

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

February 2024

## New Elders Village

By Debbie Preston

The official opening of the Elders Village was celebrated on Friday, Jan. 12 with a ribbon cutting and tours of the units that feature a Nisqually logo on every driveway.



*Elder Marie "Bubbles" Kalama did the honors of cutting the ribbon. There are 10 units finished with 10 more slated for completion in 2024. Each unit has solar powers, as seen here. There is also storage battery back up. Each unit has solar panels and storage batteries so there is always power.*





# U.S. Deputy Meeting with Tribal Council

By Debbie Preston

U.S. Deputy Secretary of Commerce Don Graves talks about ways the Department can help the tribe not only with the I-5 bridge replacement, but helping with changing tire manufacturing to protect salmon from the fish-killing chemical. Graves visited with other federal representatives who watched a presentation from the Nisqually Department of Natural Resources about the issues on the Nisqually River.



Above, Nisqually tribal council members talk with U.S. Deputy Secretary of Commerce about the I-5 bridge replacement.

## 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  
5<sup>th</sup> Council, Chayannah (Chay) Squally  
6<sup>th</sup> Council, Guido Levy Jr.  
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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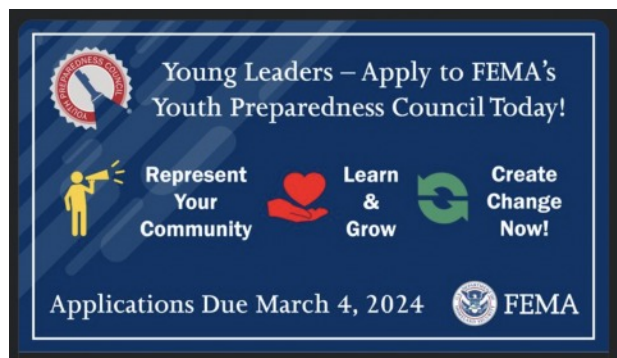
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# Federal Emergency Management Administration

## Accepting Youth Applications

Nisqually is in the shadow of Mount Rainier, an active volcano that could create a catastrophic event in the area as well as climate change that continues to change and threaten our world. Youth 8<sup>th</sup> grade through 11<sup>th</sup> grade - you can be part of planning for Nisqually's readiness for emergencies.



The Federal Emergency Management Administration (FEMA) is accepting applications for the Youth Preparedness Council (YPC), a program that brings teens together from across the nation who are interested and engaged in community preparedness.

Council members are selected based on their dedication to public service, their efforts in making a difference in their communities and their potential to expand their impact as national leaders for emergency preparedness. Students in grades eight through 11 are eligible to apply.

FEMA Administrator Dianne Criswell recognizes the important role that the YPC plays in shaping our future.

“The Youth Preparedness Council is a unique opportunity for teens across America to get a sense of what it’s like to be an emergency manager. It also lets us take a glimpse into the future of our profession —and let me say, the future is bright,” said Administrator Criswell. “These young leaders give me so much hope that we’ll be able to create a more prepared, resilient America that the next generation needs and deserves. I’m looking forward to watching this new Council come together and seeing what they’re able to accomplish.”

During their one-year term, council members collaborate with each other to develop projects that promote preparedness on a local, regional, and national scale. Members also engage with leaders within FEMA, the federal government, and national non-profit organizations.

Youth interested in applying to the council must submit a completed application form and provide two letters of recommendation. All applications and supporting materials must be submitted no later than March 4. New council members will be announced by June 2024.

Youth living in FEMA Region 10 (Alaska, Idaho, Oregon, and Washington) may be invited to join the FEMA Region 10 YPC, a similar council that focuses specifically on creating projects within these four states.

To learn more about YPC, visit:

[www.community.fema.gov/PreparednessCommunity/s/apply-to-ypc](http://www.community.fema.gov/PreparednessCommunity/s/apply-to-ypc)



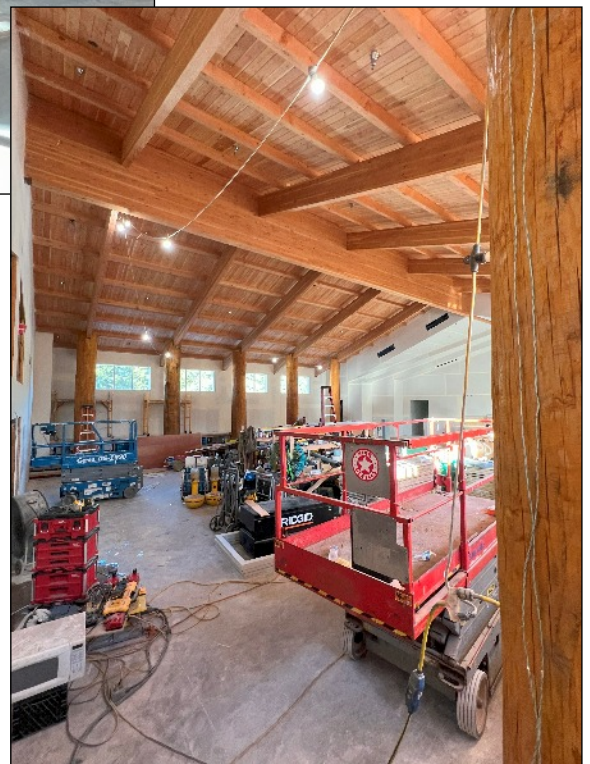
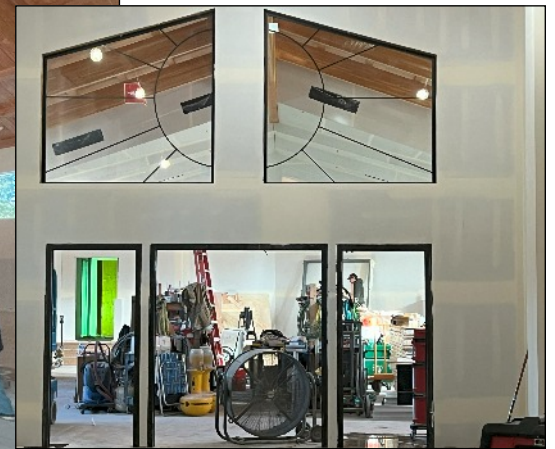


# Spirit House

As we see the progress on this project, the “Spirit House” (placeholder name), has sheetrock installed and is beginning some of the detailed interior work. We are reaching out to all of you, our membership, for potential names to identify the building and grounds in which we will be laying our loved ones to rest and/or practicing traditional ceremonies. The facility has bench seating on each side of the main hall, keeping with our traditional gathering areas for larger groups (as you can see in the pictures), also a dining room with a kitchen, several spaces for staffing

and support for grieving families during consultation and parking for about 150. The name will be translated into the Nisqually Language to also be added to signage.

We value your input and are asking for your suggestions in naming this building. You can submit your name suggestions at the front desk at the Administration Building or to Jackie Whittington at [whittington.jackie@nisqually-nsn.gov](mailto:whittington.jackie@nisqually-nsn.gov) -Tribal Council



*Continued on page 5-SPiRiT HOUSE*









# Billy Frank Jr. Maquette (small model) reveal

By Debbie Preston

It was an emotional night as the maquette, or small model, of the Billy Frank Jr. statue was revealed at an event at the state Capitol on Jan. 10.

Artist Haiying Wu's design was approved by the Billy Frank Jr. National Statuary Hall Selection Committee and will now be submitted to the Architect of the Capitol in Washington, D.C. for approval before the full scale clay model will be made. The cast for the bronze statue will be made from the full scale model.

Two copies will be made, one for the National Statuary Hall in Washington, D.C. and one for the state Capitol building.

An exhibit has also been installed about Billy Frank Jr., the statue and the artist in Lieutenant Governor Denny Heck's waiting area in the Capitol. It will be there for the next two years.

"It was deeply moving to see this larger representation of my father for the first time," said Willie Frank III, Chairman of the Nisqually

Indian Tribe and the son of Billy Frank Jr.

"I was so glad to see not only our Nisqually tribal people here, but all the other tribal people who made the trip to see this amazing moment.

"Having my father permanently in Washington means he gives us the opportunity to tell our story, just like he always told us to do."

Watch the ceremony on TVW: <https://tw.org/.../billy-frank-jr-statue-maquette>.



Nugie Kautz, Chairman Willie Frank III and Vice Chair Antonette Squally celebrate the moment. .The last light of day illuminates the statue after Dallas Roberts of Lt. Governor Denny Heck's office placed the statue for photographs by legislative staff before covering it for the ceremony. Heck said earlier in the event that it would be hard for him not to cry to see his friend and activist Billy Frank receiving the recognition

he earned with a lifetime of work and activism. He almost made it to the end. Lieutenant Governor Denny Heck fights emotions as the maquette is revealed to most of the crowd who have never seen it.

Photos by Jack George and Aztec Sovereign



# 2023 - Natural Resources Highlights

By David Troutt

Your Natural Resources Department had an eventful year in 2023. Here is a summary of some of the top highlights, each one of which deserves a lengthy write-up.

**Chinook Salmon** – Using intensive sampling and genetic analysis, we have identified a previously unknown native/wild Nisqually Chinook run. This run enters the river later than the hatchery-origin Chinook and the fish themselves tend to be larger and more robust.

**Chinook Fishery** – We successfully implemented a selective commercial fishing opportunity in our traditional commercial gill net fishery for Chinook salmon. This was the first time this technique has been tried. It provided additional harvest and fishing time on the river.

**Nisqually Late Chum Salmon** – Each spring the fisheries managers meet to determine harvest season for the various salmon runs. South Sound chum salmon have traditionally been managed as an aggregate, which negatively impacted the weaker runs like Nisqually Lates. This year a major change occurred to a change that now provides maximum protection for weaker stocks, including Nisqually, in the planning the overall commercial chum harvest.

**McNeil Island** – Our Native Plant Crew was active this year, including initiating restoration work on

McNeil Island. Our Salmon Recovery Program has stepped in and is providing the critical leadership in this effort, designing a plan and then beginning implementation in 2023. Our crew spent many days this year on the island and will continue this work in 2024,

**I-5 Project** – 2023 saw us making substantial progress on replacing the I-5 fill that blocks the floodplain and Nisqually River meandering. The Washington DOT and Nisqually Tribe signed an unique agreement providing for a substantial decision-making role for the Tribe.

**Shellfish Program** – In 2023 we opened two new Geoduck harvest tracts, expanding the available areas for our Nisqually divers.

**Kalama Creek Hatchery Reconstruction** – Our Salmon Enhancement Program has been very busy. This is a multiple-year project that has made substantial implementation progress in 2023 that will result in a state of the art facility at Kalama Creek.

**Environmental Plan** – Every five years the EPA requires that Tribes submit an Environmental Plan that identifies tribal environmental priorities. 2023 was the year and the plan is complete and ready for final approval and printing.

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## Fish Facts

### **Pink Salmon** (*Huddo*)

Pink salmon are small fish (4 lbs. average) that return to the Nisqually River every odd numbered year. When males reach freshwater, their backs develop a pronounced hump; hence the common name, humpies.

We do not target a fishery on this run, so most of the returning adults reach the spawning grounds. The ocean survival of pink salmon is highly variable, and

we never know what numbers we will get. This year the escapement estimate for the Nisqually watershed is 780,000, a remarkably high number.

So, although not valuable for commercial harvest, these salmon are extremely valuable for the overall health of the watershed. They bring abundant nutrients from the ocean to our inland streams and feed the plants and animals along all the tributaries.





# Boldt Decision – Part 3

## Self-Regulation and Co-Management

By George Walter

This is Part 3 of a series of Newsletter articles about the Boldt Decision. In his 1974 *U.S. vs. Washington* decision Judge George Boldt included in his interpretation of the Stevens Treaties something that has had impacts far beyond the allocation of salmon and steelhead harvests – that tribes had the right, as a matter of treaty law, to regulate their own salmon harvests.

Various U.S. Supreme Court decisions had held that Indian Tribes had certain sovereign rights that were not extinguished by treaty, including the right to manage their own internal affairs on their reservations. This is known as tribal sovereignty. Judge Boldt held that sovereignty included the right to regulate their own fisheries, including at off-reservation usual and accustomed harvest areas. He also recognized the necessity of conservation and defined certain management standards that, if met, would allow tribes to become “self-regulating.”

These were not some complicated and difficult to achieve standards; in fact, he recognized that the Quinault Tribe had already met these standards and therefore was already self-regulating. The standards included having a legal system to establish and enforce fishing regulations, and that these regulations would be based on sound fisheries management science. That would ensure that harvests would be regulated to meet the conservation needs of fish resources.

This element of the decision meant that each Tribe would need to establish their own fisheries management program, and by implication, the federal government was obliged to fund these programs. Thus, starting in the late 1970's, the Bureau of Indian Affairs (BIA) began sending funds to Tribes for fisheries management.

At Nisqually, in these post-Boldt years the Tribe adopted a revised Fisheries Code and established its Fisheries Department (now Natural Resources). BIA funding also provided for hiring a fisheries biologist and fisheries manager to advise tribal elected officials about regulating the fishery and other fish-related policy matters. Initially there were many disputes and therefore the Tribe needed the constant advice of an outside attorney.

The self-regulation part of the Boldt decision, as it was implemented over the intervening years, led directly to how fisheries, and all natural resources, are managed today. First, over the years each tribe developed its own watershed-based fish management department. Thus, the tribes themselves, through their scientists and biologists, have become technical experts on fisheries matters. The state of Washington was no longer the only source of expertise.

Initially, the state management agencies and their long-term employees (who viewed themselves as Indian fighters) were resistant to the change. They wanted to be

the sole experts and for the first post-Boldt decade there were lots of technical disputes. In fact, Judge Boldt had to establish a Fisheries Advisory Board (FAB), to mediate disputes and advise the Judge on possible resolutions. The FAB Chair was very busy for those first years of implementation.

Gradually, however, leadership at the state agencies and the tribes came to discuss how to get beyond the constant disputes. Really, it was a waste of resources to be constantly fighting rather than work together to do what's best for the salmon. Billy Frank, the Nisqually Fisheries Manager and Chair of the Northwest Indian fisheries Commission, played a key role in these discussions.

We now term this approach cooperative co-management. The state and the tribes are co-managers of the fisheries and shellfish resources, thanks to the Boldt Decision, and we do so cooperatively thanks to the forward-thinking approach of a few state and tribal leaders.

Second, self-regulation led to the current watershed management approach to natural resources management. Fifty years ago, the State of Washington managed virtually nothing by watershed. Rather, because of its statewide mandate, it's managed by region. In fact, the notion of watersheds was seldom even discussed. The state also managed by harvest techniques (gillnet, seines, hook and line, sport and commercial), each of which was a separate lobbying constituency. The state had no mandate whatsoever to make sure salmon returned to the Nisqually River, or any other specific watershed.

As a result of the Boldt Decision, this has all changed. Indian Tribes are closely linked to their traditional homelands and watersheds and were insisting on management decisions based on meeting the needs of these watersheds. The Nisqually Tribe and its approach to Nisqually watershed management were at the forefront of this. When the Washington State Legislature authorized the development of salmon recovery plans, it mandated that these plans be developed watershed by watershed, and the Nisqually Tribe was selected as the lead agency for salmon recovery for our watershed.

Finally, the self-regulation element of the Boldt Decision, as it has been implemented, placed substantial authority on Indian Tribes. This authority issue is so important that it merits a separate article devoted specifically to it – Part 4 of this series, published next month.







On behalf of the Nisqually Indian Tribal Council, the Nisqually Tribal Third-Party Election Auditor, Honest Ballot, is pleased to announce important information for the upcoming 2024 Tribal Election cycle:

**Important Election Dates:**

**Nominations Meeting:** Saturday, February 3, 2024

**Nisqually Youth Center**

10:00 A.M

**Primary Election:** Saturday, March 9, 2024

Billy Frank Jr. Gymnasium

9:00 A.M. – 5:00 P.M.

**General Election:** Saturday, May 4, 2024

Billy Frank Jr. Gymnasium

9:00 A.M. – 5:00 P.M.

**Open Positions in the 2024 Election Cycle:**

- Tribal Council Chairman
- Interim Tribal Council Treasurer (1 Year Remaining)
- Tribal Council Secretary
- Tribal Council Fifth Member
- Sergeant-at-Arms
- Enrollment Committee Chair
- Enrollment Committee Secretary
- Enrollment Committee Fifth Member
- 5 positions for Fish Commission

Note that Honest Ballot will circulate further notices and updates throughout the 2024 election cycle. If you should have any questions, please do not hesitate to contact Honest Ballot by phone at (800) 541-1851 or email at [honestballot@aol.com](mailto:honestballot@aol.com). Customer service is available by phone from 9:30 AM to 5:00 PM eastern time, Monday through Friday, and via email at all other times.





# Community Garden

# THE DIRT

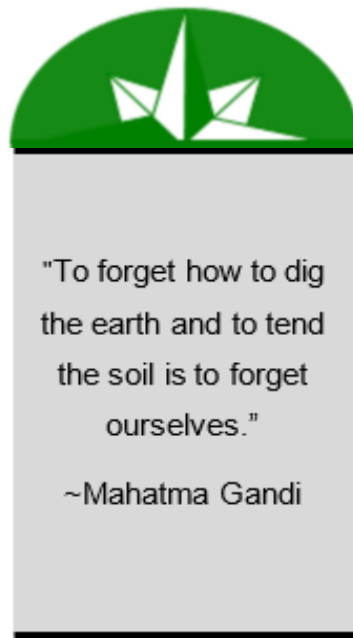
February 2024

## What's New?

This year the garden will be hosting garden stands at our recently developed market space, located at the new garden property (Medicine Creek Community Garden: 847 Old Pacific Hwy SE, Olympia, WA 98513). We have put in a new parking lot for easier access. We are hoping to keep our produce fresher, offer more help and information on cooking/ preparing vegetables, fruits, and herbs and to have extended hours. Please stay tuned for opening day and times. We are looking forward to seeing you all here!

## Produce Availability:

- Beets
- Carrots
- Kale
- Collards
- Chard
- Parsley
- Brussel Sprouts



## Indoor Seeding:

Tomatoes, onions of all kinds, peppers, parsley, and artichokes. \*This section will be used to inform you of what seeds you should be starting indoors. Whether that be a green house or a warm very sunny window.

## Direct Seeding:

None this month. \*This section will be used to tell you what seeds you should be directly seeding into your garden beds, pots or planters.

## Natures Wellness Basket

- Cattail roots
- Crab apple
- Dandelion roots and leaves
- Devils Club bark
- Princess Pine
- Cottonwood Buds
- Chickweed
- Nettle
- Fir tips (likely towards end of month)

If you have any questions or want to know more about anything in this month's article, please contact Chantay at [anderson.chantay@nisqually-nsn.gov](mailto:anderson.chantay@nisqually-nsn.gov)

Written by: Chantay Anderson, Garden Program Manager





### Monthly Garden Tips:

Start pruning fruit trees in late February. Be sure to disinfect tools between every cut. Prune blueberries and raspberries while still dormant and before they leaf out. Be sure to disinfect tools between every cut. Spread your manure on garden beds now as you want to wait 120 days before eating anything that is harvested from the ground, i.e. a carrot. Get any tools and or equipment into a maintenance shop.

### Plant or vegetable of the month:

#### *Chickweed*

This plant is a nonnative edible herbaceous plant you often find as a weed in your gardens. It has star shaped white flowers, leaves are opposite of each other, and flimsy stems. Often growing in tufts trailing across the ground. Chickweed offers more vitamins, minerals, and protein than spinach or kale and has a very mild flavor. However, eating too much can cause stomach issues. Chickweed has also been used for a variety of herbal remedies for digestion, to promote wound healing, loosen phlegm when sick and for other ailments.

### Try this recipe!

*Feeding 7 Generations A Salish Cookbook by Elise Krohn and Valerie Segrest*

## DUCK SOUP

*This fragrant, comforting soup is sure to warm your chilly bones in the wintertime. Duck imparts a fatty savory medicine that speaks directly to our taste buds, ensuring satisfaction with every bite. Soups are a great way to get nourishment into your body. The simmering of wholesome ingredients like carrots, celery and good quality waterfowl protein make it easy for your body to obtain the medicine.*



### Ingredients

- 2 tablespoons olive oil
- 1 onion
- 1 pound red potatoes
- 2 carrots
- 3 celery stalks
- 2 cups diced duck meat
- Pinch of sea salt
- Pinch of fresh ground black pepper
- 2 quarts stock (vegetable, chicken, bone or duck broth)
- \*optional: 1 tsp. juniper berries, crushed

### Preparation

In a large soup pot, warm up the oil over medium heat. Add onion, potatoes, carrots and celery, and sauté until the onions are translucent. Add stock and duck meat, then bring to a simmer and cook for 30 minutes. Add salt and pepper to taste and serve with bannock bread.

Cook time: 45 minutes. Serves 6.

*Recipe by Valerie Segrest, Muckleshoot*





# Create Healthier Homes and Yards in 2024

Do you want to create the healthiest living environment for yourself and your family? Are you interested in protecting our community's drinking water and the Nisqually River?

Please join us for these free workshops, from 5:30-7:00 p.m. at the Billy Frank Jr. Gym (4820 She-Nah-Num Dr SE Olympia, WA 98513). Dinner is provided at each workshop by the Nisqually Indian Tribe Housing Department.

We started this free series with a workshop on safer cleaning on Jan. 17. We learned how to read labels on common household products and how to choose the safest ones. We made an all-purpose cleaner to take home and provided resources to share.

On March 20, we'll help you plan for a lovely and healthy yard this spring. Whether you want to have the perfect lawn, grow a few veggies and flowers, or just want a yard that is safe for your family (including pets), we've got information to start your spring off right! We'll share seeds, raffle off a weed puller tool, and provide Common Sense Gardening Guides to take home.

On June 12, we'll dive into the topic of creating and maintaining a healthy home. There will be many easy and low-cost ideas for keeping your family and community safer. We'll cover ways to prevent and clean up mold, detail how often to clean common items to prevent issues and plan the healthiest home. Every participating household will take home a free safer cleaning kit worth \$50.

September is Septic Health Month and on Sept. 18, we'll share the basic do's and don'ts to help you save time and money while living with an on-site septic system. Learn about how septic systems re-charge our drinking water and how to prolong the life of your septic system. We'll give you tips for talking to professionals and provide information for you to take home.

For more information or to register for a workshop, call 360-867-2674 or email [HealthyHomes@co.thurston.wa.us](mailto:HealthyHomes@co.thurston.wa.us). Find more information about all of these topics, visit our website at: [www.thurstoncountywa.gov/phss/healthy-home-and-yard](http://www.thurstoncountywa.gov/phss/healthy-home-and-yard) or [www.thurstoncountywa.gov/phss/septic-homeowner-maintenance](http://www.thurstoncountywa.gov/phss/septic-homeowner-maintenance)

## Nisqually PD 2023 Recap

Happy New Year, Nisqually Community! As we bid farewell and kiss 2023 goodbye, the Nisqually Tribal Police Department would like to take a moment to reflect on the achievements, challenges, and progress that defined the past year. It has been a year of dedication, commitment, and resilience, and we are proud to share our year in review with the community we serve.

This year, officers handled over 6,300 calls of service! Among those calls of service, our officers conducted 1,950 area checks keeping an eye out in the community and approximately 1,345 traffic stops to slow down traffic on the roadways, not including the 125 calls of drivers under the influence! Our officers

remained steadfast and dedicated throughout multiple investigations, to list a few; thefts, auto thefts, suspicious vehicles, narcotic complaints, game violations, warrant arrests, domestic violence incidents, malicious mischiefs, welfare checks, weapon violations, etc. Our commitment to building strong relationships with the community remained constant this year in 2023 throughout our Patrol Division and Fish & Wildlife Division, and we will continue to do so.

The positive interactions and feedback we have received this year has been invaluable in strengthening the bond between law enforcement and the community. Your support is a constant drive for our officers to

continue to protect the community, the people, the homes, and the natural resources of the Nisqually Indian Tribe. As we look ahead to the new year, the Nisqually Police Department remains committed and we are eager to build upon the successes of 2023, address new challenges in 2024 and continue working together.

Thank you, Nisqually Community, for your ongoing support, collaboration, and TRUST. We wish you all a safe and happy New Year!

**REMINDER: For non-emergencies, please call 360-413-3030.**

And as always, call 911 for emergencies and immediate help.



# Where's my Signal?

## Relying solely on cellular service.

Tips by the IT-WebDev Department

Cell/Smart phone technology and use has expanded exponentially since the first handheld mobile phone was created in 1973 by Motorola. Many of us have



come to rely on these devices on a daily basis and for “on the go” – even carrying them with us on vacations and travel. They’re used to track time, schedule appointments, provide driving directions, for entertainment,

communicate with others, perform online shopping, take photographs, conduct online banking and more. Reliance on smartphones for online access is becoming even more common.

With the increase in reliance on our phones for daily tasks, it’s important to remember and plan for alternative measures as a backup to fulfill similar cellular communication needs (reference our August 2023 newsletter article on smartphones). In fact, U.S cellphone users reported that out of every 100 times they tried to make a call, use data or text, they had problems 11 times. Verizon, T-Mobile and AT&T scored less on reliability in the first part of 2023 than that of early 2021.

Cellular service providers are limited to wave spectrums and these spectrums are becoming more crowded as population and use grows each year. There are different spectrums such as ultra high-frequency (millimeter wave), low and mid-band (C-band) and these spectrums vary per carrier, so services also vary by region by carrier. A few alternatives (beyond WiFi) to using cellular service for communication purposes include walkie-talkies, landline phones and satellite phones.

*Editor’s Note: Recently at my holiday stay in Ocean Shores, WA, I experienced “SOS” cellular service – meaning that when the SOS icon appears, users cannot make or receive regular calls, send messages, or use cellular data; on an iPhone it means the phone can only contact emergency services. This wasn’t necessarily a bad thing even though the hotel’s WiFi bandwidth was maxed out due to massive use by guests, it became the “backup plan” albeit was very slow at times. No service actually provided me further incentive to enjoy time with family, play some card games, and enjoy the beauty of nature.*

### Interesting phone use statistics:

- 57% of Americans consider themselves “addicted” to their phones
- Americans spend an average of 4 hours and 25 minutes on their phones every day
- 96% of Americans aged 18-29 own a smartphone
- 97% of all Americans own a cellphone of some type
- 75% of Americans use their phone while on the toilet
- In 2011, only 35% of Americans owned a smartphone
- Only 15% of Americans use smartphones as their primary means of online access at home (no traditional broadband service)
- Americans check their phones on average of 144 times per day
- 89% of Americans check their phones within 10 minutes of waking up in the morning
- 69% of Americans have texted someone in the same room
- 27% of users use/look at their phone while driving
- 82% of phone users would take their phones with them in the event of a house fire or other disaster

**Disclaimer:** Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services, products or links provided.





# Long-Term use of Proton Pump Inhibitors

By Amy Pond, RPh

If you have been taking a proton pump inhibitor medication for a long period of time, this article may be of interest to you. A proton pump inhibitor (PPI) is a medication that reduces stomach acid. Some common PPIs are esomeprazole, omeprazole, pantoprazole, and lansoprazole.

PPIs are widely used, but there are many patients who take them for a longer period than recommended. These patients face the risk of adverse effects associated with long-term use. Some of the adverse effects noted in several studies include calcium and magnesium malabsorption which may lead to bone fractures, vitamin B12 deficiency which may lead to cognitive decline (dementia), and infections including Clostridium difficile and community-acquired pneumonia. Since stomach acidity serves as a defense mechanism against many ingested bacteria, many pathogens will be able to survive in people with reduced stomach acid leading to more infectious illnesses. Kidney disease has also been linked to the use of PPIs.

These are the recommended treatment durations for PPI's in treating gastroesophageal reflux disease (GERD) in adults:


DRUG	DOSE	DURATION
Esomeprazole	20 or 40mg once daily	4-8 weeks
Lansoprazole	30mg once daily or 30mg twice daily	Up to 8 weeks
Omeprazole	20 or 40mg once daily or 20mg twice daily	Up to 4-8 weeks
Pantoprazole	40mg once daily or 40mg twice daily	Up to 8 weeks

If you are concerned that you have been on a PPI for too long, talk to your medical provider. Do not stop

taking the PPI abruptly. A "stepdown" approach where the dose is gradually reduced over two to four weeks before stopping the medicine completely is recommended. Stopping PPI treatment can cause rebound hypersecretion, leading to symptoms such as indigestion, heartburn, or regurgitation. The process of stepping down, under the guidance of your medical provider and pharmacist, should help minimize these symptoms. Other treatments, such as famotidine or antacids, may be used in the short-term to help manage these rebound symptoms.



Lifestyle strategies that can help minimize reflux symptoms include weight loss, smoking cessation, avoiding foods such as alcohol, coffee, chocolate, carbonated beverages, peppermint, and spicy, fatty, or acidic food, eating smaller meals and avoiding meals three to four hours before bedtime. Elevating the head of the bed, relaxation to reduce stress and anxiety, and abdominal breathing exercise to strengthen the barrier of the lower esophageal sphincter may also help reduce reflux symptoms so that medication therapy may not be necessary.

People whose medical history and condition warrant the continued use of a PPI should protect their bone health by supplementation with Vitamin D, calcium, and magnesium. They should avoid medications associated with risk of falls, and exercise to improve strength and balance. All older adults should receive a pneumonia shot, especially those taking PPIs long-term. Supplementing with vitamin B12 may be beneficial to lower the risk of dementia. Please consult with your medical provider or pharmacist for further information.



South Puget Intertribal Planning Agency


## WIC Program February Dates

SQUAXIN ISLAND	2/13/24
NISQUALLY	2/14/24
CHEHALIS	2/08/24
SKOKOMISH	2/21/24



**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.



South Puget Intertribal Planning Agency

## USDA Foods Program February Dates

PT. GAMBLE S'KLALLAM	2/2/24
SQUAXIN ISLAND	2/8/24
SKOKOMISH	2/13/24
NISQUALLY	2/16/24
CHEHALIS	2/21/24

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.



# Announcements



January 30<sup>th</sup>

### Happiest 20<sup>th</sup> Birthday Danielle

Love, Mom, Dad, Emily, Megan & Ginger

February 11<sup>th</sup>

### Happiest 15<sup>th</sup> Birthday Megan

Love, Mom, Dad, Danielle, Emily & Ginger



February 1, Happy 1<sup>st</sup> Birthday Cooper  
Love the McDonald Family

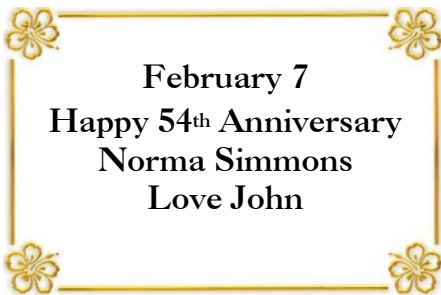
February 9, Happy Birthday Janae  
Love the McDonald Family

February 13, Happy Birthday Chase  
Love the McDonald Family

February 15, Happy Birthday Kiki  
Love the McDonald Family



February 20, Happy 7<sup>th</sup> Birthday Grandson  
Love Papa, Grandma, Mom, Sissy, Auntie Jasmine and Auntie Samira



February 7

Happy 54<sup>th</sup> Anniversary  
Norma Simmons  
Love John

## 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**

