

N^{SQUALLI ABSCH}ews



Nisqually Tribal News

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

Phone Number 360-456-5221

Volume 10 Issue 7

www.nisqually-nsn.gov

September 2020

Did You fill Out Your Census?

The Census is basically a count. All of our native relatives-historically one of the most undercounted communities is the census. We all have an opportunity to show our collective strength by completing the 2020 census. More people = more needs. Being counted is about saying WE ARE STILL HERE AND WE NATIVES COUNT!

You can still complete the 2020 Census by email at 2020census.gov or by calling 844-330-2020 or by completing the packet that was previously mailed to your residence.

Need assistance or have questions feel free to contact Lori Lund at 360-456-5221.

I am Native and I count!

2020 Census Canoe Race
We have an opportunity now to make sure we all count. If you're Native, you count! So take the census today and tell your cousins, too! These are the tribal area self-response rates across Washington state. Where's your tribe at?! All nations—Paddles Up!—and get counted!

*Photo from
Na'aah Illahee Fund
P.O. Box 17844
Seattle WA 98127
pnwnativecount.com*

TRIBAL AREA CENSUS RESPONSE RATES BY TRIBE IN WASHINGTON STATE

6.28.20



*This graphic relies on information provided by the U.S. Census Bureau. If 0%, the graphic only includes tribes that currently have response data available.

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 Community Center Cafe

When: Friday

Time: 7:00 p.m.

Hostess: [Name] can be contacted at 360-456-5221

Recovery Center, 1000 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

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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

Postponed until further notice

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Elder Building Groundbreaking

By Cleo Frank Elders Program Manager

On August 6th there was a ground breaking ceremony for the New Elders building that will be located next to the new Health building which is currently under construction. There were elders in attendance that was called up to grab a shovel and participate in the ground breaking ceremony. Refreshments and snacks were provided by the Elders Program for everyone to enjoy. It looked like we were going to be rained on with all the dark clouds that were in the sky. However the rain held off until we were finished with our business.

A big thank you to Vice-Chairman Maui Squally for the prayer that started off the event, Chairman Ken Choke who was the MC, the rest of tribal council, Cynthia Iyall Tribal administrator, Bob Iyall, CEO / MCEC and everyone else who was in attendance that spoke some good words on this special occasion.

A thank you to the KMB Architects Building Design representatives that had drawings on display of what the building will look like. My hands go up to Craig from KMB who made the time to attend our planning meetings (dinner and breakfast) and listened to the elders, on what they wanted in the new building. He did a great job in designing the building from the input of our elders' suggestions, wants and needs. If you have any comments or more suggestion, please send them to me.

We are really looking forward to the day we have the grand opening of the New Elders Building.

Cleo Frank, Elders Program Manager

frank.cleo@nisqually-nsn.gov

360-486-9546 x 2166





Mt. Rainier Nisqually Campground

By Lisa Breckenridge

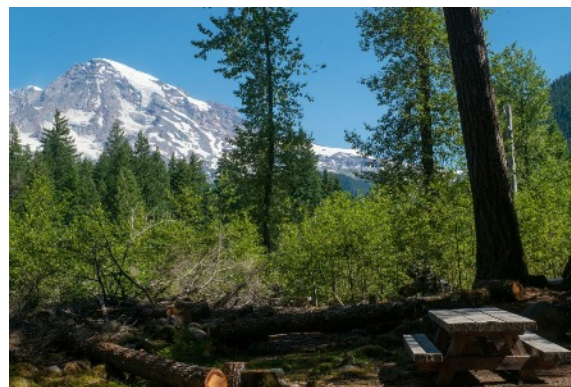
Have you been up to the Nisqually Designated Use Area at Mt. Rainier National Park yet? There's still time to take the family up for a summer picnic in the mountains.

The Designated Use Area is a special section of the historic Longmire Campground that is set-aside for Nisqually tribal members to enjoy. It's about five acres of forest along the Nisqually River. This part of the river is still fresh from the glacier, very energetic and cold, so it's not good for swimming. But it is a beautiful place to be in the forest and appreciate views of the mountain and the Nisqually River. Or, you can go up and camp overnight. There is room for tent or trailer camping along with a firepit, picnic tables, and restrooms. If you want to camp, be sure to check with Diane Moreno in Planning to get a free permit first. The campground host does a good job of making sure that only Nisqually tribal members are in that site so please show your permit!

The Longmire Campground was built in the 1920s on a 500 year old lahar (volcanic mudflow). The Park Service relocated the public campground to Cougar Rock at some point, and the Longmire Campground was used for seasonal staff and volunteer camping only. The corner that is designated for Nisqually was not used for camping at all for many years. Since it's not a public campground, many of the facilities are fairly rustic. There are showers but they are at the other end of the campground from the Nisqually area so you have to know to look for them.

Since the campground was designated for the Nisqually Tribe in 2015, we've seen more and more people there to camp. Recently a group of tribal members and staff met with Mt. Rainier National Park staff to walk through the campground and talk about things we could do to make it easier for the campers. Some ideas include: adding more parking and camping sites; adding more picnic tables for day use; separating day use and camping areas; creating tent pads; and mowing the alders down that are blocking the view to the river. Right now, there's no water spigot working near the site, so that would be the highest priority to change. Campers have to fill up water at one of the other spigots in the campground.

Staff are working with Mt. Rainier to develop a proposal for some of these changes and will bring the proposal back to the community sometime this fall. And don't forget to keep visiting the mountain this fall too! The Nisqually Designated Use Area is a great place to enjoy fall mountain colors while avoiding the crowds.





McAllister Creek 83F - Chinook Schedule

By Craig Smith

The Nisqually Tribe has been releasing Chinook Salmon in McAllister Creek for several years now. The 2020 return is forecasted at around 6,000 adult Chinook. Below is the fishing schedule for McAllister.

Area: McAllister Creek (83F) Freshwater courses upstream of Luhr Beach Boat Launch.

Gear Type: Gill Net, Beach Seine, Pound Trap, Weir, Fish Wheel

Days and hours open:

8 a.m. to 8 p.m. Wednesdays through Friday

August 5, 6, 7

August 12, 13, 14

August 19, 20, 21

August 22, 23, 24

August 26, 27, 28

September 2, 3, 4

8 a.m. to 8 p.m. Monday through Friday

September 7, 8, 9, 10, 11

September 14, 15, 16, 17, 18

September 21, 22, 23, 24, 25

September 28, 29, 30, October 1, 2

October 5, 6, 7, 8, 9

October 12, 13, 14, 15, 16

COVID-19 RESTRICTIONS on Nisqually Transit

Due to the Covid-19 outbreak, the following policy 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 ONE passenger 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 have their temperature taken and wear a mask as required by Governor Islee. (masks will be provided)
4. Transit reorganized the vans to keep 6' of social distancing between driver and passenger.

This will be in effect until changed by Tribal Administrators.

Language

By Chay Squally

Greetings:

- **ha?A dadatu** – “good morning”
- **ha?A sleXi(l)** – “good day”
- **ha?A slabdubicid** – “good to see you”
- **cay ha?A slabdubicid ti dsyaya?** – “It is nice to see you my friend”
- **hediwB** – “Come in!” (to a building)
- **?esXid Vex** – “How are you?”
- **?esUedicut Ved** – “I am thankful”
- **?esha?A Ved** – “I am good”
- **?eshiiA Ved** – “I am happy”
- **?esXeA Ved** – “I am sick”
- **?esOubil Ved** – “I am fine”

Farewells:

- **?estiXiXdubut** – “Take care of yourself”
- **labcebut** – “Watch over yourself”
- **ha?A I(i) adseslabcebut** – “Watch over yourself good”
- **?uTuUex Ved** – “I am going home now”
- **Aulabdubicid Ved** – “I will see you later”

Are you interested in language online classes and bingo? Please send you name and number to squally.chay@nisqually-nsn.gov or call 360-456-5221 ext. 2191.

For more information contact the Nisqually Culture Center.



LIB



By Nisqually Library Staff

We hope everyone is doing well this Summer despite the current public health situation. While things might seem stressful, remember to keep up with summer reading – not only for knowledge and research, but as a way to relax and cultivate safe mental/emotional space.

With that in mind, know that we are now able to deliver materials to your door weekly. For those patrons that live within the boundaries of the Nisqually Reservation, give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Fridays!

If you are not currently a Nisqually Tribe Library card holder, feel free to give us a call to sign up over the phone and we will mail a card to you! During this time, we will be waiving our general registration requirement of address verification as long as the delivery address is within the boundary of the reservation. We are also waiving all late fees and overdue book charges; we want you to read!

In order to return books, we ask that on the date of delivery (or if you do not have a delivery requested but want to make a return) give us a call and set your materials outside your door or gate in the bags provided, and we will pick up! We will also be placing our book-drop outside of the Library Wednesday – Friday for those that can make it up this way and can drop their materials off!

Library Special Collections Update

The Library program is slowly curating the Special Collections room; we have recently added some new titles specific to Nisqually and PNW Coast Tribal cultures and histories. For instance, written many years ago by author Erna Gunther, “Ethnobotany of Western Washington: Knowledge and Use of Indigenous Plants,” references many tribes within the Pacific Northwest. Another title added recently is another of Ezra Meeker’s books, “Pioneer Reminiscences of Puget Sound: The Tragedy of Leschi.”

As many students do research, they will often find citations of rare documents or newspaper articles. We need to keep all published Nisqually relevant history within our collection development scope, in order to keep locating more and more sources of historical, cultural information, and to provide the best array of materials for future research and information for tribal members. Have a great summer and keep reading!

Nisqually Tribe Library Awarded IMILS Basic Grant for 2020/2021

The Nisqually Tribe Library recently received a \$10,000.00 grant from the Institute of Museum and Library Services through their Native American Library Services: Basic Grants program. This funding allows your Library to continue general services, as well as staff education and training.

For the 2020/2021 year, these funds have been allocated to purchase four new computers and a printer for patron use, as we know that the lack of printing service has posed difficulty on the community. We will continue collecting titles specifically for our Special Collections Room, which has published materials relating specifically to the Nisqually Tribe and NW Coast Tribes. And lastly, we will be continuing to push staff to maintain knowledge in Library best practices and standards, through Leadership and Management training, as well as a few courses toward the Library Support Staff Certification [LSSC] program through the American Library Association.



Historic Preservation and Social Distancing

By Jeremy Perkuhn and Brad Beach

The Nisqually Tribal Historic Preservation Office (THPO) hopes that all community members and employees are healthy and well! We are doing our part by masking up, using hand sanitizer, reducing our fieldwork to only safe environments where we can practice social distancing, and doing a lot of work online Zoom meetings and tele-conferences.

The inadvertent discovery of a shell midden and later historic artifacts is still a project that takes up a lot of time right now. We meet every Tuesday via Zoom to discuss updates to the project and to further refine the research goals once an archaeological permit has been obtained. At this point, the three major focuses will be the shell midden, Euro-American settling of downtown Olympia, and the Tenderloin, or "Red-Light District," of downtown Olympia.

While Brad has been handling office work and Zoom meetings I have been fortunate enough to get outdoors and spend some time in the field. On August 8th I got to go to Western Washington State Hospital to assist in a pedestrian survey, and then got down and dirty digging shovel test probes. After digging the holes, we screened all of the soils and found nothing

but a couple old concrete blocks and an old piece of a flower pot. On another day, I managed to get out again to go to Mt. Rainier, to look at the Nisqually camp ground and day use area. As always it is such a beautiful place and peaceful. And if you can get away from the camp area to venture you can find the power and sacredness of the mountain and the Nisqually. If and when you go to visit the campground just remember to be safe and always be prepared.

The next three weeks will have us back and forth to Mt. Rainier again. Last year we assisted with the archaeological investigations needed before a popular hiking trail on Marmot Hill could get re-routed....and this year they are completing the trail re-route. While this year's work is simply observing, we'll never turn down a chance to hike, almost, to the base of the Nisqually Glacier.

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.

Nisqually Police Department Gets New Vehicles

By Rodney McDonald

The Nisqually Public Safety Complex has received new police vehicles which include the Ford F150 and Ford Interceptor SUVs. Nisqually Police Department was contacted by Ford reference being in the 2021 Ford Police Magazine. Attached photos were taken on Nisqually Tribe property and will be posted in a nationwide magazine.





Nisqually Horse Ranch

By Keoni Kalama

Hello, my name is Keoni Kalama. Working alongside Cynthia Iyall, Keith Brent from Housing, and Kayla Sparkuhl, I am in the process of bringing horsemanship back to the Tribe. Being raised in Montana on and around horses had me question why we don't have horses in Nisqually.

So I did a little research. Nisqually people of the grass where once great horsemen. My goal is to bring that horse medicine back to our people. I believe we need it as a tribe with it being a traditional way of travel and work. It's a necessity that we bring this back.

The Tribe had acquired two rescue mares and didn't know what to do with the mares. So I volunteered to take care of them. That jump started the program for sure. The Tribe seeing horses in our possession got the parts moving. The Tribe went out and bought another horse, a stud this time named Jet. We have a total of three horses now. So the program is starting regardless.

I would like to create an opportunity the people haven't had in a while, that's being on horses. We don't know if we have a rodeo star amongst us. They just never got the chance to try it.

I would like to put people to work on a horse ranch helping with the program. Also, food for thought, I would like to start up a rodeo, Nisqually 1st Annual Rodeo. Eventually on or around the same time we host a pow wow. I really just want the horse medicine back into our community. It will help a lot.

I'm in the process of creating a drug rehabilitation program for horse therapy. Also working with the Nisqually Police Department so they can have



mounted units on horseback to secure our homelands. The opportunities are endless with horses. Why can't we have a canoe journey on land except with horses? Ride from tribe to tribe just like our ancestors did. My very end goal is to have an Indian relay team representing the people nationwide.

Here are some words from my partner, Frank Servine, who is helping mentor me in the boarding business. He will be helping teach the Nisqually people the basics:

Consulting all aspects of horses for Tribal use:

Having been around horses for most of my 70 years, I have learned a great deal and made many mistakes along the way. Mistakes I have learned from. I propose that by sharing the knowledge I have gained from other trainers, taking lessons and through my own mistakes, I can teach others to enjoy their relationship with horses.

We have had a boarding business for over 24 years taking care of as many as 40 horses daily. While doing this, I have had to learn to: build fences (confinement for the horse), housing, feeding regimes, supplement uses, hay

selection for individual horses, minor veterinarian care, employee use and to be able to handle personal problems between boarders. All of these I hope to share with those who are able to have the time to learn.

I understand that an eight week program is planned. This is a good start for learning the horse business but the learning will go on for a life time.

Continue on page 9 - HORSES



What will be learned in the 8 week program:
All aspects of running and working on a horse ranch.
To begin, we will be going over the care of horses:

1. **Feeding:** The nutritional needs of horses are extremely important. The horse has a very delicate digestive system. Each horse is individual in those needs and we have to be able to recognize what works for that individual. What is a good weight for the breed of horse and body type. Which horse has bad teeth and needs dental work. All of these are essential for the wellbeing of the horse.

2. **Housing:** By housing I mean the paddock or area the horse is kept in. Not only is the shelter important, but the area the horse has is vital to their mental as well as their physical health. Horses have to be able to move to help digest their food; they are plains animals roaming miles in search of food. Safe fencing, water and feed are just a few of the housing needs. For the horses comfort and for our own comfort, we use fly control methods to keep the fly population down to bearable.

3. **Handling:** Knowing how to catch a horse, knowing how to halter, lead, brush saddle, bridle, mount and dismount, and to safely release the horse. Seems funny that just to be able to catch the horse would be difficult, but it can be challenging at times. They can out run you. I have learned how to teach a horse to be easy to catch and halter.

4. **Training:** There are several methods used to train horses. Clint Anderson, John Lyons, Pat Parelli, Chris Cox, Mounty Roberts and Craig Cameron are

just a few that I have researched each of their methods and have taken parts of each to develop my own. I trained with Phillis Ryan of Felicity Farms for two years learning how to train horses.

5. **Riding:** Riding is probably the most difficult to learn. It takes years to learn the proper dressage. Horses are large frightening animals. Being on their backs is one of the most frightening, most rewarding things you can do. Problem is most people are harsh in their commands at first. I use a method I came up with while giving lessons. First you gently ask the horse, then you tell the horse, and finally, if you don't get the results you want, you demand. As with anything else, the easier it is, the more enjoyable it is.



Riding in the mountains is a lot different than riding in an arena. My wife and I have ridden out of several horse camps in the wilderness areas around the State.

We are founding members of the Nisqually Chapter of the Backcountry Horsemen. I am at this time President of the chapter and have been seven other years.



This is just a small overview of what would be learned in the eight week program. This would not be just a learn to ride program. Each individual who participates would get a life time of knowledge of how to run a boarding stable, maintain a horse facility and learn to train, ride and give lessons to others.
Frank Servine



Recovery in 2020 is Possible

By Tana Siler and Stacy Gouley

September is *National Recovery Month* and during the trying times each of us face during the Covid-19 Pandemic it can be a struggle finding fun or engaging recovery activities let alone normal day to day activity.

Please help us spread the positivity about recovery and that recovery is possible, people can and do maintain their recovery!

Although it's not possible to attend in person recovery support meetings here at behavioral health, we are looking into how we can implement that type of option in addition to one on one's; we appreciate your patience. Until then, there are many online resources to help support individuals looking for virtual/online meetings: In the Rooms

<https://meetings.intherooms.com/aa/Wellbriety-/all/109435>

13 Recovery meetings online

<https://www.thetemper.com/online-recovery-meetings-groups/>

Wellbriety meetings

<https://www.toiyabe.us/online-wellbriety-meetings/>

Narcotic Anonymous find a meetings

We hope you will help us share these resources. Other activities we find helpful: going back to the basics by getting out into the fresh air, water activities, fishing, camping, taking a day hike, reading a book or listening to music. There's also that 'honey-do' list such as getting our home or personal space organized, home repairs, yard work, or decluttering and donating unused items, maybe even signing up for a class that might be helpful to support recovery in general.

Congratulations to those of you exploring opportunities to keep yourself busy and making progress with personal growth – we see you and you're doing awesome!

The Nisqually Health Department and the Behavioral Health program staff are still here to help those in need and if you have questions about recovery support, we encourage you to give us a call. Due to social distancing and safety precautions of the Tribe we are able to provide phone appointments at this time and limited face to face contact for COVID19 precautions. Program staff can be reached by calling 360-413-2727 during regular business hours. Please, don't hesitate to call.

Nisqually TANF

By Jesse Youckton

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.

If you have questions regarding Child Support, you can contact Lisa Vasquez at 360-664-6859 or through email at vasqula@dshs.wa.gov.

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



Oral Hygiene Tips from Nisqually Dental Clinic

By Sue Bohannon, DMD

It's important to make sure that we are taking care of our health, now, maybe more than ever. Oral hygiene has an impact (to help or harm) our overall health especially with conditions such as diabetes or heart health.

Some activities we can do:

- Brush teeth twice a day with fluoride toothpaste
- Clean between teeth daily
- Eat a healthy diet that limits sugary beverages and snacks



Other ideas to consider are:

- For patients with an increased risk for gum disease, consider using a mouth rinse or toothpaste with proven antimicrobial activity
- For patients with increased risk of caries, consider fluoridated mouth rinse
- For patients who struggle to clean between their teeth, consider what tool might work best

for you (such as floss, waterpik, proxy brush, or flossers)

- For patients seeking or needing improved plaque removal, consider trying a power toothbrush

We miss everyone and we look forward to when we can see your smiling faces again. We are available for a telephone consult if you like to review ways to improve your home hygiene routine or have other dental concerns or questions. For Nisqually Tribe

Community members, we also have hygiene kits available. If you call us from the parking lot, we can run out some oral hygiene kits for you and your family. If you are experiencing dental pain or you suspect that you have a dental infection, please call us at 360-413-2716 for an emergency dental appointment.

INDIGENOUS STRESS MANAGEMENT SESSIONS

COVID-19 hasn't been easy on us or our families.

Come in for a session and learn how to create solutions to:

- Social isolation
- Lack of social interaction for youth
- Financial stressors
- Fear and worry about going out in public or back to work
- Access to normal social support networks
- Any other life stresses you are facing

BRADLEY CASTILLO FROM SALISH HEALTH WILL BE ON SITE TO HOST ONE-ON-ONE SESSIONS AIMED AT CREATING HEALTHY RESPONSES TO STRESS



SALISH HEALTH
HEALING THROUGH TRADITION

From Salish Health:

We help indigenous people gain, retain and exercise skills to cope with and overcome stress responses to trauma.

WHEN:
Mondays, Tuesdays
and Wednesdays
9am - 4pm

WHERE:
The Recovery Cafe

To sign up: call
Josette Ross at
360-413-2707 or the
MAs at
360-459-5312

Mental Health Counseling with Amy Sohler, LMHC



One on One Mental Health Services

Location: Behavioral Health Offices

When: Mondays from 9am-noon

Open to all patients registered at the Nisqually Health Clinic.

Call: 360-413-2727 to schedule



Nisqually Tribe Health Business Office

Hello, there have been a few changes to the Business Office program as we continue to implement adjustments that allow us to optimize how we safely provide and coordinate services during the current phase here at the Tribe.

One of those changes is how we communicate and exchange information with the community.

Reminder: we moved into our new work space in the Billy Frank Jr. Building

- Our number one method of communication is via telephone, so we ask that you please call regarding your needs, questions or concerns.
- **Please make sure to call in to the Business Office for a Purchase Order number (PO#) for all services that you receive offsite, such as urgent care, Hospital, laboratory's and other specialty care providers.**
 - We utilize your PO's to track, and follow up on your services, so that we can assure payments for services are processed in a timely manner. If we do not have a Purchase Order assigned to your service/s, we will not likely receive a bill, or know about the services you received; without that information, your account could potentially go to collections without us knowing there were any

services provided.

- **It is very important that you provide us with your current Insurance information, as this will assure prompt coordination of payment for your services.**



- As a reminder, we have a Drop Box outside our door at our Billy Frank Jr. building location so you can safely drop information off for us without coming into direct contact with the business office staff.

Although we enjoy and miss seeing everyone in person, these changes are here to implement social distancing in the work place for your safety as well as ours.

We thank you for your patience and understanding during these difficult and new times we are facing.

You may continue to reach the business office staff; Jacob, Christine, Boo or Lisa at 360-486-9599. Please feel free to leave a message on this secure voice mail, and we will return your call.

Nisqually Pharmacy Check In

We continue to provide services (5) days a week for your medication needs. Due to current social distancing and safety precautions observed by the department, options to obtain your medications include: Curbside Pickup, Mail, or Delivery! **Questions? Call us at 360-491-9770 and PRESS 0**



There are many benefits of quitting smoking and how these resources can help you succeed. We encourage you to call your Nisqually Primary Care Provider (PCP) at 360-459-5312 to schedule a Telehealth appointment specific to Tobacco Cessation Products. **Your PCP can order your prescription to the Nisqually Tribe Pharmacy** and

While the seasons are about to change from hot and muggy weather to cool and wet weather how about giving Tobacco Cessation another try? Your Nisqually Tribal Pharmacy is newly stocked up with many products to help you. We offer the following on prescription here at the Nisqually Pharmacy:

help get you started on becoming Commercial Tobacco Free before the end of the year. The Nisqually Pharmacy will fill your prescription(s) and bring it out to you curbside and offer any guidance or answer any questions you may have.

- ❖ Nicotine Replacement Patches
- ❖ Chantix and Wellbutrin tablets
- ❖ Nicotine Inhalers
- ❖ Nicotine Gum
- ❖ Nicotine Lozenges
- ❖ Nicotine Nasal Spray

We also carry supplemental products to help with cravings and help to monitor your success such as Cinnamon capsules, Quit Kit bags, Pulse-Oxygen meters, and Blood pressure cuffs. You do not need a prescription for these products, the Pharmacy can help supply you with these tools to help with your plan. Call your Nisqually PCP today!



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 PODIATRY CLINICS

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

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.

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 September Dates

PT. GAMBLE S'KLALLAM 9/3/20

SQUAXIN ISLAND 9/9/20

CHEHALIS 9/15/20

SKOKOMISH 9/18/20

NISQUALLY 9/22/20

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.



South Puget Intertribal Planning Agency



WIC Program September Dates



SHOALWATER BAY 9/2/20

SQUAXIN ISLAND 9/8/20

NISQUALLY 9/9/20

CHEHALIS 9/10/20

SKOKOMISH 9/16/20

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.





Nisqually Elders Program

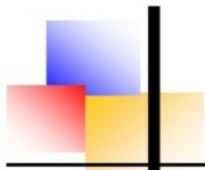
Dear Elders,

We are in difficult time these past weeks and months. I hope you received the masks the Elders program delivered and/or mailed out to you. We will be mailing out more masks soon. The cloth mask we sent out before, can be washed and reused. The paper ones are a onetime use only. Please make sure you use them when going out in public. We want you to be safe, so please use them.

Follow the Covid-19 guidelines, staying home, if you have to go out, social distance and always wear a mask, wash hands and use hand sanitizer.

There is no vaccine or cure for **COVID-19** at this time. The CDC director said this coming flu season is really going to hit hard. After hearing that news, our family members are going to get a regular flu shot to be protected from the seasonal flu. Something to think about doing for yourself if you choose to. We want to take all safety precaution to stay well this fall.

Update addresses to receive important notices in the mail.



Nisqually Elders menu (360)486-9546
Va & Titan, Cooks

SEPTEMBER 2020

menu subject to change

Guests pay \$4.00

Sun	Mo	Tue	Wed	Thu	Fri	Sat
		1 Beef Goulash Buttered Noodles Veggie Blend	2 Red Beans & Rice w/ Smoked sausage Green beans Wheat roll	3 Sloppy Joe Casserole Wheat Roll Green Salad	4 Oven BBQ Chicken Succotash Cornbread Muffins Fresh Fruit	5
6	7	8 Stuffed Peppers Brown Rice Glazed Carrots	9 French Dip Sandwich w/ Au Jus Tomato & Cucumber Salad Melon Wedge	10 Chunky Beef Soup Wheat Bread Fruit Jello	11 Chicken Stir Fry Brown Rice Oranges	12
13	14	15 Chicken Fry Steak w/ Country Gravy Mashed Potatoes Veggie Blend	16 Submarine Sandwich Lettuce and tomato Baby Carrots Grapes	17 Kalua Pork & Cabbage Sticky Rice Fresh Fruit	18 Sausage & Peppers Fried Cabbage Oven Potatoes Jello Fruit	19
20	21	22 Chicken Adobo Rice Green Beans	23 Baked Pork Chops Sweet Potato Medley Apple Coleslaw	24 Spaghetti Garlic Bread Veggie Blend	25 Salmon, Corn on Cob, Potato Medley	26
27	28	29 Chicken Tortilla Soup Egg Sandwich Green Salad	30 Baked Cod Wild Rice Pilaf Roasted Greens			








Announcements

September 6

Happy 31st Birthday to our #1 Keisha,
Love Dad, Mom, Jasmine, Samira,
Nevaeh & Rodney <3



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	

**Nisqually Tribal Offices
Holiday Closures**

**Monday September 7
Labor Day**

**Monday September 28
Nisqually Day**

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



REMEMBER

YOUR MASK

FLU SEASON

IS COMING SOON

orders@nisquallypostandprint.com www.nisquallypostandprint.com

Email:

360.338.6431

Phone:

Olympia, WA 98513

Suite C

12820 Yelm Highway SE

Location:

8am - 6pm

Monday - Friday

Hours:



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