



Land Crew and Nisqually Corps

By Lisa Brekenridge

The Land Crew and Nisqually Corps members have been getting a lot done during the shut down time. The crew members have been learning to operate a bulldozer, excavator, and large roller in addition to chainsaws and other hand power tools. They've been getting a lot of practice in cleanup projects on the reservation lately.

First up was the monumental Flowers property cleanup. For years, this property at the bottom of Peter Kalama Drive has been an eyesore. The residents there were not caring kindly for the land and water. Finally the Tribe was able to purchase it. When the residents left there was about a mountain of debris left behind including human waste. The crew members got to practice their heavy equipment operator skills to get all that junk out of there. The area looks so much better now and it's no longer polluting the water.

Next up was a cleanup on tribal property at the end of 25th avenue. Squatters had moved in and again left quite a bit of debris. This project was a partnership with the Tribe's alcohol and drug program.

Then the crew moved on to cleaning up the Frontage Road, to help the Tribe's Public Works program out. They'll be working on this area regularly to keep it looking good. They also helped clean up the Kalama church grounds and the Valley School grounds during the spring.

Currently the crew is working on building a new fence along the Leschi Cemetery Road entrance, using the Tribe's own wood milled at the Tribe's own sawmill. The current fence was damaged by two separate accidents. The new fence will match the one that runs along Leschi Cemetery Road.

The crew members work under the direction and guidance of Crew Leaders Eric Burfiend and Miles McCloud. They are taking care of other Tribal properties as well including Medicine Springs, the ballfield, the protocol site, the community parks



Continued on page 3-PARKS

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.

Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday

Time: 7:00 p.m.

Hosted by Recovery Cafe. For more information, you can be contacted at 360-415-1234.

Recovery Cafe is located at 1234 N. Blvd. Olympia, WA 98513.

Everyone is welcome to share Recovery, the struggles and the strength you will find support for each other and spread hope at this open talking circle meeting.



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, Ken Choke
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, David Iyall
 5th Council, Brian McCloud
 6th Council, Hanford McCloud
 7th Council, Willie Frank

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Update From 7th Council Member

There has been a lot going on within our tribe and it's been a few months since an update, so let's get into it.

We are in month four of the COVID-19 virus outbreak that has been felt throughout the world. This virus was something that none of us were prepared for or had ever seen in our lifetimes. The tribe has made many changes to ensure the health and safety of our members, employees and community.

We need to continue to be patient and follow the recommendations from the federal Centers for Disease Control. Please continue to practice social distancing and wearing your mask when out in public. Please make sure to wash hands for 20 seconds or longer. I have noticed that singing a couple lines from your favorite song helps.

I know that it is summertime now and we all want to be out and about enjoying the sunshine. Please be safe and use your best judgment of people and places you come into contact with.

It has been good to see the teamwork from everybody here at the tribe during this time. It has been a long few months of calls, Zoom meetings and education for all of us involved. We are continuing to follow what is going on with Covid funding at the state and federal levels. It is important to make sure we have Nisqually representation on these calls so our voice can be heard.

I want to thank the Nisqually team that has stepped up during this time. We cannot rely on the state or federal governments to take care of our tribes. We have not always had the best relationship with both. It will be important as we work through this time to take care of yourselves and your families. Please make sure to check on our elders.

We are talking with the youth and I am so proud of all our students during this time who adjusted to the change and finished the school year strong.

I hope we can all have a safe and healthy summer. Thank You!

Willie Frank, 7th Council

Continued from cover-PARKS

and trails, and tribal lands at Mt. Rainier National Park and Nisqually State Park. Sometimes they work as one large crew and other times they split up depending on the job.

Future projects include:

1. Improving Pealo's Road access to Peter Kalama Drive so that hatchery workers can continue to access the hatchery while Public Works closes Peter Kalama Drive for improvements.
2. Clearing and improving back road fire lanes throughout the reservation to reduce wildfire hazards and improve response if there is a fire.
3. Keeping the areas previously occupied by homeless camps brushed out and clear to reduce future camping.

Stop by and say hi when you see them out working to keep the reservation cleaned up and looking good!

More photos of the Flowers property cleanup.





COVID-19 Restrictions on Nisqually Transit

Due to the COVID-19 outbreak, the following rules will be enforced.

1. As of June 22nd, our transit service is open to all Tribal and community members, along with all employees, as it was pre-covid-19.
2. We will only be offering rides for up to TWO people, from the same address at a time until further notice. This means if we're already transporting a passenger, we will not be able to pick up additional riders who may try and flag down a transit driver. In this case, the driver will contact dispatch to accommodate with an available driver.
3. All passengers and drivers will wear a mask as required by Governor Islee.



Editors Note - Correction

Building Department:

Wayne Lloyd – Director

Keith Brent – Project Manager

William Wells – Safety Compliance Manager

* **Kayla Sparkuhl – TERO Training Coordinator**

Victoria Jackson – Administrative Secretary

Cemetery Committee Update June 2020

The current Cemetery Committee members are:

- Frankie McCloud - Chairman
- Maury Sanchez - Vice Chairman
- Sophie Johns - Secretary
- Adam Quintana - Treasurer
- Andreya Squally - Member

The committee has been working on many things but as most of the committees have been delayed recently. The cemetery is back to work and looking great. We are proud of all the workers for all their endless hours taken to honor our ancestors over all these years. If you have not been to the cemetery, please go have a look at how beautiful it is.

The cemetery committee looks forward to the community input on things for the cemetery. Feel free to put any suggestions in writing and they can be put in the cemetery committee box at the admin building. The front desk knows where it is located.

The cemetery committee meets two times a month on Tuesday's at 10 a.m. at the upstairs conference room at the admin building. The meetings are open for you to come visit or share what is on your heart with the committee.

The fence at the front of the cemetery had been damaged a number of times and has been removed to get ready for a new fence to replace it. Be watching, as there will be improvements to it as time goes.

The cemetery site plan as well as the cemetery process for funerals pamphlet will be worked on so be watching for news on that to be released.

The cemetery committee will be doing these updates multiple times a year to keep the tribal members as well as the community informed of all the hard work being done.



The Conservation Corner

By Jeff Jackson

Greetings and welcome to 2020 from your Conservation Services Officers (Wildlife Enforcement). The Conservation Service Officers are a division under the Nisqually Public Safety branch of the Tribal government and our officers are fully commissioned Police Officers, tasked with not only serving our conservation customers but also in enforcing laws for our community.

Our Officers attend the full time Bureau of Indian Affairs Police Academy and then return to Washington State where we attend the Criminal Justice Training Academy Equivalency course. This means that our officers are fully certified Peace Officers not only in Indian Country but also across all of Washington State. This ensures that we can enforce the appropriate laws and regulations to ensure the continuing rights of all to hunt, fish and gather anywhere our community has those rights.

As 2020 comes into focus for most of us we would like to take this opportunity to introduce you to our staff of officers.

- **Sgt. David Blanksma** is the first level supervisor and has been with the department for 8 years. He is a fully certified officer and has many extra skills under his belt. He trains defensive tactics for the entire Public Safety Division and is a certified diver (scuba and surface supplied). He is an avid hunter and outdoorsman who takes his responsibility to protect our resources statewide seriously.
- **Officer Jeff Jackson** has been with the department for 20 years. He started as a Land Patrol Enforcement Officer and transitioned through many jobs, including being the department Canine Officer for 10 years. He transitioned to the Wildlife Enforcement division in 2015. He has many extra skills under his belt and is the Public Safety Division firearms instructor and is a certified diver (scuba and surface supplied). He is also an avid hunter and fisherman who can usually be found somewhere along the water or in the woods.
- **Officer Trey Birdtail** is new to the Wildlife Enforcement division and has recently finished his basic police academy training. He brings a very strong desire to protect our resources for

our future generations and is looking forward to serving our community. He is an avid fisherman who can be seen with his father or grandfather on the river during Salmon fishing season.

- **Cadet Masun Slape** is new to the Wildlife Enforcement division. He transferred from the Nisqually Corrections Division. He is a certified diver (scuba and surface supplied) and is currently enrolled in college pursuing studies in Natural Resources. Masun is currently awaiting an academy attendance date and is riding, learning the ropes from our very experienced training officers on the patrol side of the house. He is an avid hunter and Geoduck harvester who has his sights set on ensuring the sustainable future of the natural resources of our community.
- **Leon Dunstan** is new to the Wildlife Enforcement division and awaiting a training date. He is currently providing service as the Geoduck harvest monitor.

All of our officers have been busy getting ready for the harvest this year as well as providing safety for the tribe during this Covid-19 pandemic.

We all look forward to seeing you out in the community and in our resource harvesting areas.

Just a note for our community members... Our offices of Wildlife Enforcement have moved from the Nisqually Public Safety Complex to the new DNR offices located at 620 Old Pacific Highway (the old Olympic Arms building) in the valley. We can be contacted by phone through the tribe 360-456-5221 at either extension 4008 or 4016, or feel free to stop by and see us. Keep in mind that we are rarely actually in our office (we don't have regular office hours) and are more likely to be out in the field safeguarding our resources. If we are not available, please leave a message with either DNR staff or on our phones and we will get back to you.

We will be trying to give updates as best we can through the newsletter and are working on more resources to keep you informed of any changes to or within the community that affect our harvesting of natural resources.

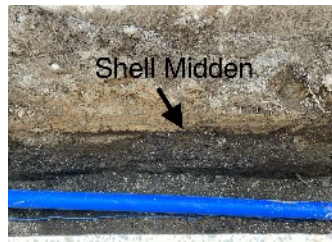


Getting Back to Normal

Brad Beach and Jeremy Perkuhn

So far, summer is shaping up to be a very busy season for the THPO department! In the last two weeks we have been invited to participate in multiple cultural resources investigations from as far south as the Lewis County Fairgrounds in Chehalis to Owen Beach in Tacoma's Point Defiance Park. In conjunction with our new and ongoing projects, we are always working closely with project archaeologists throughout the southern Salish Sea region in an effort to protect unknown cultural resources from getting destroyed.

Just last week I received a call from a project archaeologist working in downtown Olympia who observed shell midden materials as a back-hoe was excavating a new utility trench. After stopping the work and cleaning up the walls of the trench she realized that the volume of shell midden materials visible in the trench meant that this midden had the potential to be significant. She called the appropriate people and we all converged on the discovery and began to formulate a plan – unfortunately, quite a few people are still working under Covid-19 restrictions and representatives from the State of Washington were unable to attend at that time. We have a Zoom conference with archaeological representatives from the state scheduled; I will



update you on this shell midden discovery in future newsletter articles.

One project where the mitigation measures are known and everything is moving forward is the salmon enhancement project along South Prairie Creek near Orting. One interesting thing about this project is how Brandon Reynon, Tribal Historic Preservation Officer for the Puyallup Tribe of Indians, wanted to proceed with known archaeological sites in close proximity to the enhancement work being performed. The known sites were covered with a piece of plastic tarp and then covered with several yards of topsoil that came from another part of the project area.



Once the sites were completely protected by this layer of additional topsoil, a fifty (50) meter buffer was created around each site as a "no-work zone." This was the most sure-fire way to keep this cultural material safe for future generations.

We will continue to include updates to the THPO department field work in future Nisqually newsletters, but in the meantime, if you have any questions feel free to contact us at beach.brad@nisqually-nsn.gov or badoldman.jp@nisqually-nsn.gov.

TANF News

By Jesse Youckton

Has the COVID-19 pandemic caused you to lose employment hours or lowered your wages? If so, check out TANF. Nisqually TANF is a program provided to low-income families with at least one family member enrolled into a federally recognized tribe and resides in either Thurston or Pierce County. The family may be a one parent, two parent or guardianship/temporary placement. TANF services include monthly cash benefits, support services and personable and caring services. As a client you may receive not only financial assistance, but also educational and employment assistance, goal setting and professional growth direction, guidance and assistance.

If you are over income for monthly TANF assistance, you may be eligible for Diversion services. Diversion is a one-time assistance of up to \$4,000 in services or 4-months of services. You still need to meet eligibility criteria and provide income verification to show how this would be a one-time request. At this time, to honor social distancing guidelines, please call the TANF office and ask for an application to be sent to you, either by mail or email. Or call us when you are outside the building and we can bring an application out to you.

Normally, to honor all our graduates, we host a barbeque at the RAC and invite the graduates and their families. This year, we will honor our three high school graduates via social distancing. Congrats to all Class of 2020, you did it!

TANF is continuing to provide weekly food boxes to our families. We collaborated with a local farm out of Skokomish and Kent to provide a fresh variety of dairy, vegetables and fruit.

If you have questions regarding Child Support, you can contact Lisa Vasquez at 360-664-6859 or through email at vasqula@dshs.wa.gov. Please note, Lisa is not available on July 6th, July 13th and July 20th due to State wide furloughs.

If you have questions about TANF or want to see if you are eligible, contact Jesse at 360-456-5237 ext 2210 or you can email him at Youckton.jesse@nisqually-nsn.gov



Continued Learning through Summer...

Summertime is a great season to get lost in some fiction novels! Here are a few we have added to the Nisqually Tribe Library's collection:

Stephen King is a master of the horror genre and has released his version of mutant children in "**The Institute**". King is known for his psychological thrillers and this book is no exception. In this title, children with gifted abilities are placed in this institution for further study and then... you need to check it out to see what happens.

Fans of Buffy the Vampire Slayer might enjoy Kiersten White's books "**Slayer**" and "**Chosen.**" This Young Adult [YA] series follow Nina and her sister Artemis as they attend a boarding school meant for gifted girl's with supernatural powers. You'll never believe how it ends!

Nora Roberts has begun another series with the eerily dystopian world featured in "Year One" which is centered around the end of mankind by the spread of a virus. Steeped in a world of chaos and survival, Roberts has added paranormal and magic to her series. Find out what happens next!

And finally, check out new YA authors and titles, Alexandra Monir's, "**Final Six**", Ben Phillipe's, "**The Teenage Guide to the North American Teenager**", Rin Chupeco's, "**The Bone Witch**", and Maureen Johnson's, "**Truly Devious**" series, all available for check out and delivery to reservation residents through Nisqually Library online!

- Happy reading from Catalina Sanchez – Nisqually Tribe Library

LIB LIFE,

Tribal Library Staff

Summer is here! While the Library is still closed to the community, we are working to get the facility ready for the day physical information service can be provided. In the meantime, we will be starting a weekly contactless delivery service, beginning Friday, July 10th to on-reservation residents at this time (while the reservation is still closed).

If you would like to order some books to be delivered to your doorstep, you must select some titles through our online catalog at <https://weusso.softlinkliberty.net/> and either email or call in your order by Wednesday of the week of delivery.

We are following the current CDC/IMLS guidelines and will be disinfecting and/or isolating all materials for delivery for a period of at least 24 hours prior to delivery. As these deliveries will be on Fridays, orders must be placed by Wednesday of that week to ensure health and safety measures are being followed.

We hope you are all well, staying safe and healthy, and look forward to serving you all again in the near future, and will keep you updated on your Library's reopening progress!

July Family Engagement Kits: Coming Your Way

As we spend more time at home with our immediate families, the Nisqually Tribe Library will be working in conjunction with other departments to deliver on-reservation households with school-aged children monthly kits throughout the summer to promote educational family engagement opportunities. These kits will contain games, books, and STEAM activities for families to participate in together, as well as activities that can help foster independent learning in our elementary students through the summer months.

While we don't know how COVID-19 will impact the educational progress of our students, we hope to promote continued learning throughout the summer to keep our kids on track with learning and social objectives, and take advantage of our time in the house and at our homes by encouraging positive family engagement.

We anticipate our first contactless deliveries to take place Friday, July 17th. If your family is interested in receiving a kit for the months of July, August, and September, contact the Library and/or leave a message at 360-456-5221, ext. 1141.

Keep reading and know we're in this together!

Nisqually Library Staff



Congratulation "Quarantine" Class of 2020

From left to right

- Jr. Johns River Ridge High School
- Sylas Franklin Yelm High School
- Deven James Taholah High School
- William Vanevery Yelm High School
- Janae Kalama North Thurston High School
- Annatehya Garcia Yelm High School
- Zamyah John South Sound High School
- Jonissa Scott Madras High School
- Justeen Eyle Chief Leschi High School
- Anabelle Youckton Yelm High School



Nisqually Health Department hosts 1st Annual Two-Spirit LGBTQ+ Pride Event!

By Josette Ross

On Tuesday June 30th the Nisqually Health Department hosted the First Annual LGBTQ2S+ event in a drive through style.

And we are so excited that we were able to come together as a community to celebrate in a safe way as we continue in this time of COVID-19.

Thank you ALL for rising to the occasion! This event was unique in many ways and the response from the community was overwhelming. Over 150 people walked up or drove up to receive a swag bag filled with Pride goodies, educational and resource material.

We offered a quick, three question survey to our guests and receive and almost 50% response rate! We will use these responses to develop more Two-Spirit LGBTQ+ services for the Nisqually community. We cannot thank you enough for joining us to celebrate our Two-Spirit LGBTQ+ relations.

And stay tuned for future drive through and virtual gatherings with us here at the Health Department!



Sue Bohannon, Ash Ross, Amber Arndt, Josette Ross, Raylene McCloud, Jacob Martin and Adrianna Villegas (Health Staff Pride Team). To the right; are the bags we gave out – 150 of them and we ran out!





Greetings, from the Garden Crew!

I know many of you have been wondering what is going on at the garden during this crazy time so, here's a little update!

The garden crew has been hard at work getting everything planted and weeded! It is full with tasty food including grain corn and dry beans this year and we are expecting a bountiful harvest for this season. Janell has been busy gathering, growing and processing all sorts of medicine for distribution with the elder's center and she will continue her medicine making throughout the season.

Due to COVID many things will be different this year but we will still have lots of produce. The garden crew is ramping up for the Elders produce boxes which will be delivered weekly either to the elder's center or to your front porch. Keep an eye out for the **registration form in the weekly**



mail outs and please help spread the word to your elders.

Also, we will not be having a garden stand this year due to social distancing guidelines and because we are prioritizing the elders produce boxes. Any extra produce will be given to emergency management where they will be handing it out along with the lunches on Thursdays 12 p.m.- 1 p.m. at the youth center on a first come first serve basis.



We hope you all are staying healthy and doing well! Feel free to reach out to us with any questions.

Best wishes,
The Garden Crew

ha?A sleXi ! (good day!)

By Joyce McCloud

Well a lot of events haven't been happening lately because of the pandemic. As everyone knows the pow wow has been postponed and canoe journey is cancelled. The Leschi Heritage Culture Center staff and culture workers have been doing inventory, cleaning, setting up social distancing at the house, the longhouse and just the overall area.

We have been welcoming Keoni and his horses (for healing), hopefully Keoni will do an article about the horses up at the culture center. At this time though, he is busy clearing areas, cleaning to make an area for the horses. After the grass gets hayed, he will be able to set the horses out in the area.



We have handed out a few permits to go out to JBLM (the tribes original reservation, and allotment lands) to gather cedar bark and medicinal plants. Last week we had an "awakening/blessing of the canoes." It was good to see the great turnout of people, as witnesses, singers. And to see the girls that came forward to help bless the canoes. It was good to have our relatives from Puyallup assist in the blessing. Thank you! It was good also to have all those that attended, practice the social distancing, use the hand sanitizers, wear your masks.

Watch for some cultural events to happen here at the Culture Center.

We might even take the canoes out! Huckleberry camp is still planned. We will have to do social distancing at the camp, so we will probably put up a sign up sheet, to make sure we have enough camping, sleeping spaces.



Tips for Cleaning Smart Phones

Tips from the IT-WebDev Department

Beyond our faces, what do we touch all the time? Our phones!

Past articles have focused on keeping computers and technology devices clean, both physically and through software applications. With the ongoing threat of virus exposure to contaminated surfaces and since most people often take phones into the bathroom, it's important to especially keep devices clean that may come in contact with our faces and hands.



Center for Disease Control (CDC) health officials encourage cleaning and disinfecting frequently touched objects and surfaces because the COVID-19 virus can remain viable for hours to days on a variety of materials.

Definitions:

Cleaning - The CDC refers cleaning to the removal of germs, dirt and impurities. It does not kill germs, but helps remove them and lowers the risk of

spreading infection. Some UV light devices claim to clean 99.9% of germs.

Disinfecting - Refers to using chemicals to kill germs. Devices can be gently disinfected with a 70% isopropyl alcohol wipe or Clorox disinfecting wipe.

Do's and Don'ts:

- ✓ **DO wipe the hard, nonporous surfaces, like the display, keyboard or other exterior surfaces.**
- ✓ **DO gently remove the phone from the case (at least once a month) and use a clean cloth to wipe the inside and outside of the case.**
- ✓ **DO check the product use label first. Different cleaners can be used on different materials.**
- ✓ **DO sanitize once a day, and clean an extra time if dropped, placed on a public surface or coughed or sneezed on.**
- ❖ **DO NOT use bleach.**
- ❖ **AVOID getting moisture in any openings of the phone.**
- ❖ **DO NOT submerge the device in any cleaning product. If liquid gets inside the phone, get help from an authorized service provider.**



Emergency Management

What is open in Phase 3?

This is a general summary of what's open in phase 3 of Safe Start. No matter which phase your county is in, staying home is still safest. If you do go out, remember: stay six feet apart, wear a face covering, wash your hands, and stay local.


Information by Washington State Corona Virus Response COVID 19

SAFE START WASHINGTON: What's Open? PHASE 3

All activities in Phases 1 & 2 are allowed, in addition to the following ...

<p>Recreation</p> <ul style="list-style-type: none"> Outdoor group recreational sports activities (50 or fewer people) Recreational facilities at <50% capacity (gyms, public pools, etc.) <p>Gatherings</p> <ul style="list-style-type: none"> Allow gatherings with no more than 50 people Indoor spiritual or religious services up to 50% of capacity or 400 individuals (whichever is less). Choirs not allowed. <p>Travel</p> <ul style="list-style-type: none"> Resume non-essential travel 	<p>Business</p> <ul style="list-style-type: none"> Restaurants/taverns at <75% capacity, table size no larger than 10 Bar areas in restaurant/taverns at <25% capacity Theaters at <50% capacity Customer-facing government services (telework remains strongly encouraged) Libraries Museums All other business activities not yet listed except for nightclubs and events with greater than 50 people
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- ▶ Please follow all applicable guidelines and requirements
- ▶ Staying home is still safest
- ▶ When out: keep 6 feet of distance, wear a face covering, and stay local



The secretary of health may approve only partial reopening of activities in some counties. To see details about your county, visit the County Status page at www.coronavirus.wa.gov.

Source: WA State Joint Information Center
June 18, 2020



Health Clinic COVID Changes

Here at the Nisqually Clinic, not only is it our priority to provide our patients with compassion and excellent care, but due to the COVID-19 pandemic, we are putting a great emphasis on safety for patients and staff. Throughout these few months we have had many changes here in the medical clinic and we so appreciate everyone's cooperation during this stressful and difficult time. Some of the more current changes that we have been making to ensure support safety are as follows (until further notice):

- Coordinating two medical provider's onsite to provide patient care
- Continue to have one medical provider working from home providing care with virtual visits 4-5 days a week
 - *Remember to watch for mail outs and newsletter reminders about contracted Podiatrist or Pediatrician that we bring onsite also!!*
- Continue to have patients with scheduled appointments, remain in their car, call the clinic when they arrive, be screened for COVID-19 signs and symptoms by one of our trained staff.
 - **No Walk in appointments at this time**

- Our staff will also be having you enter though the front door, be seen by your provider, then exit out of our back door
- Continue to wear our masks as we will require all of our clinic patients to wear a mask
- Continue sanitizing all surfaces in the room immediately after each visit
- Added HATHASPACE Air Purifier/HEPA filters in all exam rooms, entry way, and offices
- Conducted a few Drive Thru testing clinics and planning for more in July

These adjustments help decrease the number of employees and patients in the clinic, promote social distancing, all while continuing to have three providers working to maximize visits for patients.

As we continue to learn more about the COVID-19 virus, we will continue to make adjustments to promote the best safety for our patients and staff.

Please be well, be safe and **thank you** for all of your patience and cooperation.

The Nisqually Clinic Health Staff

Essential Employee Recognition Lunch

On Thursday July 2nd essential employees had a recognition lunch at 11 a.m. Upper management wanted to thank Essential Employees for their hard work keeping crucial programs and services operating during the height of COVID 19 pandemic.





Nisqually Tribal Health Department

Pediatric Clinics

Dr. Sylvia Morales

Our Pediatrician will be available for limited hours each month. Appointment availability will be between 9 AM -12 PM.

General days in the clinic will be on the 4th Tuesday of every month. Schedule your child's Visit today!



2020 Clinic Dates:

- ~~Tuesday, June 30th~~
- Tuesday, July 28th
- Tuesday, August 25th
- Tuesday, September 22nd
- Tuesday, October 27th
- Tuesday, November 17th
- Tuesday, December 15th

Is my child due for a Well Child Check? What about sport physical?

The American Academy of Pediatrics recommends that parents bring newborns to see their health care provider at 3-5 days old.

AND...

By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

Call the Clinic at **360.459.5312** to schedule appointments such as:

- Well Child Checks
- Head Start Exams
- Childhood Immunizations
- Physicals and/or Screenings.



NISQUALLY HEALTH DEPARTMENT PEDIATRY 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, need foot and toe dressings changed, or for an annual foot exam.

2020

Clinic dates with Dr. Molina Kochhar:

- February 7 & 14
- ~~March 6 & 27~~
- ~~April 3 & 24~~
- ~~May 1~~
- ~~June 5 & 26~~
- July 24
- August 7
- September 11 & 25
- October 2
- November 6 & 13
- December 4

Call the Clinic @ **360.459.5312** to schedule an appointment

A successful Safe Start means we all have to do our part.

It's safest to stay home.

BUT IF YOU HEAD OUT:

Wear a mask.



Stay six feet apart.



Wash your hands.



Prevent the spread by staying local.



South Puget Intertribal Planning Agency

USDA Foods Program July Dates

- PT. GAMBLE S'KLALLAM 7/8/20
- SQUAXIN ISLAND 7/10/20
- CHEHALIS 7/16/20
- SKOKOMISH 7/21/20
- NISQUALLY 7/23/20

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.



SPIPA's Nisqually WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5. **Please have available:** Your child, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment: Patty at 360.462.3224, wicnutrition@spipa.org

Debbie Gardipee-Reyes 360.462.3227 gardipee@spipa.org

Main SPIPA number: 360.426.3990

Next WIC: Wednesday, August 12 We may be continuing remote phone appointments due to the COVID-19 virus Stay tuned

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





Dental Protocol

At Nisqually Tribe Dental Clinic, safety is very important to us. Due to the widespread outbreak of Coronavirus (COVID-19), we have updated some of our daily procedures and have some safety features we wanted to share with you so that you might feel more comfortable when you come in.

New Pretreatment Protocols

- Primarily we are attempting to help patients via telephone calls, if possible. However, if we need to bring you in for treatment, we will now ask you some health screening questions at the time we schedule your upcoming dental appointment.
- Before your appointment, we ask you to stay in your car instead of the waiting room.
- Call the main health clinic 360-459-5312 when you arrive and you will receive one more screening prior to entering the clinic. Once the dental staff are ready, we will come out to your car and escort you straight into the dental clinic.

Due to the high-risk nature of producing aerosols when performing dentistry and being in close proximity of each other during treatment, we will not be bringing anyone into the dental clinic that might be showing signs of illness at this time.

Dental Safety Features

- **Isolite System** Over 90% of aerosols can be eliminated with this device. We have been using






it for about five years so some of you are already familiar with it. The Isolite system provides continuous suction as well as provides some other helpful benefits like protecting soft tissues and airways, retraction of tissues, and illumination of the mouth.

- **Air Purifiers in each treatment room and hallway** To add an extra layer of protection, we have installed Aerus Air Purifiers/HEPA filters in the office to combat the fight against the COVID-19. Our air filters will exchange the air about 8.5 times an hour.
- **Isolated Treatment Rooms We have installed plastic sheeting to provide better isolation during treatment to reduce the spread of aerosols throughout the clinic.**
- **Staff Screening** Everyday the dental staff is also being screened prior to starting their shift to make sure they are not exhibiting any COVID-19 symptoms.

These changes have been developed with guidance from national safety leaders like the CDC and OSHA. Due to challenges outside of our control with access to necessary safety gear (PPEs) we are currently only providing emergency, in pain/infection, type dental care for the Nisqually Tribal Members and their Spouses as well as Contract Health Enrolled patients who live on the Nisqually Reservation. Please call us at 360-413-2716 if you are experiencing any dental pain.



The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.

	TrevorLifeline If you're thinking about suicide, you deserve immediate help Call us anytime 866.488.7386	24/7/365
	TrevorText Talk to a Trevor counselor via text Text "START" to 678678	24/7/365
	TrevorChat Online instant messaging with a TrevorChat counselor TheTrevorProject.org/get-help-now/	24/7/365
	TrevorSpace A social space for LGBTQ youth under 25, and their friends & allies. TrevorSpace.org	24/7/365
	Suicide Prevention & General Info Information on suicide prevention and FAQ's on sexual orientation, gender identity and other topics can be found at: TheTrevorProject.org/resources	




Announcements

July 5, Happy 4th Birthday AJ, Love the McDonald Family
 July 5, Happy Birthday Johnny, Love the McDonald Family
 July 18, Happy Birthday Querida, Love The McDonald Family
 July 27, Happy 7th Birthday Pebbles, Love the McDonald Family

**Congratulations Janae,
 Graduating from NTHS
 with High Honors c/o 2020
 We are so very proud of you <3
 the McDonald Family**



**Congratulations
 Trey Birdtail!**
 Grandma Sheila and Grandpa Tom
 are so proud of you!



We wish you safety and
 continued success for the future.

NON-EMERGENCY #
360-412-3030
 Call this number to leave a
 NON-EMERGENCY crime tip. You will be
 asked to leave a message that will be
 forwarded to all
 Nisqually Tribal Police Officers.

Please call 911 for Emergencies



Nisqually Indian Tribe
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