

# 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

June 2022

## The Speaker of the House - Nancy Pelosi Visit

By Debbie Preston

The Nisqually Tribal Council attended a celebration of the Infrastructure Investment and Jobs Act at Chambers Creek Dam, a structure that will get more federal funds to help remove it and restore it for fish. The Puyallup Tribe and Nisqually Tribe each celebrated the win for fish and all the people in the state of Washington. The Speaker of the House, Nancy Pelosi, championed the act and the jobs it will provide like infrastructure bills in the past have spurred job growth. Pelosi also answered questions about her time in Ukraine just a few days ago, discussing the toll on the country and its citizens and the pressing needs. Willie Frank III was invited, along with other tribal leaders, to a private home in Seattle for dinner with House Speaker Nancy Pelosi and other U.S. lawmakers the previous evening.



*The Puyallup and Nisqually tribal councils pose for a photograph together and talked about the things that can be accomplished together.*



*Chairman Willie Frank III talks about the importance of restoration of all salmon streams and the importance of working together to make it happen, just like his father did. The Infrastructure Investment and Jobs Act will make even more federal dollars available for parts of the I-5 bridge replacement, a project that will span many years.*



*Madame Speaker Nancy Pelosi holds up her gift from Nisqually while talking about the future statue of Billy Frank Jr. that will be in Statuary Hall in Washington, D.C.*

# Tribal Council Business

## Nisqually Tribal Council Meeting Minutes



Date: 4/21/2022  
Minutes Approved on:  
Meeting Called To Order: 1:36

|                    |                         |         |
|--------------------|-------------------------|---------|
| Willie Frank       | Chairman                | Present |
| Antonette Squally  | Vice Chairman           | Present |
| Jackie Whittington | Secretary               | Present |
| David Iyall        | Treasurer               | Present |
| Chayannah Squally  | 5 <sup>th</sup> Council | Present |
| Hanford McCloud    | 6 <sup>th</sup> Council | Present |
| Leighanna Scott    | 7 <sup>th</sup> Council | Present |
| Derrick Sanchez    | Sergeant of Arms        | Present |

Guest: Nate C, Deb L, Bib I, Conrad B, David W, Liz H, Elizabeth D, Selina O, Mary S, Alvin A, Deb P, Ezra K, Pete A, Sharlaine R, Shannon B, Justine C..

### Tribal Councils Motions and Consensus:

Bob Iyall – Introducing the new general manager for the Casino.

Mary Szafranski – Week 111 of COVID, 11 positive cases as of this week. Nine tribal members and two employees. Washington is tied with Vermont for lowest case count.

Alvin Aganon – **Approval of weekly budget consent calendar.** Motioned by Chayannah Squally, second by David Iyall. Motion Passes. 6-0-0.

Alvin Aganon – **Approval of Selected bank information for Umpqua bank Replacing Bank of America.** Motioned by Antonette Squally, second by David Iyall. Motion passes, 6-0-0.

Jerry Gurrero – **Approval of JD for THPO Intern III.** Motioned by Antonette Squally, second by Chayannah Squally. Motion passes, 6-0-0.

David Wolff – **A Resolution to Approve and Authorize the Fourth Amendment to the Tribal State Compact for Class III Gaming Between the Nisqually Indian Tribe and the State of Washington.** Motioned by Antonette Squally, second by Hanford McCloud. Motion passes, 6-0-0. Resolution #58

David Wolff – **A Resolution to Approve the Restated Bylaws of Nisqually Markets – Yelm Highway Government Corp.** Motioned by David Iyall, second by Hanford McCloud. Motion passes, 6-0-0. Resolution #59  
Leighanna Scott steps out.

Continued on pg. 3-MINUTES

### 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

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Olympia, WA 98513  
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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, William (Willie) Frank III  
Vice Chair, Antonette Squally  
Secretary, Jackie Whittington  
Treasurer, David Iyall  
5<sup>th</sup> Council, Chayannah (Chay) Squally  
6<sup>th</sup> Council, Hanford McCloud  
7<sup>th</sup> Council, Leighanna Scott

### Where to Find Information:

#### Squalli Absch Newsletter

- Mailed, on website

#### Street Buzz

- Mailout, on She Nah Num

Facebook and website

#### Nisqually Indian Tribe Facebook

- geared toward educating the public

#### She Nah Num

- Private Facebook page

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

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David Wolff - **A Resolution to Approve the Restated Bylaws of Nisqually Markets – Lakewood Government Corp.** *Motioned by David Iyall, second by Chayannah Squally. Motion passes, 5-0-0. Resolution 60*

David Wolff – **A Resolution to Approve the Restated Bylaws of Nisqually Markets – Rez Government Corp.** *Motioned by Chayannah Squally, second by Hanford McCloud. Motion passes, 5-0-0. Resolution #61*

David Wolff - **A Resolution to Approve the Restated Bylaws of Nisqually Markets –Lacey Government Corp.** *Motioned by Hanford McCloud, second by Chayannah Squally. Motion passes, 5-0-0. Resolution #62*

David Wolff - **A Resolution to Approve the Restated Bylaws of Nisqually Markets – Fredrickson Government Corp.** *Motioned by David Iyall, second by Antonette Squally. Motion passes, 5-0-0. Resolution #63*

David Wolff - **A Resolution to Approve the Restated Bylaws of Nisqually Markets Government Corp.** *Motioned by David Iyall, second by Antonette Squally. Motion passes, 5-0-0. Resolution #64*

David Wolff - **A Resolution to Approve the Restated Bylaws of Nisqually Markets – Valley Government Corp.** *Motioned by Chayannah Squally, second by Hanford McCloud. Motion passes, 5-0-0. Resolution #65*

David Wolff – **Nisqually Construction Government Corporation.** *Motioned by Chayannah Squally, second by David Iyall. Motion passes, 5-0-0.*

David Wolff - **A Resolution to Approve the Restated Bylaws of Nisqually Communication Services Government Corp.** *Motioned by Hanford McCloud, second by Chayannah Squally. Motion passes, 5-0-0. Resolution #66*

David Wolff - **A Resolution to Approve the Restated Bylaws of Nisqually Advertising Government Corp.** *Motioned by Hanford McCloud, second by David Iyall. Motion passes, 5-0-0. Resolution #67*

David Wolff – **A Resolution to Approve the Restated Bylaws of Medicine Creek Enterprise Corporation.** *Motioned by Hanford McCloud, second*

*by Chayannah Squally. Motion passes, 5-0-0. Resolution #68*

Elizabeth DeGross – **Approval of move in Request for Jodi Kalama into unit 2110 Chickaman Court SE Olympia 98513.** *Motioned by Antonette Squally, second by Hanford McCloud. Motion passes, 5-0-0.*

Nate Cushman – **A Resolution appointing Delegates to the National Indian Gaming Association (NIGA).** *Motioned by David Iyall, second by Chayannah Squally. Motion passes, 5-0-0. Resolution #69*

Nate Cushman – **A Resolution Appointing Delegates to the Northwest Indian Fisheries Commission.** *Motioned by David Iyall, second by Chayannah Squally. Motion passes, 5-0-0. Resolution #70*

Selina Oya – **Approval for Fireworks Committee request to increase stand owner amount from \$300 to \$500, due to increasing pricing.** *Motioned by Antonette Squally, second by David Iyall. Motion passes, 4-0-1 (Chay Obtained)*

Sommer Sanchez – **Approval of TC Minutes from 3/23/2022.** *Motioned by Antonette Squally, second by Jackie Whittington. Motion passes, 5-0-0.*

Sommer Sanchez – **Approval of TC Minutes from 3/29/2022.** *Motioned by Antonette Squally, second by David Iyall. Motion passes, 5-0-0.*

Selina Oya – **Approval of TC Minutes from 4/07/2022.** *Motioned by Antonette Squally, second by David Iyall. Motion passes, 5-0-0. Motion to Adjourn by David Iyall, second by Antonette Squally. Motion passes, 5-0-0.*

**Meeting ends 2:02**



# Exciting Summer Ahead

By Lisa Breckenridge

This summer, Nisqually will host carver Ed Archie NoiseCat for an on-site carving residency with the Nisqually community.

This visit is funded by the National Endowment for the Arts Our Town program and by the Nisqually Tribe.

Summer youth and community members will have a chance to learn and practice carving on a new Welcome Figure. The figure will be placed at Nisqually State Park in 2023.

Watch for more information about this program and how you can be a part of it!



# May is National Wellness Court Month

By Cynthia Iyall, Tribal Administrator

May is the month that the wellness court community celebrates as one. It's a great opportunity to help educate the communities, share the client's success and engage more people in the healthy opportunity. Nisqually now has a Wellness Court; also known as a Drug Court. The court staff includes **Jamie Bryk** as the Court coordinator, she is also the Interim Court Administrator. **Karlita Jonny** is the Probation Manager. Both ladies are working together to build their resources and staff to make this a court that provides great service to Nisqually people.

In a short period of time, they have been able to improve many of the processes within court and partner with multiple programs to help build a full circle of resources that can help clients through all stages of the Wellness court program.

Please stay tuned for more information about this program as it grows this year.

# U.S. Rep. Marilyn Strickland

By Debbie Preston

Nisqually tribal council wrapped up the day with opening an event for U.S. Rep. Marilyn Strickland who is running for re-election. Tribal Chairman Willie Frank III, gave Strickland his Sonics medallion after getting permission from his mother-in-law, Roxanne Hines, Northern Arapaho, to gift it to the basketball fan.







# North Thurston 4<sup>th</sup> Graders STEM Classes at Cultural Center

By Debbie Preston

The Nisqually Tribe hosted some 400 North Thurston School District fourth grade students for their first field trip in two years at the Culture Center throughout the week where there were rotating stations to learn about the tribe's history, the uses of cedar, salmon information and how a canoe group works together to travel long distances.



*Hanford McCloud talks about how long and how much teamwork is needed for canoes.*



*Daydisca McCloud explains how to weave a small cedar mat to students while Joyce McCloud helps repeat the in-*







# Nisqually Flag

By Debbie Preston



The Nisqually Tribe's flag now flies in front of the Administration Building. Tony Berkson, Public Works Director, Gus Buchanan, Codie Martin and Tony Mercado installed the pole and raised the flag, per Tribal Council's directive.



# Director of Tribal Relations for the City of Seattle

## Tim Reynon

By Debbie Preston

Tim Reynon, newly appointed Director of Tribal Relations for the city of Seattle and Puyallup tribal member, talks about the Seattle Mounted Patrol and ways to continue to support the relationship between the patrol and the tribe as part of the discussion with Nisqually about the topics Reynon can bring to Seattle Mayor Bruce Harrell and Seattle City Council.







# First Public Hearing for Multi-Denominational Facility

By Debbie Preston

The first of a number of public meetings was held to discuss some preliminary ideas of what a facility for families to take care of their loved ones, who have passed, might look like. It will also be a place to celebrate family milestones like weddings and birthdays as well as cultural gatherings.

The facility is slated to be located between the current Adult Wellness Center and Leschi Cemetery. "It's a place any tribal member can use for whatever kind of service they want to have," said Jackie Whittington, Secretary for Nisqually Tribal Council.

About 25 tribal members attended. Written and verbal comments were received following a presentation from a representative from KMB architects regarding the various design elements.

The multi-purpose nature of the building includes a place for brides to prepare, storage for cultural activities, a central space that is easily rearranged for different activities and a covered entrance. Landscaping would also be included along with a parking lot.

"We are planning to have another public meeting soon," said Whittington.



# Missing and Murdered Indigenous Women and People Day Pierce County

By Debbie Preston

Nisqually tribal council members Vice Chair Antonette Squally, Secretary Jackie Whittington, 5th Council Chaynannah Squally and tribal member Andreyia Squally attended the Pierce County Council's signing of a proclamation declaring May 5 as "Missing and Murdered Indigenous Women and People Awareness Day," in Pierce County. Sarah Colleen Sotomosh, Quinault Indian Nation, is next to Andreyia. The purpose is to call attention to the problem and continue to raise awareness.







# Lakewood

By Debbie Preston

Nisqually Tribe Chairman Willie Frank talks with Lakewood Parks, Recreation and Community Services Director, Mary Dodsworth about the interpretive sites that will feature information that the tribe will provide about Nisqually at Steilacoom Park, a place that receives 1million visitors a year.



Steilacoom Park has several places that have prairies with oak and camas, where Nisqually people traditionally spent time. Some of the discussion of the interpretive possibilities included using the camas as a focal point to bring visitor interest to signs that might feature QR codes that could have recordings of Nisqually stories about Leschi and horses as well as the camas.



The working group of Nisqually and Lakewood representatives will move toward creating a plan for two of the four areas to finish within the next year and continue with the planning for other areas.

Top, Lakewood Parks, Recreation and Community Services Director Mary Dodsworth reviews work and discussion that the tribe and the department have had before. Above, the group visits one area that has much space and potential for Nisqually information. The sign already has the Nisqually fish and will have information the tribe provides.

# Adult Wellness Center Trial Run

By Debbie Preston

A night of enjoying community and healing was held on May 11 at the Adult Wellness Center. A trial run of the Nisqually language bingo was featured, which will be a staple at many future gatherings. Tables were in a circle to celebrate the healing of the circle. There was a raffle and sobriety was also celebrated with coins.







# JBLM-Big Army

By Debbie Preston

The Nisqually Tribal Council hosted several visitors from Joint Base Lewis McChord to talk about road issues and just to give a tour to Chief of Staff Garrison Headquarters David Fullmer and representatives from Public Works. The road difficulties on Church/Kalama were discussed as it heads to the Kalama Creek Hatchery, and general history was discussed including a visit to Kalama Creek Hatchery where Salmon Enhancement Program Manager Bill St. Jean discussed the proposed improvements to Kalama Creek Hatchery and invited JBLM participants to help with fish spawning in the fall. The afternoon concluded with a tour of the Nisqually Medical Center. "We have many things we can do together," said Nisqually Chairman Willie Frank III. More meetings will be held to discuss joint emergency operations exercises.







# Traditional Healing

## Traditional Medicines

We have made serious progress here at the medicines garden behind the health clinic! We are so grateful and lift our hands to the crew at the Nisqually Ranch for coming over and helping us prepare the space for the medicines garden, we could not have done it without them! The space has so much potential for a beautiful garden that will supply the apothecary with medicines for the Nisqually community. Stay tuned for a garden planting party!!



## Upcoming workshops/harvests:

- **Traditional Medicine Thursday- June 30, 2022**  
**“Taming Inflammation”**  
**Where:** at the Nisqually Health Clinic and facilitated by the Traditional Medicines Practitioner, Melissa Meyer.  
**Time:** 5:30 p.m.- 7:30 p.m.  
**\*\*Please RSVP to:**  
[Traditionalmedicine@Nisquallyhealth.org](mailto:Traditionalmedicine@Nisquallyhealth.org)  
**or call Melissa Meyer or Taylor Pulsifer at 360-493-6450**

## Massage Therapy Scheduling Updates:

We are very fortunate here at the Nisqually Health Clinic to be able to provide massage services to tribal members. We have heard and seen the need for this service and have been working hard at ironing out the kinks of the program to better serve the community. With this being said we want to share some updates to the massage scheduling policy that will be in effect June 1, 2022.



1. **Elder Preference:** All appointments will be on a first come, first serve basis-we will no longer be

cancelling appointments in place of elder appointments. Instead we are hoping to offer more massage days with at least 2 days per month dedicated to elders appointments. Stay tuned for updates on more massage days!

2. **Length of appointments:** We are making adjustments to the appointment times in hopes to make our services available to more Tribal Members. **\*\*Effective June 1<sup>st</sup> all massage appointments will be scheduled for no more than 45 minutes.** This includes scheduling with all massage therapists.
3. **Cancellation/No-show:** We want to make the best use of our appointment times and will be implementing a cancellation policy. You must cancel your appointment 24 hours in advance to give us time to get the appointment filled. If a patient cancels without 24 hour notice or is a no-show more than three times in a six month period, the patient will be unable to schedule for the next six month time period.
4. **Booking in advance:** All patients may only schedule up to two massage appointments in advance, not to exceed two appointments per month. **\*\*This includes all patients and all massage therapists**
5. **Referrals:** In-house referrals to massage will be sent directly to program secretary and will be scheduled for the next available appointment. If the medical need is higher than Traditional Healing has availability for, program secretary will assist patient in getting an outside referral to meet their needs.

Thank you for being understanding as we make these changes and expand our Traditional Healing program. We want services to be a positive and quality experience and accessible to all tribal members. If you have any questions or concerns regarding these changes, please call Taylor Pulsifer-Traditional Healing Program Manager 360-493-6450 ext. 2801.







# Employee Highlights:

By Cynthia Iyall, Tribal Administrator

## Falcon Sison – Ranch Hand

Falcon has now been with Medicine River Ranch for a year and is inspired by learning something new about our history, culture and getting back to being involved with our community through the horse ranch.

He successfully completed a two month training with a few others to work at the ranch and has taken on many new tasks. In addition to working he is still focused on increasing his current equine skills by working on his education to complete his high school diploma and is taking Equine Horse Therapy Instructor Training. His goal is to further his education to become a better asset to this growing program.



Falcon says, “My goals are and will continue to be, growth. Remain humble enough, with an open mind to continue to learn and carry myself in a positive manner. Be a living example that inspires, our people as a whole to better ourselves, in all aspects, this life has to offer”. Falcon has a great attitude about the work at the ranch and is setting a great example for this type of work and how it relates to Nisqually culture.

Falcon aspires to inspire at the ranch. He said, “I’m sure most of our tribe, knows a little bit of my story. Most of all of our community has watched me grow from my childhood up to the present moments they see me in now a day’s. How full of life I was as a child to being completely and utterly lost in my late teenage years to my late 30’s. My hope is that, our troubled youth see, if I can overcome the problems I’ve caused for myself and my community, then they can to. By being present and leading by example I pray.”

## Pauline Simmons – Horse Therapy Manager

Pauline Simmons has worked for the Tribe for 26 years. Reception, Education Secretary, Assistant in the Youth Program, Personnel Assistant, Interim Personnel Manager, HR Generalist, Sr. Generalist, HR Director and lastly as the Administrative Program Manager for the Ranch.

Pauline recalls the most gratifying time in her employment was serving as a Sr. Generalist. “I enjoyed the team dynamic in Human Resources that allowed the ease in creating and delivering a Program that assisted membership with obtaining their GED, assistance with course and book costs or travel, on the job training, monthly training on-site, as well as off-site training needs”, says Pauline. Moving to the ranch is a big change, the inspiration was merely hearing a tribal member’s goals for services he wished to develop and deliver to the community. I haven’t heard this level of drive and determination delivered so strongly in such a long time.

Keoni and members of his team were taking their horses down to the river after the Leschi walk and I happened to be there with my girls, their Aunt and Uncle. After hearing Keoni speak, I wanted nothing more than to work in that atmosphere.

Also, worth noting is the arrival back in early December of a beautiful horse, Gentlemen Prefer Blondes. She has been calm and extremely patient with us and our family loves her immensely!

In developing the Horse Therapy and Learning program Pauline explains, “there are beginning stages require we first address; safe and adequate facilities, the type of programs delivered, obtaining certified professionals/instructors, staff and volunteers, mental health professionals, special equipment, liability and safety issues, evaluating prospective participants, emergency plans, program horses and Insurance.”



**Continued on pg. 12 - EMPLOYEES**





# The Price is Right – Or is it?

## Tips from the IT-WebDev Department

Recent federal interest rate hikes (the highest since 2000) and inflation woes are in the news headlines. Impacts of COVID, war, and supply chain issues are all combining towards talks of national and perhaps even international recession in a global economy – Global growth was projected to slow from an estimated 6.1 percent in 2021 to **3.6 percent** in 2022 and 2023.



**How does the higher cost of goods and/or services impact us at home and in the workplace?** Impacts range from higher prices paid at the gas pumps, higher mortgage rates, increased rent costs to higher costs of food, purchased goods and services. One leading example are electronic components, specifically computer chips – which are used in so many items from appliances, laptops, desktops, smart phones to automobiles. The scarcity of computer chips resulted in a price increase between 5 percent and 40 percent. These price hikes are passed onto the consumer (or purchaser) by the manufacturers, vendors or service providers.

The Bureau of Labor Statistics (BLS) produces the Consumer Price Index (CPI) which is used to measure price changes faced by urban consumers, who represent 93 percent of the U.S. population. An

important aspect in accounting for quality change in price indexing is that of tracking the same good over time. This works well when an identical item, a dozen large eggs, for example, is sold from one time period to the next. But that often isn't the case. For instance, new versions of the iPhone are introduced to the market on a regular basis. The iPhone someone buys today may be of better quality than the one bought five years ago.

Another example of pricing variance includes the purchasing of hardware and software. Several pricing options may be offered depending on the type or classification of the purchaser. For instance, there may be pricing differences for products or services for the purchaser identified as;

- Governments
- Educational institutions and academic students
- Individual consumers
- Enterprises
- Utilities

**Not only might the price vary for the type of purchaser, but the product or service may actually vary. Specifically, a laptop someone might buy at a retail store such as BestBuy may be completely different in pricing, specifications and performance than a laptop offered through Computer Discount Warehouse for governments.**

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### **Continued from pg. 11-EMPLOYEES**

The Program will start by offering services that highlight the general benefits of caring for, working with and riding horses. Caring for horses requires concentration, selflessness, and teamwork. In Therapeutic horse programs clients work with horses, focusing more on learning to care for the animals rather than learning to ride.

The Program will endeavor to maintain an atmosphere that supports the work of mental health professionals and their clients thus affording the opportunity for the client to address areas of concern.

Paulines aspires to take this program to ensure it is a contribution to the myriad of services the Nisqually Tribe offers its membership and community and working hand in hand with service providers within the organization.

Already, Pauline has engaged NWIC and the education program to bring accredited courses for Physical Education to our members for summer programming. You can look forward to many great courses and opportunities that use our equine family to promote healthy mind and body.



# Health Staff Attend Gender Affirmative Environments Training for 2<sup>nd</sup> Year in a Row

By Josette Ross (She/Her), Health Services Manager

During the month of March, the Nisqually Health Department hosted two virtual and one in-person staff trainings titled **Two Spirit & LGBTQ+ Affirming Environments Training**, facilitated by the Northwest Portland Area Indian Health Board. 60 out of our 75 staff members took the time to attend at least one training session. This is the second year in a row that we have offered this chance for staff to learn more about how we can make our Health Center more affirming to our 2sLGBTQ+ patients, visitors and allies.

This training is designed to help staff to better understand the meanings of gender, sexual orientation, and gender expression, as well as how to be more affirming in the care we give to the community here at Nisqually.

Since taking the training last year, our clinic has implemented several updates to our clinic services and training:

- Staff wear gender pronoun buttons
- Staff have taken training about how to ask for preferred names and pronouns
- We have implemented a space in our EHR for patients to update their preferred names and pronouns.
- We have established a 2SLGBTQ+ Youth Sexual Health team to increase outreach and education on sexual health to our youth
- We are working in cooperation with the Youth program to paint a Two-Spirit themed mural on the storage container located in our parking lot
- Our providers have expanded their training in providing gender affirming care and resources to our trans patients
- Staff is working on launching a 2SLGBTQ+ Resource Guide for the Nisqually Community

Keep an eye out for upcoming talking circles and community events for our Two Spirit/LGBTQ+ community members, families and allies. We will be hosting another Pride event on Friday, June 24<sup>th</sup> in the Health Center parking lot. We hope to see you all there!  
Questions? Call Josette at 360-413-2707

Save the Date!  
Pride Event  
Friday , June 24, 2022







# Pronouns Matter!

By Josette Ross (She/Her), Health Services Manager

*\*\*\*May is Mental Health Awareness Month and June is Two-Spirit LGBTQ+ Pride Month. The Nisqually Health Department is working to share our commitment to supporting the mental health and wellbeing of the Nisqually Tribal Community year-round by sharing the services we offer and some of the exciting projects we are working on. Keep an eye out in the mail out, on Facebook and here in the newsletter for more updates. \*\*\**

**Definition of a Pronoun: A personal pronoun is a short word we use as a simple substitute for the proper name of a person. ... I, you, he, she, it, we, they, me, him, her, us, and them are all personal pronouns** ([www.grammarly.com](http://www.grammarly.com))

**We all use pronouns!**

Using someone's preferred pronouns (She/Her, He/Him, They/Them, etc.) can feel hard or different at first, but it's important to know you don't have to be perfect all the time. Simply asking someone what



their preferred pronouns are is a great step in supporting them! Practice using their pronouns when talking about them, and make a habit of using your own pronouns when introducing yourself.

It's important! Pronouns aren't a preference — they can save lives. The Trevor Project's recent research on mental health found that 42% of LGBTQ+ youth seriously considered attempting suicide in the past year, yet those who had their pronouns respected by all the people they live with attempted suicide **at half the rate** of those who did not have their pronouns affirmed.

([www.thetrevorproject.org](http://www.thetrevorproject.org))

The Nisqually Tribe Health and Wellness Center staff is working hard to create a safe and affirming environment for all of our patients, including our 2SLGBTQ+ tribal and community members. Beginning in May of 2021, we added expanded options for sexual orientation, gender identity, pronouns and preferred name to our electronic health record intake form. This means that our patients can now use the pronouns and name that makes them feel most comfortable, regardless of what is listed on their legal documents. We want all of our patients to feel welcomed and supported in our clinic.

Questions? Feel free to reach out!

[Josette.ross@nisquallyhealth.org](mailto:Josette.ross@nisquallyhealth.org) 360-459-5312

*If you or a loved one are in need of mental health support, you can find resources and crisis intervention services at [www.thetrevorproject.org](http://www.thetrevorproject.org).*





# What is a gender-neutral bathroom and why are they important?

By Josette Ross – Health Services Manager

The new Nisqually Health Center has many new state of the art, and exciting upgrades. The staff and community have worked for six years to provide Nisqually with a beautiful, functional, and inclusive space to promote the health and wellbeing of the community. One of the changes you may notice is a variety of inclusive choices, including some gender neutral bathroom signage. This inclusive and welcoming signage will allow our patients, clients, staff, vendors and visitors to use bathrooms in the facility that best align with their gender expression, and won't all hold the traditional designation of a Men's or Women's bathroom.

This article is designed to answer some commonly asked questions about gender neutral bathroom signage, and why it's an important step for our commitment to diversity, equity, inclusion and respect.

## Q: What is a gender neutral bathroom sign? And what will it look like?

A: A gender neutral bathroom sign is simply a sign that invites a person to use a restroom, regardless of that person's gender expression. Instead of designating bathrooms as "Men's" or "Women's" they become simply a bathroom that anyone can use.

Here is an example of the gender-neutral signage you can expect to see in the new clinic:



## Q: Why are gender neutral bathrooms important?

A: According to a 2019 study published by the WA State Rainbow Alliance Inclusion Network (RAIN), 4.9% of people in Washington State identify as part of the Two-Spirit LGBTQ+ community. Part of that identification includes people who don't identify strictly as the gender they were assigned at birth or with only one gender.

These identities can include:

- *Two-Spirit*- refers to a person who identifies as having both a masculine and a feminine spirit. It may encompass same-sex attraction and a wide variety of gender expression, including gay, lesbian, bisexual, transgender, gender queer, gender fluid or those who have multiple gender identities.
- *Transgender*- not aligning with the gender identify given at birth
- *Gender fluid / genderqueer / or gender non-conforming* – not identifying with one gender, or any gender.

## Q: What does that mean?

A: Simply put, not everyone can easily walk into a restroom labeled Men's or Women's and feel comfortable. If the way you look on the outside, or feel on the inside, doesn't match the label on the bathrooms you have access to using, people may avoid using the bathroom entirely, or become anxious or afraid of confrontations. Part of being inclusive means providing for basic health needs, like using a restroom when you need to, and using one that makes you the safest and most comfortable.

## Q. This makes me or people I work with uncomfortable. What should we do?

A: Talking about your discomfort and seeking information is a great place to start! It's important to know that providing these kinds of inclusive options for our Tribal Members, Community, and staff is intended to support and promote inclusion and respect for everyone. Feelings of discomfort are normal, and seeking more information is an important step in moving forward for our community.

We appreciate the efforts of everyone in the community to continue to make these important changes, and spread awareness of these issues, so that our community can thrive, and so the Nisqually Health Department can continue to provide the best care possible to our community.

Thank you for your time and interest. Please keep your eye out for more information, events and services aimed at promoting a happy and healthy life for our Two-Spirit LGBTQ+ community members and allies.

*Reference: Rainbow Alliance Inclusion Network Best Practices Subcommittee. (2019, July). Inclusive Bathroom Signage Recommendations. WA State Office of Financial Management . <https://ofm.wa.gov/> .*



# PTSD

By Richelle Kistler

The feeling of **depersonalization** is a feeling of unreality or detachment sense from the self. Depersonalization is often described as feeling like you're 'in a dream' or 'not really there'. A closely related term is **de-realization**, which is the sense that the world isn't real. It's not uncommon to experience such feelings: Upwards of 75% of people will do so in their lives, but for most these sensations don't last long. Feelings of unreality are used by the brain as a protective mechanism like an airbag for the mind against psychological trauma.

Dream-like detachments are often reported after traumatic events of violence, disaster, job loss, divorce, or grief, but now we are seeing a common cause of depersonalization resulting from recreational drug use. A bad drug experience is interpreted by the brain as a major traumatic event and gives rise to the protective mechanism of depersonalization, particularly with cannabis.

The onset of depersonalization starting from the drug use of cannabis is especially an issue among younger people. When the (developing) brain encounters strong cannabis, the THC in cannabis can prompt panic attacks and depersonalization. Panic attacks can persist after the drug is out of their system. After suffering a panic attack chronic feelings of depersonalization can occur. A person can be left with lingering anxiety that can last for years.

Between 70 to 80% of people will say that they've felt depersonalization during a point of stress or fatigue... so it's a normal response. But if you start interpreting that like "my brain is gone" or "I'm going to be like this forever", that feeds into a cycle of anxiety that perpetuates the situation. And being in a crowded place can evoke this feeling of depersonalization in the course of the attack. When those protective feelings of unreality are incorrectly interpreted as being dangerous (for

instance, provoking worries about going crazy), they can generate a feedback loop with the anxiety that's causing them. The depersonalization can then persist for much longer than the actual incident and become **depersonalization disorder (DPD)**. 30% of people who suffer from recurrent panic attacks will cycle DPD along with a precipitated episode.

If you are experiencing any of the above a magnitude of help is available, but you can start by calling a trained professional at: Nisqually Behavioral Health 360-413-2727  
Nisqually Medical 360-455-1557  
Nisqually Traditional Healing 360-493-6450  
<https://psyche.co/guides/how-to-cope-with-experiencing-feelings-of-unreality>  
<https://link.springer.com/article/10.1007/s11097-020-09677-z>  
<https://aeon.co/essays/what-can-depersonalisation-disorder-say-about-the-self>

## What is a managed care plan and do I qualify?

By Lisa Wells, Business Office Manager

The Affordable Care Act mandated those who qualify for Apple Health must pick a managed care plan or be assigned one. When you are enrolled in a managed care plan, all referrals must be approved by your managed care provider.

**The Nisqually Tribal Health and Wellness Center (NTHWC) will see you regardless of your managed care coverage, however:**

- NTHWC providers are not contracted with any of the managed care plans and NTHWC referrals will need to be coordinated with your managed care plan.
- When you seek care at the NTHWC and need a referral for

specialty care or a prescription filled, it will be denied because you didn't get pre-approval through your managed care plan.

**Native Americans or Alaskan Natives are exempt from the state mandate to choose a managed care plan.** You can opt out of your managed care plan by seeking assistance from one of our Tribal Assisters, who can request this change for you. Another option is to call Apple Health customer service, at 1 (800) 562-3022 and request that you be dis-enrolled from your managed care plan.

**Our NTHWC Behavioral Health Program will see you regardless**

**of your Managed Care Plan, however:**

- The only exception is Behavioral Health Services. You are required to select a Managed Care Plan for access to these services, specific to what the provider you are being referred to accept. Once you have completed the Behavioral Health offsite services, we can assist you to opt back out of the managed care plan.

We know this can be confusing, if you have questions we can help. Please call the Nisqually Health Business Office for assistance, at 360-486-9599.

Thank you





# Living in the Moment by Being Mindful

By Louella Heavy Runner

What is being mindful? It helps you focus on living in the moment and focusing on what is presented to you at that time. You are able to pay attention to what is happening within yourself, with your thoughts, feelings, sensations, and impulses, as well as what is happening around you with what you see, hear, smell and touch. Mindfulness helps you to be calm, avoid engaging in your negative thoughts, impulsive behavior, brings balance and allows you to be non-judgmental. We all need this in our lives at some point.

How do we bring Mindful to your everyday lives?

You need to practice being mindful, by keeping your attention and being aware in the present. Being mindful can keep you positive with your emotions and your physical health, as well the relationships in your life.

Practicing Mindfulness daily can help:

- With daily stress
- With balancing your moods
- Habits of worrying thoughts
- Helps you put stressful events into perspective and build resilience so you're less overwhelmed.

Learning how to be in the present in the moment by:

- Practicing Breathing exercises
- Staying in the moment, (working in your garden, beading, making baskets. etc)
- Focusing on something calming, (watching the rain fall, leaves move on the trees, water in the creeks. etc)
- Relaxation exercises (meditation, listen to music, yoga etc)
- Go for walks
- Do some house cleaning (staying focused on what you're

doing and being positive and staying in the moment).

- Smudge and pray (Focus on your prayer)

Mindful takes practice and efforts and no one is perfect when they began to be mindful, and your mind will wander. However, with patience and practice, you will start recognizing you are living more mindfully daily, you can live stress-free, feel good and move towards a happier life.

These are just some easy Mindful skills you can do when you're at home, at work or travel that will help you.

Please feel free to contact us at the Nisqually Behavior Health if you, your family member or a friend would like to learn more about Mindful skills. We can be reach at 360-413-2727.

**DENTAL AND CAFE Services**

HOURS OF OPERATION ARE MONDAY THROUGH FRIDAY 730AM-430PM  
DENTAL CLOSED DURING LUNCH FROM 12PM-1PM  
CAFE IS AVAILABLE DURING LUNCH HOURS

**WELLNESS CAFE** (360) 493-6441  
COFFEE, SPRITZERS, TEA, SNACKS AND FOOD WHILE SUPPLIES LAST.

**DENTAL** (360) 413-2727  
AVAILABLE FOR IN-PERSON VISITS TO ALL ELIGIBLE PATIENTS

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

**HEALTH DEPARTMENT Services**

2022 HOURS OF OPERATION  
MONDAY-FRIDAY 8AM-5PM  
WE ARE CLOSED FOR LUNCH EXCEPT THE CAFE FROM 12PM-1PM.

**PHARMACY** (360) 491-9770 PRESS "0"  
DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE  
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599 **CHS/PRC**  
ISSUE PO'S AND INQUIRE ABOUT REFERRALS IN-PERSON AND VIA PHONE  
APPLY FOR ALTERNATE RESOURCE AND UPDATE REGISTRATION IN PERSON

**MEDICAL** (360) 459-5312 PRESS "5"  
IN-PERSON VISITS - NISQUALLY TRIBAL ELDER HOME  
VISITS - COVID VACCINE/BOOSTER AGES 5+

(360) 413-2727 **Behavioral Health**  
IN-PERSON SUD APPOINTMENT'S AND WALK-IN'S WELCOME

**TRADITIONAL HEALING** (360) 493-6450  
IN-PERSON VISITS FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY

(360) 459-5312 PRESS "5" **COVID TESTING**  
AVAILABLE FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY.  
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE. IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION.

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.



South Puget Intertribal Planning Agency

## USDA Foods Program June Dates



|                      |         |
|----------------------|---------|
| PT. GAMBLE S'KLALLAM | 6/3/22  |
| SQUAXIN ISLAND       | 6/8/22  |
| SKOKOMISH            | 6/10/22 |
| NISQUALLY            | 6/14/22 |
| CHEHALIS             | 6/16/22 |

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 June Dates



|                |         |
|----------------|---------|
| NISQUALLY      | 6/8/22  |
| CHEHALIS       | 6/09/22 |
| SQUAXIN ISLAND | 6/14/22 |
| SKOKOMISH      | 6/15/22 |

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.



## In Season:



# Asparagus!



**NUTRIENTS IN ASPARAGUS:**  
Vitamins: A, C, and folate; and fiber.

**SELECTION:**  
Choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

**STORAGE:**  
Refrigerate asparagus for up to four days by wrapping ends of stalks in wet paper towel and placing in plastic bag.

### QUICK FIX TIPS:

- Grill asparagus and add to a salad of mixed greens, roasted peppers, and toasted nuts.
- Drizzle cooked asparagus with a Hollandaise sauce for a delicious side dish.
- Steam asparagus and snap peas for about 5 minutes. Plunge into cold water, drain, and stir-fry with olive oil for about 5 minutes. Season with salt and pepper and serve!



### Baked Asparagus with Parmesan Cheese

Prep Time: 20 Minutes  
Serves: 4

#### Ingredients:

- 1 pound asparagus, trimmed
- 1 tsp olive oil
- 1 tbsp Parmesan cheese, freshly grated
- 1 1/2 tbsp bread crumbs

Cups of Fruits and  
Vegetables per Serving: 1/2

#### Preparation:

1. Preheat oven to 450° F.
2. In a medium baking dish, toss asparagus with the oil and arrange in an even layer.
3. Sprinkle with the Parmesan and bread crumbs.
4. Bake for about 15 minutes or until asparagus is tender.



#### Nutritional Information per Serving:

Calories:56; Total Fat:1.6g;  
Dietary Fiber:3g; Sodium:38mg



Recipe is courtesy of Produce for Better Health Foundation (PBHF).



# 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.

# Nisqually Transit

**FREE Rides**  
**Monday through Friday**

**Transit available**  
**6:00 a.m. to 6 :00 p.m.**  
**Open to all tribal, community**  
**and tribal employees. We offer**  
**rides from 6:15 a.m. to last off**  
**rez ride at 5:15 p.m.**

**Contact Adrian Scott,**  
**Motor Pool Coordinator/Dispatch**  
**At 360-456-5236**





# Announcements

June 13<sup>th</sup>, Happy 10<sup>th</sup> Birthday Nevaeh, Love Papa, Grandma, Mom, Brother, Auntie Jasmine and Auntie Samira

June 19<sup>th</sup>, Happy Birthday Lovella, Love the McDonald Family



## Congratulations

Elizabeth McGee graduating with her Associates Degree in Culinary Arts from SPSCC.

Super special that Mother & Daughter are both graduating in 2022 together!

Love you both Baby and Sister!  
A. Hicks Family: Amanda Rae, ANimikee-Makade, & Annie Hicks

## Congratulation High School Graduate!

Danielle McGee is in the Graduating Class of 2022 from Yelm High School.

She was accepted to the University of Arizona college of Veterinary Medicine.

She will be studying to become a veterinarian of large animals.

With love from, Mom, dad, Emily, megan, ginger, & uncle Steven. & from the A. Hicks

Family: Auntie Amanda, ANimikee-Makade, & Annie Hicks



Congrats to Sam Brady graduating class of Yelm high school and will be attending University of Arizona for Computer Science. Proud of you and Danielle!

Love, The McGee Family: Elizabeth, Robert, Danielle, Emily, Megan, Uncle Steven & Ginger and the A. Hicks family: Auntie Amanda, Animikee-Makade, & Annie.



**Nisqually Indian Tribe**  
**4820 She-Nah-Num Dr. SE**  
**Olympia, WA 98513**

