

N^Squalli Absch News



Nisqually Tribal News

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

Phone Number (360)456-5221

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www.nisqually-nsn.gov

June 2018

Newly Elected Officials!



Tribal council; 5th council Brian McCloud, secretary Jackie Whittington, tribal chairman Ken Choke. Fish Commission; Roy Wells, Robert McGee, Geno Sanchez, Danny McGee and Reuben Wells Sr. Enrollment; Frankie McCloud and Kahelelani Kalama. Shareholders; Darla Obi, Carmen Kalama and Anita Paz.

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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Olympia, WA 98513

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(360) 456-5221 ext.1245

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

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

Nisqually Tribal Council

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

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Housing Construction and Improvements Moving Rapidly Along

By Debbie Preston

Housing is appearing before the community's eyes as Nisqually Housing has projects in various stages of completion during the great recent weather.

The construction of the 20-unit apartment is humming along while a third house is going up in the Nisqually housing area. A fourth single family home has a foundation and will be built by the new group of five TERO interns. A number of enrolled tribal members are completing various jobs on the apartments as well. "The contractor loves having our interns do some of the sub-contracting work. They are impressed with their skills," said Housing Director Natoosha Kautz.



"We're excited that we have five new enrolled tribal members from TERO starting in the intern program," Kautz said. "They have all finished their five-day safety class."

Alison Kautz and Fredo Rosado have both taken the 40-hour Hazardous Waste Operations and Emergency Response (HAZWOPER) training, meaning the tribe will be able to have that expertise on site rather than having to contract it. Construction is one of several jobs that are required to have HAZWOPER-trained personnel to deal with hazardous materials disposal and keeping employees safe around hazardous situations such as generators and safe operation to keep carbon monoxide from building up and asphyxiating workers.

Other projects include the Housing offices getting needed updating by the interns to meet Americans with Disabilities Act (ADA) requirements. The hallway is being enlarged to accommodate wheelchairs and an ADA-compliant bathroom was added along with a second bathroom for staff. Finally, a much-needed storage room and employee break room are being

finished in the addition to the house. "Our interns are doing it all," Kautz said.



Nisqually elders wishing to have someone take care of their yard for them this summer should call Cecilia in Housing at (360) 456-5221, ext 1200. "We have two six-month hires on for our yard maintenance now along with our fulltime employee, so elders should call to get on that list," Kautz said.

Housing is also funding a 100-foot by 100-foot playground outside the Nisqually Youth and Community Center. The playground equipment displaced by construction and expansion of the Head Start/Early Head Start will be put in place and equipment to include older kids will be added along with benches in the shade of the trees.

Finally, Kautz reminds everyone that if you received a new housing form for the updated housing wait list in the mail, please return it immediately. "We're excited about the number of people we're going to be able to move off the wait list," Kautz said.

Housing interns practice estimating how much material to order with instructor Keith Brent.





Groundbreaking for Cemetery Facilities!



The Nisqually Tribe and their Cemetery Committee have been working for 10 years to add bathroom facilities to the Chief Leschi Cemetery. Monday, May 1, the tribe broke ground to begin construction for the facilities near the cemetery shop. "Some of the ceremonies can go for some time - it is helpful for everyone, especially are older folks, to have these available," said Nisqually tribal chairman, Farron McCloud. Construction should be finished by August.

Ben Charles and Allen Frazier talk about the history of clearing out the scotch broom and making the cemetery accessible again and the 10 years working to get bathrooms built. Frazier also talked about the importance of taking good care of those who have passed and the work that the cemetery employees do to make sure that the loved ones are cared for in a good way. The canoe family opened the ceremony with songs following an opening prayer.

Nisqually Environmental Team Receives Grant

David Steppetin, head of the Nisqually Environmental Team (NET), is happy to note that The Russell Family Foundation has contributed \$20,000 to the Billy Frank Jr. Shoreline Clean Up Initiative this year.

Puyallup Nation has welcomed NET shoreline clean up support prior to the Canoe Journey, and dates, times and locations will be forthcoming from them in the future for our work together.

The Nisqually Salmon Camp participants, a part of the NET program, will be guided with tribal natural resources staff and National Oceanic Atmospheric Administration (NOAA) representatives learning about environmental impacts and cleaning shoreline debris within the tribal boundaries of Medicine Creek Treaty area of Puget Sound.

The grant calls for five tribal youth or young adult participants and it is likely that other local Educational groups and o students will join our volunteer efforts making for fun and interesting experiences.



Nisqually’s Medicine Creek Enterprise Corp. to Buy Norma’s Burgers

Medicine Creek Enterprise Corporation (MCEC), the Nisqually Tribe’s business entity, will soon be the new owner of Norma’s Burgers restaurant, located just off the Nisqually I-5 exit prior to the Nisqually River bridge.

First called Tiny’s when constructed in the 1965, the restaurant became Norma’s in 1993 and has been a staple of locals and travelers alike.

MCEC already owns two lots in the Nisqually Commercial Park near Norma’s, one is a new MCEC business, Nisqually Communications and a Nisqually Market is also located there. “Acquiring Norma’s came about sort of organically. Word got out it was for sale and we were asked to investigate it and do due diligence on it as an acquisition,” said Bob Iyall, MCEC chief executive officer. The purchase is expected to close sometime in June and the restaurant will named Medicine Creek Cafe.

Iyall said there will be some décor changes and some rebranding to better reflect Nisqually ownership as well as some menu changes once the sale is final sometime in June. “This fits well into Nisqually’s plans to continue to expand economic opportunity, keep the money here and grow the economy,” Iyall said.



With the acquisition of Norma’s, the Nisqually Tribe will employ about 1,300 people in Thurston and Pierce County via the Red Wind Casino, Nisqually government and administration jobs, six Nisqually Markets, the Nisqually Construction Company, She Na Num Seafood in Tumwater and Nisqually Communications Company as well as MCEC itself.

“As a tribe, we’re always looking to create opportunity for our people, but it also creates jobs and economic opportunity for our neighbors,” said Farron McCloud, Nisqually tribal chairman. “Many of us have been longtime patrons of Norma’s Burgers so it’s neat to have our enterprise be able to purchase it.”

Garden at the Youth Center

Amanda Jurss and her mother Kathy Van Mechelen helped Nisqually Head Start children plant flowers, vegetables and fruit plants behind the Nisqually Youth and Community Center, the temporary home for Head Start while their building is undergoing expansion and renovation behind the administration building. Jurss is an employee of the Nisqually Garden and her mother is a volunteer at the garden. There was also an assist from the Olympia GruB program who brought over two more boxes for additional plants.

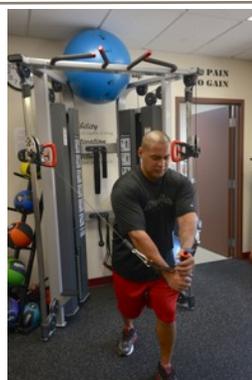




Seattle Storm!



The Seattle Storm held their annual practice and kids activities at the Nisqually Youth and Community Center Wednesday night. All youth attending received shirts, basketballs and snacks from sponsors Kaiser Permanente and Thrive. The Nisqually Youth Council presented rookie Jordin Canada with a necklace to welcome her to the area and a blanket to longtime player Jewell Loyd. Nisqually community youth and basketball players from area schools attended.



New Weight Machines

Kareem Gannie, Health, Fitness and Nutrition Coach, is proud to show off three new machines in the fitness room. First is the dual adjustable pulley that allows a myriad of arm and leg exercises without taking up a lot of space and allowing the user to jump from one exercise to the other quickly to both take less time and ramp up the user's heart rate too. Two other machines include the angled leg press, which means more people can work their legs at the same time and the ab bench (X2), which is located in the cardio room.

“We’re trying to get the most benefit without taking up too much room in our area,” Gannie said. “These machines allow a wide variety of exercises and complement our existing equipment.” Feel free to make an appointment with Gannie to get a routine that works for you.



Mothers Day Celebration

By Stacy Gouley

The Mother's Day Celebration held May 1 at the Nisqually Youth and Community Center had activities for moms and families alike.

Prior to dinner, kids and moms could enjoy a paint activity or children could make cards for mom. There were electronic gadgets for kids to play with and outside activities both active and electronic (in the game trailer). The Nisqually Library, Youth Program, South Sound Reading Foundation, Nisqually Garden and Head Start and Early Head Start all had activities for making things for mom or making mom's kids feel better.

Prior to dinner, the Canoe family sang a welcome song and a woman's blessing song in honor of all mothers. The Paint Nite activity for Mothers started at 6 and was well received. Moms also received flower pots from the Nisqually Tribe before leaving for the night.





Why Steelhead Are So Important

Part 2 – The Old, Old Days

By George Walter

Editor's note: This article is the second of a four-part series on steelhead, what they are and why they have been and continue to be so important to the Nisqually fishery, and treaty fishing rights in general.

Imagine for a moment what life was like here in the Nisqually homeland 200 or so years ago, especially in the winter. Groups of related people – families - lived together in a cedar plank house, a longhouse. If there were two or more longhouses nearby, that site might have been called a village, but each longhouse was more-or-less independent. There were small villages located throughout the watershed and nearby areas and all these folks were related, at least through marriage. This was the Nisqually Indian community – the Native Americans who lived in and around the Nisqually watershed.

It's winter now, cold and dark. It might be rainy, or even snowy and cold. Hey, what's for dinner? There are no grocery stores, of course. All the food had to be gathered and stored, preserved by drying and smoking. Willie Frank, in his taped recollections, recalls how smoked salmon in the hundreds hung from the rafters of the longhouse. But there is a source of fresh food – steelhead salmon.

These precious fish returned to the watershed, including the smaller streams, all winter long, available for harvest using nets, weirs and traps. Even the remote villages upstream on Ohop Creek and the Mashel River had steelhead in the winter. What a blessing!



"Yelm Jim's Fish Trap" - Picture of an Indian Fish Weir, late 1800's

Now let's cast our imagination forward about 100 years. It's the early 1900s and folks of the Nisqually Indian community,

for the most part, are now living on or near the Nisqually Indian Reservation, located where it is today. The area is still rural, but there are lots of non-Indian neighbors, mostly farmers. There are still a few longhouses left, but most Nisqually families live in individual houses, some nothing more than shacks.

There are grocery stores now, but purchasing food requires cash and jobs are sometimes hard to come by. Nisqually Indians are working seasonal jobs, including cutting shingles at a mill and wrangling single bolts on the river. Some also work seasonal jobs on farms, including a major hops-growing operation south of the town of Roy. Work is especially scarce in the winter.

In winter, the Nisqually fishery continues to pay a vital role. There are chum salmon for smoking and, throughout the winter, steelhead. These fish were valuable not only for winter food but also for sale and trade. Willie Frank, in his recorded recollections, tells about selling steelhead to a fish buyer located in Tacoma. Steelhead were valuable enough to justify the time and expense of driving to Tacoma. The time of this recollection was about 1916-17, at the time Willie Frank lost his allotment to condemnation and moved to seven acres located along the lower Nisqually River, the area later called Frank's Landing.

In those days Frank's Landing was located adjacent to a county road bridge crossing the river. On the other side was the Bennett Farm (later lost to condemnation and added to Fort Lewis in 1942). Willie Frank and other fishermen regularly exchanged salmon, both fresh and smoked, for farm produce with the Bennetts and other farmers. After Billy Frank was born in March, 1931, one of the chores of Billy's older brother, Andy McCloud, was to cross the bridge every morning and return home with a can of fresh milk. It was all part of an exchange network that existed in the depression years of the 1930s. Neighbors took care of each other and steelhead, available throughout the winter, were a vital part of the exchange.

The 1930s also saw the beginning of the state of Washington using its police powers to try to stop Indian treaty-right fishing, especially for steelhead. Sport fishing and hunting interests in Washington wanted a separate management agency from the commercial-oriented management of the Department of Fisheries. As a result, the Department of Game was created by state initiative, including management authority over steelhead fishing. Another initiative placed a winter prohibition on commercial fishing, essentially outlawing any commercial fishing for steelhead.

Continued on page 10-FISH



Clearing Up Space and Cleaning Up Unused App Data on Tech Devices

Tips by the IT-WebDev Department

When using a browser (Chrome, Safari, Firefox, etc.) to look at a website for the first time, it typically stores information from the site in temporary files called a cache. Stored cache files result in quicker load times of previously visited Web pages but sometimes it makes sense to clear the cache as a large cache can actually slow down a computer's speed and performance. Clearing the cache also helps ensure the most up to date content is displayed when viewing updated Web pages and information.



Cookies are also constantly added to a location on devices while surfing the Web and some of these cookies have the ability to track browsing activities, such as a third-party cookie which an advertiser might place on a Web site to show items or related content from earlier visits. Most websites have a Terms of Use section which outlines the privacy policy of data that may be collected while visiting that particular site. As opposed to cache files, regular cookies don't clutter up a hard drive by taking up excessive disk space. One disadvantage however to deleting or disabling cookies is that a website may expect a stored cookie, such as login information. Check the browser's Help documentation on how to disable and delete cookies. It's important to not confuse cache and cookies with spyware or viruses, these are malware programs. Tips for safe searching online and computer viruses were covered in prior Squalli-Absch newsletter articles.

Desktop Computers and Laptops - Clearing Cache and Cookies

For most desktop browsers, to quickly open menus that are used to clear cache, cookies, and history - ensure that the browser is open and selected, then press **Ctrl-Shift-Delete (Windows)** or **Command-Shift-Delete (Mac)**.

Android - Clearing Cache and Cookies

Similar to a PC or a Mac, an Android device has a **Downloads folder** - a storage place for miscellaneous junk files downloaded from the Web or by Android apps. It's often helpful to clear out this data to free up space for the device.

iOS - Clearing Cache and Cookies

- From the home screen, tap the Settings button.
- On the Settings screen, scroll down and tap the Safari button.
- Under the 'Privacy' section of the Safari screen, tap the button labeled Clear Cookies and Data.
- On the confirmation screen, tap Clear Cookies and Data.

Additional tips for clearing up space on Android devices;

<https://www.pcworld.com/article/3080036/android/6-quick-ways-to-clear-space-on-an-overstuffed-android-device.html>

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

Changes to College and Graduate Degree Program

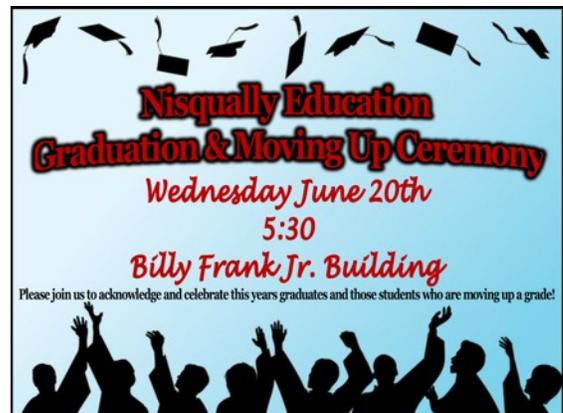
Nisqually tribal members can look forward to a simplified process to have their advanced education paid for, according to Bill Kallappa, Education Director.

Tribal members can now have one two or four year degree paid for and one advanced degree, whether that is a masters or a doctorate. Additionally, it can be either private or public, though there is a cap amount up to \$30,000, after which the student would pay the reset. "It allows students who qualify for places like Stanford to attend," Kallappa said.

Paperwork is also being simplified as a result of the change. "We no longer need a FAFSA to determine financial need since the tribe is just paying for all tribal members," Kallappa said. The move also gives

Kallappa a better feel for his budget each year. "We know the expectations and we can plan for it."

Anyone with questions about the changes can call Kallappa at 360-456-5221, ext. 2174.





Culture Center has New Name to Go With Busy Spring

By Joyce McCloud

Greetings! There have been some changes at the Heritage Culture Center “sxw da ? deb”, including our name. We are now called the Nisqually Cultural Services Department(NCSD). The NCSD staff is made up of: Director, **Joyce McCloud**; Outreach/Education Coordinator, **Andrey Squally**; Cultural Events Specialist, **Chay Squally**; two Song and Dance Coordinators, **Grace Hyasman**; **Joe (YatsuAts) McCloud**; and the Nisqually language instructor, **Daydishka McCloud**.

Our department plans and organizes the cultural events for the Nisqually tribe. Collaborating with other departments on cultural events is one of the department’s goals and we have had events with emergency management, behavioral health and the health department. We are also working to get more tribal and tribal community involved in the cultural activities.



Hanford(teaching)with Yvonne after she finished her derby hat.

We have culture classes, sewing, weaving cedar bark, healing through art classes,(recently we did, cedar bark weaving, for hats , graduation caps and coin purses) , gathering of traditional foods, song and dance practices for the Nisqually canoe family, and Nisqually

language classes every other Thursday, and on

Tuesdays at the Billy Frank Jr. Gym, along with song and dance.

We are also getting ready for the Paddle to Puyallup 2018, regalia making, moccasin making, and canoe practice. One of our goals is to get the youth involved in the canoe journeys, by having the youth(with adult support) pull the canoe from Lummi to Puyallup. Youth that are interested in pulling the canoe this year, please come to song and dance practice on Tuesdays, at the Billy Frank Jr. Gym, and/or contact Chay S. at the tribe.



Cedar projects that have been completed.

The **June 2** meeting at **Millersvania Park** would be a good time to practice canoe pulling. The Saturday event has free admittance to the Washington State parks, and Nisqually canoe family will be fundraising for the canoe journey, along with Chehalis, Puyallup, River Road and Squaxin Canoe families with a salmon bake.

June 16 will be the annual **Leschi/Quiemuth Honor Walk**, and flyers will be out soon. Watch for the June calendar to come out in the weekly mail out as we have a number of events happening here and around the area.

Continued from page 8-FISH

Most steelhead enter rivers in the winter, after the commercial salmon harvest, and generally conflicts between the two state agendas were avoided. A major exception to this general rule, however, was the Nisqually River. Here the largest salmon run was late chum salmon, which entered the river in December and January at the same time as steelhead. Thus, Nisqually fishing nets harvested both chum and steelhead. A huge part of the fishing rights conflicts pre-Boldt decision revolved around this steelhead conflict.

In the 1940s, and especially the war years, treaty-right fishing moved from personal use and trading to commercial sale. Fish buyers started to purchase Nisqually salmon and the late chum was especially

valuable for commercial canning. To avoid state prosecution, the fish buyers set up a system of shipping Nisqually-caught steelhead by train to Portland (through interstate commerce). Nisqually steelhead were boxed up on the reservation and then taken to the Nisqually train station. In those days the station, named Sherlock, was located near where Mounts Road crosses over the BNSF tracks. The station was abandoned in the 1960s and torn down, but the marble tile floor was still visible until about 10 years ago.

Part 3 of this series will tell the story of steelhead’s role in the fishing conflicts from the 1950s through the 1980’s.



Stop the Pop

By Russell Rogers DMD

Do you ever see little smooth white spots on your teeth? Have you had or have cavities? You may need to drop the pop.

The problem is that sweetened soda pop also has acid. Bacteria in your mouth survive on the sugar in sweetened soft drinks. The bacteria produce acid when they eat the sugar from the sweetened soda. This acid combined with the acid in the soda pop breaks down the hard outer coating of the teeth (called enamel) into white spots and then possibly to a cavity.

What can we do to avoid white spots and cavities? First and best answer is to stop drinking sweetened soda pop, sport drinks, and energy drinks. If you have to drink one of these types of beverages, drink it fast and rinse with water afterward. This will give the acid

and sugar less time to sit on the teeth to eat through the protective enamel coat. Chewing sugar-free gum afterwards is also a way to help cleanse the mouth after drinking one of these types of beverages, too.

Please call us to schedule a dental appointment and we would be happy to answer any questions you may have about this.



Nisqually Dental Clinic 360 459-5312

Nobody Wants to Talk About It

By Addie Spencer and Emily Rambo

Nobody wants to talk about the end of life, but we must.

It is a hard conversation to start, but the relief of talking about these hard issues can be great. It is best not to put these conversations off until a crisis hits, rather it is better to talk with family and do the necessary paperwork while the sun is shining and everything is going well. There are two professionals you should see as soon as possible in order to get everything in order.

Medical

You should meet with your healthcare provider as soon as possible. They can help you consider in detail your wishes for your medical care through each phase of life, from routine care to unforeseen events. We will talk about things like ventilator support and feeding tubes so that we know how you view these interventions that we hope are never necessary.

Legal

It is also important to prepare your legal documents related to healthcare with Emily Rambo through her Estate Planning program for Nisqually Tribal members. With Emily, you will prepare a Healthcare Directive that instructs doctors regarding when to withdraw treatment at the end of your life, and a Power of Attorney, which designates someone to make decisions for you according to your wishes should you be unable to speak for yourself. Emily is in the Legal Department in the morning on the first and third Thursday of each month. Call the Legal Department to set up an appointment. 360-456-5221, ext. 1221.

Please act now. Make an appointment to discuss with your medical provider. Then see Emily Rambo in legal on a Thursday morning to make it all official.



Helpful Tobacco Cessation Facts

By Richelle Kistler

Have you thought about quitting tobacco? Did you know that Nicotine is the addictive compound in tobacco products and by itself is not confirmed cancerous? Nicotine addiction works through the dopamine receptor reward system. Did you know that there are over 7,000 chemical compounds in cigarette smoke, of which, 70 of these are confirmed cancerous?

Consider the metabolite/byproduct of nicotine found in urine for the following groups:

Smokers	2.6
Chew	3.3
Nicotine Replacement Therapy	0.3
Non-Smokers exposed	0.04

What would you say if we could provide you with an alternative from tobacco addiction, or an alternative to proven cancerous products? If you have thought about quitting tobacco and have been unsuccessful,

you may want to consider Nicotine Replacement Therapy instead.

The following Nicotine Replacement Therapies may be the alternative you have been looking for in order to quit tobacco, and the pharmacy will have these products available for you in July:

- *Nicotrol (nicotine inhaler)**
 - *Nicotrol (nicotine nasal spray)**
 - *Nicoderm (nicotine skin patches)**
 - *Nicorette (nicotine gum or lozenges)**
 - *Cinnamon (nicotine craving reducer)**
 - *Wellbutrin (dopamine receptor reward system)**
 - *Chantix (nicotinic receptor reward system)**
- * Available July 6, 2018

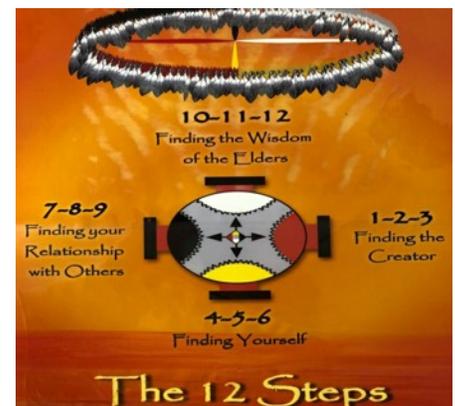
If interested, please contact your Nisqually Pharmacy or Medical Department:
(360) 491-9770 Pharmacy
(360) 459-5312 Medical

Nisqually Behavioral Health and Wellness Center

By Ruthie Diamond/Administrative Secretary

We develop and provide our community with comprehensive services in a respectful and caring atmosphere that results in self-sufficiency and an improve quality of life for this and future generations. We provide individual and group therapy in a culturally sensitive environment. We encourage participation in cultural events and activities such as Sweat Lodges, Pow Wows, Canoe Journey, and Wellbriety Groups. We believe everyone deserves a chance to change. We at the Nisqually Behavior Health and Wellness Center are here to provide the assistance and support our clients need.

- **Wellbriety Meetings: Friday 6:00 p.m.**
- **Alcoholics Anonymous: Thursday at 6:00 p.m.**
- **Sweats: Monday at 6:00 p.m.**
- **Substance Abuse groups:**
- **Morning Monday-Thursday 10:00 a.m. -Noon**
- **Evenings: Monday-Thursday 5:00 p.m.-7:00 p.m.**
- **Teen Group only: Monday and Wednesday 3:00 p.m. - 4:30 p.m.**
- **Relational Life Skills Domestic Violence Groups:**
- **Women’s Group: Tuesday 1:00 p.m.**
- **Men’s Group: Tuesday 3:00 p.m.**
- **Talking Circle Women’s Group: Friday 6:00 p.m.**



If you have any questions, please call, Nisqually Behavioral Health and Wellness Center: 360-413-2727



Update: Fruit and Vegetable Rx Program for SNAP Participants

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

The Nisqually Tribal Health Department is thrilled to see how excited community members are about this new program! In the first two months, **100 Fruits and Vegetable vouchers** have been distributed to this community! This is the Washington State Department of Health's first time partnering with a tribal community to offer this voucher program and we are honored to be the first to have this available to you.



The Fruit and Vegetable Prescription (Rx) Program helps to make it easier for those participating in the Supplemental Nutrition Assistance Program (SNAP) to afford more fruits and vegetables. The prescription is

a once-a-week \$10 voucher that participants can use like cash to buy fruits and vegetables (fresh, canned, or frozen) at any Safeway store in Washington.

For more information, and to request your voucher, see one of the following programs:

Head Start and Elders Program: Bernita LaCroix

Healing House: Mary Szafranski

Tribal TANF: Lorna Kalama

Nisqually Clinic: Dylan Fillspipe

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

If you are unsure about commodity foods versus SNAP/EBT or if you have any questions about this program, please contact

Bernita.lacroix@nisquallyhealth.org or amber.arndt@nisquallyhealth.org

South Puget Intertribal Planning Agency

WIC Program June Dates

WOMEN, INFANTS & CHILDREN

SHOALWATER BAY 6/5/18
CHEHALIS 6/7/18
SQUAXIN ISLAND 6/12/18
NISQUALLY 6/13/18
SKOKOMISH 6/20/18

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.

South Puget Intertribal Planning Agency

Enjoy Family Meals

Make family meals a priority in your home.
Offer **three meals at about the same time each day**
Invite everyone in your home to the family table.

When Adults, Children and Teenagers Eat Together....

- Children do better in school.
- Children have fewer behavior problems.
- Teenagers are less apt to use alcohol or drugs.
- Children and teenagers say they like having time to talk to the adults in their lives.
- Communication between children and adults improves.
- Children understand their family's values and traditions.
- Traditions are created around food and meals.

Eat Together
Plan a meal together with your entire family on most days.
START SLOW

- If your family is not used to eating together, start with one or two family meals each week.
- Gradually increase until your family is eating one meal together every day.

Children never outgrow family meals

Develop healthy eating habits together

- Cook one meal for your family.
- Eat the same foods with your children.
- Serve normal size servings to yourself.
- Offer child sized servings to your child.
- Let everyone decide how much they will eat.
- Taste new foods together.
- Don't force anyone to eat.

Sit together

- Eat only in the kitchen.
- Sit at the table or counter.
- Turn off the television.
- Don't talk or text on phones.
- Share family traditions, foods and stories.

Keep it simple
Meals do not need to be fancy

- Make quick and easy sandwiches, soups and salads.
- Plan to have leftovers. Cook enough to serve at two meals.
- Children like to eat what they help to cook.

Choose MyPlate.gov

WOMEN, INFANTS, & CHILDREN

4/18 18

South Puget Intertribal Planning Agency

USDA Foods Program June Dates

NISQUALLY 6/5/18
SQUAXIN ISLAND 6/8/18
SKOKOMISH 6/19/18
CHEHALIS 6/22/18
PT. GAMBLE S'KLALLAM 6/26/18

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



Nisqually Caregiver Program



Upcoming and Recurring Events Dates:

- Walking for Wellness Tuesdays 9:30 a.m.- Meet at the Elders
- May 24, 2018 4:00 p.m. - Creating a Caregiver Notebook
- June 14, 2018 1:00 p.m. - Medication Management
- June 28, 2018 4:00 p.m. - Goals
- July 12, 2018 1:00 p.m. - All about Respite
- July 26, 2018 4:00 p.m. - Outings
- August 9, 2018 1:00 p.m.- Hospitals and Emergencies
- August 23, 2018 4:00 p.m. - How to Make a Medical Binder

Who are our Caregivers?

Are you, or someone you know, a caregiver; someone who cares for a family member? Let's talk about classes, support groups and other services that may interest caregivers. Caregivers can take a break and come hear more about our program.

The Nisqually Family Caregiver Support Program can assist two types of unpaid family caregivers:

- Family caregiver** - is an unpaid informal care provider, usually a family member, caring for older American Indian or Alaska Native relatives with a chronic illness or disability. Or
- Grandparents** - caring for grandchildren, or is a relative of a child by blood, marriage, or adoption, who is 55 years of age or older and
 - Lives with a child;
 - Is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; and
 Has a legal relationship to the child, such as legal custody or guardianship, or is raising the child informally.

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

menu subject to change
Non-elder price \$4.00

JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				Crisp Green Salad & Milk Served Every Day. Wheat Bread as Needed.	Tomato Soup Cheese sandwich Boiled Eggs Watermelon	1 2	
3	Salmon Yukon Gold Potatoes Green Beans Jello / Fruit	4	5	6	Baked Cod Rice Pilaf Squash Medley Fresh Fruit	7	8 9
10	Beef Goulash Egg noodles String Beans Jello / Fruit	11	12	13	Cheese Burgers Relish Tray French Fries Fresh Fruit	14	15 16
17	Happy Father's Day Hot Turkey Sandwich with Gravy Mashed Potatoes Peas Jello / Fruit	18	19	20	Chicken Kiev Wild Rice Pilaf Sautéed Spinach Fresh Fruit	21	22 23
24	Sloppy Joes Wheat Bun Baked tater tots Jello / Fruit	25	26	27	Teriyaki Chicken Fried Cabbage Brown rice Fresh Fruit	28	29 30
					BBQ Chicken Potato Salad Red Beans Fresh Fruit		
					Ham, Link sausage, Scrambled Eggs Breakfast Potatoes Fresh Fruit		
					Split Pea Soup Tuna Sandwich Fresh Melons		

Birthdays and Announcements

You can't stop the waves of change in life
but you can learn how to surf babe!
Happy birthday Isaac!
We love you the mostest!!



*Happy 27th Birthday
to my oldest Daughter
Maureen
Love Dad and Siblings!*

April 7, Happy 24th Birthday Samira (Mamba Year, Mamba Mentality #24), Love Dad & Mom

April 7, Happy 2nd Birthday Juanito, Love the McDonald Family

April 11, Happy 3rd Birthday Kylee, Love the McDonald Family

April 26, Happy Birthday Dalia, Love the McDonald Family

May 16, Happy Birthday Sister (Chenoa), Love you

May 27, Happy 25th Birthday Jasmine, We love you long time

May 10, Happy Birthday Wusa, Smooches Marie

