July 20th
- Tuesday, August 25th
- Tuesday, September 22nd
- Tuesday, October 27th
- Tuesday, November 17th
- Tuesday, December 15th

Is my child due for a Well Child Check? What about sport physical?

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

AND...

By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

Call the Clinic at **360.459.5312** to schedule appointments such as:

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



NISQUALLY HEALTH DEPARTMENT PEDIATRY CLINICS

2020

Clinic dates with Dr. Molina Kochhar:

- February 7 & 14
- ~~March 6 & 27~~
- ~~April 3 & 24~~
- ~~May 1~~
- ~~June 5 & 26~~
- ~~July 24~~
- ~~August 7~~
- September 11 & 25
- ~~October 2~~
- November 6 & 13
- December 4

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.

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

Help Protect Yourself and Others from COVID-19

Practice Social Distancing



Stay 6 feet (2 arm's lengths) from other people.



And Wear a Cloth Face Covering



Be sure it covers your nose and mouth to help protect others. You could be infected and not have symptoms.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



South Puget Intertribal Planning Agency

USDA Foods Program November Dates



- PT. GAMBLE S'KLALLAM 11/4/20
- SQUAXIN ISLAND 11/6/20
- CHEHALIS 11/12/20
- SKOKOMISH 11/17/20
- NISQUALLY 11/19/20

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

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

WIC Program November Dates



- SHOALWATER BAY 11/4/20
- SQUAXIN ISLAND 11/10/20
- NISQUALLY 11/11/20
- CHEHALIS 11/12/20
- SKOKOMISH 11/18/20

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.





Announcements

November 16th

Happy 18th Birthday Zamyah

We are so proud of you and the young lady you have become.

We love you, Grandma Grandma, Grandma Cleo, your brothers and mom



November 30th

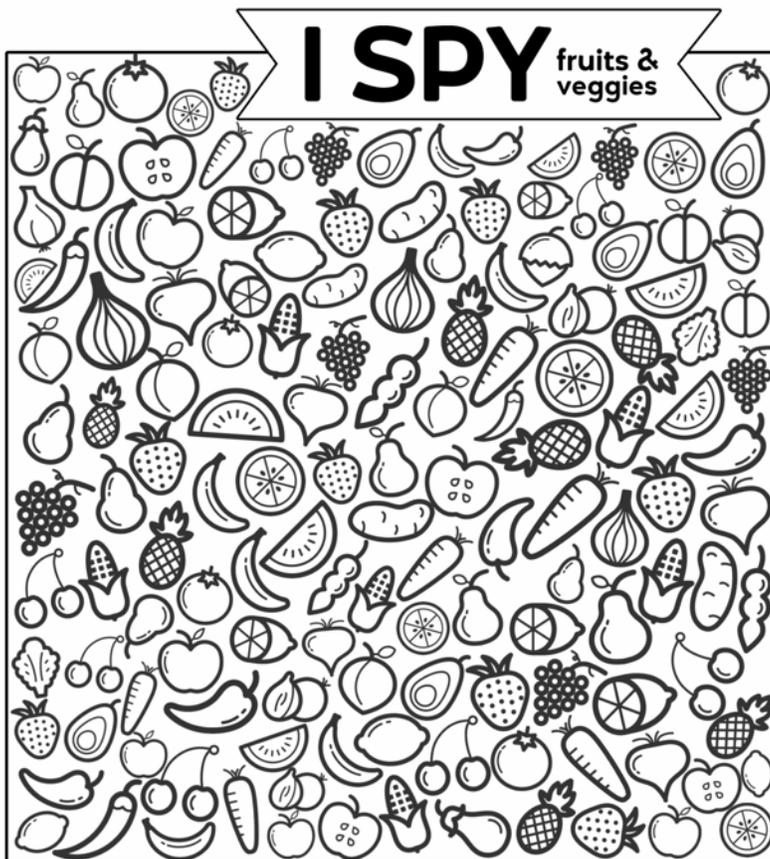
Happy Birthday Tatiyana
Love the McDonald Family



Happy Birthday



Trey Birdtail!



2	4	4	5	4	5	7	4	6	5
1	6	7	1	3	6	7	4	7	5
3	3	4	6	2	7	5	9	6	3

Brain Teasers

1. What kind of tree can you hold in your hand?
2. What kind of room has no doors or windows?
3. What can you hold without ever touching or using your hands?

Answers:

1. A Palm
2. A mushroom
3. Your breath

