



## Nisqually State Park MOU Signed

By Lisa Breckenridge

On Wednesday October 28, the Director of Washington State Parks and senior parks staff met with Tribal Council to sign a Memorandum of Understanding (MOU) for partnership at Nisqually State Park. The MOU documents the mutual intent of the Tribe and the State that all decisions about the park will be made collaboratively.

Washington State Parks is in the middle of planning a multi-phase capital project for construction at the park. The first phase, construction of the maintenance building, will happen in mid 2021. Next up will be construction of a park administration building, managed access to the Nisqually River and Ohop Creek, and a new roundabout entrance on Highway 7. Future phases will include campground loops, interpretive areas, and a new trail network.

Director Don Hoch commented that “We’ve come a long way in learning to work together” since the Tribe and State started meeting to plan the park in 2009. “This is a pretty momentous occasion,” Don said. “Our \$10 million request [for Nisqually State Park] is our biggest capital request ever for State Parks.”



Nisqually Chair Ken Choke thanked the guests from State Parks and acknowledged the work of the Nisqually Parks Commission on the MOU. Parks Commission Vice Chair Tony Sanchez said this MOU is important because it means the State “recognizes our presence and being there, not only now but in the past.” He also said “It’s important to reach out to all people in the Tribe to bring our stories forward.”

The Tribe and State Parks signed a MOU in 2014 that kicked off the current planning process. In 2015, the Tribe and State Parks signed an additional agreement to construct a Tribal welcome kiosk at the trailhead parking lot in the park.

Senior Park staff attending included Assistant Director Peter Herzog, Regional Planner Nikki Fields, Business Development Manager Todd Tatum, and Millersylvania Area Operations Manager John Lipparelli.



# 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.

## **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**



**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**

## 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

## In This Issue

Council News ..... pg. 3  
 Library..... pg. 4  
 She-Nah-Num Seafood ..... pg. 5  
 Yolanda Macado..... pg. 6  
 Ceila Carpenter Excert ..... pg. 7  
 Garden ..... pg. 8  
 NPD ..... pg. 9  
 THPO ..... pg. 10  
 Health Info Updates ..... pg. 11  
 Pharmacy-Blood Sugar Levels ... pg. 12  
 Reading ..... pg. 13  
 SPIPA Dates..... pg. 14  
 Announcements ..... pg. 15



# 5 Things to Know

By Dave Iyall

1. General Welfare Applications are due for the 2021 year.  
Last year we began the General Welfare Program that allowed Tribal Members to use up to \$5,000 of their quarterly per capita to pay for monthly bills or receive monthly stipends for food, transportation, etc. This program was set up to use the \$5,000 of the quarterly distribution tax free. Details of the program and applications were sent out in early November. If you did not receive one and are interested, please contact Anne Tahkeal in the finance office. Last year we had 186 Tribal Members sign up for the program. I myself signed up and can't wait to do it again. If you signed up last year, you must sign up again. The Deadline to get your paperwork in is December 30<sup>th</sup> 2020.
2. Council Chambers getting a remodel  
Starting Monday Nov. 9 Council Chambers will be having some work done. The three rows of stationary chairs will be removed and the floor will be all one level. Once everything is leveled out we will be using moveable tables and chairs to make the room more functional. Right now the room only serves one purpose, the weekly TC meetings. After this remodel the room will be used for more meeting space, including committee meetings. The Council Chambers should be available early December. Along with the Council Chambers remodel the other two meeting spaces in the Main Administration Building are having their Audio/Visual updated to accommodate the increase in online meetings.
3. Twice yearly meeting with North Thurston School Board

Tribal Council has made the education of our youth a top priority. Tribal Council has been building a strong relationship with the North Thurston School District over the last couple of years. The NTSD has adopted a land acknowledgment and is flying the Nisqually flag at all of their schools. As part of this relationship we meet twice a year with the NTSD Board. We meet to discuss how the Tribe's students are doing and what the Tribe can do to assist with their education. Next meeting is Nov. 10, 2020.

4. 2020-2021 Geoduck Season  
This geoducks season has been a tough one. The price has been pretty low and it has been tough on our divers. In an effort to alleviate this hardship, Tribal Council and the Fish Commission have decided to drop the \$1 Stumpage fee that divers have to pay to the Tribe, for this season only. The \$1 stumpage fee is required of our divers no matter how high or how low the price of geoduck is. Over the last 20 years this stumpage fee has built up a surplus that allows us to help the divers for this 2020-2021 season. The \$1 stumpage fee will be back April 2021.
5. Cannabis shop to open soon.  
Tribal Council has been working on getting our retail cannabis shop, Green Foot, up and running. We have been working with the Calyx Kings to get our business plan in order, building designed and employees hired. The original plan is to have the shop opened by January 1, 2021, but with the way things are going it could open earlier. Keep an eye out for earlier opening dates.





# LIB LIFE,

## Tribal Library Staff

As we are 8 – 9 months in to the chaos of COVID-19 (or at least from the point of school closures), it seems we are all starting to develop routines and habits within our mostly at-home lifestyles, complete with online learning, teleworking, and curbside EVERYTHING.

While our facility remains closed to the public, we want to encourage you all, our resilient patrons, to use our services – from materials check-out and delivery, to curbside printing, online professional development, and telephone reference services.

### AN AWESOME REMINDER!

**Library Delivery:** For those patrons that live within the boundaries of the Nisqually Reservation, we are able to deliver materials to your door weekly. Give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Friday! For those patrons that live outside the boundaries of the Reservation, call the Library for curbside pick-up to reserve a time – at least 24 hours in advance.

**Telephone Reference Services:** Have a question about schoolwork? Wondering what materials your kids might like to read over Winter Break? Need to request an Interlibrary Loan? Nisqually Tribal Members and members of the Reservation community, feel free to give us a call to discuss your information needs!

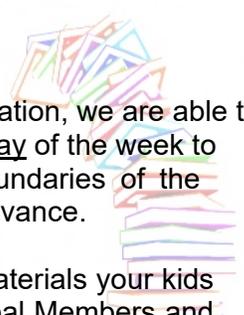
**Library Staff can be reached at 360-456 – 5221** Catalina S. extension 1222 Shannon R. extension 1141

## Need Printing?

**Library Offers Curbside Pick-up!**

If you or your household require printing, please call or email:  
[sanchez.catalina@nisqually-nsn.gov](mailto:sanchez.catalina@nisqually-nsn.gov)  
 360-456-5221 ext. 1222

\*Mon. – Fri., 10:00 – 3:00 p.m.  
 \*Limit 25 pages/day per Library Card holder



# Family Engagement Kits Available (FINALLY) through Tribal Library

We have our first quarter Family Engagement Kits ready to go, with items and activities specifically pulled together for school children and their families to keep. The kit for **Fall Quarter** has:

- **Literature:** awesome titles for three different age groups – elementary, middle- and high-school students. All titles were selected from the “Best Books” list developed for *American Indians in Children’s Literature*, written by Debbie Reese (Nambé Pueblo). A select number of these titles have also received the 2020 American Indian Youth Literature Award from the American Indian Library Association.
- **STEAM Activity:** basic Lego Kits for youth to flex their independent (or shared) creativity.
- **Family Activity:** board games (1 per kit) will be included for continued positive family engagement and fun
- **Community Collaboration:**

- o Nisqually Tribe Dental kits for youth to encourage and influence our youth to continue healthy habits.
- o Nisqually Health flyers to remind families of the importance of continued well-child appointments.

If you are a Nisqually Tribal and/or Community Member with school-aged children at home, give us a call to schedule a delivery of this quarter’s Family Engagement Kit – available starting December 1<sup>st</sup>, 2020. Keep reading and know we’re in this together!

**Nisqually Library: 360 – 456 – 5221**  
**Shannon R. EXT 1141**  
**Catalina S. EXT 1222**

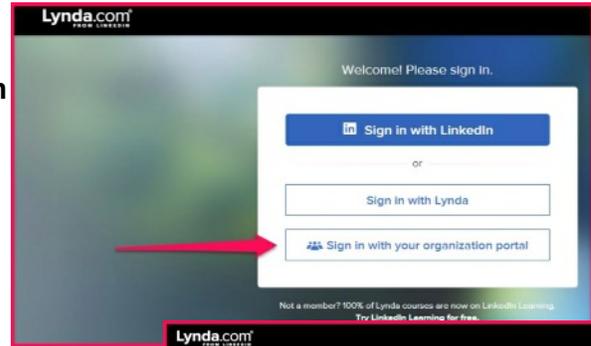


# Nisqually Tribe Library Offers Lynda.com Professional Development Courses

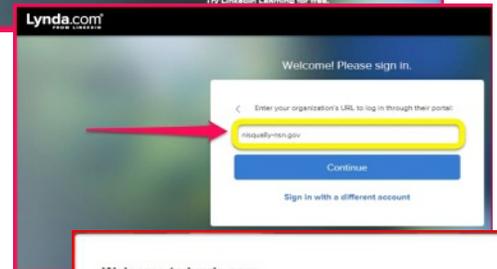
The Nisqually Tribe Library recently purchased an annual subscription of Lynda.com (formerly LinkedIn Learning) for all patrons and cardholders to access professional development courses – from Microsoft Office applications to Learning AutoCAD, Photoshop to Small Business Marketing. Best of all? The courses are available on your home computer over the web!

If you are looking to access the platform, search

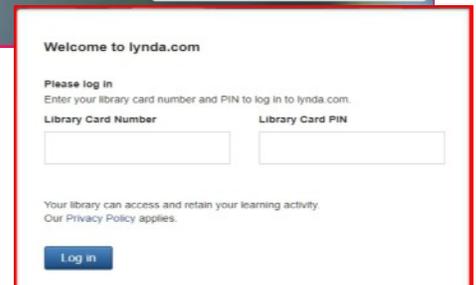
1) Sign in with your organization portal



2) Enter "nisqually-nsn.gov"



3) Enter Nisqually Library card barcode and pin...



**...You now have access to thousands of courses and videos to develop, refine, and build on your skill sets!**



Holiday gift idea from She Nah Nam Seafood! Consider sending a box to family and friends during the season! The website is [www.shenahnamseafood.com](http://www.shenahnamseafood.com) and the link directly to the variety box is below.

<https://shenahnamseafood.com/collections/smoked/products/smoked-fish-variety-smoked-cheese-box>

*Holiday Gift Idea!*





# The Nisqually Tribe Welcomes Back

## Yolanda Machado

By Joe Cushman

Yolanda Machado (member of the Makah Tribe) has recently joined the Nisqually Tribe's Planning Department as an Education Planner/Grants Writer (3 months ago- as of October 13<sup>th</sup>). She previously worked for Nisqually 26 years ago for 8 years as an Adult Education Instructor in the Education Department- where she teamed up with colleagues Jean Sanders,



Joyce McCloud, and Ben Charles- helping Nisqually tribal members obtain their GED's and then assisting them to go on to college or pursue career advancement. During her time at Nisqually she also became actively involved with Indian education at the state and local levels-serving on several Indian education boards and committees that included the Western Washington Native American Education Consortium (Secretary), the Washington State Indian Education Association (Secretary, Editor of Newsletter, and Chairperson for the Scholarship Committee), the Washington State Native American Education Advisory Committee to the Superintendent of Public Instruction (member), and the Northwest Indian Education Technical Assistance Center III, School of Education at Gonzaga University (Educational Consultant). During her final years at Nisqually, Yolanda obtained her Master's Degree in Education (with the help of a Sequoyah Fellowship) and wrote her thesis on Native American Learning Style Theory. She also met her husband, Dan Machado (Native Hawaiian) a Fisheries Enforcement Officer, while working for the tribe. Needless to say, she has very fond memories of her previous time with Nisqually!

Not long after receiving her graduate degree, Yolanda was hired in a Tenure Track Faculty/Counselor position at SPSCC (South Puget Sound Community College) where she worked for 25 years, providing mental health counseling to students and staff and developing and teaching human development and student success curriculum. While at SPSCC she also served on several committees which included the Faculty Union- as the Secretary and Vice

President, the Advisor for the Native American Student Organization, and the Chairperson for the Faculty Grievance Committee. During her last 5 years at SPSCC she was appointed to serve as the Assistant to the President on Tribal Relations. It was this part of her job that helped her to land her last position at Peninsula College in Port Angeles as the Special Advisor to the President on Indigenous Affairs and Director of the Long House.

During her brief time at Peninsula (a little over a year), Yolanda secured the flags of the 6 tribal nations on the peninsula and had them permanently displayed in the student union building- among the flags of the other indigenous nations. She also developed the first native student brochure and created a Native American Cultural Competency Training for faculty and staff at the college. Additionally, while in this position she served on the Port Angeles Chamber of Commerce and was appointed to the Peninsula College Foundation Board. At the end of May 2020, her position was eliminated due to COVID budget cuts.

Yolanda has 35 years of experience in the field of education that includes adult education, higher education and most importantly Indian education. Over the course of her career, she has focused on and has sharpened her skills as a trainer and public speaker and has presented numerous workshops and training seminars at the local, state and national levels (including the National Indian Education Association Convention), on topics such as Native American Learning Styles, Self Esteem and Academic Achievement, and Student Success Strategies. She is very excited to be back- working in Indian Country, especially with the Nisqually Tribe, where her career in education began, as well as having the opportunity to play an instrumental role in helping the Nisqually Tribe achieve their long term education goals. "This is an exciting time in the history of tribal self-government," Yolanda says. "I see education as being the key to Indian Self-Determination as being the tool through which Indian tribes will learn to exercise sovereignty to its fullest extent. I could not be more honored to be a Native American Educator."



# Cecelia Carpenter brings Indian History to Life

*(Nisqually River notes 12/89, revised from May 28, 1993  
Volume 1 Issue 7)*

"If you want to destroy a people you first destroy their history." Cecelia Svinth Carpenter read these words years ago, and since then she says "They stay like headlights in front of me" driving her to continue preserving Indian History in the written word.

Born of a Danish emigrant and a Nisqually Indian descendant, Cecelia is like most of us in America, a mix of more than one culture. She's unique, however, in that she has spent countless hours researching and documenting the history of her people, the Nisqually. Cecelia, an active enrolled member of the tribe, is not their official historian, but works closely with them as a member of the tribal history committee. Cecelia does most of her work independently through the Tahoma Research Service, a business she formed in 1976. Her books and articles have led the way in changing Nisqually history from oral to written. She tributes her ability to organize and document information to the Danish in her saying "If I was more Indian I would not be here writing, instead I would be doing something else. (Because) for years we (Nisquallyies) learned our history by listening to our elders." As an Indian historian she acts as a consultant and has completed research projects for Indian tribes, attorneys, the Weyerhaeuser Company, and others. Her research is not limited to the Nisqually Tribe, she is also extremely knowledgeable of other Puget Sound tribes and pioneers. Cecelia was born in 1924, the 12<sup>th</sup> child of 13, and named Hope Cecelia Svinth. Her Danish father, Hans N. Svinth, was a Lutheran pastor and her mother, Mary Edna Binder Svinth was of Nisqually Indian descent. She says she learned determination from her father but her heart and mind responded to the Indian ways of her mother. Growing up she lived apart from the reservation on a 20 acre farm in South Pierce County. Being the fifth and last girl in the family, kitchen chores did not apply to her. Instead she weeded the garden, brought in firewood for the kitchen woodstove and picked endless rows of berries. There in the outdoors, picking blackberries together, is where Cecelia developed a very close relationship with her mother – binding her to the Nisqually heritage that she would one day write about. She recalls the outings vividly and says she enjoyed them most, because "there she was mine alone." Hampered by a speech impediment as a child, Cecelia did more listening than talking. Her family usually gathered in their large kitchen and she remembers listening intently to their conversations about many subjects including Indian affairs – the condemnation of Indian land, the killing of Chief Leschi, and the personal family loss of reservation land during World War 1. Cecelia described her response as "I absorbed the intense and hurtful feelings from my family and still feel the hurt of my people losing their land."

Cecelia's contacts with other Indian and "part-Indian" families gave her the opportunity to share information on their heritage. She realized then, that is she wanted to learn about her tribal

history she had to learn it by listening to her Indian relatives and friends, for very little of it was available in writing—her people were not part of the "Paper Society." She believes that if the Land Claims of the 1940's were taking place now, "we would have more land, because we're more knowledgeable. We have had to become part of the paper society in order to document things – to obtain what is rightfully ours. We've had to organize and write a constitution in order to be recognized." In the early 1940's Cecelia and her mother attended a reorganizational Nisqually Tribal meetings which lead to the adoption of the tribe's first constitution in 1945 – still governing the tribe today. Cecelia's success goes beyond her work as an Indian Historian. An honor student at Lincoln High School in Tacoma, Cecelia dropped out as a senior to marry a soldier – Marvin Carpenter. Nineteen years and two children later, she returned to Lincoln and graduated. Marvin wouldn't let her stop there. He encouraged her to go to college, and so with a desire to teach school, she enrolled at Pacific Lutheran University. Cecelia describes Marvin as the greatest support person in her life. His family leased land on the Wind River Indian Reservation near Lander, Wyoming where he was born and raised. Cecelia said, "because he was raised on an Indian reservation, he was better able to understand me, and was always positive about my Indian roots." This December, they celebrated their 47<sup>th</sup> wedding anniversary.

Cecelia has both a Bachelor's and a Master's degree in Education. She was a teacher in Tacoma public schools for over 15 years before retiring to concentrate on her research business. When she began teaching only two outdated history text books were available. This gave Cecelia an opportunity to write and use her own textbook, which included Indian history. The Washington State Capital Historical Association presented Cecelia with their annual "Peace and Friendship" award in June of 1988 for her contributions to the preservation of Native American history and for her years teaching Washington State history. Cecelia said the transition in Indian History from oral to written has been a slow one. However, she feels positive about the future. She said, "In the past, others (non-Indians) have felt the responsibility to speak on behalf of the Indian people. Now, the Indian communities can speak for themselves by taking their rightful place in the non-Indian world of paper and written words. Cecelia describes herself as a lone wolf. Her motto is "I will not go where the path may lead, but I'll go where there are no paths and I'll leave a trail." This she certainly has lived by.



# The Nisqually Garden would love to thank all you for the season support and the drive-thru LOVE!

By Chantay Anderson and Janell Blacketer

In spite of the late start this year due to COVID-19 we had a successful season and managed to have a field full of veggies as well as a crop of grain corn and a couple varieties for dry beans. The majority of our produce went out to our elders produce box program where we more than doubled the amount of boxes that went out this year compared to previous seasons. The garden crew also managed to pull off several socially distant garden stands as well.

Janell was able to work more closely with other departments to teach them how to make natural medicines and products as well as distribute medicine to departments in need. On top of all that she even managed to provide products for the elders produce boxes.

Even though we were unable to have our usual harvest party, we had a successful drive thru event at the Youth Center on October 22<sup>nd</sup>! We had a beautiful bounty of fresh produce and medicine product to give away. We would like to thank the Youth Center Staff for allowing us to use their parking lot, and we would like to thank our exceptional seasonal crew for all their hard work. We had a full crew dedicated to

EAT  
CLEAN



helping the garden this year. All their hard work was impeccable and I have to say the Garden was pretty weed-less this year and it is thanks to them. This winter we hope to accomplish several virtual classes and continue to teach you all about these wonderful plants we are surrounded by. The garden crew will continue to gather wild medicine and should always have at least a tea available for those who want some.

**Please do not forget to take care of yourselves and check on your elders. Building immunity the best is Elderberries, Apple Cider Vinegar, Bone Broth, a hot cup of tea daily and daily doses of Exercise, Mental Clarity Techniques such as Meditation, Yoga, Reading, Hiking, Biking, Being in Nature. Take time to acknowledge your body and appreciate your organs. Self-Care is at an all time high and please continue to sanitize! We can stay healthy together and the Garden has Respiratory help and Stress help growing around them yearly! Anti-Viral Remedies have been made throughout the year and that will maintain in place as long as we are here! Until next season- Warmest Wishes!**

## Garden News

Grace Ann Byrd, Field Technician II, Tribal Member, Master Gardener

Yes, there is still weeding to do in the fall and winter. It's just a bit colder, that's all. Today, I pulled the tall weeds from the brussel sprouts.

We also make medicine year round with gloves and masks on to keep everyone safe.

Here's a few pictures I took today with Graham, the farm cat. Sincerely yours, Grace Ann Byrd





# NPD News

The month of October has been a very busy month for the Nisqually Police Department, and Fish and Wildlife. The Police Department recently hired two cadets which will be attending basic police academy early next year. The Nisqually Police Department and Fish and Wildlife both have a cadet in the Basic Law enforcement Academy in Artesia, NM set to graduate January 7<sup>th</sup>, 2021. One Officer recently attended the Washington State Equivalency Academy in Burien WA and is now also a state certified peace officer. Two more Officers are set to attend the equivalency academy January 2021.

The Fish and Wildlife department recently received four new pursuit rated patrol Ford F150's. The vehicles are a key asset to Fish and Wildlife and equipped with essential equipment to patrol the interior and exterior boundaries.

The Public Safety Complex recently held a drive through trunk or treat/Haunted drive through on October 29th. The event was a success and we appreciate all the help from the Nisqually Tribe and other inter-tribal departments for helping make this happen. We appreciate the partnership from the tribe and community helping to protect and preserve the resources, culture, and traditions.



## IT's that time of year again – Black Friday 2020

### Tips from the IT-WebDev Department

With the COVID-19 outbreak, 2020 has been a tough year on the economy especially for traditional brick and mortar retailers. In fact, in the first 6 months of 2020, 18 large brand retailers filed for bankruptcy. However, since March of 2020 more shopping has been performed online and is increasing sales on websites such as amazon.com. Amazon reported a 37 percent growth in revenue and the company's profits are rising due to more people shopping online. It is already expected due to Coronavirus that more people will stay at home and do their holiday shopping online.

Black Friday originated in Philadelphia and was used by the police to refer to the day after Thanksgiving describing heavy and disruptive pedestrian and vehicular traffic due to shopping. In general, Black Friday is typically a better time to buy newer, big-ticket items whereas Cyber Monday is generally a better day to shop for tech deals and smaller gifts.

With more people already buying online, many folks are wondering if there will even be a Black Friday 2020, as this is the dedicated time of year for special incentives to buy online. Technically, Black Friday will occur on November 27, 2020 but look for more online sales offers and promotions leading up to and through the holiday season. Look for major retailers such as Amazon, Walmart, and Target to offer online promotions. However special early offers have already begun such as at Macy's and Best Buy.

**TIP-- Black Friday 2020 is coming soon: Here's what you need to know;**

**<https://www.cnn.com/2020/11/06/cnn-underscored/black-friday-sales-deals-2020/index.html>**

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



# What is a Shell Midden?

By Jeremy Perkuhn and Brad Beach

Usually we use this platform to discuss current field projects and other archaeological and cultural resource concerns that might be of interest to the community. Today though, we would like to do something slightly different; we're going to discuss the midden, or more specifically, the shell midden.

A midden is simply a layer or pile of someone's, or something's, discarded refuse. In regards to Coast Salish cultures, these middens dot the shoreline of

are ones created by animals. Woodrats, or packrats, create substantial middens that have been used by archaeologists to track both climatic shifts in the environment and available food resources.

Getting back to Coast Salish culture; shell middens consisting of clams, oysters, cockles, mussels, and various avian and mammal bones are incredibly important for archaeological research. Not only can they tell us the types of food that made up a traditional diet, they can also point to times when certain shellfish may have been unavailable due to shifts in the climate. As you visit the various middens throughout Henderson Inlet, and beyond, you begin to notice that their color and consistency vary quite a bit. In some instances, you might even notice a complete lack of clam or oyster shells and an overabundance of mussel shells. Another important aspect of shell middens is that the decomposing shell neutralizes the acidic soils that are prevalent in the Pacific Northwest and allows for the preservation of organic materials for a much longer period of time.

As you stand on one of our known shell middens and look across to the shores of any one of our inlets it is easy to picture a village feasting on baskets full of shellfish as others are being dumped into a pit to cook. It reminds me of how things are today, still gathering together as a community to feast as our friends and relatives continue to cook the sea's bounties.

We will continue to include 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](mailto:beach.brad@nisqually-nsn.gov) or [badoldman.jp@nisqually-nsn.gov](mailto:badoldman.jp@nisqually-nsn.gov).



Henderson Inlet Shell Midden

the Salish Sea and appear as mounds of shell material that can attest to the richness of the Salish Sea as a provider of resources. As the Pacific Northwest was colonized, the shell middens of the Coast Salish cultures slowly gave way to sheet middens (thin layers of refuse) consisting of Euro-American wares such as glass, earthen ware, metal, and leather; which also help document the evolution of change throughout the Pacific Northwest. Existing alongside the various middens created by humans



## Nisqually Tribal Office Holiday Closures

Wed. December 23<sup>rd</sup> at noon

Thurs. December 24<sup>th</sup>

Friday December 25<sup>th</sup>

Thurs. December 31<sup>st</sup>

Friday Jan. 1<sup>st</sup>



# Nisqually Health Department

## Registration Updates

We are reaching that time of year when you might be asked to update your information with the Health Clinic. You may be offered a registration form at your next appointment, please be sure to look it over and make any adjustments needed.

Updating registration information ensures that you and your families' info is up-to-date and accurate in our E H R System, i.e. address, e-mail, phone number/s, Insurance, guardianship, as well as your emergency contacts.

**Why is this so important now?** This information assures:

- There is no delay in care to you and your household when seeking services.
- Allows your health team to communicate timely with you regarding our services and your personal health care correspondence.

Regularly updating your contact information also prepares us for the upcoming Nisqually Health Department Patient Portal. Coming Soon! The roll out of our new *MyhealthRecord.com*, will give you the opportunity to have electronic access to your health information. This next phase is anticipated this winter, and we are very excited to be able to offer this to you; our own Patient Portal!



Please contact the Health Business Office soon to update your registration, at 360-486-9599  
Lisa Wells, Business Office Manager  
Michelle Davidson, Clinical Applications Coordinator

## December TANF News

Nisqually TANF provides monthly cash assistance and support services to low income families as well as to temporary custody placements. One person in the household must be enrolled in a Federally Recognized Tribe and if the child/children are school aged, they must be enrolled and attending school.



TANF works closely with the Washington State Division of Child Support. There are different regions in Washington and we would like to introduce you to our Tribal Liaison.

My name is Lisa Vasquez. I am the Division of Child Support (DCS) Tribal Liaison to the Nisqually Tribe. For the last 10 years I have had the honor and pleasure of working with the Nisqually Tribe! This role has been the highlight of my career with DCS!

My caseload consists of: Nisqually Tribal members who are non-custodial parents; cases that are serviced by the Nisqually TANF office; individuals employed with the Tribal Government, Enterprises, Red Wind Casino, etc.; plus any one living on or near the reservation with a child support case.

Prior to the Covid-19 pandemic, I was available to the Nisqually community through in-person outreach, as well as in the Tumwater

DCS office. I would primarily meet with DCS clients at the Nisqually Community Services office once a month, plus attend events, such as the Health Fair and the Pulling Together for Success Resource Fairs.

At this time, the in-person outreach is not available and our Tumwater DCS office is closed to the public. I wanted to let the community know that I am still available to help you with your child support cases. Feel free to contact me by phone or email.

I can assist with opening new child support cases; cases that need the orders modified; reduction of large debts owing to DSHS; assistance with acquiring copies of child support documents, including court and administrative orders; records to assist with establishing or modifying a parenting plan; referrals to the Alternative Solutions Program; and trouble-shooting any problems with DCS cases.

Please call me at 360-664-6859 or email [Lisa.Vasquez@dshs.wa.gov](mailto:Lisa.Vasquez@dshs.wa.gov). I am looking forward to meeting you and speaking with you virtually, now, and hopefully in-person in the near future! Stay safe and healthy!

If you have questions about eligibility or want a TANF application mailed or emailed to you (due to Covid, we are not having clients come into the office) contact Jesse Youckton at [youckton.jesse@nisqually-nsn.gov](mailto:youckton.jesse@nisqually-nsn.gov) or at 360-456-5237 ext 2210.



# Greetings From the Pharmacy Staff!

The holiday season is upon us and with the holidays comes an array of good food, desserts and treats. For those of us watching our blood sugar levels, here are some handy charts for your reference.

Happy Holidays!

**Table 1 Blood Sugar Levels Chart**

Blood Sugar Levels	Fasting Values	Post Meal Value: 2 hrs after the Meal
Normal	70 - 100 mg/dL	Less than 140 mg/dL
Early Diabetes	101 - 126 mg/dL	140 - 200 mg/dL
Diabetes	More than 126 mg/dL	More than 200 mg/dL

**Table 2 Normal sugar levels chart during various times of the day**

Time	Blood Sugar Level (mg/dl)
After Waking Up	80 - 120
Just Before Meals	80 - 120
About 2 Hours After Meals	< 160
Before Sleeping	100 - 140

**Table 3 Low Blood Sugar Levels Chart**

Category	Blood Sugar Level
Normal	80 - 120 mg/dl
Borderline Hypoglycemia	70 mg/dl
Fasting Hypoglycemia	50 mg/dl
Insulin Shock	Less than 50 mg/dl

**Table 4 High Blood Sugar Levels Chart**

Category	Minimum Level	Maximum Level
Pre-diabetes Fasting Blood Sugar Level	100 mg	126 mg
Pre-diabetes Blood Sugar Level after Meal	140 mg	199 mg
Diabetes Blood Sugar Level - Fasting	126 mg	More than 126 mg
Diabetes Blood Sugar Level After Meal	200 mg	More than 200 mg



# Reading is Doctor Recommended

**When children are read to by people they love, children learn to love books!**

For children ages 6 months through 5 years of age, receive an age appropriate book at your child's next Well Child visit. Please call 360-459-5312 to schedule an appointment.

## Why is reading to your child important?

- Reading to your child helps with language development.
- Children exposed to reading early tend to develop stronger learning skills.
- Helps prepare your child to succeed in school and life.
- Reading to children is highly likely to cultivate a love for books in them.
- It helps children develop their imagination and creative skills.
- Reading together can create a stronger bond between you and your child.

**Reach Out and Read, it's never too early to start!**



## Nisqually Dental Clinic Word Search

C F S G T P W H N I S Q U A L L Y S  
 F D S M N N R A L O M A X E T S L L  
 A L I T I I A O S H L N U I C S F Y  
 L H T C D L D L P E V D T N A O I R  
 U M I P A B E N P H B R O A L L G E  
 V Z T T A B R T I M Y E R D C F I H  
 U G N N R N O A D R I W T W U J N S  
 Y E O I I O T E C S G S H T L Z G P  
 D L D T R T N I O E R B O O U K I E  
 W G O V L T R L B U S E D O S Y V P  
 E N I S U A A O B I N L O T T C I I  
 S V R R R T I Y U I O H N H I M T L  
 Y H E G I E R T A S U T T T Q K I M  
 A I P O U A G C R C A V I T Y V S A  
 R B N Q M M O O R A L Q C C X N P N  
 X V A I W D S O R T P G S N W O R C  
 Q L R A I R W G H E A T H E R M K M  
 P P J L A N N O D S N O N N A H O B

- |            |              |               |
|------------|--------------|---------------|
| ANDREWS    | GINGIVITIS   | PERIODONTITIS |
| ANTIBIOTIC | GRINDING     | PLAQUE        |
| BOHANNON   | GUMS         | PRIMARY       |
| BRACES     | HEATHER      | PROPHY        |
| BRIDGE     | IMPLANT      | ROGERS        |
| CALCULUS   | ISOLATION    | ROOT          |
| CAVITY     | JAW          | RUBY          |
| CROWN      | LIDOCAINE    | SHERYL        |
| DANIE      | LIP          | SMILE         |
| DENTAL     | MOLAR        | TOOTH         |
| DENTURE    | NISQUALLY    | UVULA         |
| DONNA      | NITROUS      | XRAYS         |
| EXAM       | ORTHODONTICS |               |
| FLOSS      | PARTIAL      |               |





Nisqually Tribal Health Department

# Pediatric Clinics

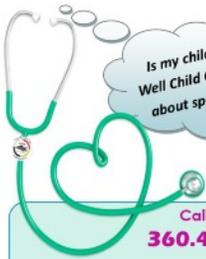
## Postponed until further notice

Dr. Sylvia Morales

# Due to COVID 19

2020 Clinic Dates:

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

## \*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

### 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.*

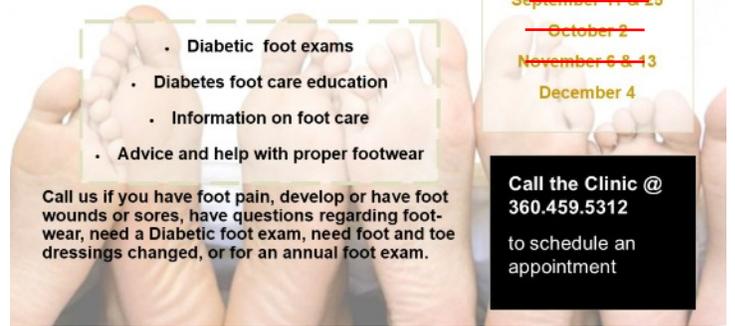
### Podiatry appointments help manage diabetes foot related complications and prevent amputations!

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.

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



## Help Protect Yourself and Others from COVID-19

### Practice Social Distancing



Stay 6 feet (2 arm's lengths) from other people.



### And Wear a Cloth Face Covering



Be sure it covers your nose and mouth to help protect others. You could be infected and not have symptoms.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



South Puget Intertribal Planning Agency

## USDA Foods Program December Dates



- PT. GAMBLE S'KLALLAM 12/3/20
- SQUAXIN ISLAND 12/7/20
- CHEHALIS 12/10/20
- SKOKOMISH 12/15/20
- NISQUALLY 12/17/20

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 December Dates



- SQUAXIN ISLAND 12/8/20
- NISQUALLY 12/9/20
- CHEHALIS 12/10/20
- SKOKOMISH 12/16/20

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.



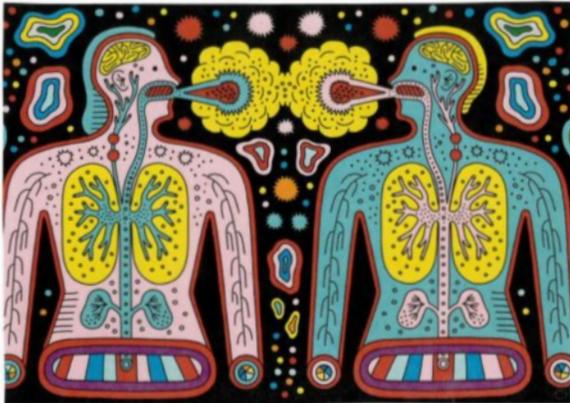


# Announcements

December 4, Happy Birthday Marla  
 December 5, Happy Birthday Paulie D  
 December 9, Happy Birthday Big Bird  
 December 15, Happy Birthday Cebo



*Happy  
 Birthday*  
**Natalee!**



**REMEMBER  
 YOUR MASK**  
**FLU SEASON  
 IS COMING SOON**



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



**Hours:**  
**Monday - Friday**  
**8am - 6pm**

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

**Phone:**  
 360.338.6431

**Email:**  
[orders@nisquallypostandprint.com](mailto:orders@nisquallypostandprint.com)

Self-Service Copies  
 Black&White/Full Color  
 Full Service Copies  
 Fax  
 Scanning  
 Stickers/Decals  
 Banners  
 Letterheads/Envelopes

**\*\*Notary Services\*\***

Posters  
 Business Cards  
 Postcards  
 Invitations  
 Labels  
 Brochures  
 Booklets  
 Yard Signs  
 USPS/UPS Shipping

**Website:**  
[www.nisquallypostandprint.com](http://www.nisquallypostandprint.com)

FROM THE NISQUALLY NEWSLETTER STAFF



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

