



Back to School Bash!

By Leighanna Scott

Nisqually Tribe kicked off the 2019 school year by hosting a Back to School Bash at the Youth and Community Center for all ages. Through collective efforts of many of our departments we were able to put together quite the two-day event.

Backpacks were handed out the first day for grades K-12 followed by a movie night in the gym with food and snacks. The following day provided registration for games:

- Volleyball
- 3 on 3 basketball tournament
- Field games for adults
- Kiddieland for the younger crowd that included a petting zoo and the Reptile Man!

We ended the evening with a traditional dinner of salmon and oysters, a HUGE raffle and a dance for the kids.

The focus of this event was to bring something to the community that we can all participate in. To give the youth and parents something to celebrate before getting back into the groove of school schedules and busy weeks. We hope everyone who came out to the bash enjoyed themselves and will help us celebrate this every year from here on out.

It is important that we take time out to laugh and play, no matter the age.

Thank you to Tribal Council, Housing, Health, Education, Legal, Community Services, Emergency Management, Administration, Youth Center and a few other we couldn't have done this without.

Thank you to all of our Volunteers that made it all come alive!



Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Probate

She is on-site in the Administrative Building legal deposition room on the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call the tribal office at (360)456-5221 to set up an appointment.

Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday Nights

Time: 6:15 p.m. - 7:30 p.m.

Hosted by Anita Torres and Chuck Deuel. Anita can be contacted at 360-413-2727 ext. 2305.

Recovery Cafe located at 4820 Billy Frank Jr. Blvd. Olympia, WA 98513.

Everyone is welcome and encouraged to share Recovery, the struggles and the strengths. You will find support for each other and spread hope at this open talking circle meeting.



FREE Rides
Monday through Friday

Upper and Lower Reservation Route
7:30 a.m. to 4:30 p.m.
Last **OFF RESERVATION**
Appointments ending at 3:30 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas

Cost is \$1.00

Vets and active duty military ride free. Customers with transit passes ride free.

**Please call
1-800-650-7846
for information**

How to Contact Us

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

Nisqually Tribal News

4820 She-Nah-Num Dr. SE
Olympia, WA 98513
(360) 456-5221

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

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

Nisqually Tribal Council

Chair, Ken Choke
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Brian McCloud
6th Council, Hanford McCloud
7th Council, Willie Frank

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Back to School Bash





Olympic Arms Building Renovated Into Office Facility for the Nisqually Department of Natural Resources

By Joe Cushman

The old Olympic Arms building in Nisqually valley was purchased by the Nisqually Tribe in late 2018. The acquisition includes a 1.91 acre parcel, together with a 10,000 square foot office and warehouse facility.

The building has been fixed up considerably over the past several months, and will be repurposed as the main office and operational area for the Tribe's Department of Natural Resources (DNR).

The Nisqually DNR program has operated out of a number of scattered locations over the years, and there was a desire to bring the various programs and functions together under one roof. The building and property were purchased from Washington Business Bank after the bank had repossessed the building from the previous owner. The total cost to the Tribe of acquisition and renovation work is in the \$675,000 range.

The cost of building new facility for the DNR program had been previously estimated at between 5 and 10 million dollars, so the savings realized by the Tribe from acquiring and fixing up the Olympic Arms building is considerable indeed. The renovated building will include 19 office spaces, meeting rooms, a kitchen/break room, a reception area, and a 4,000 square foot warehouse and storage space in the back. The renovated facility will also feature a large meeting and conference room in the front area of the building that can be used for staff meetings and functions, including meetings of the Nisqually Fish Commission. The Tribe has invested around \$110,000 in facility renovation work, which has included a new roof, new IT wiring, new lighting, exterior and interior paint, and new flooring.

There is a small amount of finish work still planned for the building, including a seal coat and new striping on the front parking lot, replacement of several windows, and some signage.

A phase II plan for further renovation work on the facility and grounds is also being considered, which would include renovation of some of the warehouse space into offices for the Fish and Wildlife Enforcement program, and an outside vehicle storage compound. A plan to relocate the ice machine to the premises is also being evaluated.

A key to making the renovation work a success was the time and expertise provided by tribal construction superintendent Keith Brent.





Get Connected!

Tips from the IT-WebDev Department

When connecting a computer, tablet or smart phone to the Internet what's really going on behind the scenes and what type of technology is allowing this to happen?



Broadband is the term used to describe the technology for the connection making it possible to send and receive data over the Internet.

There are three primary types of connections that allow for online connectivity; DSL, cable and fiber optics. All three of these require a physical infrastructure to deliver data in the form of videos, streaming movies or TV shows, emails, and Web browsing services. Depending on the geographical location, service connection types will vary. Remote areas often require slower connectivity speeds due to the physical limitations of equipment and additional costs of long lines being run (whether above ground or below ground). These lines are made of copper or fiber optics, which uses light instead of electrical signals to transmit data. Fiber optics allow for the largest amount and fastest speed transmission of data (at the speed of light).

All three types of data connectivity are considered broadband and in 2015 the Federal Communications Commission (FCC) changed the definition of broadband

speed from 4Mbps to 25Mbps for data downloads and from 1Mbps to 3Mbps for uploads. Typically, the upload rate is always lower than the download rate. In 2018, almost 14% of the U.S. connections were broadband fiber (up from just over 5% in 2010).

Terms and Definitions:

Broadband - High-speed Internet access that is always on and faster than older dial-up modem access.

Online - Connected to another computer or to a network, such as the Internet.

Offline - Not connected to another computer or to a network, also known as working locally.

Copper - A physical cable that carries the electrical signal, there are three types of wire - coaxial, unshielded twisted pair and shielded twisted pair.

Fiber optics - Thin flexible fibers of glass or plastic used to transmit data signals at the speed of light.

DSL - Digital subscriber line, 21% of the world's population used this type of connection in 2015.

Mbps - Megabytes per second, the measurement of speed

Upload speed - The rate that data is transferred from the user's computer to the Internet.

Download speed - The rate at which data is transferred from the Internet to the user's computer.

Evergreen State College Native Pathways

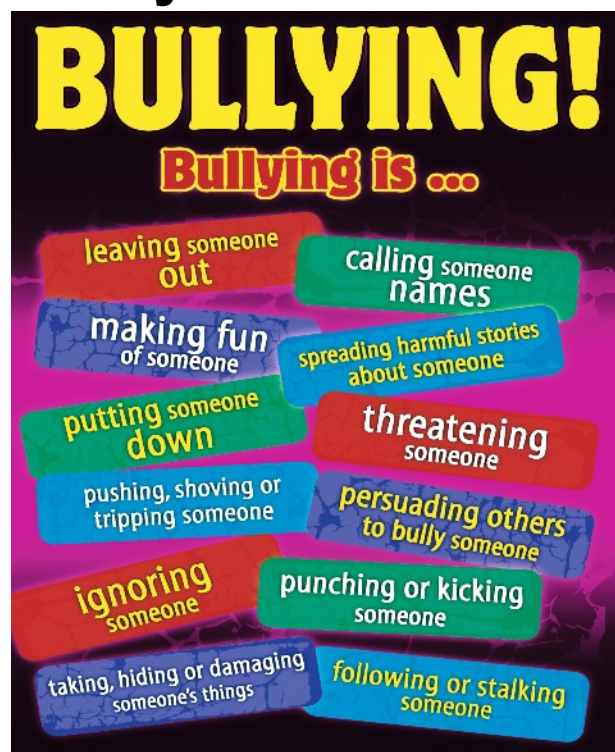
In the Native Pathways Program, you can earn a Bachelors of Arts with an emphasis on Native and Indigenous studies.

- 12 - Credit Academic Program with additional 4 and 2 credit courses
- A well defined, consistent program that balances relationality, personal authority, indigenous knowledge and academics
- Immerse yourself in Indigenous and Western Pedagogy and Praxis
- Online or in Olympia, Tacoma or Quinault 2x/week and 2 weekends per quarter in the Longhouse on Evergreen campus in Olympia

Contact Dawn Barron at barron@evergreen.edu

Find out more at evergreen.edu/nativepathways

Just a reminder to always talk to your kids about





Your Nisqually THPO

Jeremy Perkuhn, Annette Bullchild, & Brad Beach

While the Nisqually Tribe has had a formalized Tribal Historic Preservation Office (THPO) since 2012, I'm realizing that not a lot of people know who we are or what we do, so let me start by introducing the office and its personnel. The main function of the Nisqually THPO is to protect and preserve the cultural values, traditions, and sovereignty of the Nisqually Tribe; including archaeological sites, culturally significant landscapes, culturally significant plants and trees, and collections of artifacts and objects. The Nisqually Tribe is given this authority through various state and



federal statutes like the National Historic Preservation Act (NHPA) and Washington State Governor's Executive Order 05-05 (EO 05-05). Both of these laws, as

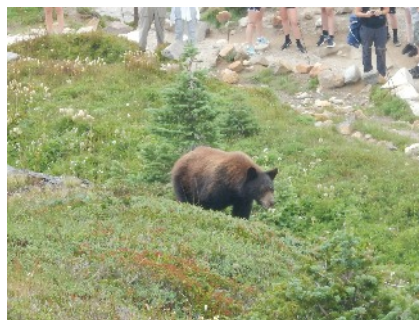
well as several others, require that state and/or federal personnel consult with affected tribes when state/federal money or permitting is being used to develop infrastructure within a tribe's traditional use area. The THPO department staff reviewing these various projects for the Nisqually Tribe are Jeremy "Badoldman" Perkuhn, Annette "Nettsie" Bullchild, and myself (Brad Beach).

The most effective way of protecting the cultural resources of the Nisqually people is by reviewing development projects before they even start. Both Jeremy and myself review these development project permits from the different municipalities and individual land owners from as far north as Tacoma to as far south as Clark County and the City of Vancouver. Having knowledge of these projects from their inception allows us to recommend varying levels of archaeological testing, some of which can require a full cultural resource assessment. When we recommend archaeological testing Jeremy and myself often partner with the archaeological contractor to assist in excavating test units, digging shovel test probes, and conducting pedestrian (walking) surveys. Some of the project locations where we have been fortunate to work include the Cal-Portland gravel mine in DuPont, Joint Base Lewis-McChord (JBLM) training areas, various distribution warehouses throughout DuPont, and

more natural areas like Priest Point Park in Olympia and Nisqually State Park near Eatonville.

We love to preserve the history and the culture of such a great tribe and community and to do this we do a lot of field work in some of the most beautiful and historical places known to Nisqually. Recently we drove to Longmire on Mt. Rainier and stopped at the Nisqually designated use campground which was filled with children from Wa He Lut who were participating in the "No Child Left Inside" grant program ran by Sheila Wilson and the Nisqually River Foundation. While one of the National Parks Service (NPS) archaeologists taught the children how to properly use a compass, the rest of us sat around the campfire and enjoyed "road cakes" (pancakes).

After spending time at the Nisqually designated use campground, we loaded up our trucks and headed up the mountain to Paradise. The goal was to survey this small ridge so the NPS trail crew can re-locate a hiking trail around a known archaeological site. We threw on our backpacks, Mikayla Sison from AmeriCorps grabbing the biggest pack belonging to the NPS archaeological team, and began the strenuous two-mile hike (1500' elevation gain) up the



Skyline and Dead Horse Creek Trails above Paradise. After reaching our destination we unloaded our supplies and began our survey work. A few hours later, as we took a quick lunch break, we had

the most amazing experience. A black bear came from across the ridge and slowly walked into Dead Horse Creek just 40-50 feet below our work area! After calming down a bit, we all got back to work.

We will be including updates to the THPO department field work in future Nisqually newsletters, but in the meantime if you have any questions, feel free to contact us at beach.brad@nisqually-nsn.gov or badoldman.jp@nisqually-nsn.gov.



TERO-Screen Printing

TERO offers genuine hand pressed screen-printing that is ran solely by its Native staff and trainers.

For a little over a year now, TERO's screen-printing has completed jobs for various departments, both in and outside the Nisqually community such as: The Red Wind Casino, The Evergreen State College, and a variety of external work.

LEARN THE TRICK OF THE TRADE

Excited to learn more about screen-printing yourself? Contact Nisqually TERO and sign up for future training courses for more information.

INTERESTED IN ORDERING YOUR OWN T-SHIRTS?

Email us at nisquallytshirts@gmail.com

With the following information:

- Design (Artwork).
- # Of Colors in design (max 4 colors).
- Print position (pocket/front/back print).
- Qty/Color of Garment.

Pricing varies depending on these variables. Prices are subject to change.



S.T.E.P

Shout Out to Tiffany Stepetin-IT Apprentice

The STEP Board would like to send a HUGE shout out to Tiffany Stepetin, who is our IT apprentice, for completing her first 90-days of her apprenticeship. In this time she has accomplished so much. She has passed three out of the four tests to earn her GED, but has shifted towards the RUN 21 program to earn her high school diploma. She is also studying for the Comp TIA.

Tiffany has a lot of personal goals that she has set for herself and is knocking them out one at a time. She has gotten her driver's license, a car, and insurance, which is a great accomplishment. She has been learning to balance her outside responsibilities with her work life.

We are so proud of you, Tiffany. Keep up the AMAZING job that you are doing. You will achieve every goal you set for yourself!

Tia Lozeau, on behalf of the STEP Board



New NON-EMERGENCY # 360-412-3030

Call this number to leave a NON-EMERGENCY crime tip. You will be asked to leave a message that will be forwarded to all Nisqually Tribal Police Officers.

Please call 911 for Emergencies



1st Annual Walk for Hope

Life is Sacred Event

On September 10, 2019, the Nisqually Health Department hosted the 1st Annual Walk for Hope; Life is Sacred event at the Billy Frank Jr. Gym. The walk/dinner was in conjunction with World Suicide Prevention Day. National Suicide Prevention Week is September 8-14, 2019. The Nisqually Health Department plans to make this an annual event.

Like many Native American Reservations, most of us have been affected by suicide. Suicide Prevention work is much needed in Indian Country. There have been some Reservations in the United States that have declared a state of emergency. This is to seek help for funding in reducing the rate of suicide mortality.

I worked for the Johns Hopkins Center for American Indian Health on a suicide prevention study for my Tribe. At the time, my Tribe was #1 in the nation for suicide. Since doing that work, a passion birthed in me to be a part of the solution to ending this epidemic in Indian Country. I am so blessed to have a supportive Director and Supervisor who entrusted me to take on this task here at Nisqually. To those that participated in the walk, I walked along with you. I felt the heaviness and emotions. My hands go up to the Canoe Family who walked and sang songs. They also stopped at Journey Drive and sang a few more

songs before we turned around and walked back to the gym. Those songs lifted the burdens and the hurt.

We finished the evening with dinner and guest speakers. Michelle Frink, one of the spiritual healers here at the Clinic, shared her experience with the loss of her son to suicide. We also had an open microphone allowing community members to speak. Marci Allen and Karen Lilly talked about the healing process after suicide.

Last, but not least a thank-you to Molina Healthcare who sponsored the event and also to the Tribal Council who assisted in providing raffle items and dessert.

In closing, I wanted to share what a great night this was. I can comfortably say that this event opened the way towards healing for the community. All we have known is to remain silent, which stems from historical trauma, colonization and genocide. We were taught to be quiet. Times are changing; it is okay to talk. Praying, crying is healing. Once again, thank you Nisqually community, you showed up in a big way!

Ashoog, Ahi'ye (Thank-you)
Lavita Tessay- Plumage
Adult Care Caseworker – Nisqually Health Department





1st Annual Walk for Hope

Life is Sacred Event





Experience of a Lifetime

By Aaron and Ace Youckton

Our son, Aaron "Ace" Youckton II, recently traveled to Italy with other 7th grade students from his school, Yelm Middle School. The purpose of the trip was for the students to learn about the history of some the oldest parts of Italy first hand, which they had studied through out the school year. A few of the sites they visited were the Roman Forum, the Colosseum, Vatican City, and the Roman Catacombs.

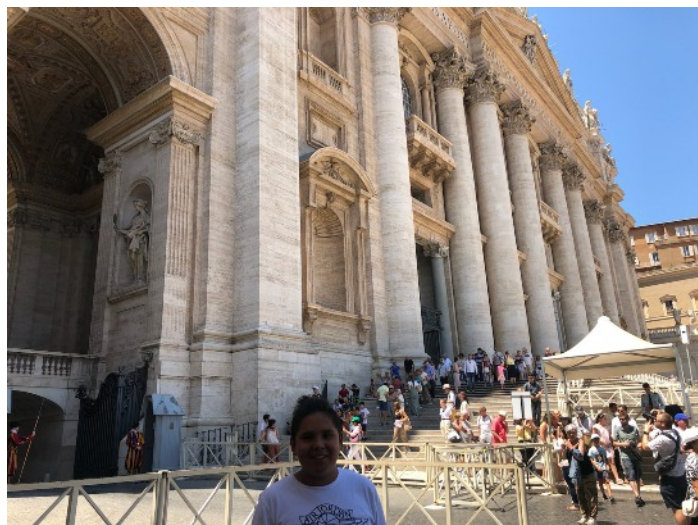
What I liked about Italy from Ace:

What I liked about Italy was a lot of fresh fruit (farmers markets) and lots of cheese and baked goods. Also there was lots of souvenirs shops and things to buy. But probably my favorite thing about Italy was lots of sights to see and my favorite food was probably pizza and spaghetti (he did try other foods). Also thank you for helping me go to Italy.

Not only was this trip an amazing way to learn about some of the earliest structures to date in person, but it gave Ace the opportunity to get a step ahead in his high school. After he returned home, he completed a little presentation of his trip to earn high school credits.

We would like to thank the Nisqually tribal members, community members, employees and family that supported him and donating to make this trip possible. Without your support, he would not have been able to experience this trip that he will remember forever! Thank you all!

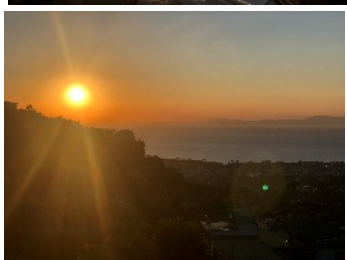
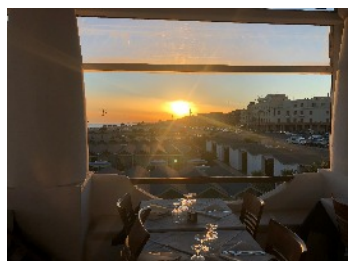
Ace, Aaron and Leslee Youckton.



St. Peter's Basilica, Vatican



Pompeii Ruins Mt. Vesuvius in the background.



View from their hotel in Sorrento.



Spanish Steps in Rome.



Amalfi Coast on their way to Sorrento.



Brighton Creek Retreat and Healing Center

The Nisqually health department continues the process of bringing this 22-acre property up to code, regulation, and licensed. Our goal is to be ready to open the fall of 2020.

Brighton Creek Retreat and Healing Center will become a licensed retreat center with the ability to provide holistic healing services to the Nisqually tribal community. The vision of Brighton Creek Retreat and Healing Center is to provide an environment for the tribal community to participate in traditional and cultural practices to ensure the ancestral knowledge and wisdom is passed to the next generations. Securing healing, cultural and traditional preservation.

This property is being developed with several tribal departments to ensure a continuum of care for integrated health services for the Nisqually people.

The health department will seek grant and foundational funding to support these efforts. The health department is grateful for the patience and support of the tribal community as we continue the renovation and licensing efforts.

Thank you for your continued support. We look forward to seeing you at the grand opening coming the fall of 2020.



Financial Services Corner

Fun Facts From Finance

Trivia from Nisqually Financial Services

Summer Youth

Nisqually Financial Services had the pleasure of working with a member of the Summer Youth Program. Leila Underwood spent approximately five weeks with our team between August and September. She assisted with clean-up of the file room, organized and alphabetized documents, and created vendor folders.

The Finance team actually loves to mentor the youth. We hope next summer will allow the opportunity for other Summer Youth tribal members to sample life in the Financial Services arena. Who knows, we could be developing the future CFO!

Male vs Female

The Financial Services staff currently consists of 21 members. Of that team, only four are male, which translates to 19 percent. These men all maintain a great sense of humor in a female dominated environment. The men also end up with extra duties such as "heroic spider killer" and "champion heavy

box lifter." They are all highly appreciated by the other 81 percent of the team.

Treasury Team

Financial Services has sub teams within the department. One of those teams is the Treasury Team. That team consists of the following five members whose key responsibilities are:

Leanne Goodburn – Team Lead, coordinating records for annual audits, reconciling of general ledger accounts

Jill Wall – coordinating contracts, insurance and property

Kevin Smith – processing purchase orders and coordinating employee business travel

Guido Levy Jr. – processing purchase orders and receiving goods

Jennifer Underwood – in training to assist with contracts and property



**Are you pregnant?
Breastfeeding?
A family with a child
under age 5?**



Now is the time to see if you're WIC eligible!

WHY? More flexibility when shopping for WIC foods!



**WIC cards have replaced checks.
One card for the whole family.**

**You can buy just the WIC items
you need when you shop.**



Download the free
WIC shopping app

Questions? Contact your WIC staff at SPIPA:

Patty 360.462.3224 or Debbie Gardipee-Reyes 360.462.3227

At Chehalis: Debra Shortman 360.709.1689



**This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn't discriminate.**



OCTOBER 12, 2019 BREAST CANCER AWARENESS WALK

Join us on October 12, 2019 at 10:30 a.m. for the 16th
Annual Native Women's Wellness Program Breast
Cancer Awareness Walk in beautiful Tokeland, WA!

Event Sponsors:



National Breast and Cervical
Cancer Early Detection Program



susan g. komen
FOR THE CURE
PUGET SOUND

**16TH ANNUAL
NATIVE WOMEN'S
WELLNESS
PROGRAM
BREAST CANCER
AWARENESS WALK**

**HOSTED BY
SHOALWATER BAY**



**MEAL BY:
PAM DRAKE**

**GUEST SPEAKER:
LINDA BARNES**

**HONORING BREAST
CANCER SURVIVORS**

SHOALWATER BAY
2373 Old Tokeland Rd
Tokeland, WA 98590
Saturday, October 12, 2019
10:30 a.m.
Any questions contact:
Delia Culp- 360-267-8206



South Puget Intertribal Planning Agency USDA Foods Program

**SERVING NISQUALLY 10/21/19
Pumpkin Apple Streusel Muffins**

**FEATURED
RECIPE!**



INGREDIENTS:

2 1/2 cups all-purpose flour
2 cups white sugar
1 tsp baking soda
1 Tbsp pumpkin pie spice
1/2 tsp salt
2 eggs, lightly beaten

INSTRUCTIONS:

Preheat oven to 350 degrees F. Lightly grease 18
muffin cups or use paper liners.
In a large bowl, mix together 2 1/2 cups flour, 2 cups
sugar, pumpkin pie spice, baking soda and salt.
In a separate bowl, mix eggs, pumpkin and oil. Add
pumpkin mixture to flour mixture; stirring just to
moisten.

1 cup canned pumpkin
1/2 cup vegetable oil
2 cups peeled, cored and chopped apples
2 Tbsp all-purpose flour
1/4 cup white sugar
1/2 tsp ground cinnamon
4 tsp butter

Fold in apples. Spoon batter into
prepared muffin cups.
In a small bowl, mix together 2 Tbsp flour, 1/4 cup
sugar and 1/2 tsp cinnamon. Cut in butter until
mixture resembles coarse crumbs. Sprinkle topping
evenly over muffin batter.
Bake for 35 to 40 minutes or until a toothpick
inserted comes out clean.

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

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

WIC Program October Dates

WIC
WOMEN, INFANTS
& CHILDREN

SHOALWATER BAY 10/1/19

SQUAXIN ISLAND 10/8/19

NISQUALLY 10/9/19

CHEHALIS 10/10/19

SKOKOMISH 10/16/19

**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.



Flu Season!

**Don't forget to get your flu shot.
Please call the Nisqually Health Clinic at
360-459-5312
to set up an appointment.**

- Get vaccinated! Vaccination is the most important way to prevent the spread of the flu.
- Stay at home if you are sick. The CDC recommends that workers who have a fever and respiratory symptoms stay at home until 24 hours after their fever ends
- Wash your hands frequently with soap and water for 20 seconds; use an alcohol-based hand rub if soap and water are not available.
- Avoid touching your nose, mouth, and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve(s).
- Clean your hands after coughing, sneezing, or blowing your nose.



How Medications Affect Your Dental Health

By Sue Bohannon, DMD

If you're taking medications for certain health conditions, you may not realize these same medications can also impact your oral health. After all, medications are supposed to bring health, not create another problem, right? The truth is a variety of prescribed medications can affect your mouth.

For example:

- Antihistamines may cause dry mouth syndrome, which can lead to sore gums, making the mouth more prone to infection and decay.
- Contraceptives and blood pressure medications may cause mouth sores, gum inflammation and discoloration.
- Blood thinners can interfere with your ability to form blood clots or cause heavy bleeding after a tooth extraction.

- Anti-seizure medications can cause an overgrowth of gum tissue (gingival hyperplasia) and make it difficult to practice good oral hygiene.



Please give us a call at 360-413-2716 to make an appointment and please let us know the medications that you are taking so we can help ensure the health of your mouth by combating these oral health side effects.

Mark Your October Calendars:

October 2019

Caregiver Support Group

October 21st Monday 1:100 p.m.- 2:00 p.m.
Signs and Symptoms of Strokes w/Katie Loco

October 29th Tuesday 5:30 p.m. - 7:30 p.m.

Halloween Fun and Games w/Costume Contest
Dinner will be serviced

Sewing, Beading and Crafts at the Elders Building

Wednesday & Thursdays afternoons
Including Evenings 4:30 - 8:30 p.m. w/Culture Program

Caregiver Support Program provides services for: Unpaid Caregivers of Native American Elders 55 years or Older Native American Elders raising children who live in their home because their parents are unable or unwilling to care for them.

Contact Information:

Call the elders program for more information!
360-486-9546

Karen Anderson, Caregiver Support Specialist, ext.
1981 Cleo Frank, Elders Program Manager, ext. 2166

NISQUALLY NATIVE WOMEN'S WELLNESS PROGRAM

Mammogram Day

IF YOU ARE A WOMAN 40 OR OVER PLEASE COME IN FOR BREAST HEALTH EXAM AND MAMMOGRAM

NISQUALLY TRIBAL HEALTH CLINIC
THURSDAY, OCTOBER 17TH, 2019
FROM 9:00AM TO 4:00PM

WATER, TEA, JUICE, BREAKFAST SNACKS, AND LUNCH WILL BE PROVIDED. ALL PATIENTS WHO ATTEND THEIR MAMMOGRAM WILL BE ENTERED INTO A DRAWING FOR A PRIZE BASKET.

SPONSORED IN PART BY:



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
- Advice and help with proper footwear

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

~~August 6~~
~~August 13~~
~~September 10~~
October 4
*October 11
November 1
*November 8
December 6

Call the Clinic @
360.459.5312

to schedule an
appointment

Nisqually Tribal Health Department

Pediatric Clinics

Dr. John Karpel

Clinic Dates:

REMAINING

DATES

Dr. Sylvia Morales

Clinic Dates:

Monday, June 10th

Monday, July 8th

Monday, August 12th

Monday, Sept. 16th

Monday, October 14th

*Tuesday, November 5th

Monday, December 9th

Tuesday, June 25th

Tuesday, July 23rd

Tuesday, August 27th

Tuesday, September 24th

Tuesday, October 22nd



"Is my child due for a
Well Child Check?"

The American Academy of Pediatrics recommends that parents bring newborns to see their health care provider at 3-5 days old.

AND...

By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

Call the Clinic at
360.459.5312

to schedule
appointments such as:

- Well Child Checks
- Head Start Exams
- Childhood Immunizations
- Physicals and/or Screenings.

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

menu subject to change

OCTOBER 2019

Guests pay \$4.00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Pork Schnitzels Mashed Potatoes Veggie Blend Fresh Fruit	German Sausage w/ Onions & Peppers German Potato Salad Fresh Fruit	Fish & Chips Cole Slaw Fresh Fruit	
6	7	8	9	10	11	12
	Tamale Pie Spanish Rice/Beans Green Beans Jello/Fruit		Corned Beef & Cabbage Potato Medley Soda Bread Fresh Fruit	Spaghetti Garlic Bread Roasted Veggies Fresh Fruit	Split Pea Soup Grilled Ham Sandwich Fresh Fruit	
13	14	15	16	17	18	19
	Salisbury Steak Mashed Potatoes Roasted Veggies Jello/Fruit		Beef Stroganoff Buttered Noodles Roasted Veggies Fresh Fruit	Baked Cod Potato Medley Veggie Blend Fresh Fruit	Beef Stir Fry Brown Rice Fresh Fruit	
20	21	22	23	24	25	26
	Meatloaf Mashed Potatoes Garden Veggies Jello/Fruit		Baked Salmon Potato Medley Garden Veggies Fresh Fruit	Ham / Bacon Scrambled Eggs Oven potatoes Toast, Fresh Fruit	Beef Barley Soup Wheat Rolls Fresh Fruit	
27	28	29	30	31	Crisp Green Salad & Milk Served Every Day, Wheat Bread as Needed.	
	Tuna Casserole Broccoli Spears Wheat Bread Jello/Fruit		Oven Fried Chicken Red Potatoes Green Beans Fresh Fruit	Pork Roast Yams Veggie Blend Fresh Fruit		



Announcements

Happy Birthday Jaden Hawk
With lots of love Mom, Dad,
Brothers & Kieara J.



Happy Birthday Rayne!
Happy Birthday TAY!
HaPpY BiRtHdAY Sheila!



HALLOWEEN Safety Tips

Halloween can be a real treat. The trick is to make sure Halloween is both fun and safe! Twice as many children are killed while walking on Halloween as on other days, according to Safe Kids USA. Only one in three parents talks about Halloween safety with their kids.

Here's how to stay safe even when it's a dark and stormy night with ghosts and goblins around every turn.

Before going out:

- Be sure masks fit securely and don't obstruct a child's vision.
- Put reflective tape and stickers on costumes and treat bags, so drivers can see youngsters easily.
- Give trick-or-treaters flashlights to find their way in the dark (and find the goblins in the way).
- Sturdy shoes are important on dark, wet streets. Even for little princesses, mom's high heels aren't a good idea.
- Use face paint or cosmetics instead of masks. Test makeup on a small area of skin first to make sure it doesn't cause irritation.
- Make sure costumes are flame resistant and short enough to avoid tripping.
- Be sure the swords, knives, and other costume accessories are soft and flexible.
- Don't use decorative contact lenses (the ones that make you look like an otherworldly creature) unless they have been fitted and prescribed by an eye specialist. Halloween eye safety
- Remind children to not eat candy until it has been inspected at home. Halloween food safety

Safety away from home:

- Make sure an adult accompanies children on their trick-or-treating rounds.
- Children should enter and exit the car on the curbside, away from traffic.
- Walk; don't run.
- Don't dart into streets; cross streets only at intersections and crosswalks. Stop, look left, look right, then left again before crossing.
- Never enter a stranger's home or car.
- Only go to homes where a porch light is on.
- Avoid houses where you see or hear barking or aggressive dogs.
- Don't eat any treats until you get home. Though tampering is rare, an adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.

Make sure your house is safe for visiting trick or treaters:

- Remove obstacles from sidewalks and paths such as garden hoses, toys, bikes and lawn decorations.
- Replace burned-out porch lights.
- Keep candlelit jack o'lanterns away from where little ghouls might tip them over or get burned.
- Keep dogs away from the door and other places where people will gather.
- Think about handing out healthier treats such as individual packages of raisins, trail mix, or pretzels.

Find more information on child safety on our Children's Health and Safety website.



Nisqually Indian Tribe
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