



New Look for the Newsletter

Editor's Note: Welcome to the new look of your Squalli Absch Newsletter. We appreciate your patience as we work through the bumps of the transition. We've gained space and cut costs and we will be working to bring more information in and trying different design elements.

We hope you are please with the newsprint and information that is provided. We are sorry if the information in these first few newsletters are late or have passed.

Newsletter Staff
Debbie Preston
Leslee Youckton



Welcome the New Controller/Acting CFO- Alvin Aganon

Greetings Nisqually General Council Members,
I am pleased to introduce you to our newest member in our Financial Services Department. This is a new position that is long overdue:

Alvin Aganon is our Controllor/Acting CFO



I am so excited to bring Alvin on board. He has many years' experience in Indian Country and with his experience and guidance, I believe we can get back on track and add the missing pieces for our finances, goals and visions for our tribe.

Alvin came on board in October, 2018 and we've been working closely together, getting to know each other and working on goals for the future.

One of the first projects I had Alvin start, working with the CEO, was restructuring the financial services department to make sure we are providing the best services to our membership and making sure the department is functioning to its best capability.

Alvin started here at Nisqually during our annual budget process and was also able to give input on how we can manage our funding and find ways to cut costs without hurting services.

My focus and goal is to be able to put together a full picture of our finances and to be able to present them in way for

everyone to understand. Since I have been the Treasurer, we have lacked these two key positions in our Financial Services Department that are important to our future and development.

Projects we are working on include:

- Policies and procedures, to tighten up spending and accountability
- Evaluation of debts/loans/investments
- Searching for grant funding, to help the supplemental debt
- Financial plan/master planning
- Working with the Red Wind Casino's CFO on the calculation of dividends from the casino funds (RAP)
- Weekly/Quarterly updates, Treasurer Report for everyone to understand/shorter

Continued on page 3-ALVIN



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

Debbie Preston, Information Officer
preston.debbie@nisqually-nsn.gov.

Leslee Youckton
youckton.leslee@nisqually-nsn.gov

Submission deadlines are the second
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, Hanford McCloud
7th Council, Willie Frank

Information

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

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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 (360)456-5221 to set up an appointment.



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

Wellbriety Talking Circle

Where: Nisqually Recover Cafe

When: Friday Nights

Time: 6 p.m. - 7 p.m.

Recovery cafe is located at 4820 Billy Frank Blvd., Olympia

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.

Nisqually Indian Tribe Victims of Crime Advocacy Services

The Nisqually Indian Tribe Victims of Crime Program offers advocacy services for individuals who are currently experiencing, or are survivors of, domestic violence, sexual assault, stalking, or any form of intimate partner violence/dating violence. Our services are free and confidential, and are available for Nisqually tribal members and Nisqually community members.

- Information and Referral - Emergency Services - Advocacy - Safety Planning -
- Weekly Women's Group -

Contact staff for more information and resources

Women's Healing Circle

Tuesdays from 6 p.m.- 8 p.m. in the
Recovery Café

4816 She-Nah-Num Dr SE, Olympia, WA
98513

Building K, next to the Nisqually Market.

Victims of Crime Program

Nisqually Public Safety Complex

11702 Yelm Highway SE, Olympia, WA 98513

Office (M-F, 8 a.m.-5 p.m.):

360-459-9603

Advocate: 360-878-7199

Call 911 for emergencies.

This project was supported by Grant No. 2015-VA-GX-0031 and Grant No. 2016-VA-GX-0044 awarded by the Office for Victims of Crime, US Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice, Office for Victims of Crime. Grant funds are administered by the Office of Crime Victims Advocacy, Community Services and Housing Division, Washington State Department of Commerce.



Nisqually Wildlife Officers Aid in Rescue of Raptor

While on routine river patrol on Wednesday Jan. 2, Officer Blanksma noticed a bald eagle acting strangely. Upon further investigation, he found that the bird had what appeared to be a damaged wing and a milky looking eye. Officer Blanksma contacted Officer Jackson who then contacted Stephanie Estrella from Raindancer Wild Bird Rescue. Stephanie arranged to meet officers the following morning to ride to the location along the Nisqually River and collect the eagle. Officers met with Stephanie and her assistant Oia at the Trotters Woods boat launch and Officer Blanksma transported them up to the site.



The adult female bald eagle was captured without incident and placed in a dog crate for transfer to the rescue headquarters.

Officers received an update to the eagle's status from Stephanie via e-mail. The eagle suffered from a broken humerus bone which will require surgery to heal correctly. The eagle also had a BB in her right eye. The Eagle was transferred to Discovery Bay Wild Bird Rescue in Port Townsend, as they have the proper access to veterinarian care for the eagle.

Officers will be keeping up on the healing progress of this eagle.

Continued from cover-ALVIN

Please welcome Alvin Aganon to the Nisqually Financial Services Department.

Welcome Alvin!
Julie Palm
Tribal Council Treasurer

Greetings to you all!

First, I would like to express my profound gratitude to all members of the Nisqually Indian Tribe. Through the leadership of your Honorable Council and your CEO, you have given me this great opportunity to serve your tribe. Since the year 2001, my continued service to Indian Country truly provides me with deep job satisfaction. Not only do I give great importance to the progress made by previous Indian Tribes that I have had the privilege to work with, but I also cherish quite a few tribal members I have befriended through the years.

I want to take this opportunity to introduce myself to the Nisqually Indian Tribe. I was born to an indigenous family from the Philippines, tried very hard and endured lots

of sacrifices to be where I am today. I graduated with magna cum laude honors, a licensed CPA in the Philippines, an ACA in New Zealand and an AICPA Candidate for CPA License in the U.S. My alma mater, Holy Angel University, hired me as one of its college accounting professors from 1981 to 1987. I taught and lectured subjects in accounting, auditing, taxation and finance. Though I consider myself to be one of the lucky ones, I always take humble recognition of my success.

I migrated to New Zealand (NZ) in 1987 and had the opportunity to make more economic progress for me and my family. I served the commercial and business sector in capacities such as company accountant, management accountant and administration manager. I attained NZ citizenship through its naturalization process and continued to live there until my U.S. green card came down in 1998, when my successful NZ professional career was at its peak. As difficult as it may seem, I gave that up to pursue the ultimate dream of coming to America. I took the daring leap into the unknown and came to the U.S. in June 1998 and never looked back.

I started my career in Indian Country in 2001, serving in various positions such as Finance Manager, Compliance Auditor, Acting Housing Authority Executive Director, Controller, Housing Program Director, Acting Tribal Administrator and now, as your Controller. I guess I will never have the urge to stop serving in Indian Country.

My hobbies include watching movies and television, especially comedies. I am into Karaoke singing and I love to travel and go on cruises, especially in the company of my loved ones.

I am looking forward to my service commitment to the Nisqually Indian Tribe. Once again, thank you for giving me this great opportunity to serve you!

Alvin E. Aganon
Controller
Tel. No. 360-486-9598 Ext. 1223
Cell No. 360-471-7940



Nisqually Valley Sign Project Slated for Environmental Review

By Joe Cushman – Planning

The Nisqually Tribe has contracted Geoengineers of Tacoma with completing an environmental assessment for the construction and operation of an illuminated sign project in Nisqually on tribal trust land near I-5.

The illuminated sign project is proposed by Medicine Creek Enterprise Corporation (MCEC). MCEC was established by the tribe to oversee its enterprise ventures.

The proposed sign will measure 21 by 60 feet, and will sit on an iron pedestal 65 feet above ground level, thus visible to motorists travelling on both I-5 and nearby Martin Way. The sign will be located at the edge of the parking area adjacent to the old Nisqually Fish Market trailer, just west of the intersection of Martin Way East and Nisqually Cut-off Road. The sign will be similar in size and appearance to the large signs folks see on trust land as you drive on I-5 through the Fife area just north of Tacoma.

The Nisqually Tribal Council has determined that in order to make an informed decision on whether and/or how to move forward on the sign project, the impact of the sign on the valley

environment needs to be evaluated. The Environmental Assessment is underway and the sign on project on hold until its completion.

Geoengineers is a well-qualified technical consulting and engineering firm that has completed previous environmental work for the tribe.

The assessment will look at the scope of the sign project and its impact on the human and natural environments. Although the project does not involve any federal funds and is proposed for tribally-owned land that is not subject to state or local land use regulations, the tribe has decided to conduct an assessment will basically follow the guidance contained in the National Environmental Policy Act (NEPA).

Under NEPA, a major federal action that may have a significant impact on the quality of the human environment undergoes an environmental evaluation that assesses the following components;

- a) The scope of the project, and the purpose and need for the project;
- b) Alternatives to the project; including an evaluation of action vs. no action; and alternative locations.

c) A detailed analysis of possible environmental impacts of the project, including impacts on land, water, and air resources; impacts on living resources, cultural resources, socio-economic conditions, and resource use patterns; and impacts on other values such as wilderness, noise and light, visual, and public health and safety.

d) Public consultation involving the tribal membership, local residents, and other agencies, organizations and jurisdictions who have interest in, or are potentially impacted by, the project.

The Environmental Assessment will conclude with either: a Finding of No Significant Impact (FONSI); a FONSI conditioned by proposed mitigation measures to minimize identified impacts; a recommendation for further work on the EA; or in some cases a full Environmental Impact Statement (EIS).

The final decision on whether and how to move forward on the sign project will be made by Nisqually Tribal Council, taking into consideration all the information generated through the EA process.

Nisqually TERO

Located at: 11500 25th Ave. SE Olympia, WA 98513
360.456.5221



Now is a great time to update your information with us!

- New address?
- New phone number?

If you don't have an application on files but would like to, please remember to bring

- Tribal identification
- Spouses tribal identification



Nisqually State Park Public Hearing

November 5, 2018

Following a dinner in early November, a group of presenters including Lisa Breckenridge of Nisqually Tribal Parks; Nikki Fields of Washington State Parks; and Tony Sanchez, Chairman of Nisqually Parks Commission talked about plans for developing Nisqually State Park.

Topics included important cultural sites within the park, state park plans for the area, and the history of the partnership between the state and the tribe.

The important cultural sites within the park include:

- Mashel Prairie and Mashel Ridge. The Mashel Prairie has been home to a native community for a long time. Native people were living there when the settlers came. There is a Shaker Church cemetery which the tribe owns and also the foundation remains of the former Shaker Church (private property.) There was a spring, "Medicine Spring," which is now on private property but which was likely the main water source for the village.

State parks isn't planning anything for this area as it is all small homes on private property. The tribe has 288 acres of land in this area: 217 purchased from Manke and 71 transferred from the Nisqually Land Trust. The tribe's plans are:

1. Complete a cultural resource survey
 2. Build a campground for Tribal members
 3. Potentially build an interpretive center at some point in the future.
- Park Entrance and Trailhead Parking Lot
The entrance sign is the only sign in Washington State Parks that has a tribal logo and native language on the sign. The trailhead parking lot includes a kiosk that the tribe designed and built that gives an overview of tribal history and culture.
 - Sacred Places: Nisqually-Ohop Confluence
The place where the Nisqually meets the Ohop is on state park property. Ohop Creek is an important area for salmon restoration. The access road is behind a locked gate and is 2 miles long.
 - Sacred Places: Nisqually-Mashel Confluence
The place where the Mashel meets the Nisqually is on University of Washington Pack Forest property. This is a sacred place in tribal history and culture. The Mashel is

also critical for salmon survival. The access road is behind a locked gate.

Governor Inslee is requesting \$3 million for the park in the next biennium. The funds would be used to:

4. Develop a trail system that connects to the parking lot. This could be a loop trail that connects out to the Mashel river canyon.
5. Improvements to the road down to the Ohop-Nisqually confluence. It would primarily be a service road but there would be some access for boaters also. The road would only allow access to recreational hand powered boaters (canoe/ kayak) during times that salmon would not be affected.
6. Begin to plan for a future campground.

Washington State Parks intends to work closely with the tribe on this entire project.

Questions:

- G. Are the new trails walking trails?
- H. Horses and bicyclists do use the trails. It depends on how wide the new trails are. If they're wide enough they would be multi use. If they are narrow then walking only. There's no proposal for motorized trails.
- Q. Will there be dirt trails or paved?
- A. Compacted gravel or paved.
- Q. New ADA requirements require access for motorized use. Is State Parks seeing much of that- motorized trail access by people with ADA placards?
- A. We see some ATVs at ocean beaches and electric bicycles on long distance bike trails. The rules say "devices" and that is a pretty broad term. The policy says the device depends on the width of the trail that you are using.

Thirteen adult tribal members attended along with five family members and children of tribal members, for a total of about 25 people.

No written comments were received. Many people signed up to be notified about tribal Lands tours in 2019.

After the presentation on Nisqually State Park, there was a brief presentation on the Youth Center Playground park plans. One person commented that they would like to see an outdoor rock climbing wall as part of that park.

The hearing concluded at 6:45 p.m.



Nisqually Tribe Announces 2018 Charitable Fund Recipients

More than 190 area agencies and organizations will receive a total of \$2.4 million in vital operational funding from the 2018 Nisqually Indian Tribe Charitable and Local Government Program. Grant recipients were announced today by the Nisqually Tribe.

“I am honored to be a part of giving back to our surrounding communities and organizations,” said Julie Palm, Nisqually tribal council member and treasurer. “It feels good knowing the Nisqually Tribe is helping to make a difference and we are able to help so many nonprofit organizations, multiplying the positive effects of these funds.”

The program includes three types of funding. Financial support is awarded to 501(c)3 tax-exempt organizations dedicated to public safety, children’s services, community health, cultural preservation, veteran’s support and environmental protection; these recipients are selected in a competitive application process. Scholarship funds and community groups also participate in the program. Local government funding provides for police, fire, emergency services and other public safety needs.

OLYMPIA/THURSTON COUNTY

Assoc. of WA Student Leaders
Ballet Northwest
Big Brothers/Big Sisters of SW Washington
Bounty for Families
Boys and Girls Clubs of Thurston County
Care Net Pregnancy Center of Thurston County
Chloe Clark Elementary
Child Care Action Council
Chinqually Booters Soccer Club
Camp Solomon Schechter
CHOICE Regional Health Network
Community Action Council of Lewis, Mason Cnties
Community Drug Court Support Foundation
Concern for Animals
Crazy Faith Outreach
Crime Stoppers of South Sound
Crisis Clinic of Thurston and Mason Counties

Deschutes Estuary Restoration Team (DERT)
DuPont Historical Society
Entertainment Explosion
Evergreen Forest Elementary
Evergreen State College
Family Education and Support Services
Family Support Center of South Sound
First Responders Making a Difference
Friends of the Lacey Timberland Library
Garden Raised Bounty (GRUB)
Gods Portion
Got Your 6 Fishing
Hands On Children’s Museum
Harlequin Productions
Hoopstars Family
Hooved Animal Rescue
Ibsen Family Support Network
Interfaith Works/Emergency Overnight Shelter

Nature Nurtures Farms is grateful for the support from Nisqually for their farm. “This funding will be used to bring young people and animals together to build empathy, teach responsibility, and inspire hope. This award will help us broaden our support for youth who have been affected by trauma by teaching them multiple strategies for managing overwhelming emotions, including: The power of social support and positive relationships, nonverbal expression such as music and art, and, of course-the warm benefits of friendship with the many loving rescued and rehabilitated animals at the farm,” said Carrie Stringer, Director of The Resilience Project and Otters at Nature Nurtures Farm.

A list of 2017 funding recipients follows.

To learn more about the Nisqually Indian Tribe, its people and programs, visit www.nisqually-nsn.gov. Nisqually Red Wind Casino is located 15 minutes east of Olympia. For more information, visit www.redwindcasino.com.

Jefferson Middle School
Joint Animal Services
Lacey Cultural Celebration/Lacey Parks
Lacey Mid-Day Lions Club
Lacey Sunrise Lions
Leimomiwainui Canoe Family
Leschi Learning Legacy
Life Point Church of Olympia
Lions Project New Hope Northwest
Lydia Hawk Elementary School
The Mayday Foundation
Meadows Elementary
Melodies in Motion
The Moore Wright Group
Morningside
National Alliance on Mental Issues (NAMI)
Nature Nurtures Farm
Nisqually First Responders
North Thurston Education Foundation
North Thurston Public Schools

Northwest Lions Eye Glass
Recycle Center
Northwest Brotherhood Foundation
Olympia Family Theater
Olympia Film Society
The Olympia Free Clinic
Olympia School District Education Foundation
Olympia Union Gospel Mission
Parks Arts Recreation and Culture Foundation of Thurston County
Pacific Education Institute
Pacific Shellfish Institute
Pacific Mountain Workforce Dev. Council
Panza/Quixote Village
Providence St. Peter Foundation
Puget Sound Estuarium
Raindancer Wild Bird Rescue
Rainy Day Ranch
Rez Animal Research and Education

Continued on page 7-CHARITABLES



Continued from page 6-CHARITABLES

Ruby Street Quilt Works, Quilts of Value
Rainier High School
Rebuilding Together, Thurston County
River Ridge High School
Safeplace
Sacred Heart Emergency Outreach
Salmon Defense
SEEDS for Growth: Special Needs Comm. Cntr.
Senior Services for South Sound
Society of St. Vincent de Paul , Yelm Conf. SW
South Bay Elementary
South Puget Sound Community College Fund
South Puget Sound Habitat for Humanity
South Puget Sound Up with Down Syndrome
South Sound Parent to Parent
South Sound YMCA
Southworth Booster Club
South Sound Reading Foundation
Spay Neuter All Pets (SNAP)
Stonewall Youth
TABU Association
Tenino Community Service Center Plus
Tenino Elementary School
Thurston county Food Bank
Thurston County Veterans Services
Thurston County Volunteer Legal Services
Truly Motivated Transitional Living
United Way of Thurston County Reading Buddy
Washington Center for the Performing Arts
WA HE LUT Indian School
Washington Explorer Search and Rescue
Washington Indian Civil Rights Commission
Washington State Dept. of Veteran Affairs
Washington State Senior Games
West Academy
Wild Grief
Yelm Community Services
Yelm Dollar for Scholars
Yelm High School Soccer
Yelm Lions Foundation
Yelm Middle School
Yelm Rotary Club
Yelm Senior Center
Yelm Youth Football and Cheer
YWCA

First Responders

Lacey Fire District 3
Nisqually Public Safety
Thurston County Sheriff's Office
Thurston County Prosecuting

Thurston County Medic One

Beyond Thurston County

ARK Institute of Learning
Beyond Survival Sexual Assault Resource
Black Education Strategy Roundtable
Bridges to Life-WA
Cancer Pathways
Children's Home Society of WA
Children's Museum of Tacoma
Children of the Setting Sun Productions
Cispus Learning Center
Early Life Speech and Language
Emergency Food Network
Environmental Science Center
First in Training and Education
German Shephard Search Dogs of WA St.
Grays Harbor Historical Seaport Auth.
Greater Lakes Mental Healthcare
Greater Metro Parks Foundation
Greenfield Institute
Harmony Hill
Hilltop Artists on Residence
Indigenous Showcase dba Longhouse
It Takes A Village
Lindquist Dental Clinic for Children
Light House Fellowship Church
Little Bit Therapeutic Riding Center
Long Live the Kings
Mercy Housing Northwest
The Mockingbird Society
Mother Nation
Napavine Jr/Sr High School
National Indian Child Welfare Assoc.
Native American Re-entry Services
Native Arts and Cultures Foundation
Northwest Harvest

Northwest Indian College
Northwest Tribal Emergency Mgt. Council
Nourish Pierce County
Pacific Ohana Foundation
Parents Against Sexual Abuse
Parkway Community Services
Patacara Community Services
PCC Farmland Trust
PCAF Pierce County AIDS Foundation
Penn Cove Water Festival Association
Potlatch Fund
PSESD Native American Education Program
The Saints Pantry Foodbank
Salters Point Elementary
SPIPA
Sound Learning
Spanaway Lions Club
Sunshine Physical Handicapped Foundation
Tacoma Firs Nations Gathering
Tacoma/Pierce County Habitat for Humanity
Tahoma Audubon Society
Taproot Theater
Tribal Convenience Store Assoc.
United Indians of All Tribes Foundation
Urban Native Education Alliance
Veterans Ecological Trades Collective
Washington DECA
Washington Environmental Council
Washington Healthcare Access Alliance
Washington Masonic Charities
Western Washington Native American Educ.
Willapa Harbor Helping Hands
Willapa Harbor Youth Football
YWCA (Tacoma)

Pulling Together for Success Community Resource Dinner

February 27, 2019

5:30-7 p.m.

At the Billy Frank Jr. Building

Come out and meet vendors who will share employment, health, banking, exercise, community resources and great ideas!

This event is open to tribal, community and tribal employees.

For more information or to reserve a resources table please contact Jesse Youckton at 360-456-5237 ext. 2210 or youckton.jess@nisqually-nsn.gov



History Provided By the Archive Department

This is a reformatted article from the Nisqually Tribal Newspaper Vol. 1 Issue 10 from September/October 1993.

We Wear Our Name Proudly

By Cecilia Svinth Carpenter

9-18-1993

"Origin of the name Nisqually"

The word **Squalli** is the Nisqually Indian name for the prairie grass that once grew in abundance on the Nisqually Plains. Our river took its name from the prairie grass and became the **Squalli River**. An Indian place name usually always describes a geographical feature of the area.

Our Indian people who have for centuries lived along the Squalli River on the vast prairie lands called themselves **The Squalli-absch, the People of the Grass Country, the People of the River**. (The ending "absch" means "the people of".)

In 1833 when the people of the Hudson's Bay Company established their fur-gathering fort near the mouth of the Nisqually River, they named their fort after our people and added the prefix "Nes" to our name. They called us the Nesqualli.

Later, when the American settlers came into our country, the spelling of the prefix was changed to "**Nis**." Somewhere along the way the "**i**" at the end of our name was changed to a "**y**" so that today we are known as the **Nisqually**.

However, in the hearts and minds of our people, we are still **The Squalli-absch, the People of the Grass Country, the People of the River**. The bond that was formed many centuries past continues to remain firmly intact today – the land, the river, our people – a bond of lasting respect and concern for each other.

Today, when we hear the word **Nisqually**, whether it is to designate our tribe, a river basin, a fort, a town or a newspaper, our thoughts stand at attention as we remember that for which it stands. **WE WEAR OUR NAME PROUDLY!**

Reformatted and brought to you by the Archives Dept.

Library Update

Brought to you by the Nisqually Library – Due to construction, the Library has been closed. However, construction appears to be coming to an end shortly. The Library is re-organizing and preparing for a grand re-opening within the next few months.

We thank the Nisqually community for your patience and support in this closure and are excited for our grand re-opening!

12820 YELM HIGHWAY SOUTHEAST
SUITE #C
(360) 338-6431
ORDERS@NISQUALLYPOSTANDPRINT.COM

CALL OR EMAIL
FOR QUESTIONS
OR QUOTES.

• BANNERS • POSTERS • FLYERS
• STICKERS • PAMPHLETS • BROCHURES
• BUSINESS CARDS • WINDOW PERFORATIONS
• VEHICAL DECALS & MUCH MUCH MORE



Conditioning Fitness Groups

Mondays

12:15 p.m. & 5:15 p.m.

Wednesdays

12:15 p.m. & 5:15 p.m.

Fridays

12:15 p.m.

At NYCC



Tuesdays & Thursdays
12 o'clock Noon
Nisqually Youth Center

Call Kareem for more info 360-455-5213

Nisqually Indian Tribe, Community, & Employees

PURPOSE: TO OFFER A CLASS TO HELP IMPROVE THE PHYSICAL, MENTAL
AND SPIRITUAL HEALTH TO THOSE WHO ARE IN NEED.



First Native Woman Elected to House

The Nisqually Tribe singers and drummers helped commemorate the swearing in of Debra Lekanoff (D-Bow), the first Native American woman in the Washington State House of Representatives. Lekanoff is both Tlingit and Aleut, both Alaskan Native tribes, but has lived in Washington for many years and worked for the Swinomish Tribe for more than a decade. Washington has the fourth most women in the state legislature in the nation. Nisqually tribal member and Nisqually Youth Chairman,

DeShane Everybodytalksabout, poses for a picture with Lekanoff. "I'm going to be up there some day," said Everybodytalksabout, who is also a National Congress of American Indians Youth Vice Chairman
Lekanoff addresses those in attendance.

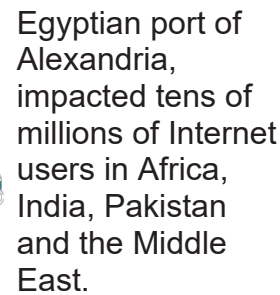
Washington State Governor Jay Inslee, right, welcomed Lekanoff and the diversity she and many of the 23 freshman representatives bring to the House of Representatives. She spoke of inspiring young girls of all backgrounds to lead.





Tips from the IT-WebDev Department

Physically, the Internet is connected by hundreds of thousands of miles of wire cabling and fiber optics (the size of a human hair and operating at the speed of light). It is above and below ground and even buried along ocean floors to connect islands and continents. The Internet is also accessed wirelessly via satellites and cellular towers. Of note in 2008, damage to just two marine cables buried near the



Most recently in Washington and across the country, a CenturyLink network connection “glitch” (details remain unknown at this time pending an ongoing Federal Communications Commission investigation) impacted 911 phone systems as well as Internet data connectivity in areas nationwide from California to New York.

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

Evacuation: There may be conditions in which you will decide to get away, or there may be situations when you may be ordered to leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Ask about evacuation plans at the places where you spend time including work, community emergency centers, etc.



From Nisqually Contract Health Services!

Happy New Year

A few key points to remember as we enter 2019:

1. The Contract Health Services (CHS) program is still utilizing Shasta Administrative Services for payments for copays and bills. Please remember to let all providers know this when seeking outside care.
2. PO numbers are still essential and need to be obtained prior to a visit. On days when Nisqually Tribe is closed, if you did receive a referral and it is a commonly covered service, a PO is okay to get the next day we are open. This is not something you need to stress about, as most providers will still see you.
3. Providence Immediate Care Clinic has been working out very smoothly for our patients: shorter wait times, friendlier staff, extremely quick visits, and overall easier than Emergency Room visits. On days our providers' schedules are full, or the Nisqually Tribe isn't open, this has been a great alternative to those not wanting to wait hours for an ER visit, especially for colds, upset

stomachs, or other primary care functions you'd normally see your regular provider for

4. Hawks Prairie Vision Clinic will start charging at \$25 missed appointment fee beginning in 2019. It is important to note that CHS regulations do NOT allow us to cover these charges, making it extremely important to call and cancel ahead of time if you are unable to make it.

***Special considerations for assistance with payment of these missed appointment fee charges will be handled on a case by case bases upon request.**

Any questions or concerns regarding Contract Health Services: please feel free to call Lisa, Chris, or Jacob at 360- 486-9599

Nisqually Native Women's Wellness Mammogram Day

WHO: All women 40+

WHAT: Breast health exam, mammogram

WHERE: Nisqually Tribal Health Clinic

WHEN: Thursday, March 7, 2019

TIME: 9:00 a.m. - 4:00 p.m.

WHY: To stay healthy and happy.

Water, tea, juice and snacks available

All patients who attend their mammogram will be entered into a drawing for two beautiful fleece blankets.

Sponsored in part by:



National Breast and Cervical Cancer Early Detection Program



Nisqually Indian Tribe



Please call (360) 459-5312 to schedule an appointment.



NISQUALLY HEALTH DEPARTMENT MONTHLY PODIATRY CLINICS

Why is Diabetic Foot Care Important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.

Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.

Podiatry appointments help manage diabetes foot related complications and prevent amputations!

We provide:

- Diabetic foot exams
- Diabetes foot care education
- Information on foot care

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding foot-wear, need a Diabetic foot exam, need foot and toe dressings changed, or for an annual foot exam.

Clinic dates for
Dr. Molina Kochhar:

2019

January 11

February 1

March 1

April 12

May 3

June 7

July 12

August 9

September 13

October 4

Call the Clinic @
(360)459-5312

to schedule an appointment



Text Messages from Pharmacy

Just a note to let everyone know that pharmacy now has the ability to text message patients when medications are ready to pick up. The new texting service is just another option (in addition to telephoning) for notification that medications are ready for pick up. Just ask any pharmacy staff member for notification and we can help you. Remember the phone can be used any time of day or night to order refills. All you need is the prescriptions number (located in the upper left corner of the prescription label).

- 1.) Call our convenient phone number 360-491-9770 and follow the prompts.
- 2.) Press 2 for refill requests
- 3.) Press 1 if using a refill prescription number.
- 4.) Enter the prescription number followed by the # sign.

Pharmacy may not be open when you realize you need refills. The answering machine is open 24/7.



An additional option for refills is to be placed on our Health Minder. It will automatically refill your requested maintenance medications. With today's busy lifestyles this can be a real convenience. Talk to a pharmacy staff member if you would like to set the Health Minder Service up to auto fill your medications.

Moving On-Caitlin Krenn

Editor's Note: Caitlin Krenn, Community Garden Project Supervisor for nearly 10 years, is moving on to new challenges.

It has been an honor to serve the Nisqually Tribe these past 9 1/2 years. I will miss the many friends and colleagues I've been lucky to work with. Thank you for welcoming me into the community and for the opportunity to learn alongside everyone working to sustain tribal sovereignty and well-being for the future. Working for the Nisqually Tribe has been a privilege and a joy.



I want to express a special thanks to Carlin Briner, Janell Blacketer, and Grace Ann Byrd. Thank you for your big-hearted dedication to the hard work of growing food and medicine. Your commitment is the reason the Nisqually Garden is thriving and strong, and you've taught me so much.

I look forward to visiting and volunteering, and please contact me at caitlin.krenn@gmail.com if you'd like to stay in touch.

Caitlin Krenn

Thank you Caitlin
& good luck on your new adventure!

 South Puget Intertribal Planning Agency

 **WIC Program**
February Dates

CHEHALIS 2/7/19
SQUAXIN ISLAND 2/12/19
NISQUALLY 2/13/19
SKOKOMISH 2/20/19

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**
February Dates

NISQUALLY 2/6/19
SQUAXIN ISLAND 2/12/19
SKOKOMISH 2/15/19
CHEHALIS 2/21/19
PT. GAMBLE S'KLALLAM 2/26/19

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 Clinic Diabetes

Diabetes prevention and treatment provides diabetes education for self-management and improved quality of life for all who have, or are at risk for diabetes. Registered patients can receive services such as:

- Diagnostic diabetes screening
- Follow Ups
- Blood sugar and A1c tests
- Diabetes prevention: you can see our Dietitian or other health providers for diabetes education, self-management, lower complications, lab work
- Podiatry: diabetes foot exam, education, diabetic shoes, resources
- For our elders between the ages 60-75 who are diabetes patients at the clinic, we're offering to provide you with your own



in-home blood pressure monitor and to teach you how to take your own blood pressure

Brown Bag Lunches

Every month community members are welcome to join our Dietitian Bernita LaCroix for a lunch and learn in the Billy Frank Jr Gym. From 12:00 to 1:00 p.m. you'll watch Bernita cook and prepare a beautiful and healthy lunch, share samples and recipes, and teach you some great nutrition tips. You'll see flyers up every month for the date.



Exercise Resources

Everyone should try to get 30-60 minutes of physical activity almost every day. Improve quality of life with health coach Kareem Gannie, who is available for workouts, nutritional guidance, and more. He can be reached at 360-455-5213 for eligibility and is located at the Tribes Youth and Community Center.

Please come see us in the clinic if you are interested in learning more about our diabetes program services or call 360-459-5312 for an appointment.



Nisqually Tribe Fruit and Vegetable Rx Program



WHO? EBT/SNAP Participants

WHAT? You Can Redeem a \$10 Rx Voucher at any Safeway for Fruits and Vegetables*

WHERE? Get Your \$10 Rx Voucher up to 1x weekly

From Participating Nisqually Programs:

Headstart and Elders- Bernita LaCroix
Healing House- Mary Szafranski
Tribal TANF- Anita Paz
Nisqually Clinic- LaVita Tessay-Plumage

*You can choose fresh, canned, or frozen fruits and vegetables, so long as they have no added fats, sugars, or salt.

Questions? Contact Bernita LaCroix and Amber Arndt in the Nisqually Health Department at (360)459-5312 or email us at: Bernita.lacroix@nisquallyhealth.org and amber.arndt@nisquallyhealth.org

Nutrition Services With Bernita LaCroix R.D.

One-to-One Consultations for patients of all ages.

Learn healthy choices, set goals,
and get on your way to feeling great!
Diabetes Prevention and Control

Nutrition Appointments will now be at the
Nisqually Adult Healing House:
2320 Lashi St. SE

Thursday January 3rd
Thursday January 10th
Thursday January 17th
Thursday January 24th
Thursday January 31st

Thursday February 7th
Thursday February 14th
Thursday February 21st
Thursday February 28th

10:00—4:00 by appointment

Call to schedule an appt. with Bernita @ 360-459-5312



Elder 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.

Title VI Senior Meals (SPIPA)

Senior meals are provided to federally recognized Native American 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:

Served four times a week: Monday, Wednesday, Thursday and Friday 12:00 p.m. - 1:00 p.m.

Menus are mailed out each month, available at the Elders Center and online at www.nisqually-nsn.gov

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 | 2nd Thursday | 1:00 p.m. |
| Training | 4th Thursday | 4:00 p.m. |

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.

Nisqually Tribal Members come and join the Elders Program for the following:

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

Events and Activities Information

Travel for elders will start Spring 2019!

Nicole Wells, Events & Activities Coordinator 360-486-9546 1151
wells.nicole@nisqually-nsn.gov

Health and Wellness

We would like to promote health and wellness within the community, as well as promote healthy lifestyles.

Genesis

The Nisqually Elders Program has Genesis available for Nisqually Tribal elders 55 years or older. Genesis is a delicious concoction of red grape and pomegranate in a mixture of apple and Aloe Vera juice infused with a proprietary blend of super foods, healing herbs, powerful antioxidants, phytonutrients, and much more.

Genesis is available at the Elders Center. For more information about availability, contact Elders Program 360-486-9546

Health

The Elders Nurse comes to the Elders Center twice a week to see elders. The Elders Nurse can also provide screenings, immunizations, and work with health care needs.

Elders Nurse

Monday and Wednesday 11:00 a.m.-12:00 p.m.

Nutrition

Bernita LaCroix is a certified Nutritionist that comes to the Elders Center every Wednesday to do Meal Planning, and Nutrition classes. The classes include cooking, traditional food, canning and healthy recipes. If you would like to set up an appointment with Bernita to discuss nutrition, call the Health Clinic at 360-459-5312 or call Bernita at the Elders Center 360-486-9546.

Nutrition Classes Wednesday 1:00 p.m.

Elders Assistance and Services

Energy Assistance

Available to **enrolled Nisqually tribal elders 55 years or older.**

Nisqually tribal members bring your energy bill to the elder's center, fax to (360)459-4146, mail to the main office or email to the Elders Center.

- Energy Bills must have Nisqually elder's name and be a copy of the complete bill.
- Elder must reside at the service address on energy bill.



- Submitting the stub, urgent notice or disconnect notice may result in a delay in payments.

Any concerns on disconnection contact Cleo Frank, Elders Program Manager at 360-486-9546 Ext 2166 or Norine Wells, Elders Program Assistant Manager.

Heating Assistance

Provided for enrolled Nisqually tribal elders 55 Years or older.. The Elders Program purchases pellets or propane for elder's homes. Wood will be provided by Emergency Management. Contact Krystle Wells, Administrative Assistant for Emergency Management

Flyers are sent out in the weekly mail outs, and information is also available online at: www.nisqually-nsn.gov and you can call the Nisqually Elders Program for more information.

Contact Information: Nisqually Elders Program
4820 She Nah Num DR SE Olympia, WA, 98513

Telephone 360-486-9546 Fax: 360-459-4146

Cleo Frank, Elders Program Manager ext. 2166

frank.cleo@nisqually-nsn.gov

Norine Wells, Assistant Program Manager for Elders ext. 2103

wells.norine@nisqually-nsn.gov

Nicole Wells, Activities and Events Coordinator ext. 1151

wells.nicole@nisqually-nsn.gov

Marjorie Stepetin, Administrative Assistant

stepetin.marjorie@nisqually-nsn.gov

Karen Anderson, Caregiver Support Specialist ext. 1981

anderson.karen@nisqually-nsn.gov

Joy Pena, Community Health Representative ext. 2167

pena.joy@nisqually-nsn.gov

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

FEBRUARY 2019

menu subject to change

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|----------|---|---|---|----------|
| | | | | Crisp Green Salad & Milk Served Every Day, Wheat Bread as Needed. | Chicken & Dumplings Broccoli Spears Wheat Bread Fresh Fruit | 1 2 |
| 3 | Meatloaf Mashed Potatoes Succotash Jello/Fruit | 4 5 | Beef Broccoli Brown Rice Fresh Fruit | 6 7 | Fish & Chips Cole Slaw Fresh Fruit | 8 9 |
| 10 | Salisbury Steak Mashed Potatoes Veggie Blend Fresh Fruit | 11 12 | Tamale Pie Pinto Beans Spanish Rice Fresh Fruit | 13 14 | Prime Rib Garlic Shrimp Roasted Veggies Red Potatoes | 15 16 |
| 17 | CLOSED President's Day | 18 19 | Swedish Meatballs Buttered Noodles Roasted Veggies Fresh Fruit | 20 21 | Baked Salmon Potato Medley Roasted Veggies Fresh Fruit | 22 23 |
| 24 | Baked Pork Chops Wild Rice Pilaf Veggie Blend Jello/Fruit | 25 26 | Chili Hot Dogs Macaroni Salad Fresh Fruit | 27 28 | Bacon, Sausage, Ham, Scrambled Eggs, Breakfast Potatoes, Fresh Fruit | |



February 4, Happy Birthday Auntie Marjie, Love the McDonald Family

February 9, Happy 17th Birthday Janae, Love the McDonald Family

February 13, Happy Birthday Chase, Love the McDonald Family

February 15, Happy Birthday Kiki, Love the McDonald Family

February 20, Happy 2nd Birthday Grandson, Love Papa, Grandma, Mom, Auntie Jasmine and Auntie Samira



Happy Birthday Janae
Wishing you an awesome day and
a new year filled with amazingness!!

Happy Birthday Kiki
Hope your special day brings you
everything you deserve!!



Happy 10th Birthday Mae!
LOVE,
Emily, Danielle, Mom & Dad



Happy Birthday Jack
Sending you a big hug on your special day,
make this year YOUR YEAR brother ☺

February 4th
Happy Birthday to my mom (Grace Hyasman)
from all her kids and grandkids
we love you so much

Happy Three Year Anniversary
To My Husband Marcus Stolte on February 20th
Kailani



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