

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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www.nisqually-nsn.gov

December 2025

Dr. Elizabeth Siegal Retires Thank you Elizabeth!

After 31 years, the Nisqually Indian Tribe gave Dr. Elizabeth Siegel a warm, if a little bittersweet, retirement dinner.

As speaker after speaker thanked her and recounted fond memories, Siegel took it all in with her characteristic smile and grace. For some, Siegel was the attendant doctor for all of their children.

Chairman Ken Choke thanked her for caring for his family and the tribe, noting she would surely not be entirely away from Nisqually, just not working anymore.

Siegel wanted to make sure she didn't forget what she wanted to say and had prepared remarks that follow below.

Elizabeth Siegel Retirement Comments

Thank you all for coming to help me celebrate my retirement.

I am appreciative for each and every one of you who took the time out of your busy lives to be here with me.

It does not seem possible that so much time has passed since I started here at Nisqually. I was hired in 1990 by Rena Wells. I was 29 years old, just two years out of school. Apart from the four years between 2003 and 2007, this has been my work home-for a grand total of 31 years.

When I was a child, my grandfather used to marvel at the changes he had seen in his lifetime- going from travel by horse and buggy to cars, airplanes, and men on the moon. "I've seen it all," he would tell me.



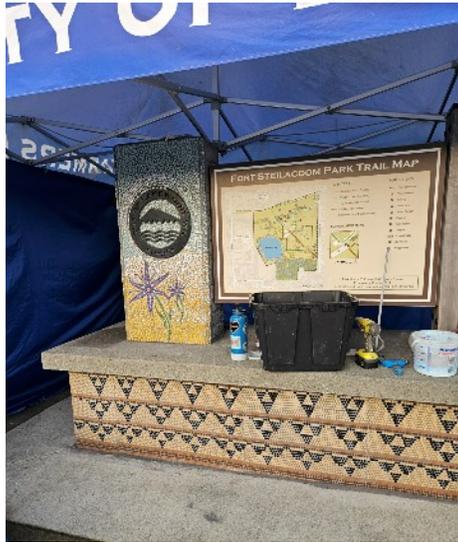
Continued on page 4-ELIZABETH

Nisqually Tile Project Completed and Installed at Ft. Steilacoom

An art partnership between the Nisqually Tribe and the city of Lakewood is blossoming at the entry spots of Ft. Steilacoom Park in Lakewood.

The Nisqually Parks Commission has been working closely with Lakewood on a Nisqually History Trail in the park. As part of this project, the Commission selected camas artwork from Nisqually artist Leighanna Scott as the centerpiece for the walk entry way. Nisqually's history as People of the Grass is a central theme in the walk, which passes through camas and oak.

Local artist Jennifer Kuhns took Leighanna's design and recreated it in mosaic (pieces of colored glass tile.) She got all the materials set up so that members of the Nisqually community could finish four camas mosaics for the park. Kuhns has extensive experience in community participation projects.



Continued on page 3-TILES

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Thursday, December 25 - Christmas

Friday, December 26 - Admin./Christmas

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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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

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Council's Corner

It has been 6 months for me in my first seat on Tribal Council. During this time, it's been a shift from thinking about the business aspects of revenue generation and profit maximization to adapting to government structure including grants management and public service. It's been a challenge working with the pace of meetings. If anyone ever wonders – there is adequate business to keep 7 Council members busy every day. We are constantly on the go, juggling our schedules and trying to cover all bases between our group. If one Council gets pulled away, the rest of us work to cover their bases. The teamwork has been essential, and our communication is growing stronger and stronger between our group. Each of us brings diverse views and experiences to the table and we truly listen to one another's input.

Also contributing to overall alignment is the Chief Tribal Administrator and two Tribal Administrator roles that support the Tribal departments and programs. The coverage is so essential. A task or goal we have is that Departments become very effective and efficient in providing direct services to Tribal Members and that they prioritize optimizing service levels so that less and less exceptions to the rule have to float up to Council to decide upon. This means working on policies, procedures, budgets and code to support those processes.

When our political landscape was tumultuous, I recall that people were concerned with how the Tribe is

spending monies and so in response to that, this Council has been highly involved in the budget process. I wrote about that in prior months Council Corner articles to share the emphasis we are taking to control expenses and focus on services to Tribal Members.

One thing we want to share here and that we did share in the Budget Public Hearings is that:

We will continue to create opportunities for us to listen and hear General Membership's voice, guidance and feedback.

These financial shifts are gradual and over time, each year we should get better.

Any budget cuts will not be associated with interruptions for vital service Tribal Members to meet our basic needs for families.

Priorities in no specific order remain to be: Youth, Elders, Health, Housing & Education.

These areas are where we plan to see *improved* services, not reductions.

Leading up to the end of the year, we wish all families wellness, health and warmth over the holidays. Thank you for all of your support and engagement to help us lead the Tribe effectively.

Cheebo Frazier, Vice Chairwoman for Nisqually Tribe and it's People

Continued from page 2-TILES

The tile installations are part of a 1-mile trail that will have eight interpretive signs about native plants such as the camas and Gary oaks important to Nisqually as well as history of Chief Leschi and Quiemuth.

Tribal and community members spent several days at Nisqually gluing tile pieces down to create the camas background. The entry posts also include a basket mosaic that was created by a summer youth program through the city of Lakewood.

Laughter echoed in the Billy Frank Jr. Gym during the community sessions where children participated or made their own creations. Several generations sat together to work on a camas flower.

"I really enjoyed working with the tribe again and I sincerely hope the participants feel a sense of pride and ownership over the artwork," said Kuhns.





Continued from cover-ELIZABETH

The health clinic journey, while not as dramatic as placing a man on the moon, has gone through some amazing transformation. When Rena Wells hired me in 1990, the clinic was a conference room attached to the back of a giant room of administrative desks. Patients had to pass through the administrative area to get into the clinic.

The clinic had an exam table, a sink, desk and a cabinet. There was a little shelf for my microscope that we called the "lab". All our charts fit into a four-drawer file cabinet. Nobody had a computer.

In 1999, what is now the "old clinic" was built, and we were fortunate to have five exam rooms, and a real clinic layout. Then in 2021 we moved into our new and amazing building which felt like, and still feels like, the Taj Mahal of clinics. Our services have grown, and we now offer things that could only have been dreamed of in the past.

But the real reason that I have stayed at Nisqually for so many years, and why I came back after my time away, is you, the Nisqually community.

You accepted me into your fold; you cared for me and nurtured me. You believed in me and placed your trust in me as your medical provider. You also shared your lives with me, inviting me to community events and celebrations. We have laughed together, and we have celebrated successes. We have also cried together as we mourned the loss of many community members.

You have also taught me a great deal. I have learned so much about Native American culture and customs. I can recognize Prince's Pine in the forest ! And I better understand the issues and challenges facing tribal people.

You have seen me through the birth and rearing of my two children and have nursed me through a total of seven broken bones! You supported me through the deaths of both of my parents, and my parents -in- law. I feel that you know me as a person, not simply an employee who wears a stethoscope!



I am also forever grateful for my amazing co-workers at the clinic. I am surrounded by caring and hard-working people who work tirelessly every day to serve the Nisqually community in every way that they can, every day. Words really can't express how important you are to me.

As I embark on this new journey of retirement, I plan to stay in touch with the Nisqually community. I hope to attend some community events and celebrations, including the upcoming Canoe Journey, and show up for some elder's lunches.

Thanks to all of you. This is not a goodbye-just a see you later.





Nisqually Winter Chum

By Craig Smith

For the last decade the Nisqually Winter Chum run has been very low in abundance except for last year. There have been limited river openings only after we can show the run will meet escapement (25,000+ chum on spawning grounds). Pushed by the late Reuben Wells Sr., two decades of work to curtail the Pre-terminal (salt water) fall chum fisheries have come to fruition capping outside fisheries to 8% of the Nisqually Winter Chum forecast. Now, every salt fishery is sampled for genetics and impacts of these fisheries on the Nisqually Winter Chum are managed in “real time”, allowing more chum to get back to the river.

Again, this year’s forecast for the Nisqually Winter Chum is not abundant enough to open a commercial fishery; however, like last year a commercial fishery is possible if we can again show escapement will be met using Yelm Creek live chum counts. But until we do, the Nisqually Fish Commission approved a subsistence fishery on winter Chum for consumption. Last year’s commercial fishery was a great example of why it is so important to be actively fishing on the Nisqually River. Catching winter chum is vital to preserve connections to the river, winter food, biological data essential for management, and showing the importance of being present on the Nisqually River to protect Winter Chum. Hopefully this year’s ocean conditions are favorable enough for fishers and families to experience an abundance of this delicious food.



Happy Hol“IT”days!

Tips from the IT-WebDev Department

We end the year in perhaps a joyous care-free and festive holiday celebratory mood. However, not to be as downing as the SNL character comedian, Debbie Downer - In the realm of technology, we must remain vigilant throughout the year, day in and day out. Recently, Google issued a critical warning to 1.8 billion Gmail users about a sophisticated new threat called indirect prompt injections. Unlike standard phishing scams, these attacks embedded hidden instructions inside daily emails or file attachments.

These hidden instructions specifically target artificial intelligence programs.

These indirect prompt injections hide malicious commands in content, such as calendar invites or email messages. When artificial intelligence interpretes these command prompts, it may be tricked into performing unauthorized tasks like sending sensitive data to attackers. Unlike obvious scams with suspicious links, these threats operate invisibly, making them cloaked and much more challenging to detect or stop without advanced safeguards. Google recommended enabling multi-factor authentication, avoiding attachments from unknown senders, and updating apps and devices to help protect these unwanted

threats. Keep in mind, no defense is perfect, making user responsibility a key part of security.

Threats to technology aren't only ai-generated and electronically delivered, they can also be delivered through physical attacks. In September 2025, a team that included Homeland Security, the Department of Justice, the Office of the Director of National Intelligence and the New York Police Department worked together in an investigation into an attempt to possibly shut down the cellular network in New York City. Investigators worked to analyze data from the equivalent of 100,000 cell phones. The Secret Service did not announce any arrests in connection with the network. The devices allowed for anonymous, encrypted communication, which allowed criminal organizations to operate undetected. The network could have disrupted emergency communications. The scale of the scheme was staggering, referred to as a "secret cell phone Doomsday device". The Secret Service said that its agents seized more than 100,000 SIM cards and 300 SIM servers, spread across five different safe houses in or around New York city.

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



Trunk or Treat

Every year, as many noted, the costumes get better and better at Trunk or Treat, and this year was no exception. Ghouls and happy inflatable creatures bustled about in the balmy October afternoon, gathering treats and compliments along the way.

The Nisqually Food Truck was on hand to provide a supplement to all that sugar with a beautiful sunset capping off the day. A big thank you to all those who participated and the Nisqually Youth Program and others for organizing it.







Financial Literacy End-Of-Year Bash

By Jack George, Nisqually Tribe Communications and Media Services

The Family Fun Night and End-of-Year Bash hosted by Financial Literacy, Nisqually Youth Services and SPIPA brought fun for all ages at the Nisqually Youth Center. There were games, tables from different departments and area services and a wonderful dinner.





Traditional Healing Dinner

By Shawn Nichols



Event Attendance: We had an amazing turnout with an estimated 130 guests. We're incredibly thankful to everyone who joined us and shared a delicious meal together

Welcoming New Healers. We're excited to announce the upcoming onboarding of two new healers joining our program — Massage Therapist, Marquelle Garibay, and Coast Salish Medium, Nikki Blair. We're looking forward to the unique gifts they will bring to the community.

Staff Appreciation. We'd also like to acknowledge the incredible staff who volunteered their time and energy to make this event possible. It truly couldn't have been done without their support.

Melissa's farewell. After five years of dedicated service to the community, we want to express our deep gratitude for Melissa's commitment, support, and contributions. She will be greatly missed, and we are so thankful for all she has done.



Photos by Shawn Nichols



Protecting Our Little Ones: Following the Recommended Immunizations Schedule

Vaccines play a vital role in keeping our children, families, and communities healthy. The Urban Indian Health Institute and Seattle Indian Health Board have shared a helpful immunization schedule that outlines when children should receive routine vaccines, from birth through adolescence.

These vaccines protect against serious illnesses like Hepatitis B, Measles, Mumps, Rubella, Pertussis (whooping cough), Polio, and more. Staying up to date not only safeguards individual health but also helps protect elders, babies, and those with weakened immune systems through community immunity.

As we move through the fall and winter months, don't forget the annual flu vaccine, recommended for everyone six months and older. Getting a flu shot helps prevent the spread of influenza and keeps families healthier through the colder season. You can schedule your child's flu shot at the same time as their other routine vaccines.

If your child has missed any vaccines, your healthcare provider can help create a catch-up plan. Every child's health journey is unique, and your provider can help you stay on track with the schedule that best supports your family.

To help make vaccination visits a little more magical, children who come in for their immunization appointment will receive a Magical Millie plush (while supplies last). It's our way of celebrating their courage and helping them feel at ease during their visit.

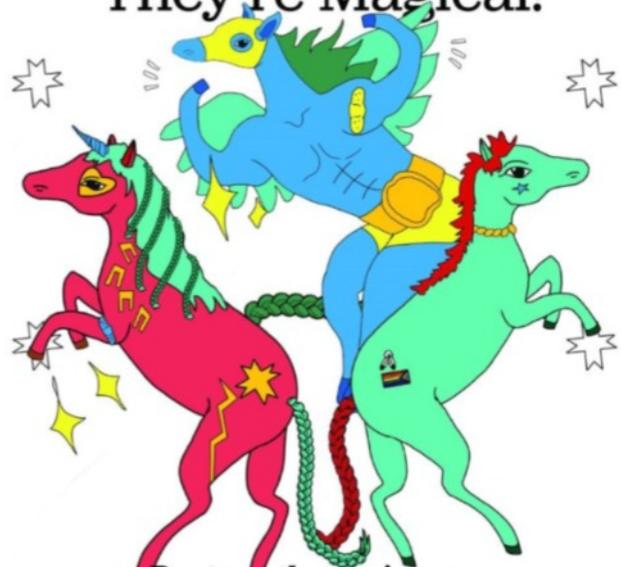
To learn more about recommended immunizations or to schedule a vaccine appointment, call the Medical Clinic at 360-459-5312 opt 1.

| 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) |

This schedule is based on the recommended schedule from the American Academy of Pediatrics (AAP). If your child missed any of the routine vaccines, your doctor may recommend a catch-up schedule.

*Recommended for some infants between ages of 0-18 months during RSV season. Talk to your provider to find out if they recommend your child receive it.

What Do Unicorns and Vaccines Have in Common? They're Magical!



Protect the unicorns around you by getting vaccinated.

ILLUSTRATIONS BY MEGAN MCDERMOTT, ENROLLED LITTLE SHELL CHIPPERA (BLACKFEET/OREZ)





Diabetes and Oral Health

Did you know that Diabetes & Oral Health are closely connected? Managing your blood sugar is crucial—not just for your overall health but also for your smile! Here's how diabetes can impact your oral health:

Higher Risk of Gum Disease: High blood sugar levels can weaken the gums, making people with diabetes 2x more likely to develop gum disease.

Slower Healing: Diabetes can slow down the body's ability to heal, meaning gum infections and sores in the mouth can take longer to recover.

Dry Mouth: Diabetes reduces saliva flow, leading to dry mouth—a common cause of cavities, bad breath, and infections.

Thrush (Oral Yeast Infection): High blood sugar can increase harmful bacteria and fungi, causing infections like oral thrush.

Pro Tip: Maintaining good oral hygiene and checking blood sugar levels can help prevent these issues. Brush twice a day, floss daily, and visit the dentist regularly! Ready to take charge of your oral health?



Schedule an appointment with our dental team today at 360-413-2716.

Car Seat Recommendations for Children

| Age (Years) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13+ |
|-------------------------|-----|---|---|-----|-----|---|---|---|---|----|----|----|-----|
| Rear-Facing Car Seat | Yes | | | No | | | | | | | | | |
| Forward-Facing Car Seat | No | | | Yes | | | | | | | | | |
| Booster Seat | No | | | | Yes | | | | | | | | |
| Seat Belt | No | | | | | | | | | | | | Yes |

Use the information below to help you choose the type of car seat that best meets your child's needs.

Keep your little ones safe on every ride!

- Babies under 1 should always ride rear-facing in the back seat.
- Use a 5-point harness car seat (rear-facing as long as possible).
- Kids under 13 ride safest in the back seat.
- Use a booster until your child is 4'9" tall, then buckle up every time!

Questions? Call (360) 459-5312

Protect Our Children and Elders This Season

Help keep our community healthy during the autumn and winter months!

Ask about:

- COVID-19 and flu vaccines for ages 6 months and older
- Nasal flu mist for children 2 years and older
- RSV immunization for babies and very young toddlers

Call (360) 459-5312 and press 1 for the Medical Clinic to learn more or to schedule your vaccine appointment.



Halting Heart Attack and Stroke

A heart attack or stroke can happen within seconds. Getting treatment fast for these medical emergencies can mean the difference between life and death or disability. But do you know the symptoms of these dangerous events? And do you know if you're at risk for having one?

More than 1.5 million people have a heart attack or stroke every year in the U.S. Heart attack happens when blood flow to the heart gets blocked, most commonly by a blood clot. Stroke happens when blood flow to the brain gets disrupted. The most common type of stroke is caused by a blood clot stuck in a blood vessel that feeds the brain. Stroke can also be caused by a blood vessel in the brain that breaks open and bleeds into nearby tissue.

"Early treatment is key to improving your chances of survival," says Dr. Gina Wei, a heart-health expert at NIH. Treatment may include either rapidly dissolving or removing the clot to open up the blocked blood vessel. For some heart attack cases, emergency surgery is used to redirect blood flow around the blockage.

Getting help immediately can save a life and reduce damage to the heart or brain. Less damage to these vital organs can also mean less disability afterward, and a faster recovery, explains Dr. Clinton Wright, a neurologist and stroke researcher at NIH. So it's important to be on alert for symptoms of a heart attack or stroke for both yourself and the people around you. Every minute matters.

Know the Symptoms, Act Fast

The most common symptoms of a heart attack are pain, heaviness, or discomfort in the center or left side of your chest. But they're not the only symptoms. Women are more likely than men to have other symptoms, like pain or numbness in the left arm.

Some people may also feel a rapid or irregular heartbeat. Others feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or above

the belly button. You may also feel short of breath or suddenly sweat a lot for no apparent reason. Rarer symptoms include feeling extremely tired for no reason, nausea and vomiting, and dizziness.

For stroke, the most common symptoms are facial drooping, arm weakness, and trouble speaking. "There can also be a sudden loss of balance or coordination, or sudden trouble seeing in one or both eyes," Wright says.



If you or anyone around you has these symptoms, call 9-1-1 immediately. Don't wait. Treatment can start in an ambulance on the way to the hospital. This helps improve

the odds of survival and recovery. Don't drive yourself to the ER or ask someone to drive you. It may delay treatment.

Other health conditions can mimic symptoms of a heart attack and stroke. "But it's better to be safe than sorry," Wei says. "Call an ambulance to go to the ER and get checked out."

Are You At Risk?

Most heart attacks and strokes happen in people who have certain risk factors (see the Wise Choices box). If you know your risk, you can be on the lookout for symptoms. You can also take steps to lower that risk.

One major risk factor for heart attack is high cholesterol in the blood. High cholesterol can also increase the risk for stroke. Cholesterol can build up on the walls of blood vessels, causing plaques. If a plaque breaks open, a blood clot can form. But cholesterol isn't the only contributor to this process.

Dr. Paul Ridker from Harvard University is working to understand the role of inflammation in heart disease. His research has shown that high cholesterol and inflammation work together to increase heart-attack risk. "Heart disease involves both accumulation of cholesterol and an inflammatory fire lighting the match underneath it all," he says.

Continued on page 13 -HEART



Continued from page 12-HEART

In a recent study, his team measured inflammation using a test called hsCRP as well as blood cholesterol in women in their 30s. Women with high levels of inflammation had a higher risk of heart attack or stroke later in life than those who only had high cholesterol.

“Get these things measured,” Ridker advises. Knowing your numbers “can give you an opportunity to start prevention much earlier in life,” he says.

Hypertension, or high blood pressure, is another important risk factor for stroke and heart attack. High blood pressure has no symptoms. So you may not know you have it.

You can check your blood pressure at home with automatic cuff monitors. These are available at all major pharmacies. Measuring your blood pressure at home if you have hypertension and getting your cholesterol checked by your doctor regularly can help you assess your health risk. Your doctor can advise you on how to lower your risk based on your blood pressure and cholesterol numbers.

Lower Your Risk

If you’re at risk for a heart attack or stroke, lifestyle changes and medications can help you lower that risk.

“Eating more vegetables and less red meat, exercising, and quitting smoking all lower heart attack and stroke risk,” Ridker says. “And it turns out they all reduce inflammation as well.”

Other steps you can take to reduce your risk of a heart attack or stroke include maintaining a healthy weight, getting enough sleep, and managing stress.

“It’s never too early to start making healthy changes,” says Wei. “It’s easy to feel overwhelmed. You can start with small steps. Like taking the stairs instead of an elevator or parking your car a little farther away when you go shopping. Or adding one fruit or vegetable to your day. Then work your way up gradually.”

Sometimes, lifestyle changes alone aren’t enough to reduce your risk. Medications can also help.

Drugs called statins can help lower cholesterol levels. The U.S. Food and Drug Administration recently approved the first drug to lower inflammation in adults at very high risk of a heart attack or stroke. It’s called low-dose colchicine.

Drugs that lower blood pressure can also help. “As people get older, blood pressure naturally goes up,” Wright says. So it’s important to make sure to manage your blood pressure as you age.

A large NIH-funded study showed that using more than one medication to reduce blood pressure substantially reduced the number of strokes in people at high risk who couldn’t get their blood pressure low enough with only a single drug. “And we’ve continued to gain more evidence that the lower your blood pressure, the better,” Wright says.

“We all have the power to protect our hearts and lower our risk for heart disease and stroke,” Wei explains. Source: NIH

Educations After School Program Begins in January

The Nisqually Education Department is kicking off the After School Homework Program beginning Monday, Jan. 5 for K-12.

Transportation has also been arranged, but registration forms need to be filled out for the program AND the transportation. You can see pick up spots the photo.

Call Keisha at 360-456-5221, ext 2206 or Hannah at ext. 1369 with questions or to get the forms.

The space in the Education Building (Walker Building), will have improved internet connection, a student library and all the tools students will need in a quiet environment.

The adult education programs include program South Puget Sound Community College High School completion program and the high school Running Start program where college credits can be obtained while attending high school the Northwest Indian College, Nisqually site.

After School Program Transportation
 Consent forms need to be completed and turned in before transportation can be provided.
Pick up locations:
Upper: Corner of BFJ Blvd. & Muck Creek
Lower: Cuyamuca the bus stop located on Mary Bobb Loop & Chickaman Ct. SE



Preventing Food Poisoning

Don't let unsafe food ruin your gatherings. By following simple food safety practices, you can ensure everyone enjoys the celebrations without health worries.

Foodborne illness, caused by harmful germs such as bacteria, viruses, and parasites, can sneak into your food and make you sick. These germs produce toxins that can't be seen or tasted. Dr. William Alexander, who studies food-borne illnesses, says, "The hardest part is that these germs are invisible and tasteless."

Germs can enter food in many ways. Some foods, like raw meats, eggs, and even fruits and vegetables, may already have harmful germs when they are gathered or brought home. To protect yourself, wash your produce thoroughly and cook food to the right temperatures to keep it safe.

If the people who prepare food don't have clean hands or use clean utensils and surfaces, germs can spread to your food. That's why it's important to wash your hands and clean the area where food is prepared, especially when cooking for a community event.

Leaving food out in the heat or not storing it properly can allow germs to grow and spread. So, make sure food is kept at safe temperatures to prevent contamination. Always follow food safety guidelines, especially when preparing for large gatherings or feasts.

When too many germs enter your food or water, they can cause sickness. The symptoms can vary, depending on the type of germ or toxin and how much you consume. Common signs include diarrhea, stomach pain, vomiting, fever, or chills.

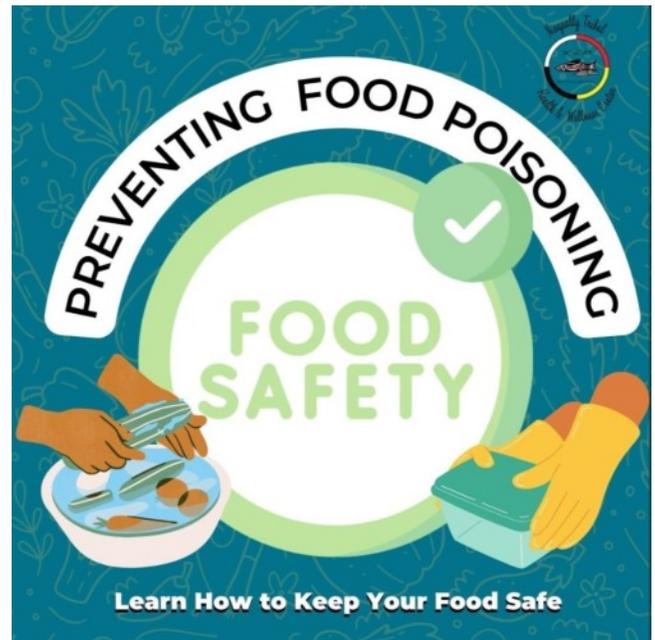
Dr. Shahida Baqar, an expert on food-borne illnesses, reminds us, "Most people who eat contaminated food will recover quickly with only mild symptoms." However, sometimes these germs can multiply and cause more serious illnesses.

Some people are at greater risk of getting very sick. Children under 5 years old, pregnant women, elders, and those with weakened immune systems should be extra cautious.

If you or a loved one doesn't feel better after a couple of days, or if symptoms like high fever (over 100°F), blood in stool, or frequent vomiting occur, it's important to see a doctor. Dehydration can be a serious concern with food poisoning, so make sure to drink plenty of water. Watch for signs of dehydration, such as feeling dizzy, dry mouth, or not passing much urine.

A special note about E. coli infections: One strain can cause kidney damage, especially in children. This infection cannot be treated with antibiotics, and researchers are working on new ways to help prevent these kidney problems.

Research funded by the NIH is exploring ways to prevent foodborne illnesses. Some scientists are studying how harmful bacteria and viruses enter the body, while others are working on developing vaccines to protect against food poisoning. But for now, the best way to stay safe is by practicing good hygiene and food safety. Source: National Institute of Health





Announcements

Happy
Birthday
Natalee



Happy
Birthday
A-Aaron

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

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



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 5:15 p.m.

**Contact Cecile Hemphill,
Motor Pool Coordinator/Dispatch**

At 360-456-5236



From Nisqually Media and Communications Department

Happy Holidays

**Nisqually Indian Tribe
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Olympia, WA 98513**

