

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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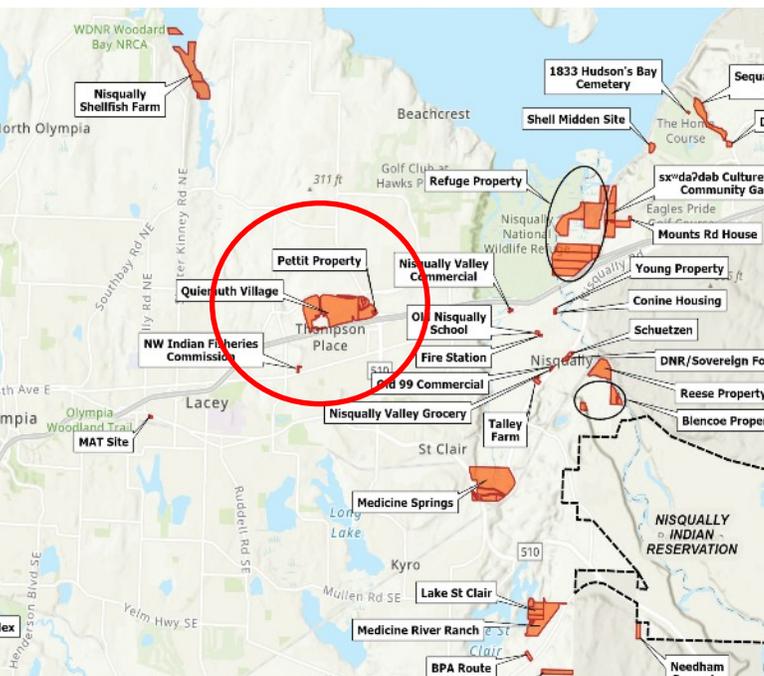
Hawks Prairie Property

By Debbie Preston

Some Nisqually tribal council members chose the traditional way to get to know the tribe's Gateway, also known as Hawks Prairie property, off Marvin Road in late January. The tribe now owns all 260 acres of the land, located on either side of Cabela's, following a buyout last year.

Tribal council plans to have tours of the property in the spring. Meanwhile, the Lands Crew continues to keep clearing dumped trash and unhoused encampments on the property.

The tribe has begun the process of putting the land into trust, which as many of you know, can take up to two years, though council is hopeful it will go more quickly with a change to the rules that again allow the regional BIA to handle processing trust applications. Keep an eye out for additional news about the process.



Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 1/25/2022

Minutes Approved on: 2/04/2022

Meeting Called To Order: 2:23

Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 th Council	Present
Hanford McCloud	6 th Council	Present
Leighanna Scott	7 th Council	Present
Derrick Sanchez	Sergeant of Arms	Present

Guest: David W, Alvin A, Elizabeth D, Pete A, Cynthia I, Sharlaine R, Wayne L, Shannon B, Brent B, Selina O, Ezra K, Joe C, Justine C, Deb L.

Tribal Councils motions and consensus:

David Wolff – **A Resolution to Approve the Termination of a Consulting Services Agreement with Analytical Environmental Services.** *Motioned by David Iyall, second by Chayannah Squally. Motion passes, 6-0-0. Resolution #8*

David Wolff – **A Resolution to Approve and Authorize a Professional Services Agreement with Acorn Environmental.** *Motioned by David Iyall, second by Handford McCloud. Motion passes, 6-0-0. Resolution #9*

Brent Bottoms – **Adult Protection Code (Title 51).** Tabled until February 17th giving time to those that will be using it to recommend changes.

Elizabeth DeGroff – **Approval of Updated Emergency Rental Assistance Program.** *Motioned by Handford McCloud, second by Chayannah Squally. Motion passes, 6-0-0.*

Elizabeth DeGroff-Jodie Kalama and Monica Kautz lot requests. To ask lender for a request on their loans, so that the policy can be created and bring back on February 17th.

Wayne Lloyd – **Approval of New JD for Permit Manager.** *Motioned by David Iyall, second by Chayannah Squally. Motion passes, 6-0-0.*

Joe Cushman – **A Resolution Approving the Nisqually Comprehensive Economic Development Strategy.** *Motioned by Antonette Squally, second by Chayannah Squally. Motion passes, 6-0-0. Resolution #10*

Joe Cushman – **A Resolution Authorizing Submission of a “Medication for Opioid Use Disorder” (MOUD) Proposal to**

Continued on page 3-TC BUSINESS

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

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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, William (Willie) Frank III
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Chayannah (Chay) Squally
6th Council, Hanford McCloud
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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the Washington State Health Care Authority.
Motioned by Leighanna Scott, second by Antonette Squally. Motion passes, 6-0-0. Resolution #11

Sommer Sanchez – **Approval of 1/13/2022 TC Minutes.** *Motioned by Leighanna Scott, second by David Iyall. Motion passes, 6-0-0.*

Executive Session – 3:11-3:35

Actions from executive session,

Approval of Interim CEO for Health Clinic for six months. *Motioned by David Iyall, second by Antonette Squally. Motion passes, 6-0-0.*

Antonette Squally mentioned for record that funding for Language position is available.

Motion to Adjourn by David Iyall, second by Antonette Squally. Motion passes, 6-0-0.

Meeting ends 3:38

Date: 2/04/2022

Minutes Approved on:

Meeting Called To Order: 1:34 p.m.

Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 th Council	Absent
Hanford McCloud	6 th Council	Present
Leighanna Scott	7 th Council	Present
Derrick Sanchez	Sergeant of Arms	Present

Guest: Nate C, Brent B, Joe C, Shannob B, David W, Deb P, Justine C, Pete A, Ezra K.

Tribal Councils motions and consensus:

Health – Covid Update, Week 100. Moderna is fully FDA Approved. Pharmacy has gotten ANTI-Viral Meds for High Risk Patients.

Shannon Blanksma – **Approval of the Weekly Budget Consent Calendar.** *Motioned by David Iyall, second by Handford McCloud. Motion passes, 4-0-0.*

David Wolff – **A Resolution to Authorize a Common Interest and Confidentiality Agreement.** *Motioned by David Iyall, second by Leighanna Scott. Motion passes, 4-0-0. Resolution #12.*

David Wolff – **A Resolution Approving the Nisqually Indian Tribe Policy on Approval and Execution of Tribal Government Contracts.** *Motioned by David Iyall, second by Handford McCloud. Motion passes, 4-0-0. Resolution #13*

David Wolff – **A Resolution Amending the Nisqually Financial Services Policies and Procedures.** *Motioned by Handford McCloud, second by David Iyall. Motion passes, 4-0-0. Resolution #14*

Pete Ansara – **Health Board Nominees.** Tabled
Pete Ansara – **Approval for New JD: Nisqually Language Resource Center Manager (NLRCM)** *Motioned by David Iyall, second by Jackie Whittington. Motion passes, 4-0-0.*

Pete Ansara – **Approval for Updated JD: Director of Housing** *Motioned by Handford McCloud, second by Leighanna Scott. Motion passes, 4-0-0.*

Sommer Sanchez – **Approval of TC Minutes from 1/25/22.** *Motioned by David Iyall, second by Jackie Whittington. Motion passes, 4-0-0.*

Nate Cushman – **A Resolution Appointing an Alternative Tribal Council Designee for the 2022 Election Process.** *Motioned by Handford McCloud, second by Jackie Whittington. Motion passes, 4-0-0. Resolution #15*

Approval for Native American Comedy Jam Vol 4 Sponsorship \$5000 *Motioned by Jackie Whittington, second by Leighanna Scott. Motion passes, 4-0-0.*

Executive Session. 2:05-2:16

Motion to Adjourn by David Iyall, second by Handford McCloud. Motion passes, 4-0-0.

Meeting ends 2:18

Coldstream Investment Group



Medicine Creek Enterprise Corporation CEO Bob Iyall discusses the tribe's businesses during a meeting with Coldstream Investment Group as the tribe investigates ways to add to the tribe's investment options.



Yelm High School “Big Bird” Marvin Oliver



Nisqually tribal council members and community members helped bless the restored "Big Bird" carving created by Marvin Oliver, the son of Emmett Oliver, Quinault Indian Nation tribal members. The carving is located at Yelm High School. Marvin taught for decades at the University of Washington. A number of his works were purchased by Washington State Arts Commission in the 1970s and installed, along with thousands of other artist's work, in colleges and schools all over the state. Students and previous principal John Johnson brought the need up to have the piece restored, as it was outside. The state brought in conservators to restore it and now it is inside in a place for all to see each day. Hanford McCloud, 6th council, talked about the Olivers and their positive influence on many tribal members. Emmett Oliver is widely credited with resurrecting Canoe Journeys.



Leschi Birthday

Frances Rohr and other singers offer a song during Chief Leschi's Birthday celebration on Jan. 26.

Leschi was a reknowned horseman and the Medicine River Ranch horses were on hand. Information about Leschi was distributed and CJ's food truck was on hand to warm folks up with hot soup and sandwiches. Cynthia Iyall also gave a presentation electronically to employees about his life and role in the Medicine Creek Treaty.





Community Services

Community Services Administration Staff

Marie McDonald, Community Services Director

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Jason Sharp, Program Analyst

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Phone # 360-456-5221

Marie: ext. 1234; Jason: ext. 2104

In a recent meeting with our Community Services Program Managers and Supervisors, it was discussed to create an "All Community Services" portion to include in the newsletter. This way, you can keep updated on what services our programs are offering and any events that will be happening throughout the year. We will also be keeping our staff listings updated so you know who is working for each program and how to contact staff with any questions you may have about any services being offered. In Administration, we are still providing Move-In Assistance (first/last/deposit) **for new rentals** (this program does not assist with monthly rent payments). If you have questions or would like an application, please contact Marie or Jason to make an appointment and pick up your application! We also receive minimal funding from a federal grant for emergency food vouchers. Typically our funding is received in October and goes fast so keep an eye out for any announcements! It is an income based program and because of federal guidelines, we will require income verification when completing your application. If you have questions about this program please don't hesitate to give us a call and get some more information.

Community Garden Staff

Chantay Anderson, Project Supervisor

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Elsa Haun, Production Supervisor

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Grace Ann Byrd, Garden Technician

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Luis Morales, Garden Technician

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Luis Morales is the newest garden staff member and we are hoping to hire more employees soon, so keep an eye out for job postings! The garden crew has been building new wash tables, herb drying racks, weeding the garlic, onions, winter brassicas and the little garden. The crew has been busy gathering natural medicine in our free time. We have also been making progress with renovations at the new



garden property and are all waiting with excitement for this expansion!

Daycare Staff

Candace Wells, Daycare Manager

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Lisa Clark, Teacher

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Patricia Casebolt, Teacher

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Mercedes Clark, Teacher

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Michele Snyder, Teacher

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Martin Hammond, Teacher

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Cheri Kirsten, Cook

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The Nisqually Daycare has the perfect balance of fun and learning! During a recent activity, the kids were amazed when they poured two colors together and it made a new color as part of their science experience. They really enjoyed painting flower pots, making heart ladybugs, painting their hands and making a heart shape and putting tissue paper onto contact paper to make a stain glass for the windows. We told them their projects will be displayed at the Health Clinic for all of their family and friends to see and their faces lit up with joy!



Library Staff

Darla Obi, Library Manager

obi.darla@nisqually-nsn.gov

Kayla Sparkuhl, Culture Education and Outreach Coordinator

sparkuhl.kayla@nisqually-nsn.gov

Catalina Sanchez, Library Tech IV

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Phone # 360-456-5221

Darla: ext. 1220; Kayla: ext. 1002; Catalina: ext. 1222

Greetings from the Nisqually Tribal Library! Due to the COVID-19 pandemic we are still closed for in-person services. In the meantime we are available by phone, or email (library@nisqually-nsn.gov), as well as curbside pick-up/drop-off. We would also like to remind patrons that it is time to update your information on your patron file to ensure we have accurate contact information and

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Planning for “The Village Center” at Nisqually State Park

What kind of art, exhibits, and visitor facilities does the Tribe want to see at Nisqually State Park? That’s the question that Washington State Parks and the Nisqually Parks Commission have been discussing lately.

State Parks is planning for the future day use area, also described as “The Village Center,” at the new State Park.

The first visitor facilities at the park will open to the public in late 2023 and will include an interpretive trail down to the Nisqually River and Ohop creek. Campground loops will be built next, in 2024-2025. The day use area will follow, in 2026-2028 or so. Some ideas for the day use area include:

- A meeting and educational space in the style of a Coast Salish Longhouse.
- Group picnic shelter and indoor and outdoor cooking facilities for gatherings.

- Demonstration native food and medicine gardens.
- Interpretive exhibits on Nisqually history and culture.
- An outdoor amphitheater.
- A monument / memorial to the victims of the Mashel massacre.
- Nisqually artwork everywhere, including youth artwork in all forms
- Interpretive trails
- Coast Salish style play area

The day use area will be built near the entrance to the park in a forest that is recovering from logging. It’s located there to avoid impacts to sensitive environmental areas in the park.

The Parks Commission is planning an upcoming public input event in March or April so stay tuned for that!

Continued from page 5-COMMUNITY

addresses. Or, if you would like to sign-up for a patron card to check out books, please don’t hesitate to reach out. We are working on a survey to enhance patron and Library services so be on the lookout for that.



We are patiently waiting for the day we can re-open our doors for patrons again and hope to see you soon! Use the camera on your smartphone to scan the QR code and browse the Library Catalog!

Workforce Development Staff (Formerly known as TANF)

Lorna Kalama, Site Manager

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Trisha Kautz, Case Manager

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Jesse Youckton, Intake Specialist

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Anita Paz, Administrative Assistant

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Spencer Kee, Transportation and Maintenance Specialist

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Anita: ext. 1251; Spencer: ext. 2204

Due to changes at the Federal level, The Nisqually TANF program recently received a change in program name. The TANF program is now called

“Workforce Development” but still operates under the same standards, regulations and policies as it previously did. For eligibility requirements please contact a member of the program staff to answer any questions you may have! Appointments for completing applications can be made through Jesse Youckton.



Vocational Rehabilitation (V.R.) Staff

Amber Sutterlict, Manager

sutterlict.amber@nisqually-nsn.gov

The overall goal of the V.R. program is to assist Native American People with disabilities in making informed choices that encourage the achievement of gainful employment while promoting personal empowerment, independence and integration into family, community and work place with respect to individual cultural and traditional values. To be eligible for VR services the client **MUST** have a documented disability or if there is no documentation we will refer client out for assessments to verify disability. After verification of disability we will determine if the client is employable and if the outcome is they are not, they will be referred to apply for disability benefits. Clients must be enrolled in a federally recognized tribe and residing in Thurston County. For questions or to set up an appointment to apply, please contact Amber Sutterlict.



e-Cycling

Tips from the IT-WebDev Department

Editors note: 13 years ago, I personally promoted the Cell Phones for Soldiers program. This organization was founded by teenagers Robbie and Brittany Bergquist from Norwell, Mass., with \$21 of their own money after they read a story about a soldier who ran up a huge phone bill calling home from Iraq. Their efforts were the beginning of a program which has grown to provide more than 400 million minutes of free talk time servicemen and women and recycled more than 25 million cell phones reducing the impact on landfills.

We may be familiar with recycling, e.g. paper, plastic, glass but there is another form of recycling that applies to technology items; referred to as e-Cycling. e-Cycling is the recycling of used electronic products that are deemed no longer useful. This type of electronic waste includes items such as laptops, printers, cell phones, refrigerators, microwaves, televisions and batteries.



As more appliances become smart-enabled devices, the list of electronic items to be disposed of continues to expand to include coffee makers, portable A/C units, Bluetooth speakers, portable gaming systems and more.

In 2009, US consumers and businesses discarded televisions, computers, cell phones and hard copy peripherals (including printers, scanners, faxes) totaling 2.37 million tons. Approximately 25 percent of these electronics were collected for recycling, with the remainder disposed of primarily in landfills,

where the precious metals cannot be recovered. According to the EPA, the amount of e-waste being exported from the U.S. is not available. Often, this hazardous waste ends up being discarded in developing countries, creating human health issues as well as problems with toxic materials leaching into the environment. E-waste workers can be exposed

“E-waste”, “electronic waste”, “e-scrap” and “end-of-life electronics” are terms often used to describe used electronics that are nearing the end of their useful life, and are discarded, donated or given to a recycler.

to high levels of contaminants such as lead, mercury, cadmium and arsenic, which can lead to irreversible health effects.

We can all contribute to help reduce the impacts on human health and impacts to the environment. Below are a few resource references to help understand this ever-growing issue as technology use increases.

Helpful resources:

- EPA Sustainable Management of Electronics; <https://www.epa.gov/smm-electronics>
- Cell Phones for Soldiers; <https://www.cellphonesforsoldiers.com/>
- Buy Back World; <https://www.buybackworld.com/>
- Gazelle Recycling; <https://www.gazelle.com/recycling>
- DigiTunity; <https://digitunity.org/get-involved/receive-equipment/>

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

Happy Retirement Sgt. Soto

By Debbie Preston

Sgt. Angel Soto served the Nisqually Tribe for 17 years as a police officer, and became the first one to ever retire from the department. Soto was honored by his fellow officers and Sgt. McDonald and Chief Iyall. McDonald recounted Soto’s 25-year career in the U.S. Army, followed by a short stint with the SkokomishTribe before coming to Nisqually.

Soto received his permanent badge and identification as part of the ceremony held in front of the Public Safety building. It wouldn’t be a gathering of officers without the stories, and those started up soon after the official presentation. Congratulations to Sgt. Soto! Enjoy retirement.





A Month in DuPont

By Jeremy Perkuhn and Sela Kalama

One of our more recent jobs was another trip back to Cal-Portland. If you do not remember what Cal-Portland is, it is the large gravel mine in DuPont near Solo Point. As soon as the new year passes they let us know that it is time to mine another five-acres. Splitting off to two different job sites, I go one way while my Co-worker goes another. I get the opportunity to hold down the Cal-Portland site.

The mornings in Cal-Portland started early and being up in that area was beautiful seeing the sun in the morning and feeling that morning air in your face. The area is a nice place and being there reminds me of being home out on the coast. This type of monitoring is different from doing test probes and being able to find interesting things,

yet it has meaning. In this area, there was known to be two different camps and it was interesting to be able to walk around and see the different types of bottles and wonder where those bottles came from.



Walking around and watching the stumps being moved waiting to see what may be laying underneath, or trying to guess how old those trees are. While I was walking around and watching the stump removal, I thought of how nice it was to be away from things and to be able to appreciate Mother Nature. Thinking of things like when I first started this position and moving to what things are now. It is nice to say that I have learned a lot along the way, and still learning more about the different areas and the different things that are going on in different places. The beauty of so many places and the learning factors of this amazing job will never end.

Wow, such a busy month here at the THPO Office. So busy lately I have found it difficult to find time to sit in the office long enough to tell about what we have been doing. I have been out working in the field in DuPont for quite a while. There is an area that we been doing test probes and excavations in since last

summer. However, I am not the first to have done this. My wife and her team have done work in this same spot almost 20 years ago. A place that has been holding on to Nisqually for centuries. It is one of the last wooded areas in Dupont were you can go for a peaceful jog or walk in the comfort of nature. Sometimes we get a job were we really wish the outcome was different. This was one of those. Soon, what once were trees will be concrete walls, fencing and more semi-trucks to add to the study flow of Duponts industrial havoc.



We met up with the HRA archeological team in a small wooded area in DuPont. In the mornings after a debriefing, we would throw on our muddy raingear, grab our gear and head out into the small wooded area. Once inside and looking around, looking at the moss covered ground, hearing all the birds in the treetops, I knew it was going to be a nice day. I turned out to be correct and the sky cleared and gave way to some sun, and as I stomped on my shovel sinking it further in the ground someone yelled out "is that a deer?" We all stopped what we were doing to look and sure enough, a big deer was running through the trees. The deer started running toward us and then quickly switched directions and went left. Then we noticed another deer running a little ways behind the first one. We watched them for a little bit after realizing they were playing around or "chasing tale" as one of my uncles would say. We just went back to work, and lunchtime rolled around and about the same time, we noticed a young fawn poking out of the trees. I think the deer were trying to lead us away from the fawn. This got me thinking though, all the wild life that lives in this small wooded area are going to have to travel through town to find another place to live. All the protective measures that the deer take to protect their fawns will mean nothing to the many cars on the streets they will have to cross once these woods are plowed to the ground. Sometimes we just do not have the ability to save a place like this and have to work knowing another tragic outcome is inevitable.



Nisqually Tribe/Re-Acquisition

By Joe Kautz, Land Manager, Planning Department

The Nisqually Planning Department through the Land Manager Division has been working on acquiring more of the Nisqually Tribe's Land Base. Within the Nisqually Reservation there are approximately 35 different tracts of land. These tracts consist of less than an acre of land to up to over 130 acres of land. Also in each of these tracts, there can be anywhere from one owner to up to or more than 300 owners of undivided interest. Over the past year and a half I have been working with the BIA and different allottee from many different tribes in acquiring these allotted interests.

This process started when our Natural Resource Department received a Federal Grant to enhance, modify, and upgrade the Kalama Creek hatchery. The tribe needed to acquire the interests in Allotment 22-A adjacent to the hatchery to complete the renovation work. Tract 22-A is a 77 acre parcel with approximately 50 different owners of undivided interests. The tribe had two options to secure site control: write a business lease with numerous allottee to show over 50% ownership. Each allottee would have to agree with a business lease on Tract 22-A to allow work to be done on the tract. Plus the BIA would also have to agree with the work. The second option was to try to buy all the undivided interest from the allottee. Tribe decided to try to acquire the undivided interest from the different allottees. This was the start of a long and complicated process working with the BIA.

I had to order a TSR (Tribal Status Report) for the allotment. The TSR lists all the different allottees and shows their undivided interest in the tract. I then had to apply for an environmental Categorical Exclusion through BIA which consist of the following: TSR, THPO document, Resolution, Map, NEPA Determination Request, a letter from our forester on Impacts on Listed or Threatened Species, and a Statutory Worksheet on compliance factors: historic, floodplain, wetlands, coastal zone, endanger species, clean air, toxic chemicals, and other factors. This process also included a month for review by the Regional Office of the BIA in Portland. Once I received approval of this process the tribe needed to meet with the Office of Appraisal and Valuation Service Office to discuss the appraisal and timber cruise. Once this was completed we then requested the appraisal and timber cruise. This process can take a month or two. The BIA has strict standards the appraisal and the timber cruise need to follow.

I then researched Tract 22-A and I found out the same allottee had undivided interest in Tract 22 as well. Once I completed my

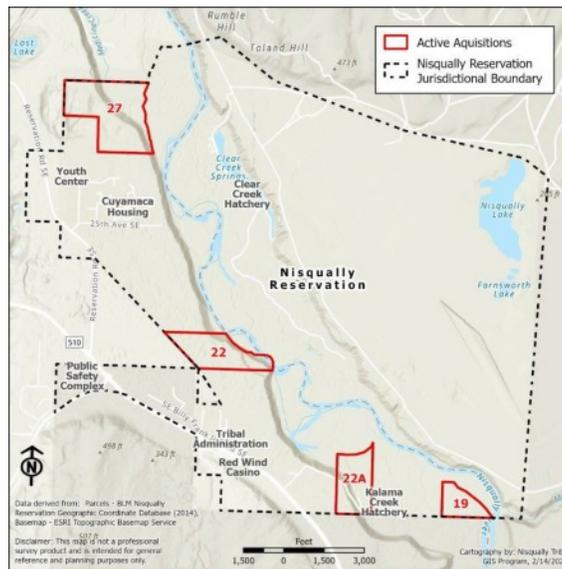
list of allottees with the most interest to the lowest interest I developed a plan to go meet the allottees. I also developed a Purchase and Sale Agreement and a Letter of Intent to sell their undivided interest to the Nisqually Tribe. Once the appraisal and timber cruise came back with the value of the tract, I then put together a packet of documents to go meet the allottees. I drove all over the state from Quinault, Skok, Squaxin Island, Tacoma, Puyallup, Fife, Yakima, Wapato, Jamestown S'Klallam, and Suquamish. I was surprised that most allottees agreed and signed the PSA and Letter of Intent. I then scanned the

documents and emailed them to the Everett BIA office. I was sent a Federal Documents called the Application and Summary. These documents needed to be filled out and notarized. I ended up driving again all over the state to assist with these documents and I had to bring our notary out of the Planning Department with me, Diana Moreno. Most of the people or allottees we met were elders and needed assistance with the documents. Once I copied the documents I scanned and sent them into the Everett BIA Office. Then I was sent another Federal Document called the Deed. It needed to be filled out and notarized too. So I had to make another trip around the state to assist

with this document.

This was a very long process and today I am still working on it. Once all documents were sent in I was sent an invoice for payment. I had to do requisitions for each allottee for payment. The payments were sent to St Louis, MO, then to BIA Head Quarters in New Mexico. At Head Quarters, once all documents are down-loaded, a check was cut and sent to the allottee.

This was a lot of work and I had to visit some elders 3-4 times to get the documents filled out, notarized, and sent in to the BIA. Most of the allottees were elders, I had to be a good listener, gain trust, explain the process of how the processes work, and I had to keep in touch with them by phone, email, or by a visit. But the Nisqually Tribe now owns 73%, of 77 acres of land in Tract 22-A which is approximately 57 acres. In Tract 22 which is 79 acres, we will own approximately 65 acres. In Tract 27 which is approximately 147 acres, we purchased approximately 15 acres. We also purchased approximately 2 ½ acres in Tract 26. The tribe also purchased a couple of acres in Tract 19 this past year too. This is a total of approximately 141 ½ acres of our Tribal Lands within the boundaries of our reservation.





Hello Nisqually Tribal Elders – Medicare Premium Reimbursement Program

By Lisa Wells, Health Business Office Manager

The Health Business Office has updated information to share with you regarding the Medicare Part B Reimbursement Program!

Last month a letter was sent requesting your information to be updated with us, by way of submitting a copy of your current Social Security Income statement, to the Health Business Office. If you haven't been able to update this information with us, we cannot assure that your monthly reimbursement amount will be accurate.

Why is this important you may ask? Each year the amount taken from your Monthly Social Security Income check goes up, to pay for your Medicare Part B. We need this notice that is sent to you, so that we can make adjustments to your reimbursement provided to you from the Nisqually Tribe.

If you cannot locate this form, a copy of this form can be obtained from the Social Security Office in Olympia. If you need assistance with the process to obtain this form, or would like to participate in this program, please contact Chris Curtis in the Health Business Office, at 360-486-9599 extension 2005.

Attention to all Medicare Patients who receive services at the Nisqually Tribal Clinic

By Lisa Wells, Health Business Office Manager

The Health Department Business Office Staff continues to strive to keep your registration information updated and accurate throughout the year. Our priority is to complete this annually, to assure that your care is not interrupted, and that your billing information is accurate which helps the department assure that your referrals and billing needs are addressed in a timely manner.

You may recall, in 2018 Medicare moved away from using your Social Security Number to a MBI number to help protect your identity. At this time we **have not received many updated Medicare card MBI Numbers**, which we need to assure that your Medicare is up to date for our records, but also to assist with your referrals, clinical services and billing. Our goal is to streamline the process of referrals and payments.

Please bring your updated Medicare card in so that we can make a copy of it or call Krislyn Chum, our Benefits Coordinator, to provide her with the number from your card, and she will update your records. If you have any questions, we can be reached by calling 360-486-9599.

Thank You!

TAX TIME **LIBERTYTAX**

It's that time of year again. The Nisqually Tribe is once again contracting with Liberty Tax Service for the preparation of tribal member tax returns.

A drop box is available in the Tribal Administration building, Financial Services reception area, to securely drop off your tax documents. If you prefer to discuss your taxes in person, you may schedule an appointment. Be sure to provide a copy of your tribal ID.

Phone number: 360-674-0355 (dedicated line for Nisqually)

Additionally, if you live out of the area and prefer to use another Liberty franchise office, please call the number above for direction.

A 50% discount, on tax prep services, is available for non-Nisqually employees. This includes Red Wind employees.



March is Problem Gambling Awareness Month in Washington State

By Devonna Rowlette

What is gambling? A quick google search provides the following definition of gamble:

[ˈ amb l] VERB

gambling (*present participle*)

1. play games of chance for money; bet.
 - o bet (a sum of money) on a game of chance.
2. take risky action in the hope of a desired result.

Many people enjoy gambling as a fun, social and recreational activity and don't experience any negative consequences. However for some, gambling can become a problem. According to Evergreen Council on Problem Gambling 80,000- 160,000 Washington residents struggle with problem gambling.



Problem gambling is often considered a hidden addiction. It is much easier to know when someone has been drinking or using drugs than if they have been gambling. Problem gambling can lead to serious negative consequences such as financial devastation, problems with health due to inadequate self-care while gambling, high levels of stress related to gambling losses, anxiety and depression symptoms, trouble sleeping and feelings of hopelessness.

Warning signs that gambling may be a problem include:

- Frequent thoughts about gambling including planning out future trips to the casino or bets, and reminiscing about past wins
- Lying about gambling how often you gamble, how much money you have lost, or saying you are going somewhere else when you are actually going to gamble
- Replacing time with friends and family with gambling
- Gambling more often, over a longer period of time, or more than you can afford
- Borrowing money to gamble, including credit card advances
- Gambling to escape problems, or when feeling stressed, bored or anxious
- Losing track of time when gambling
- Trying to cut down on gambling or to stop gambling but not being able to stop
- Neglecting work or social activities to gamble
- Engaging in illegal activities in order to get money to gamble

Problem gambling can negatively affect a person's entire life. There is help!

The Washington State Problem Gambling Helpline is 1-800-547-6133

Nisqually Behavioral Health has a gambling treatment program that is completely confidential. Please feel free to contact us if you, your family member or friend are having problems with gambling. We can be reached at 360-413-2727.

New Mental Health Supervisor-Kyra House

Kyra House, Licensed Mental Health Counselor, (LMHC) is your new/old Mental Health Clinic supervisor.

"I am pleased to be returning to Nisqually Behavioral Health as the Mental Health Clinical Supervisor after a time away.

My background includes 25 years of working in the social work field and later as a LMHC. I am passionate about helping people identify and express their emotions

My approach as a therapist is humanistic, holistic and solution focused. I have a background in expressive arts therapy, mindfulness practice and psychodrama. I am trained in Cognitive

Behavioral Therapy, Dialectical Behavioral Therapy, Internal Family Systems Therapy and Movement Therapy.

I have recently begun certification process in Eye Movement Desensitization Reprocessing therapy. I find joy in the work I get to do and look forward to growing the mental health program so that we can meet the needs of the community."

The Behavioral Health Clinic staff continues to grow, even with severe challenges in recruiting presented in this time when there is high demand for health professionals and many are leaving the field for good.



Photo: Most of the current staff are pictured above. From left: Devonna Rowlette, SUDP Counselor; Jenniffer Janowiecki, ARNP; Kyra House, LMHC, Mental Health Clinical Supervisor; Kristie Tweed, Program Admin. Asst.; and Kelly Knittle, Substance Use Disorder Clinical Supervisor. Not pictured are: Melissa McFarland, ARNP/Nurse Practitioner; and Adrianna Villegas, Program CHR.



Health Employees

Good-bye Donna

The Dental Clinic wants to let everyone know that our hygienist of 8 years, Donna Cawley, has retired. Effective January 4th Donna left with plans of chasing the sun. Please join us in wishing Donna nothing but good times on her road trip adventures and her new journey to spend time with her family and her beloved garden. It's been an honor to work with her and we miss her. She was a kind soul and had a gift for gently helping people learn about the best way to take care of their teeth and gums.



Happy Retirement Donna, may you be proud of all the work you have done, the person you are and difference you have made!

Welcome Lavonne Perez

We want to welcome Lavonne Perez to the Dental team. Lavonne initially came to the Dental Department through the TERO program as a temporary contracted employee. When our administrative secretary position became vacant, she applied and we were very fortunate to keep her as a permanent member of our team as of January 18, 2022. She has been an excellent part of our team and is a great fit for our Dental program.

A message from Lavonne herself!

Hello! My name is Lavonne Perez, I am a mother of two. My daughter's name is Maddison and my son's name is Adonis. I have been here in the Dental department since June 2021. I started as a contract worker under TERO and recently hired on as full time. I enjoy it here and it has been great being part of such an awesome team. My time away from work is spent with my kids, getting to know the area. We visit different parks and just spend time together.

Taking The Worry Out of Prescription Refills.

Article compiled by R. Blaine Hanson

RX Ready Notifications

By Text or Voice

Did you know? The Nisqually Tribal Pharmacy can send a text message to patients when medications are ready for pick up! This service is an option instead of, or in addition to, a phone call. If you are interested - just ask your friendly pharmacy technician to add this feature to your profile. They will confirm your contact information to insure you receive the message.



Request Your Refills 24/7

The Pharmacy may not be open when you realize you need refills but don't worry!

The pharmacy direct phone line is: 360-491-9770

It can be used at any time to request refills electronically - just have your prescription number(s) ready (**located in the upper left corner of the prescription label, highlighted in yellow**), then follow these two simple steps:

1. Press 1 if using a refill prescription number, listen for prompt
2. Enter the RX number followed by the # sign

If you would rather leave a voice mail message, you can leave your message on the Pharmacy's Direct Line at any time. Please:

- do not use any extensions,
- tell us your first and last name,
- date of birth and
- medication/s you need refilled

Health Minder Program

We can make your life easier by adding you to our monthly Health Minder. This helpful feature will automatically refill your maintenance medications each month that are processed here onsite.

Call or stop by the pharmacy to set up this service. Talk to any pharmacy technician if you would like to be set up for the Health Minder Service to auto fill your routine medications.





DENTAL AND CAFE Services

HOURS OF OPERATION ARE MONDAY THROUGH FRIDAY 730AM-430PM
DENTAL CLOSED DURING LUNCH FROM 12PM-1PM
CAFE IS AVAILABLE DURING LUNCH HOURS

WELLNESS CAFE (360) 493-6441

COFFEE, SPRITZERS, TEA, SNACKS AND FOOD WHILE SUPPLIES LAST.

DENTAL (360) 413-2727

AVAILABLE FOR IN-PERSON VISITS TO ALL ELIGIBLE PATIENTS

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

HEALTH DEPARTMENT Services

2022 HOURS OF OPERATION
MONDAY-FRIDAY 8AM-5PM
WE ARE CLOSED FOR LUNCH
EXCEPT THE CAFE
FROM 12PM-1PM.

PHARMACY (360) 491-9770 PRESS "0"
DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599 **CHS/PRC**
ISSUE PO'S AND INQUIRE ABOUT REFERRALS IN-PERSON AND VIA PHONE
APPLY FOR ALTERNATE RESOURCE AND UPDATE REGISTRATION IN PERSON

MEDICAL (360) 459-5312 PRESS "5"
IN-PERSON VISITS - NISQUALLY TRIBAL ELDER HOME
VISITS - COVID VACCINE/BOOSTER AGES 5+

(360) 413-2727 **Behavioral Health**
IN-PERSON SUD APPOINTMENT'S AND WALK-IN'S WELCOME

TRADITIONAL HEALING (360) 493-6450
IN-PERSON VISITS FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY

(360) 459-5312 PRESS "5" **COVID TESTING**
AVAILABLE FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY.
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION.

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.



NISQUALLY HEALTH BUSINESS OFFICE UPDATE



Krislyn- Benefits Coordinator

Johanna- Tribal Assister

Business Office Phone #
(360) 486-9599

BUSINESS OFFICE UPDATES

Access to the Business Office still remains restricted due to Covid-19 Safety Protocols. As of November 1st, the drop box located in Billy Frank Jr. gym will no longer be there. Since changing locations, our work flows have slightly adjusted. Please continue to call for PO's, dropping off documents, and all other needs. Applying for medical benefits has never been easier. Krislyn can assist with Apple Health applications/updates, register new patients along with update current patients. Johanna can assist with Apple Health applications/updates, Medicare Part B, and Social Security benefits.

NEED A PO # ?

Please Contact either:
Christine Curtis or Lisa Wells

DROPPING OFF DOCUMENTS

Call to be met outside or leave at the front with our greeter who can direct your paperwork to the correct staff member

NEED INSURANCE?

Krislyn and Johanna are both certified Tribal Assisters



Important COVID-19 RESOURCES

Home Test Kits

- Everyone: 4 Free through the U.S. government at www.covidtests.gov will be shipped through USPS right to your door AND 5 Free through WA State per household at www.sayyescovidtest.org
- Nisqually Tribal Members & Community:

Health Clinic 360-459-5312 Option #5	NEW Now available through the Pharmacy Drive-thru!!! 360-491-9770	Emergency Management 360-456-2822 Public Safety Law Enforcement 24/7 phone line 360-459-9603
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- Nisqually Staff: 8 free through your Shasta insurance!
Please utilize this free resource rather than accessing home test kits through the Tribe, in order to make sure we have enough test kits for those who do not have insurance. It is a new federal requirement for all private insurances to reimburse for home test kits- so for those who do not have Shasta insurance, please feel free to contact your insurance provider!

Shasta OptumRX	Simply go to the pharmacy counter at Walmart or Rite Aid and present your member ID card and ask to have the product submitted to OptumRX (many locations are low on stock at the moment, but working to resupply). <i>You can go to optumrx.com/testinfo to learn more</i>
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COVID-19 Vaccination & Testing

- Everyone: Nisqually Health Clinic continues to provide vaccine and testing services M-F from 8am to 5pm.

COVID-19 Vaccinations Ages 5+ 360-413-2733	Booster Shots Ages 12+ 360-413-2733	Covid-19 DRIVE-THRU Rapid Testing Priority for symptomatic patients 360-459-5312
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- Check out Thurston County Public Health or WA DOH for local vaccination and testing sites.
 - Vaccination: Rite Aid, Walmart, Walgreens
 - Testing: Rite Aid, Walmart, Walgreens, Providence Urgent Care

COVID-19 Proof of Vaccination

- Go to <https://waverify.doh.wa.gov> - when you enter your information, there is an icon at the bottom that allows you to add your certificate directly to your smartphone wallet for easy access!
- www.MvIRMobile.com for a certificate download

N95 Masks

- Everyone: Launching in early February. 3 Free N95 masks per adult. Free at CVS Walgreens and Walmart through the federal government
- Nisqually Tribal Members & Community: Emergency Management 360-456-2822
- Nisqually Staff: Please stop at the Front Desk in the Administration Building during business hours



Business Office Health – Patient Referred Care (PRC)

Attention all *Patient Referred Care* (PRC) eligible patients! This name may be unfamiliar, as this historically was referred to as the *Contract Health Services* (CHS) to identify registered patients, who meet the eligibility criteria for PRC coverage here at the Nisqually Tribal Health Department.

It is time to stop by the registration desk located in the front of the Health Clinic, and provide your annual update to our Benefits Coordinator. If you can't stop in, you can also call us to update as well, as this assures that we have the correct information on file for you and avoid **delays.....**

The information that we review and update is your Address, Phone Number/s, Insurance, Emergency Contact/s, and anything additional that may need to be on file. This information helps us to make sure that our health programs can best serve you and coordinate your care in a timely manner. Completing these annually help us maintain compliance **with**

NAME requirements that are part of the policies and procedures surrounding your eligibility.

If needed we can also assist you with applying for alternate resources, such as Washington Apple Health, Medicare or a Qualified Health Plan (if applicable) at no cost to you!

Reminder to those wishing to apply for Medicare for the first time, or to apply for Medicare part B, **open enrollment is January 1st – March 31st 2022.** We have staff in the Health Business Office that can assist you with this process!

For additional assistance with updating your Health Information, or signing up for an alternate resource please call the Health Business Office at, 360-486-9599.

Thank you



South Puget Intertribal Planning Agency

USDA Foods Program March Dates

PT. GAMBLE S'KLALLAM	3/3/22
SQUAXIN ISLAND	3/8/22
SKOKOMISH	3/11/22
CHEHALIS	3/17/22
NISQUALLY	3/18/22

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 March Dates

SHOALWATER BAY	3/02/22
SQUAXIN ISLAND	3/08/22
NISQUALLY	3/09/22
CHEHALIS	3/10/22
SKOKOMISH	3/16/22

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. This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.



Announcements

March 10, Happy Birthday Rene, I love you and miss you everyday

March 17. Happy 6th Birthday Ryker. Love the McDonald Family

March 22, Happy Birthday Mom, We miss you every day and love you with all our hearts



March 20th

**HBD
Ray Bean!**



March 11th

**Happy 13th Birthday
Dominik Thomas!**

March 25th

**Happy 16th Birthday
Ace Youckton!**

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.

Nisqually Transit

**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

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

