

NISQUALLI 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

May 2023

New Lights Make Bright and Save Money

By Debbie Preston

While Puget Sound Energy (PSE) representatives were attending CJ's (Clifton Young) solar informational event, they noticed how bad the lighting was in the Youth Center.

They told Electrical Project Manager Mike Elliot they could get all the lights on the reservation replaced with new, energy efficient lights at no cost.

"Tommy then contacted me a couple days later and explained about PSE's programs. As it turned out, PSE had a program that provided the LED lighting and the labor to do the retrofits," Elliott said.

The Nisqually Youth and Community Center is already three times as bright with new lights installed in early April and more are coming all over the campus.

"We have also done the Elders/Day Care building, and we will be starting on the Admin building, Billy Frank Jr gym and offices and the Public Safety complex on April 25."

Elliott said that not only is the work not costing the tribe any money; it will save money with the collective replacements reducing electrical costs by approximately \$100 – 150,000 over the next 10 years.

"We at the building department are continuing to find cost savings programs and ideas to offset the tribe's electrical costs. As we progress, we will have more solar installations and we are looking into hydrogen energy storage," Elliott said.



Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 4/13/23
Minutes Approved on:
Meeting Called To Order: 1:30

Willie Frank	Chairman	Absent
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 th Council	Absent
Guido Levy Jr.	6 th Council	Present
Leighanna Scott	7 th Council	Present
Derrick Sanchez	Sergeant of Arms	Present

Guest: Nano P, Larry S, Jamie S, Justine C, Joe C, Brent B, Shannon I, Leslie F, Kevin P, David W, Hayley F, Ezra K, Cat S, Wayne L, Elizabeth, Nate C, Cynthia I, Pete A, Deb P, Mary S.

Tribal Councils motions & Consensus:

Larry Sanchez – **Asking about the Petition and plans for Special Meeting. The proposed date is May 20th.**

Shannon Blanksma – **Approval of April 13th Weekly Budget Consent Calendar.** *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

Wayne Lloyd – **A Resolution Authorizing Execution of a Contract with South Sound Solar for Installation of Solar on 10 Elder Housing Units within the Nisqually Elders Village Project on the Nisqually Reservation. Resolution #41,** *Motioned by Guido Levy Jr, seconded by Leighanna Scott. Motion passes, 4-0-0.*

David Wolff – **A Resolution Approving the second Restated Articles of Incorporation for Greenfoot Government Corporation. Resolution #42,** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Shannon Iyall – **A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Roman Squally. Resolution #43,** *Motioned by Leighanna Scott, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Shannon Iyall – **A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Darius Squally. Resolution #44,** *Motioned by Leighanna Scott, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Emiliano Perez – **Approval of CCL Request for #500k for Fish Ladder, Adult Pond and repairs at clear creek.** *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

Joe Cushman – **A Resolution Approving the Acquisition of 1,381 Acres (more or less) of Timberland in the Upper Nisqually Watershed from the John Hancock Life and Health Insurance Company (Nisqually Busy Wild Acquisition 2).**

Continued on page 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

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

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

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

Nisqually Tribal Council

Chair, William (Willie) Frank III
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Chayannah (Chay) Squally
6th Council, Guido Levy Jr.
7th 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

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Council Corner

Editor’s Note: *We are returning to a more regular “Council Corner.” Treasurer David Iyall kicks it off. Iyall is both treasurer and has served on the Thurston County Conservation Board, Board of Supervisors for four-plus years. He was recently re-elected to a second term. For more information, see <https://www.thurstoncd.com/>*

Treasurer David Iyall wants to highlight the financial updates and literacy events that are available to tribal members.

“We really want our youth who will be turning 18 to understand financial matters and how to plan for their financial future,” Iyall said.

Nicole Sims, Office of Management and Budget Director, along with partner Bank of America, has been coordinating a series of financial literacy events for youth and is working with the Yelm School district to get this education into classrooms. Work is being done to make the materials available to the Youth Program and some early learning ideas for Head Start about money.

“For our tribal members, we have our quarterly Financial Updates in person that are also available electronically,” Iyall said. Those dates are May 20, Aug. 19, and Nov. 18 from noon to 2. Watch for flyers ahead of these dates.

“Bring your questions – that’s why we have these updates and we bring staff. Whether it’s about MCEC or Greenfoot, or any other budget matter, we are here for those questions and if we can’t answer them, we’ll do the research and get back to them,” said Iyall.

“The Nisqually Tribe is in great financial shape. We’re close to opening a new Elder’s Center and updating and building new housing which includes the Elder’s Village. Finally, we continue to make progress on the plans for construction of The Nisqually Healing Center, the Medically Assisted Treatment facility that will treat both tribal and non-tribal members in a whole-person approach,” Iyall said.

“The future is bright.”

Continued from page 2-MINUTES

Resolution #45, *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 4-0-0.*

Joe Cushman – **A Resolution Authorizing Execution of a Contract with the Thurston County Chamber of Commerce for Digital Literacy Training under the Nisqually Digital Navigation Grant Project. Resolution #46**, *Motioned by Jackie Whittington, seconded by Leighanna Scott. Motion passes, 4-0-0.*

Pete Ansara – **A Resolution to Approve and Authorize a Consulting Services Agreement with Moss Adams for Medical Clinic Financial Analysis. Resolution #47**, *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 4-0-0.*
Shannon Iyall – **Approval of the 30-Day List.** *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

Sommer Sanchez – **Approval of the March 30th, 2023, TC Minutes.** *Motioned by Guido Levy Jr, seconded by David Iyall. Motion passes, 4-0-0.*

Mary Szafranski – **A Resolution Rescinding Tribal Council Resolution No. 73-2022 (Masking Requirements for Tribal Buildings). Resolution #48**, *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Nate Cushman – **A Resolution to Authorize a Common Interest and Confidentiality Agreement (Wild Fish Conservancy v WDFW). Resolution #49**, *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Brent Bottoms – **Approval of Title 18. Tabled Executive Session 1:56-2:06 Action out of Executive session, all of council is in consents to move forward with sprit house project with more community input.**

Motion by David Iyall to Adjourn, seconded by Jackie Whittington. Motion passes 4-0-0.

Meeting adjourned at 2:07



Why Isn't the Newsletter on Newsprint?

By Debbie Preston

Many of have asked why the *Nisqually Newsletter* is not on newsprint.

We would like to say we are waiting for a press to be installed in Lakewood where we would hope to become a customer. The closure of newspapers and consolidation under hedge fund companies means newspaper presses were sold all over the country, along with buildings that housed the press.

We had, in 2016, established an account in Chehalis when that press was sold literally at the same time as our first issue was to be printed. Our goal is to return to that when it is possible.

Two things complicate this endeavor. We print far fewer than say, Quinault Indian Nation or

Muckleshoot. There is a "minimum press run" and we largely do not meet that minimum press run for the one press in our area (and still a two-hour drive if we met the minimum).

Our hope is the new press will be of the advanced variety that makes that less of a concern and will fix the other challenge, having one in the area. For instance, Quinault Indian Nation has been printing in Canada. While you can send the computer file via the internet, you have to pay for delivery from Canada.

We hope in due time, we will have a product on newsprint that will cost less and allow more pages. We appreciate your patience. -Debbie Preston
Director, Communications and Media Services

Thurston County Chamber Night on the Town

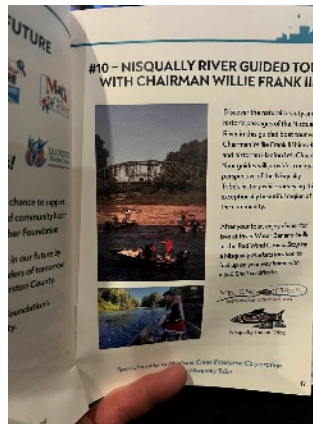
By Debbie Preston

The Nisqually Tribe and Medicine Creek Enterprise representatives attended and helped sponsor the Thurston County Chamber of Commerce's "A Night On The Town" According to the chamber, "it is a fun evening which starts with a one-of-a-kind live auction and finishes with the much-anticipated after-party with exceptional musical performances. Nisqually donated a river tour with Chairman Willie Frank III and Government Liaison and historian Hanford McCloud. The three trip donations raised more than \$15,000.



"This event connects the world of learning and the world of work. Join us as the education and business communities gather together to support the leaders of today who are inspiring leaders of tomorrow.

"The Chamber Foundation, a 501(c)(3) organization, is built on youth education, community leadership, and small business development. It offers seven programs—each a result of community investment in education – Find Your Future, Leadership Thurston



Sheriff Derek Sanders was up and around after a scary accident with a car that ran through an intersection at high speed, hitting Sanders and sending him to the hospital. He has been allowed to return to light duty.

County, Math for Life, the Small Business Incubator, Diversity in Business, and Business2Youth Connect. The Chamber Foundation also serves as the fiscal agent for Thurston Thrives."

"These trips that we donate help us tell our story at a critical time for Nisqually when we are needing to explain the river and the needs to so many," said Nisqually Tribe Chairman Willie Frank III. "Telling our story to the leaders and young people of Thurston County helps us work together to achieve common goals."

Nisqually Tribe and Medicine Creek Enterprise representatives at the dinner. Description of the tour. More than \$5,000 for each trip was bid. Thurston County



Kalama Creek Hatchery: Phase 1 Underway

Building Department

The Nisqually Tribe is the prime steward of the Nisqually



River fisheries resources, and operate two hatcheries, one of which is the Kalama Creek Hatchery. The original facility, built in 1978, was in need of some restructuring so it can continue to raise fish and replenish our rivers for many years to come. Phase I of the Kalama Creek Fish Hatchery Remodel is underway and

includes work at the hatchery's upper site. Salmon are an integral part of Washington states' economy and culture, and modifications to the hatchery will provide the ability to integrate natural origin Chinook with hatchery stock.

As well as an early rearing room with 20 first feeding tanks, the brand-new hatchery building will include, an incubation room, classroom/meeting room, a new office, and restrooms. In addition, the existing buildings will receive new paint and siding. Work during this phase

will also include a new pollution abatement pond to collect uneaten fish food and fish waste. The 40,000 cubic feet pond, in use since 1978, will receive a new pond liner. This site is also being re-plumbed with all new pipes. All incoming creek water will be filtered, and water entering the new building will go through a UV filter system. Water from the existing 3 raceways and the new building will be re-introduced into the big pond after going through a new aeration tower. An additional 500 gallons per minute can also be aerated and re-used in the big pond as well. The first cement for the project has been poured and new pipes are starting to go in the ground.

Foundation work is ongoing and building erection should be started in the next few weeks. The anticipated substantial completion of the project is April 2024, with Chinook eggs being put down in this new system in September of 2024.



Pacific Luther University Visit

By Debbie Preston



Nisqually Chairman Willie Frank III (center) and 6th Council Guido Levy pause with nursing instructors from Pacific Lutheran University after addressing students about Nisqually culture and history. "The instructors are exposing students to as many cultures as possible to make them better caregivers, because they understand some of the nuances of other cultures," said Levy.

Nisqually Tribal Office Closures

**Friday May 12
National Indian Day**

**Monday May 29
Memorial Day**



Gathering of Natives (GONA)

By Debbie Preston

The Gathering of Natives (GONA) was held at the Nisqually Cultural Center this year. There were art classes and learning how to incorporate simple shapes to get your drawing started of a horse. Kids and adults built a model rocket and learned how a launch team works with their various duties. Classes for weaving, necklace and bracelet work were available and the Medicine River Ranch horses were used in a variety of activities. Mental health topics were addressed with humor and wellness guidance. Attendance averaged about 40 each day. Many thanks to the planning committee from various departments within the Nisqually Tribe that made this program a success.



Retrieving the arrows, but only when everyone has shot all their arrows, even though the practice arrows are soft, it's a habit that needs to be made when real arrows are used. Pointing out the shapes of a horse to draw. The proper form for holding and releasing an arrow is the same no matter what kind of arrow. Putting the lessons to paper. Learning the proper and safe way to load the rocket on the rail.



Pulling Together Wellness Dinner

By Debbie Preston

The Pulling Together for Wellness Dinner was a brighter event thanks to all the new lights that Puget Sound Energy installed at no cost to Nisqually. There were resource tables, door prizes, a celebration of Nisqually hosting Canoe Journey 2026 as well as the Recovery Countdown and dinner from CJ and Averi and crew.



Elizabeth Vantiem talks to folks at one of the resource tables.

Daniel Felizardo, Behavioral Health Director, welcomes everyone to the event following the Canoe Family singing a few songs.

Marjorie Stepetin chats with the native plants table representatives. The kids enjoyed some coloring fun.

Artist Collective

Earlier this month, Chelsie Sharp and business consultant Jacob Perritt, handed out a survey to better understand what Nisqually community artists are looking for in their business endeavors.

Introductions were made around the room and everyone got the chance to say what kind of art they make and sell. They were also asked what they wanted to learn about for their business.

Chelsie and Jacob are planning an expo in October and are taking in applications for anyone interested in signing up.

Treasurer David Iyall commented that art is very much needed in the communities. "Some of these walls are empty and need to be filled with art," said Iyall. Tony Sanchez had a sign up sheet as well for anyone who would like to be considered to help with the art projects for Nisqually State Park.



Jack George photos and words Chelsie Sharp and business consultant Jacob Perritt discuss the goals of the program Attendees fill out a survey.



Elder's Village Beginning Celebration

By Debbie Preston

The new Elder's Village Housing was blessed with a ceremony on Thursday, April 13. Ten homes are planned to be constructed in 2023 with an additional ten homes being built in 2024. Designed to accommodate requests by elders, each home will include two bedrooms and two bathrooms. Additionally, they will be fully accessible with ADA compliant kitchens, bathrooms, 36-inch wide doors, and generously-sized hallways. The exterior of the homes, complete with a lifetime warranty, will be finished in a beautiful faux wood cement siding to match the finish on the newly completed Elder's Center and Health and Wellness Building, which are within easy walking distance.

Decorative, accent trim will be designed by Nisqually tribal members and added to each home by the Nisqually carpenters for a personal touch. The trim, therefore, is not in the sketches, but still under development.

The homes will be outfitted with roof-mounted solar panels. Drawing on the heat of the sun, these panels will provide the energy each home requires. For peace of mind, a battery backup in the garage will allow several days of power to be available during outages.

Following a Community Meeting January 30 attended by approximately 30 people, changes were made to the design and you will see those in these drawings. It includes all of the requests that were made by the attendees, including lower microwaves (instead of over the stove), and large bedrooms. How these homes will be allocated is still being determined.



Anyone who wanted to be a part of the official turning of dirt grabbed a shovel. Canoe family and tribal council members. Building Department drawing shows the location of the 10 homes. Some of the footings with a view toward other housing off Journey Road.



Repatriation

By Kurtis Bullchild Archives Tech IV

Repatriation – *The act or process of returning a person or thing to the country of origin.*

Things that start out small and become something else entirely can be a good thing. And good things can keep coming from such a small insignificant find. A molar, and at first thought to be a seal’s rib bone, was in fact the rib bone and molar from a Native American human remains. The tribes own T.H.P.O. (Tribal Historic Preservation Office) Sight Monitor was involved in finding the remains on one of their monitoring assignments. Where the remains are found make it a significant find.

Due to the location, tribal T.H.P.O. departments were contacted and the Puyallup tribe in agreement with the other tribes performed the repatriation ceremony and interred the ancestors remains into their cemetery’s designated repatriation area. Connie McCloud, Director of the Puyallup Tribe Culture department invited guests from the other tribes to witness the ceremony; the tribes that participated were Muckleshoot, Puyallup and Nisqually.

This is the 3rd repatriation ceremony I have personally been involved with and the 2nd one I witnessed at the Puyallup Tribe. All of the repatriation ceremonies involve very similar elements. Connie McCloud and

the culture department first started out explaining the circumstances around finding the remains and the journey it took to get to the Puyallup Tribe cemetery. The ceremony starts with an opening prayer by the spiritual representatives, a song from the Puyallup Tribe canoe family, and some good words from each tribal representative. A Blackfeet tribal elder sang an honor song for the ancestor as well. By this time the fire is burning hot and it’s time to help the ancestor pass on by sending with them clothing, food and other items that were burned for this ancestor and all other ancestors.

For closure, the Puyallup Tribe culture department staff said some encouraging words as to why this work is important and why it’s important to witness this work being done in a proper way. Tribes have different ways of cleansing after this type of ceremony and the Puyallup Tribe took care of this for all participants before leaving the cemetery. And as always a good way to end things is to eat together, so the Puyallup Culture department provided lunch after all the work was done.

My hands go up to the Puyallup tribe, specifically to the Cemetery, THPO and the Culture departments for spearheading the repatriation work and the teachings for all participants.

Cybercrime – A Doom and Gloom Prediction

Tips from the IT-WebDev Department

A World Economic Forum report says business leaders believe a “catastrophic cyber event” is coming. Specifically, 93% of cyber leaders, and 86% of cyber business leaders, believe that the geopolitical instability makes a catastrophic cyber event likely in the next two years. This far exceeds anything that we’ve seen in previous surveys.” Recently a cyberattack was aimed at shutting down Ukrainian military abilities which unexpectedly also closed off parts of electricity production across Europe.



At immediate risk globally are electrical grids, primarily in part of their operational technology which allows remote access and connections to business networks. According to the Director of National Intelligence’s 2022 Annual Threat Assessment, nations and criminal groups pose the most significant cyber threats to our national critical electricity infrastructure. These threat actors are increasingly capable of attacking “the grid”. Attacks in the United States have even recently occurred in physical form, e.g. shooting at and/or damaging electrical substations (even here in the PNW). These mysterious and continuing series of physical attacks have hit power utilities in the American southeast and in one case, caused an extended outage for tens of thousands of people.

“Let’s imagine an exponential multitude of viruses that mutate everyday exponentially while not threatening our body, but the bodies we live in, our organizations, our countries, our system, then, you know, it could be just apocalypse. It’s about viruses that can not only block our way of living but can control it and deviate it.” - Edi Rama, Prime Minister of Albania
The U.S. Government Accountability Office recently determined that the

Cybercrime will grow from a \$3 trillion industry in 2015 to a \$10.5 trillion industry by 2025; this unpredictable nature of cybercrime increases threats. If cybercrime was a state, it would be the third largest global economy after the U.S. and China.

Department of Energy (DOE) in coordination with the Department of Homeland Security, state, and industry partners need to address risks to the electric distribution systems. Hopefully world leaders will be encouraged to work together to make cybercrime countermeasures a priority as they face criminals armed with new sophisticated tools.

Reference past Squalli-Absch articles covering malware, spammers, online identity theft and related technology security topics.



Thank You GONA Participants

By Shawn Nichols

Thank you so much to everyone who participated in GONA 2023.

Led by Behavioral Health and funded by the HCA Indian Nation grant, this collaboration between health, culture, the public health officer, youth, the language program, and so many others, was so incredible!

This year's GONA - or səsqʷuʔ ʔə tə dʒixʷ ʔacʔacitʌlbixʷ - Gathering of First People - took place at the longhouse. The Gathering of Native Americans (GONA) curriculum is a 3–4-day series focused on the themes of belonging, mastery, interdependence, and generosity.

We had incredible facilitators and leaders - One Crazy Raven Gene Tagaban and Kasey Nicholson - take us through these themes with a series of storytelling and group exercises. It was an honor to have our Nisqually families who participated come to learn and grow together.

Tribal Council sponsored a delicious breakfast each morning to help us start the day, culture to warm us up in the longhouse, CJ nourished us with a delicious lunch each afternoon, and we had amazing activities with NPAIHB's Path's Remembered team Itai & Jericho, Nisqually Reach's biologist Daniel, and our own incredible staff from culture, youth, natural resources, traditional healing, and the horse ranch.

Thank you for gathering to share our stories, support one another, celebrate our culture, and learn with our little ones, our parents, and our elders. We already can't wait for the next time!

hawətubš – Thank you.





Protecting Your Health & Data: Securing Wearable Fitness

As many embark on their fitness journey, they will use a fitness watch, tracker, or app to track their goals. These wearable fitness devices are designed to monitor a person's physical ability, sleep quality, and heart rate and to improve athletic performance.

They can not only track our health but are also connected to other mobile devices and smart homes. They can also be used to make payments. There are many types of wearable devices on the market; the most popular brands are Fitbit, Apple, Samsung Galaxy, and Garmin.

These devices are extremely useful for assisting people to monitor their health and track their fitness goals, but they can pose many security vulnerabilities, risking privacy and exposing personal data.

How are fitness trackers unsafe?

There are multiple ways that your wearable fitness tracker can be compromised, including:

Bluetooth vulnerability: Most wearable fitness devices sync via Bluetooth to smartphones, tablets, and other devices. If a cybercriminal is in proximity, they can potentially intercept the device using Bluetooth and gain access to sensitive information such as emails, text messages, passwords, or bank information. Cybercriminals can potentially sell this personal and financial data on the illegal market for a profit.

Unsecure app or website: Many wearable fitness devices have a complementary fitness app or link to a website where data is transmitted. If the website is unsecure, cyber criminals can easily steal the user's personal information. Imposter apps, which mimic legitimate companies like Apple or Amazon, and fake apps can compromise fitness devices with malware to steal the user's confidential information.

Third-party companies: Most wearable fitness devices collect and store user data and rely on third-party apps to provide additional features. Relying on a third-party app can pose an additional security threat because these apps can experience their own data breaches, exposing users' personal and financial data.

No authentication: Most wearable fitness devices lack any form of authentication, such as a password or pin, which can make it easier for a cybercriminal to access them.

Lack of firmware updates: Some wearable fitness devices are more vulnerable to cybersecurity and malware attacks because they do not have a strong firmware update process. Weak firmware updates allow criminals to compromise the device and the user's information.

Location: Many wearable fitness devices have an integrated GPS that can track the user's real-time location, including their home address or place of employment. The wearable device could also include detailed maps of saved workout routes, which could be easily accessible to other users and cybercriminals. With this information, cybercriminals can locate the user to either physically attack them or gain access to their home/car to physically steal items while they are away.

Shoulder surfing: Most users wear fitness devices at the gym, on public transit, or in public places, which creates an additional risk due to shoulder surfers.

How to secure your wearable fitness device

- Do your research before purchasing a wearable fitness device. Search the internet for the device or app to obtain a better understanding of what other users have experienced using the device and if there have been any data breaches. Also, read the privacy policies of the device and app before purchasing.



Continued on page 12-FITNESS



KIDS WILL BE KIDS!

WE LOVE CARING FOR KIDS

HEALTHCARE PROVIDERS NEED YOUR CONSENT FOR TREATMENT AT EACH AND EVERY VISIT

Who can provide consent for a minor under the age of 18 years?

- A PARENT OR GUARDIAN
- A CAREGIVER WITH WRITTEN PERMISSION FROM PARENT OR GUARDIAN
- A KINSHIP CARE PROVIDER AFTER SIGNING A SPECIAL ATTESTATION

Minors can consent for their own treatment if:

- EMERGENCY CARE IS NEEDED.
- CARE IS PREGNANCY RELATED OR PREGNANCY PREVENTION RELATED.
- THEY ARE OVER 14 AND SEEKING CARE FOR SEXUALLY TRANSMITTED INFECTION.
- THEY ARE OVER 13 AND SEEKING MENTAL HEALTH CARE OR TREATMENT FOR SUBSTANCE USE DISORDER.

MORE INFO: (360) 459-5312 OPTION #1 [HTTP://WWW.NISQUALLY-NSN.GOV/](http://www.nisqually-nsn.gov/)



NISQUALLY TRIBAL HEALTH & WELLNESS CENTER

haʔhəcił. ʔ uʔa čəʔ dxʔʔal dəgʔwi
(Welcome. We are here for you.)

NEW CLINIC HOURS:
The Medical Clinic is now OPEN -
Mondays - Fridays, 7 am to 6 pm
Wednesdays, 10 am to 6 pm

SCHEDULING:
Please call 360-459-5312 option #1 to speak with one of our medical schedulers to make an appointment with your primary care provider

WE PROVIDE PATIENT-CENTERED CARE FOR BOTH ACUTE AND CHRONIC HEALTH PROBLEMS.
CALL TO SCHEDULE YOUR CLINIC VISIT OR TO GET MEDICAL ADVICE FROM A NURSE.
WE ARE HERE TO HELP YOU FEEL BETTER.



(360) 459-5312 option 1 <http://www.nisqually-nsn.gov/> 4840 Journey St SE Olympia WA 98513

Continued from page 11-FITNESS

- Here are a few tips to ensure your fitness device is secure:
- Always do your research.
- Avoid using unsecure public Wi-Fi for device connections.
- Always opt out of any unauthorized pairing.
- Always opt out of sharing personal information with third-party apps.
- Avoid viewing sensitive messages on your device in public.
- Download apps only from legitimate app stores.
- Always purchase from reputable brands.
- Always create strong passwords and use multi-factor authentication when available.
- Always keep the firmware updated.
- Turn on automatic updates and always keep software updated.

During your fitness journey, make sure you are not only securing your heart, but you are also securing your device. Wearable fitness devices can be extremely helpful on your fitness journey but remember that they also come with risks. By being aware of the risks that wearable fitness devices pose, you can limit your vulnerability to cybercrime.

Garden Veggies



Clarisse Randolph finishes rinsing the last carrots of planting year 2022 off at the garden. The Pacific Northwest temperate climate allows for some vegetables to persist even through winter.



It is so nice to see smiles again!

But we aren't completely done with masks. Please make sure you have a good supply of masks handy so you can use them when needed.



Here are some examples of times when you will want to put on a mask:

- If you have the sniffles
- If you are visiting with someone who has the sniffles
- If you tested positive for COVID in the last 10 days - **this is really important!**
- If you are visiting with someone who had COVID in the last 10 days
- If you are high risk for severe COVID illness (immunosuppressed, elderly, have lung disease, are pregnant, have diabetes, etc.)
- If you are visiting with someone at risk for severe COVID illness
- If you have someone high risk at home
- If you just feel like wearing a mask

Smiling faces are a welcome sight, but let's not drop our guard just yet! Here are some situations where masking up is still important. Stay safe and keep spreading those smiles! #MaskUp #StaySafe #SmilingFaces

BRANDY SANCHEZ, DSHS CASEWORKER IS BACK AT THE NISQUALLY HEALTH & WELLNESS CENTER!!

We are pleased to announce that Brandy Sanchez, Olympia DSHS Caseworker, is here to assist our Tribal Members and Community with DSHS (Aged, Blind, Disabled) program needs.

**THURSDAYS & FRIDAYS
08:30 AM - 5:00 PM**

STOP BY THE NTHWC OR
GIVE OUR BUSINESS
OFFICE A CALL

**(360) 486-9599 or
(360) 459-5312 option 6**



OSTEOPATHIC MANIPULATION THERAPY (OMT)

WITH DR. SaTaUR



NISQUALLY TRIBAL HEALTH & WELLNESS CENTER
MEDICAL CLINIC

What is OMT?

Osteopathic Manipulation Therapy: Is a treatment approach that focuses on manipulation of your muscles, joints and bones. Physicians who practice OMT are specially trained in Osteopathic Medicine.

benefits OF OMT:

- ✓ Address structural problems in the joints, muscles and tissues.
- ✓ Improve circulation (how blood and other fluids flow through the body.)
- ✓ Prevent health problems and help the body heal itself by improving how the body works as a unit.
- ✓ Soothe tight muscles, relieve joint stiffness and improve range of motion.

CALL NOW TO SCHEDULE AN APPOINTMENT

(360) 459-5312 Option 1

4840 Journey St Olympia WA 98513

ACUPUNCTURE!

WITH ELIZABETH SIEGEL, ARNP

AVAILABLE EVERY TUESDAY 8:30 AM - 4:00 PM — ASK ABOUT OUR ELECTRO-ACUPUNCTURE — CALL (360) 459-5312 OPTION 1 TO SCHEDULE



BENEFITS OF ACUPUNCTURE:

- Pain Management
- Allergies/Cold
- Digestive Issues
- Organ Function
- Mood/Depression
- Headache & Migraines
- Many other conditions

Fun Fact: Did you know?
This Technique has been a key role in Chinese medicine for over 3,000 years!





South Puget Intertribal Planning Agency

Local Food Purchasing Assistance Program

Nisqually

For a limited time

South Puget Intertribal Planning Agency is partnering with regional disadvantaged farmers to provide Tribal members with fresh local produce, meat, eggs, dairy products, and breads. (not all items will be available at the same time.)

Availability

Items will be available monthly on a first come, first serve basis (one pick up per household) Each month will feature different items. Boxes are limited, please allow priority to elders and low income households.

Eligibility

You must present proof of Nisqually Tribal ID at time of pick up. No holds or pickups for others.

May 23, 2023
SPIPA Warehouse
10:00am-3:30pm
or while supplies last

You must be present to receive a box, no pick ups for others allowed

Boxes will contain: Eggs, bread, ground beef, potatoes, and oranges



For more information, call 360-426-3990 or visit spipa.org/family-and-community-resources



SPIPA WIC shares the Importance of Lead Testing

Ask your Doctor if Your Child Needs Lead Testing



Why should your child be tested for lead?

If lead gets into your child, it can cause brain and kidney damage, as well as make it hard for your child to learn, pay attention, and behave properly.

Even small amounts of lead can hurt your child, so it is important to find out if your child should be tested.

Most children who have lead poisoning do not look or act sick. A blood test is the only way to tell if your child has been exposed to lead.



Federal Law mandates that all children enrolled in Apple Health/ Medicaid are required to get blood test at ages 1 year (12 months) and 2 years (24 months).

For more information on lead, contact doh.wa.gov/lead or call 1.800.909.9898 or ask your WIC clinic staff



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



South Puget Intertribal Planning Agency

USDA Foods Program May Dates



PT. GAMBLE S'KLALLAM	5/5/23
SQUAXIN ISLAND	5/10/23
SKOKOMISH	5/17/23
CHEHALIS	5/19/23
NISQUALY	5/23/23



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 May Dates



SHOALWATER BAY	5/3/23
SQUAXIN ISLAND	5/9/23
NISQUALY	5/10/23
CHEHALIS	5/11/23
SKOKOMISH	5/17/23



This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate. NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



Announcements

MAY 10, HAPPY BIRTHDAY WUSA, SMOOCHES MARIE

May 16, Happy Birthday Chenoa, Love the McDonald Family

May 18, Happy Birthday Enzo, Love the McDonald Family

May 27, Happy 30th Birthday Jasmine, Love Dad, Mom, Keisha, Samira, Nevaeh and Rodney



Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Probate

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



FREE Rides

Monday through Friday

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

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

