

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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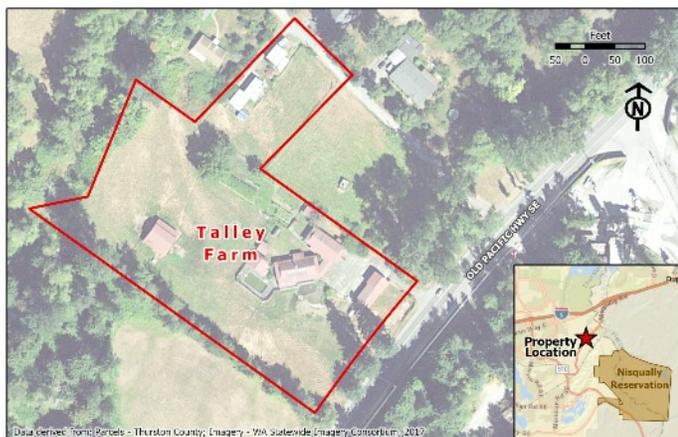
March 2021

Tribe Purchases Small Farm

By Lisa Breckenridge

In late 2020 the Tribe purchased a small farm in the Nisqually Valley from the Talley family. The seven acre property, which is right across Old Pacific Highway from Holroyd's, includes a home, a barn, and several shops and other outbuildings. The goal of the purchase is to provide additional farming space for the community garden program.

“We’re excited to be able to have a teaching kitchen, eventually” said Chantay Anderson, Community Garden Program Supervisor. “We’re excited to have more space for gardening. We’ll be able to be more environmentally friendly and won’t have to be so intensive on the land. We’d like to start growing citrus trees in the sunroom! For 2021, the majority of the garden will still be at Braget but we hope to get some crops started at Talley to get to know the land. It’ll be really nice to have some flat land to garden, and hopefully fewer rocks. And it’ll be great to be a few miles closer to the community.”



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.

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



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

transportation@nisqually-nsn.gov

How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-459-9603
Youth Center 360-455-5213
Natural Resources 360-438-8687

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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

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The Nisqually People and Gardening

By Chantay Anderson and Carlin Briner
Historical Context

“Western gardening” wasn’t part of tribal culture until the Medicine Creek Treaty was signed in 1854 and we were put on the reservations. Our people would just walk out their front doors into the wild spaces they tended to gather, hunt and fish for the foods they needed. The Nisqually Tribe was first placed near the Nisqually estuary where the ground was not farmable and with no real access to our cultural foods. This led to the Puget Sound Indian Wars in 1855-56 with Nisqually’s Chief Leschi leading the resistance. An executive order in 1856 granted the Nisqually Tribe more acreage that included access to the Nisqually River. As part of the treaty agreement, families were given allotments within the reservation along with farm animals and fruit and vegetable plants from the government and they were to be taught how to farm, so that we can become great farmers and gardeners. Then in 1916 Pierce County gave land to the federal government to establish a military base now known as Joint Base Lewis-McChord (JBLM) and about 70% of that land was part of the treaty-reserved Nisqually Indian reservation, which they had no authority over. Over the next couple years the military started using that land for artillery practice, ultimately destroying tribal farms. In 1918 Nisqually land owners in that area were forced from their land and homes in the middle of the night by armed soldiers. Families were displaced all over, some went to other nearby tribal reservations, some found land on the reservation or stayed with family, others found land off the reservation but still nearby. Some families replanted their garden and I have been told that some of the fruit trees that they planted still stand today! Over the years many tribal members continued to garden and farm, as well as, work on nearby berry and vegetable farms.

Traditional food harvesting practices show that “gardening” and land management has occurred for centuries. In our area, prairies were and are a place of great significance. Indigenous people would hunt and gather several traditional foods in these places. Fires would be set to the land to manage weeds, conifer encroachment, fertilize the ground and encourage new growth. The entire I-5 corridor was prairie and now, about 1% of historic prairies remain and a good portion of that is on confiscated JBLM. Today, it is really hard for us to have access to traditional foods because a lot of these areas are now sprayed with Roundup or other herbicides and/or pesticides, are privately owned farm/ranch lands or just not accessible anymore because they are on the military base.

Nisqually Tribal Community Gardens

The Nisqually Tribe has a long history of Community Gardens, dating back at least to the 1970s with the start of the first “community” garden. Since then there have been several different Garden projects and some of the old fruit trees still remain. The current Nisqually Community Garden at the Culture Center began

in 2009 on 410 acres of farmland at the mouth of the Nisqually River that was purchased by the Tribe in 1998. Hundreds of acres of this farmland was restored to estuary after being dammed for about 100 years in order to make it farmable. The Nisqually Tribe Department of Natural Resources and partners removed the dams and planted thousands of native plants, restoring this critical salmon habitat. The Community Garden sits on about 70 acres of uplands overlooking the estuary.

The Nisqually Community Garden works towards tribal food sovereignty. We strive to make real improvements in the physical, mental, emotional and spiritual health of our community by encouraging the active practice of traditional ways of healthy living and eating. We tend 5 acres of vegetables, berries, traditional plants, and fruit trees. With such a high demand for our produce we are currently working on expanding! We also harvest traditional foods and medicine plants from the wild, process it into teas, other medicinal products or into body care products like salves and lotions. All produce, medicine and body care products are distributed directly to Nisqually Tribal members, Community members and staff. Unlike many community gardens where individuals tend plots of land independently, the Nisqually Community Garden functions as one integrated farm that is grown by the community for the community.

We also coordinate classes and workshops so that people can build skills in growing, harvesting, and preparing their own foods and medicines. We partner with other programs and provide produce for tribal events and elders lunches. Our staff provides technical knowledge and assistance about general garden related topics to tribal community, individuals, and to other outside tribal gardens. Here is some of what we offer:

- Weekly Garden Stand (June-October)
- Weekly Elders Produce Box Program (much like a CSA)
- Elders Garden Bed Program
- Weekly Elders Center Produce Delivery (for elders only)
- Fresh fruits and vegetables for other Tribal programs
- Preserved and Dried Produce
- Natural Medicine, Teas & Body Care Products
- Garden Tours & Youth Field Trips
- Volunteer Opportunities
- On-the-Job Training
- Garden Consultation
- Annual Harvest Party
- Teach Classes On and Off the Job Site

Community Food Sovereignty

Continued on page 7-GARDEN



It's Tax Time Again

By Jill Wall

It's likely that everyone is tired of hearing about the pandemic and closures and distancing. However, tax time is upon us and it really doesn't care about the pandemic. The Tribe and Liberty Tax, on the other hand, do care.

This means that staff from Liberty Tax will not be on site to process tribal member tax returns this season out of respect for 'social distancing.' Their office will be open and they have provided a drop box, which is located in the Administration building, Financial Services lobby. This is the 'contactless' solution. This still provides the convenience of dropping tax documents at the tribal center.

The process is pretty simple. There are envelopes to deposit the required tax documents

such as W2s and 1099s and the like. Members can scan the QR code or text. (Directions are on the box.) Liberty plans to pick up documents daily. Members will be contacted when the tax return is ready. And of course, phone calls directly to their office are welcome.

Tribal members may have their tax returns process free of charge, courtesy of Tribal Council. Employees may have their tax returns processed at a 50 percent discount of Liberty's usual fee.

Liberty Tax is located at 715 E Yelm Ave, Yelm, WA. The main phone number is 360-872-6725 and the line dedicated to Nisqually is 360-674-0355.



New Staff in Financial Services

By Jill Wall

Many hands make light work. Or so the saying goes. Nisqually Financial Services department had plans to reassign some of the existing staff duties and to hire additional help. Well COVID put a halt to that. Lockdown, work from home, distancing.....the pandemic changed our way of doing business.....for a while.

We adjusted to 'distancing' and the need to process more transactions electronically. However, the workload remained heavy and the day to day business needed to continue. This time of year is especially busy for the financial staff. Books of the previous fiscal year need to be closed and reconciled. All the while the new year needs to keep progressing. Check printing, issuance of purchase orders, payrolls, paying bills, contracting services, processing per capita, etc, etc. All of these tasks were oblivious to a pandemic that wanted the world to go on hold.

As we adjusted to the changing work environment, we were finally able to hire the much needed staff members. We are excited and happy to welcome the following members to our team;

- Ben Hicks Jr., Shipping/Receiving Clerk
- Lynda Gift, Accountant II
- Gwendolyn Aalona, Accounting Clerk assigned to Accounts Payable
- Melissa Searcy, Accounting Clerk assigned to Accounts Payable.

Staff training continues and we expect they will each master the tasks of their new jobs in no time. We look forward to serving the community in the new year and hope that you will join in welcoming the new staff to Financial Services.



LIB LIFE,

Tribal Library Staff

Our facility remains in Phase II and closed to the public. Additionally, we are unpacking all materials and rearranging furniture/furnishings following a major flooring update and in anticipation of reopening to partial capacity when the Tribe as an entity moves into Phase III (as declared by Tribal Leadership). Just because we're closed, however, doesn't mean we're not here to help!

AN AWESOME REMINDER

Library Delivery: For those patrons that live within the boundaries of the Nisqually Reservation, we are able to deliver materials to your door weekly. Give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Friday! For those patrons that live outside the boundaries of the Reservation, call the Library for curbside pick-up to reserve a time – at least 24 hours in advance.



kids might like to read based on their age(s) and interest(s)? Need to request an Interlibrary Loan? Nisqually Tribal Members and members of the Reservation community, feel free to give us a call to discuss your information needs!

Family Engagement Kits: For Tribal and Community members with school-aged children, we will be handing out 2nd Quarter kits at the end of February. These awesome grab-bags and boxes contain award-winning literature from the American Indians in Children's Literature blog (AICL), STEAM activities, Family activities (games, painting, etc.) and a community collaboration surprise. Call the Library now to schedule delivery or drop-off of 1st Quarter Kits or to reserve your family's kit for February (50 available)!

Library Staff can be reached at 360 - 456 - 5221
Catalina S. Ext. 1222 OR Shannon R. Ext. 1141

Telephone Reference Services: Have a question about schoolwork? Wondering what materials your

New Title Alert:

There, There

by Tommy Orange

Weaving together the interconnected history yet separate life paths of many fictional characters, this book brilliantly (and tragically) comes together in the end where all characters have worked so hard to get – the Big Oakland Powwow. From the experiences of the Occupation of Alcatraz to reclaiming indigenous identity in an urban environment, to substance abuse, recovery, and gang violence, this title goes into deep territory but consequently has many different points that the reader can grab on to and relate.

If you are interested in checking this book out, contact the Library to schedule curbside or drop-off (reservation residents only at this time). And as a reminder, we accept book recommendations through email.

Lynda.com is Provided

REMINDER: Nisqually Tribe Library Offers Lynda.com Professional Development Courses

The Nisqually Tribe Library has purchased an annual subscription of LinkedIn Learning (LYNDA) for all patrons and cardholders to access professional development courses – from Microsoft Office applications to Learning AutoCAD, Photoshop to Small Business Marketing. Best of all? The courses are available on your home computer over the web!

If you are looking to access the platform, call us at the Library to get a password, then search the training catalog at:

<http://www.Lynda.com>

As an example, Library staff have been working on Emotional Intelligence (EQ) and Leadership online, which is being supplemented by reading materials available from the library. If your department or program would like ideas on training for staff, or you need assistance getting established with the platform, call us at the Library.



Five More Acres of Gravel

By Brad Beach, Jeremy Perkuhn and Sela Kalama

The New Year never feels official until we receive the call from Cal-Portland inviting us to monitor the clearing of another 5-7 acres at their DuPont gravel mine. This has become a tradition since I first began working for the Tribe a little more than five years ago. Although Cal-Portland always seems like the first major project of the year, it is definitely not our only project; we also have projects on Anderson Island, downtown Olympia, and Gig harbor on the horizon as well.

Anderson Island was an interesting project in the way that it came to realization. This is the first project I have reviewed where Pierce County took a proactive role in the cultural resource process and requested

I got the opportunity to do an STP, which is digging a hole of dirt for the archeologist to have access to explore and test the dirt layers. In early America, there were many tribes that were along the Puget Sound and many of these spots along the waters where many indigenous people spent their time. This Anderson Island is located within the Puget Sound and there is access but its ferry only. It was a very beautiful ride to and from this place. The place we had gone to was a family owned land that had a shell midden. A shell midden is a pile of discarded marine resources that indicate a potential archaeological site, which is very amazing to see.

While Jeremy and Sela had to split their time between Cal-Portland and smaller projects like Anderson Island, I've been able to continue participating in ongoing projects like the discussions surrounding the Yelm bypass highway and how best to minimize its



Anderson Island Survey

an archaeological survey *before* sending the entire permitting package out for consultation. We have had multiple conversations with the county that have culminated in the creation of an addendum to their Shoreline Master Plan that clearly lays out their policy for requiring an archaeological survey. The project on Anderson Island checked all three (3) boxes; the parcel in question is within five-hundred (500) feet of a known archaeological site, it has gently sloping topography, and it is within five-hundred (500) feet of a perennial freshwater source.

I asked Sela to reflect on the Anderson Island project and to give a quick account of her day digging shovel test probes (STPs): *I recently took a trip to Anderson Island last week and coming from the Quinault Indian Reservation to the beautiful reservation of Nisqually I've been learning so much history and knowledge of the Nisqually lands. When I first came into this position, I did not really know very much at all and I have learned a lot since I have started in this position.*



Cal-Portland Clearing

impacts on cultural/archaeological resources. Even though we are still relatively early in the research, the cultural items that were uncovered along Yelm Creek are extraordinary! I am really looking forward to continuing the dialogue with the Washington State Department of Transportation (WSDOT) and how best to protect these resources.

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



Fact-checking the Internet

Tips from the IT-WebDev Department

If it's posted on the Internet, it has to be true, right?



Um, no. Unfortunately, in today's world of overwhelming and immediate posting of online content; trustworthy material is shadowed by biased websites, scammers, fake photos, and false or altered stories – all promoting an abundance of misinformation.

According to NPR (National Public Radio) and a New York Magazine article, less than 60 percent of Web traffic use is actually human – the remainder is web bots (or malware to appear as real people). In a 2019 study performed by the Centre for International Governance Innovation (CIGI), it was reported that 86 percent of Internet users had been subjected to fake news, the majority of it spread on Facebook. The results also revealed widespread distrust of social media companies and growing concerns over online privacy.

There are resource sites as well as best practices to use to help separate fact from fiction. These include these helpful Do's and Don'ts;

Don'ts:

- Don't fall for trick URLs (website addresses) such as abcnews.com being abcnews.co.

- Don't mistake ads as posts - these are often marked in small print as "sponsored content"
- Don't take first as best – often the first result in a Web search might not be the most reliable
- Don't just read the catchy headline – read the full story and fact-check resources or references
- Don't just click and share – ensure the information is legitimate, misinformation spreads quickly

Do's:

- Do validate content through resources such as snopes.com, truthorfiction.com or factcheck.org
- Do use trustworthy media or journal websites, e.g. MSNBC, ABC, CBS, NBC, CNN, FOX but be aware that news media channels are typically owned and operated by large corporations which may be biased
- Do remain skeptical and use the "gut check" or "smell test", e.g. is the content believable or unbelievable – either way, verify it.

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

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What does it mean to have food sovereignty? Food sovereignty allows the people to connect with traditional practices and steward the land using ecological and sustainable methods. This allows the people to define their own food systems giving ultimate control over healthy and culturally important foods. Traditionally, the Nisqually People gather, hunt and fish for food in and around the South Puget Sound area all the way up to Mt. Rainier, many of the spaces were and are shared in collaboration with neighboring tribes. After being placed on a reservation and through ongoing colonialism many of our traditional places are dramatically limited. Today, not only do we have smaller areas to practice our cultural customs but our people are also fighting another battle to save endangered species.

The work done by the 2017 Nisqually Food Sovereignty Assessment has given the Nisqually Tribe and its programs insight to the strengths and weaknesses around food sovereignty. The survey results have helped guide decision making, events and programs offered at the Nisqually Community Garden. The results also give opportunity for the tribe as a whole to set achievable goals. We continue to use this resource to lead the way as we look to expand. The Food Sovereignty Assessment was conducted by the Nisqually Garden in collaboration with The Northwest Indian College.

In keeping with the potlatch tradition of resource sharing, exchange and celebration, the Nisqually Community Garden is part of a larger community of regional Tribal Gardens as well as the Global Food Sovereignty Movement.



Winter Chum Salmon

By Craig Smith

The Nisqually winter chum have not been doing well in recent years. The Nisqually Fishers have not fished a whole season since 2011. Since 2015 the Nisqually Fish Commission has taken greater steps to reduce in river and pre terminal fishery impacts. This past 2020/21 returning winter Chum to the Nisqually River did not have a large enough forecast to plan a treaty or sport fishery.

The run size returned many thousands of fish less than forecast and well under our escapement goal. There are many variables working against our winter chum right now; issues in the Puget Sound, Ocean conditions, and marine mammal predation in river and in the saltwater. These variables may be the cause of the run shifting and returning earlier by three weeks. This timing shift is problematic for the Nisqually Winter Chum as the most fruitful spawning



area in the Muck Creek system often does not have water until late December. Our main stem habitat is very good however, in recent years the fish have entered the river on below median flows and have been scoured out by high flows. If chum enter when the river is high the scour effect is not as great

because the fish have a chance to spawn in the margins of the high water instead of the middle. On higher flows they also can access spring fed side channels that chum love so much. So you can imagine if the run has shifted three weeks earlier by selective pressures from sea mammals etc that our Chum are not entering the river during ideal winter flows.

Since 2015 the Nisqually management team has consistently raised concern for our Winter Chum in pre terminal fisheries and has made massive headway in protecting our Chum from other fisheries. The commitment by the Nisqually Fish Commission to protect the Winter Chum in the River has been a key reason that others outside the river have listened and are showing their commitment to protecting the Winter Chum as well.

There is much hope for these fish, mostly because given the chance Chum have an amazing ability to bounce back and can do it very quickly. The Summer Chum in Hood Canal have recovered to be considered for delisting and potentially directed fisheries. Nisqually Winter Chum run sizes are hovering around 10,000 so currently we are not concerned about losing winter chum all together but the cautious tactic that the Nisqually Fish Commission has taken will only help get as many fish to the spawning grounds as possible by continuing to pressure the preterminal fisheries and pushing mammal management into the spotlight.

Nisqually Public Safety Complex

By Michael Terrell

The Nisqually Public Safety Complex recently had two Officers, one being a Nisqually Tribal member graduate from the Federal Law Enforcement Training Center in Artesia, NM. The officers attended a 13 week basic police academy learning basic patrol skills, case law, tactics, patrol procedures, etc.

Nisqually Tribal Member Masun Slape and Officer Scott Benson are in week two of post academy training phase. The post academy training is a 12-week program with certified training officers covering geography, departmental policies, and patrol procedures. The Nisqually Police Department is preparing to send four more cadets to the Federal Law Enforcement Training Center in April.





Facts about COVID-19 Vaccines

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical.

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19. It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a **current infection**.

If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new

evidence becomes available.

Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications.

Information courtesy of the CDC





Community Services

By Amber Sutterliect

Vocational Rehabilitation Program (VR):

The Nisqually Tribe Vocational Rehabilitation Program has started the second fiscal year of a newly refunded five year grant. The Nisqually Tribe is partnered with the Squaxin Island Tribe and serves as the lead Tribe on the grant application; which is ran through the South Puget Intertribal Planning Agency (SPIPA).

Program Eligibility Requirements are as follows:

Native American individuals who are members of a federally recognized tribe, who experience disabilities or barriers that prevent them from obtaining or maintaining employment may be eligible. Determination of eligibility may take up to 60 days.

The following are required when applying:

- Must have proof of enrollment in a federally recognized tribe.
- Must reside within service delivery area (Thurston County).
- Must have physical, mental or emotional disability/barrier that is documented by a professional.
- Must be able to benefit from vocational rehabilitation services to obtain or maintain employment.
- Must require Tribal Vocational Rehabilitation service(s) to get, keep or return to work.
- The services provided are all based on needs identified while developing an Individualized Employment Plan (IEP).

Success in this program involves a partnership between Nisqually Vocational Rehabilitation staff and program participants. Services are provided with cooperation, commitment and mutual respect.

What to bring to your first appointment:

For your first appointment, please bring the following, which will help speed up the application process:

- Either a State ID or Driver's License
- Utility bill in your name and the envelope it came in
- Copy of your Diploma, GED or college transcripts
- Social Security card, and Tribal ID
- Copy of your work history

General Assistance Program (GA):

The General Assistance program provides assistance to enrolled members of federally recognized tribes that reside in the Nisqually service

area (Thurston County). It is designed to provide cash assistance to eligible participants which is to be used to meet the basic needs of food, clothing, shelter and utilities. The program is a resource to help clients become self-sufficient.

Contact information

Please call Amber Sutterliect at 360-456-5221 ext. 1283 to discuss eligibility and/or schedule a time to obtain an application packet.

All clients must wear masks when in facility for appointments. No drop-in appointments available - by appointment only.

Move-In Assistance Program:

This program is available only to Nisqually Tribal Members and provides assistance for costs associated with **new** housing rentals (not for existing rental assistance). The program may provide up to \$3,000 for first month's rent, last month's rent and deposit upon application and eligibility review.

The following are required documents for the application process:

- Rental Agreement/Lease signed by the Tribal Member and Landlord
- W-9 signed by Landlord
- Deposit Agreement signed by Landlord
- Policies and procedures document signed by the Tribal Member stating they understand the policies set forth by the program and Tribe.

If you would like to inquire about your eligibility for this program, please contact Community Services Administration. You can speak to any of the following staff members, who will be able to check your eligibility and schedule an appointment to review the application and required documents.

No drop-in appointments available at this time. For appointments, please be sure to wear a mask once in the facility.

Marie McDonald – 360-456-5221 ext. 1234 or email mcdonald.marie@nisqually-nsn.gov

Jason Sharp – 360-456-5221 ext. 2104 or email sharp.jason@nisqually-nsn.gov

Jordan Scott – 360-456-5221 ext. 1282 or email scott.jordan@nisqually-nsn.gov



Tips for Coping with Difficult Situations

By Tarah Earhart, Behavioral Health Program Manager

At one time or another, all people face difficult or painful situations. In the midst of these challenging times, it can feel like the pain will never end or things won't ever get better. In these moments, it is important to remember that you have survived every challenge you've faced in your life so far, and you can get through this situation as well. You are not alone and your current challenges are not permanent—it will get better.

In times of difficulty and stress, it is important to practice healthy ways of coping. Coping skills are strategies you can use to manage the distress caused by painful emotions, thoughts, and experiences. Experiencing stress can cause you to feel drained and depleted, but practicing coping skills can help to create a buffer or shield that reduces the impact of the stress. Below are some coping strategies you can practice to help you through difficult situations.

This Too Shall Pass

- Remind yourself that the way you feel right now will not last forever. Everything changes over time, including whatever difficulty you are currently facing. Some stressors may last a long time, for example the current pandemic, but the stressor often changes in some way and you will be able to adapt more easily over time.

Practice Perspective

- Being under stress can give us “tunnel vision” causing us to only see the problem and forget about the big picture. Practice putting the situation into perspective. You can ask yourself some questions to help with this:
 - Is what I'm upset about still going to matter a month from now? Six months? A year?
 - What is this experience teaching me? What knowledge am I meant to gain from this?
 - What is still good about me as a person? What is still good about my life?
 - Despite this suffering I feel, what am I still grateful for?

Respond to Negative Thoughts with Compassion

- Difficult situations only become more challenging when you also take on the burden of self-criticism and pessimism. During times of threat, you may tell yourself that a situation is hopeless, there is no point in trying, or that you will never feel better. You may call yourself

terrible names and blame yourself for things you had no control over. However, you would likely never say these things to a friend or a loved-one if they were going through the same situation. When you notice yourself having negative thoughts about yourself or the situation, ask yourself:

- What would I say to my friend/family member if they were feeling this way?
- How can I describe what I'm feeling without judging myself?
- Have I forgotten that it is ok to be human? Have I forgotten that I am worthy of love?

Connect to Your Breathing

- In times of stress or fear, breathing can become restricted and shallow without you even noticing. When breathing is restricted, it sends a message to your mind and body that you are under threat and this creates additional tension and stress. When experiencing a difficult emotion, thought, or situation, take a moment to check in with your body ensure that you are breathing at natural, comfortable rate. Here is a step-by-step way to practice connecting to your breath:
 - Take a moment to sit or lie down in a safe, comfortable place.
 - If you feel comfortable doing so, close your eyes. If you cannot close your eyes, pick a spot on the wall or in the distance to look at and let your gaze relax.
 - Notice any tension in your body, especially your shoulders, and practice letting it go. You may want to roll your shoulders a few times.
 - Lay one hand on your stomach and feel your hand rise and fall as you breathe in and out. Allow yourself to become aware of the pace of your breathing and find your own rhythm.
 - Stay this way for a few moments and if your mind begins to wander return to focusing on the rhythm of your breath.

Safely Connect with Others

- One of the most powerful coping strategies is connecting with others. However, due to the current pandemic, it is necessary to change the ways of connecting to ensure the safety and wellbeing of The Community. There are many safe options for connecting such as phone calls,

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Keeping the Community Connected and Safe during COVID

As a community, we can remain connected with loved ones virtually to make the distance feel shorter. Follow guidance at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) to #StoptheSpread of #COVID19 and keep our families and communities safe.



#ProtectOurElders and stay culturally connected by sharing prayers, stories, or traditional recipes virtually.

For those community members interested in getting their vaccines but haven't scheduled yet, don't hesitate to call 360-413-2733 and inquire if you're eligible at this time; there is an approved Distribution Plan being followed and registration requirements.

Currently there is a 28 day timeframe **between the 1st and 2nd doses of the MODERNA vaccine** we have available here in Nisqually. There is room to delay the 2nd dose in case you can't get back in on the 28 day marker which is part of the reason why we're prioritizing 2nd doses into a 'bundle' day drive thru.

Continued from page 11-COPING

video chats, texting, emails, sending cards/letters, online groups, etc.

When you are under stress, you may feel like you don't have the energy to talk to anyone or feel like you don't want be a burden. However, isolating yourself often creates even more distress. Connecting with someone you care about can provide helpful support, even if it is just to give you a break from being alone with your thoughts.

If you don't feel comfortable talking to someone in your life consider scheduling an appointment with a counselor. You can contact The Behavioral Health Program Monday-Friday 8:00 a.m. - 5:00 p.m. at 360-413-2727 to schedule a phone appointment with a counselor.

You can also call the Thurston County Crisis line 24/7 at 360-586-2800 or the National Suicide Prevention Lifeline at 1-800-273-8255 for free, confidential emotional support.

Nisqually Health Department Diabetes Program
Schedule your annual diabetes exam. 360-459-5312

Know the Differences
Cardiovascular Disease, Heart Disease, Coronary Heart Disease

Cardiovascular disease, heart disease, coronary heart disease – what's the difference?
Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease
The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **congenital heart defects** and **peripheral artery disease**.

More than 900,000 people die of cardiovascular disease every year in the United States.

1 in 3 deaths

Coronary Heart Disease
A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans died from coronary heart disease in 2015.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

Heart Disease
A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function. Keep in mind – all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.

About **630,000** Americans die from heart diseases each year.

11.7% of American adults (that's more than 1 of every 10) have been diagnosed with heart disease.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Control your weight.**
- **Don't smoke.**
- **Manage stress.**

nhbi.nih.gov



Are you prepared for a dental emergency?

By Sue Bohannon, DMD

Snow is beautiful but sometimes misadventures can happen! I wanted to send out a quick reminder on how to handle some of the more common dental emergencies.

Toothache: Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue. If



the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

Knocked-out tooth: Try to find the tooth! This may not be as easy as you think if the injury took place outside in the snow, try to stay calm. Hold the tooth (not the roots) and rinse the root portion in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful re-implantation, so try to get to your dentist immediately.

Broken tooth: Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling. Contact your dentist for an appointment.

Tongue or lip bites or wounds: Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may be able to reduce bleeding from the tongue by pulling it forward out of the mouth and using gauze to put pressure on the wound.

Objects caught between teeth: Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

Possible broken jaw: Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

I hope these tips might help you until you can be seen by us. Call us anytime for a dental appointment at 360-413-2716

Prenatal Care

For mothers to be and their baby, prenatal care will now be offered at the Nisqually Tribal Health Clinic. The NTHC has partnered with physicians from St. Peter Family Medicine to provide on-site OB care at the Nisqually Health Clinic.

Afternoon appointments will be available two Fridays every month.

- Prenatal vitamins
- Discuss plans for prenatal care
- Check baby's growth and listen to baby's heartbeat
- Prenatal gift at first visit

In addition to care at the NTHC, every woman will receive three additional visits, one in each trimester at St. Peter's Family Medicine for exams and labs.



To schedule your first visit please contact the **Nisqually Tribal Clinic at 360-459-5312**



December Women's Wellness Drive Thru Event

By Raylene McCloud

Hello, my name is Raylene McCloud. I am the Nisqually Native Women's Wellness Patient Navigator at the Nisqually Health Clinic. I help facilitate appointments for screening exams such as mammograms and pap smears. I also educate the tribal community about prevention and detection of cervical cancer, breast cancer and HPV (human papilloma virus).

On December 16, 2020 the Nisqually Native Women's Wellness Program held a very successful drive thru event in the gravel parking lot in front of the Nisqually Tribal Office due to COVID19 event guidelines. We handed out goodie bags with masks from Rez Gear, hand sanitizer, self-care kits and lots and lots of good information. We ended up handing out approximately 150 bag and delicious lunch boxes that were catered by Michael Coulliette. I want to say thank you to Lorena Guidry, Jeffreen, Jacqueline and Elizabeth Siegel for their help handing out bags. I would also like to thank the maintenance department for setting up and taking down the tents and tables for

us. I really enjoyed being able to see all of your smiling faces again and I hope you got some good information as well.

Our program hosts six mammograms per year and pap smears and women's wellness exams are offered at the Nisqually Health Clinic to eligible patients' year around. The Native Women's Wellness Program tries to offer a small gift when you complete one of these very important exams. Please call the Nisqually Health Clinic to schedule your appointment.

When should you begin getting your screenings?
 Mammogram 40 years and up once a year (or what is recommended from your provider)
 Pap Smear starting at age 21 and then follow your provider's recommendation.
 HPV vaccinations for boys and girls at age 11.

Please call the Nisqually Tribe Health Clinic at 360-459-3512 to schedule your appointment.



 South Puget Intertribal Planning Agency

USDA Foods Program March Dates

PT. GAMBLE S'KLALLAM 3/4/21
SQUAXIN ISLAND 3/10/21
SKOKOMISH 3/16/21
NISQUALLY 3/19/21
CHEHALIS 3/25/21

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 March Dates

SHOALWATER BAY 3/3/21
SQUAXIN ISLAND 3/9/21
NISQUALLY 3/10/21
CHEHALIS 3/11/21
SKOKOMISH 3/17/21

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

March 10, Happy Heavenly Birthday Rene, Love The McDonald Family

March 17, Happy 5th Birthday Ryker, Love the McDonald Family

March 22, Happy Heavenly Birthday Mom, we miss you every day and love you with all our hearts, your children, grandchildren and great grand children



Reservation Road



Public works at the roundabouts



Billy Frank Jr. Blvd.



Nisqually Tribal Office



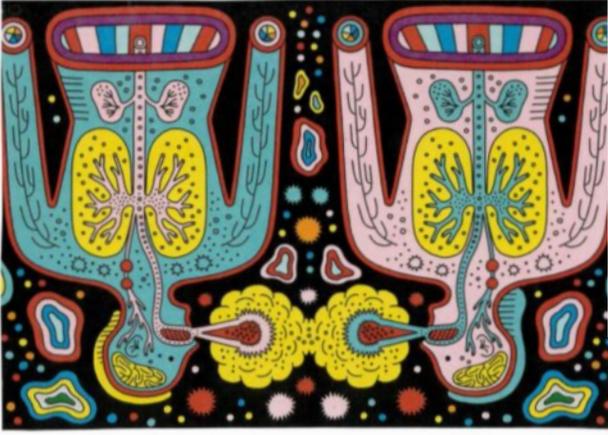
Nisqually Youth Center in the distance

Yes it SNOWED!

Monday February 18, 2021

REMEMBER YOUR MASK

REMEMBER



POST & PRINT Nisqually **PROMOS**

Hours:
Monday - Friday
9am - 5pm
Location:
12820 Yelm Highway SE #C
Olympia, WA 98513
Phone:
360.338.6431
Email:
orders@nisquallypostandprint.com

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& MUCH MORE



Nisqually Indian Tribe
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Olympia, WA 98513