



Nisqually Tribal News

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

Phone Number (360)456-5221

Volume 10 Issue 1

www.nisqually-nsn.gov

January 2020

2019 Review!



Continued on page 4-2019





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

She is on-site in the Administrative Building legal deposition room on 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 the tribal office at (360)456-5221 to set up an appointment.

Wellbriety Talking Circle

Where: Nisqually Recovery Cafe When: Friday Nights

Time: 6:15 p.m. - 7:30 p.m.

Hosted by Anita Torres and Chuck Deuel. Anita can be contacted at 360-413-2727 ext. 2305.

Recovery Cafe located at 4820 Billy Frank Jr. Blvd. Olympia, WA 98513.

Everyone is welcome and encouraged to share Recovery, the struggles and the strengths. 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 3:30 p.m.



transportation@nisqually-nsn.gov

Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas <u>Cost is \$1.00</u> Vets and active duty military ride free. Customers with transit passes ride free.



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

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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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Heading into the Holiday Season

We're heading into the holiday season with more work than we usually have this time of year. Jeremy has been providing archaeological monitoring for projects throughout DuPont and beyond while I have been providing comments detailing the cultural resource impacts of planned projects throughout the Nisqually watershed. Aside from our assigned tasks, both Jeremy and myself attend various meetings, conferences, and work groups. Last month I was invited to attend the reformation of the Northwest Navy Tribal Leadership Council Work Group.

The Navy admits that they didn't consult with federally recognized Tribes within western Washington as well as they could have, and that the Northwest Navy Tribal Leadership Council Work Group is their attempt at correcting that. The have hired a new civilian to act as the Tribal Liaison who should be a bridge between the Department of the Navy and Tribal governments. Although this was the first work group of this type that I have attended, I left with the thought that the Navy seriously wants to correct any missteps that it might have made in the past.

While I have been taking advantage of the free coffee that these meetings offer, Jeremy has had to access

his coffee in a whole different way. As we all know, work days in the office consist of a coffee pot, your favorite mug, and refilling the coffee pot after you've drank it all. Well, with one of our newest projects we get to bring the coffee out to the field. We have been monitoring a new area in DuPont, where excavation crews are working hard to dig trenches and lay drainage for a new Starbucks coffee shop. The traffic congestion is predicted to be pretty high in that area, so we have also been doing survey work as the city prepares to widen that section of the road for a safer and more convenient stop or drive through.

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.

Evergreen State College Native Pathways

In the Native Pathways Program, you can earn a Bachelors of Arts with an emphasis on Native and Indigenous studies.

- 12 Credit Academic Program with additional 4 and 2 credit courses
- A well defined, consistent program that balances relationality, personal authority, indigenouse knowledge and academics
- Immerse yourself in Indigenous and Western Pedagogy and Praxis
- Online or in Olympia, Tacoma or Quinault 2x/week and 2 weekends per quarter in the Longhouse on Evergreen campus in Olympia

Contact Dawn Barron at barron@evergreen.edu

Find out more at evergreen.edu/nativepathways

Rez Animal

Rez Animal, helping dogs and cats on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Reservation.

We offer the following services for tribal member pets for the above reservations.

- Spay/neuter program
- Veterinary care for sick or injured pets
- Rabies vaccinations

Rez Animal Resources and Education (RARE) P.O. Box 8640 Lacey, WA 98509 Phone: 253-370-6392







2019 Review Continued!

Continued from cover-2019







Introducing Children and Family Services Department

Name: Cynetha Blacketer



Position: Administrative Secretary **Tribal Affiliation:** I am married to a Nisqually tribal member and the proud mother of a tribal member as well, however I am not tribal myself.

Education: Washington State University; B.S. in Psychology currently working towards a M.S.

in Industrial Psychology

Hobby/Interest: In my downtime, I like to hang out with my little family, read, and work on different DIY projects.

Name: Bruce Hall



Position: Investigator/Caseworker **Education:** University of Washington; Master of Public Administration Evergreen State College: Bachelor's Degree in Human Services

Hobby/Interest: I worked in Alaska conducting CPS investigations flying into the many Native Yupik villages on the Yukon

Delta. I've been married for 24 years with 8 children. I enjoy free time working on my property running my dozer and backhoe doing outdoor construction projects. I am also a licensed Journeyman plumber and have built two homes over the past few years. Being back at the Tribe was like a homecoming seeing the many DARE students who are now parents themselves.

Name: Jasmine McDonald



Position: Caseworker Tribal Affiliation: Enrolled Nisqually Tribal Member Education: University of Southern California; Master of Social Work Department: Children, Youth, and Families; Sub-concentration: Military Social Work

University of Washington; Bachelor of Arts Major: American Indian Studies; Minor, Diversity **Hobby/Interest:** I love to travel whether it be nationally or internationally, spend time with my family, hike, weave with cedar, and brunch on the weekends. Name: Betty Pacheco



Position: Caseworker Trainee **Tribal Affiliation:** Enrolled Nisqually Tribal Member **Education:** University of Washington; Master of Social Work in Progress Master in Indigenous People's Legal Studies

Hobby/Interest: I like to spend time with family.

Name: Kacie Thompson



Position: Caseworker **Education:** Associates Degree; Bachelor's degree – area of study: Family Studies & Social Services; CFLE – Full Status (Certified Family Life Educator) **Hobby/Interest:** Softball, floral arrangements and raising my beautiful daughters

Name: Lorraine Van Brunt



Position: Manager

Tribal Affiliation: Member of the Colville Tribe **Education:** Evergreen State College; Master of Public Administration Emphasis: Tribal Governance

Hobby/Interest: I have a son and a former foster son who I enjoy

spending time with. I enjoy family gatherings, hiking, being in nature and gardening. Also, I like art projects and creating button blankets. I'm happy that we are now fully staffed and have a great group of dedicated people working together to protect children and assist families.

Contact Information 360-413-3015

Save the Dates!Children & Family Services Events!April 15thMay 20th



TIPs for learning new Technology

Tips from the IT-WebDev Department

Technology is changing every day - staying informed and aware of changes or developments in technology is an ongoing challenge, even for technology professionals.

What once was just a coffee mug is now a coffee mug with a built-in Bluetooth speaker and remote tempera-

ture control through a phone app.

Change can be intimidating especially when we may have mastered or become so familiar with a software system or technology device



that the thought of how to use it just comes naturally without any effort. This can apply to smart phones, laptops, computers, media devices, software applications and today's growing industry of smart appliances. Just when we've grown accustomed to using a technology, it may and most likely will change. Such as listening to music through cassette tapes, then to CDs to MP3 players and now to streaming media files.

"Let us put our minds together and see what life we can make for our children." – Chief Sitting Bull

The world of technology will continue to evolve for our children and children's children. Embracing learning can be energizing, stimulating and even help the minds of all ages. A key to the comfort of learning is to use repetition. Additional tips that help in learning include;

- Keep an open mind
- Take courses
- Use educational videos such as on Youtube
- Read books, blogs or magazines
- Search online for information
- Focus (avoid distractions)
- Practice, practice, practice until it becomes natural
- Have fun learning
- Get help from others

"Whatever the future holds, do not forget who you are. Teach your children, teach your children's children, and then teach their children also. Teach them the pride of a great people ... A time will come again when they will celebrate together with joy. When that happens my spirit will be there with you."

- Chief Leschi, Nisqually

Nisqually Public Safety Update



It has been a busy year for the Nisqually Public Safety Complex. As staffing levels have increased, we are currently preparing to send 4 new officers to the Federal Law Enforcement Training Center in Artesia, NM. The training is

a rigorous 13-week

academy from January 6th to April 6th which includes basic marksmanship, legal review, mock scenes, and much more. Upon completion of the

academy, the Public Safety Complex will have approximately 20 commissioned officers serving the community around the clock.

New 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



January is Cervical Cancer Awareness Month

By Elizabeth Siegel, ARNP

Cancer of the uterine cervix, commonly known as cervical cancer should be a relic of the past. With current available screening with Pap smear testing, no woman should die from cervical cancer. Yet, sadly, over 4,000 women die each year in the United States from cervical cancer.

According to the American Indian Cancer Foundation, American Indian Women are twice as likely to develop cervical cancer as white women. The majority of the deaths occur in women who have not been screened with Pap testing in at least 10 years. Some have never been screened.

Cervical cancer is ideally suited for screening. Typically, there is a long time period between mildly abnormal cells and progression to cancer. This means that if the abnormal cells are discovered and treated in a timely manner, cancer can be prevented.

Recommended screening guidelines are:

Women 21-29Pap Test every 3 years+

Women 30-65.....Pap Test and HPV test every 5 years

If you are a woman who is due for a Pap test, please call the clinic at (360) 459-5312 to schedule your appointment. You will receive a gift from the Native Woman's Wellness Program for taking care of your health. We look forward to seeing you!

Snowstorms and Extreme Cold



Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can:

- Last a few hours or several days;
- Knock out heat, power, and communication services; and
- Place older adults, young children, and sick individuals at greater risk.
- IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY



- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS:

Prepare NOW

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

- Pay attention to weather reports and warnings of freezing weather and winter storms. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication.
- Do not forget the needs of pets.
- Have extra batteries for radios and flashlights.
- Create an emergency kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks.
- Keep the gas tank full.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.

Survive DURING

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.





Happy New Year

From Nisqually Contract Health Services!

A few key points to remember as we enter 2020:

- With the coming of the New Year, it is time for you to **update your Registration**! The update process is mandatory, based on our I.H.S funding requirements. Updating is a process of assuring your address, phone number, your alternate resources (Insurance, Apple Health, Medicare etc.), and your other general registration information reflects current information on file for you. Please be prepared to update your registration information when coming in for an appointment, or when calling in for a PO for your referred specialty services.
- The CHS program is utilizing Shasta Administrative Services for our processes of payments, for co-pays and service bills. Please remember to let all providers know this when seeking outside care.
- **PO numbers** are still essential, and need to be obtained for you from CHS prior to your visit to an offsite specialty provider. It is okay for you to obtain a PO the next day we are open for instances such as:
- On days when the Nisqually Tribal Clinic is closed, oand you need to be seen urgently
 olf you did receive a referral and it is a commonly covered service

This is not something you need to stress about, as most providers will still see you. We suggest that you leave a message on our confidential voicemail for notification of a medical appointment, and we will get back to you.

- Providence Immediate Care Clinic has been working out very smoothly for our patients: shorter wait times, friendlier staff, extremely quick visits, and overall easier than Emergency Room visits. On days our providers' schedules are full, or the Nisqually Tribe isn't open, this has been a great alternative to those not wanting to wait hours for an ER visit, especially for colds, upset stomachs, or other primary care functions you'd normally see your regular provider for in the Tribal Clinic.
- Hawks Prairie Vision Clinic does charge a \$25 missed appointment fee that began in 2019. It is important to note that CHS regulations do NOT allow us to cover these charges, making it extremely important to call and cancel ahead of time if you are unable to make it.

Any questions or concerns regarding Contract Health Services: please feel free to call Lisa, Chris, or Jacob at 360-486-9599.

Hello from the Pharmacy

Get quality and individualized care right here at your Nisqually Tribal Pharmacy located in the Health Department. We are a 340b entity and this allows us to buy medications at a substantially lesser cost thereby saving the tribe money, which then enables us to provide more services and programs.

We are able to fill your prescription(s) here if the conditions for the 340b Policy are met and we would love to serve you without delay!

Conditions to be eligible:

*The RX is written by a provider employed here at the Nisqually Health Clinic *The RX is written by a provider that you were

referred to by the Nisqually Health Clinic with a valid referral on file

*The RX is written from a valid Emergency Room

If these 340b conditions are not met the RX should be referred to a Contracted Pharmacy that is not 340b to ensure payment coverage.

The following contracted-pharmacies will have an updated list of **Contract Care Eligible patients** and be able to bill those under contract care:

- Hawks Prairie, Rite Aid
- Sleater-Kinney, Rite Aid
- Yelm, Rite Aid
- Yelm, Tim's Pharmacy

Please call us at 360-491-9770 if you have any questions.







Nisqually Adult Healing House

Over the past year the Nisqually Adult Healing House has steadily been working on the **Short Term Goal** of obtaining a contract with the state (DSHS, AAA) to open the Healing House as an Adult Day Service Program. Maintaining a commitment and building relationships with the state, we have been able to maneuver through jurisdictional issues and application requirements. We're happy to share that we're 90% percent done with the contract application and hope to add those services in 2020. We will definitely send notices to tribal members and post in the tribal newsletter describing what services will be offered for the Adult Day Service Program, once the program is formally approved.

The Healing House currently employs (7) Certified Nursing Assistants (CNA's) and one Licensed Practical Nurse (LPN) who help us provide in home care and work under the supervision of Mary Szafranski, Registered Nurse.

How does a patient receive in-home services from the Healing House? All Healing House services are based on medical need and a provider referral to be completed at the Nisqually Health Clinic. As the pool of available CNA's and the need for assistance fluctuates, we will maintain a waiting list of patients who are seeking care services.

CNA services offered include:

- assisting with routine activities of daily living (ADLs)
- bathing and personal hygiene
- medication remindershelping with blood
- pressure checkswound care/glucose monitoring

- making bed/change linens
- cleaning patient bathroom
- cleaning floors
- cooking patient meals and preparing snacks
- eating
- dressing
- patient laundry

- positioning
- shopping
- taking out garbage
- toileting
- transportation to appointments
- vacuuming
- walking
- washing dishes
- watering plants

It's important to note that once services are approved, they're approved for the patient with medical needs that have been assessed by the registered nurse to improve the medical care identified. If you have questions, please call Tyron Friday, Nisqually Adult Healing Home Manager at 360-539-7983



2020 Community Health Representative

Our current CHRs at the Nisqually Tribe Health Clinic are Joy Pena, Aaron Youckton, Rose Ward and Adrianna Villegas.

CHR's can advocate patient needs as well as provide transportation to eligible patients within the Nisqually service area. **Just to highlight some of the services provided:**

- Medication or medical supply pick up and drop off
- Assistance with medical paperwork
- Transportation to and from medical/dental appointments
- Visit clients in the home or facility
- Explain the available health programs

To request a transportation appointment please call 360.459.5312 and speak with a medical assistant. If you reach the answering machine please leave your name, date and time of appointment, place of appointment, pick up address, if you need transportation home after the appointment, and any other special needs. Schedules can fill up quickly, so

the sooner eligible patients schedule, the better their chances are of receiving assistance. **Please note:**

- Whenever possible, requests need to be made at least three days prior to appointment date. With a shorter notice, the program cannot guarantee services, but will help if they can.
- Scheduling important specialty appointments should be during regular transport times otherwise must be authorized in advance for times outside of the regular transport times
- Patients under the age of 18 must be accompanied by a parent or guardian.
- Transports to stop for other non-medical activities are not permitted in order to provide timely medical transports for all clients in need of medical care coordination

This is a reminder that pets and smoking are NOT allowed in vehicles owned by the Tribe or leased on behalf of the Tribe per policy.

Electronic Health Records Transition

The Nisqually Tribe Health Department transitioned to the new Electronic Health Record system Greenway and went live on October 21, 2019 to help Nisqually maintain this modern medical practice. This is exciting for everyone because the goal is to help improve and coordinate your care through all Health Programs to offer seamless, optimal care to better serve you.

To say it lightly, this has brought with it challenges for providers and patients to overcome. Patients may continue to see longer appointment or wait times. If you haven't been seen since October 21, 2019, please plan to complete your registration update at your next visit. We respectfully request your patience as all our health staff continue to learn and master the new program tools this system has to offer.

If you have questions or concerns, please call and ask for Stacy Gouley, Deputy Health Services Director at 360.459.5312









Announcements





DANIELLE MCGEE LOVE, EMILY, MEGAN, MOM & DAD I would like to wish Ash-A-Lee Lee (Ashley) a Happy Birthday, January 23rd, Love Auntie Julie Boolie!



We would like wish Masie all the best over at Central and to aim for the stars, Todd and I are very proud of her and we love her.

January 3, Happy 21st Birthday Chance, Love the McDonald Family January 6, Happy Birthday Nano, Love the McDonald Family January 6, Happy Birthday Homie, Smooches Marie January 7, Happy Birthday Stacy, Smooches Marie January 15, Happy Birthday Uncle, Love the McDonald Family January 16, Happy Birthday Azeem, Love the McDonald Family January 19, Happy Birthday Izzy, Love the McDonald Family January 20, Happy Birthday Tiffany, Love the McDonald Family

Mark Your January Calendars:



January 2020 Caregivers Support Group Wednesday, January 15th 1:00 p.m. - 2:00 p.m. All about strokes and heart disease. Presented by the Department of Health in combo with Bernita.

Tuesday, January 28th 10:30 a.m. -12:00 p.m. Fall preventions

Sewing, beading and crafts at Elders building Wednesday and Thursday afternoons. Includes evenings 4:30 p.m. - 8:30 p.m. w/Culture Program.

The Elders Program provides support services for Caregivers. <u>Caregivers may be</u> unpaid, informal Caregivers, usually a family member, caring for a Native American Elder with a chronic illness or disability; <u>OR</u> a Native American Elder, a grandparent or other relative, who is the primary caregiver for a minor child living in their home and has a legal relationship to the child, such as guardianship or is raising the child informally.



Visqually Indian Tribe 4820 She-Vah-Num Dr. SE Olympia, WA 98513

Chief Leschi's Birthday

Wednesday, January 29th

Martin Luther King Day

Monday, January 20th

Holiday Closures:

<u>Nisqually Tribal Office</u>

Website: :lismJ Brigging SqU/SqSU ** asigning 360.338.6431 Yard Signs :эполч Letterheads/Envelopes EI289 AW , sigmylO Booklets Banners Suite C Brochures Stickers/Decals Location: 12820 Yelm Highway SE Scanning Labels mqð - ms8 Invitations Fax Увытау - УвылоМ **Postcards** Full Service Copies Business Cards Black&White/Full Color :sinoH Self-Service Copies Posters POST & PRINT NISQUALLY business needs. Full Service Print Shop for all your personal &

moo.inirqbnsizoqyllsupzin@erabro

moo.iniiqbaallypostandprint.www