



Nisqually Garden's Sophia Hipp Wins Native "Chopped" Competition

By Caitlin Krenn

Have you ever watched a cooking competition and imagined yourself behind the cutting board as the clock ticked down the seconds and you raced to put the finishing touches on your signature dish? Sophia Hipp recently got the chance to do just that -- at the NW Tribal Food Sovereignty Coalition Conference in Suquamish.

The Nisqually Garden crew attended the conference at the Suquamish Tribe's Kiana Lodge Sept. 27, which brought together traditional food champions from across the region to share foods, ideas, and information. The day also featured a Native traditional foods cooking competition modeled after the popular Food Network show "Chopped."

Sophia, a Field Technician at Nisqually Garden, bravely volunteered and met her two other team members on the spot: Dean Dan (Swinomish) and Tobey Joseph (Navajo/Ute). The newly formed team ambitiously dubbed themselves "The Champions," and got to work.

The competition kicked off with a song to bless all five teams. Each team was given a basket of traditional foods and a table of seasonings and other ingredients to create a unique, inventive meal. Traditional foods included geoduck, hazelnuts, duck eggs, wild onions, huckleberries, smoked salmon, pickleweed, blue corn and seaweed.

"The Champions" kept cool under time limits, repeated power outages and the pressure of a live audience to deliver a meal that was both beautiful and delicious. Their winning plate featured geoduck (g'wíðəq) fritters with a Huckleberry vinaigrette sauce and seared smoked salmon garnished with wild onions and crunchy salmon skin. Toby Joseph sang before the dish was served and said he added the salmon skin in honor of his kids. Everything was

served on a cedar bough with colorful flowers on the side.

This meaningful presentation helped put "The Champions" over the top and live up to their name. Sophia, Toby, and Dean each received a hand-woven cedar basket full of kitchen gadgets, a coastal design tea towel and \$75 each.

Congratulations Sophia!



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.

Please call the tribal office at (360)456-5221 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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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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Nisqually State Park May Receive Funds to Improve Facilities

By Debbie Preston

The Nisqually Tribal Council toured Nisqually State Park along with Washington Gov. Jay Inslee as part of a discussion about adding money to the state budget for parks.

Inslee wants to add about \$3 million to the budget for parks and the tour highlighted how Nisqually State Park would benefit. Nisqually owns adjacent property and the area has much cultural significance to the tribe. There is no permanent presence of state park personnel at this time and that could change with additional money.

Vandalism is a problem at the property without personnel on site all the time and the park would like to develop a campground near the current parking lot along with a park office.

The Nisqually Tribe will host a public meeting regarding Nisqually State Park Monday, Nov. 5 from 5 to 7 p.m. with food served. The state's plans for the park will be available and input from tribal members will be sought regarding how to protect salmon and the river as well as sacred spots to Nisqually people.

An update on the ball field area and Medicine Springs will also be available.



2018-2019 Nisqually Youth Council

The Nisqually Youth Council had elections for 2018-2019 and those elected were: Left: DeShane Everybodytalksabout, Chairman; Austyn Sanchez, Sergeant at Arms; Jr. Johns, Treasurer; TaNeisha Birdtail, Vice-Chairman; and Tayonnah Birdtail, Secretary.



Welcome New Police Officer Dickerson

Jalan Dickerson brings the Nisqually Police Department up to six officers and Chief Tom Iyall. Dickerson was an officer in Rochester, WA for three years followed by a stint with the Chehalis Tribal Police. He and his wife Alicia have a one-year-old daughter. One additional officer is at the Police Academy now.





Emergency Management Corner:

Preparing for Power Outages

With the winter weather fast approaching, we will most likely experience a power outage once or twice. It would be beneficial to start thinking about what you can do now to prepare your family household during a power outage.

Prepare NOW - Take an inventory of the items you need that rely on electricity.

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

Keep mobile phones and other electric equipment charged and gas tanks full.

During an Emergency outage - Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Maintain food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home. Go to a community location with power if heat or cold is extreme. Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.

Be Safe After - When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture. If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug’s label says otherwise.

Should a power outage last for an extreme amount of time, Emergency Management will send out information regarding Emergency locations for those who need a comfort center and meals.

Cemetery Committee Project

By Debbie Preston

The Cemetery Committee and employees celebrated the completion of the bathrooms at Chief Leschi Cemetery recently. The design on the front was painted by Quinault Indian Nation master carver Cecil Capoeman, son of Guy Capoeman, also a master carver. The cemetery committee over the years has expanded the land available for the cemetery, added headstones for all Nisqually tribal members, added the niche and beautified the grounds with a waterfall and other touches. Most of the wood used in the bathrooms was milled by the cemetery sawyer on site.





My Time With AmeriCorps

By Feather Villegas

When I first started AmeriCorps, I was fresh out of high school and really nervous about starting the program. I didn't think I knew anybody or was strong enough to keep up, but as soon as I got to orientation, I saw people I knew. They helped me to eventually open up and become closer to the rest of the crew.



changed so much there. You couldn't tell there was a lake because of how much blackberry was growing when we first arrived. Now St. Clair has almost perfect visibility all the way around the property. There is still a lot of ivy, but with a lot of hard work as a team, that should be no problem for this

third year crew.

Once we were all working and comfortable with each other, we became like a family. There was no problem we couldn't get past. Any project became something we would all put everything into. We always had our hard work hats.

Despite some missteps that would normally happen with such an age-diverse group, we could always figure out a way to learn from one another and make sure each and every one of us was never left out. When I was rehired later on mid-season, I was again nervous to see if any of our dynamic was lost, but to my pleasant surprise and despite having a new member, nothing really changed. In fact everything seemed to bring us much closer. It made it so that our crew was almost unstoppable.

The project we worked on that was the most challenging was the St. Clair project. From when we first arrived to the end of my AmeriCorps term, we

My favorite thing I was able to do was help build the 21st St. Park. It took a lot of time and effort, but I felt like now it was all worth it.

My favorite thing as part of the second year crew was to help with was making garden boxes for some of the elders. From building the boxes to moving them and putting them together was easy enough, but when it came time to shovel the mix of compost and manure, the muscles ended up going into overdrive. Seeing how they look now makes it all worth it.

Meeting the third year crew who will now take over what we crew members have created, maintained, and structured is such a weird thing. I have high hopes though after watching them work on certain projects side by side, I'm sure they will do great.

WHAT'S HAPPENING AT HOUSING..

This winter we are having our annual housing maintenance for our tribal elders and rentals that includes:

- Roof Cleaning
- Chimney Sweeps
- Gutter Cleaning
- Yard Maintenance

Since fall/winter are already here, we are trying to get a jump on this before it starts getting too wet and cold. Our Roof/Gutter contractor will be going out and cleaning out the debris out of the gutters to prevent clogging/ backups and laying down moss protectant to protect our roofs. The **chimney sweep sweeps** and cleans **chimneys**, smoke ducts, flue

pipes and fireplaces in order to prevent soot fires and gas emissions. If you believe there is something wrong with your fireplace, please contact housing before circling your answer on the letters our department sent out Oct. 1. If you are an elder and wanting this service, you are allowed to contact the Housing Department (360)493-0081 and request your name to be put on our list.

Our grounds crew are doing an end of the year lawn maintenance. If you are in a rental or a tribal elder who wants your yard to be cut, trimmed, raked, etc., please contact the Housing Department so we can maintain your yard before the lawns get too wet. If you have any trash or debris you'd like to be removed, please feel free to give us a call.



“Surfing the Internet” – Dude, what does that mean?

Tips from the IT-WebDev Department

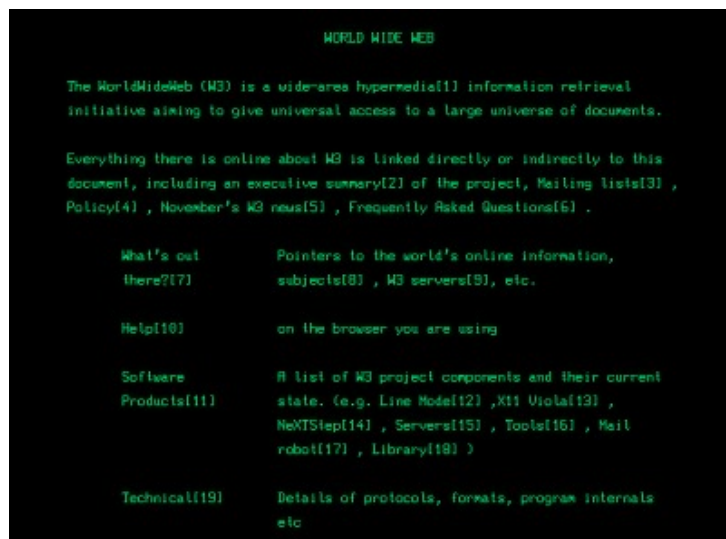
A common reference to browsing the World Wide Web is the phrase “surfing the Internet.” This phrase originates from an article published in a March 1992 University of Minnesota Wilson Library Bulletin. At this time, the Internet was still in its infancy and a growing phenomenon.

“I wanted to evoke a sense of randomness, chaos, and even danger. I wanted something fishy, net-like and nautical. A mouse pad that I was using had the image of a surfer on a big wave with the title “Information Surfer.” “Eureka,” I said, and had my metaphor.

Jean Armour Polly, Phrase Originator/

Master in Library Science

Surfing as a water sport was first enjoyed by Polynesians in Tahiti and Hawaii as far back as 1500 AD. The earliest written account of the Hawaiian sport occurred in 1779. More than 200 years later, the first browser was developed and was a text-only online browser (as pictured above). It was this type of tool that helped coin the phrase “surfing the Internet.” “Information surfing” was a phrase used to describe the action of someone searching for information through books or newspapers. Early online users



How surfing the Internet appeared in 1992.

would search the Web for similar information purposes - long before entertainment, social networking and advertising.

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

Congratulations Willette, You Did It!

By Tia Lozeau, STEP Coordinator, on behalf of the STEP Board

The STEP Board would like to send a big shout out to Willette McCloud for earning her high school diploma through the RUN 21 program. Willette has been in the STEP program since May of 2018. In that 9 months she has worked very hard on completing all of the required assignments to earn her diploma in a very short amount of time. She has also completed several levels of her apprenticeship in HR, and is now working with the training department on the current requirement of her HR apprenticeship. Willette is a very motivated person that can light up a room with her smile and laugh. We are so very proud of you. At this rate, you will achieve all of your dreams and aspirations. Keep up the amazing work, and don't stop reaching for the stars.



End of the Season

By Debbie Preston



The Nisqually Garden crew poses together, a rare event during the season, on the last garden stand of the season in October. Left, Janell Blacketer, Caitlin Krenn, Grace Anny Byrd and Sophia Hipp. Left rear, Carlin Briner, Vanessa Hipp and volunteer Warren Bergh. This was the ninth growing season for the garden and the crew distributed more than 7,000 of produce, built five home gardens for Nisqually elders with the AmeriCorps crew and started a weekly box delivery program for elders.



Chinook and Grizzly Bears

By Debbie Preston

Nisqually chinook are playing a part in the possible reintroduction of the grizzly bear in North Cascades National Park.

Grizzly bears all but disappeared from the North Cascades with only one bear spotted in many years. The National Parks Service and U.S. Fish and Wildlife Service have supported an effort to reintroduce the bears, but vocal anti-reintroduction cattle interests have stalled the proposal in Congress.

Meanwhile, bear researchers at the Washington State University Bear Center are looking into whether grizzly bears who might be reintroduced would be immune from the disease commonly known as Salmon Poisoning Disease. Mostly known for sickening and killing dogs and not bothering bears, a new, closely related bacteria has been discovered and found to sicken bears.

What researchers will use Nisqually chinook for is to create a serum antibody test using the bacteria from the fish. They have also collected many blood

samples from Northwest grizzly and black bears this year. The antibody test will allow researchers to see the bears who have the bacteria in their system and are still healthy, leading to confidence about any



bears that might be reintroduced into the wild where they will encounter the bacteria in fish.

Clear Creek Fish Hatchery Giveaway

By Debbie Preston

The Nisqually Tribe hatchery crew and volunteers gave away an estimated 5,000 chinook carcasses after they were used to spawn the next generation of chinook at the hatchery. The tribe has given fish to Nisqually elders and tribal members as well as military personnel and members of the general public for 25 years and established a connection with local schools who help with the spawning part of their science curriculum.





2018 Chum Season

By Craig Smith

Nisqually winter chum have had a tough go in the last few years. We have only met our escapement goal three out of the last six years and in the years we met escapement, flow conditions were not friendly to the spawners. Going into this year's pre-season management meetings, these escapement woes played heavily into planning the 2018 fishery.



These conservation measures were included in the overall 2018-19 fishing agreement and schedule. Also, this conservation sentiment for winter chum has had an effect on fisheries in Central Puget Sound which at times catch Nisqually winter chum. This year we were successful in getting the fall chum fishery to close three weeks to protect Nisqually chum. This early closure leaves thousands of fall chum "on the table" for both treaty and non-treaty commercial fishermen.

Because of concerns about past spawning success, this year our Fish Commission and our policy representative to North of Falcon/Pacific Fisheries Management Council decided to play it safe. First, fishing will be on a two-day schedule through Jan. 2, 2019. However, we now have two in-season update tools that could allow us to determine if more fishing is possible into January. Second, because chum often spawn in the lower mainstem, our Fish Commission and policy reps decision was to limit the fishery to the first six miles of the river only, allowing all fish that pass above to spawn successfully.

All of these conservative approaches will be needed to pull our winter chum out of the descending trend that we have seen in recent years. With climate change and a known Nisqually chum timing change earlier in time, the reality is that we will have to be very diligent into the future to protect our chum fishery, both from outside fisheries and natural causes. We have great habitat and conscientious managers that will work hard for this special run to succeed for fisheries into the future on the Nisqually River.

Divers Prepare!

By Sue Bohannon, DMD

Make a dental check-up part of your pre-diving preparation!

Diving season is right around the corner and it's never too early to take care of your teeth. Remember, teeth take time to repair.



Tooth infections can cause problems when diving. Dental cavities and infections cause spaces in teeth, under fillings, and in the jaw bone. These spaces will be forced to equalize on a dive and can cause pain. Sometimes teeth need to be extracted (pulled out). It is important not to disturb the area during the healing phase. A minimum of 4-6 weeks is recommended before diving to allow time for the healing process, and you may need more time in cases where the extraction is complicated or there is an infection afterwards. Don't let a toothache or infection keep you out of the water! Call us for a check-up at 360-413-2716.

Please Join Us!

Nisqually Housing Fair
November 14, 2018
11:00 a.m. - 3:00 p.m.
At Nisqually Youth and
Community Center

Please join us as we
provide hands on
demonstrations,
giveaways, vendors and
educational materials!



SPIPA Breast Cancer Walk Draws a Crowd

By Debbie Preston

Anita Paz is 20 years breast cancer-free, but she doesn't take it for granted. "I go for my checkups, I continue to do my own self-checks. I tell everyone to be aware of their bodies and not to be embarrassed or afraid to do their own checks," Paz said.

Paz addressed those attending the SPIPA's Native Women's Wellness Program Breast Cancer Awareness Walk, which Nisqually hosted this year. The walk, speakers and raffle were held at the Nisqually Youth and Community Center in October.



"The weather was great and we had 95 folks sign in," said Raylene McCloud, JOB TITLE. The walk was hosted by the Skokomish Tribe in 2017. "We really underscore the importance of screening," McCloud said. Paz helped with the message, saying it's important to teach your daughters young to do their self-exam. "I found mine early. In fact, my doctor went ahead and got a biopsy and it ended up being the bump behind the bump. Don't be afraid to ask your doctor – even if you think it's nothing," Paz said.



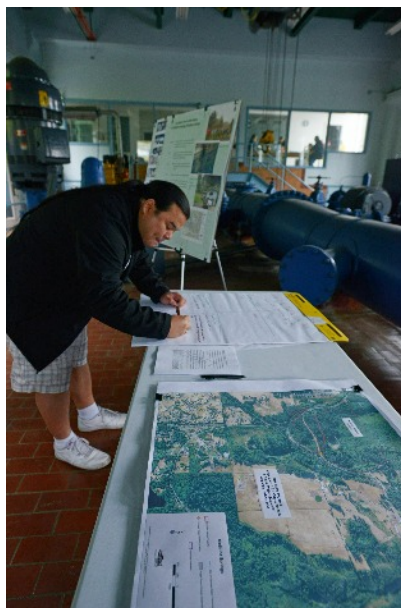
Elizabeth Siegel, ARNP for Nisqually Health, reminded women to consult their provider about getting the often life-saving screen of a PAP smear, which is recommended for women aged 21 and over. Your provider can help decide, based on the patient's health history, how often a PAP smear is needed, Siegel said.

"We're grateful to Beverly Owens for designing the t-shirt as well as to Youth Center staff and clinic staff for helping support this great event," Siegel said.

Nisqually Parks at Medicine Springs

By Debbie Preston

Nisqually Parks prepared for a wet picnic at Medicine Springs last week where Nisqually tribal members wrote down some ideas about what they might want to see done with the property. There were Indian Tacos to eat and descriptions of the history of the springs inside the old pump house for the springs and a place for comments. You can provide your input about what will happen with Medicine Springs at the Nisqually Parks meeting on Nov. 5 at the Billy Frank Jr. Gym beginning from 5 to 7 p.m. where there will be discussion of the plans for Nisqually State Parks and opportunity to comment on those plans as well.





Health Fair 2018

By Debbie Preston

October's Nisqually Health Fair was a big success with an estimated 400 people attending with staff, vendors and guests.

Guests were able to take in 73 vendor tables and 55 Nisqually Health staff were there to help with many aspects of health information along with good food, games and overall fun. A variety of Nisqually Tribe departments provided information such as Emergency Services and the Nisqually Community Garden and there were games and crafts for kids on the second level along with more vendors, showing the growth of participating vendors.





TANF Family Night

By Jesse Youckton

Every month, TANF hosts a client family night, where we invite our families to have dinner with us and incorporate different cultural and learning presentations. For September, we invited "Sub-Zero" owner, Jack Walsh, to provide a fun and exciting science presentation. He shared the science behind liquid nitrogen and how to make ice cream using it! Within seconds, he was able to make servings of ice cream for everyone present, even having an option for those of us who are lactose intolerant! After his presentation, he gave each parent gift certificates to the ice cream store in Federal Way. For more information on Sub Zero Ice Cream, visit their website at www.subzeroicecream.com.

Pulling Together for Success Community Resource Dinner was held on Sept 25. We had 15 different community resource tables and over 75 people in attendance! The vendors ranged from tribal programs to outside agencies that serve our local tribal population. Some of them include South Sound Reading Foundation, The Evergreen State College and Molina Health Care. Molina Health Care, in an effort to promote healthy lifestyles and physical exercise, brought out their "Smoothie Bike" where participants had to get on the bike and peddle fast enough to make the blender work and make a smoothie. This had youth and elders testing their biking speeds.

During the resource dinner, we held raffles for both adults and youth. If you missed this dinner, please try to make it to our fourth quarter Pulling Together for Success Community Resource Dinner, on Nov. 7 from 5:30 to 7:00 p.m. at the Billy Frank Jr Gym. This dinner is open to tribal members, tribal employees

and community members. If you have any questions regarding this dinner, contact Jesse Youckton for more information.

The Division of Child Support Tribal Liaison, Lisa Vasquez, is at the TANF Classroom, every second Wednesday of every month from noon to 4:00 pm. She is available to meet with tribal members or staff if you are owed or owe child support and have questions. You may drop in without an appointment, but if a scheduled time works better for you, contact Lisa directly at 360-664-6859 or call the TANF office at (360-456-5237).

If you recently had a child or a child was placed in your care, call us and we can help! We provide monthly cash assistance and support services to families that need assistance. Income and other factors for eligibility apply. For more information, contact the TANF office or ask for Jesse, Intake Specialist.





South Puget Intertribal Planning Agency

WIC Program November Dates

CHEHALIS 11/8/18
SQUAXIN ISLAND 11/13/18
NISQUALLY 11/14/18
SKOKOMISH 11/21/18

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.





South Puget Intertribal Planning Agency

USDA Foods Program November Dates

NISQUALLY 11/2/18
SQUAXIN ISLAND 11/6/18
SKOKOMISH 11/9/18
CHEHALIS 11/15/18
PT. GAMBLE S'KLALLAM 11/20/18

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





Phases of Tooth Decay

By Sue Bohannon, DMD

- 1) **Normal mouth bacteria** stick to teeth; 4 to 12 hours after a person eats, they begin forming **plaque**, a soft, sticky material that can be clear, white or yellow.
 - 2) Food sticks to the plaque and feeds the bacteria, which thrive on sugar and starch.
 - 3) **Demineralization**: Bacteria produce acid that dissolves minerals in tooth enamel.
 - 4) If plaque is left on teeth, tooth decay grows deeper into the enamel, creating pockets of decay.
 - 5) **Cavity forms**: Weak area breaks. Tooth can't repair itself, and a filling is necessary.
 - 6) **If the cavity is not repaired**, decay advances deeper, infecting the root and possibly the bone around the tooth.
- Speed of process**: In adults, it takes four to six years to penetrate enamel; a cavity can form any time after that. Cavities can develop in baby teeth in a year or two.

What you can do:

- 7) Good oral hygiene can reverse demineralization; use an alcohol-free, fluoride mouthwash, floss each day and brush twice a day.
- 8) Reduce the amount of sugar and starch in your diet (like crackers, chips, cookies, or candy).
- 9) Reduce the amount of sweet drinks (sweetened tea, juice, sport drinks) or soda pop (regular or diet) consumed in a day.



Nisqually Dental Clinic 360-413-2716

Flu Clinic

This year's Nisqually Tribe Flu Shot clinic saw 85 people get their flu shot and more are getting them at the clinic since. Last year's flu season saw more than 300 people die in the state and the deaths this year are on pace for a similar rate. Older adults and the young are especially advised to get their flu shot, but complications from the flu can cause death for healthy adults.




Congratulations!

Nisqually Tribal Health Department

Patient Referrals for


URGENT CARE



The Nisqually Tribe CHS program has established a working relationship with two facilities for Urgent Care needs. They are open on **weekends** and have lab and X-ray on site. Wait times are generally **shorter than an ER Visit**.

Normal rules for payment apply: please call 360-486-9599 for a PO, only go as a last resort, and provide all insurance information. This is only to be utilized if service at Nisqually Health Center is unavailable.

Providence Immediate Care Lacey	Providence Immediate Care West Olympia
4800 College St SE	1620 Cooper Point Rd SW
Lacey, WA 98503	Olympia, WA 98502
(360) 486-2900	(360) 486-6710
Mon-Fri 8 p.m. - 730 p.m.	Mon-Fri 8 a.m. - 8 p.m.
Sat-Sun 9 a.m. - 430 p.m.	Sat-Sun 9 a.m. - 5 p.m.



Nisqually Indian Tribe
sq'ali'abs
People of the river, people of the grass
Health Department



How to Help in a Mental Health Emergency

By Addie Spencer, MD

Pretend you are watching your daughter's basketball game. Her team is playing well and they are winning by 10 points. Then suddenly one of the granddads sitting near you in the stands grabs his chest and collapses. Everyone gasps and the game suddenly stops.

But everyone knows what to do. Ten different people grab their phones and dial 911. Meanwhile the coach rushes over to offer first aid and another parent runs to the front desk to get the defibrillator. There is a good chance this story will have a happy ending because strangers jump in to help in this emergency.

When a mental health emergency strikes, it can be more difficult to know how to respond. But mental health emergencies can be just as dangerous as a heart attack. It is important to know how to respond to a mental health crisis. You just might save a life!

Here are some tips:

If the person in crisis could be dangerous, call 911. Threats against self or others need to be taken seriously; trust your gut. First responders have training to assess threat levels and respond appropriately.

When the situation isn't dangerous, it can still be a crisis that needs to be addressed before it becomes

dangerous. Also a mental health crisis is very upsetting to those involved and to those witnessing. It is ok to call for help.

Behavioral health crisis help is available 24/7. Just call **360-754-1338** to speak with a trained mental health professional. They can even come see you to help assess the situation and determine if emergency mental health care is needed.

Remember additional mental health support is just a phone call away. Here are some phone numbers to keep handy:

- Nisqually Behavioral Health (360)413-2727
- Native Youth Crisis Hotline (877)209-1266
- Youth Line (360)586-2777
- Crisis Clinic (360)586-2800
- Crisis Services (360)754-1338

When the crisis has passed, there is usually still a need for ongoing behavioral health support. Your Nisqually Tribal Health medical clinic can help with many mental health conditions. We work closely with the Nisqually Behavioral Health team to help folks find mental health stability and healing. Please call (360)459-5312 to set up a visit to discuss your concerns.

Health Transportation Information

Recently, the Health Services Department has been receiving multiple inquiries regarding assistance with gas cards. Although our department can assist on an emergency basis and one time only for medical emergencies, we will also encourage you to use alternate resources prior to our help.

This is to assist a person with a gas card(s) to an appointment out of town. We will take measures to help you get to local appointments in Lacey, Tumwater and Olympia areas, such as Nisqually Transit and our Community Health Representatives. Please remember that Community Health Representatives can only transport patients whom are contract health eligible. If you have any further questions in regards to this, please feel free to call Lavita Plumage, Adult Care Caseworker at 360-413-2711.





Elders Program News

Social Gatherings

The Elders Program hosts several types of social gatherings such as classes, support groups and meals that take place at the Elders Center each week.

Bible study with Shirly Bennet on Mondays after lunch.

Title VI Senior Meals (SPIPA)

Senior meals are provided to federally recognized Native Americans Elders in the Nisqually Community (Must provide copy of tribal ID) and **Nisqually Tribal Members.**

Please Keep Intake Sheets Up to Date!

Meals for Guest are \$4.00

Caregivers' lunches may be paid for by the Caregiver Program. Caregivers must see Karen Anderson, Caregiver Support Specialist to do an intake sheet.

Senior Meals are served four times a week: Monday, Wednesday, Thursday and Friday, Noon - 1:00 p.m.

Menus are mailed out each month, available at the Elders Center and online at

The Caregiver Support Program (SPIPA)

The Caregiver Support Program is for Federally recognized Native American Elders taking care of their grandchild/ren residing in the same home(must meet requirements) and unpaid caregivers caring for a Native American Elders.

The Caregiver Support Program helps unpaid caregivers with gaining access to services, host peer support groups, and training services to support individuals caring for their loved one at home for as long as possible.

Caregiver Support Specialist is in the office Monday-Thursday, 9:00 a.m.-2:00 p.m.

Support Group

Second Thursday 1:00 p.m.

Training

Fourth Thursday 4:00 p.m.

For more information, contact: Karen Anderson, Caregiver Support Specialist 360-486-9546, ext. 1981

Culture Activities and Events

Nisqually Tribal Members and Nisqually Community Members that reside on the Nisqually Reservation.

Nemah Choubaquak hosts culture class in the evenings at the Elders Center. Beading, Sewing, Regalia Making and Other Activities.

Culture Classes

Wednesdays and Thursday

4:30 p.m. - 8:30 p.m.

Nisqually Tribal Elders can utilize the building for projects during business hours.

Elders are always welcome to come in and work on projects

Dentures

If you have DENTURES, these are signs you need to see your dentist.

- Your denture moves when you talk.
- You have to use a lot of denture adhesive.
- It's been over a year.
- You have sores in your mouth.

If you are experiencing any of these issues, please call the Nisqually Dental Clinic 360-413-2716.

Nisqually Tribal Office Holiday Schedule

November 9th Early Release 12 p.m.

November 12th Closed- Veteran's Day

November 21st Early Release 12 p.m.

November 22-23rd Closed - Thanksgiving



Announcements

Carter Allen Sharp

Carter Allen Sharp- Cole, 1, of Oakville, Wash., gained his angel wings on Saturday, October 20, 2018.

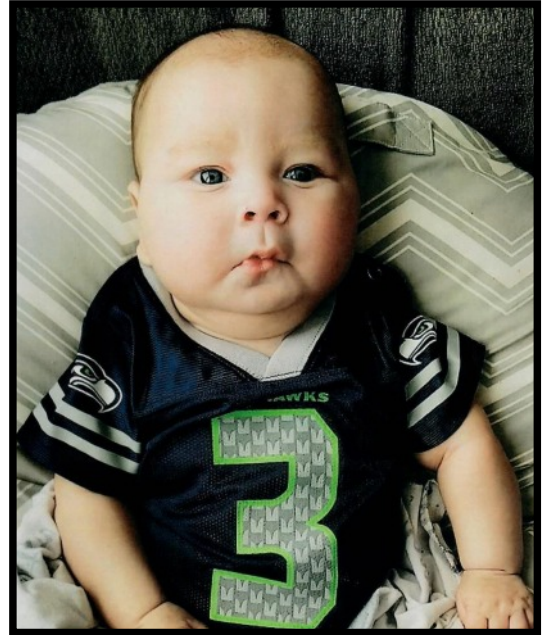
Carter was born at St. Peter Hospital in Olympia on March 17, 2017, to Sidney Cole and Kayley Sharp. He loved spending time with his mom and dad, and enjoyed watching Seahawks games with his family. Some of his favorite activities were rolling around on his side, getting kisses from his huskies, and cuddling with his cats.

He is being cared for in heaven by his great grandparents, Donald and Helen (Osbekoff) Gates.

Carter brought so much joy and happiness to his family. He was surrounded by love, and will be forever missed by his parents, Sidney and Kayley; grandparents, Jon and Kellie (Moe) Sharp, Sabrina Cole, and Lee Starr; great, great, great aunt Karen (Hollenbach) Whipple; great grandparents, Erik Moe, Marcy (Sanders) Ford, Ronald Sharp, and Lee and Frances (Cooper) Starr; and his aunts and uncles, Chelsie, Ashleigh, Andrew, Shaylyn, Titan, and Lilah.

Services will be held at 10 AM on Friday, November 2, at the Shaker Church on the Chehalis Reservation in Oakville. A luncheon will follow the service at the Chehalis Tribal Community Center.

Arrangements are under the care of Sticklin Funeral Chapel in Centralia.






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