

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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June 2026

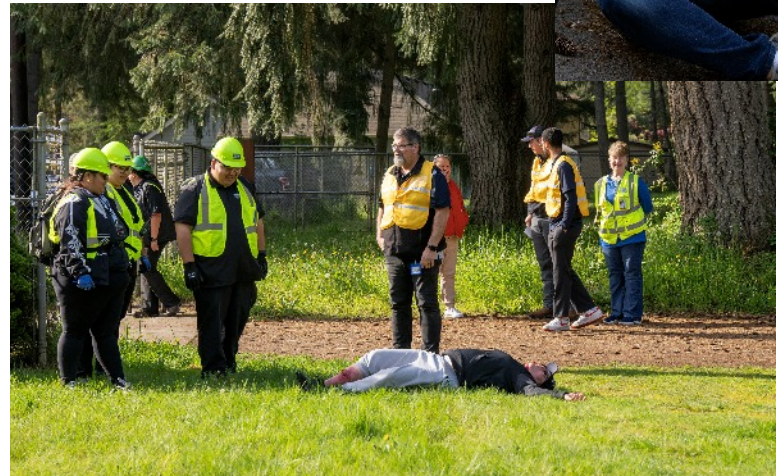
Community Emergency Response Team (CERT) Training

Nisqually Tribe Security and Youth Center staff received Community Emergency Response Team (CERT) training from the Thurston County Disaster Assistance Response Team on Thursday in the Housing complex area. CERT is an all-volunteer team that learns basic disaster response skills, so they can help people in their neighborhood or workplace before, during, and after an emergency. These trainings are available throughout the state that helps with disaster response when the need can overwhelm the available help, delaying early assistance that volunteers can provide.

In this case, the scenario was a 7.5 earthquake, an all-too-real threat for the area. Responders learn to create teams, assess the scene, basic medical assistance, how to clear a scene and mark the outside with all hazards detected and if it has been fully cleared.

The trainees encountered a live wire on a victim, harmful chemical mixtures, random intrusions from frantic bystanders as well as car alarms that would be going off at the time to attempt to help create a little of the chaos of a real emergency.

Afterward, there is the debrief of what could have gone better, things that went well and underscoring some of the hazards teams can encounter.



Nisqually Canoe Journey Updates

1. We still need tribal members/community members to help with gift making.
2. We will be buying from tribal members - gifts for the potlatch/gifts for canoe families
3. The buying event will be held on June 17, 2026.
4. Landing site will be Sequelitchew Creek Trail head – beach on July 31, 2026.
5. We will be hosting a skipper’s meeting/journey June 20, 2026
6. We need volunteers. Our volunteer registration form is available online at Nisqually Tribe website – under canoe journey – forms.
7. We can also use tribal members/community members on our many task forces.



subah! ?itahq'usitakufes! ?a tih' kushik'as ?a k'ij yofy:alubecaf
 "Healing Through Our Writings by Honoring Our Ancestors"
 2026
 Nisqually Indian Tribe © 2016

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

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4820 She-Nah-Num Dr. SE
 Olympia, WA 98513
 360-456-5221

Leslee Youckton
 youckton.leslee@nisqually-nsn.gov
 ext. 1252

The deadline for the newsletter is the second Monday of every month.

Nisqually Tribal Council

Chair, Ken Choke
 Vice Chair, 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!

Friday June 19, 2026

Junetheenth

Friday July 3, 2026

Independence Day Observed

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Welcome the New Chief Financial Officer- Tekle Bushen

I am pleased to announce that Tekle Bushen has joined us here at the Nisqually Tribe as our new Chief Financial Officer (CFO).



“Transformational finance executive and CFO with more than 15 years of leadership experience in affordable housing, nonprofit organizations, social services, and complex multi-entity financial operations. Expertise includes full-cycle accounting, HUD and LIHTC compliance, USDA Rural Development programs, property management and construction accounting, grant

administration, Medicaid funding, revenue cycle management, financial forecasting, treasury management, audit oversight, and enterprise risk management. Proven ability to lead strategic financial planning, oversee multimillion-dollar budgets and funding structures, and partner effectively with boards, investors, lenders, and government agencies

to drive organizational growth and long-term financial sustainability.

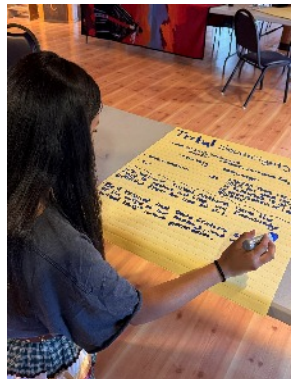
Throughout executive leadership roles with organizations including REACH Community Development, Plymouth Housing, and the Housing Authority of Chelan County & the City of Wenatchee, they have led finance and IT operations, streamlined financial systems and workflows, managed complex real estate and development financing transactions, and ensured regulatory compliance across federal, state, and local funding programs. Recognized for combining strategic vision with operational excellence, they bring strong expertise in financial modeling, process improvement, systems implementation, and cross-functional leadership, supported by advanced degrees in Accounting and Financial Management & Master of Business Administration.”

We are excited to welcome Tekle to the Tribe. His experience and leadership will be invaluable as we continue strengthening our financial operations and supporting the Tribe’s mission.

Nisqually Youth Council

By Danielle McGee

Nisqually Youth Council traveled to Lummi Nation to take part in the mid-year Affiliated Tribes of Northwest (ATNI) Youth Seminar. They were able to create a resolution against data centers on tribal land.





Suicide Awareness Wild Horse Clinic in White Swan

Day 1 of the Suicide Awareness Wild Horse Race Clinic in White Swan, WA. Many Nisqually youth participated in the two-day clinic.

Photos by -Jack George, Nisqually Tribe Communications and Media Services





North Thurston Middle School Visits

Komachin Middle School and Ignite Family Academy were the second group of 7th graders from North Thurston School District, to visit the Nisqually Tribe on Thursday, April 23.

and the Southern Lushootseed language with the tribe's language department.

For five weeks, the 7th graders from all North Thurston schools spend time with Nisqually Natural Resources Enforcement officers where the Fish Wars are explained and the tribe's treaty right to fish, reserved by them in treaties with the federal government.

They also create a necklace with a cedar paddle and beads with Nisqually artist and carver, Kyle Sanchez. Other visits include tribal governance and finance, horses with the tribe's Medicine River Ranch hands



The day was created with connections to the district's educational goals for students that include: : Goal 2 - Empowered Learners, Goal 3 - Critical Thinkers and Solution Seekers, Goal 5 - Post secondary success.



Nisqually and the district have spent years building a relationship that has blossomed into the partnership. Students

learn the history of the lands in their area from the tribe that includes Nisqually history, culture, governance and sovereignty.

Hazel Pete Weaving Conference

Learning and laughter were the watchwords of the annual Hazel Pete Weaving Conference. Teaching skills handed down by generations or learning those skills brought joy and a feeling of accomplishment to those who participated. A big thank you to all the teachers.

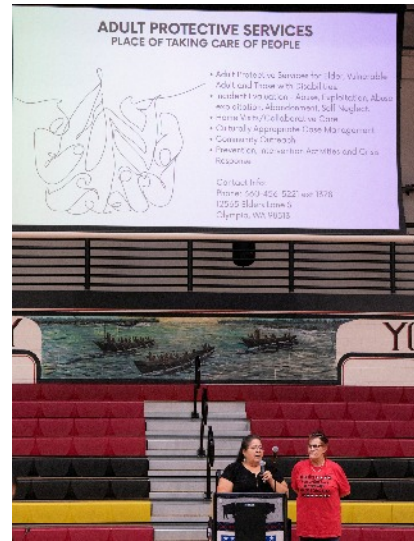




Family Services Informational Dinner

The Nisqually Family Services Department hosted an informational dinner Tuesday, May 5 at the Nisqually Youth Center.

Programs in the department, who all presented, were Adult Protective Services, Victims of Crime/Domestic Violence, Children Services and Family Network Services.



Financial Literacy Dinner

The Financial Literacy Dinner Night featured resource tables, financial tips, a grand dinner put up by CJ and crew and a raffle.





MMIR Walk

By Debbie Preston, Nisqually Tribe Communications and Media Services

The Nisqually Indian Tribe joined tribes all over the nation in remembering those who have been lost to violence of every kind at murder rates many times higher than national average as part of Missing and Murdered Indigenous Relatives Week of Action.

"In remembrance and in strength. Never forgotten."

The walk was held by the Nisqually Tribe Health and Wellness Center as it has each year.

"The alarming rates of abduction and murder of Native women represent one of the most devastating issues facing Tribal communities. On some

reservations, Native women face murder rates more than ten times the national average. These disappearances and murders are often directly linked to domestic violence, dating violence, sexual assault, stalking, sex trafficking, and longstanding harms impacting Indigenous communities. Grassroots movements have grown at the local, regional, national, and international levels to honor lives lost and work toward lasting safety and justice for all missing and murdered Indigenous women and relatives."

<https://www.niwrc.org/mmiwr-awareness>





Chief Leschi Walk -

The annual Leschi-Quiemuth Honor Walk on Nisqually lands that were taken from the tribe to create Ft. Lewis, was held Sunday, May 3. Some walked or ran more than 7 miles past Nisqually allotments described in the pamphlet or on small posters. Others rode on a bus that went around the other side of the lands - stopping at Muck Creek, a cemetery where Nisqually people are buried and the overlook where Leschi would have surveyed the plain with his men on horses. It was a beautiful day, ending near the Clear Creek Hatchery where lunch was served by CJ and crew.

Photos by Aztec Sovereign, Nisqually Tribe Communications and Media Services





Reduce, Reuse, E-Cycle

Tips from the IT-WebDev Department

Electronic waste (anything that can be plugged in or uses batteries) should not be thrown into the garbage

as it contains toxic metals and other materials that harm the environment. There are also valuable components in electronics that can be salvaged and re-used.



But how do we properly recycle these items? Many of us may end up with drawers full of old phones

or a garage full of dusty appliances because we don't know what to do with them.

Luckily, there are many electronic recycling (e-cycling) programs that will take electronics for free. E-Cycle Washington (<https://ecyclewa.org>) is a free program that accepts televisions, computers, laptops, monitors and more. Some items, like keyboards, printers, toner cartridges and cellphones, are not accepted. Instead, take these items to Best Buy and Staples stores for free recycling. If unsure, call 1-800-

RECYCLE to confirm what E-Cycle will accept before making the trip.

Before recycling, take these important cybersecurity steps:

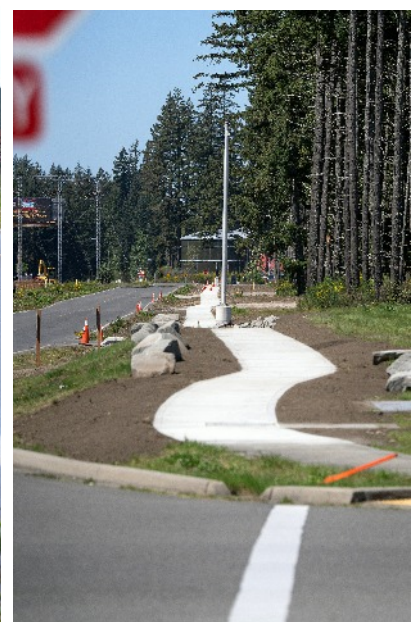
- Wipe all personal data from electronic devices. This process will vary depending on the device, but generally it is in Settings > General > Reset. Search for device-specific reset settings online if unsure.
- Remove any sim cards from cellphones. Many phones have E-Sims (Electronic Sims) now, but it is still worth checking.

With the proper e-cycling knowledge, we can give our electronics a new life and ensure that people can enjoy them at lower costs in the future!

Disclaimer: Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services, products or links provided.

Sidewalk Extension Work

There is now completed sidewalk from the beginning of Billy Frank Blvd. near the Rez Mart all the way to its end at Camas Plaza, a distance of about 1.3 miles, one way. It also provides a safer space for walkers than the road and will help keep Canoe Journey attendees safe as well.





Nisqually Public Safety Update



Please join me in recognizing several recent accomplishments and ongoing efforts across the Nisqually Public Safety Divisions.

During the week of April 15th, all divisions of Nisqually Public Safety participated in the first Physical Efficiency Battery Test. This test consisted of five events: Plank, Farmer's Carry, Bench Press, Hex Bar Deadlift, and the 800-Meter Run. Participants also had the opportunity to complete bonus challenge events including the Broad Jump, Pull-Ups, and Shuttle Run.

I am proud to report that 71 NPS team members participated in this testing cycle. I would also like to recognize Human Resources team member Raven Safire for participating alongside our staff. This event was a significant accomplishment in building teamwork, promoting self-improvement, and ensuring our personnel maintain the readiness required to perform their duties as First Responders.

As we continue to improve and advance staff training in service to the Nisqually Community, officers from all divisions are being provided opportunities to further their training and education. Corrections and Fish & Wildlife Officers attended a two-day interview training hosted by the Seattle DEA High Intensity Drug Trafficking Areas (HIDTA) Program.

Several officers from the Police Division attended the Field Training Officer (FTO) certification program. This training helps Nisqually Public Safety better document training standards before and after the Basic Police Academy and prepares officers to work independently in the field. Following completion of that course, two Sergeants also attended FTO Supervisory Training.

In-service training for radar operator certifications was attended by members of the Police and Fish & Wildlife Divisions. This training followed the completion of a department-wide inventory, calibration, and certification process for all radar units, including in-car and handheld devices. Officer Frank Koutelieris instructed the course and took the lead in the radar certification process.

During the week of May 11th–15th, three supervisors attended the FBI–Law Enforcement Executive Development Association Program. Please join me in thanking Lt. Jeff Smith, Sgt. David Blanksma, and Sgt. Michael Althouser for their dedication and sacrifice of personal family time while traveling during the Mother's Day holiday.

As we move toward the end of the month, officers are scheduled to attend advanced rifle and leadership training. The Nisqually Corrections Division also continues its annual sustainment in-service training for current staff. This training includes first aid, legal updates, policy revisions, and updated correctional industry guidelines.

Beginning March 25th, NPS will also begin the Swift Water Rescue training and certification process. This training consists of Rescue 1 and Rescue 2 courses. Team members from all three NPS divisions will participate alongside members of Chehalis Tribal Public Safety. This initiative was identified as a Fiscal Year 2025 priority and supported by Nisqually Tribal Council to help ensure the safety of the Nisqually Community and its membership.



Nisqually Women's Outdoor Program:

Reconnecting Women to Land, Culture, and Community

The Nisqually Women's Outdoor Program (NWO Program) is a new initiative launched by the Nisqually Public Safety Fish & Wildlife Enforcement Division and led by Officer Kalela Reuben. This program is designed to bring women together through outdoor experiences, culture, and community connection.

Built on the belief that time on the land heals, teaches, and strengthens communities, the program creates opportunities for Indigenous women to reconnect with nature, tradition, and one another.

At its core, the NWO Program is founded on a simple but powerful idea: when women feel confident and supported in outdoor spaces, they carry that strength back into their families and community. Through this program, participants will have opportunities to build skills, develop leadership, and strengthen their connection to the Nisqually homelands.

The program offers a wide variety of activities guided by culture, season, and community interest. Planned activities include hiking, fishing, camping, gathering and foraging, hunting, gill-net making, kayaking, and learning about traditional medicines. Each event is designed to be hands-on and welcoming, whether participants are new to outdoor recreation or already experienced.

What makes the NWO Program unique is its focus on creating safe and supportive spaces specifically for women. The program works to remove barriers, build confidence, and ensure every participant feels welcomed and included.

The program is open to women ages 18 and older in and around the Nisqually Community, with the goal of bringing together diverse groups of women who can learn from and uplift one another.

Beyond outdoor recreation, the program serves a deeper purpose by supporting cultural teachings, encouraging intergenerational knowledge sharing, and investing in the stewardship of Nisqually Tribal homelands. By reconnecting women to these practices, the program helps ensure that traditional knowledge and cultural teachings continue to be passed down for generations to come.

As the program grows, partnerships will play an important role in expanding opportunities and helping remove barriers such as access to equipment, transportation, and resources. Community support will help the NWO Program continue building a strong foundation for future generations of women leaders.

At its heart, the Nisqually Women's Outdoor Program is about community, culture, the future, and the women who help carry all three forward.

Please stay tuned for upcoming event announcements and program flyers as this program continues to grow. We look forward to creating meaningful opportunities for Indigenous women to connect, learn, and experience the outdoors together.



2026 Event Schedule & Activity Overview

May 2026

Walk + Connection Circle

- Date: Sunday - May 31, 2026
- Location: Billy Frank Jr. Wildlife Refuge
- Time: 10:00am - 12:00pm
- Lead: Kalela Reuben

An opening event that will serve as the official kick off for the Nisqually Women's Outdoor Program. Participants will have the opportunity to meet one another, learn about the vision and goals of the program, and build relationships in a welcoming support group.

June 2026

Plant + Identification Workshop *unconfirmed*

- Date: Sunday - June 7, 2026
- Location: Nisqually Cultural Center
- Time: TBD
- Lead: TBD

Participants will learn about traditional gathering practices, cultural teachings, and plant identification through a hands-on workshop experience. This event will focus on cultural knowledge and reconnecting participants with traditional foods and medicines.

Mom + Youth Outdoor Day

- Date: Saturday - June 27, 2026
- Location: Kalama Creek Hatchery, Nisqually Reservation, WA
- Time: 10:00am - 3:00pm
- Lead: Kalela Reuben / Amber LeftHandBull / Nisqually River Foundation

A family-focused event day that is designed to reduce childcare barriers by encouraging mothers and youth to participate in outdoor activities together. Activities will include fishing, crafts, scavenger hunts, archery station, and positive family experience.

July 2026

Kayak + Paddleboard Day

- Date: Sunday - July 12, 2026
- Location: Walup Lake OR Alder Lake
- Time: 10:00am - 4:00pm
- Lead: Kalela Reuben

This event will introduce participants to basic paddling skills, water safety, and confidence-building activities in a supportive and beginner-friendly setting. Participants will also get to relax, rejuvenate, and gain overall mental wellness.

Overnight Camping Workshop

- Date: Saturday - July 25, 2026
- Location: Mount Rainier National Park
- Time: 10:00am - 11:00am next day
- Lead: Kalela Reuben

This workshop will introduce participants to basic camping skills and outdoor preparedness in a beginner-friendly environment. Participants may choose to stay over night or attend only during the day.

August 2026

Nisqually River / Fishing Day

- Date: Sunday - August 9, 2026
- Location: Nisqually River
- Time: 10:00am - 3:00pm
- Lead: Nisqually River Fish & Wildlife Enforcement Team

Participants will have an opportunity to tour the Nisqually River by boat, will learn about fishing traditions, net making and the cultural importance of the Nisqually River and treaty fishing rights.

Huckleberry Gathering

- Date: August 22, 2026
- Location: Gifford Pinchot National Forest
- Time: 10:00am - 4:00pm
- Lead: Kalela Reuben

Participants will engage in traditional huckleberry gathering while learning about Usual & Accustom Areas and where huckleberries can be gathered.

September 2026

Shooting & Archery Fundamentals *unconfirmed*

- Date: Saturday - September 5, 2026
- Location: Evergreen Sportsman's Club
- Time: 10:00am - 4:00pm
- Lead: Kalela Reuben / Rodney Thomas / Jayson Dickerson

This workshop will introduce participants to firearms safety, archery basics, hunting ethics, and confidence building through hands on instruction.

Hunting 101 Workshop

- Date: Saturday - September 12, 2026
- Location: Nisqually Cultural Center
- Time: 10:00am - 3:00pm
- Lead: Kalela Reuben

Participants will receive an introductory overview of hunting basics, regulations, Usual & Accustom Areas, and ethical harvesting practices.

Food Processing & Preservation Workshop

- Date: Sunday - September 27, 2026
- Location: Nisqually Cultural Center
- Time: 10:00am - 3:00pm
- Lead: Kalela Reuben

Workshop will focus on traditional and modern food processing techniques, from wild game to traditional foods. Participants will build confidence in self sustainability and cultural food practices.

October 2026

Bonfire & Reflection Night

- Date: Saturday - October 10, 2026
- Location: Riverbend Campground
- Time: 7:30pm - 9:00pm
- Lead: Kalela Reuben

A closing event for the program that will celebrate the accomplishments and experiences of participants throughout the 2026 program season. Participants will gather to reflect, share stories, and strengthen relationships.



Program Lead: Kalela Reuben | reuben.kalela@nisqually-nsn.gov | (360) 951-9131



NISQUALLY WOMEN'S OUTDOOR PROGRAM

Empowering women through nature, tradition, and community.



THE NISQUALLY WOMEN'S OUTDOOR PROGRAM (NWOP) IS A TRIBAL-LED PROGRAM THAT CONNECTS WOMEN TO THE OUTDOORS THROUGH NATURE, COMMUNITY, AND EXPERIMENTAL LEARNING.



What We Are

A Nisqually Tribe led initiative that creates safe, welcoming spaces for women to build skills, confidence, and leadership in the outdoors while strengthening their connection to the Nisqually homelands and traditions.



What We Provide

Activities that include hiking, gathering & foraging, hunting, camping, fishing, traditional medicines, and more. Guided by culture, season, and community interests.



Who We Serve

Indigenous women in and around the Nisqually Tribal Community who are (18+) of all experience levels. From first-time adventurers to seasoned outdoorswomen, ALL are welcome.



Why It Matters

Time on the land and in the outdoors heals, teaches, and strengthens indigenous communities. NWOP will uplift women, preserve culture, and build a confident connected community that will carry knowledge forward for generations.



PARTNER WITH US

Your partnership helps us expand opportunities, remove barriers for Indigenous women, and invest in the next generation of women leaders.

TOGETHER, WE CAN:

- Create a community of empowered and confident Indigenous women in the outdoors
- Support cultural teachings and intergenerational knowledge
- Invest in stewardship of our homelands



INTERESTED IN JOINING, PARTNERING, OR LEARNING MORE?



REUBEN.KALELA@NISQUALLY-NSN.GOV



Cell: (360) 951-9131 Office: (360) 456-5221 ext 4321



Nisqually Reservation, WA

Our Culture.
Our Future.
Our Women.



Nisqually Children and Family Services Update

Congratulations on your retirement, Rebecca!



With a combination of happiness for her and sadness for us, I am writing to share that Rebecca will be retiring from Nisqually Children and Family Services effective June 30, 2026.

Rebecca has been an essential member of our team. From her start at our Nisqually Tribal Health and Wellness Center to Administrative Secretary for

Nisqually Children and Family Services to her current role as Intake Specialist for Nisqually Children and Family Services—a position she has held for the last six (6) years, has made her invaluable. We won't easily forget how much she has inspired us all to do our best each and every day.

Thank you, Rebecca, for your incredible contributions to our team. We will certainly miss you, and we hope you enjoy this next chapter of your life- hopefully filled with relaxation, new adventures, and time spent with loved ones.

Warm wishes,
Jasmine McDonald and NCFS Staff

Welcome New NIT Employees!

Michelle Liwanag -Clinic Applications Coordinator Nisqually Generations Healing Center

A new Clinical Applications Coordinator Michelle "Mitch" Liwanag (Lee-wahn-ugg) Clinic Applications Coordinator for Nisqually Generations Healing Center
20+ combined years in IT including web design & Dev, Admin, Support, and Healthcare IT
From Hawaii; currently living in Silverdale.
Hobbies are Photography, travelling, beach bummin', sports, music, and Animal Crossing

Eric DiTommaso -Sr. Systems Administrator - Nisqually Generations Healing Center

Sr. Systems Administrator for NGHC:
Hi everyone, my name is Eric DiTommaso. I have spent the last several decades working across systems/network engineering, cloud technologies, and IT service management. I have certifications in AWS, Python, Linux, and ITIL, as well as a master's degree in information technology and administrative management.

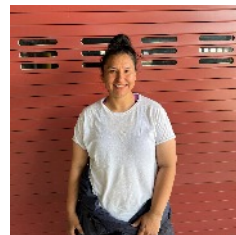
I really enjoy digging into technical challenges, improving processes, and helping teams work more efficiently. I'm big on continuous learning and love picking up new tools and skills. Outside of work, I can usually be found in my Lego room, as I am a lifelong Lego fan. I'm excited to be part of the team and I am looking forward to working with you all.

LaTona Watson-Paseka New Payroll Manager

Hi! I'm LaTona Watson-Paseka, the new Payroll Manager. I'm excited to join the team and bring my payroll experience to the Nisqually Tribe. I began my career in Tribal Gaming at Nooksack River Casino in Deming, WA, in 1991. I later joined Paragon Gaming, where I helped open Emerald Queen Casino in Tacoma, WA. After the opening, I was hired by EQC and spent over 20 years there, starting as a Payroll Specialist and eventually serving as Payroll Supervisor.

My husband, Archie, served 20 years in the U.S. Navy and now works as an Aircraft Electrician at JBLM. We'll celebrate 18 years of marriage on July 11th. I have one son from a previous marriage, along with three stepchildren and two granddaughters. Outside of work, I enjoy kayaking, hiking, reading, and gardening. I'm also a big animal lover—especially dogs (but honestly, anything with fur!).

Carly Obi-Sansom Fleet Shop Apprentice



Hey there! I'm Carly Obi-Sansom, a dedicated apprentice & proud mom of 3 lively kids & 2 adorable cats. When I'm not home binge-watching my shows or cooking/canning, you'll find me enjoying the outdoors with my kids, on the softball field, or working out! I am always eager to learn more about vehicles, & I have awesome teachers! I am very thankful to be here!



Sobriety Dinner and Celebration

Wellness was celebrated at the Sobriety Dinner on April 14. Congratulations to all those receiving their coins and sharing their story.

Photos by Jack George, Nisqually Tribe Communications and Media Services



Welcome Back, Mike Elliott!

We are thrilled to announce that Mike Elliott has accepted the position of Building Department Director, effective April 2026 — and for those of us who have had the pleasure of working alongside him, this news comes with a great big smile.

Mike is no stranger to the Building Department or to our tribal community. He served as the department's Electrical Project Manager for many years, earning the respect and admiration of colleagues and partners alike. His deep knowledge of the department, his steady leadership, and his genuine care for the people around him made him a cornerstone of the team. When Mike retired in January of 2025, he left some very large shoes to fill.

Now, just over a year later, he's back — and we couldn't be happier about it.

When asked about returning to the role, Mike shared that it felt as though he "were coming back home." We think that says it all. Mike brings not only years of hands-on experience and institutional knowledge, but also a heart that has always been rooted in service to this tribe and its people.

Please join us in extending a warm and enthusiastic welcome to Mike Elliott as he steps into his new role as Building Department Director. We are fortunate to have him back, and we look forward to all that lies ahead under his leadership.

Please feel free to stop by the Facilities and Transportation Building, 2nd floor, and say hi to him!

Welcome home, Mike. We're glad you're here.



Health Benefits Coordinator

Navigating healthcare can sometimes be overwhelming when it comes to understanding insurance coverage, medical bills, and available resources. Health benefits coordinators are here to help patients make sense of their healthcare options and access the support they need.

How They Help:

- Explain health insurance coverage and benefits
- Connect patients with wellness and preventive care programs
- Provide information about financial assistance resources
- Provides ongoing assistance for patients/families to assist with obtaining health coverage, as well as providing education about Apple Health coverage and a potential selection for a Qualified Health Plan.

The goal is to help make healthcare easier to understand and more accessible for every patient.

Tips for Managing Your Healthcare Benefits:

- **Update us any time you change your address or phone number**
- Keeping income updated if you're on a sponsorship with us
- Applying 3 months before/ 3 months after your 65th birthday for Medicare (up to 7 months in total) to not be penalized or you'll have to wait till open enrollment in January of the following year.

Your health and well-being matters, we are committed to helping you access the care, resources, and support you need. If you have any questions, please reach out to your health benefits coordinator for help.

Lisa Wells – Business Office Manager
(360) 486-9599 ext. 5204

Johanna Billie – Benefits Coordinator
(360) 486-9599 ext. 5203

Immunization Schedule			
1 Day Hep B (1st dose)	2 Months *RSV (1 dose) Hep B (2nd dose) Rotavirus (1st dose) DTaP (1st dose) Hib (1st dose) Pneumococcal (1st dose) Polio (1st dose)	4 Months Rotavirus (2nd dose) DTaP (2nd dose) Hib (2nd dose) Pneumococcal (2nd dose) Polio (2nd dose)	6 Months Hep B (3rd dose) DTaP (3rd dose) Pneumococcal (3rd dose) Polio (3rd dose) Rotavirus (if needed) Hib (if needed)
12 Months Hib (3rd or 4th dose) Pneumococcal (4th dose) MMR (1st dose) Varicella (1st dose) Hep A (1st dose)	15 Months DTaP (4th dose) Hib (3rd or 4th dose)	18 Months Hep A (2nd dose)	4 Years DTaP (5th dose) Polio (4th dose) MMR (2nd dose) Varicella (2nd dose)
9 Years HPV (1st dose)	10 Years HPV (2nd dose)	11 Years TDap (1st dose) Meningococcal (1st dose)	16 Years Meningococcal (2nd dose)

COVID-19 and flu vaccines yearly boosters are recommended for children over 6 months old
*RSV vaccines are recommended for some infants 0-19 months old, ask your provider.

This schedule is based on the recommendations from the American Academy of Pediatrics (AAP). If your child missed any of the routine vaccines, talk to your provider.

MEASLES

IT ISN'T JUST A LITTLE RASH

Measles can be dangerous, especially for babies and young children.

Measles symptoms typically include:

- High fever (over 104°F)
- Cough
- Runny nose
- Red and/or watery eyes
- Rash (breaks out 3-5 days after symptoms begin)

Measles can be serious.

Measles can cause severe health complications, including pneumonia, swelling of the brain (encephalitis) and death.

- 1 out of 5 people who get measles will be hospitalized.
- 1 out of every 20 children with measles will get pneumonia, the most common cause of death from measles in young children.
- 1 out of every 1,000 people with measles will develop brain swelling, which may lead to brain damage.
- 1 to 3 out of 1,000 people with measles will die.

Long-term complications

A very rare, but deadly disease called subacute sclerosing panencephalitis can develop 7 to 10 years after a person has recovered from measles.

You have the power to protect your child.

Provide your children with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine. Talk to your healthcare provider.

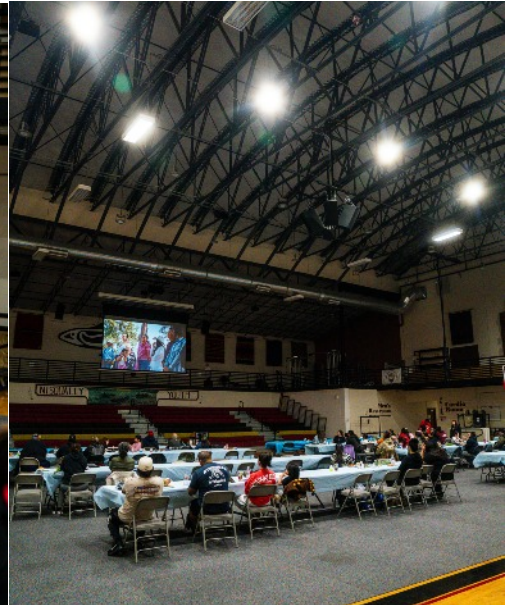
www.cdc.gov/measles



Caregiver Appreciation Dinner

The Caregiver Appreciation Dinner gave those providing love and caring a night of fun with Nisqually Language Bingo, dinner and other games.

Photos by Jack George, Nisqually Tribe Communications and Media Services



Springtime Heart Health

Use your legs to activate your second heart, your calf muscle pump.

Your heart beats nonstop to deliver blood to every part of your body, but it gets an assist from another pump that probably needs activating as you're reading this right now.

The "second heart" only starts pumping when your legs move. That's a problem when many people sit or stand for hours at work or home.

The calf muscles are your "second heart," squeezing veins in the lower legs to help return deoxygenated blood from the feet back up towards the chest.

Every time the calf muscle contracts, one-way valves inside the leg veins open and blood gets pushed upwards towards the heart; when the calf muscle relaxes, the valves close, which prevents blood from flowing backwards into the legs, says Wu.

When people spend a lot of time sitting or standing, pressure can build up in the veins and damage the valves over time, making them "leaky" and causing more blood to pool in the legs, she notes.

Losing the calf muscle pump function can lead to symptoms of chronic vein disease, such as swelling, leg tiredness and varicose veins. The worst medical complication could be a blood clot, which is rare but can happen when people sit for many hours on a long flight without getting up, Wu adds.

An inactive "second heart" may also lead to "sitting disease," a term that describes how sedentary behavior can negatively impact health, researchers reported in the journal Biofeedback. Sitting too much may raise heart disease risk, the American Heart Association cautions.



END OF SCHOOL DENTAL CHECKUP

REMINDER!

Attention Parents & Guardians!

Before summer fun begins, make sure your child's smile is healthy and ready for the break!

Now is the perfect time to schedule your child's:

- Dental Exam
- Cleaning
- Fluoride Treatment
- Sealants
- Follow-Up Care

Regular dental visits help prevent cavities, tooth pain, and missed school days next year!

Finish the school year strong with a healthy smile!

Appointments fill quickly before summer vacation—don't wait!
Healthy Teeth • Happy Kids • Strong Communities

Call Nisqually Tribal Dental Clinic today to schedule your child's appointment.
Call: 360 413-2716
Hours: 8 a.m.-5 p.m.



Native Women's Wellness Program Mother's Day

The Nisqually Native Women's Wellness Program had their Mother's Day Dinner event on Wednesday with the popular flower plantings and hanging baskets for cancer survivors.

Raylene McCloud, Nisqually Native Women's Wellness Program manager, urged men and women to get their cancer screenings, free to Nisqually tribal members and with gifts for doing so.

The flowers brought smiles all around, as they do each year.

Raylene McCloud describes all the free cancer screenings available to Nisqually tribal members, men and women, and gifts for doing so.

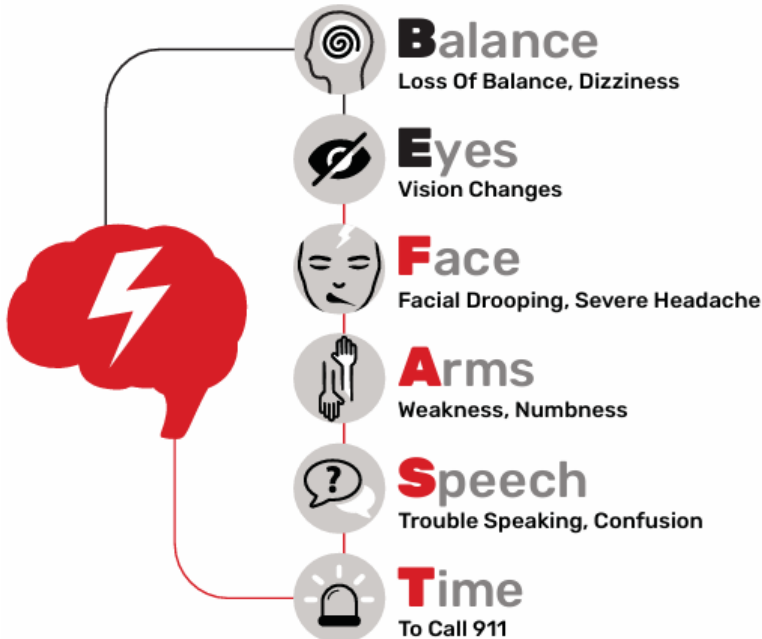




WHEN IT COMES TO **STROKE**,

BE FAST CALL 911

Any one of these sudden **SIGNS** could mean a **STROKE**



Genentech
A Member of the Roche Group

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2019, Intermountain Healthcare. © 2020 Genentech USA, Inc., San Francisco, CA. All rights reserved. H-US-00004157(v2.0)

South Puget Intertribal Planning Agency

Diaper Distribution

Nisqually Tribe
Wednesday, June 10th

USDA Warehouse at Nisqually
10:00am-1:30pm

Pull-ups | Diapers | Wipes | More

Need diapers? You may qualify! Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.

Call SPIPA at 360.426.3990

South Puget Intertribal Planning Agency

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:
June 8th, 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.

South Puget Intertribal Planning Agency

USDA Foods Program

Delivery Date

Nisqually Tribe
Wednesday, June 10th

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.




Announcements

June 13,
Happy 14th Birthday Baby,
 Love Papa, Grandma, Mom,
 Auntie Jasmine, Auntie Samira
 and Brother

June 19,
 Happy Birthday Lovella,
 Love the McDonald Family

June 13th
 Happy 10th Birthday,
 LáTyus takwitaáno! 🎂

Love, Mom & Brother Shawn



Happy 10th Birthday
 Payton Rose!
 Keep shining!



*We would like to congratulate
 our daughter Masie for completing and
 graduating her Masters Program!*

*Thank you to everyone who has helped our
 daughter along the way, we are so proud of
 you MasieLu!*

Love always, Todd and Mom



Congratulations!

Happy Anniversary Tom & Sheila!



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

Appointments 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
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

