

N SQUALLI 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 2021

Honoring Our Veterans

By Debbie Preston

Nisqually tribal and community veterans were honored earlier this week in an invitation-only event to protect the veterans. Nicole Sims worked with the organization "Quilts of Valor," a Nisqually charitables recipient, for a year to create the event. Each veteran received one of the quilts sewn by the women of the group who sew hundreds of the quilts and largely deliver them in person to veterans.

Nisqually provided a lunch and a number of gifts to each veteran and to the group, Quilts of Valor. The Canoe Family sang several songs.



Thank you Veterans.

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
- Probate

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

Upper and Lower Reservation Route
7:30 a.m. to 4:30 p.m.
Last OFF RESERVATION
Appointments ending at 3:00 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

How to Contact Us

Tribal Center 360-456-5221
 Health Clinic 360-459-5312
 Law Enforcement 360-459-9603
 Youth Center 360-455-5213
 Natural Resources 360-438-8687

Nisqually Tribal News

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

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

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

Nisqually Tribal Council

Chair, William (Willie) Frank III
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, David Iyall
 5th Council, Chayannah (Chay) Squally
 6th Council, Hanford McCloud
 7th Council, Leighanna Scott

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Nisqually Tribal Council Update

Charles Wilkinson

During his visit and lecture at Nisqually, Indian Law specialist and author Charles Wilkinson visited many of the tribe's lands and heard about the growth and excitement about the future. Wilkinson has written books such as *Messages from Franks Landing* and *Blood Struggle*. He is a friend of many at Nisqually and other tribes, having witnessed much of the Fish Wars and continuing treaty law that has evolved from the Boldt Decision.



Nisqually Rez Mart Relocation Groundbreaking

Medicine Creek Enterprises hosted the groundbreaking for the relocation of the Rez Mart to the gravel lot off the state route 510/Yelm roundabout at the beginning of November. Following an opening prayer and words from the Enterprise Board and Nisqually Council Chairman Willie Frank, ceremonial ribbon was cut and dirt shoveled.

The project will reference the origins of the original Rez Mart, but join the rest of the Nisqually Markets in the overall look and feel. KMB architects brought conceptual drawings of the project.

Construction should begin mid-November with completion estimated by summer of 2022. There will be a coffee shop with drive through, convenience store, gas pumps and a car wash at the location.





AIANTA Tourism Conference Stokes Ideas for Nisqually Council Representatives

The American Indian, Alaska Native Tourism Association (AIANTA) sponsored the 23rd Annual American Indian Tourism Conference, hosted this year at the WeKoPo Casino in Fort McDowell, Arizona, Oct. 25-28. Attending from Nisqually were Vice Chairperson Antonette Squally and Council member Hanford McCloud and staff, Justine Capra.

“I think what we wanted to get out of this is the power of our parks and how we need to collaborate better by getting more policies and more funding,” McCloud said. “I believe we had a lot answered especially with the National Parks system and where the Native Act sits and also with funding/budgeting and how the funding will be dispersed.”

Council Member Hanford McCloud

We heard a lot of great news down here especially when it pertains to the tourism with the National Parks. There will be a new National Parks director at the federal level which is really awesome to hear. We want to also make sure we reach out to the Grand Canyon National Park which has a really good operating system going. They are incorporating all 11 nations that live around the Grand Canyon that were actually kicked out of their ancestral homes along the river and along the canyon. They are making that move to publicly acknowledge and recognize that these were ancestral homelands and that they are more than welcome to work for the parks and work for their development - and to gain better understanding of the obligation to meet with tribes legally and partner with the tribes first.

At the conference, we networked and met with people who are working with private insurance companies, private native banks and assisting scholarships and training opportunities for native

youth, ages 16-25. These programs pull these youth toward the outdoors. What native youth would not want a job traveling around the world?

Vice Chair Antonette Squally

At this conference, we were able to create national networking and met with tribes throughout the U.S., Canada, Hawaii and Alaska Native. We also met with agencies who are working with tribally-affiliated private insurance companies and private banks. We met with scholars who are assisting with scholarships and training opportunities for native youth 16-25. These mentorship programs pull these youth towards outdoors.

There was a presentation from a group who took Native youth to the Grand Canyon in Arizona. This group was able to do this program with funding from tourism dollars.

They created an outdoor educational environment to intentionally pull several students who were very caught up in their electronics. These students were led out onto trails to be in the wilderness, back to nature and one

of the students was deaf. This event prompted this student to open her own outdoor camp just for deaf students. Tourism provides opportunities for children to get back to their traditional roots.

Many children today have mental health issue and suffer from abuse and neglect. At the camp, it encourages these kids to provide for themselves and gain confidence.

These life lessons help build future leaders that become involved in tourism in the future. There were other scholarship opportunities that were shared that really focused on the importance of helping our youth get back to learn and feel comfortable in their traditional customs.





North Thurston Public School District

The Nisqually Tribe continues to build and maintain a positive working relationship with the North Thurston School District. Nisqually Council Chairman Willie Frank III and Council Member Hanford McCloud taped a joint message that will be played for all schools in the district prior to the November holiday, in which Nisqually underscores the importance and thankfulness of having the Nisqually flag at all schools and the importance of the relationship.



Additionally, the North Thurston School District School Board met at Nisqually for their meeting on Nov. 9, as has been tradition for a few years. Board business included a presentation regarding the renovations of River Ridge High School that will include work with the design group to incorporate some of Nisqually history and culture into the building.

Tribal council representatives have also made presentations at Capital High School in recent weeks to classes and teachers as part of educating educators and students alike.



New Thurston County Port Commissioner Bob Iyall!

Guess who is one of your new Thurston County Port Commissioners?! That's right - Nisqually tribal member and MCEC CEO, Bob Iyall was elected as Port Commissioner by Thurston County voters - all of your votes helped! While the election has not been certified just yet, Bob's opponent, Jessie W. Simmons, has conceded. The election will be certified on November 23, Bob's Birthday!

The most recent update on the Thurston County website shows: Bob Iyall - 34,766 or 51.77 percent Jessie W. Simmons - 31,955 or 47.59 percent.

www.bobiyallolyport.com



Congratulation, Bob!



Nisqually Housing Programs

Will Pay Program

Need help with home projects? Help paying a home bill? Need new appliances?

NITH is happy to announce that we have the will pay program back at Nisqually Housing. This programs main objective is to assist tribal member households in emergency situations with unexpected household purchases or repairs.



This is a first come first serve program and has no active waiting list. Servicing 18 years or older.

So, if you need a hand up with housing needs, bill, appliances, projects, etc... this program is for you. NITH will pay the vendor directly- Payments will come from you percapita/paycheck until paid in full.

This program will not cover any person use bills (example cell phone bill, cable bill, personal debt, furniture).

Please see policy for more information and guidelines. Or give Katrina Delacruz a call at 360-493-0081.

Elders Appliances Program

Are you an elder and need new appliances? Refrigerator, stove, freezer, washer/dryer or generator?

- This program is for only Nisqually enrolled members ages 55 or older.
- The maximum amount per tribal member is \$1,000.
- The recipient must be living in the home the appliance is delivered to.
- Can only be used one time a year, every five years.
- If you are a new Elder and would like to upgrade some appliances, please fill out an application.



For more information please contact Alison Kautz at NITH at 360-493-0081.

Low Income and Over Income Rehabilitation and Modernization Program

NITH can assist with over income/low income tribal members. It helps get the homeowners homes updated and modernized.



This program has one time maximum of:
\$10,000 for over income per unit/family and
\$20,000 for low income per unit/family

All invoices that are over the \$3,500 mark must be procured with three different quotes. The applicant must be charged of procurement.

Rehabilitation will be identified through pictures/inspections and activities. It will include but not limited to: roofing, siding, insulation, sheet rock, flooring, cabinets, windows, doors, trim package, HVAC units, wood/pellet stoves and limited appliances.

This is a first come first serve basis.



Emergency Rental Assistance Program (ERAP)

WE PAY rent and Utilities!

Are you enrolled in a federally recognized Tribe and live in Thurston/Pierce County area? Has COVID-19 impacted you and your family? Nisqually Tribal Housing can help you.

Purpose

The purpose of this policy is to ensure Emergency Rental Assistance (non-HUD) to Nisqually Indian households impacted by COVID-19 pandemic. The assistance includes, but is not limited to: paying rent, various utility providers, home energy cost, arrears accounts associated with housing, other rehousing/stability costs, other expenses related to housing.

Assistance Available

1. Household may receive up to 12 months of assistance, based on required three month renewal assistance request at a time.
2. Household may receive consideration for extension of three additional months, after initial 12 months, if administration deems extra extension months are needed to ensure housing stability and funding is still available.
3. ERAP Assistance will be applied first for outstanding arrears of rent, utility providers, home energy cost, stability cost, other expenses related to housing assistance.

Requirements

1. Either an eligible household or landlord on behalf of that eligible household must apply with Nisqually Indian Tribal Housing for assistance.
2. Required to complete a signed Housing Application and Release of Information complete with supporting documents (income/tribal verification/proof of hardship), as standard criteria.
3. Income can be 2020 or 2021 income taxes return (AGI) wages, unemployment, zero income certification statement, per capita, GA/TANF statement, or similar low income award letter (LIEAP)
4. Meeting eligibility criteria in response or impacted, risk associated with COVID-19, or have disability/health condition at risk.
5. Household must reapply for additional assistance at the end of three month period.

If this pertains to you, your family members or someone you know - please come in and fill out an application and get assistance from Nisqually Tribal Housing.

To help relieve some financial hardships that COVID-19 has affected, Nisqually Housing is here to help.

“Easy on the Eyes” – Tips for Reducing Eyestrain

Tips from the IT-WebDev Department

As humans, we typically blink about 15-20 times a minute. That spreads tears evenly over the eyes, helping prevent them from getting dry and irritated. Researchers have found that people blink less than half as often when reading text, watching videos, or playing games on a screen.



The contrast of text against the background, the glare, and flickering from digital screens can all be hard on the eyes.

10 Tips to help reduce eye strain:

- Ensure the computer screen is about 25 inches, or an arm's length, away from the face.
- Take a longer break of about 15 minutes after every 2 hours spent on devices.
- Follow the 20-20-20 rule - Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.

- Make sure the lighting in the room is bright enough. A device's screen shouldn't be brighter than its surroundings.
- Adjust device settings, using the eye health or night light settings in Windows.
- Increase the device's refresh rate which will cause less flickering of the screen.
- Lower the color temperature of the screen - creating less blue light, which is linked to more eyestrain.
- Make text larger.
- Increase the contrast of the screen.
- Reduce screen glare by using blue light blocking glasses or matte screen filters.

Fortunately, technology keeps innovating, numerous software applications are specifically designed to help the blind or visually impaired in everyday life. For visually impaired individuals, there are apps that can help read with the ears and write with a voice. Companies such as Microsoft and Netflix have pushed for more accessible versions of Windows and audio description technology for video programs.



Education-Students of the Month

Animikee-Makade Hicks and Payton Rosado

Animikee-Makade Hicks

He played on the Raiders Flag football team through local sports league of Olympia and they took 1st in the league this fall. Animikee-Makade (Black Thunder) has not only shown great improvement in his academic career (trust me it has been a long road for him) but he is also very compassionate and loves to help others. Recently he was able to identify when a couple of neighborhood females were in an uncomfortable situation involving an unknown male classmate on same bus route and resolved by quickly telling him that he will walk the youth back to his part of the neighborhood. He makes me proud more and more each day. All the teachers and staff at Komachin Middle School tell me how much they enjoy having him in person.



Reach for the stars (you can almost touch them LOL) Myson Black Thunder, your family, relatives, tribe and ancestors are very proud of the young student athlete you are becoming!

Thank you Nisqually Education for honoring students of the month! To all the students young and old, you are doing amazing and don't stop until you have accomplished what your heart and mind desire!

Congratulation Animikee and keep up the good work!

Payton Rosado

Payton just finished her fun run walk fundraiser for her school held by Apex Leadership company. She raised over 400 dollars for her class and ran/walked 40 laps. She absolutely loved doing her fundraiser. She is loving her first year of Kindergarten and has made tons of friends. She said her favorite thing to do at school is to go to the library and story time. She said its crazy cause her P.E. teacher was her dads teacher, Mr. Tanner LOL



Congratulations Payton and keep up the good work!

Nisqually Library Update

By Catalina Sanchez

The Nisqually Tribal Library is pleased to welcome two new staff members to our team! Please give a warm welcome to our new Library Manager, Darla Obi, and our new Culture, Education, and Outreach Coordinator, Kayla Sparkuhl. Darla and Kayla are both Nisqually Tribal Members who have worked for the Nisqually Tribe for many years and we wish them the best in their new positions! If you want to contact our Library staff, please feel free to email or call us. We look forward to hearing from you!

Darla Obi ext. 1220
obi.darla@nisqually-nsn.gov

Kayla Sparkuhl ext. 1002
sparkuhl.kayla@nisqually-nsn.gov

Catalina Sanchez ext. 1222
sanchez.catalina@nisqually-nsn.gov



Nisqually Youth Center Haunted Halloween Drive-Thru!





2022 NISQUALLY INDIAN TRIBE GENERAL WELFARE PROGRAM

Your Tax Savings Start Here

ANNUAL ENROLLMENT NOVEMBER 1- DECEMBER 31, 2021

The Nisqually General Welfare Program is an optional program allowing Nisqually Tribal Members to take advantage of General Welfare tax exemptions up to \$5,000 per quarter. These general welfare funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce accordingly the amount of per capita funds received. An application is required to participate in the program for any enrolled Adult Nisqually Tribal Member (Age 18 and above). Approved General Welfare Program applications will be in effect for February 2022- January 2023 tribal distributions and may not be changed.

Below is a list of common eligible general welfare expenses allowed by the program. A complete list of eligible expenses is available in the Nisqually General Welfare Program Guide.

- Mortgage/Rent Payments
- Utilities
- Childcare Expenses
- Healthcare Expenses
- Transportation Stipend- *\$1,000 per month*
- Nutrition Stipend- *based on household size*

The Tribe's program is administered by FSA TPA, LLC. A provider payment form will be required for any direct provider payments such as rent or mortgage.

TAX SAVINGS ADVANTAGE

Example only to show tax savings opportunity

A) Annual Per-Capita Without General Welfare (GW)

Taxable Per-Capita Income	\$25,000
Tax on this is approx. 25%	\$(6,250)

B) With General Welfare Participation

Taxable Per-Capita Income	\$25,000
Less: GW Participation	<u>\$10,000</u>
Net Taxable Per-Capita Income	\$15,000
Tax on this is approx. 25%	\$(3,750)

Tax Savings

A) Tax paid without GW	\$(6,250)
B) Tax paid with GW	\$(3,750)
Total Tax Savings	\$2,500

APPLICATION PROCESS

Deadline:
December 31, 2021

Online:
www.fsatpa.com/nisqually

Paper:
Mailed to Nisqually members by November 1

Available at the Nisqually Tribal Offices



QUESTIONS? CALL US.

General Welfare Coordinator
Linda Rodriguez
4820 She-Nah-Num Dr S.E.
Olympia, WA 98513

ph: 360-413-3020
fx: 360-486-9549

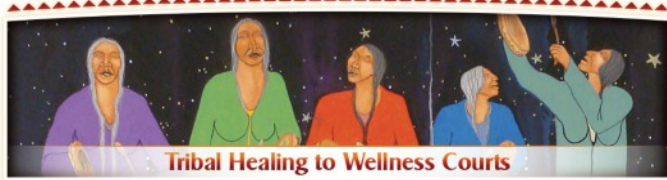
e: GeneralWelfare@nisqually-nsn.gov
Monday-Friday
8:00 am - 5:00 pm PST



Wellness Court

By Debbie Preston

COVID -19 exacerbated the substance abuse crisis across the country. It was no different at Nisqually. Lack of services and isolation brought on by the pandemic only deepened the crisis for many.



It was in this time that Nisqually administration and court professionals began a serious exploration of a Wellness Court, often referred to as “Drug Court” in non-tribal settings. Wellness Court is an option for those who are ready to break the cycle of addiction and take on the challenge of becoming well through a program that surrounds that person with a host of services that addresses the core issues.

“We all just wanted to do something to help heal our own,” said Cynthia Iyall, Nisqually Administrator. The program will be family-oriented, including services to help them understand what is going on with their loved one. The Wellness Court will focus on youth as well as adults who are ready to commit to wellness.

Nisqually has been provided guidance and support by Thurston County Prosecutor John Tunheim and tribal court Judge Anita Neal as well as Nisqually prosecutor Brent Bottoms and the Nisqually Police Department. Cynthia, Brent and court staff including Director Lynette Brown and Chief Court Clerk Jamie Bryk attended a week long Wellness Court Training in September.

The goal is to have the program begin January 1, 2022. Each person who chooses this path will have a judge to answer to and a team that will immerse the person in wellbriety with services such as mental health counseling or perhaps assigned to work at Medicine Creek Ranch where Falcon Sison is appointed as the Equine Professional to assist with Equine Assisted Therapy. Falcon is scheduled to

have his accreditation to assist by January and elevate his training as the program grows as will other trainers at the ranch.

“The idea is there is a lot of listening too by all those involved so that the program is tailored to the person’s specific circumstances and needs,” said Iyall. There is a large amount of coordination between programs that will be needed, but many of the services such as the rebuilt behavioral health services, known in the future as Nisqually Wellness, will be up and running and the new clinic is already open and will have more staff on board as well.

“We have had so many tribal folks who work in this field calling and telling us the program works and it’s the way of the future,” Iyall said. “There is a huge need and we have the resources to do this, to bring healing and give tribal members a chance to learn about themselves and their own strengths.”

4840 Journey St SE
Olympia WA 98513



Located in the New Health Clinic

Consultations Available!!

NISQUALLY BEHAVIORAL HEALTH PROGRAM IS OPEN

Substance Use Disorder (SUD)
Appointments available

- Individuals (one on one's)
- SUD Assessments
- Referrals (Detox, Inpatient, Mental Health)
- UA Testing

Suboxone & Vivitrol Available on site in the Behavioral Health office

More Services to Come!!! Stay Tuned!!



WALK IN'S WELCOME!

(8AM-4PM)

OFFICE DAYS & HOURS
MONDAY-FRIDAY

8AM-5PM

CALL 360-413-2727 TO SCHEDULE



Child Dental Visits

By Sue Bohannon, DMD

Did you know that studies have shown that children **over the age of 3** often respond better to dental treatment when their parents aren't in sight? However, infants and some young children usually benefit from having one of their parents in the operatory with them. Regardless of your child's age, we welcome parents to come back into the dental clinic, if they feel it is in the best interest of their child. Please be aware of how you, as the parent, react to your child's dental visit can **help or hinder** their experience (before, during and after their dental visit). Please be aware of your words, emotions, and reactions about dentistry. Remaining positive will encourage your child to do the same, while a negative reaction may create unnecessary dental anxiety. Dental fear is often transferred from parent to child and not created from a bad dental experience.

I have been told by adult patients that they have memories of dental work being performed

without or with not enough numbing agent, that they were held down, or that they were treated roughly. Dentistry methods have changed a great deal since many parents were kids, and we would never do anything like that with a child.

We strive at Nisqually Tribal Dental Clinic to make their experience a gentle and fun experience every time so that we can build trust and hopefully a life-time relationship with every child.

As a reminder, a guardian must be very close by when a child is being seen in the clinic - this is for legal and safety reasons. Please do not leave your child at the Dental Clinic if they are under the age of 18.

Please call us today for your next dental appointment at 360-413-2716





NISQUALLY HEALTH BUSINESS OFFICE UPDATE



Krislyn- Benefits Coordinator

Johanna- Tribal Assister

Business Office Phone #
(360) 486-9599

BUSINESS OFFICE UPDATES

Access to the Business Office still remains restricted due to Covid-19 Safety Protocols. As of November 1st, the drop box located in Billy Frank Jr. gym will no longer be there. Since changing locations, our work flows have slightly adjusted. Please continue to call for PO's, dropping off documents, and all other needs. Applying for medical benefits has never been easier. Krislyn can assist with Apple Health applications/updates, register new patients along with update current patients. Johanna can assist with Apple Health applications/updates, Medicare Part B, and Social Security benefits.

NEED A PO # ?

Please Contact either:
Christine Curtis or Lisa Wells

DROPPING OFF DOCUMENTS

Call to be met outside or leave at the front with our greeter who can direct your paperwork to the correct staff member

NEED INSURANCE?

Krislyn and Johanna are both certified Tribal Assisters

HEALTH DEPARTMENT Services



PHARMACY

(360) 491-9770 PRESS "0"

DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599

STAFF CAN ISSUE PO #'S - DROP OFF OR MEET
OUTSIDE FOR DOCUMENTS - PHARMACY AUTHORIZATIONS

CHS/PRC

MEDICAL

(360) 459-5312 PRESS "5"

TELEHEALTH - IN-PERSON VISITS - LIMITED
NISQUALLY TRIBAL ELDER HOME VISITS

(360) 413-2716

IN-PERSON VISITS

DENTAL

COVID VACCINE

(360) 413-2733

BY APPOINTMENT ONLY AT NEW HEALTH CLINIC

(360) 459-5312 PRESS "5"

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

COVID TESTING

Behavioral Health

(360) 413-2727

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

PLEASE BE SURE TO CALL BEFORE ENTERING BUILDING FOR A VERBAL COVID
SCREENING QUESTIONNAIRE. TEMP CHECKS REQUIRED AT ENTRANCE



Wellness Kits

The Native Women's Wellness Program and the Comprehensive Cancer Control Program will have Wellness Kits for cancer survivors, current patients in cancer treatment and cancer caregivers. The kits will include traditional medicines made by Janell Blacketer. If you would like to request a kit please contact

Raylene McCloud @360-459-5312 Ext. 2222

Boxes will include: Elderberry Syrup
Berry Shrub
Nourishing Salve
Lip Balm
Tea

Sponsored by:



NISQUALLY
INDIAN TRIBE



NISQUALLY HEALTH DEPARTMENT PODIATRY CLINICS

Why is Diabetic foot care important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.

Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.

PODIATRY APPOINTMENTS HELP MANAGE DIABETES FOOT RELATED COMPLICATIONS AND PREVENT AMPUTATIONS! WE PROVIDE:

- DIABETIC FOOT EXAMS
- DIABETES FOOT CARE EDUCATION
- INFORMATION ON FOOT CARE
- ADVICE AND HELP WITH PROPER FOOTWEAR

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding footwear, need a Diabetic foot exam and toe dressings changed, or for an annual foot exam.



**2021 DATES WITH
DR MOLINA
KOCHHAR:**

~~JUNE 11TH~~
~~JULY 20TH~~
~~AUGUST 16TH~~
SEPTEMBER 10TH
~~OCTOBER 1TH~~
~~NOVEMBER 5TH~~
DECEMBER 3RD

**HEALTHY FEET ARE
HAPPY FEET**

CALL THE CLINIC

TO SCHEDULE YOUR
APPOINTMENT AT

360.459.5312



New Technology-More Patient Care!

High-Speed, Vial Filling Robot

As we strive to provide you with state of the art service, automation has become an integral part of the transformation.

The Nisqually Tribal Pharmacy now has a high-speed, vial filling robot that will enable our Pharmacist and Technicians to spend more time with you. Answering questions and providing information about your medications. Our robot can count and label your prescription fast and accurately. This automation is not designed to replace our Pharmacists or Technicians. Instead, it allows the pharmacy team to spend more time on high-value tasks such as counseling patients and offering additional services.



Waiting for your prescription or picking up later?



If you will be waiting for your prescription after an appointment, we have a beautiful pharmacy waiting area where you will be comfortable until your prescription is ready. Grab a coffee or a snack and watch T.V.

We now have a drive-thru window for your convenience. If you receive a call or text from the pharmacy that your prescription is ready, you may then come thru the drive-thru to pick it up!

NARCAN at the Nisqually Health Clinic

What Is NARCAN Nasal Spray?

NARCAN®Spray is a prescription medicine used for the treatment of a known or suspected opioid overdose with signs of breathing problems and severe sleepiness or not being able to respond. NARCAN®Spray is to be given right away and does not take the place of emergency medical care. Get emergency medical help right away after giving the first dose of NARCAN®Spray, even if the person wakes up. NARCAN®Spray is safe & effective in children for known or suspected opioid overdose.

OBTAIN YOUR NARCAN KIT DIRECTLY FROM YOUR PHARMACIST

Although NARCAN®Spray is a prescription medication, all states have passed laws to increase access to naloxone in the community and in homes where opioids are present. At the Nisqually Health Department, you can obtain NARCAN®Spray kits directly from a pharmacist.

Let NARCAN®Spray be there to help you.




South Puget Intertribal Planning Agency

USDA Foods Program December Dates

PT. GAMBLE S'KLALLAM 12/2/21
SQUAXIN ISLAND 12/7/21
SKOKOMISH 12/10/21
CHEHALIS 12/16/21
NISQUALLY 12/17/21


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.



South Puget Intertribal Planning Agency

WIC Program December Dates



NISQUALLY 12/8/21
CHEHALIS 12/9/21
SQUAXIN ISLAND 12/14/21
SKOKOMISH 12/15/21

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

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



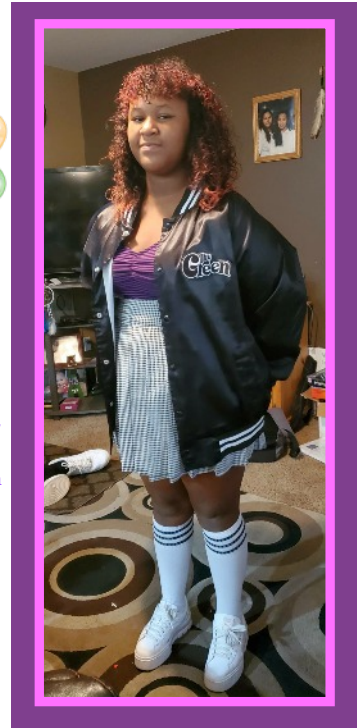
Announcements



HAPPY BIRTHDAY
NATALEE!



December 17
Happy Birthday 12th
Annie Miskoo-Mikana-Ikwe
Love, Mommy!



**REMEMBER
YOUR MASK**

Nisqually **POST & PRINT**
 360.810.8600
 orders@nisquallypostandprint.com

THANKSGIVING BANNERS **HOLIDAY GREETING CARDS**
 Full Color Poster Call for Pricing
\$5.00



From our Family here at
 Post & Print to yours
HAPPY THANKSGIVING!!
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