



Community Wildfire Assessment

By Lisa Breckenridge

As we head into the wildfire season it's a good time to think about readiness. Wildfires aren't as common west of the Cascades as they are on the east side, but they do happen. The history of wildfire at Nisqually is not that high compared to overall wildfire risk for Western Washington or the state as a whole.



There have been at least five fires in the area from 2008-2019: three caused from recreation activities, and two from miscellaneous reasons. The community is so close to the forest that there is a risk and it's good to be prepared for it.

Last year the Tribe invited a consultant from Washington Department of Natural Resources to the reservation to complete a community wildfire hazard assessment. Ashley Blazina visited the reservation in June last year and observed the conditions of roads, buildings, and critical community infrastructure. She determined that the community does have moderate to high wildfire risk, but that can be reduced with some preventative measures.

Risk Factors

- Several residential streets are cul-de-sacs, which can be difficult to provide emergency access to if the entrance is blocked
- The road to the hatchery is overgrown with tree canopy and vegetation that makes emergency access difficult
- Road networks and access is complex in parts of the reservation, which could create confusion for emergency fire responders who are not familiar with the community
- Greenbelts and forests throughout the reservation and close to housing create potential for destructive canopy fires

- Some homes in the community have potential fuels in the yard and are less than 100' from greenbelts and forest areas that could be risky in the event of a fire
- The closest fire response is more than five miles away

Recommendations to reduce community wildfire risk:

- Develop emergency access roads to provide a secondary route to protect homes on cul-de-sacs if the entrance is blocked by fire
- Clear the canopy and brush back the road to the hatchery (The Land Steward crew is already working on this.)
- Reduce fuels and thin canopy in areas of high seasonal homeless camping (The Land Steward crew has been working on this for some time now)
- Identify specific homes at risk from being close to the forest greenbelt, and work with Housing and homeowners to reduce that risk by clearing additional space around the home
- Improve road and home signage using reflective material
- Create formal agreement with Thurston County Fire District 3 for aid in the case of wildfire

The Parks & Land Steward crew is actively working to reduce risk by addressing these concerns. The crew keeps the areas that attract homeless campers brushed out for visibility and to reduce campfire risk. They're working now to brush out the road to the hatchery and will plan to improve emergency road access this summer as well. The Planning Department will be meeting with other departments at least once a year to review the wildfire risk and to partner throughout the tribal government to reduce it going forward.

Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

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

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.

Wellbriety Talking Circle

Where: Nisqually Community Center Cafe

When: Friday

Time: 6:00 p.m.

Hostess: [Name] can be contacted at 360-456-5221

Recovery Center, 1000 N. Blvd. Olympia, WA 98513.

Everyone is welcome to share Recovery, the struggles and the strength 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 3:00 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

How to Contact Us

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

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

Postponed until further notice

In This Issue

Committees	pg. 3
Library	pg. 4
TANF	pg. 5
Financial Services	pg. 6
IT News	pg. 7
Topping Ceremony	pg. 8
Health & Wellness Update	pg. 9
Emergency Management	pg. 10
Land Steward Crew	pg. 11
Wear a Mask	pg. 12
SPIPA Dates	pg. 13
Pharmacy News	pg. 14
Announcements	pg. 15



Committee Coordinator Update

Hello Nisqually Tribal Members,
 My name is Selina Oya, I am the Committee Coordinator for the Tribe. We will be starting a monthly Committee page. This page will have updates on the Committees and the projects they are currently working on. We are working on getting their minutes on the Nisqually Tribe website for those of you that would like to see their minutes. If you are a Committee member or a Tribal Member with any questions here is my contact information oya.selina@nisqually-nsn.gov or 360-456-5221 ext:1271.

As of July 2020, this is a list of Committee's and members.

Committees Appointed by Tribal Council

Committee Member List 2020

Cemetery

Maury Sanchez
 Sophie Johns
 Andrey Squally
 Adam Quintana
 Frankie McCloud
 Sheila McCloud

ICW Committee

Candace Wells
 Joyce McCloud
 Kahelelani Kalama
 Andrey Squally

Centilia City Light (CCL)

David Stepetin
 Marjorie Stepetin
 Carmen Kalama
 Josephine Wells
 Chay Squally

Nisqually Parks

Chelsie Sharp
 Keoni Kalama
 Joyce McCloud
 Emiliano Perez
 Chay Squally

Community Development

David Stepetin
 Sophie Johns
 Diane Moreno
 Keoni Kalama
 Chay Squally

Fireworks Committee

Selina Oya
 Candace Wells
 Keoni Kalama
 Lori Lund

Health and Social Services

Diane Moreno
 Cleo Frank
 Sophie Johns - Secretary
 Jean Sanders
 Halene Benally

Tacoma City Light (TCL)

Joyce McCloud
 Roy Wells
 Emiliano Perez
 Cleo Frank
 David Stepetin

Housing

Maury Sanchez
 Andrey Squally
 Jamie Sanchez

Investment Committee

Chelsie Sharp
 David Stepetin
 Rose Henry

Tribal Gaming Committee

Lorna Kalama
 Jeffery Wall
 Carmen Kalama
 Frankie McCloud
 Candace Wells
 Sheila McCloud

Elders Panel

Jamie Sanchez
 Rueben Wells
 Cleo Frank
 Anita Paz

Elected Committees voted by Tribal members

Enrollment Committee

Frankie McCloud – Chairman
 Andrey Squally – Vice Chairman
 Rose Henry – Treasurer
 Natosha Kautz – Secretary
 Kahelelani Kalama – 5th Member
 Stephanie Scott – 6th Member
 Andrew Squally – 7th Member

Fish Commission

Reuben Wells Sr.
 Roy Wells
 Daniel McGee
 Geno Sanchez
 Robert McGee
 Lorena Guidry

Shareholders

Darla Obi
 Carmen Kalama
 Norine Wells
 Jeff Choke



AUGUST 2020: Library Materials Ready for Check Out!

Come August, we will be available to deliver Nisqually Tribe Library materials to those patrons who reside within the boundaries of the Nisqually Indian Reservation (as long as the Tribe remains closed). In order to do so, **you must ensure that your Library Card registration is up to date** with Library staff. If you have for some reason misplaced your card, we can issue a new card upon request.

At this time, you can peruse our Library at <https://weusso.softlinkliberty.net/>

- OR -

Call in Mondays, Wednesdays, Thursdays, or Fridays to request titles with reference assistance from a Library Staff Member. We are available to recommend titles or materials for you and your family and to check them out to your card over the phone.

Deliveries will begin Friday, July 24th and take place on subsequent Fridays throughout the remainder of the year. To return materials, call in and let staff know items will be left out for pick-up on the upcoming Friday.

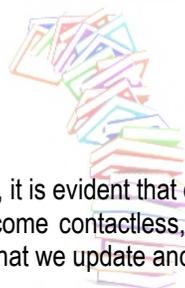
For health and safety purposes, items must be requested by Wednesday of the week of delivery. Following CDC and IMLS guidelines, we will pull all requested titles, disinfect where possible, and place in paper bags, thereby isolating them for a period of 24 – 48 hours prior to contactless delivery.

We will continue to update our programs and communicate with our patrons regarding our efforts. For any questions or concerns, please call Shannon at 360-456-5221, ext. 1141, or email Rosenbaum.shannon@nisqually-nsn.gov.

LIB LIFE,

Tribal Library Staff

As we continue to navigate these uncertain times together, it is evident that our services and programming opportunities will have to become contactless, remote, and possibly virtual. With that said, it is essential that we update and maintain our active patron information.



Beginning August, we will be reaching out to email addresses on file requesting information updates. In order to utilize the Nisqually Tribe Library programs and services, your information must be up to date – with an emphasis on a correct physical address – as many of our services will be contactless and delivery-based to those households on the reservation.

All information received is confidential and will not be shared or sold.

Our current program offerings include:

- **Monthly Family Engagement Kits** – Games, activities, and opportunities for family togetherness as well as independent play;
 - o Available to all families on the reservation with school-aged children;
 - o Limit one kit per household
- **Library Delivery and Pick-Up** – all items reserved and ordered by Wednesday will be delivered contactless to patrons;
 - o Available to all current Library Card holders on the reservation

Nisqually Tribe Library Awarded CARES Act Grant for PPE

The Nisqually Tribe Library recently received a \$500.00 grant from the Institute of Museum and Library Services through Washington State Library. This funding, as allocated in the CARES Act by Congress, will purchase additional PPE needs, such as social distancing signage and sanitizing stations.

The WSL received the funding from the Institute of Museum and Library Services (IMLS) to support libraries in responding to the coronavirus pandemic. In March, Congress provided the federal agency a total of \$50 million in the CARES Act to distribute to states and territories.

If you are interested in either of these programs and reside within the boundaries of the Nisqually Reservation, give us a call at 360-456 – 5221, ext. 1141, or email Rosenbaum.shannon@nisqually-nsn.gov



TANF News

By Jesse Youckton

Has the COVID-19 pandemic caused you to lose employment hours or lowered your wages? If so, check out TANF. Nisqually TANF is a program provided to low-income families with at least one family member enrolled into a federally recognized tribe and resides in either Thurston or Pierce County. The family may be a one parent, two parent or guardianship/temporary placement. TANF services include monthly cash benefits, support services and personable and caring services. As a client you may receive not only financial assistance, but also educational and employment assistance, goal setting and professional growth direction, guidance and assistance.

If you are over income for monthly TANF assistance, you may be eligible for Diversion services. Diversion is a one-time assistance of up to \$4,000 in services or 4-months of services. You still need to meet eligibility criteria and provide income verification to show how this would be a one-time request. At this time, to honor social distancing guidelines, please call the TANF office and ask for an application to be sent to you, either by mail or email. Or call us when you are outside the building and we can bring an application out to you.

We are continuing to provide weekly food boxes to our clients, rotating between dairy, vegetable and fruit options. We are also providing weekly activity bags for the children to do at home.

To best support academic success in school, every family was encouraged to have their children take a year end assessment with Sylvan. For taking the end of year assessment, each student receives a \$50 incentive. If a parent would like to sign their child up for additional tutoring, arrangements can be made through their case manager. As we learn how schools will re-open, we will do the best to support our students in preparation for the 2020-2021 school year.

If you have questions regarding Child Support, you can contact Lisa Vasquez at 360-664-6859 or through email at vasqula@dshs.wa.gov.

If you have questions about TANF or want to see if you are eligible, contact Jesse at 360-456-5237 ext 2210 or you can email him at Youckton.jesse@nisqually-nsn.gov

Garden News

By Grace Byrd

Out at the Garden, we take social distancing and PPE protection seriously. We put gloves and masks on to harvest, pack, and deliver produce to elder homes. During pick up of used boxes, only one of our staff members may touch the used boxes to prevent cross contamination to the fresh produce boxes. Our Garden Crew loves you! Thank you all for staying safe and please remember to drink plenty of water to remain hydrated like our garden plants. Just remember that all we do grows you too!

Sincerely,
Your Garden Crew





Financial Services Staff Continue to ‘Distance’

By Jill Wall

The Financial Services (FS) staff continues to make efforts to ensure that social distancing is observed. Not an easy task when the main function is to provide service to the community and other programs. Our face to face availability is challenged.

In the event that someone in FS were to get sick, it could result in the entire department being quarantined. To prevent such a loss, about 50% of the FS staff are working from home. Not all jobs allow this as many tasks require “hands on” such as receiving goods and printing checks. The CFO had to evaluate the job duties of each person and make decisions as to whose tasks could be completed from home. He also had to ensure that if someone in the office got sick, a segregated backup could step in to take on the job duties.

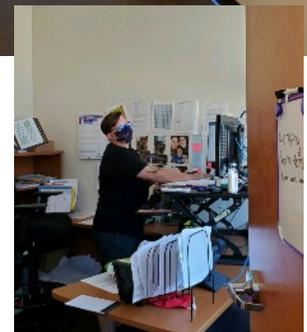
For some, working from home presented obstacles. Several started by using the kitchen table as a work space and quickly realized that was not a good long term solution. Dedicated space had to be delegated within the home that had adequate lighting, enough ‘desk’ space and good access to the internet. Frequent loss of the remote connection is now a part of the day to day function. Routines have been altered. Abilities have been removed such as walking to the printer/scanner, getting

supplies from the store room or meeting in the hallway to quickly resolve a concern. It’s challenging.

However, the FS team has met the challenge with optimism and flexibility. Use of technology has kept the staff in touch with coworkers. Email, phone calls, texting, conference calls, zoom meetings, have all come to the rescue and kept at home employees from being isolated.

Measures have been taken to allow the community and other program staff to do business in the FS office. Sneeze guards have been installed at the reception areas and 6 foot distance stickers are on the lobby floors as a guide. Hand sanitizer dispensers have been installed throughout the building. The majority of checks, issued by accounts payable, are mailed. Credit card payments can be made over the phone to accounts receivable. Appointments are encouraged to do business in the office.

We look forward to the time when all staff are in the building full time. Until then, we strive to do our very best with the tools that we have. We continue to have hope for the future, to be true to our mission, and to offer the best service we can to the Nisqually Tribe.





Internet Search Tips

Tips from the IT-WebDev Department

Question: If it's posted online – it has to be true, right?

Answer: ABSOLUTELY NOT.

In 2016, over 2 million news stories were published on the Web on a daily basis. That amounts to over 730 million stories per year.

It is estimated that over half of **everything posted on the Internet** for research purposes is false information. In March of 2018, over half of Americans felt that **online news** websites regularly reported fake **news stories**.



Social media, e.g. Facebook, YouTube and Twitter, are platforms that often express an individual's point of view or belief rather than unbiased factual information. An example where social media postings can turn sour is the issue involving re-posting of information found online. This falls under the aspect of trademark and copyright infringement. One particular case is when drugstore chain Duane Reade tweeted a paparazzi photo of actress and model Katherine Heigl carrying the drugstore chain's shopping bags. What may have appeared to be a simple tweet, turned into a \$6 million lawsuit. The actress sued on claims of false advertising under provision of the Lanham Act as well as New York civil rights statutes protecting use of likenesses for purpose of trade. Not only did the drugstore chain use her photo without permission, but they tagged her in the post, making the content seem like an endorsement.

In light of the recent COVID-19 pandemic, an early 2020 Oxford University study found that almost 60 percent of false claims about Coronavirus remained online (without a warning label) on Twitter.

So just how does one sort through all the inaccurate and biased information when searching online?

Here are a few tips for ensuring information posted online is reliable:

- Is the story current information with a date and source of the publisher/author?
- Is the content supported by evidence and can it be confirmed by other sources?
- Is the author of the article an expert in the field and was it reviewed by anyone else?
- What is the reason or purpose of the information? Is it written to sway or present an opinion?
- Utilize fact-checking websites such as www.snopes.com or www.factcheck.org.

Definitions:

Social media – Forms of electronic communication in which users create online communities to share information, ideas, personal messages, and other content (such as videos).

Unbiased - Showing no prejudice either for or against something.

Trademark - A symbol, word, or words legally registered or established by use as representing a company or product.

Copyright - The exclusive legal right, given to an originator or an assignee to print, publish, perform, film, or record literary, artistic, or musical material, and to authorize others to do the same.

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

Salmon Camp 2020

If all safety arrangements can be made, we will be having Salmon Camp again this summer. This will provide Nisqually youth an opportunity get outdoors and experience some of the work involved with the Tribe's fisheries program. There may also be an opportunity for a limited number of youth to work for a few days at the Tribe's Clear Creek hatchery.

Salmon Camp is coordinated with the Tribe's other summer youth activities. If you or others in your family are interested in Salmon Camp, be sure to let Kevin Moore or others at the Youth Center know of your interest at 360-455-5213.



History of the Topping Out Ceremony

By Wayne Lloyd

Have you ever spotted a tree strapped to the top of a nearly-finished building and wondered what it's there for? You have just witnessed the ritual of 'topping out' – or 'topping off' – an arcane practice dating back thousands of years. Roderick Easdale explains.

A fir tree in the house at Christmas is a common sight, but one perched on the topmost beam during the construction of a building? This bizarre practice may rather have fallen into abeyance in this country, but it's a tradition with an even longer history than the celebration of Christ's birth. The tree formed part of a ceremony designed to make peace with the gods.

Exactly when this topping-off tradition – also known as topping out – began is disputed. Some accounts track the first known instance to Egypt and the completion of the first pyramid. The workers placed a tree on top to honor their fellow builders who had died during construction, a tree being a sign of everlasting life.

In Scandinavia, a more widespread practice was followed. When the timber frame of a building was complete, a tree was placed on the highest point to appease the tree-dwelling spirits whose habitat had been disturbed. Whether the further disruption of chopping down another tree did the trick has to be a moot point.

Viking invaders took the custom to Britain – and there the madness spread. Elsewhere, differing cultures absorbed it into their existing beliefs and rituals. In America, its popularity was said to be due to the Native American belief that no building should be taller than a tree; erecting one on top of the building was a way to get around this.

Flags were often also hoisted to signal that the frame was complete and were, in fact, commonly used on construction sites by those working on higher levels to signal to those on the ground.

Flying one as part of a topping-off ceremony became a political gesture in 1920s America, when construction workers were accused of being unpatriotic in opposing the open-shop American Plan

and wanting to negotiate through unions. As a way of proving their patriotic allegiance, many builders flew the Stars and Stripes at topping-off ceremonies alongside a tree or branch. Later, the custom changed; a fir tree was only erected if there had been deaths during construction and a flag sufficed.

Often, drinks or a meal were laid on for the builders as part of the ceremony. In the Netherlands and Flanders, there developed the tradition of pannenbier (literally 'tile beer'), in which a flag was flown when the highest point of the building was in place and it wasn't lowered until the building's owner had provided the workers with free beer.

Should the owner fail to provide said beverages, a brush would be displayed on top of the structure. In Prohibition-era America, this was a sign of opposition to the Eighteenth Amendment.

There is a story of a Lancastrian teetotaler (A person who never drinks alcohol) who refused to provide beer and instead gave each of his builders a copy of the Bible. The builders took them to the nearest pawn shop and, with the proceeds, bought their own beer.

Over the centuries, the superstitions themselves have changed, as Hannah Cooper of Strutt & Parker explains: 'We sold a property in Stowmarket where building work had led to the discovery of a mummified cat, a witch's broom, a small skull and a pair of shoes. In the 16th and 17th centuries, when fear of witchcraft was at its height, cats were sometimes sealed into buildings after they were built, as they were regarded as companion spirits and it was believed that a witch, sensing its presence, would stay away.'

'The vendors had kept the items in the house after discovery as they'd come across stories of people disposing of such things and something bad happening in the house,' she continues. 'The new owners kept them in situ, as they loved the idea of the house being blessed.'





Nisqually Health and Wellness Center Update

By Wayne Lloyd

The Nisqually Health and Wellness Center (NHWC) is now approximately 40% complete and really starting to take shape. The photo above was taken on July 16, 2020.

A “Topping Out Ceremony” was held on July 2nd. The white beam in the picture below was signed by many of those involved with the project. During the ceremony a tree, flags and a banner were placed on the beam. The crane lifted the beam and spun it around 720 degrees while blowing the air horn. After this, the beam was lowered back down, and two Council members guided the beam with ropes over to the building and then handed it off to the Ironworkers. The Ironworkers raised and set the beam into its final position.



ATTENTION: **Q2 Public Hearing is Canceled**

Nisqually Tribal Members,

The 2020 Q2 Public Hearing has been canceled, out of an abundance of caution, to protect against the spread of COVID-19. Please expect a packet in the mail with current Enterprise information. Additionally, please look in the mail for a separate newsletter with more details regarding the Nisqually Enterprises and efforts to protect Team Members and customers of the enterprises.

We hope you are staying safe and healthy!





Emergency Management: Talking to children about COVID-19



Our children worry about themselves, their family, and friends getting ill with COVID-19. Parents, grandparents and family members play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.

Tips for talking to children

- **Reassure children** that they are safe. Let them know it is okay if they feel upset
- **Make yourself available to listen and to talk**
- **Avoid language that might blame others** and lead to stigma
- **Pay attention to what children see or hear** on television, radio, or online
- Provide information that is truthful and appropriate for the age
- Teach children everyday actions to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick
- Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash

Facts about COVID-19 to discuss with children:

- Try to keep information simple and remind them that health professionals are working hard to keep everyone safe and healthy

- COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Scientists and doctors are still learning about it
- Recently, this virus has made a lot of people sick. Scientists and doctors are trying to learn more so they can help people who get sick

What can I do so that I don't get COVID-19?

- You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19

What happens if you get sick with COVID-19?

- COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems
- If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home will help get you any help that you need

*Information courtesy of CDC, COVID-19
Sheila McCloud*

What is COVID-19?

Nisqually Auto Auction Friday August 14, 2020 at noon

Vehicle	Starting Bid
1995 Ford E-350 1 ton pass. van	\$200
1995 Chevy 1 ton drw. service truck	\$250
(2) ea. 2000 Ford F-150 pick up	\$300 ea.
2008 Chevy Impala 4 door sedan	\$500
2009 Dodge Caravan	\$500
2011, 2012 & 2014 Ford Expedition's	\$400 ea.

2011 J.D. gator \$50
(3) G.E.M. Electric mini trucks \$25

More information on vehicle's will be sent out in a flyer, and posted on Administration building doors.
This auction is open to all Tribal members.



Update From Admin

By Cynthia Iyall Tribal Administrator

Administration is still following the Phase II protocols around our offices. We continue to maintain proper distancing in our work and meeting spaces. Masks are available throughout administration for employees and tribal members to access as you all enter the building. Temperatures will continue to be taken prior to entering the campus as well.

At this point we are unsure of when we will move out of Phase II. So we continue on day to day in this new norm of maintaining distances and wearing masks where necessary.

Administration staff is now together in one work space. We have been located in a variety of places throughout Admin the past couple of years. Today, we can be found in our new home that is located in the old stage area above the BFJ gym. We put up some wall to create workspaces and a conference room.

You will be able to find us all there. Our staff includes Sharlaine Revey and myself as Tribal Administrators, Natalee McCloud and Ray Hicks as Executive Assistance and Natosha Kautz as our Grants Compliance Officer.

The entry to our new office is located right next to the BFJ gym door facing the library.



The Land Steward Crew Has Been Busy!

By Lisa Breckenridge

They've been clearing the brush back from the road to the hatchery and also building a new fence at the cemetery entrance.

They also took a day to help Tribal Elder Peter Svinth clear his orchard. The crew has done this a few times and they always really appreciate the special time with Pete. Tribal elders who are not eligible for help with their yards from Tribal Housing, please get in touch with Miles McCloud if you'd like some help on your place too.

Photo credit: Char Peters





Face Masks—Should You Wear One?

By Elizabeth Siegel, ARNP

In late January of this year, we began to hear disturbing news about a new corona virus causing a disease named COVID-19. Cases in China where the disease originated soon began to spread worldwide, causing a global pandemic which continues to rage in the United States. Currently the USA has more cases than any country on the planet. In some areas, Native people have been hit particularly hard by this pandemic.

Can wearing a facemask help to stop the spread of COVID-19?

Wearing a facemask appears to impact the spread of germs from a person infected with COVID-19 to other people. As far as we know, the main way that viral particles are spread is via droplets in the air. When the infected person talks, coughs, sneezes, sings, and eats, these droplets are released in to the air. If picked up by a healthy person particularly on the nose and eyes, they can cause infection.

With COVID-19, it is clear that people can be infected yet show no symptoms. The person can be pre-symptomatic meaning that they will eventually show symptoms, but do not yet show them, or asymptomatic meaning that they are infected and contagious but will never show symptoms. Either pre-symptomatic or asymptomatic persons may unknowingly infect many people. If these individuals wear masks they will avoid infecting others. Because any of us could be in either the asymptomatic or pre-symptomatic stage, we all should wear masks to protect our community. Wearing a mask signifies your love for your fellow community members and your willingness to do what you can to keep everyone safe.

Will wearing a facemask keep me from getting sick? Unfortunately there is not good evidence that wearing a facemask will protect you against getting

sick. There is strong evidence that it does keep an infected person from passing their infection to others however. So, wearing a mask is an action that we must do for our community. If you come to the Nisqually Tribe Health Clinic, you will note that all of

the staff are wearing masks. This is to protect the Tribal Community. Since none of us know for sure if we could be infected, we mask to keep the community safe.



Who should not wear a mask? Children under the age of 2, anyone who has cognitive issues where the mask could be dangerous to them.

What type of mask should I wear? For the general public, a cloth mask with at least two layers should be fine. Health workers should wear a surgical mask or N-95 mask.

Tips for putting on and taking off my mask? Wash your hands before putting on the mask, and after taking it off. Try not to touch the outside of the mask when wearing it. Wash cloth masks frequently.

What else should I be doing to protect myself and my family from COVID-19? Social distancing—keeping a distance of at least 6 feet from others even if you are both wearing masks. Frequent hand washing for 20 seconds, avoiding crowds and exposure to other people, staying home if you feel sick. Limiting contact with people outside of your household is also key. Wiping down surfaces frequently may also help to avoid spread.

If you have questions about COVID-19 or are concerned about symptoms of fever, cough, shortness of breath, diarrhea, fatigue, sore throat, please call the Nisqually Tribe Health Clinic at 360-459-5312.



Nisqually Tribal Health Department

Pediatric Clinics

Dr. Sylvia Morales

Our Pediatrician will be available for limited hours each month. Appointment availability will be between 9 AM -12 PM.

General days in the clinic will be on the 4th Tuesday of every month. Schedule your child's Visit today!



2020 Clinic Dates:

~~Tuesday, June 30th~~

~~Tuesday, July 28th~~

Tuesday, August 25th

Tuesday, September 22nd

Tuesday, October 27th

Tuesday, November 17th

Tuesday, December 15th

Is my child due for a Well Child Check? What about sport physical?

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 HEALTH DEPARTMENT 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.

2020

Clinic dates with Dr. Molina Kochhar:

~~February 7 & 14~~

~~March 6 & 27~~

~~April 3 & 24~~

~~May 1~~

~~June 5 & 26~~

~~July 24~~

August 7

September 11 & 25

October 2

November 6 & 13

December 4

Call the Clinic @ **360.459.5312** to schedule an appointment



A successful Safe Start means we all have to do our part.

It's safest to stay home.

BUT IF YOU HEAD OUT:

Wear a mask.



Stay six feet apart.



Wash your hands.



Prevent the spread by staying local.



South Puget Intertribal Planning Agency

USDA Foods Program August Dates

PT. GAMBLE S'KLALLAM 8/5/20
 SQUAXIN ISLAND 8/11/20
 CHEHALIS 8/17/20
 SKOKOMISH 8/20/20
 NISQUALLY 8/25/20

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

WIC Program August Dates

CHEHALIS 8/6/20
 SQUAXIN ISLAND 8/11/20
 NISQUALLY 8/12/20
 SKOKOMISH 8/19/20

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.





INDIGENOUS STRESS MANAGEMENT SESSIONS

COVID-19 hasn't been easy on us or our families.

Come in for a session and learn how to create solutions to:

- Social isolation
- Lack of social interaction for youth
- Financial stressors
- Fear and worry about going out in public or back to work
- Access to normal social support networks
- Any other life stresses you are facing

BRADLEY CASTILLO FROM SALISH HEALTH WILL BE ON SITE TO HOST ONE-ON-ONE SESSIONS AIMED AT CREATING HEALTHY RESPONSES TO STRESS



SALISH HEALTH
HEALING THROUGH TRADITION

From Salish Health:

We help indigenous people gain, retain and exercise skills to cope with and overcome stress responses to trauma.

WHEN:
Mondays, Tuesdays
and Wednesdays
9am - 4pm

WHERE:
The Recovery Cafe

**To sign up: call
Josette Ross at
360-413-2707 or the
MAs at
360-459-5312**

Mental Health Counseling with Amy Sohler, LMHC



One on One Mental Health Services

Location: Behavioral Health Offices

When: Mondays from 9am-noon

Open to all patients registered at the Nisqually Health Clinic.

Call: 360-413-2727 to schedule

HELLO August, from the Pharmacy!



Currently, pharmacies may experience some shortages of drugs. We want you to know that we are doing everything possible to make sure you do not go without your medication.

In order for this to happen, this may include occasionally filling your prescription with only 30 days supply instead of your usual 90 day supply. **NOTE: Please call 5 days prior to running out of your medications to avoid delays.**

We are sorry for this inconvenience. If you have any questions please contact us at 360-491-9770

Nisqually Tribe Health
Department Pharmacy Hours of
operation
UPDATE:
*Monday - Friday
8:00 a.m. - 5:00 p.m.*
Closed from 12 p.m. - 1 p.m.
for lunch

THE TREVOR PROJECT

Saving Young LGBTQ Lives

The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.

	TrevorLifeline If you're thinking about suicide, you deserve immediate help Call us anytime 866.488.7386	24/7/365
	TrevorText Talk to a Trevor counselor via text Text "START" to 678678	24/7/365
	TrevorChat Online instant messaging with a TrevorChat counselor TheTrevorProject.org/get-help-now/	24/7/365
	TrevorSpace A social space for LGBTQ youth under 25, and their friends & allies. TrevorSpace.org	24/7/365
	Suicide Prevention & General Info Information on suicide prevention and FAQ's on sexual orientation, gender identity and other topics can be found at: TheTrevorProject.org/resources	



Announcements

July 28, Happy Birthday KaraBear, Love the McDonald Family



August 8, Happy Birthday Bobby, The McDonald Family

August 23, Happy Birthday Auntie Dana, Love the McDonald Family



Happy Birthday
Tom McCloud!

Happy Birthday
Jillian McCloud!

**Happy Birthday
Triston!**



*Happy Belated Birthday
Joss the Boss!*



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



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

A Full Service Print Shop for all your personal & business needs.



Posters	Self-Service Copies
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Labels	Scanning
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Booklets	Banners
Yard Signs	Letterheads/Envelopes
USPS/UPS Shipping	**Notary Services**

Hours:
Monday - Friday
8am - 6pm

Location:
12820 Yelm Highway SE
Suite C
Olympia, WA 98513

Phone:
360.338.6431

Email:
orders@nisquallypostandprint.com

Website:
www.nisquallypostandprint.com

