

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 16, Issue 10

www.nisqually-nsn.gov

October 2026

Open House Introduces Community to Staff Committed to Recovery

The Nisqually Tribe welcomed the Nisqually tribal community and their employees to an Open House of the Nisqually Generations Healing Center (NTGHC) in Olympia Sept. 3.

"The entire intent was to introduce the community to our 'why,'" said Chris Petrozzi, Administrator for the facility.

Petrozzi, who has extensive experience in substance and mental health treatment, said the staff is the heartbeat of the facility. "People will never believe in your vision until they believe in you," Petrozzi said. "These employees came from all over the country with the desire to serve and a belief in the healing of connection."



Continued on page 3-OPEN HOUSE

ATTENTION NISQUALLY TRIBAL ELDERS!

BASIC VEHICLE
MAINTENANCE

•
PARTS COST
ONLY!

Services offered:

- Replacement of worn-out tires
- Automobile Combustible engine lube, oil, and oil filter replacement.
- 12-volt battery replacement.
- Repair or replace headlights, taillights, brake lights.
- Replacement of worn-out Wipers.
- Replacement of automobile brakes
- Replacement of broken or worn-out automotive belts
- Automotive Detailing
- Lawn Mower repairs

Two vehicles allowed per year for each elder.

Appointments must be made prior.

Please contact Benjamin Vasquez, Fleet Services Coordinator.
360-456-5221 ext. 1006

How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-413-3019
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, James Slake Jr.
Vice Chair, Cheebo Frazier
Secretary, Jackie Whittington
Treasurer, Norine Wells
5th Council, Chris Olin
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

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Wednesday November 11, 2026

Veteran's Day

Wednesday November 25, 2026

Early release

Thursday November 26, 2026

Thanksgiving

Friday, November 27, 2026

National Native American Heritage Day

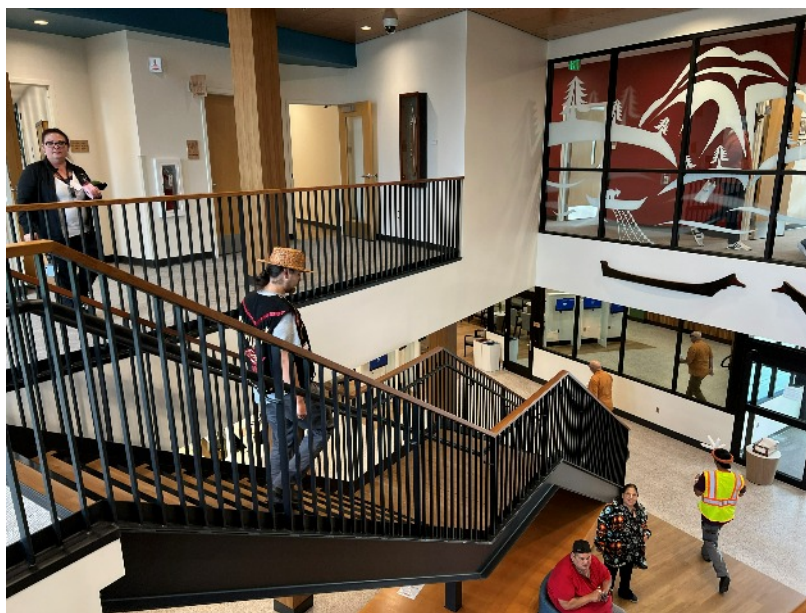
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The Nisqually Tribal Council's vision to heal and to surround Nisqually tribal members with their history is evident in the building. Walls are dedicated to Nisqually history and culture in pictures and art. Not only does it support tribal members but it informs non-tribal members about the community that is supporting recovery.



The reality of the facility began with the tribe submitting plans to the city of Olympia in June of 2023. The belief in the services the facility would offer was strong, with the Washington State Legislature getting on board to finish the funding package that resulted in the completion of the facility this year.

The Open House intentionally had tables with hands-on activities or items handed out by staff to encourage interaction with the community. Each table also had a raffle ticket. By visiting all the tables, folks walked through all the areas in the facility including intake, child care, dentist, mental health, dispensary and others.



The display monitors ran a cascade of the summary of each employee's reason for choosing the profession of recovery.

"There is a lot of stigma around recovery and the people who work here understand any one moment can change a life and you don't have to be a doctor to provide that moment," Petrozzi said. "It can be a

prayer, a warm bed or a roof over your head. We're all in this together."

"The Generations Healing Center aligns with our 2013 Nisqually Community Vision Plan where it talks about potential capital projects including a treatment center," said Guido Levy, Nisqually Tribe 6th Council. "This is an opportunity to extend our net further out in the water to offer something that will help ensure the wellbeing of members that not only live on the reservation but outside as well by strengthening our communities."

"We're extremely proud and happy that this venture is moving forward in order to provide services to both the local towns and cities but also to the tribal populations within our surrounding areas," said Nisqually Tribe Vice Chair Cheebo Frazier. "Healing

and wellness is the purpose behind our tribe's health care system through enculturation and Westernized medicine. Through this project we have been able to create far-reaching connections and a new way for us to contribute toward the overall holistic growth and development within the region."

The facility is slated for a broader invitation opening before the end of the year for many of the stakeholders who

helped Nisqually bring the project to completion or are a cooperating partner.

"We applaud the team at NGHC and the partners who helped us get to this day," Frazier said.



Nisqually Tribal Health and Wellness Center Annual Health Fair

The Nisqually Tribal Health and Wellness Center's Annual Health Fair focused on cancer awareness focusing on the importance of prevention, early detection, education and support.

There were informational tables from Health and Wellness Center, providers frequently referred to as well as health care and community providers, Nisqually tribal programs, a raffle and lunch. Cancer survivors, those battling cancer and those who have walked on were also recognized during the event.

-Jack George photos, Nisqually Tribe Communications and Media Services





First Nisqually Seattle Seahawks Tailgate and a W

By Farron McCloud, Adult Wellness

The Nisqually Adult Wellness Program officially started our 2026/27 Seahawk Football Tailgates on Special Wednesday night game and it was a rematch of last years Super Bowl and of course Seahawks prevailed again.

The game wasn't pretty but a win is a win and had a large turnout. As always, it was a clean and sober event.

We strive with our Adult Wellness Program to have FUN without the use of drugs and alcohol, as it should be. See you at future Seahawks Tailgates!
Go Hawks!!!





Brighton Creek Restoration

By George Walter

Thanks to the assistance of Pierce County, the Nisqually Tribe was able to apply for and win a \$5.7 million National Oceanic and Atmospheric Administration Fisheries Office of Habitat Conservation Grant that will soon open 6 miles of fish habitat on Brighton Creek.

Brighton Creek is a significant tributary of the Nisqually River and restoring it has been a priority for years, targeted by the tribe as the lead agency (through Nisqually Natural Resources) for salmon recovery in the watershed.

However, the cost of removing 60 feet of fill and installing a much larger culvert to allow fish passage, was cost -prohibitive.

But a few years ago, Pierce County, one of the multi-agency partners in the salmon recovery planning, devoted their staff to developing the critical restoration engineering, including cost estimates. This work allowed the tribe to apply for and win the grant. The majority of the grant was a "pass through" to Nisqually from Pierce County.



Brighton Creek meets the Nisqually River upstream of McKenna, and passes through the tribe's Brighton Creek recovery center.

For centuries the stream provided spawning and rearing habitat for chum and coho salmon, and likely steelhead. There

was also a known Nisqually fishing site here.



Many decades ago, Pierce County created Harts Lake Loop Road, which included filling Brighton Creek with large boulders and diverting the stream into a small culvert. The stream became completely cut off from salmon.

One of the first restoration tasks was to remove fish and other aquatic life from the work site below the culvert using nets and other capture methods.

Another important early task was a cultural resources survey of the work site and development of a mitigation plan to address possible cultural resource impacts. Both salmon recovery and cultural resources are addressed in this project.

Construction has been underway all summer and will be completed in October/November 2026.



In addition to the access to habitat for fish, there will be interpretative signs, a small parking area and a trail along the stream for watching salmon or to see the restoration work.

"I feel confident chum will use this area this fall," said Nisqually Chairman James Slape Jr. Watch for notification of an upcoming dedication ceremony.



James Slape Jr. Selected as Nisqually Tribe Chairman

Nisqually Indian Tribe, Sept. 15, 2026 - James Slape Jr. ("Junior") was nominated and selected by the Nisqually Tribe General Council Aug. 29 to fill the position of Chairman at the General Council meeting on Aug. 29. He will fill the remaining term of Chairman Ken Choke, who passed in August.



Slape has been the Nisqually Natural Resources Manager since 2017. He began his working career for his tribe with the AmeriCorps program. He was a Nisqually Natural Resources Enforcement officer before taking advantage of the jobs available with the tribe's geoduck fishery.

After a brief stint as a dive tender, he became a diver and has run his boat, the Karen Marie, for 25 years. He also took up learning the processes surrounding fishery planning, such as North of Falcon, including

becoming a Northwest Indian Fisheries Commission commissioner for Nisqually. As a commissioner, he helped make fisheries and research decisions that collectively benefit all the treaty tribes. He also served as a council member for the Nisqually Tribe from 2009 through 20015.

"I learned a lot in those years. I especially was taught how to truly listen and respond to what I heard rather than preparing to say what I wanted to say," said Slape.

He's looking forward to using the skills he's learned to build relationships in his job as chairman. "I'm looking to move things forward. I am going to lean on my experience from all of the education and work history that I have had," said Slape.

Slape and his wife Rachel have three children, Masun (who is a Nisqually Natural Resources Officer), Alivia and Nani.

Slape will serve the remaining term through spring 2027 and decide whether to run for the post at a later date.

Relay for Life Garage Sale

By Debbie Preston, Communications and Media Services Director

The dx^wsq^wali[?] abš Relay for Life team raised more than \$2,300 during their Garage Sale at the Billy Frank Jr. Gym, more than any other event the team has done, said Raylene McCloud.

McCloud said that in combination with their other events, they are now third in Thurston County for fundraising. "We so appreciate everyone who helped organize or shopped," McCloud said. All proceeds go to the American Cancer Society.





Suicide Walk

Nisqually Family Services and Behavioral Health sponsored the Suicide Awareness Walk, Thursday, Sept. 10, starting at Nisqually Health and Wellness Center with poster-making materials available prior to the walk. The route was to Administration and back with CJ and the food truck waiting for folks when they returned. The message of support and resources resonated with many who have lost loved ones or continue to support those who need the resources and messages of love.

– Jack George photos, Nisqually Tribe Communications and Media Services





Nisqually Education

Are you a graduating senior this year?

What can Nisqually Education department cover

1. College application reimbursement
2. Cap and Gown reimbursement
3. Cedar cap reimbursement
4. Announcement reimbursement

Nisqually education shout out!

We would like to thank the following departments.

1. Housing
2. Children and Family Services
3. Language
4. Truancy and Court

Thank you for making the Nisqually Back to school bash a huge success. If your student has not picked up a backpack and supplies, please stop by the education department.

After school homework program

Let's start the school year off, we have applications for the after-school homework program, we will have tutors available. ****Applications must be filled out before students can attend****

Times: 2:30 to 4:30 p.m.

Days: Monday to Thursday

Questions?

Contact Youth Ed. Counselors

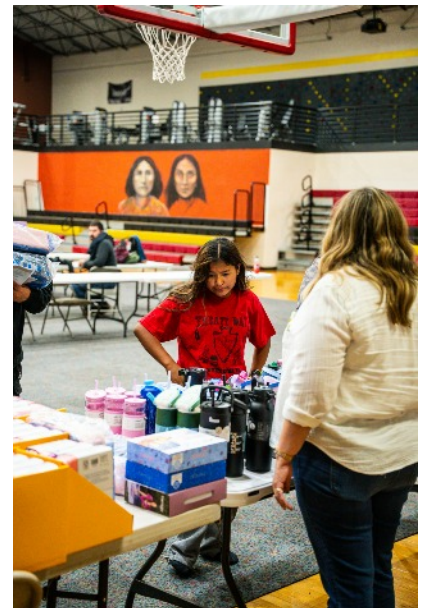
Hannah Ogilvie 360-456-5221 x.1369

Keisha McDonald 360-456-5221 x.2206

Back to School

Nisqually families got a great start on their school supply needs at the Back to School event in early September. Lunch was served and there were activities and the bouncy slide and information about Education Services.

– Jack George photos, Nisqually Tribe Communications and Media Services





DV/VOC Staff Attend 21st Annual Government-to-Government Tribal Consultation Conference

On September 9th-11th, 2026, our DV/VOC staff (Krystle Badoldman, Lavita Tessay-Plumage and Jasmine McDonald) had the opportunity to attend the 21st Annual Government-to-Government Tribal Consultation Conference in Tulalip, Washington. This important gathering brought Tribal leaders, advocates, and federal partners together to discuss the ongoing work needed to protect Native women and strengthen the response to domestic violence and other violent crimes in Tribal communities.



The Tribal consultation is mandated under Public Law 109-162, Title IX, Section 903, and focuses on several critical areas, including the administration of Tribal funds and programs under the Violence Against Women Acts (VAWA), enhancing the safety of Native women experiencing domestic violence, dating violence, sexual assault, homicide, stalking, and sex trafficking, and strengthening the federal response to these crimes.

One of the most meaningful takeaways for our staff was hearing directly from Tribal communities about the challenges they continue to face. Our staff

walked away with an even deeper respect for the strength and resilience of Tribal communities, particularly those living in remote villages in Alaska. Some communities shared that they may wait days for law enforcement to respond to a domestic violence or homicide case, highlighting the unique challenges faced by Tribal communities in rural and remote areas.

Tribal representatives strongly advocated for increased funding across all areas of the grants that support Tribal communities. They emphasized that adequate and sustainable funding is essential to providing victims and survivors with meaningful support, improving public safety, strengthening Tribal programs, and ensuring communities have the resources necessary to respond effectively to violence.

For our DV/VOC staff, the conference was a powerful reminder that while each Tribal community may face different challenges, we share a common commitment to protecting our relatives, supporting survivors, and creating safer communities.

We are grateful for the opportunity to learn from other Tribal communities, hear their experiences, and bring those lessons back to our own DV/VOC Program as we continue working to strengthen services for victims and survivors in our community.



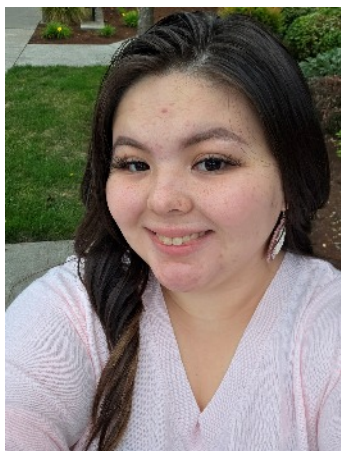
Summer Youth Employees

Nisqually's Housing Department was proud to host Summer Youth employees. The team contributed greatly to Canoe Journey gift-making throughout the month of July – sanding, carving, staining and finishing countless gifts for our guests. The work continued after Canoe Journey and our maintenance team trained the youth on drywall patching, painting, and working to get a home ready for occupancy.



Housing New Employee-Laila Underwood

Hi! My name is Laila Underwood. I am a proud Nisqually Tribal member and grew up here in the Nisqually community. My dad is from the Quinault Nation, so I also grew up spending a lot of time in Taholah with my family. Both communities are a big part of who I am and how I grew up.



I recently started working for Nisqually Housing as a Resource Navigator, and I am really excited to be here and have the opportunity to help our community. I'm still learning every day, but I'm excited to meet more people and be able to help our Nisqually families however I can.

I am also attending Northwest Indian College, working toward my Associate degree, and I plan to continue school for Business. I'm basically just figuring out adulthood as I go while working, going to school, and building a life for myself.

Outside of work and school, I love spending time with my fiancé, Elijah, our two old lady dogs, Bella and Cleo, and my family. I love being outdoors, going on little adventures, taking pictures, and of course I love coffee!

I'm really happy to be working back in the community that I grew up in, and I'm excited to see where this new chapter takes me. If you see me around Housing, come say hi!



What Is Web Accessibility?

Tips from the IT-WebDev Department

Notice the tiny human figure inside a circle on the Gov Website in the lower corner while browsing on a computer or mobile device? The Web Accessibility Tool icon provides options to customize how to view, navigate, and interact with the Gov website. Selected preferences remain in place until they are changed or reset.



Clicking the Web Accessibility icon opens a small window that offers several preferences, including Reading Mask, High Contrast, Font Size, Highlight Links, and more.

The “Reading Mask” is a digital overlay that dims portions of the webpage while leaving a clear horizontal area across the screen. This can help focus on one line or section of text at a time and reduce distractions while reading.

“High Contrast” makes text and other important elements stand out more clearly from the background. This can make webpages easier to read for people with visual impairments and can be helpful

for people who have difficulty distinguishing certain colors. It may also help reduce eye strain.

The “Font Size” setting allows the text to increase on the webpage for easier reading. The up and down arrows can be used to adjust the font size. Setting the percentage back to 100% returns the text to the original size.

The “Highlight Links” feature makes links on the webpage easier to spot outlining in yellow. This can be especially helpful when scrolling along the webpage.

Turning off a web accessibility setting is easy. Simply click the Web Accessibility icon again. The Web Accessibility window will appear, allowing individual settings to be deselected or adjusted. Another option is to scroll down in the Web Accessibility window and select “Reset”. This will return all preference settings back to their original settings.

Give it a try and explore the different settings that the Web Accessibility Tool offers!

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

NITH
Housing Fair

* FUN * FOOD * PRIZES *

FEATURING TWO FREE CLASSES HOSTED BY **WA HOMEOWNERSHIP RESOURCE CENTER** DESIGNED TO ASSIST FUTURE HOMEBUYERS AND CURRENT HOMEOWNERS!

12-1pm: Pathways to Homeownership: Interested in Buying a Home? Not sure where to start? This class is designed to help get you started!

1-2pm: Preserving Your Legacy: Tools for Sustaining Homeownership in Challenging Times

WHEN
October 9, 2026
12 pm – 2:30 pm

WHERE
Nisqually Youth Center
1937 Lashi St
Olympia WA 98513

Join us for NITH's Annual Housing Fair! We will have giveaway items, raffle prizes, and Bigfoot BBQ for lunch!

Contact Katrina DeLaCruz or Jordan Keating for more details:
360.493.0081

Washington Homeownership Resource Center

CITY OF LACEY

PSE PUGET SOUND ENERGY

su'ali'abs sashih
THURSTON COUNTY TRIBAL HOUSING

BILL DISCOUNT SIGN UPS

Get a monthly discount of 5% to 45% off your PSE bill and learn about energy efficiency programs to lower your bill

Bring your PSE account number/utility bill

EVERY TUESDAY UNTIL NOV 11AM - 1PM

9/22, 10/6, & 10/20 - 2205 LASHI ST SE (HOUSING OFFICE)
9/15, 9/29, 10/13 & 10/27 - 4842 JOURNEY ST SE (ELDERS CENTER)

WHAT ELSE DO YOU NEED TO APPLY?

THE AMOUNT OF YOUR GROSS MONTHLY INCOME
DATES OF BIRTH FOR ALL RESIDENTS IN THE HOME

One application for two programs: Ongoing monthly discount and a grant of up to \$1000 (once per year)

Are you eligible?

If you live in Thurston County and your monthly income does not exceed the limits listed in the table to the right, you may qualify for our Bill Discount Rate and HELP programs. Assistance will be provided for both PSE gas and electric bills.

Bill Discount Rate & HELP income guidelines	
Number of persons in household	Monthly net household income limit*
1	\$5,448
2	\$6,325
3	\$7,004
4	\$7,779
5	\$8,404
6	\$9,025
7	\$9,650
8	\$10,271

* Your household's net monthly income is the combined monthly income after taxes and deductions.

Questions about the workshop?
Contact Doris (253) 229 7220 or email doris.brown@pse.com



Nisqually Language Program

Progress

The Nisqually Language Program continues to strengthen opportunities for community members to learn, practice, and use the language. Current efforts are focused on developing culturally grounded learning materials, supporting instructors and speakers, and creating more consistent opportunities for language use across community settings. The program is also refining how participation, learner growth, resource development, and community engagement are tracked so that future updates can report progress clearly and consistently.

The language program recently helped at the Nisqually Canoe Journey. Language teacher Jay Bullchild helped monitor the bounce house at the Youth Center. Catalina Sanchez and Kayla Sparkuhl helped with the color run!

With the hard work and dedication of the Nisqually Language program and the Education Department, Nisqually canoe journey youth activities remained consistent and open to campers down at the Youth Center. Activities included bounce house, slip and slide, rock painting, color run, movie night, fashion show and much more. Thanks to all the staff that helped make this possible. Jay Bullchild & Aston Sparkuhl

Entering this fall season, we say goodbye to Nancy Bob as she leaves this new school year. We also welcome Annateyha and Angeni back into the Nisqually Language program. Please have patience with Nisqually Language as we are down two teachers this upcoming year.





Business Office Reminders for Nisqually Community

Mailboxes

Be on the lookout for some mailboxes that will be placed around the tribe for easier PRC Medical Bill Drop Off. More information to come soon!

Medicare Part B Reimbursements Checks for 2027

Participating Nisqually Tribal Member Elders, please be on the lookout for your notice from the Social Security Administration. Which will say, "Notice of Cost-of-Living Adjustment for 2027". The notice will be sent to you between November 2026 and December 2026.



If you have any questions about the Mailboxes for medical bills or about the Social Security notice, please reach out the Business Office. Thank you!

Nisqually Indian Tribe Human Resources

Human Resources Career Announcements & How to Apply

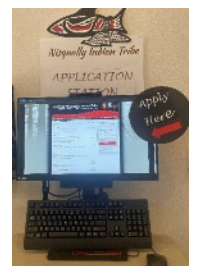
Looking for a rewarding career opportunity?

Join Our Team at the Nisqually Indian Tribe!

Apply online, on your smart phone, or onsite at the Nisqually Indian Tribe's HR Application Station!



- Discover Exciting Career Opportunities
- Convenient Onsite Application Process
- Positions Updated Weekly
- Location: Human Resources Building D (Old Clinic)
4820 She- Nah- Num Drive Se Olympia, WA 98513
- Hours: Drop in to apply at the HR Application Station
Monday-Friday 9 a.m.-3 p.m. or reach out to schedule a time!



On your smart phone camera, use the QR Code below then click the link to see NIT's latest career opportunities!



Visit us today to start your journey with the Nisqually Indian Tribe! Questions? Contact the HR front desk at (360) 486-9558.

Website URL: <https://nisquallyhr.applicantpro.com/jobs/>



NTHWC Behavioral Health & Brighton Creek Program Services

Supporting Wellness, Recovery, and Community

The Nisqually Tribal Health & Wellness Center Behavioral Health Program provides comprehensive, culturally responsive services that support the wellness, recovery, and overall well-being of Nisqually Tribal members, families, and the surrounding community. Services include substance use disorder and mental health counseling, co-occurring treatment, problem gambling services, domestic violence intervention treatment, peer support, group counseling, prevention, outreach, and community-based support. When a higher level of care is needed, staff also assist with detoxification and residential treatment referrals and provide continued support throughout recovery.

As part of this continuum of care, Behavioral Health oversees the Brighton Creek Recovery Housing Program, a clean and sober transitional living program for Nisqually enrolled members and families in recovery. Brighton Creek offers a safe, supportive, recovery-focused environment with housing options that help residents build stability, independence, and long-term recovery. Residents may stay for up to 12 months, with extensions available when alternative housing is not yet available.

Brighton Creek residents have access to individual SUD counseling, SUD and life-skills groups, transportation to behavioral health and medical

appointments and recovery meetings, employment and education support, housing assistance, and connections to community resources. Residents also have opportunities to participate in cultural and community activities such as smudging, drumming, traditional carving, beading, Indigenous language activities, traditional plant teachings, sweat lodge ceremonies, Medicine Wheel teachings, and the Red Road to Wellbriety program. On-site meditation with Native American Elders and follow-up with a Psychiatric ARNP further support residents' wellness.

Together, Behavioral Health and Brighton Creek provide a continuum of services that addresses behavioral health, recovery, cultural connection, and practical needs. Through clinical care, peer and residential support, prevention, outreach, cultural activities, and partnerships with tribal and community programs, NTHWC remains committed to helping individuals and families strengthen recovery, overcome barriers, and build healthy, stable lives.

For questions about Behavioral Health services or Brighton Creek Recovery Housing, please contact the Nisqually Tribal Health & Wellness Center Behavioral Health Program at (360) 413-2727.



South Puget Intertribal Planning Agency

USDA Foods Program

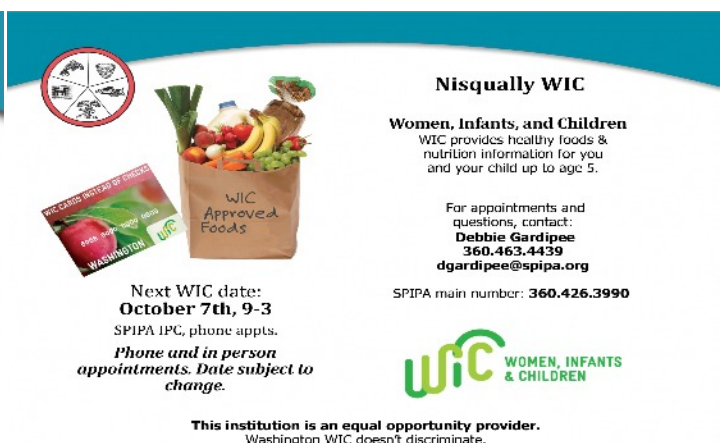
Delivery Date

Nisqually Tribe

Friday, October 9th

At the Warehouse
10:00am-1:30pm

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.



Nisqually WIC

Women, Infants, and Children

WIC provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:
Debbie Gardipee
360.463.4439
dgardipee@spipa.org

SPIPA main number: 360.426.3990

WIC WOMEN, INFANTS & CHILDREN

Next WIC date:
October 7th, 9-3
SPIPA IPC, phone appts.
Phone and in person appointments. Date subject to change.

This institution is an equal opportunity provider.
Washington WIC doesn't discriminate.



Marcianne Allen

Marcianne is dedicated to advanced healing and energy medicine practices, applying spiritual principles to enhance health, abundance, and relationships.

Marcianne values self-healing and intentional self-care, cultivating balance and meaningful connections that align with soul purpose.

- **Colville Tribal Member**
- **Spiritual Intuitive Healer**
- **Certified Counselor**



Karen Lilly

Karen's professional passion lies in esoteric studies, focusing on the healing journey and the evolution of spirit and soul.

- **Mississippi Choctaw**
- **Spiritual Intuitive Healer**
- **Licensed Independent Social Worker**



Nisqually Tribal
Health & Wellness
Center
Traditional Healing
360-459-5312 option 5

Nikki Blair

Since 2020, Nikki has offered Medium readings, mentorship, and support for MMIW/MMIP/MMIC cases. Private sessions create space for individuals to reconnect with loved ones in Spirit, strengthen intuition, and restore balance and purpose. Each session is guided with humility, cultural sensitivity, and deep care for emotional safety. The intention is to provide messages that bring healing, validation, and peace.

- **Lummi Tribal Member, ancestral roots in the Nooksack & Leqamel Nations**
- **Indigenous Medium & Mentor**



Karen Scott

Karen is deeply passionate about guiding others back to their own inner peace and wholeness. Drawing from personal experience and a lifelong devotion to meditation and mindful spiritual practices, she integrates intuitive touch with energy work to create a safe, nurturing space. Her approach supports clients in releasing tension, processing what they hold within, and reconnecting with their natural capacity for healing and vitality. By standing fully in her purpose, she empowers others to stand confidently in theirs.

- **Lummi Tribal Member**
- **Licensed Massage Therapist and Reiki Master Certified for 25+ years.**



Andrea Pellissier

- **Licensed Massage Therapist for 20+ years.**

Andrea is professionally trained and specializes in a variety of massage techniques including: Swedish, Sports, Thai, and Intra-oral (massaging muscles of the mouth).



Nisqually Tribal
Health & Wellness
Center
Traditional Healing
360-459-5312 option 5

Marquelle Garibay

Marquelle begins with gentle pressure and works deeper to relieve tension, especially for elders and those with chronic pain. She combines acupressure, cupping, and reflexology to promote balance and well-being.

- **Quinault Tribal Member**
- **Licensed Massage Therapist for 20+ years.**





Understanding Your Medication Fill & Refill Process - How You Can Help Us Serve You Better

At the Nisqually Tribal Health & Wellness Center, our pharmacy team is committed to working closely with our medical providers, nurses, medical assistants, and dentists to ensure every patient receives safe, timely, and accurate medication services. We deeply appreciate the teamwork across our Health Team and the trust our community places in us. To continue providing high-quality care, we want to share how prescriptions are filled, why certain steps matter, and what you can do to make the process smoother.

Why Checking In With the Pharmacy Matters

Preventing wasted medication and budget strain. Previously, the pharmacy filled every prescription immediately. If a prescription wasn't picked up within two weeks, insurance required us to reverse the claim and return the medication to stock. Once a prescription is filled, our inventory system automatically reorders that medication; returned items leave excess inventory and unnecessary cost. Since implementing the check-in procedure, returns have dropped significantly—from more than 100 to about 15 every two weeks.

Ensuring medications are filled when you truly need them. Patients often assume prescriptions are ready because a provider sent them. Checking in tells us you need the medication now, reducing wait times and confusion.

How Long Does a Prescription Take Once You Check In?

Typically, it takes about 35 minutes to process and fill medications once a patient checks in. This depends on how many people are ahead of you and how many prescriptions each person has. When busy, providers or staff may call ahead to alert pharmacy that a patient is waiting—this helps reduce wait times and improves efficiency.

Bubble Packs, Med Sync, and Autofill Patients

Some patients are on special programs that streamline their routine medications: bubble packs,

*medication synchronization (med sync), and autofill for maintenance medications. If you use any of these services, you do not need to check in for routine medications—we prepare them on a regular schedule. **You do need to check in (or call) for new prescriptions from appointments, supplies, and 'as needed' (PRN) medications.***

Avoiding Frustrations and Delays

Without understanding the check-in process, some patients arrive expecting medication to be ready—even though they haven't received a text or call confirming it. In some cases, patients return weeks later only to learn their medication was returned to stock because it wasn't picked up in time. Checking in helps us prepare your prescription when you actually need it and reduces returned medications and wasted resources.

How You Can Support the Process

Always check in with pharmacy when your provider sends a new medication.

Watch for a text message or call confirming when your medications are ready.

Pick up your medications within two weeks to avoid having them returned to stock.

Call ahead if you're unsure whether the prescription is ready or if you need clarification.

Thank You for Supporting Our Pharmacy Team

We appreciate your partnership in making our medication process efficient, cost-effective, and patient-centered. Every check-in, phone call, and timely pickup helps us maintain high-quality service for the entire community. If you have questions about prescriptions, refill timing, or available pharmacy programs, our team is here to help.

Pharmacy Questions? Call: (360) 491-9770 | Hours: Mon–Fri 8:00 AM–5:00 PM



RSV Vaccine for Adults

RSV, or respiratory syncytial virus, is a common illness that affects the nose, throat, and lungs. For infants and older adults, RSV can lead to severe illness and long-term effects. In Washington, RSV season typically begins in September and peaks during the winter months.

The Centers for Disease Control and Prevention (CDC) currently recommends the following

Adults ages 75 and older, and those who are ages 50-74 and are at increased risk for RSV, those with weakened immune systems, chronic medical conditions, or who live in nursing homes should get a one-time RSV vaccination.

RSV spreads through direct contact with the virus, such as when droplets from an infected person's cough or sneeze contact your eyes, nose, or mouth. It can also be spread by someone touching a surface, such as a doorknob, that has the virus on it and then touching your face.

Symptoms of RSV infection may include runny nose, decreased appetite, coughing, sneezing, fever, or wheezing. In very young infants, symptoms of RSV may also include irritability (fussiness), decreased activity, or apnea (pauses in breathing for more than 10 seconds).

Talk to your health care provider for more information.

<https://www.cdc.gov/rsv/hcp/vaccine-clinical-guidance/adults.html>

RSV Vaccines for Adults

CDC recommends RSV vaccination for:

- All adults ages 75 years and older
- Adults ages 50–74 who are at increased risk for severe RSV (see list below)

Adults who have already received one RSV vaccine dose (including last year) **should not receive** another dose at this time. RSV vaccine is not currently an annual vaccine.

Factors associated with increased risk* for severe RSV disease include:



Chronic lung disease



Chronic cardiovascular disease



End-stage renal disease or dependence on dialysis



Diabetes mellitus with end-organ damage or requiring insulin or SGLT2 inhibitor



Moderate or severe immunocompromise



Chronic or progressive neurological or neuromuscular conditions

Other factors include:

- » Chronic liver disease
- » Chronic hematologic conditions
- » Severe obesity (BMI ≥ 40 kg/m²)
- » Residence in a nursing home
- » Other conditions or factors that put your patient at increased RSV disease risk

*Self-attestation is sufficient evidence of a risk factor.

What else to know about RSV vaccines for adults:

Benefits: Vaccination reduces a person's risk of RSV hospitalization by 75%.

Risks: Side effects are usually mild and resolve quickly. GSK and Pfizer RSV vaccines have been linked to a higher risk of Guillain-Barré Syndrome (GBS), but GBS after RSV vaccine is still rare, with about 10 extra cases per 1 million adults ages 60+ vaccinated.

Benefits of RSV vaccine outweigh risks. For every 1 million people vaccinated, CDC estimates:

- 2,000-5,400 RSV hospitalizations are prevented
- 130-690 RSV deaths are prevented

For additional information, scan here:



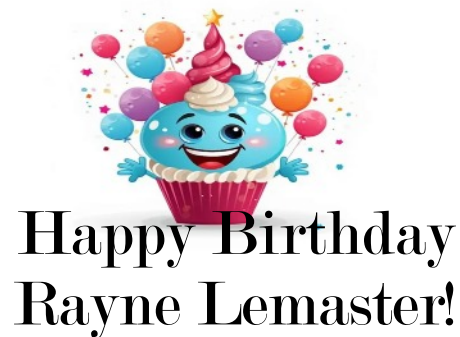
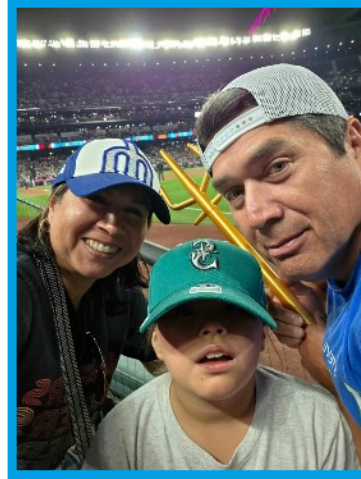
CS 355818-B 7/9/2025



Announcements



Happy Birthday Groovy
From me and the kids, cats, and dogs too!
Looking forward to more adventures 🙌❤️



Tribal Estate and Will Planning

Estate Planning Services provided by Emily Penoyar-Rambo.
Assistance with Nisqually Tribal Member Probates by Reagyn A. Germer.

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Assistance with Probate matters in Nisqually Tribal Court

Estate Planning and Probate Assistance appointments will be set up for the first and third Thursday of each month.

Please call Lori Lehman in the Nisqually Tribe Legal Department at 360-456-5221 to set up an appointment.



FREE Rides
Monday through Friday

Transit available
6:00 a.m. to 6 :00 p.m.
Open to all tribal, community
and tribal employees. We offer
rides from 6:15 a.m. to last off
rez ride at 5:00 p.m.

Contact Cecile Hemphill,
Motor Pool Coordinator/Dispatch

At 360-456-5236

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

