

NISQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 13 Issue 4

www.nisqually-nsn.gov

April 2023

Solar Power Presentation

By Debbie Preston

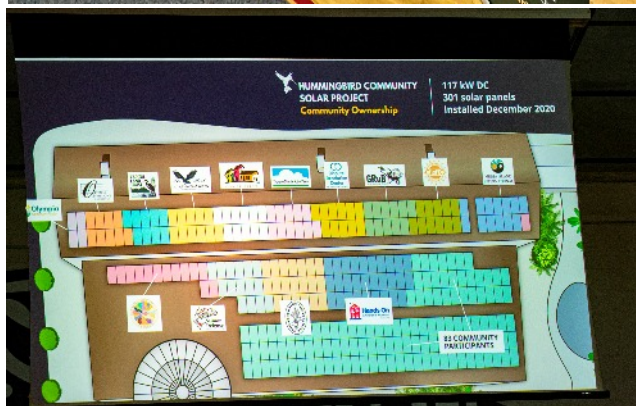
The Nisqually Emergency Management Chef program hosted an informational dinner about solar panels with both Puget Sound Energy and Olympia Community Solar that helps people assess whether their house is suitable for solar and provides community projects where you can buy a panel and receive the money back that it generates until the panels are paid for.

Wayne Lloyd, Building Director for Nisqually, talked about his installation on his home and how even in December, the first month his system was online, his power bill was half and it keeps going down. He received a significant tax credit (via a state tax credit for solar).

Not all homes are suitable in terms of cost benefit - but evaluations through Olympia Community Solar are free. A fast way to learn about Olympia Community Solar if you did not attend is to watch the video located on this page.

<https://olysol.org/project/tmcs>

Wayne Lloyd, Director of the Building Department, talks about the installation of solar on his home where he has two electric cars and even though it was December for the first month - his electric bill was halved. He also received a tax credit from the state of Washington that paid for more about a third the cost of installation. Mason Rolph, a founding member of Olympia Community Solar, explains the program, how some buildings might not be suitable for solar and how people can participate in other ways such as community solar arrays. Project Hummingbird shows the roof of the Hands On Children's Museum and the solar panels that were purchased to benefit non-profits or individuals purchased it. Checks are sent to recipients until the panels are paid for, plus a little interest. When all the panels are paid for - the system is wholly owned by the Hands On Children's Museum.



Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 3/2/23
Minutes Approved on:
Meeting Called To Order: 1:30

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	Present

Guest: Selina O, Nate C, Justine C, Alvin A, Mary S, Joe C, Brent B, Pete A, Ezra K David W, Heidi P, Shannon B.

Tribal Councils motions and consensus:

Lisa Breakenridge – Would like to set up a different meeting for a Parks update, needs at least 1 hour.

Alvin Aganon – **Approval of Weekly Budget Consent Calendar.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

David Troutt – **Approval of New JD: GIS Technician.** *Motioned by Leighanna Scott, seconded by Antonette Squally. Motion passes 4-0-0.*

David Troutt – **Approval of new JD: GIS Analyst II.** *Motioned by David Iyall, seconded by Antonette Squally. Motion passes, 4-0-0.*

David Troutt – **Approval of Updated JD: GIS Manager.** *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 4-0-0.*

David Troutt – **Approval of Updated JD: GIS Analyst.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 4-0-0.*

Chayannah Squally comes in at 1:38

Jackie Whittington comes in at 1:41

Joe Cushman – **Approval of a New JD: Planning Specialist Senior Projects Manager/ Broadband Focus. (With changes to the Salery range from A 26-29 to A 29-31).** *Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-1 (Jackie Abstains).*

Joe Cushman – **A Resolution Requesting Bureau of Indian Affairs Fee to Trust Approval for the Nisqually Indian Tribe’s Meridian Road Retain Property. Resolution #18.** *Motioned by David Iyall, seconded by Antonette Squally. Motion passes, 6-0-0.*

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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Joe Cushman – **A Resolution Authorizing the Tribal Chairman to Execute a Fee-to-trust Deed from the Nisqually Indian Tribe to the United States of America in Trust for the Nisqually Indian Tribe for the Brighton Creek Healing and Retreat Center Property in Pierce County, Washington. Resolution #19.** *Motioned by Antonette Squally, seconded by David Iyall. Motion passes, 6-0-0.*

Joe Cushman – **A Resolution Acknowledging Acceptance of Encumbrance on Title for the Brighton Creek Property Healing and Retreat Center Property, in support of the Tribes Fee-to-Trust Request submitted to the Bureau of Indian Affairs. Resolution #20.** *Motioned by Leighanna Scott, seconded by Chayannah Squally. Motion passes, 6-0-0.*

Joe Cushman – **A Resolution Authorizing the Tribal Chairman to Execute a Fee-to-Trust Deed from the Nisqually Indian Tribe to the United States of America in Trust for the Nisqually Indian Tribe for the Northwest Indian Fisheries Commission Property at 6730 Martin Way East Olympia, Washington. Resolution #21.** *Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 6-0-0.*

Joe Cushman – **A Resolution Authorizing the Tribal Chairman to Execute a Fee-to-Trust Deed from the Nisqually Indian Tribe to the United States of America in Trust for the Nisqually Indian Tribe for the perry Property at 4724 Nisqually Drive SE Olympia, Washington, Adjacent to the Nisqually Reservation. Resolution #22.** *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 6-0-0.*

Julie Palm/ Nate Cushman – **A Resolution Approving Revised Reference Notebook for the Nisqually Board of Trustees for Tacoma City**

Light. Resolution #23. *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 6-0-0.*

Shannon Iyall – **A Resolution to Approve the Automatic Enrollment in the Nisqually Indian Tribe of Steven Bennett-Starr. Resolution #24.** *Motioned by Leighanna Scott, seconded by Chayannah Squally. Motion passes, 6-0-0.*

Shannon Iyall - **A Resolution to Approve the Automatic Enrollment in the Nisqually Indian Tribe of Tandy Squally-Choke. Resolution #25.** *Motioned by Chayannah Squally, seconded by Antonette Squally. Motion passes, 6-0-0.*

Leighanna Scott – **Suggesting a Historical work Panel for Art and Language. “People working together to tell our story”. Consents**

Sommer Sanchez – **Approval of TC Minutes from 2/09/2023.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 6-0-0.*

Antonette Squally Stepped out 1:55-1:59
Council – **Approval of a Campaign Contribution for Derek Kilmer of \$6.600.** *Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 6-0-0.*

Pete Ansara/ Nate Cushman – **A Resolution Instituting a Temporary Hiring Freeze on Non-Essential Tribal Government Positions. Resolution #26.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 6-0-0.*

Selina Oya – **Garry Hicks Appointed to the open spot-on Housing Committee.**
Executive Session 2:01-2:39

Chris and April Herst – **Presenting a Gift to Council.**
Motion to Adjourn by David Iyall, seconded by Chayannah Squally. Motion passes, 6-0-0.
Meeting ends 2:43

Artist Wu Visit to Nisqually Tribe

Haiying Wu, the artist selected to create the Billy Frank Jr. statue that will represent Nisqually and the state of Washington in Statuary Hall in Washington, D.C., made the first of many visits to Nisqually to gather information to help him with his design work.

Artist Haiying Wu talks with Willie Frank and other council members about history and the itinerary for the day.





Billy Frank Jr. Celebration

By Debbie Preston

It was a classic Billy Frank Jr. Day celebration, warm and sunny to start and finishing just in time for wind and rain to close in. The day was celebrated with "A Day of Giving Back." Tribal members, employees and participants from area organizations helped pick up trash and trees were handed out for planting.



Guido Levy, 6th Council, picks up trash near the Nisqually Health and Wellness Center. Nisqually Tribe Vice Chair Antonette Squally picks up debris from a number of accidents on the roadside. Randall Harris, Information Technology Manager, picks up trash near the Nisqually Health and Wellness Center. Stacy Gouley and "special assistant" pick up trash on the reservation. Bryan Bougher, Northwest Indian Fisheries Commission IT wizard, collects some trees to plant after dropping of his bag of garbage.

North Thurston/Nisqually Billy Frank Jr. Community Celebration

By Debbie Preston

The third annual Billy Frank Jr. Community Celebration co-hosted by Nisqually Tribe and North Thurston School District was the biggest yet with approximately 400 people and participants attending at River Ridge High School where the event was held. The student projects were inspiring and Haiying Wu, the artist selected to create the Billy Frank Jr. statue for Statuary Hall in Washington, D.C., presented his initial sketch as well.



Haiying Wu, the sculptor who will create the statue that will go in Washington, D.C.. Statuary Hall, was with the Arts Washington booth to show his early presentations to the public. Wu spent the first of many days at Nisqually prior to the event as part of his work to create the statue that will be installed in early 2025 in Washington, D.C.



March Madness

March Madness is here! Congratulations to Janae Kalama and the Green River College Women's Basketball Team on an incredible 2022-2023 season. The Gators made history winning the NWAC West Region Conference for the first time. This earned them the #1 seed for the West Region going into the NWAC Sweet 16 Tournament where they must win or go home.

On March 8th the Gators faced Wenatchee Knights out of the East Region and got the win with a score of 83-79. Then they advanced to the Elite 8 where they played Clackamas College from the South Region and earned another thrilling win with the score of 83-79. Now onto the Final Four, the Green River Gators played Columbia Basin College out of the East Region securing the win with a score of 68-52. The Gators have not made it to the Final Four in 36 years so this was another incredible



moment for the program. Sunday March 19th the team went on to the NWAC Championships against Lane College where they took a tough loss in the championship game earning them 2nd place overall out of all 4 regions in the conference. Fun fact: the Northwest Athletic Conference (NWAC), is the largest community college conference in the United States.

The Family of Janae Kalama would like to give her a special shoutout for receiving Second Team All-League for the regular season and earning the NWAC Women's All-Tournament First Team Honors. We also want to thank all of those who have shown support throughout Janae's basketball career at Green River College. Many of you traveled miles to watch her play, Live streamed games from home and sent positive messages through social media. Another chapter has come to an end and we look forward to seeing where the next chapter takes her.

Introduction of the Wellness and Recovery Taskforce and Community Input

Recovery and wellness were themes at the Wellness and Recovery Task Force and Recovery dinner event held March 2. Several tribal members spoke about their recovery journey, sobriety was celebrated and information about helping someone in addiction was delivered. The subcommittees of the Wellness and Recovery Task Force were introduced and community members were asked for input and comments. More community information events about the Wellness and Recovery Task Force will be held in the future. Thank you to all who attended, cooked and participated.

Sharlaine LaClair, Tribal Administrator for Nisqually, discusses some of the systems improvements that a sub-committee of the Wellness and Recovery Task Force has been discussing and invites more input. Randy Derrickson receives a blanket after telling his personal story of recovery. He celebrated 8 years of sobriety and is now the caretaker at Brighton Creek. Jasmine McDonald, Nisqually Housing Director, listens to input at one of the sub-committee tables of the Wellness and Recovery Task Force during the information and Recovery dinner held March 2.





Nisqually Indian Tribal Housing

sq^wali[?]abs səstətɪl

New Housing Director

Welcome Jasmine McDonald, MSW!



Jasmine McDonald is an enrolled Nisqually tribal member. Ms. McDonald started her new position as Housing Director on February 6, 2023. Ms. McDonald wishes to provide fair and equal housing opportunities to tribal members. Ms. McDonald plans to collaborate with various tribal programs, Housing Committee, and outside agencies to assist with meeting the current and future housing needs. Ms. McDonald looks forward to revising housing policies and procedures so that they comply with new laws and regulations and address new systems as well as ensuring that NITH staff have the information to perform their job duties and responsibilities well.

NITH Staff:

Jasmine McDonald, Director

Elizabeth DeGroff, Compliance Internal Auditor

Cecelia Quintana, Administrative Secretary
Katrina DeLaCruz, Resident Services Coordinator
Joyce Slape, Resident Occupancy Specialist
Alison Kautz, Residency Occupancy Specialist
Richard Nieves, Maintenance Supervisor
Todd Meyer, Maintenance Specialist Sr.
Wilfredo Rosado, Maintenance Specialist Sr.
Jason Kautz, Maintenance Repair Specialist
Barron Hardy, Grounds Maintenance Worker

NITH Services for Renters:

- HUD and NITH rentals
- Maintenance
- Low-Income Homeless Prevention

NITH Services for Homeowners:

- Housing Assistance Payment (HAP)
- Nisqually Emergency Assistance Program (NEAP)
- HUD Rehabilitation and Modernization
- 184 Home Loan

COMING SOON!

HOUSING DEPARTMENTS ANNUAL

Spring Clean Up

Mark your calendars

April 17th – May 1st





Kalama Creek Hatchery

By Debbie Preston

Work is underway on the renovation and improvement of the Kalama Creek Hatchery, which includes Nisqually Construction doing the dirt work. Pictures show the foundation that the feeding circulars will sit on. Water flow and efficiency will be improved and a classroom created for education.



Thurston County Leadership Award

By Debbie Preston

Congratulations to Nisqually Indian Tribe, Kelly Wilson (All Kids Win) and Dr. Timothy Stokes (South Puget Sound Community College) for receiving the 2023 Distinguished Leadership Award from Leadership Thurston County. Below is the video created for Nisqually Tribe to introduce them to attendees of the event on March 7.

<https://youtu.be/AT9ecBpsvSo>

A large group of Nisqually tribal members represented the tribe at the Leadership Thurston County awards where the tribe received one of three awards.



Pictured are Chairman Willie Frank III, Chayannah Squally, 5th Council and Nicole Sims, Office of Management and Budget.



Rise Above

By Debbie Preston

The Nisqually Tribe Hosted their first of four Rise Above events with Jaci McCormick. Special guests N7 Athlete Lakota Beatty, and NBA Championship Coach George Karl. They give kids advice on how to become a better basketball player and to pursue goals in anything they want to accomplish!





Team Building - Death Nut Challenge

By Jessie Fox, Executive Assistant for the Building Department

February 24, 2023 was just another busy day for the staff of the Building Department, things were heating up, and some of the staff were about to go a little nuts. What was going on, and why were people getting hot-headed?

Well, let me explain. We at the Building Department are a close-knit group of people who work hard together and play hard together. Most workdays you can find us eating lunch together in the conference room, sharing a common love of good food, and plenty of it. And as the saying goes, some like it hot, and, well, there are definitely a few of them in the Building Department. Always trying to find the hottest sauces and foods, someone came to work bringing a challenge with them, The All-New Version 3.0 Death Nut Challenge, that is. Featuring the world's hottest pepper, the fearsome Carolina Reaper, this challenge was bringing the heat.

The challenge starts "mild" and progressively gets hotter with each of the 5 levels, culminating with the Regrettably Hot Death Nut, which is a mixture of Carolina Reaper, Moruga Scorpion, 7 Pot Primo Pepper, and a sprinkling of 16 million Scoville Capsaicin Crystals. With the day at hand, gloves were donned, and milk was at the ready. The four contestants; Wayne Lloyd (Building Department Director), Mike Elliott (Electrical Project Manager), Adrian Scott (Fleet Services Dispatcher), and Renee Kalich (wife of Building Inspector, Ryan Kalich) began sampling the scorching hot peanuts.

And while each of them was able to complete all 5 levels of the Challenge, one clear winner emerged. Renee Kalich was not only able to complete the challenge without breaking a sweat, but she also chewed a Carolina Reaper bubblegum ball afterwards!! Let's just say we all were (and still are) impressed!

Here at the Building Department, we always find ways to add a little spice to the workday, which may help to explain why we are not just coworkers, but friends, as well. They say teamwork makes the dream work, and here in the Building Department, we take that to a whole new (heat) level.



Financial Literacy Dinner

With focus on

*** Budget - Credit Building - Credit Repair - Retirement ***

Wednesday, April 19, 2023

At the Nisqually Youth Center

5:00 p.m. - 7:00 p.m.

There will be activities for small children to enjoy while learning. There will also be a gift care for each participating adult and each small child enjoying the children's activities.



Nisqually
Indian Tribe
and
Bank of
America
Present



Checking your Credit

Give yourself some credit (reports).
Reports free weekly 'til April 20, 2022:
AnnualCreditReport.com

FEDERAL TRADE COMMISSION
Learn more at: ftc.gov/credit #FinancialLiteracyMonth



Nisqually Language

By Catalina Sanchez

Nisqually Language has grown so much over the last year. This is only snapshot of the departments and schools we visit.

Our programs teach within our community and has expanded outward into local schools. Currently we are serving Nisqually Daycare, Nisqually Early Head Start, Nisqually Head start, Nisqually Adult Wellness and Beading, Nisqually classes with Employees, Yelm Southworth Elementary, Evergreen Elementary, River Ridge High school, Centennial Elementary, and Natches Elementary in Bethel.

Current discussion to grow adult programming as well as in-person classes with Nisqually Tribal Health Services. Our department has future collaborations with Nisqually Culture programming including special days North Thurston Public schools.

While we hit many goals for 2022, we hope to keep expanding and growing in 2023. Our department wishes to grow within the tribe. Starting with our youth we have grown our little head start kiddos with songs, numbers, and animals. We will continue to grow with them as they continue their education. This would not be possible without our staff who has worked above and beyond since day one with starting Nisqually Language.



Many Thanks to Chay Squally, Antonnette Squally for boosting our confidence and being respected language leaders in our community. Our Teacher Nancy Bob Language Manager. Staff includes Andreyana Squally, Catalina Sanchez, Kayla Sparkuhl, Naiomie Wilkins. Thanks to the

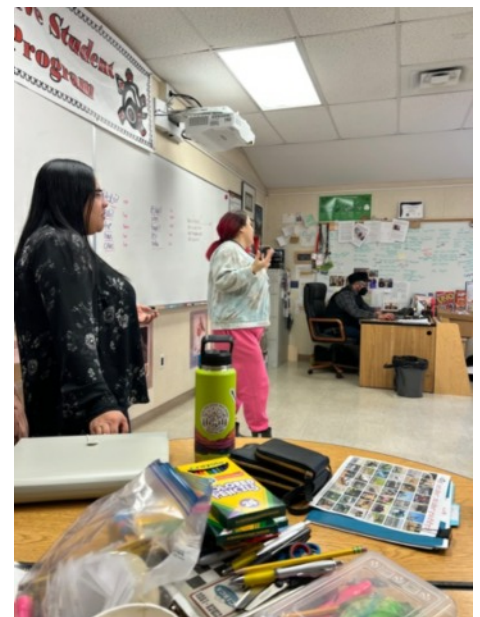
staff who welcome us within their programs Nisqually Head start, Nisqually Daycare, Nisqually Adult Wellness, Nisqually Culture, Nisqually Health Services, Nisqually Tribal Council, Nisqually Youth Center.

squally.andreya@nisqually-nsn.gov Andreyana Nisqually Language Service Coordinator

sparkuhl.kayla@nisqually-nsn.gov Kayla Nisqually Language Media Coordinator

wilkins.naiomie@nisqually-nsn.gov Naiomie Nisqually Language Teacher

sanchez.catalina@nisqually-nsn.gov Catalina Nisqually Research Coordinator





Hunting Season 2022-23 Tag Return

The 2022-23 hunting season closed on February 28, 2023. Please return all hunting tags, including any filled and un-filled tags to the Wildlife Program in Nisqually DNR by Monday, March 20, 2023.

This is the first year of a returned tag raffle, which we expect to hold at the Nisqually Fish (Natural Resource) Commission in early April. This year there are two raffle prizes, each a \$300 gift certificate for Cabela's. Both winners of the raffle will be contacted using their contact information they provided when purchasing their tags.

In order to be eligible for the raffle, all hunting tags (filled and unfilled) must be returned within 14 business days of the close of hunting season. This year all tags should be returned by March, 20, 2023. All hunters are eligible if they paid the hunting tag fee, and each returned tag counts as an entry.

Along with the other Northwest Indian Fisheries Commission tribes in Washington, the Nisqually Wildlife Program uses the returned tags to track hunter success. The Wildlife Program expects to begin the next round of proposed hunting regulations in the late spring. As in previous years, the 2023-24 hunting regulations will be held in public hearings at the Fish (Natural Resource) Commission, and a public notice of the dates will be posted and mailed to all enrolled tribal members.

As a reminder, the 2023 black bear season will open April 1, 2023 – December 31, 2023. Please contact DNR Wildlife Program if you have any questions: 360-456-5221, ext 1339

FISHING ID'S

Fishing ID's are now processed at the Enrollment Department

Fishing and Geoduck Stickers are collected at Natural Resources.

Please bring receipt from accounting before collecting (\$10)

- Fishing stickers for recreational use and *not subsistence* are free
- Elder's (55 yrs +) are free

Any questions please contact Natural Resources Department
M-F 8 a.m.-4 p.m. 360-452-5221 ext. 2131

Thank you

The Nisqually Indian Tribe's mission is to perpetuate our home and our culture, by helping our people thrive.



Tribal Council DC Visit

By Debbie Preston



Nisqually Chairman Willie Frank III, Vice Chair Antonette Squally and 5th Council Chayannah Squally meet with White House staff in the White House this afternoon in Washington, D.C. It is a rare opportunity to personally connect with Biden administration about Nisqually Tribe priorities at the highest levels. Council members also participated in National Congress of American Indians meeting and met with key legislators on topics important to Nisqually.

Nisqually Workforce Development (formerly TANF and Native Employment Works)

We would like to introduce Josh Johnson as our new case manager. Josh comes to us from SPIPA where he worked for the last 5 ½ years. He was a case manager in their Workforce Development program. It will be an easy transition for him since he already knows the program. If you see him around, please give him a warm welcome. Josh replaces Trisha Kautz who left us to work for her tribe, Quinault Indian Nation. We were sad Trisha left but wish her the best of success.

Our last **Pulling Together for Success** community resource gathering on February 15th had an amazing vendor turn out and was sponsored by **Molina Healthcare**. Twenty-nine different programs and organizations (ranging from healthcare, education, and community support) set up providing information on services available to our community. Our next event will be in May so keep an eye out for event flyer.

Thank you, Molina Healthcare, for your sponsorship which provided the wonderful dinner from Olive Garden.

The Division of Child Support schedule is the first Wednesday of every month, from 1-4 p.m. in the Workforce Development office. Natalia is available to meet with individuals with questions or issues regarding child support. Appointments are not necessary but if you want to schedule a specific time, give Natalia a call at 360-664-6859.

Reminder, the Workforce Development Program provides assistance to federally recognized tribal members. Monthly cash assistance is available to households with children, though income guidelines must be met. It may be possible to receive non-cash support services for employment and training if you do not have a child. For information, contact Jesse Youckton, 360-456-5237 or Amber Sutterliect, 360-456-5221.



Artificial Intelligence – How smart is it?

Tips from the IT-WebDev Department

In early February of 2023, Microsoft announced its launch of a new artificial intelligence (AI) search engine that allows users to chat with, ask questions, and even use creative content. Think of this new AI search platform as Alexa on steroids. Bing announced that online searchers can now ask questions and get complete

answers. Many of us may already be familiar with tools such as Alexa, Cortana or the Ask Google assistant, as we've covered these topics in past newsletters.

Per Microsoft, "There are 10 billion search queries a day, but we estimate half of them go unanswered. That's because people are using search to do things it wasn't originally designed to do. It's great for finding a website, but for more complex questions or tasks too often it falls short."

Interesting online search statistics:

- 40% of queries result in someone clicking back
- Most searches are three keywords or less

50,000 user's searches go unanswered

How do I access the new Bing? Request access by selecting "Join the waitlist" on this website, <https://www.bing.com/new>. When you have cleared the waitlist, you'll receive an email letting you know that you can access the new Bing at Bing.com – then you can start typing in your usual search box. The new Bing is also available in the chat experience, found at the top of search results.

Editor's comments: I downloaded the new Bing search app on my iPhone. I asked Bing "Where did Native Americans come from?" Try it out to see the answer results! AI stocks and market share investments also went through the roof after the announcement of this new AI technology launching. However, this Native, applying his learned studies from obtaining a Masters Degree in Education, Instructional Technology, isn't so sure this new AI is (or will ever be) ready to replace valued teachers, tutors and our elders who pass on the much needed in-person ancestral and cultural teachings. Perhaps the more important question to ask is, where or who is the information being provided coming from? This new form of intelligence can only be as valid as the source(s) being accessed.

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

Wellness Court Committee Becomes a Reality

We are happy to report that the actual members of the Wellness Court Committee (the committee), which serves as the driving and decision-making body for our Wellness Court Program, have been identified and accepted their positions.

Over a hearty meal, persons who had unique and important gifts to offer were presented for consideration. There was nearly complete consensus as to all their placements.

This committee represents many different aspects of the Nisqually Tribe, all of which are dedicated to the health and overall wellness of the community. These aspects include, but are not limited to; behavioral health, criminal defense/prosecution, law enforcement, tribal administration, and the horse ranch.

The work to be done by, and the level of commitment required of, these members is significant. In addition to their current work and life obligations, membership on this committee asks that the members ultimately spend almost an entire day every week to review, staff, and the make recommendations regarding participants progressing through our Wellness Court Program.

We would ask you to join us in expressing a huge thanks to the members of the committee and supporting them in their service to the people and the overall well-being of the Nisqually Tribe.

If you are interested in potentially working with the Wellness Court as a participant, in another capacity, or if you would just simply like to know more about it, please do not hesitate to reach out to directly to court.



Important Info For Children and Youth

By Rachel VanDeMark, DNP and Addie Spencer, MD

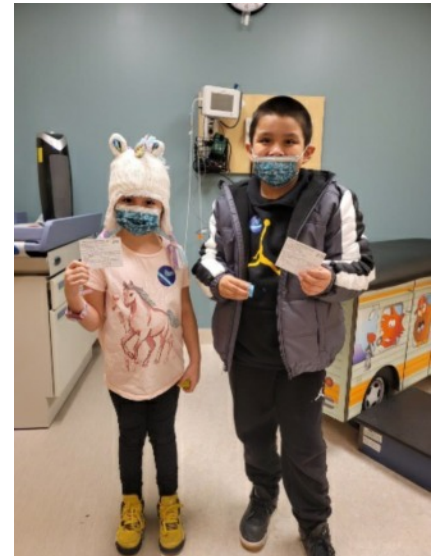
At Nisqually Tribal Health & Wellness we offer many services to children and youth: vaccinations, sick visits, well visits, mental health services, and reproductive health services.

When children and youth come to the clinic for vaccinations, sick visits, or well visits they must be accompanied by an adult with the legal authority to consent for their care. This is also true for dental visits.

Adults who can provide consent for a minor's care include: parent (a biologic or legal) with full or partial custody, a legal guardian, a caregiver with a *Guardian Granting Authority to Consent for Minor's Healthcare* form, or a caregiver with a *Kinship Caregiver's Declaration*. These forms are available at the Health & Wellness Center front desk.

Teens can come to the clinic for reproductive and behavioral health care without an adult, although trusted adults are welcomed. Teens can consent to their own care in these specific situations and their care is kept confidential.

We are happy to help answer questions about this topic! Please visit the Benefits Coordinators at the Nisqually Tribal Health & Wellness Center front desk for more information.



Nisqually Tribal Health & Wellness Center

Patient Feedback Program

By Stacy Gouley, Compliance Officer

Our values of compassion, consistency, community, quality, and dependability remain the same. One of our goals is to engage our community to assure that we are meeting your healthcare needs.

We want to hear about your experience when visiting the Nisqually Tribal Health & Wellness Center (NTHWC) and have revised our patient comment process into a Patient Feedback Program.

Has there been anything that went exceptionally well that you'd like to share with us or was there something that didn't go as well as anticipated? **Please complete a Patient Feedback Form located at the comment box near the fish tank as you enter the NTHWC or you may ask any staff to assist you in obtaining a form.**

Once completed, you can either hand it directly to a staff person for immediate attention or leave it in the comment box. The comment box will be checked weekly by the compliance officer or delegate.





Taking The Worry Out of Prescription Refills.

By R. Blaine Hanson

RX Ready Text Notifications

The Nisqually Tribal Health & Wellness Center Pharmacy can send a text message to patients when medications are ready for pick up! If you are interested - just ask your friendly pharmacy technician to add this feature to your profile. They will confirm your contact information to help insure you receive the message.



Health Minder Program

We can make your life easier by adding you to our monthly Health Minder. This helpful feature automatically refills your NTHWC routine maintenance prescriptions every month.

Call or stop by the pharmacy to set up this service. Talk to any pharmacy technician if you would like to be set up for the Health Minder Service to auto fill your routine medications.

Request Your Refills 24/7

The Pharmacy may not be open when you realize you need refills but don't worry!

**The pharmacy direct phone line is:
360-491-9770**

It can be used at any time to request refills electronically - just have your prescription number(s) ready (**located in the upper left corner of the prescription label, highlighted in yellow**), then follow these 2 simple steps:

1. Press 1 if using a refill prescription number, listen for prompt
2. Enter the RX number followed by the # sign.

Note: If the refill prompt doesn't recognize the RX number, that is OK – Just follow the directions below to leave a voice mail and we will take care of the rest.

Leave a voice mail message on the Pharmacy's Direct Line at any time.

Please:

- do not use any extensions,
- tell us your first and last name,
- date of birth and
- medication/s you need refilled.



When Should I request Refill?

- Ideally, request your prescription refills 3 or 4 days before you need them. This is because:
 - We may need to request refill authorization from you provider. It may take a few days to get a reply – especially from any outside providers.
 - We may need to order the medication from our supplier. Since COVID, numerous products are in short supply.
- Often, we can refill your prescription the same day within an hour – but that is not guaranteed.

NTHWC Pharmacy Hours

Drive Through Window: Mon, Tues, Thurs, Fri open 7:30 a.m. to 6:00 p.m.

Drive Through Window: Wednesday open 10:00 a.m. to 6:00 p.m.

Pharmacy Lobby Window: Mon, Tues, Thurs, Fri open 8:00 a.m. to 5:00 p.m.

Pharmacy Lobby Window: Wednesday open 10:00 a.m. to 5:00 p.m.

The Nisqually Tribal Health & Wellness Center (and pharmacy) are closed on most major holidays.



South Puget Intertribal Planning Agency
Need Diapers?

SPIPA is excited to be able to provide Diaper Distribution services to eligible Consortium Tribal Members

The Diaper Distribution on Reservations Project works with other SPIPA Programs to deliver diapering needs to eligible families with children age 0-18 residing in the SPIPA service area.

Eligibility:

- At least one household member is enrolled in a SPIPA consortium Tribe
- Must meet income guidelines

If you qualify for:
LIHEAP/ Weatherization
WIC
USDA Foods
Food Vouchers

You are eligible to receive diaper distribution



For more information or to apply
please visit spipa.org/family-and-community-resources
or email DDOR@spipa.org



South Puget Intertribal Planning Agency
LIHWAP (Water)

NEED HELP WITH YOUR WATER BILL?
SPIPA is accepting Water Assistance applications!
If you qualify for LIHEAP, you will qualify for LIHWAP

APPLY ONLINE

GO TO: www.spipa.org/family-and-community-resources and click on the LIHWAP application

PLEASE INCLUDE WITH YOUR APPLICATION:

- Income for August, September, and October 2022 for all household members 18 and older
- Current water bill, must be in the tribal member's name





New Health Clinic Hours on Wednesdays!

All Nisqually Tribal Health & Wellness Center offices
will now open at

10 a.m. on Wednesdays
(effective March 1, 2023)

WEDNESDAYS from 8 a.m. to 10 a.m. NTHWC staff will utilize this time for
required administrative committee meetings and staff
training



NTHWC will resume normal business hours at 10 a.m.

If you have an **Emergency**, please call 911
Or go to **Providence Immediate Care in Lacey** or **West Olympia**, or
to **St. Peter's Emergency Room**. Please **Call 360-486-9599** within 72
hours for notification.

**Please Note: Authorization is for Eligible Members Only*

Managing Your Chronic Medications Successfully!

By Addie Spencer, MD and Amy Pond, RPh

One way to take care of yourself is to make sure you are taking your chronic medications as prescribed. Running out of medications can cause you to feel crummy and put you at risk of complications.

The Nisqually Tribal Pharmacy and the medical clinic at Nisqually Tribal Health & Wellness work together to help you manage your medications successfully. Here are some tips to help you avoid running short or having gaps in your treatment.

1. **Read:** Read your medication labels carefully. Check the dose and the frequency and ask your pharmacist questions if you notice unexpected changes.
2. **Check:** Check to see if you have refills. This will be noted in the bottom left of the label. When you see 0 refills left, that might mean its time to call and schedule a clinic visit if you haven't been in to see your primary care provider for a long time.
3. **Plan:** Plan ahead and call to request a refill about 3-7 days before you run out of medications. We try to have a quick turnaround for refill requests, but sometimes it can take 3 business days to authorize a refill for certain medications.
4. **Know:** Know that all controlled medications require a visit with your primary care provider for prescriptions.

Call the refill line 24/7 to request your refill at 360-491-9770.





Update From the NTHWC - Business Office



We are happy to announce that Brandy Sanchez, Olympia DSHS Case Worker is back on site to assist you with your DSHS (aged, blind, or disabled) program needs, at the Nisqually Tribal Health &

Wellness Center!

Brandy is here to assist our tribal members and community that we serve, with applications, as well as other needs you may have with the programs provided through DSHS, WA Connections.

Brandy will be here two days a week, on Thursdays & Fridays, from 8:30 a.m.– 5:00 p.m. Please check in with the NTHWC front desk staff to inquire about Brandy’s availability to assist you or call the Business Office at 360-486-9599, to schedule an appointment with Brandy @ ext. 2710.

New Pharmacy Tech - Victor Smith

Hello, my name is Victor Smith. The new addition to the Pharmacy. I joined on February 14th, 2023, as a Pharmacy Technician. I feel that I am truly Blessed to be part of this great organization and this department. As a new member I bring seven years of experience, as a graduate student from Everest College.

My previous work experience was at Tim’s pharmacy where I interacted and served most of the Yelm community and some of the Nisqually Tribe.

When not working I spend most of my time with my wife shopping and riding my motorcycle. I am really excited for this experience to serve such a great community.

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!

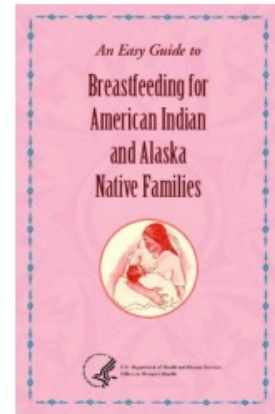


Breastfeeding is Honoring Native Traditions

Tips for Reclaiming Breastfeeding in Indian Country

Before Baby arrives:

1. **Learn all you can about breastfeeding** from others who breastfed, WIC staff, and resources available including download this pink guide : <https://naldc.nal.usda.gov/catalog/1759412> or search the title
2. **Watch on youtube; Close to the Heart: Breastfeeding our Children** <https://www.youtube.com/watch?v=ipr0gPoh8Vs> or search the title
3. **Set up your support system**– family ,friends, to help with household chores, diaper changes and errands. If possible, make meals ahead and freeze them. Your focus will be on feeding your child.
4. **Join a breastfeeding support group** to hear about other’s experiences.



The first few weeks of breastfeeding can be challenging, but hang in there– don’t give up.

When Baby arrives:

1. **Breastfeed early and often.** When a baby begins breastfeeding in the first hour, mom makes more and more milk. **Babies eat 8-12 times a day.** The more the baby suckles at the breast, the more milk mom makes.
2. **Try different holds for latching,** bring baby close, get tips as needed from Lactation experts or other moms.
3. **Avoid formula, bottles, pacifiers**

Babies use their tongues differently when they breastfeed than when they take a bottle or pacifier.
Babies need time to learn how to breastfeed before offering other nipples.



4. **Get help** from family or friends to prepare meals, bring you water. take care of household chores and errands.
5. **Rest** when baby naps.
6. **Eat and hydrate:** Remember to give yourself the nutrition you need for you and your baby. Consider eating and drinking whenever you feed baby.
7. **Baby getting enough?** See tips in the pink “ Easy Guide...” or weigh before and after a feeding to feel more confident.
8. **Know that you are a giving your child the best start in life.**



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



South Puget Intertribal Planning Agency

USDA Foods Program April Dates



PT. GAMBLE S'KLALLAM	4/4/23
SQUAXIN ISLAND	4/7/23
SKOKOMISH	4/11/23
NISQUALLY	4/13/23
CHEHALIS	4/19/23



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 April Dates



SQUAXIN ISLAND	4/11/23
NISQUALLY	4/12/23
CHEHALIS	4/13/23
SKOKOMISH	4/19/23



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

April 7, Happy 29th Birthday Samira, Love Dad, Mom, Keisha, Jasmine, Neveah and Rodney

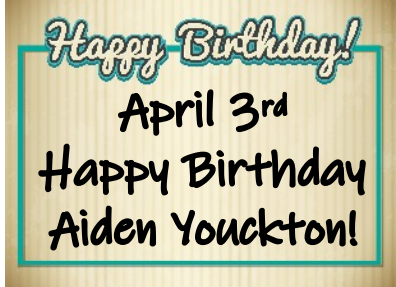
April 7, Happy 7th Birthday Juanito, Love the McDonald Family

April 11, Happy Birthday Kylee, Love the McDonald Family

April 26, Happy Birthday Dalia, Love the McDonald Family



On April 13th. The Nisqually Tribe was blessed with your arrival! This is a Birthday Shout Out to **Xana Darlene Marie Trapp!** You're such an amazing and talented, and smart, and loving person! We all love so much! Happy Birthday from Lil Rena, your Mom, Anson, and Squally/Wells/Trapp families! Have a wonderful birthday month! Your a quarter century old!



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

