



GREEN Congress at the Nisqually Farm

By Debbie Preston

Wa He Lut Indian School students started their Student GREEN Congress with a visit to the Nisqually Tribe's farm where workers there talked to them about traditional foods and medicines made with many things grown there for tribal members. Following the farm visit, the students attended the Student Green Congress at Evergreen. Every year, nearly 350 student delegates (grades 3 through 12) attend the Student GREEN Congress at The Evergreen State College. The students have gathered water quality monitoring data throughout the school year in their respective watersheds. They share their data in State of the Rivers sessions, talk about water related issues in their communities, and generate recommendations for solving problems. Other students bring art projects inspired by their watershed studies to share with their peers and discuss how to use art to inspire action in their communities to protect and restore their local waterways.

Community volunteers and resource professionals are on hand to conduct over 25 skill-building workshops. The workshops include living in the shadow of a volcano, making bird boxes, weaving cedar bark rope, learning how aquatic insects indicate a stream's health, getting up close with inter-tidal creatures and shellfish, and discovering the power of nature through journaling and art. The day concludes with students adopting the Nisqually and South Sound Watershed Action Declaration, which includes activities the students have agreed to participate in to protect and restore their local watersheds.

The Nisqually River Education Project and South Sound GREEN (Global Rivers Environmental Education Network) sponsor the Congress. Delegates are from schools in South Sound (North Thurston, Olympia, Griffin and Tumwater School Districts) and Nisqually Watersheds (Yelm, Clover Park, Steilacoom, Bethel, Eatonville, and North Thurston School Districts). <http://nisquallyriver.org/student-green-congress/> The Nisqually Tribe donates items to give to students at the Student GREEN Congress as many area organizations and tribes do.



Nisqually Tribe farmer Janelle Blacketer shows Wa He Lut Indian School students stinging nettles that are used medicinally and boiled for tea and eating. Nisqually Farm Community Garden Production Supervisor Carlin Briner and Nisqually tribal member and farmer Grace Ann Byrd pause near the garlic. Students take a look at a camas bulb, long used by tribes for food. A careful harvesting is required as there is also "death camas," a similar plant that can sicken or kill a person.--





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

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.



Emergency Management Corner:

Emergency Management Corner: Evacuation Plans

If an earthquake occurs, you may need to evacuate a damaged area afterward. By planning and practicing for evacuation, you will be better prepared to respond appropriately and efficiently to signs of danger or to directions by civil authorities.

- Take a few minutes with your family to discuss a home evacuation plan. Sketch a floor plan of your home; walk through each room and discuss evacuation details.
- Plan a second way to exit from each room or area, if possible. If you need special equipment, such as a rope ladder, mark where it is located.
- Mark where your emergency food, water, first aid kits, and fire extinguishers are located.

- Mark where the utility switches or valves are located so that they can be turned off, if possible.
- Indicate the location of your family's emergency outdoor meeting place.

Establish Priorities

Take time before an earthquake strikes to write an emergency priority list, including:

- Important items to be hand-carried by you
- Other items, in order of importance to you and your family
- Items to be removed by car or truck if one is available
- Things to do if time permits, such as locking doors and windows, turning off the utilities, etc.

Nisqually State Park Update

By Lisa Breckenridge

Today's Nisqually State Park includes lands that have been Tribal homeland since time immemorial. The area is important to the Tribe as the homeland of Chief Leschi and his family. Today, the uplands in the park are recovering from being logged. The river valleys are home to endangered salmon runs. Native plants are coming back and there are deer and bear sign. The entrance sign looks different from all other parks in the state- it includes a welcome in tribal language. And the highlight of the parking lot is the Tribal history kiosk. There's not a lot of visitors on a typical day- maybe a few equestrians and some folks walking their dogs on the network of old logging roads. It's a pretty quiet place overall.

Since Governor Inslee took personal interest in the park last year, though, Nisqually State Park has moved to the top of the list for construction funding. Washington State Parks is looking to spend around \$18 million there in the next 8-10 years. Nisqually State Park will soon look very different.

In a meeting with Tribal Council and Parks Commission members in early April, State Parks Director Don Hoch and senior State Parks staff asked for the tribe's help in planning new facilities at the park. The meeting opened with Tribal leaders emphasizing the importance of the park in tribal history and culture. Chairman Choke opened the meeting with an emphasis on tribal connections to the area: "This area is Chief Leschi's homeland which represents our concerns." Joyce McCloud added that "Seeing the park is very touching. My whole purpose is to make sure our history of who we are as a people, what our ancestors have done, stays that way."

The state's first priority is to design and build a loop trail from the parking lot overlooking the Mashel River. This could potentially be designed as an interpretive trail that features tribal culture. The design work will be completed in late 2019. That project could happen as soon as 2020.

The next priority is to design improvements to the Nisqually River access road in the

park. State Parks' goal is "managed access" rather than open access. There will be some kind of controls put on who can go down to the river and when- but none of that is decided yet. The Tribe is an important stakeholder in this decision and will be watching closely. The road provides access to salmon habitat that needs to be protected. This project will be designed this year but not constructed until 2021-2023.

The next step is to design a campground. The campground will be located on the uplands of the park, away from the river to protect salmon habitat. It will be designed this year and constructed in 2021-2023.

Members of the Tribe's Parks Commission and Tribal Council will be reviewing alternatives and providing comments before any final proposal is chosen. In the meantime, the Tribe hopes to update the interpretive plan for the Park so that it incorporates Tribal history and culture in an appropriate and respectful manner.



North of Falcon

By Willie Frank III

This is my update of the 2019 North of Falcon meetings that took place in Santa Rosa, Calif. The North of Falcon (NOF) process is named for the cape on the Oregon coast that marks the southern boundary of the management area for Washington salmon stocks, which extends to the Canadian border.

While the process for setting salmon seasons through NOF is highly complex, the rules for getting there are simple: Be polite and try to meet each other's needs while protecting weak and ESA-listed salmon stocks and ensuring that enough adult salmon escape harvest to sustain the next generation. Tribal and state fisheries scientists develop fisheries based on their impacts to salmon stocks on a river-by-river basis.

Work on this year's effort began months ago with the development of conservation goals, preseason forecasts and estimates of impacts to specific salmon stocks at various levels of fishing effort.

A delegation from Nisqually traveled down to discuss our upcoming fishing season with the state of Washington and our other Northwest Indian Fisheries Commission tribes. This a tough and emotional process when we are talking about our salmon seasons. We are at a crossroads when talking about salmon. We must start to look forward to the future and make sure we have salmon for the next generation.

We have many issues regarding salmon throughout the Puget Sound and Pacific Ocean. Going forward, we must start to focus on habitat, clean water, clean air and a clean environment. We are seeing a decline in salmon population every year we come to the table for this process. We need the state and the federal government to come to the table with the tribes and make some tough decisions regarding the future of salmon in the state of Washington. The state and federal agencies will never understand how sacred and important the salmon are to Nisqually and to all salmon tribes. Our tribes are managers of the resource and always have been. We will never destroy our salmon or any other species. Salmon fishing is not a sport for tribes. It is our way of life.

I tell people we will continue to set our nets and exercise our treaty rights that were promised to us in the Treaty of Medicine Creek of 1854. For me, being on the river and setting our net is a way to connect with my brother, father, grandpa and our ancestors who sacrificed their lives to keep our culture and traditions going. We are fortunate to have such a rich history here at Nisqually and to have so many elders with traditional knowledge of the salmon. We always explain to the state that we must use traditional knowledge from elders at times instead of some of the data and science.

I hope our youth and members would want to sit down and ask questions of our elders. The battle that took place along the Nisqually River in the 1960s and 1970s was a very important piece of history that must be remembered and told to the next generations.

I don't want to be part of the generation that caught the last salmon and the only salmon we see is in a museum or in a picture. We have a long battle in front of us protecting our sacred salmon and our Mother Earth. We will not quit because that is not in our blood or who we are as Nisqually people. State and federal leaders will come and go, but we will always be here.

Willie Frank III

7th Council Nisqually Tribe





A Message from Financial Services

By Shannon Blanksma

Our mission is to provide quality and professional services in a timely manner that comply with Tribal, Federal and State Regulations and to maintain confidentiality and accountability of the Nisqually Tribal Resources.

What We Do:

- Payroll
- Stipends
- 401K
- Minors Trust
- Contracts
- Insurance
- Contract Health
- Investments
- Budgeting
- Purchasing
- Properties
- Fiscal Operations of Court, Housing, Geoduck and Corrections

Hours of Operation:

Financial Services is open from 8:00 a.m. - 5:00 p.m. Monday through Friday. We are closed the 3rd Tuesday from 1:30 p.m. - 3:00 p.m. for our monthly staff meeting.

Whom to Contact:

1. Front Desk
 - Anne Tahkeal 360-486-9549
3. Accounts Receivable (housing, water, traffic fine payments etc.)
 - Barb Visser ext. 1185
 - Norma Simmons ext. 1228
4. Minors Trust and Per Capita
 - Linda Baker ext. 1131
 - Vicki McMaster ext. 1130

Updates for 2019:

- Housing Data System – As of March 1, 2019 the Housing Department and Financial Services will be linked to the same payment system (HDS). All

housing payments received from March 1, 2019 on, will be directly placed in the HDS system at the time of payment which means both Housing and Financial Services will see the same information without delay.

All payments are still made in the Financial Services office.

- *You should always receive a receipt for your payment.*
- *If no receipt is received, please ask for one.*
- *Review your receipt for accuracy.*
- *Keep receipt for your records.*

Remember, your receipt is proof of payment.

- **Adult Recreation Applications** – As of January 1, 2019 Adult Recreation applications are distributed, reviewed and processed through the Financial Services office. You can obtain an application from 8:00 a.m. to 5:00 p.m. Monday through Friday.

Adult recreation services are to aid tribal member adults with monetary assistance, up to \$300 annually for:

- *Participation in an organized adult sports team.*
- *Entry into an adult sports tournament.*
- *Other sports related activities (gym memberships etc.)*

FAQ:

When can I change my forms for per capita distribution?

Any changes to your per capita, i.e. frequency, tax withholding, direct deposit must be turned into Financial Services by the 1st business day of each month in order to take effect for the next upcoming per capita.

Can I pick up per capita checks for other people?

Per capita checks will be distributed to the tribal member only. If you wish you pick up a check for someone else

*you must have a note from the tribal member and it **must be notarized**. Checks belonging to other tribal members will not be released without a notarization.*

Where can I get documents notarized!

There are notaries throughout the Tribe

- Financial Services
- Tribal Court
- Public Works
- ICW

Where do I make address changes?

*Address changes must be made on the W-4 address change form. You must make those changed through the Enrollment Department **and** the Financial Services Department.*

Addresses will not be changed via phone.

Why do I need my Tribal ID or other identification to pick up a per capita check?

Providing your tribal ID when picking up a per capita check is an extra step by the Financial Services office to protect your identity and security. It is also helpful if you plan on cashing your per capita at the casino, as they require both tribal ID and enrollment number.

What forms of payment do you take?

Financial Services can process cash, check, or credit card payments. We do not accept money orders or traveler's checks.

Can I make payments over the phone?

*Yes, but **ONLY** after you have signed a credit card authorization form with Financial Services.*

Can I cash a check or make change in Financial Services?

No. Financial Services does not have cash on hand for these types of transactions



Nisqually Tribal Housing

Nisqually Housing Department would like to give notice to our community/reservation that our office will be **CLOSED** for our annual retreat.

**Monday-Wednesday May 20th – 22nd
8 a.m. – 5 p.m.**

If you have a housing emergency please call
Natosha at 360-529-1579
Thank you, NTH Staff

Nisqually Tribal Offices Will Be Closed the Following Days:

- Friday May 10, 2019-National Indian Day
- Monday May 27, 2019-Memorial Day



Library Update:

Brought to you by the Nisqually Tribal Library
due to construction, the Library has been
closed.

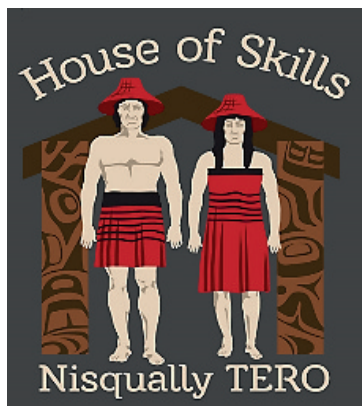
The Library is re-organizing and preparing for a
grand re-opening soon.

Due to circumstances beyond our control the
Library is unable to open until further notice.

The Library will send out flyers for a new date
for the grand re-opening.
Thank you. Library Staff.

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?

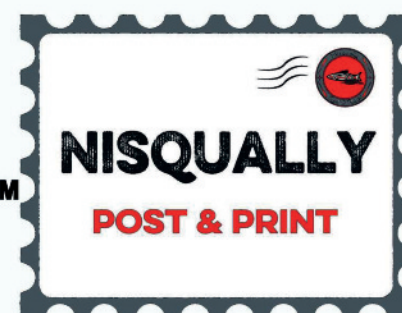
If you don't have an application on files
but would like to, please remember to
bring

- Tribal identification
- Spouses tribal identification

12820 YELM HIGHWAY SOUTHEAST
SUITE #C
(360) 338-6431

ORDERS@NISQUALLYPOSTANDPRINT.COM

**CALL OR EMAIL
FOR QUESTIONS
OR QUOTES.**



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- VEHICAL DECALS & MUCH MUCH MORE



TANF News

By Jesse Youckton

April was an exciting and good month for TANF clients. The 10th brought monthly family night with a guest speaker from the Community Action Council. The Council provides resources such as WIC, housing and energy assistance and emergency food assistance which clients, and any low-income individual, can assess. For more information, visit their website at www.caclmt.org.

April 17th was our monthly health and wellness event covering the topic of "planned parenthood." Orientation for new clients covering program details, policies, and requirements was also held.

As part of our Financial Literacy courses, we offer "DIY – Do it yourself" classes. April's DIY was making foaming hand soap and laundry soap. In the past, we have made Elderberry Syrup, salves and hair cleansers and easy spice mixes. These classes are open to current TANF clients. To find out the schedule of next class, contact your case manager.

If you are a current client, monthly grade and attendance reports are due to case managers for each child enrolled in school. To honor and support student success in school, quarterly incentives are offered. The incentive is a purchase order for the student. \$75.00 is awarded for grades with a GPA of 2.0 or better. A student maintaining a 3.0 GPA or higher receives an additional \$75. Students with a GPA lower than 2.0 must create and submit an educational plan with their school in order to receive \$75. To encourage attendance, \$75 is offered. Students with improved attendance from the previous quarter will receive an additional \$25 and students with perfect attendance will receive an additional \$50.

For children not yet in school there is a quarterly wellness incentive. Clients submitting documentation for their child's wellness check-up and/or immunizations or verification of participation in the WIC program will receive a \$100 per child purchase order.

Don't forget, we will be hosting our "Pulling Together for Success Community Resource Dinner" May 29th at the Billy Frank Jr Gym from 5:30-7. This is a resource fair that is open to tribal members, community members and employees. If you have questions regarding this dinner or want to sign up for a resource table, contact Jesse Youckton at 360-456-5237 ext. 2210 or youckton.jesse@nisqually-nsn.gov.

Lisa Vasquez, tribal liaison for the Division of Child Support is in the TANF office for community outreach the 2nd Wednesday of the month from 12-4:30. You can call her at 360-664-6859 to schedule an appointment or stop by. She can answer questions regarding child support issues.

If you are interesting in signing up for TANF, stop by the TANF office in the Billy Frank Jr Community Services Building or call 360-456-5237. We provide monthly financial assistance to low income families living both on and off reservation. As long as one member of the family is enrolled in a federally recognized tribe, you may be eligible. We have "child only" cases for

Jackie Wall is Retiring

On April 22 Nisqually employees and Jackie's family gathered for lunch to send best wishes to Jackie who, as of April 26, retired from the Nisqually Indian Tribe. Thank you for your hard work, dedication and we wish you the best of luck in your next adventures!



Happy Retirement!



NISQUALLY SURPLUS AUCTION

(Nisqually Tribal Members ONLY)

Friday May 17 at 10 a.m.

This will be a **Tribal Member Only** auction and will not be open to the public.

- ONE vehicle will be auctioned at a time - verbal bidding until winning bid is awarded
- All items are "SOLD AS IS." No refunds will be issued.
- Payment will be accepted in the Nisqually Financial Services office. Acceptable payment types are: Cash, Money Order, Cashiers Check or Credit/Debit Card
- All items must be paid for by **May 23rd**
- **Auction will be held in gravel area between Nisqually Drive and Hwy. 510**
- Bill of Sale will be issued by Financial Services at time of payment.
- Financial Services hours 8 a.m. - 5 p.m., Monday- Friday
- All items are to be removed from auction site no later than **May 23rd**
- **Pre-auction inspection** will be on May 16th . between 10 a.m.-12 noon

Some Items for Auction

- 2007 Ford Expedition 4x4
- 2008 Chevy Tahoe 4X4 K-9
- 2009 Dodge Durango 4x4
- 1987 Chevy Panel Van
- 2004 TIGER Small utility trk
- 1997 Chevy School Bus Bus
- 1985 Dodge 1 ton flatbed truck
- 1990 Dodge Dakota std cab LB truck
- 1999 Dodge Ram 1/2 Ton Van Corrections
- 1999 Ford E-350 4x4 diesel work van
- D3 1756 17' alum boat w/60/40 yahama jet
- Bear 19' boat trl
- Miller 16' alum boat w/ 115 hp
- Tricker 22' steel boat trailer
- Hovercraft 14' w/trailer
- 1980 J.D. 650 tractor loader w/backhoe front loader w/backhoe
- Riding mower John Deere 42
- Riding zero turn Husquavarna
- crab pots
- Fishing lines w/lead and corks

For more details please contact Billy Henry at 360-456-5221.

Other items

- TRUCK CANOPY
- TRUCK LUMBER RACK
- TOP OF VAN LUGGAGE RACK
- OUTBOARD MOTOR 2009 evinrude w/jet prop
- Lowe boat 14' alum skiff
- Woolridge 18' alum boat
- King boat trailer
- Edwind 20' alum boat w/130h Honda 4 stroke
- Tuff trl 21' boat trailer

Nisqually Education Graduation & Moving Up Ceremony

Contact the Education Department!

★ K-11 ★ High School ★ GED/21+ ★
Associate, Bachelor, & Master's Degrees!

We would like to recognize

ALL graduates and those students moving up a grade
at our ceremony on June 19!

Please notify us by June 5th so we can get everyone on the list!

Education: 360.456.5221

Ken: x1161 Christine: x1294 Rachel: x2213 Karen: x2195

Nisqually Education
Graduation & Moving Up Ceremony
Wednesday, June 19th
5:30-7:30pm
Billy Frank Jr. Building

Please join us to acknowledge and celebrate this years graduates and those students who are moving up a grade!

REAL ID

Enforcement: Washington

When enforcement starts in 2020, the state's standard driver licenses will not be accepted by the Transportation Security Administration (TSA).

When the REAL ID law is enforced in October 2020, no one will be required to get an Enhanced Drivers License or Enhanced ID Card. However, you will not be able to fly unless you have a Enhanced Drivers License, Enhanced ID, U.S. passport, passport card, military or military dependent ID card.



Nisqually Youth Basketball Tournament

By Jordan McCloud

This past month the Youth center held its annual Youth basketball tournament. Our Nisqually youth teams did very well! We had two teams out of Nisqually make it to the championship games.

Coming up short in the 10u bracket were the Unbreakables coached by Aaron Youckton. Congrats to them as well as their All-Stars Chad Ralston and Aiden Youckton. Also earning the Ms. Hustle award (an award given to ONE player in the whole tournament) went to Kamille Kautz! Congrats to the Unbreakables, Nisqually 10u Runner up.

Also earning runner up in the 12u bracket were the Nisqually Chiefs coached by Andrew Squally. All-Stars went to Shayla Squally, Aaron and Georgie Sanchez. Congrats to them on a fantastic tournament!

Your Nisqually Tournament results:

- 14u Champions: Chitwins; MVP Izahya Williams
- 12u Champions: Chehalis; MVP Courtney
- 10u Champions: Lil Rippers; MVP Payton
- 7u Champions: Makah; MVP Johnathon

Other All-Stars:

- Nevaeh Mcdonald-Lewis- 7u
- Marcus McCloud- 7u
- Brennen Sanchez- 7u
- Shaylah Squally- 14u
- Jaden Johns- 12u
- Meegan Squally- 10u
- Bucky Mills- 12u
- Tru Marcellay- 14u

I want to thank all of our Nisqually community, Nisqually youth and community center staff, Nisqually Americorps program, Nisqually youth council, volunteers, coaches, refs, etc. on showing great hospitality to our guest teams!

Thank you all and my hands go up to you! See you next year ☺





Fruit and Vegetable Rx Program for SNAP Participants



The Fruit and Vegetable Prescription (Rx) Program helps to make it easier for those participating in the Supplemental Nutrition Assistance Program (SNAP) to afford more fruits and vegetables. The prescription is a \$10 voucher that participants can use like cash to buy fruits and vegetables (fresh, canned, or frozen) at any Safeway store in Washington. This program is funded through the end of the year, ending on December 31, 2019. We hope to see future funding keep this program going from there.

The Nisqually Tribal Health Department held a Stretch Your FINI Voucher Dollars event at the Nisqually Adult Healing Home on February 12th to help participants (EBT and SNAP eligible community members) learn more about what kind of fruits and

vegetables can be purchased with the voucher.

At the event, our Dietitian Bernita LaCroix and Public Health Nurse Mary Szafranski prepared delicious food ranging from smoothies to crockpot chili and roasted vegetables- all made only with ingredients purchased using the FINI vouchers. Thank you to those who joined us for this delicious event!

For more information, and to get your voucher, go to one of the following:

Head Start and Elders Program:
Bernita LaCroix
Healing House: Mary Szafranski
Tribal TANF: Lorna Kalama and Anita Paz
Nisqually Clinic: LaVita Tessay

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

If you are unsure about commodity foods versus SNAP/EBT or if you have any questions about this program, please contact Bernita.lacroix@nisquallyhealth.org or amber.arndt@nisquallyhealth.org



Whoa! Backup... Backup your data that is.

Tips from the Nisqually IT-WebDev Dept.

In a recent global computer use survey, over 65 percent of respondents said they or someone in their family had lost data on a computer or mobile device. Based on the amount of time most people spend on technology devices, it makes



sense. Users have more data, more places to store data and therefore an increased risk of losing data by accidental deletion, cyber or malware attack and by losing a device.

Survey respondents stated the MOST important types of data they were concerned with losing are;

- Pictures, video and music
- Personal documents (including passwords and contacts lists)

The survey indicated users are backing up their data more than in prior years. In fact, it was a dramatic increase of backup compliance - moving from 31 percent of users not backing up data to only 7 percent. When asked to put a dollar amount on the value of recovering lost personal data, respondents reported;

- 20 percent said less than \$50
- 22 percent said between \$50-\$100
- 11 percent said between \$100-\$500
- 11 percent said between \$500-\$1,000
- 4 percent said above \$1,000

Check with your device, computer manufacturer or software provider for best practices of data backup and recovery. Here are some general tips in backup planning;

- Determine which files to backup (photos, documents, etc.)
- Set a backup schedule (frequency)
- Create a local backup system (external hard drive, USB flash drive, etc.)
- Create an offsite backup (store a duplicate copy in another location)

Disclaimer: Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services, products or links provided.



1st Annual Foster Care and Relative Care Appreciation Dinner

We invite Nisqually tribal members, community members, and employees to join us for an evening of celebration and networking

Thursday, May 16, 2019 at 5:30-7:00 p.m.

Billy Frank Jr. Gym

4820 She-Nah-Num Dr. SE.

Olympia, WA 98513

Dinner will be provided.



Do you know someone who is interested in becoming a licensed foster parent? Come and meet our Nisqually Children and Family Services staff and SPIPA's Foster Home Licensor

You can help keep Nisqually children remain in the community

- o Opportunity for tribal and community members to get involved in becoming an out-of-home placement option
- o Opportunity for Children and Family Services (ICW) to show our appreciation for foster care parents
- o Recognize and celebrate the success of foster care placements
- o Engage and recruit new foster parents
- o Provide information regarding the foster care licensing process and its benefits
- o Learn more about foster care licensing, respite care, and training opportunities

**REPORT CHILD ABUSE OR NEGLECT
DIRECTLY TO YOUR LOCAL REGION**

866-764-2233
Statewide End Harm Line 866-363-4276

**REGION 6
SOUTH WESTERN
WASHINGTON**

CLALLAM	MASON
CLARK	PACIFIC
COWLITZ	SKAMANIA
GRAYS HARBOR	THURSTON
JEFFERSON	WAHIAKUM
LEWIS	

The statewide End Harm line will continue to be available 24/7.
For more information about reporting abuse of a child,
visit the DCYF website at www.dcyf.wa.gov
DCYF 90_3004 (03/2019)

WASHINGTON STATE
Department of
Children, Youth, and Families

Featuring: Angel Van Brunt, Foster Home Licensor; Foster Parent and Relative Caregivers



CHILDREN AND FAMILY SERVICES (ICW) 4820 She-Nah-Num Dr. SE Olympia, WA 98513 360-456-5221 ext. 1208

South Puget Intertribal Planning Agency

**WIC Program
May Dates**

CHEHALIS 5/2/19
NISQUALLY 5/8/19
SQUAXIN ISLAND 5/14/19
SKOKOMISH 5/15/19

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
May Dates**

SQUAXIN ISLAND 5/3/19
PT. GAMBLE S'KLALLAM 5/7/19
NISQUALLY 5/10/19
CHEHALIS 5/15/19
SKOKOMISH 5/21/19

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



Outreach Specialist

By Raylene McCloud

Hello. I know that some of you may know me already and are aware of what I do but some of you might not. My name is Raylene McCloud. I am the Women's Wellness Program Outreach Specialist at the Nisqually Health Clinic. It is my job to get women in to receive much needed mammogram screenings and women's wellness screenings. As the Outreach Specialist, I schedule and call patients to remind them when their yearly appointment is. It is very important for women to get these screenings because early detection is very important when you are dealing with breast and cervical cancer.

Here at the Nisqually Health Clinic, we have a mobile mammography machine that comes to our clinic six times a year. At each mammogram clinic we usually provide snacks and water or juice to make your appointment as comfortable as possible.

This year, each mammogram patient will be entered into a drawing for one of two fleece blankets. Here are the remaining 2019 mammogram dates:

- Thursday, June 20
- Thursday, August 22
- Thursday, October 17
- Thursday, December 5

The Nisqually Clinic offers women's wellness exams at any time regular medical appointments are offered. Women's wellness exams usually include a pap smear and manual breast exam (if needed).

Please come in or call in to make your appointment for these very important screenings. The health clinic is able to provide our patients a small gift for coming in and taking care of themselves. As women we are usually busy taking care of others, so please remember to also take care of yourself. Call to 360-459-5312 to schedule your appointment.

Screening Tests Just For Women

One of the major breakthroughs of modern medicine is the ability to screen for certain cancers. This enables certain cancers to be discovered when it is still possible to completely cure the patient. Cancers that progress slowly over many years are much more amenable to screening than those that develop quickly. Cervical cancer affects only women, and breast cancer affects mostly women.

Cervical cancer is ideal for screening. Abnormal cells on the uterine cervix tend to grow slowly, sometimes taking decades to progress from mild abnormality to cancer. The Pap smear is a sample of cells taken from the uterine cervix. The cells are evaluated for their appearance, as well as the presence of the Human Papilloma Virus

(HPV) thought to be the most common cause of cervical cancer.

Breast cancer is another cancer that if detected in early stages can often be cured. Most often, a woman will not have symptoms of breast cancer until the cancer has already spread to vital organs such as the lungs, bones and brain. At this point, it is very difficult to eradicate. If caught early, however, chances for a cure are quite good.

Over the years, there has been considerable controversy over screening. Recommendations are constantly changing, which can be confusing. Here are the recent guidelines.

PAP Screening:

Start at age 21 and continue to age 65

For ages 21-30: every 3 years
For ages 30-65: every 3 years, OR pap smear with HPV testing every 5 years. If HPV test is positive, or Pap test is not normal, additional screening is recommended.

MAMMOGRAM Screening:

Start at age 40, unless a primary relative (mother, sister, daughter) has a history of breast cancer- may wish to begin earlier. Screen from age 40 until the patient has less than a 10 year life expectancy.

How often to screen is controversial. Every one to two years from 40-50, then yearly after age 50 is the current standard.



Check that Date!

Keep in mind that all medications expire and require replacing at some point. Remember to look at the expiration date on your Opioid Overdose Kit. The date is located on the end of each box of medication (naloxone).

Example: Expiration: 7/16

This medication expires on the last day of July in 2016



If you have an naloxone that has expired already or is expiring this month, please bring the old medication to the pharmacy for replacement meds. You can also bring your kit to the pharmacy to have the date checked, and medication replaced if needed.

Caregivers

Attention Caregivers!

Instant
Pot Cooking
Class
with
Bernita

May 1, 2019

@ 1pm

Elders Building



Attention Caregivers!
A Night at the Movies
Avengers: Endgame
May 3rd 6pm
Yelm Cinemas
Seating is limited:
Sign up at the Elders!

Caregivers are: family caregiver, is an unpaid informal care provider, usually a family member, caring for older American Indian or Alaska Native relatives with a chronic illness or disability. Or Grandparent or Elder, American Indian or Alaska Native grandparents and/or relative caregivers who are age 55 and older and, who are the primary Caregivers of a child not more than 18 years old because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child. They must be related to the child by blood, marriage, or adoption and live with the child.

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.

Please note: Payment by Nisqually is for CHS-ELIGIBLE PATIENTS ONLY

Providence Immediate Care Lacey

4800 College St SE
Lacey, WA 98503
(360) 486-2900
Mon-Fri 8 p.m. - 730 p.m.
Sat-Sun 9 a.m. - 430 p.m.

Providence Immediate Care West Olympia

1620 Cooper Point Rd SW
Olympia, WA 98502
(360) 486-6710
Mon-Fri 8 a.m. - 8 p.m.
Sat-Sun 9 a.m. - 5 p.m.



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 footwear, 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 4~~

~~February 4~~

~~March 4~~

~~April 4~~

May 3

June 7

July 12

August 9

September 13

October 4

Call the Clinic @
(360)459-5312

to schedule an
appointment



Elders News

By Nicole Wells

Social Gatherings

Come to the Nisqually Elders Center for Social Gathering such as, Caregiver Support Group, Senior Meals and Cultural Activities. We thrive to provide services to our Elders in the Nisqually Tribe and Community.

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 (4) times a week: Monday, Wednesday, Thursday and Friday 12 p.m. - 1 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 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 Groups 2nd & 4th Thursdays of each month!**

Watch in the weekly mail out for informational flyer!

More information contact Karen Anderson, Caregiver Support Specialist 360-486-9546 ext. 1981

Culture Activities & Events

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

Please join Nemah Choubaquak with the Elders Program for:

beading, sewing, regalia making and other culture activities.

Culture Classes

Wednesdays & Thursday

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

Canoe Journey Related: Nisqually

Culture Department

Culture Classes: Song & Dance Practice

Mondays at the Culture Center in DuPont

Tuesdays at the Billy Frank Jr Gym in Nisqually

Classes are from 4 p.m.-7 p.m.

For more information contact Culture Department 360-456-5221

Travel for Elders

Watch in the weekly mail out for flyers with information about upcoming trips.

Come to the Elders Center and sign up!

The Elders Center is open Monday thru Friday 8 a.m.-5 p.m.

Very important to sign yourself up for the trips. This is to avoid losing your space or not getting signed up in time.

- **Siletz Elders Luncheon on May 7th, 2019 all spaces are full!**
- **Hazel Pete Weavers Teaching Weavers Conference May 9th and 10th all spaces are full**

Watch for dates and flyer in the weekly mail out for:

- **Swinomish Inter-Tribal Elders Luncheon**
- **Tulalip Elders Honor Day**
- **Lummi Elders Honor Day**

- **Grand Ronde Elders Luncheon**
- **Suquamish Elders Luncheon**
- **Canoe Journey July 19th to July 29th, 2019.**

Cancelling Travel:

Please notify Elders Program Staff of cancellations! It allows the Elders Program to cancel rooms with the hotel. We will not coordinate cancellations with late sign ups, less than 2 weeks prior to travel!

Please contact Nicole Wells.

Northwest Native American Basketweavers Gathering **will not be coordinated by the Elders program** for 2019. Questions can be directed to Cleo Frank and Norine Wells 360-486-9546.

The Elders Program will coordinate a Weavers Gathering here in Nisqually or a location nearby. If you are a weaver and interested in teaching contact Nicole Wells at 360-486-9546 or cell phone: 360-489-9515

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

Continued on page 15-ELDERS



Continued from page 14-ELDERS

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.

Nutrition Classes Wednesday 1:00 p.m.

5-1-2019	Strawberries
5-8-2019	Salad in a jar
5-15-2019	Seasonal produce
5-22-2019	Healthy dessert
5-29-2019	Health bingo or TBA

If you would like to set up an appointment with Bernita to discuss nutrition call the Health Clinic at 360-459-5312

Fitness

Come over to the Elders Center and work on balance, strength and flexibility!

Chair Yoga for Elders

Thursdays 1:30 p.m.-2:30 p.m.

For more information about fitness contact Kareem Gannie 360-455-5213

Assistance and Services

Energy Assistance is 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.

- 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 or Norine Wells, Elders Program Assistant Manager.

Heating Assistance is provided for enrolled Nisqually Tribal Elders 55 Years or older. The Elders Program purchases pellets or propane for elder's homes. Contact Nisqually Elders Program for more information.

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

Bernita LaCroix, Nutritionist

Bernita.lacroix@nisquallyhealth.org

Elders Travel 2019

By Norine Wells

This year travel has already started with the Elders traveling to the Chinook Winds for the Siletz Inter-Tribal Elders Luncheon or "ITEL".

The Elders travel flyers will be mailed out in the Weekly Mail Outs. Administration does the weekly mail outs of flyers, notices and announcements. Those mail outs are placed in the U.S. Mail on Thursday, and most tribal members receive their weekly notices by Monday.

Once the travel flyer is mailed with the Weekly Mail Out on Thursdays, an Elders Travel Sign-up Sheet will be available the following Monday morning. This gives all Elders written notice and the same opportunity to sign up for trips.

Be sure to check your mail from the Tribe and watch for the Weekly Mail Outs. If you are not receiving your Weekly Mail Outs, please verify your address with Enrollment or Administration. You may need to up-date

your mailing address at the Enrollment office.

If you have any questions, please feel free to call Cleo Frank, Elders Program Manager at 360-486-9546 ext 2166 or Norine Wells, Elders Program Assistant Manager ext. 2103.



May 10, Happy Birthday Wusa, Smooches

May 16, Happy Birthday Chenoa, Love the McDonald Family

May 27, Happy 26th Birthday Jasmine, Love Mom, Dad, Keisha, Samira, Nevaeh and Rodney

Happy Birthday Oscar
may you be blessed with
many years.
We love you – JLNC

Happy 13th Birthday to




Nisqually's 2019 Jr Miss Wellbriety Princess,
Shaylah Squally.
We love you baby girl.


HAPPY 10TH BIRTHDAY OHLAKWA!
WELCOME TO THE DOUBLE DIGITS!!!



LOVE DAD!



YOGA



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.



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