

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 13 Issue 2

www.nisqually-nsn.gov

February 2023

Sports Betting Begins at Redwind Casino

By Debbie Preston

The Nisqually Tribe's Redwind Casino added 12 Sports Betting machines that went live as of January 9 in a soft opening.

The machines allow patrons to bet on any sport you can imagine and include the following types of wagers:

- Money Line Bet
- Point Spread
- Parlay Bet
- Proposition Bet
- Teaser Bet
- Round Robin Bet
- Live Betting
- Futures Betting

"We're just going to do a basic book-making style and go slow," said Johnny Winokur, RedWind Casino Director of Gaming.



"The kiosks are spread throughout the casino.

There will be three kiosks in the Keno area, and there will be nine more spread throughout the casino. They are all wrapped and identified as a sportsbook kiosk, and there will be signage over each one of them – TVs and monitors – so you won't be able to miss them," said Winokur.

"The hope for the program is that we'll get into bigger and better things as we grow the facility. As we grow the sportsbook room, we'll aim for it to be a revenue generator as opposed to an amenity. Right now, we'll see what our guests want, and we will satisfy our guest's needs," said Winokur.

A number of large screen televisions have been installed and once the sportsbook room is established, video walls and more exotic betting options will be in the plans.

"This is another great opportunity for us to help pay for education, health care and housing for our members," said Nisqually Tribe Chairman Willie Frank III.

"It's also going to help support our continued work to educate the public about Nisqually. It's a fantastic addition."

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 1/11/23
Minutes Approved on:
Meeting Called To Order: 1:35

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

Guest: Nate C, Alvin A, Shannon B, Tom I, Deb P, Billy H, Pete A, Ezra K, Liz H, Brent B, Nancy B, Joe C, Cynthia I.

Alvin Aganon/ Shannon Blanksma – **Approval of Weekly Budget Consent Calendar.** *Motioned by David Iyall, seconded by Antonette Squally. Motion passes, 5-0-0.*

Alvin Aganon/ Shannon Blanksma – **A Resolution Authorizing Submission of a Nisqually Regional OAN Phase III Proposal to the Washington State Broadband Office Under the WSBO Broadband Infrastructure-ARPA Capital Grants Program.**

Resolution #1. *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0.*

Alvin Aganon/ Shannon Blanksma – **A Resolution Authorizing Execution of a Contract Amendment with Redline Communications for Speed Test Survey and Pre-Engineering Tasks under the Nisqually/ Pierce County Broadband Agreement.** Resolution #2. *Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0.*

Alvin Aganon/ Shannon Blanksma – **A Resolution Authorizing Execution of a Contract Amendment with Redline Communications for a Project Engineering work Tasks for the Nisqually/ Thurston Broadband Interlocal Agreement.** Resolution #3. *Motioned by Antonette Squally, seconded by David Iyall. Motion passes, 5-0-0.*

Alvin Aganon/ Shannon Blanksma – **A Resolution Authorizing Execution of Contract with Redline Communications for Engineering, Permitting and Project Management Tasks for the Nisqually Broadband OAN Phase II WSBO? Thurston County Project.** Resolution #4. *Motioned by Leighanna Scott, seconded by Jackie Whittington. Motion passes, 5-0-0.*

Chayannah Squally comes in 1:44

Tom Iyall – **Monthly update on Public Safety Department. 2 cadets went to the academy this week, 2 others graduated and finishing pio. Meetings to come with fish commission, jblm, legal and new sheriff of Thurston County in February.**
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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Tolmie State Park

By Debbie Preston

A large culvert that was often a barrier to fish has been replaced with a high bridge at Tolmie State Park, traditional Nisqually territory. Large logs were also placed in the new habitat to provide shade and placed for fish to hide in the creek known as Big Slough. The pools that form are excellent rearing habitat for young salmon.



Space Heater Safety

From Mike Elliott, Electrical Project Manager/Building Department

It is winter time now which everyone knows, however what you might not know is the fire hazards associated with plug-in space heaters. The majority of space heaters are rated at 1500 watts. The bedroom and living room circuits on the tribe are only 1800 watts. As you can see with anything else plugged in you could possibly reach the max wattage on a circuit. When this happens the breaker may not trip causing the cord end of the heater or the plug in the wall to overheat. This could cause a fire hazard to the wall. So if you use space heaters keep an eye on the cord ends. The building department electrical division is here to answer any questions you may have and will come to your house if requested and check on your heaters.

Continued from page 2-MINUTES

Liz Henry – **A Resolution to Approve and Authorize Professional Services Agreement with Dawn Lee Consulting, LLC, for the Nisqually Behavioral Health Program.** Resolution #5. *Motioned by David Iyall, seconded by Antonette Squally. Motion passes, 6-0-0.*

Billy Henry – **Approval of a new JD: Fleet Assistant Manager.** *Motioned by Guido Levy Jr, seconded by David Iyall. Motion passes, 5-0-1 Leighanna Scott Abstains.*

Billy Henry – **Update on casino shuttles, after putting 40k into fixing them up, they were sold for 75k.**

Nate Cushman for David Wolff – **A Resolution Approving the Restated Nisqually Indian Tribe Policy on Medicine Creek Enterprise Corporation Advisory Shareholders.** Resolution #6. *Motioned by Antonette Squally seconded by David Iyall. Motion passes, 6-0-0.*

Sommer Sanchez – **Approval of TC Minutes from 12/15/2022.** *Motioned by Leighanna Scott, seconded by Jackie Whittington. Motion passes 6-0-0.*

Sommer Snachez – **Approval of TC Minutes from 12/29/22.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-1 Guido Levy Jr Abstains.*

Shannon Iyall – **Approval of 30 Day List.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 6-0-0.*

Nancy Bob – **Approval of Submission for Dynamic Language Infrastructure Documenting Endangered Language Senior Research Grant.** *Consents*

Willie Frank steps out 1:40

Executive Session – 1:53-2:42

Motion to Adjourn by Chayannah Squally, seconded by David Iyall. Motion passes 5-0-0.

Meeting ends 2:42



Yelm High School 2022 State Football Parade

The Yelm High School Football team celebrated their State Championship on January 23. Congratulations to Nisqually community members Ace Youckton (son of Leslee and Aaron Youckton), Takumseh Armento (son of Naiomie Wilkins), Damian Aalona, and Marius Aalona (sons of Gwen and Thad Aalona) along with their teammates for a great season!



Congratulation Tornados!



14-0 Undefeated State Champs!



State Legislature Opening

By Debbie Preston

Helping Open the State Legislature and testify at the House Transportation Committee Against siting a new airport in Thurston or two sites in Pierce County as all would affect Nisqually watershed

The Nisqually Tribe helped open the Washington State Legislature Jan. 3 with prayer, song and drum. Chairman Willie Frank III and Vice Chair Antonette Squally gave comments to the House Transportation Committee opposing the siting of an airport in the Nisqually watershed, but offered assistance in the process to help solve the need for more air capacity in the state. This echoed the comments of Pierce County officials.

Nisqually tribal singers applaud legislators proceeding into the chambers, including Rep. Laurie Jenkins who was later elected Speaker of the Washington House of Representatives again. Nisqually Tribe Chairman Willie Frank III addresses the House of Representatives.





Nisqually Story Telling with Yelm Storytellers

By Debbie Preston

Hanford McCloud recounts the history of the Nisqually Tribe for a group of about 40 at the city of Yelm's Storytellers series in January. Along with the history, he talked about weaving and differences between red and yellow cedar.

It was a family affair with dad, Don McCloud, adding support toward the end of the program and mom Joyce McCloud holding it down at a table with weaving and jewelry for sale.



Lakewood City Council

By Debbie Preston

Hanford McCloud, Nisqually government liaison for the tribe, addresses the Lakewood City Council on Jan. 3, 2023 regarding the history of Leschi and some ideas of creating a larger interpretive space about him on public property rather than where the minimalist rock is now located on private property. Additionally, the stone does not note Leschi's exoneration in 2004.

The stone, installed in 1963, was knocked over either by someone hitting it and leaving or deliberately pushing it over during the Christmas holidays. It has been restored to its position.



McCloud hopes to have a walk, about 1 mile, from the stone to Steilacoom Park on Leschi's birthday, Jan. 27, where the city of Lakewood is already working with the tribe on an interpretive trail about Leschi and where a more expanded kiosk could be created.



Land Acknowledgement Meeting

By Debbie Preston

Nisqually Chairman Willie Frank III was asked to speak at a land acknowledgement at a meeting of the Washington State Apprenticeship and Training Council at the state Department of Labor and Industries.

Frank discussed how Nisqually is using an internship program in the Building Department for tribal members. Following the meeting, Frank and Building Director Wayne Lloyd made connections with personnel that can help with apprenticeships for Nisqually.



Can I Have Privacy, Please?

Tips from the IT-WebDev Department

Almost all applications (apps) ask for permissions to access information from a smart phone. It's important to know what granting these permissions will do and what information may be provided to third-parties through these apps.

Smartphones allow us to communicate via talk, text and video. They access personal and work e-mail, surf the Internet, run applications, make purchases, manage bank accounts, and take and share photos. Smartphones are basically tiny computers and for many of us, are an integral part of our everyday lives. Unlike computers and other devices, our smartphones may always be with us and many of us rarely turn them off. Most of us reach for these devices when we first wake up, bring them with us into the car, and often keep them with us during our most private moments.

It's advisable that everything on a smartphone and any information stored is at risk of being spied on or inadvertently given away if proper precautions aren't taken. What is everything? This included personal conversations via text, email, or an instant messenger app, any online accounts and passwords typed into a

phone; personal contacts and call history; location data and history, web browser history and photos and videos. Much of our personal lives can potentially be revealed through our smartphones. By knowing what apps and/or services may be able to collect data through a smartphone, we can make more informed decisions to better protect our privacy.



Helpful tip: Location tracking – Some apps ask for permission to track your location. This may be either a precise or approximate location; examples of these are precise and approximate:

Precise location – Knows your exact location, for an app such as Lyft so that a driver may pick you up at a precise

location.

Approximate location – Knows your general location area so an app might suggest restaurants or gas stations nearby.

Helpful resource: Smartphone Privacy:
<https://privacyrights.org/consumer-guides/smartphone-privacy>

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



Medicine Creek Treaty Tree Seedling

By Debbie Preston

The 169th anniversary of the Medicine Creek Treaty was commemorated with the planting of seedlings descended from the original Treaty Tree. Some seedlings were taken from that tree and planted and seedlings from those plantings were planted today as part of the ceremony that included other Medicine Creek Treaty tribes representatives. Squaxin Island Chairman Chris Peters; Secretary Patrick Braese and Fred Dillon, Puyallup tribal council member attended as well as Northwest Indian Fisheries Commission Chairman Ed Johnstone.

There are laminated copies of the treaty available if you did not get one by stopping by Administration.

One of the Treaty Tree descendants was planted in front of the Nisqually Tribe's Administration building

as part of the marking of the anniversary of the Medicine Creek Treaty signing and authorization by Congress.

Left, Guido Levy, Nisqually Tribe 6th Council; Chris Peters, Squaxin Island Tribe Chairman; Patrick Braese, Squaxin Island Tribe Secretary; Fred Dillion, Puyallup Tribe of Indians Councilman; Antonette Squally, Nisqually Tribe Vice Chair; Jackie Whittington, Nisqually Tribe Secretary; Robert Thomas, Nisqually Tribe Emergency Management Systems and Willy Squally, Nisqually Tribe.

A commemorative t-shirt designed by Nisqually 7th Council member Leighanna Scott was handed out along with copies of the treaty.



Left, Guido Levy, Nisqually Tribe, 6th Council ; Chris Peters, Squaxin Island Tribe Chairman and Fred Dillon, Puyallup Tribe of Indians councilman, all tribes who are a part of the Medicine Creek Treaty, heap dirt into the hole. Other Treaty Tree descendants will be planted on the reservation and cultivated for seeds as well.

Continued on page 9-TREE



Nisqually Tribe Vice Chair Antonette Squally addresses the assembled prior to planting the tree. A prayer is said following the planting of the tree with all holding the tree.



Nisqually Medical Clinic Hours



(360) 459-5312
Option #1

4840 Journey St SE
Olympia, WA 98513

Expanded Hours January - March 2023

Continuing January – March 2023 the Nisqually Medical Clinic will be open Monday - Friday 7:00am - 6:00pm to meet the needs of the Nisqually Tribal Community.



Nisqually Tribal Health & Wellness Center



We here at the Nisqually Tribal Health Clinic are always trying to improve the way we provide care to the Nisqually community. Starting in February of 2023 we will have a Late Arrival Policy going into effect. This policy will help us improve patient satisfaction by making sure all patients are seen as close to their scheduled appointment times as possible, hopefully eliminate long wait times for patient who arrive on time. We appreciate your ongoing support and are excited to continue to serve you.

Contact Info

4840 Journey St SE
Olympia, WA 98513
Phone: (360)-459-5312 option # 1
Fax: (360)-456-1557

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



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

BENEFITS OF ACUPUNCTURE:

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





Traditional Healing Program

The Traditional Healing team wants to give a warm welcome to the new year as we invite blessings and healing into 2023 for The Nisqually Community! We are excited to have the opportunity to host a few *Community Listening Dinners* to help further guide our services and program as a whole. *The intent is to share a meal, come together and talk about what you as the community would like to see from Traditional healing and the services we provide. What services would you like to see as we build the program? Who is going to join us in being stewards of the land and help protect our medicine for the next 7 generations?* Please contact Traditional Healing directly if you would like more information.

We want to let the community know of a few important updates regarding our services:

- Beginning **January 2023**, we will no longer offer phone readings with Lisa Holm. If patients are interested in contacting Lisa for a personal session, please call Traditional Healing for her information.
- Bradley Castillo offers stress management sessions through indigenous teachings 6 times per month. Beginning **January 2023**, he will be available for sessions **the first two weeks of the month, Mon-Wed**. Please contact Traditional Healing directly to schedule.
- We are now offering 1:1 Traditional Plant Consultations with our Community Plant Practitioner, Melissa Meyer, **every other Thursday beginning January 12th**.
**Eligibility: Nisqually Tribal Member's; all other eligible patients will be placed on a wait list. Please call Traditional Healing directly for more information and scheduling.

Traditional Medicines Program

We are so excited to be growing and moving forward in the apothecary here at the Nisqually Tribe Health and Wellness Center. Over the last year we have been working hard at setting up the space and planting seeds in the garden to support getting plant medicine into Nisqually bodies! We are absolutely thrilled to welcome on our newest member of the team, Adrianna Villegas as our Traditional Medicines Program coordinator! She will be working alongside Melissa Meyer, community plant practitioner, to maintain the apothecary, host community plant shares, and facilitate medicine making to be distributed to the community. We are

looking forward to waking up plant medicine in Nisqually territory and are truly blessed to have Adrianna's passion for community healing and love for the Nisqually community on our team.

Good to see you my honorable relatives. My name is Adrianna Villegas, I am the daughter of Angela Villegas and Adrian Villegas. Towards my mother's side I am the granddaughter of Delores "Babe" Hicks and Angel Rosario. I am the great granddaughter of Ester Kalama and James Hicks. I am the great, great, granddaughter of Lilian Pitt and Peter Kalama, I am the great, great, great granddaughter of Mary Martin, I



descend from the Martin Family village on Muck Creek. I am so excited to be back working for our people here at The Nisqually Wellness Center, as The Traditional Medicine Program coordination. I am humbly honored to get to learn and work with our ancestral medicine. Creator and mother earth put this medicine all around us and it's here to help nourish and heal our bodies, mind, and spirit.

I will be working closely with Melissa Meyer, our Traditional Plant Practitioner. She speaks the Ancestral language of healing through our plant relatives and food. We know that our Indigenous bodies spirits are craving our traditional plants and foods. Our bodies need 10-20 plants and minerals daily in our diets. We offer Traditional Plant Consultation with Melissa twice a month every other Thursday. Where she can not only provide you traditional plant support, but also customizes blends for individuals, nutrition guide and support as well.


We also are collaborating with the Culture department two classes a month. February's dates still to be determined. Please keep your eyes on the look for a flyer soon. It is such a blessing to be in the community and sharing the ancestral knowledge among family and friends. We now offer daily traditional tea in the Traditional Healing team! (majority of our plant relatives are sustainably harvested here in Nisqually territory.)

Take care of yourselves and each other. Remember mother earth and the ancestors have given us the medicine. It is already here and waiting for more of us to hold space for healing to take place!

Adrianna Villegas



February 2023—Traditional Healing Schedule

Mon	Tue	Wed	Thu	Fri
		1 • Karen-Massage • Marci & Karen-Healer	2 • Andrea-Massage • Karen-Massage • Marci & Karen-Healer	3 • Karen-Massage • Marci & Karen-Healer
6 • Andrea-Massage • Bradley-Healer	7 • Andrea-Massage • Bradley-Healer	8 • Bradley-Healer	9 • Andrea-Massage • Melissa-Herbalist	10
13 • Andrea-Massage • Bradley-Healer	14 • Andrea-Massage • Karen-Massage • Bradley-Healer • Marci & Karen-Healer	15 • Karen-Massage • Bradley-Healer • Marci & Karen-Healer	16 • Andrea-Massage • Karen-Massage • Marci & Karen-Healer	17
20 Holiday Closure • President's Day	21 • Andrea-Massage	22	23 • Andrea-Massage • Melissa-Herbalist	24
27 • Andrea-Massage	28 • Andrea-Massage	<p>tiix̓dubut čəx^w. NISQUALLY TRADITIONAL HEALING </p> <p>Take care of yourself.</p>		



⇒ Please note that Massage is for Nisqually Tribal Members ONLY.
To schedule, please call Traditional Healing's Direct Line, 360 - 493 - 6450



NISQUALLY TRIBAL HEALTH AND WELLNESS CENTER'S SPECIAL WINTER RESPIRATORY CLINIC



SAME-DAY APPOINTMENTS FOR ESTABLISHED PATIENTS WITH RESPIRATORY SYMPTOMS

WE CARE ABOUT YOUR HEALTH!

CALL NOW TO SCHEDULE AN APPOINTMENT

 FLU AND COVID TESTING	 RSV TESTING IS AVAILABLE FOR HOUSEHOLDS WITH BABIES
 ANTIVIRAL MEDICATIONS FOR THOSE AT RISK	 JANUARY THROUGH FEBRUARY MONDAY - FRIDAY

[HTTP://WWW.NISQUALLY-NSN.GOV/](http://www.nisqually-nsn.gov/) Contact Us (360) 459-5312 OPTION #1
 4840 JOURNEY ST SE OLYMPIA WA 98513



We are excited to announce that scheduling to see the Herbalist for Traditional Plant Consultation is now available!



Traditional Plant Consultation Scheduling: Every other Thursday

Who is eligible to schedule for Traditional Plant Consultations?

- Nisqually Tribal Members
 - All other CHS eligible patients and NTHWC employees may be placed on a "cancellation" list in the event of a cancellation or appointment is available
 - All Patients must be 18 or older unless accompanied by parent/guardian

How to plan your first visit?

- All patients will have to schedule an intake appointment/consultation to complete paperwork and consent of services, which you can expect to last 1 hour

How long are Traditional Plant Consultations?

- 60 minutes

How many consultations can I schedule?

Patients may only schedule up to one appointment per month *With the exception of the need for acute care, determined by the Traditional Healing Plant Practitioner OR a cancellation/open appointment becomes available.

The information presented during this consultation is provided for informational purposes only, it is not meant to substitute for medical advice or diagnosis provided by your physician or other medical professional. Do not use this information to diagnose, treat or cure any illness or health condition. If you have, or suspect that you have a medical problem, contact your physician or health care provider.

****For any additional questions or to schedule an intake appointment please contact: (360) 493-6450**



Update For Those Covered by Medicaid- Unwinding Update

On January 5, 2023, the Center for Medicare and Medicaid Services (CMS) issued an informational announcing that the State Medicaid programs can begin Medicaid eligibility redeterminations beginning February 1, 2023 and disenrollment April 1, 2024. This process, known as “Medicaid Unwinding” is intended to address the end of the continuous enrollment requirements for the Medicaid program during the COVID-19 public health emergency (PHE).

The State has started sending out letters to enrollees on Medicaid (WA Apple Health) asking enrollees to update their applications and provide income verification.

To retain your coverage, you will need to:

- Log into your application and update your application, as well as provide any information requested of you.
- Call the WA Health Plan Finder customer support center, at (855) 923-4633 (press 9 option) and update your application with a representative.
- Or come into or call the Nisqually Tribal Health and Wellness Center and one of our front desk staff Benefits Coordinators can assist you with updating your application.
- Also be prepared to provide income verification, to determine if you still qualify for Medicaid/WA Apple Health.

Please call the Business Office at 360-486-9599 with any questions you may have.

Welcome Legrad Jones, The New Wellness Court Coordinator

Greetings. My name is Legrand Jones and I am the new *Wellness Court Coordinator*.



It is an honor to be welcomed by the Nisqually community and I am excited to be part of the Wellness Court team under Jamie Bryk.

I often find it hard to talk about myself, but in the interest of beginning relationships with you all I will here give a brief overview of me.

In the simplest terms, I am an independent seeker of truth and justice. I enjoy riding my Harley Davidson and good cigars with friends. I find great fulfillment in human vs. financial centered work. I was raised on the Palouse in Eastern Washington/Idaho and Utah. I found my way to the Northwest as a young adult and, except for a two-year period in Northern California, have lived here my entire adult life. My wife and I have raised our son in the Olympia area. He is 23

and currently a PHD candidate at Indiana University in Bloomington, Indiana.

I have been a licensed *Lawyer* in the state of Washington for over 20 years, during which time I have had a wide range of opportunities to learn, grow, and serve.

I am also a credentialed *Fire Fighter* and *Emergency Medical Technician*. I was an active volunteer as such for over six years with the McLane Black Lake Fire Department in Thurston County.

Prior to attending law school in the late 1990’s, I was a *Mental Health Counselor* with Comprehensive mental health in Tacoma.

Please don’t hesitate to reach out to me directly. I look forward to getting to know you all.



New Plan to Reduce Wait Times

By Addie Spencer, MD and Sue Bohannon DMD, FAGD

In 2023, the Nisqually Tribal Health & Wellness team continues to work on improving the way we provide care to the Nisqually community. One change you will see coming this February is a new policy about late arriving patients. This policy will help us improve patient satisfaction by making sure all patients are seen as close to their scheduled appointment times as possible. Our goal is to eliminate long wait times for patients who arrive on time.

Late arriving patients are one of the daily challenges that can make a provider run late. If the 1 p.m. patient arrives late, you can be sure that all the rest of the visits for the afternoon will be seen behind schedule. To reduce the negative impact of late arriving patients, our nurses will work with anyone who arrives more than 15 minutes late for their medical appointment. The nurses will either help them reschedule to a convenient time or offer them the option to wait to be worked in around the patients arriving on time.

As a reminder, the dental program also requests that patients arrive no later than 15-minutes late for their dental appointments and has a form that dental patients review and sign acknowledging their understanding of this requirement. This is necessary so they dental team has enough time to complete the dental procedure as well as to keep upcoming patient's appointments starting on-time.

We appreciate your ongoing support and are excited to continue to serve you. If you have concerns, please feel free to share your thoughts with the Health & Wellness leadership Addie Spencer, MD or Liz Henry, CEO.

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





South Puget Intertribal Planning Agency

WIC Program
February Dates

SQUAXIN ISLAND	2/14/23
NISQUALLY	2/8/23
CHEHALIS	2/9/23
SKOKOMISH	2/15/23

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.






South Puget Intertribal Planning Agency

USDA Foods Program
February Dates

PT. GAMBLE S'KLALLAM	2/3/23
SQUAXIN ISLAND	2/8/23
SKOKOMISH	2/10/23
NISQUALLY	2/15/23
CHEHALIS	2/22/23

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.






Announcements

February 4, Happy Birthday Auntie Marjie, Love the McDonald Family

February 9, Happy 21st Birthday Janae, Love the McDonald Family

February 13, Happy Birthday Chase, Love the McDonald Family

FEBRUARY 15, HAPPY BIRTHDAY KIKI, LOVE THE MCDONALD FAMILY



1/8

*Happy heavenly 2nd Joshua McGee -
forever 17 and never forgotten*

Wishing you a day filled with happiness and a year filled with joy!
Happy Belated Birthday's Avea(9), Randy(17),and Hal(20)!
With lots of love from Jade, Hazen, and Ka'iulani



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

