

# NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 16, Issue 5

[www.nisqually-nsn.gov](http://www.nisqually-nsn.gov)

May 2026

## Battle of Nations

The Nisqually Tribe had three teams participate in the Battle of Nations Youth Basketball Tournament April 9-11 in Spokane.

There was an 8U team coached by Derrick Sanchez, third and fourth grader team coached by Jordan McCloud and the junior and senior high school team coached by Maury Sanchez.

There was a parade of all the tribes participating for the Opening Ceremony. – Hayley Faleagafulu photos



# Volunteers Needed

We are currently looking for volunteers and fry bread cooks for the week of canoe journey! If you are interested in volunteering, please use the QR code to apply, or share with anyone else that may be interested. If you are interested in helping with fry bread please reach out to Leighanna Scott, Sommer Sanchez or Betty Pacheco.



suhali?ilalq'ušitubutčat ?ə tiit ʔashik'cab ?ə k'wi ya?yabčət  
 "Healing Through Our Waters by Honoring Our Ancestors"  
 2026  
 © Nisqually Indian Tribe 2026

## 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, Ken Choke  
 Vice Chair, Cheebo Frazier  
 Secretary, Jackie Whittington  
 Treasurer, Norine Wells  
 5<sup>th</sup> Council, Chris Olin  
 6<sup>th</sup> Council, Guido Levy Jr.  
 7<sup>th</sup> 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](http://www.nisqually-nsn.gov)

# Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

**Monday May 25, 2026**

*Memorial Day*

**Friday June 19, 2026**

*Junetheenth*

**Friday July 3, 2026**

*Independence Day Observed*

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# CANOE JOURNEY GIFT MAKING



suhəl'ílalq'ušitubutčət 'ə tiit 'xashik'cəb 'ə k'í yəlyəlabčət  
"Healing Through Our Waters by Honoring Our Ancestors"

2026

## @ THE BILLY FRANK JR. GYM

**MONDAY** 10am-3pm & 5pm-7pm

**TUESDAY** 10am-3pm & 5pm-7pm

**WEDNESDAY** 10am-3pm & 5pm-7pm



**THURSDAY** 10am-3pm & 4pm-6pm Song & Dance @ Youth Center

**FRIDAY** 4pm-6pm Drum Circle @ Youth Center

All staff, tribal members, community members, and volunteers are welcome to help make gifts for Nisqually Canoe Journey 2026.

**PLEASE SIGN IN AS YOU ARRIVE.  
QUESTIONS? CONTACT THE CULTURE PROGRAM STAFF.  
THANKS!**



# Canoe Awakening

The Canoe Awakening ceremonies for the Nisqually and family canoes were held the first week of April. Prayers and thanks were in abundance for skippers past, current and future as well as the many who support the journeys. The children all helped with the cedar bough blessings some learning from older youth and the adults guiding them through the ceremony. If you missed the videos, they can be found at

<https://www.youtube.com/watch?v=YBH9jSzqEVE&t=6s>

<https://www.youtube.com/watch?v=hlbUduQm6nE&t=59s>

Nisqually Tribe Communications and Media Services



*Continued on page 5-AWAKENING*





# Easter Party

The Easter bunny greeted kids and kids at heart at the Community Easter Event. The Medicine River Horse Ranch gave rides to all and there were a few fun kid rides to go with some good food.

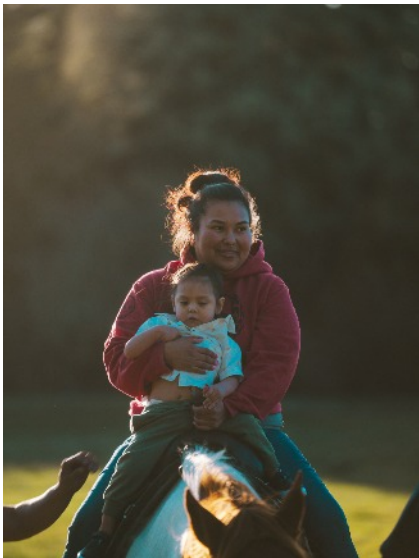
-Jack George, Nisqually Communications and Media Services



*Continued on page 7-EASTER*



Continued from page 6-EASTER





# Three Nisqually Enforcement Officers Finish Marine Law Enforcement Training

Navigating an underwater maze blindfolded.

That's one task required to earn your Marine Law Enforcement Training certification.

Nisqually tribal police officers Trey Birdtail and Masun Slape both accomplished that feat and graduated in January as did Officer Kalela Reuben in March, from the four-week course in Brunswick, Georgia, a coastal city about an hour south of Savannah.

"We were all ready to have it be super strict like our first law enforcement training, but it was more relaxed in the atmosphere, not so military," Birdtail said. "Basically, 'You are here to improve your skills and achieve certification.'"

This is not to say it wasn't wall-to-wall information and tests. "I think that was the toughest part, just so much information in such a short time and then testing each week," Slape said. Both men felt the pressure of being the first two tribal members to attend the certification. "It was definitely a part of the stress, not wanting to let ourselves or anyone else down," Slape said.

The first day, after receiving their gear for boating, they dove right into learning the four basic marine knots and learning the marine terminology common to all enforcement and military.

They spent nearly two full days in a pool, a place they had heard scary stories about. "I was definitely a little nervous after all the things we had heard about it," Birdtail said.

The pool time included swimming twice around the circumference in any fashion you could manage. On the second day, they were issued some Keds and flight suit to practice retaining your weapon in the water and retrieving your weapon (a bit of a fruitless exercise on the Nisqually River where you won't see

be able to see it once it hits the water most of the time).

The two major water exercises included being put on a sled that mimics an airplane or helicopter cabin that slams into the water and flips nose down both with clear goggles and blacked out. Dive teams were at the ready if anyone had trouble escaping the sled.



This day included the underwater maze, again with clear goggles and blacked out. A rope along the maze was an assist but if you managed to lose touch with it, the disorientation was difficult.

A final task included climbing a rope ladder, frequently used on helicopter rescues and boats to about 20 feet, dead hanging from the top and dropping into the water with full gear on.

The class of 19 included a number of U.S. Coast Guard members and one of the instructors was a former Coastie as well. "They were super helpful in helping us study and understanding what was coming up," Slape said.

The most academically challenging skill was chart plotting by hand. No phones or electronics of any kind were permitted to assist. "The Coasties told us they had six months to learn chart plotting and we were learning it in two and a half weeks," Birdtail said.

Each week was a written and/or skill test. "Every one of us passed each week and the instructors were impressed," Slape said.

The fun started the final week when they got on the boats, learning to board and search and pursue other vessels. This included 25-foot long, shallow draft "Contenders," due to the fact the water was only 7 feet deep in many places.

"Those boats FLY," Birdtail said. They also pursued one another, sometimes using 33-foot vessels and night operations.

*Continued on page 9-TRAINING*



Continued from page 8-TRAINING

There were two tests on the final week and one more test the following Monday.

“It was intense in a good way, just the sheer amount of information in a short amount of time. But I highly recommend it for anyone who does water enforcement. It’s designed for people who have never been on a vessel,” Slape said.

They had limited time to look around Georgia, but joined their classmates on St. Simons Island for dinner, checked out the famed Buc-ee’s that is an elaborate highway gas station, in one case, boasting 100 pumps. There are many foods the chain is known for including their brisket and “nuggets.”

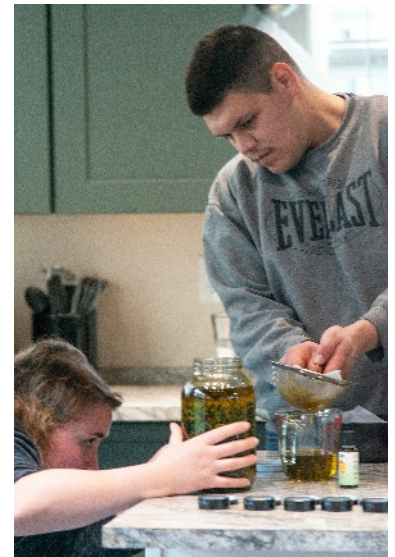
“We ate lots of shrimp – that’s definitely a major food down there,” Slape said.



# Spring Greens

By Debbie Preston, Communication and Media Services Director

It was a lovely evening for the Spring Greens event at the Medicine Creek Community Garden Wednesday evening. Big thank you to Clarisse Anderson and Luis Morales for sharing their talents.





# NPS Update:

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

Nisqually Fish and Wildlife Officer Kalela Reuben graduated from the Marine Law Enforcement Training Program (MLETP) on March 26, 2026. During her time in the program, Officer Reuben exceeded expectations by completing additional certification requirements and earning her Captain's License—work she undertook on her own time outside of course requirements.

This achievement also came with personal sacrifice. Officer Reuben and Officer Ortvez balanced the demands of training while welcoming a new son just three months prior. Their commitment reflects a high level of dedication both to their family and to the Nisqually community. Please join me in congratulating Officer Reuben and her family on this outstanding professional accomplishment and in thanking them for their continued service to the Nisqually Tribe and Nisqually Public Safety.

Officers from all three divisions recently participated in in-house training presented by Washington State Patrol Forensic Scientist II, Mr. Zack Riviere, Breath Test Technician with the Forensic Laboratory Services Bureau, Impaired Driving Section. Personnel from Patrol, Fish and Wildlife, and Corrections attended, with 100% of participants successfully completing the course and earning an additional 16 hours of training.

Personnel who were not in attendance were participating in the three-day *Criminal Jurisdiction in Indian Country Seminar*, hosted by the National Indian Country Training Initiative, Office of Legal Education, Executive Office for U.S. Attorneys, Department of Justice.

The Nisqually Corrections Division also completed its annual sustainment In-Service Training for current staff. This training included first aid, legal updates, policy changes, and new correctional industry guidelines. Thank you to the Nisqually Generations Healing Center for hosting this training in their facility.

Additionally, Corrections Officers Harmonie Rock-Lafromboise (2 years, 10 months of service) and Brianna Williams (2 years, 10 months of service)

graduated from the United States Indian Police Academy Indian Country Corrections Officer Training Program (Class 154) at the Federal Law Enforcement Training Center in Artesia, New Mexico.

The Nisqually Corrections Division is actively recruiting. If you know individuals interested in a career in corrections, please direct them to the Nisqually Human Resources Department or the Tribe's website to apply.

Over the past reporting period, I attended several key events to strengthen partnerships at both the local and national levels. These included the 2026 Tribal Leadership Counter Drug Conference in Tumwater, Washington, and the International Association of Chiefs of Police – Indian Country Section meeting in Tulsa, Oklahoma. These engagements provided valuable opportunities to collaborate with Tribal law enforcement leaders and federal partners, including the FBI, BIA, DOJ, and FLETC, and to elevate issues impacting the Nisqually Tribe, the State of Washington, and Indian Country nationwide.

Lastly, as part of our continued partnership-building efforts, I was invited to speak to the current Washington State Patrol Academy class on Good Friday through coordination with the WSP Tribal Liaison Program. This engagement allowed for direct communication with future troopers on the importance of working respectfully and effectively with Tribal communities across Washington State.

Please join me in extending our sincere gratitude to all uniformed officers and professional staff of Nisqually Public Safety for their continued dedication and outstanding service to the community. I look forward to sharing the continued growth and improvements across all Public Safety Services as we work together to better serve the Nisqually Tribe and the Nisqually Community.

Mvto,  
Chief Jasper Bruner



# Kalama Creek Fish Hatchery Report

By Amber Left Hand Bull

The rearing of juvenile salmon is well underway at the Tribe's newly remodeled Kalama Creek Fish Hatchery. We are feeding 50,000 coho juveniles. Coho are yearlings and will stay at the facility for a whole year, eventually moving to the larger pond. In spring 2027 they will be released and, after the ocean phase of their life cycle, will return in 2029 as adults where they will be caught in the Tribe's fishery.

The Kalama Creek facilities are in the Nisqually River floodplain, and you can reach them from the end of Church Kalama Road. Someone is feeding at the hatchery every day and, when staff are present, you are welcome to come by to take a look at what we're doing.

Kalama Creek has 20 small circular rearing tanks and therefore we can rear juvenile salmon in small batches, allowing us to monitor them very closely. The photo shows hatchery technician Victor James feeding at one of the tanks. The fish are still relatively small and the feed floats on the surface, available for them to eat easily and with little waste.



*Victor James feeding juvenile coho salmon*

Here's what the juvenile coho look like now:



*Juvenile Coho Salmon*

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# Clear Creek Hatchery Report

By Shane Bryant, Manager

Currently we have 3.0 million juvenile Chinook at the Tribe's Clear Creek Hatchery. These fish are fin clipped and about 5% are tagged in their nose with a coded wire tag (CWT). When adult Chinook are harvested technicians use a metal detector and, if a CWT is detected, its nose is removed and retained for future study. Ultimately, these tags allow fisheries managers to determine where Nisqually hatchery and other salmon tagged stocks are being harvested.

We will be releasing our hatchery Chinook juveniles starting at the end of the first week of May and they will all be gone by about June 15<sup>th</sup>. We spread the release out over several weeks so that they do not overwhelm the available habitat in the Nisqually Estuary, where they linger for several weeks prior to continuing to the ocean for the next 3-4 years. Assuming that ocean survival conditions are good, Nisqually fishermen will see good numbers of these fish returning as adults to be harvested in the Tribe's 2029 and 2030 fishery.

This year the tagging at Clear Creek was done by the Washington Department of Fish and Wildlife (WDFW) trailer and tagging crew. Tagging trailers are difficult to schedule and, year to year, we work with WDFW to make sure that our Chinook are tagged.



# Nisqually Parks & Recreation Conduct Routine Clean Up!

By Dillon Zunie-Allen

"On March 12<sup>th</sup> the Nisqually Parks & REC Land Stewards conducted a routine cleanup along one of the unimproved roads at the Nisqually State Park.

Clearing wind fallen trees and managing forested areas at the Nisqually State Park is crucial for public safety, ecological health, and restoration of Native habitat. The Nisqually Indian Tribe ensures sustainable stewardship, reducing wildfire risk, enhancing salmon habitats, and protecting cultural resources. These efforts improve resilience, preserve clean water, and support biodiversity.



## Maintaining/Restoring the Ecosystem Balance

The Nisqually State Park, in partnership with the Nisqually Indian Tribe, has undertaken significant forest health treatments, including the removal of wind-damaged trees, smaller, less healthy trees, and dense vegetation. This, often referred to as variable density thinning, mimics natural disturbances, reducing competition and creating a more diverse, resilient forest.

- **Safety and Maintenance:** Removing fallen trees keeps trails and pre existing roads safe and open for public use.
- **Forest Health:** Thinning reduces the risk of diseases like root rot and prevents overcrowding, allowing remaining trees to grow larger and stronger.
- **Habitat Restoration:** This work helps protect the near salmon streams, particularly the Nisqually River and its tributaries, which are crucial for endangered Chinook salmon, steelhead, and other species.



Nisqually Indian Tribal Land Stewards and their involvement with the Nisqually State Park, is vital for the long term sustainability of the area. The Tribe's approach to land management focuses on holistic ecological health rather than short term gain.

- **Cultural Preservation:** Active management includes preserving important sites like the Indian Henry Cemetery and planning for cultural sites such as a replica of Chief Leschi's Village.
- **Water Quality Protection:** Using sustainable forest management practices, the Tribe protects the headwaters of the Mashel River, ensuring cleaner water, reducing flood risk, and fostering better salmon habitat.
- **Ecological Resilience:** Tribal management emphasizes long term forest health, which is essential for adapting to climate change and increasing biodiversity.
- By investing in these cleanup and restoration efforts, the Nisqually Indian Tribe are not only repairing the damage from windstorms but are also actively ensuring that the land remains healthy for future generations."



# When In Doubt, Power Out

## Tips from the IT-WebDev Department

When experiencing technical issues, common advice, even from experts, is to power down a device and restart it. This may seem like an overly simple solution, so how does rebooting fix so many problems? Let's de-mystify some aspects of this fix-all solution.



Most computer issues are a result of low-level errors and malfunctions. Imagine reading a recipe, accidentally skipping a step, and trying to retrace the steps. Sometimes it's better to scrap the process and start over. In a way, that's what electronic devices do when they reboot. A computer process can get stuck or miss a code that causes it to loop or freeze. A reboot can reset the code from square one.

Common issues may include programs running high CPU, using too much memory, and internet connection. In more extreme examples, a file or program will get corrupted, possibly by malware, which may require a factory reset. This should be used as a last resort since this will clear all files and customization on your machine.

The modest action of power-off, power-on has a large impact on many common issues and one of the easiest ways to troubleshoot a device. Use this trick and flex some IT technician skills!

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

# Nisqually Motor Pool Employees

By Billy Henry



I would like to introduce Vanessa Hipp as our **NEW** Motor pool inventory coordinator and transit dispatcher. She has been with the Nisqually Tribe for almost three years as one of our transit drivers and Vanessa completed her CDL Class-B training and has a Class-B Bus CDL. Vanessa is a Quinault Tribal enrolled member and brings years of customer service skills to

her new role.

When you need a Transit ride or you want to schedule an airport drop off or pick up, she's your contact person. Vanessa can be reached at 360-456-5236 or internal @ X 1384.

We are located at 11940 Billy Frank Blvd. SE, in the Facilities & Transportation Building, Monday-Friday from 6:00 a.m. to 5:00 p.m.

We look forward to many years with Vanessa.

# Thank you Cecile!



Cecile Hemphill retired last month as Coordinator after a number of years of helping the phones and coordinating vehicles. Fair winds and safe travels, Cecile!



# ABOUT US

Family Services' Department Mission is to provide opportunities through culturally based family services that heal, protect and strengthen our families, defend our sovereignty and perpetuate our people to thrive for generations to come.

## VALUES & PRINCIPLES

We serve families with empathy, compassion, and respect – honoring Nisqually cultural values and traditions while building trust through honesty, grace, and transparency. We strive to ensure every member, elder, and child feels safe and included, and to strengthen our community and sovereignty for generations to come.

**FAMILY SERVICES DEPARTMENT**  
360-456-5221 ext. 1318

# SERVICE PROGRAMS

**Family Network Services**  
suftidtid  
"Weaving & Connecting Resources"

**Adult Protective Services**  
sutiḅbixwali  
"Place of Taking Care of People"

**Children's Services**  
səsḅaḅḅaḅ ʔə kʷi wiwsučət  
"Our Children are Sacred"

**Victims of Crime / DV**  
ləʔacutali  
"Place of Resilience"

**KAYA Cultural Healing**  
kayəʔ sḅaḅḅaḅ ḅəčusədəʔ  
"Grandma's Sacred Way of Life"

*Coming Soon!*



# NISQUALLY FAMILY SERVICES

ʔaciḅčət  
Center of Family Origins



**COME VISIT - HEALING BEGINS WITH YOU!**  
The goal of Family Services is to provide high-quality, culturally grounded services delivered with respect and compassion. We are committed to ensuring the safety, protection, and well-being of our Nisqually families and community by meeting their diverse needs with care and integrity.

**ADULT PROTECTIVE SERVICES**  
sutiḅbixwali  
Place of Taking Care of People

- Adult Protective Services for Elder, Vulnerable Adult and Those With Disabilities
- Incident Evaluation – Abuse, Exploitation, Abandonment, Self-Neglect
- Home Visits/Collaborative Care
- Culturally Appropriate Case Management
- Community Outreach
- Prevention, Intervention Activities and Crisis Response

**CONTACT INFO:**  
Ph: 360-456-5221 ext. 1378  
12565 Elders Lane SE  
Olympia, WA 98513



Generational Healing



Supporting Healthy Community

**CHILDREN'S SERVICES**  
səsḅaḅḅaḅ ʔə kʷi wiwsučət  
Our Children are Sacred

- Ensuring Child Safety
- Incident Evaluation – Child Abuse and Neglect
- Culturally Appropriate Case Management
- Health and Safety Visits
- Support Services to Ensure Children and Families Well-being
- Community Outreach
- Prevention, Intervention Activities and Crisis Response

**CONTACT INFO:**  
Ph: 360-413-3015  
4820 She-Nah-Num Dr. SE  
Olympia, WA 98513

**KAYA CULTURAL HEALING**  
kayəʔ sḅaḅḅaḅ ḅəčusədəʔ  
Grandma's Sacred Way of Life

Cultural Healing Coming Soon!



Working Together

**VICTIMS OF CRIME / DOMESTIC VIOLENCE**  
ləʔacutali  
Place of Taking Care of People

- A Safe Resource for Those Experiencing Violence & Trauma
- Incident Evaluation – Abuse, Violence
- Advocacy Support-Emergency, Safety, Court Protection Orders
- Culturally appropriate Case Management
- Community Outreach
- Cultural Activities, MMIWP and Support Groups
- Prevention, Intervention Activities and Crisis Response

**CONTACT INFO:**  
Ph: 360-456-5221 ext. 4036  
1150 25<sup>th</sup> Avenue SE  
Olympia, WA 98513

**FAMILY NETWORK SERVICES**  
suftidtid  
Weaving & Connecting Resources

- Resource Center
- Referrals & Systems Coordination
- Home Visitor/Navigator
- Needs Assessment and Referral
- Tribal Interdepartmental Coordination and Care
- External Agency Coordination and Referral
- Development of an Internal and External Resource Guide
- Community Outreach

**CONTACT INFO:**  
Ph: 360-456-5221 ext. 1392  
12565 Elders Lane SE  
Olympia, WA 98513



# Nisqually Recovery Campus

Originally purchased by the Nisqually Tribe in 2014, Brighton Creek is a 24-acre parcel of land located 15

minutes from the exterior of the Nisqually reservation. In 2021, the Nisqually Health and Wellness Center Behavioral Health Program began overseeing the program.

**Our Purpose:** To provide a positive, culturally relevant Recovery Housing Program tribal members, recovering from substance abuse, can gain the independent living skills and support needed to be successful in their treatment programs and ultimately live independently, free from substances.

## Facility is currently:

- 6 tiny homes suitable for small families
- 2 shared rooms for four individuals
- 8 cabins for four individuals
- Clean and sober housing
- Behavioral health service
- Short term transitional housing for individuals and families
- Peer Counselors to assist participants with job applications, financial literacy, continuing education, social services, mental health, substance use disorder counseling, and access to medical and dental services.
- Community and cultural engagement.
- On-site SUD counseling, groups, and peer support
- Transportation to and from Nisqually Behavioral Health Services

## Referral & Enrollment

- 18 years of age or older
- Enrolled Nisqually tribal member

- Must be referred to by Behavioral Health Program staff
- Minimum **14 days substance-free**, verified by negative urinalysis
- Consent to criminal background check
- Spouse/significant other enrolled in a federally recognized American Indian/Alaska Native tribe **with Nisqually-enrolled children**
- Non-Native spouse/significant other **with Nisqually-enrolled children**
- Must be admitted to and compliant with Behavioral Health Program
- Must be registered and eligible for services through Patient Registration & Billing

**Admissions** are prioritized based on eligibility and verification through Behavioral Health and Patient Registration

## If housing is full:

- A waitlist may be established
- Priority follows **Nisqually Tribal Preference Policy**
- Former residents with rule violations may have limited priority depending on prior status

**If you have any questions or concerns, please call Nisqually Behavioral Health Program at 360-413-2727**

## Brighton Creek- Recovery House

Recovery Housing for Nisqually Tribal Members who are enrolled in Behavioral Health Program and in early recovery

Onsite- Counseling, Groups and peer support services

Transportation to and from Nisqually Behavioral Health Services



**MISSING & MURDERED INDIGENOUS RELATIVES**  
Awareness Walk

**IN REMEMBRANCE & IN STRENGTH.**  
**NEVER FORGOTTEN.**



May 5th  
11:30AM-1PM

Join us at the  
**Nisqually Tribal Health & Wellness Center**



Do you have a loved one that you would like recognized during this year's walk?

April 30<sup>th</sup> & May 1<sup>st</sup> the NTHWC will have Poster Boards & Materials available in the main lobby for you to work on for the walk.



For more information, please contact:  
Kristey Boeck, 360.459.5312 EXT 5705

**MAY 2026**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Traditional Healing**

**★ MASSAGE THERAPISTS:**

- Andrea, Monday - Friday (Wednesday's and Friday's ½ day)
- Marquelle, Monday - Thursday (Wednesday's ½ Day)
- Karen S., Wednesday - Friday, every other week

**◆ SPIRITUAL FACILITATION:**

- Marcianne & Karen L., Monday - Friday, every other week

**● SPIRITUAL MEDIUM READING:**

- Nikki, noted Wednesday's

**+ HERBAL CONSULTS:**

- COMING SOON

TO MAKE EFFECTIVE USE OF YOUR APPOINTMENT, PLEASE ARRIVE 5-10 MINUTES PRIOR TO YOUR SCHEDULED TIME.				1
4	5	6	7	8 Sorry we're CLOSED NAT'L INDIAN DAY
11	12	13	14	15
18	19	20	21	22
25 Sorry we're CLOSED MEMORIAL DAY	26	27	28	30

To Schedule Please Call  
**(360) 459-5312**



# May is Dental Health Awareness Month: Caring for Our Smiles

This month, we join communities across the country in recognizing Dental Health Awareness Month—but here at home, it carries special meaning. Strong oral health supports the well-being of our tribal community, from our youngest children to our respected Elders. A healthy smile is part of whole-body wellness, influencing how we eat, speak, and feel each day.

We know many community members face barriers to dental care. That’s why small, consistent habits matter so much. Brushing twice a day with fluoride toothpaste, flossing, drinking water, and limiting sugary foods and drinks are simple steps that protect against tooth decay and gum disease.

Our dental team is committed to providing care that reflects our community’s values. We offer preventive services, cleanings, and education designed with respect for cultural traditions and the importance of community health. We believe that caring for our teeth is one way we strengthen our families and future generations.

If it’s been a while since your last dental visit, we encourage you to schedule an appointment. Together, we can protect our smiles and support the health of our community.

**Call us today at 360-413-2714 to learn more about our dental services or to book your next visit.**

## PURCHASED/REFERRED CARE – PRC

Dear Community Members,

The Nisqually Tribal Health and Wellness Center Purchased/Referred Care (PRC) Program would like to kindly remind the community to bring in any **outstanding medical bills or statements** you may have received.

Submitting your bills in a timely manner helps us:

- Review your account for PRC eligibility
- Coordinate with your insurance
- Work towards processing payment as your bills assist our ability to identify services you received, that we may not be aware of.

To avoid delays and to help prevent accounts from being sent to collections - we encourage you to bring in any bills **as soon as possible** after you receive them.

If your account has already been sent to collections, bring in any letter or show us any texts you’ve received. We will need you to sign a release form that will allow us to speak with the collection agency.

Helpful Reminders

- Please call-in advance of appointment for a PO number. If you had an after-hours Urgent Care or ER visit call for a PO within 72 hours after appointment.
- Timely notification and required documentation help ensure your services can be reviewed for coverage.

Our goal is to support you and ensure your care is coordinated smoothly. If you are unsure about the bill or have questions, please don’t hesitate to reach out or stop by- we are happy to help.

Lisa Wells – Business Office Manager  
Phone: 360-486-9599 ext. 5204

Christine Curtis – PRC Program Supervisor  
Phone: 360-486-9599 ext. 5200

Jacob Peterson – PRC Claims Specialist  
Phone 360-486-9599 ext. 5207



# Now that Springtime is here it's time for some spring cleaning:

Dust and pollen can be a main contributor in respiratory allergies and illness. Dust and pollen can be more controlled indoors by using air cleaners, especially at night in bedrooms. There are many instances where people have been able to cut down on taking oral allergy medications and/or their inhaler usage by using an air purifier machine in their bedrooms at night while they sleep.

Did you know that air purifiers can improve sleep quality and respiratory health? They can reduce allergens like mold, pollen, pet dander, remove odors, reduce snoring and increase the ability to wake up less congested. Air cleaners/purifiers with a hepa filter, changed or cleaned monthly work well. They give better sleep quality leading to deeper, longer

airborne irritants. They can reduce asthma symptoms by continuous filtration of allergens that cause coughing, sneezing and poor sleep, they improve air circulation by preventing stagnant air and reducing volatile organic compounds breathed in. All of these things improved can lead to a stronger immune system.

It is also a great time to go through your medicine cabinets and throw out old, expired, unused medications including over the counter and prescription medications. Your Nisqually pharmacy has a blue take-back box inside of the waiting room. Simply drop your bottles in the slot. There is also a blue take-back box located inside Behavioral Health's waiting room on the 2<sup>nd</sup> floor.



**SPIPA Resiliency Food Grant**

sleep by reducing

**MAY 2026**  
May 12th is the final resiliency food box distribution date, made possible through SPIPA's partnership with the Washington State Department of Agriculture and regional farmers and vendors.

**Availability**  
Boxes will be available during commodities and diaper distribution on a first-come, first-served basis, limited to one box per household.

**Eligibility**  
Please present your Nisqually Tribal ID at pickup. There are no income requirements, but priority will be given to elders and low-income households. You must be present to receive a box.

**NISQUALLY**  
**May 12th**  
**SPIPA**  
**Warehouse**  
**10:00am-1:30pm**  
or while supplies last.



For more information, please call SPIPA at 360.426.3990



South Puget Intertribal Planning Agency

## Diaper Distribution

**Nisqually Tribe**  
**5/12/26**

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

## USDA Foods Program Delivery Date

**Nisqually Tribe**  
**5/12/26**

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



May 18, Happy Birthday Enzo, Love the McDonald Family  
 May 27, Happy Birthday Jasmine, Love Dad, Mom, Keisha, Samira, Nevaeh & Rodney  
 May 29, Happy Birthday Missy, Love the McDonald Family

## 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.



**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

