

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 12 Issue 10

www.nisqually-nsn.gov

October 2022

Svinth Carpenter Publishing Rights and All Archives Now Belong to Nisqually

By Debbie Preston

After 8 years of work by several tribal members and staff, the Nisqually Tribe now has full ownership of all of Cecelia Svinth Carpenter's collection with rights to republish the books and audio books and as well as all of her notes, photographs, books and papers. All of the books are currently out of print.

Dean and Michele Carpenter, son and daughter-in-law of Cecelia and Marvin, and the representatives of the estate, were on hand Sept. 20 to formalize the agreement. "It's just such a relief to have this finally finished," said Nettsie Bullchild, Archives/THPO Director who has worked on this project for many years.

Dean, when asked by tribal council about growing up with Cecelia said the work never failed to come up eventually in any conversation. "She was deeply committed to it," Carpenter said. Cecelia, a Nisqually tribal member, didn't get her high school degree until later in life, urged by her husband. She then got the first of many degrees in education and started teaching in her 40s.

"But after 22 years, she was just really frustrated that here wasn't the information about Nisqually in the schools to be taught and she and my dad worked out that she would retire after 22 years and devote herself fulltime to this work," Dean said.



The materials were removed in two large van loads a few years ago from a basement where Dean was concerned it was too damp to properly preserve them. The Nisqually Archives building, while not large enough to display anything, is environmentally controlled and has fire suppression mechanisms made especially for archives.

Kurtis Bullchild, Archives Tech, has digitized about 40 percent of the collection so far. Once it is fully digitized, it will be made available to the community either on a computer terminal in the library or on the internet. "I really want to thank Larry Seaberg, Harold Merz (a Carpenter relative), Kurtis Bullchild, Shannon Rosenbaum and Nate Cushman for helping get us to this day," said Nettsie.

The next steps will include hiring a consultant to set up how to begin republishing the books about Nisqually Tribe, with policy and procedures, which will be key to school curriculums as well as to the general public. A long-term goal is a new Archives Facility so the tribe can receive artifacts in the repatriation process to be displayed and properly preserved, as the current facility does not meet that criteria.

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 9/15/22
Minutes Approved on:
Meeting Called To Order: 1:31

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

Guest: Selina O, Nettsy B, Mary S, Liz S, Nate C, Liz V, Bill S, Julie K, Brent B, Pete A, Sharlaine R, Nano P, Davit T, Ezra K, David W, Jamie S, Jamie B, Junior S, Deb P, Jasmine M, Cynthia I, Lisa S, Maury S, Kareem G.

Tribal Councils motions & consensus:

Mary Szafranski – Week 135 of Covid, 0 cases on the Reservation, 2 tribal members off Reservation. Boosters are available for ages 12 and older. Washington state announces end of pandemic in October.

Liz Satilacum – *Yelm Schools Native Students Coordinator, has 123 Confirmed students and over 300 registered. Asking for help with funding to help with students. Suggested to start the process to apply for charitable funding.*

David Troutt – **Asking for Approval to use ARPA funds for Kalama Creek Project, Needing to spend the funding they have already by June and are 2.3 Mil short.** Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 5-0-0

Nate Cushman – **A Resolution to Approve and Authorize a Memorandum of Agreement with the Yelm School District Regarding Implementation of the First Peoples Language, Culture and Oral Traditions Teacher Certification Act.** Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 5-0-0 **Resolution #144**

Nate Cushman - **A Resolution to Approve and Authorize a Memorandum of Agreement with the North Thurston School District Regarding Implementation of the First Peoples Language, Culture and Oral Traditions Teacher Certification Act.** Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0 **Resolution #145**

Nate Cushman – **A Resolution Approving a Pilot Program in the Bethel School District to teach Tribally-Developed Middle School Curriculum Under Senate Bill 5433.** Motioned by

Continued on pg. 3-MINUTES

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, William (Willie) Frank III
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Chayannah (Chay) Squally
6th Council, Guido Levy Jr.
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

In this issue:

TC Minutes.....	pg. 2
10 Year Anniversary	pg. 3
Southworth	pg. 4
Beautification	pg. 6
Solar Panels	pg. 7
ID "Need for Speed"	pg. 8
WorkForce (TANF)	pg. 9
New Clinic Hours	pg. 11
Health Board	pg. 12
Announcements	pg. 15



10 Year Anniversary Celebration

Members of the MCEC Board of directors enjoy a 10-year anniversary celebration of Shell plc's customer loyalty program at Nisqually Markets at Frederickson Place.

Having recently been awarded the distinction of being in the top 1% of Shell stations nationwide, Nisqually Markets at Frederickson Place was one of only four locations in the nation where Shell came out for the celebration.

Customers were given the chance to win prizes through various means, and incentives for the loyalty program were readily available. Local radio station STAR 101.5 also came out to play music, offer prizes, and create a party atmosphere.



Continued from pg. 2-MINUTES

Chayannah Squally, seconded by Leighanna Scott. Motion passes, 5-0-0 **Resolution #146**

Nate Cushman – **A Resolution to Approve and Authorize a Contract with Gjurasic Public Affairs, INC. for Work on the Hawks Prairie Project.**

Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 5-0-0 **Resolution #147**

Nate Cushman – **A Resolution Approving the Mutual Cancellation of Thomas Iyall Home-site Lease#110 2093031565 BS.** Motioned by Leighanna Scott, seconded by Chayannah Squally. Motion passes 4-0-1 David Iyall Abstentions. **Resolution #148**

Brent Bottoms – **A Resolution Appointing Les Ching as an Associate Judge of the Nisqually Tribal Court. Resolution #149**

- **A Resolution Appointing Phil Harju as an Associate Judge of the Nisqually Tribal Court. Resolution #150**
- **A Resolution Appointing Christine Pomeroy as an Associate Judge of the Nisqually Tribal Court. Resolution #151**
- **A Resolution Appointing Ron Whitener as an Associate Judge of the Nisqually Tribal Court. Resolution #152**
- **A Resolution Appointing Michelle Demmert as an Associate Judge of the Nisqually Tribal Court. Resolution #153**

Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0

Sommer Sanchez – Approval of 8/25/2022 TC Minutes. Motioned by Chayannah Squally, seconded by Jackie Whittington. Motion passes, 5-0-0

Selina Oya – **Needing a new member for Housing and Cemetery committee. By vote Chad Wall, housing Committee and Krystal Badoldman for Cemetery Committee.**

Lori Thomas – **Asking for donations for A Suicide Awareness event, Motion by Leighanna Scott, seconded by David Iyall. Motion passes 5-0-0. Approval for \$2,000 dollar donation**

Housing Committee – **Asking about process to become Housing Authority or Board. Needing to Submit bylaws and discuss what the board will look like. Will meet at another time to discuss moving Forward.**

Elizibeth Vantiem – **Complains about a neighbor and concerns about traffic coming in and out. Housing committee, council, and drug task force to meet and discuss further action.**

David Iyall – **Steps out 2:26-2:28**

Nettsy Bullchild – **Approval of Abbys Curriculum for middle school ages. Consents Executive Session 2:48-2:53**

Motion to Adjourn by David Iyall, seconded by Leighanna Scott. Motion passes 3-0-0 Jackie Whittington and Chayannah Squally Stepped out. **Meeting ends 2:55**



Southworth Elementary

By Debbie Preston

Nisqually tribal members, many who attended Southworth Elementary many years ago, helped officially dedicate the new school that incorporates Nisqually language of important natural features such as Nisqually River, cedar and mountain into the design of the building. A number of the Southworth family members were there to help celebrate along with many community members. The new elementary and middle schools are part of the school bond passed by voters in February 2019.

Don McCloud, like a previous speaker, recalls a teacher who had strong expectations regarding behavior and had ways of enforcing it, to laughs from others who recall similar stories.

The Canoe Family sang several songs to help dedicate the new building.





Cultural Arts Reimagined

By Ho'omālamalama

Imagine Anime/Manga then add cultural teachings, fitness and Nisqually language. That describes Cultural Arts Reimagined or CAR program. It was launched this year as a collaboration between the Culture Team at sx^wda?dəb, Nisqually's HUD and MANAIA Design.

A typical class involves a fitness challenge, water break, language lesson (Daydishka), art session (Wharehuia and Nikora) and dinner provided by Emergency Management (CJ Young). Youth who attend take part in our mentorship lessons and are learning by example. Both of our artists are drug/alcohol free youth who want to give back to the next generation. This type of buddy-system was how traditional families operated pre-colonial and is an effective way for littles to learn.



Which turned out to be a complicated process. They learned to sketch and transfer their ideas to paper. Then recreate the design on the rock and once approved would paint their design using shades from light to dark colors. It was a mission because our littles wanted to start painting right away but they had

to learn to take their time. Another part was learning how to treat their workspace with respect, to clean up and store equipment.

Classes will continue into October and we want to invite you to join us as an after-school alternative. We have beginners to intermediate participating

Monday and Wednesday 4:30 p.m. - 6:30 p.m. Grown-ups who attend are welcomed to sew, weave or bead with the sx^wda?dəb Culture Team. Classes are subject to change, please join our social pages or class-text to keep up to date. Sponsored by Nisqually Culture, HUD & Emergency Management.

During Huckleberry Camp youth of all ages were introduced to the program as they painted rocks.

Art Saves... Actually Culture Saves

There's a book called "Art Saves" by Jenny Doh and every artist mentioned shared how art literally saved their lives. It helped them to make sense in a world of craziness but I would like to push the narrative a little bit further. I believe "Culture Saves" because it's a collection of coping skills from our ancestors. We are left with intangible gifts such as uplifting songs, stories that motivate and an artist's interpretation of the world. These are priceless artifacts that are passed down through each generation.

What if you don't know how to sing, tell a story or create art? Boarding schools made sure that these practices would cease and they almost succeeded had it not been for pockets of families who continued traditional teachings despite the oppression. Then there's the TED Talk by Sir Ken Robinson that asked, "Do Schools Kill Creativity?" Which was eye opening for parents everywhere with over 20-70 million views on different platforms.

How do we help today's youth? Giving our youth a safe space to create and develop self-esteem is a good place to start. Earlier in September classes were held at Nisqually Reach and the students enjoyed seeing the seals and eagles while they created. In fact they became the subject of their art sessions. And it's always an added bonus when they pause to learn phrases like g^wat k^w(i) adsda? with Daydishka.

How to participate? Sessions are currently at the sx^wda?dəb Longhouse and the image shown was from their recent session. We start at 4:30 p.m. Monday and Wednesday with a fun fitness challenge, language and art lesson. [Please join our text message group since classes are subject to change.] Art lessons taught by Wharehuia & Nikora who are Māori/Hawaiian Sponsored by Nisqually Culture, HUD & Emergency management.



Housing Beautification Projects are Underway!

By Debbie Preston

This a great program that provides money from the American Rescue Plan Act funds for home improvements to improve the safety and quality of life for the residents as well as increase the life span of the residential houses on the Nisqually Reservation so that they can last for generations to come.

The Building Department in conjunction with the Housing Department is managing the program.

Ryan Kalich, the Tribal Building Inspector, has volunteered to be the contact person for the program using his years of general contracting and inspection experience to facilitate the work being done and coordinate with homeowners.

Phase one has just started which is focusing on all exterior areas to include **Roofing, Painting, Small repairs, replacement of broken windows, fencing, debris/junk removal, old junk car removal, porch/deck repair and many more things that help beautify the neighborhood.**

They are helping willing homeowners on the reservation complete those repairs and projects they have always wanted to do but haven't had the means. "We have added many good contractors to the small works roster, re-allocated some great workers from the shellfish farm and even our own carpenters and

apprentices are helping out to tackle as many jobs as we can before the window of good weather closes for some of this work," said Ryan Kalich, Building Inspector.



Members of the building department initially went door to door asking community members if they wanted to participate. They received such a positive response from the community that now many residents are finding them and asking for applications to get involved with the program. You can see work starting on Muck

Creek Dr. where roofing, brush clearing, fencing and painting are underway. There is room for more people to sign up for the program however. It is for people who own a house on Reservation land. Contact Ryan with the Building department as soon as you can as funds are limited.

"It's a great way to help reinvigorate a neighborhood and give people the help they need to get the work done," said Pete Ansara, CEO for Nisqually. "It's also a natural extension of a growing Nisqually Building Department that can start to assist in this way."

There is an easy one-page application that participants can fill out. Repairs are subject to an approval process. Ryan Kalich can be reached by voice/text at 360-915-4310 **8:00 a.m.-5:00 p.m.** or email him kalich.ryan@nisqually-nsn.gov

Portrait Identification

By Kurtis Bullchild Archives Tech

This is a painting that was recently donated to the Nisqually Archives by a tribal member. The little bit of information that came with it states that this painting came from the small white school that is located in the Nisqually valley close the Wa-He-Lute Indian School. It was purchased at a yard sale that was in Yelm WA and donated to Archives. We in Archives agree that the woman in the painting has a familiarity to her. If anyone has any information on this portrait please contact Nisqually Archives at 360-456-5221 ext. 1162 (Kurtis) or ext. 1106 (Nettsie) or email at Bullchild.kurtis@nisqually-nsn.gov or Bullchild.annette@nisqually-nsn.gov





MCEC Installs Solar Panels on Markets Location, Takes Step Toward Energy Independence

By MCEC staff

MCEC recently installed 146 solar panels on the roofs of the Yelm Highway Nisqually Markets at 12820 Yelm HWY SE, Olympia, its subsequent addition, as well as on the location's fuel canopy.

Working with nonprofit Olympia Community Solar, MCEC secured a Puget Sound Energy Green Power Solar Grant that covered about 70 percent of the \$106,000 cost of the project, covering expenses ranging from procurement to installation. Olympia Community Solar works with organizations like MCEC to secure grants for solar-energy-related projects and helps with the acquisition of a company to install the panels. In this case, A&R Solar won the bid for the project.

Construction began in late July and was finished by early August.

The panels will generate renewable energy for the Nisqually Markets Yelm Highway location, the MCEC Corporate Office, and Nisqually Post & Print, an initiative that MCEC and the Nisqually Indian Tribe care deeply about.

"The MCEC Board of Directors created a Corporate Social Responsibility (CSR) statement to memorialize its commitment to being good stewards of our land. We want to lessen the impact our buildings have on the environment and on the community," said MCEC Director of Business Development Tony Liberal. "Wherever there's an opportunity for us to operate with

more environmental responsibility, we want to do that."



The CSR details how MCEC encourages all its enterprises to work at reducing their contribution to the negative effects their operations could pose to the environment.

The installation will save MCEC more than \$488,000 over the next forty years, offsetting up to 20 percent of its energy bill for the facility. The solar energy produced will reduce the market's carbon footprint by 61,000 pounds of CO2 emissions, equivalent to planting 738 trees every year, or not driving 111,266 miles.

"I think, naturally, tribes are good stewards of the earth and land," Liberal said. "Sustainability is built into the culture. I think taking advantage of any time we can make MCEC and Nisqually Indian Tribe more sustainable and make our operations better for the Earth will always be the goal."

For its part, Olympia Community Solar is just happy to help the

tribe reach part of its vision for sustainability.

"Our team is ecstatic to have the opportunity to support the Nisqually Tribe's journey towards energy independence," said Olympia Community Solar President Mason Rolph. And, according to Liberal, MCEC is far from finished with that journey. MCEC is already in the process of acquiring another grant to install solar panels on the in-progress Nisqually Markets Village

project at the roundabout between Yelm Highway and Washington State Route 510. The new convenience store and coffee shop are being constructed with solar panels in mind, with the infrastructure for them being installed along with the rest of the construction project.

The grant MCEC has its sights set on will cover 80 percent of the \$250,000 project. Liberal, who recently moved into his current role as Business Development Director from an operations position, said that he relishes the work that he gets to do on renewable-energy projects like solar.

"The most rewarding thing about working on these projects is seeking them out and implementing them," he said. "There's a certain satisfaction in completing this goal of the tribe's and leaving this place better than I found it."



“I feel the need, the need for speed” -

What is the speed of my Internet?

Tips from the IT-WebDev Department

Back in the day (not so long ago) connectivity to the Internet was provided by dial-up phone line modems. This changed to DSL modem technology to cable modem technology to fiber optic technology (data at the speed of light).

In the 1980s most dial up modems worked at 110bps (bits per second), or maybe, at the most, 1200bps. Institutions could afford 2400bps which was considered lightning speed for financial transactions, but it was synchronous mode, not used by the Internet. In 1995, only 0.04 percent of the world's population had Internet access, with well over half of those living in the United States, and consumer use was all through dial-up.

Times sure have changed over a brief period (around 30 years and in this editor’s lifetime). One might even say we’ve progressed from the speed of a turtle to that of a rabbit! But we didn’t realize we were turtles because at the time it was innovative and considered “speedy”, so we thought we were rabbits. In essence, perhaps it’s all relative to what is available and what is perceived as speedy at the time of technology capabilities.



Today, Internet speeds are measured in megabits per second (Mbps) and gigabits per second (Gbps)—one Mbps is 1,000,000 bits being transferred per second. The fiber to the home project at the Nisqually Tribe has provided high-speed Internet services to Tribal Members’ homes. Implementation announcements and articles have been produced in prior Squalli-Absch newsletters. Of recent the Tribe launched a new website, www.nisquallyspeedtest.com, which offers upload and download performance reports. This project is part of the Tribe’s Planning and Economic partnership with the Thurston County Broadband Service Survey initiative.

Factoid: Streaming movies or music over the Internet was unheard of just several decades ago!

Please also keep in mind numerous factors come into play when measuring Internet speeds including; age and type of devices being used, router types, modem types, wired or wireless connectivity, etc. Reference prior Squalli-Absch newsletter articles covering home connectivity as well as future articles to come.

New Probation Officer-Jacqueline Stankwitz



My name is Jacqueline Stankwitz, I have been employed with the Nisqually Tribe since 2014 with the Nisqually Public Safety. I have just joined with the Probation Department as the Adult Probations Officer. Very thankful for the opportunity to continue my path and journey with the Nisqually Tribe. I am currently in the Probation Academy alongside of Karlita Johnny and Gus Williams. Very honored to be part of this department and can’t wait to make a difference in the community and for the people.



Update from Nisqually WorkForce Development (formally TANF)

By Jesse Youckton

We have recently hired two new staff members to fill vacant positions. Linda McCloud was hired as our new Case Manager. She has worked in various departments throughout the years. Chris Kee has also been added to our team as the new Employment and Training Specialist. She most recently worked for SPIPA at the county site in the WorkForce Development program as the Youth and Family Support. We are excited to have them on board to work with our families!

Since we shut down from the pandemic, we stopped having the Division of Child Support set up for monthly outreach to our community. We are happy to announce starting October, they will be coming out the 1st Tuesday of the month! Here is a little bio of our new liaison from the Division of Child Support.

My name is Natalia Guenther, I've been with Division of Child Support for almost five years, and have been

a part of the Olympia tribal team since December 2021. I have a bachelors degree in sociology and criminal justice, a masters degree in forensic psychology, and am about to begin a certificate program for addiction studies. In my down time I enjoy spending time with my critters and learning about various topics.

I am excited to get to start doing in-person outreach with Nisqually – I will be able to assist clients with any questions or concerns they might have about their child support, including alternate ways to pay, issues with employment, questions about modification, license suspension, hardship write-off, or any questions pertaining to child support, even if you don't have an open case. My number is 360-664-6859. Please feel free to contact me with any questions or concerns, or drop in at my outreach hours which will be held on the 1st Tuesday of each month, from 1-4 p.m.

Mount Rainier Names and Places

By Debbie Preston

David Hooper discusses the original study done to show that Nisqually harvest of pipsissewa did not harm plant growth. The study included a plot where there was no harvest, one with traditional harvest methods and one where all the plant growth was removed. The traditionally harvested plots showed no detrimental effects.

The Nisqually Language program and the elders met with Mount Rainier Superintendent Greg Dudgeon and Tribal Liaison Ben Diaz to talk about place names that might be added or changed within Mount Rainier within the Nisqually watershed.

Additionally, tribal members revisited the pipsissewa, also known as prince's pine, plots that helped illustrate tribal traditional harvest does not harm plant populations, working with David Hooper, an ethnobiologist who has returned to Rainier recently.





Proton Pump Inhibitors

Prescription Proton Pump Inhibitors (PPIs) have proven to be effective and safe in managing gastroesophageal reflux disease (GERD). PPIs are a class of medications that help reduce the amount of acid that your stomach makes. Several over-the-counter products have even been approved, providing another option for ailments such as heartburn. There is plenty of evidence supporting their effectiveness and overall safety. Regrettably, this has also led to their overuse and inappropriate use. When taken properly, the overall benefits significantly outweigh the potential risks in most patients.

However, almost half of all people taking a PPI do not have an appropriate indication for its use. Nearly all adverse effects observed to be associated with PPIs occur among patients who receive long-term therapy. Pharmacists are in an ideal position to ensure appropriate and effective use and reduce PPI overuse. Through effective counseling and provision of medication therapy management sessions, Pharmacists can ensure that PPI use is associated with appropriate indications using the lowest effective dose for the shortest duration possible.

What are the available PPIs? Do I need a prescription?

Currently, there are six PPIs available: dexlansoprazole (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), and rabeprazole (Aciphex). All are available by prescription. There are also products available OTC in both brand and generic forms, including Prevacid 24h, Nexium 24h, Prilosec OTC, and Zegerid (a combination of a PPI with an antacid).



How should PPIs be taken?

You should read the label or product packaging and follow the directions for use. These products are usually taken by mouth once daily, 30 to 60 minutes before breakfast.

What side effects are associated with PPIs?

PPIs are generally well tolerated. The most common side effects reported include headache, diarrhea, nausea, and vomiting. Reports of more serious side effects include kidney disease, fractures, infections, and vitamin deficiencies, but these are rare or generally associated with long-term use.

Are PPIs safe to use with other medications?

PPIs may make some medications less effective by reducing their absorption from the stomach. Be certain to read the product packaging carefully and to consult with your Nisqually Pharmacist before using these agents with other prescription and OTC products, including vitamin and nutrition supplements.

How long should I take PPIs?

OTC PPIs should not be used for more than 2 weeks unless you are told to do so by your Healthcare Provider. You should not abruptly discontinue the use of prescription products unless you are told to do so by your Healthcare Provider, since you could experience heartburn and other related stomach symptoms.

Remember, if you have questions, consult your Pharmacist.

Expanded Pharmacy Drive Through Hours!

Starting late October, the pharmacy drive through will be open during lunch (noon to 1:00 p.m.) and from 5:00 p.m. to 6:00 p.m. in addition to normal business hours. We look forward to serving you at the Nisqually THWC Pharmacy!



Starting October - December the Nisqually Medical Clinic will be open Monday - Friday 7:00am - 6:00pm

IF YOU HAVE ANY QUESTIONS PLEASE CALL 360-459-5312 OPTION #5



NEW HOURS
OCTOBER-DECEMBER
2022



(360) 459-5312
Option #5



4840 Journey St SE
Olympia, WA 98513

HEALTH DEPARTMENT Services

PHARMACY

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

(360) 486-9599

ISSUE PO'S AND INQUIRE ABOUT REFERRALS IN-PERSON AND VIA PHONE
APPLY FOR ALTERNATE RESOURCE AND UPDATE REGISTRATION IN PERSON

CHS/PRC

MEDICAL

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

(360) 413-2727

IN-PERSON SUD APPOINTMENTS AND WALK-IN'S WELCOME

Behavioral Health

TRADITIONAL HEALING

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

(360) 459-5312 PRESS "5"

AVAILABLE FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY.
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

COVID TESTING

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.

DENTAL AND CAFE Services

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.



Nisqually Tribal Health & Wellness Center Health Board Members

Here at the Nisqually Tribal Health and Wellness Center, we are striving to provide the best health services to the Nisqually Community. We would like to introduce you to our Health Board:

Sharr Steetlah, Chairperson:



Sharr is a Nisqually Tribal member, was an initial member of the Health Board during its inception in the 1990's, and has also served various terms throughout the years. Sharr has worked in various management positions for the Tribal Government and Enterprises along with serving on various boards and committees. Most recently, Sharr led the Medicine Creek Enterprise Corporation as Board President. She has invaluable experience performing fiduciary and regulatory duties in an ethical, dependable manner for the Nisqually Indian Tribe.

Jean Sanders, Vice Chairperson:



"To the Nisqually Community, I would like to introduce myself, Jean Dunstan Sanders. I have been recently appointed to the Health Board as Vice Chairman. I find this a very honored position to hold. I've spent most of my life in public service for the Nisqually Tribal Community, holding leadership positions in Tribal Council, Health, Housing, Culture, Library, and other inter-tribal positions. It certainly gives me an opportunity to continue working and allow me to serve our Native People.

I have five sons, all raised Nisqually, and live close to the reservation. I have nine grandkids and one great-granddaughter. My family is giving me a full and happy life. I have spent most of my life in Nisqually, watched families grow, and through this, I feel I have a good insight of our communities needs.

As a Nisqually member and Tribal Elder, I would like to work with our Health Department, Health professionals, St. Peters health members, and Tribal leadership to assist our current programs, and develop new programs. I am happy to be a part of this team to bring our Nisqually Health Department and

our community to a healthy outlook for our future. I will always be available for each and everyone in our community. I am open to hearing your concerns and positive ideas. I can be reached by e-mail Jeandunstan71@gmail.com or Facebook messenger – Jean Dunstan. I look forward to serving you as a member of the Nisqually Health Board. Thank you."



Jasmine McDonald, MSW, Secretary:

Jasmine McDonald is an enrolled Nisqually Tribal Member and is our Secretary on the Nisqually Tribal Health and Wellness Center Health Board. Jasmine has received her Bachelor of Arts degree through the University of Washington State. She also received her Masters of Social Work through the University of Southern California. Jasmine has experience as a Caseworker for the Nisqually Tribe Children and Family Services Department from January 2019 to February 2021. After leaving Children and Family Services, Jasmine then worked for the New York Indian Council Inc. Title IV Urban Indian Health Program from March 2021 to March 2022. Now she works as a Care Management Coordinator for Northwell Health and has been with them since February of this year. Jasmine wanted to be on the Health Board to contribute, give back, and have a voice in the Nisqually Community. She wants to ensure that our Tribal Community is receiving quality health care services. The goals Jasmine would like to accomplish is the development of a multi-disciplinary team such as Health, Behavioral Health, Indian Child Welfare, Adult Protective Services, Court, Legal, Law Enforcement, and other programs. She would also like to accomplish the overall quality of care and patient outcomes.

Antonette Squally, Tribal Council Vice Chair, Health Board Member:



Antonette Squally currently serves as the Nisqually Vice Chair, where she has served since 2019 and was recently elected into her third term. She has earned her Associates of Administration in Indigenous Arts

Continued on pg. 13-HEALTH BOARD



Continued from pg. 12-HEALTH BOARD

Degree from Northwest Indian College in 2021 and is now pursuing her Bachelor's Degree in Public Administration at Washington State Evergreen College.

Vice Chair Squally is a descendant of the Squally Kalama Family, and grew up on the Nisqually River. Her grandparents, aunties and uncles, and mother passed down to her the ancestral teachings of her culture, values and traditional laws. The Nisqually River is the heart of Vice Chair Squally, as from the great Tahoma Mountain top thru her biome to the mouth of the Nisqually River was where she learned to harvest, gather, and preserve the first foods, language, and traditional laws that sustain her way of life today and for generations to come. She spends her summer's teaching not only her own grandchildren, nieces and nephews to harvest berries, cedar, and roots. The mighty river system is rooted into the Nisqually bloodlines, and she shares this knowledge a 6th generation clammer and oyster picker, and as a fisherwoman and hunter. For generations the elders have shared their sacred teachings to take care the foods with respect and to share the ways of cooking the foods in a traditional way, and just as her Gramma Cook taught her, she teaches the next generation.

Vice Chair Squally is a respected as a language keeper, as she has committed with fellow Nisqually members to build a language program to sustain her language for generations to come. The shared vision is to have our language restored to all age groups, and in the future, we will hear our language flowing through out our Nation and we, as a sovereign nation, will have our own teacher certification program. Her commitment to preserving the Nisqually way of life stretches from the restoration and preservation of language but to invest in the weaving cedar hats, capes and skirts, to weaving wool for clothing, carving on wood and fish sticks from iron wood, sewing regalia and ribbon skirts and drawing traditional patterns, as these are the foundation of the Nisqually People.

Vice Chair Squally carries these teachings with much honor, as it is the teachings of health and wellness that our ancestors passed down that ensures they lived a long and rich live. Her commitment to the Nisqually People is rooted in her bloodline that comes from the Tahoma Mountain tops snow melting down into the cool river, thru out the deep moss of the old growth forests, and thru the tall grass of habitat that

surrounds the mud and sand of the habitat to the salmon and clams and oysters. This is her home, a way life that only Nisqually knows today and will know for generations to come.



Kareem Gannie, Health Board Member:

My name is Kareem Gannie and I am a member on the Nisqually Tribal health Board. I have served the Nisqually Indian Tribe for the past 17 years in various positions

such as the Adult Recreation and Community Development Committees, TERO Commission, Natural Resources Field Crew Member, Housing Rental Maintenance Technician, Archives Archaeological Collection Technician, Interim Archives Program Manager, Health, Fitness, and Nutrition Coach, and currently as the Health, Fitness and Nutrition Program Manager. Health but more specifically fitness is my passion and share that passion with the community everyday while I am at work. I decided to join the Nisqually Health Board for several reasons, the main one being, I have a passion for helping my community members improve their health and overall quality of life. I believe I can help make positive changes within and for the Nisqually Indian Community in this position.

I believe that given my current position and the years of experience in the fitness industry gives me a unique perspective. Currently I am the Nisqually Health, Fitness, and Nutrition Program Manager. I hold multiple nationally accredited certifications through the American Council on Exercise as a Personal Trainer and Health Coach, Evolution Nutrition, and Commando Krav Maga (self-defense) Instructor. I help the Nisqually Community safely reach their health and wellness goals such as losing weight, improving body composition, develop or advance athletic performance, and adding lean muscle mass. I have years of experience in creating standard operating policies and procedures, preparing and managing yearly budgets and quarterly program reports. My fitness and weight loss challenges are very popular, and I recently had 53 participants in the New Year New Me Health Journey.

Continued on pg. 14-HEALTH BOARD



Continued from pg. 13-HEALTH BOARD

Dr. Erika Titus, MHA, Health Board Member:



My name is Erika Titus and I am a Health Board member for the Nisqually Tribal Health and Wellness Center. I currently serve as the Executive Director of Strategy and Business Development for Providence's South Puget Sound Service Area. I joined the senior leadership team in October 2020. Prior to joining Providence, I served in several strategy leadership roles within Virginia Mason Franciscan Health, including Division Director of Business Development and Strategic Ventures. I obtained my Master of Health Care Administration and my BA in Business Administration with a concentration in Finance from the University of Washington. I completed my post-graduate Administrative Fellowship at Swedish Health and Services. The reason why I wanted to be on the Nisqually Health Board is because I am deeply committed to this region and want to learn more about the Tribal Health Care System. What I hope to

accomplish on the Health Board is I want to ensure the health care needs of the Nisqually Tribe are met for generations to come. In my free time, my husband and I chase around our toddler and enjoy skiing, yoga, cooking and traveling.

Dr. Zach Rafeh, DO, FHM, Health Board Member:



Dr. Rafeh graduated from the New York College of Osteopathic Medicine in 1999. He completed his Internal Medicine Residency at the North Shore University Hospital in Manhasset, New York and became board certified in 2002. After Residency, Dr. Rafeh began practice as

a Hospitalist in Hattiesburg, Mississippi. In 2008, he moved to Olympia with his family and started the Hospitalist Program at Providence St. Peter Hospital. In 2011, he was named a Fellow in Hospital Medicine. In 2018, Dr. Rafeh became Providence's Section Chief for Medical Specialties and then began serving as the Chief Medical Officer for the Providence Medical Group. Dr. Rafeh became a Health Board Member as a way to better serve the local community. Native Americans have always been underserved by the medical community and have suffered with poor health outcomes. Helping the Tribal Clinic to grow and thrive is the best way to make sure Nisqually Tribal Members receive the best care possible.

NISQUALLY ADULT HEALING HOUSE

WHO WE ARE?

The Nisqually Adult Healing House in-home care services have been elevating the Nisqually tribal community since 2015, helping Nisqually adult tribal members keep their independence and continue to be present in our community.

WHAT WE DO?

Our compassionate care services place a priority on the Elder's physical, mental, spiritual, and social well-being in order to support them in living the best lives achievable in the comfort of their own homes.

CALL THE NISQUALLY HEALTH AND WELLNESS CENTER FOR MORE INFO
 (360)459-5312

SERVICES OFFERED

- Bathing and Hygiene
- Walking and Mobility
- Transfer and Posture
- Individualized Care Plans
- End of Life Care
- Respite/Short-term Care
- Specialized Dementia Care

REFERRAL BASED

All Healing House services are based on provider referrals. Potential clients must see a provider to see if they qualify. Services are based on medical needs.

WIC Program October Dates

SQUAXIN ISLAND	10/11/22
NISQUALLY	10/12/22
CHEHALIS	10/13/22
SKOKOMISH	10/19/22

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

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.

USDA Foods Program October Dates

PT. GAMBLE S'KLALLAM	10/5/22
SQUAXIN ISLAND	10/7/22
SKOKOMISH	10/12/22
NISQUALLY	10/14/22
CHEHALIS	10/21/22

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.



Announcements

**Happy 14th Birthday Animikee-Makade
Myson Hicks 10/17/08
& Happy Birthday
TO ME (amanda rae)! 10-12-81**



**Love Mom & Annie, Dad & Family,
& Kookum**

Nisqually Labor Day Weekend of Baseball & Softball!



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

