

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 14 Issue 8

www.nisqually-nsn.gov

August 2024

New Building Will House Four Different Departments

A milestone will be reached for the Nisqually Tribe when the new building housing four different departments will be completed south of the new Green Foot shop and near the canoe journey grounds.

The 24,000 square-foot building will house transportation, public works, operations and maintenance and the building department.

“The number one best thing about this building is that these are departments that work with each other all the time and now there won’t have to be the constant effort of connecting due to the haphazard locations all over campus,” said Wayne Lloyd, Building Department Director for Nisqually.



Included in the facility are:

- Large garage bays with the wells underneath to work on vehicles as well as a covered area outside that can also be used.
- A specific area for working on heavy equipment and larger vehicles owned by the tribe such as backhoes and buses
- A reception area for each of the four departments, offering a clear point of contact
- Break areas for each of the departments. Maintenance currently often has their breaks outside under a tent. Their area will be large with a work area to do timesheets and heat up a lunch or retrieve it from the refrigerator, reflecting the transient nature of their work where most do not need an office
- Two conference rooms, one larger and a slightly smaller one to be used by all departments
- Improved storage for all including one for maintenance that will be accessible from outside of their new office space.

This project will also be the tribe’s largest solar system yet. With all the Nisqually Tribe vehicles now in one place, there will be covered car ports that will have solar panels on them along with panels on the building itself. A good example of this use of solar panels on parking structures is located at Arizona State University.

Continued on page 4-NEW BUILDING

Tribal Council Business

Nisqually Tribal Council Meeting

Minutes

Date: 6/27/24

Minutes Approved on:

Meeting Called To Order: 2:00

Ken Choke	Chairman	Present
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Present
Norine Wells	Treasurer	Present
Chris Oline	5 th Council	Present
Guido Levy Jr.	6 th Council	Present
Leighanna Scott	7 th Council	Absent
Derrick Sanchez	Sergeant of Arms	Present

Guest: Micheal, Alvin A, Shannon B, Brent B, David W, Stephanie M, Leslie F, Marie M, Hayley F, Ezra K, Nate C, Jasmine M, Heidi P, Jami G, Frank T, Cheebo F, Aztec S.

Jami Gore – **Asking Permission to name teams in North Thurston School District after Nisqually.** Consents

Alvin Aganon/ Shannon Blanksma – **Approval of June 20th, 2024, Budget Consent Calendar.** *Motioned by Norine Wells, seconded by Antonette Squally. Motion passes, 4-0-1 Chris Olin Abstains.*

Alvin Aganon/ Shannon Blanksma – **Approval of June 27th, 2024, Budget Consent Calendar.** *Motioned by Norine Wells, seconded by Chris Olin. Motion passes, 5-0-0.*

Stephanie Madina – **Requesting work Groups to discuss changes for the HR Manual. Consent to set up work groups after the 4th of July.**

Marie McDonald – **A Resolution Authorizing Submission by SPIPA of an FY 2024 LIHEAP Program Application to the Department of Health and Human Services, Office of Community Services. Resolution #61.** *Motioned by Chris Olin, seconded by Antonette Squally. Motion passes, 5-0-0.*

Marie McDonald – **A Resolution Authorizing Submission of by SPIPA of an FY 2024 CSBG Program Application to the Department of Health and Human Services, Office of Community Services. Resolution #62.** *Motioned by Chris Olin, seconded by Antonette Sanchez. Motion passes, 5-0-0.*

Leslie Ferrer – **A Resolution Approving the Automatic Enrollment into the Nisqually Indian Tribe of Keoni Sanchez. Resolution #63.** *Motioned by Chris Olin, seconded by Guido Levy Jr. Motion passes, 5-0-0.*

Sommer Sanchez – **Approval of June 13th, 2024, TC Minutes.** *Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 5-0-0.*

Brent Bottoms – **A Resolution Rescinding Tribal Council Resolution 26-2023. Resolution #64.** *Motioned by Norine Wells,*

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, Ken Choke
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, Norine Wells
5th Council, Chris Olin
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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seconded by Jackie Whittington. Motion passes, 4-1-0. Antonette Squally is Against.

Executive Session – 2:30-3:15

Antonette Squally and Jackie Whittington Leave at 2:50 for the Grand Opening of Greenfoot.

Action out of Executive Session.

#1 Consent for Alvin Aganon to have Audit done on Cigarette tax, forensic audit, on the line of credit with Columbia bank.

#2 Consent to set up a meeting with MCEC board after the 4th of July. Norine Wells and Guido Levy Jr will work on Agenda.

Consent Treasurer report to be ready for pre tc in 2 weeks, and to plan a dinner for the community and tribal members.

Motion to Adjourn by Guido Levy Jr, seconded by Chris Olin. Motion passes, 3-0-0.

Meeting ends at 3:41

Nisqually Tribal Council Meeting Minutes

Date: 7/11/24

Minutes Approved on:

Meeting Called To Order: 2:03

Ken Choke	Chairman	Present
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Present
Norine Wells	Treasurer	Present
Chris Oline	5 th Council	Present
Guido Levy Jr.	6 th Council	Present
Leighanna Scott	7 th Council	Present
Derrick Sanchez	Sergeant of Arms	Absent

Guest: Marie M, Adrian S, Stephanie M, Randy D, David W, Anne T, Shannon I, Nate C, David I, Jeff C, Nettsie B, Hayley F, Alvin A, Brent B, Pete A, Ezra K, Josh C, Joe C, Deb P, Sunny M, Nancy B, Janice H, kayla S, Heidi P.

Alvin Aganon – **Approval of July 11th, 2024, Weekly Budget Consent Calendar.** *Motioned by Jackie Whittington, seconded by Chirs Olin. Motion passes, 6-0-0.*

Alvin Aganon – **A Resolution Authorizing the approval of accepting funds from the Washington State Recreation and Conservation Office for Nisqually Salmon Recovery Lead Entity Program**

in 2024. Resolution #65. *Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 6-0-0.*

Marie McDonald – **A Resolution Authorizing Submission by SPIPA of a FY2024 Native Food Distribution Program Application to the Department of Agriculture. Resolution #66.**

Motioned by Norine Wells, seconded by Chris Olin. Motion passes, 6-0-0.

Billy Henry/ Stephanie Madina – **Approval of 3 NEW JD’s Service Technician, Motor Pool Auto Detailer and Diesel and Equipment Mechanic.** *Motioned by Norine Wells, seconded by Jackie Whittington.*

Motion passes, 6-0-0. Consents to have Billy come back with a list of people with take home vehicles and why. Look at policies and re-draft to reduce the number of vehicles going home.

Shannon Iyall – **Approval of 30-Day List.** *Motioned by Guido Levy Jr, seconded by Leighanna Scott. Motion passes, 6-0-0.*

Norine Wells – **Request to meet with the enrollment committee to review adoption application, DNA policy and outstanding enrollment applications. Meeting day tbd and will draft agenda.**

Norine Wells – **Request to advertise for ALL committees, Consent to send letter and copy of by-laws. Requested that terms stay staggered 1-2 years terms, committees should always remain open to apply for.**

Norine Wells – **Minimum wage discussion. Tabled.**
Brent Bottoms – **A Resolution Regarding Cessation. Resolution #67. (Updating the resolution taking out 90s completely).** *Motioned by Norine Wells, seconded by Chris Olin. Motion passes 5-1-0 Antonette Squally is Against.*

Executive Session 2:43-3:25

Sommer Sanchez – **Approval of June 27th, 2024, TC minutes.** *Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 6-0-0.*

Norine Wells – **Request for update on funding for everyone for huckleberry camp, and youth canoe journey.**

Hanford McCloud – **Update on current Projects. Tabled.**

Motion to Adjourn by Guido Levy Jr, seconded by Antonette Squally. Motion passes, 6-0-0.

Meeting ends at 3:29



Continued from cover-NEW BUILDING



Additionally, six more electric vehicle charging stations will be installed, with plans to apply for grants to add more.

“We have also installed the electric and plumbing hookups for the future vocational training building which we hope to add in the next one to two years,” Wayne said.

The building is slated for completion this fall.

Yelm Stage Blessing

By Debbie Preston, photos by Jack George, Nisqually Tribe Communications and Media Services

The Nisqually Canoe Family opened and blessed the Yelm Park stage that was built by Nisqually Tribe Construction the weekend of June 22. There were many performances following the blessing and the stage will host events all summer long.





Garden Stand

By Debbie Preston

The new Nisqually Garden Stand opened for the first time June 21 in the Nisqually Valley on the Medicine Creek garden property. The building needed the least

renovation to make a good stand and is now well insulated with a heat pump and coolers for the produce.



In the near future, an industrial grade composter will automatically create good garden compost in about 12 weeks, monitoring temperature and other important measurements for creating great soil for

use on the farm. (The automatic part being the turning of the items in the composter.)



Along with the usual

wonderful produce, the crew is working to create a space for young children to participate in garden

activities with raised beds for their height and tables for craft activities. A garden test kitchen is also nearly finished and a traditional foods garden is also underway using the wetter location to add a pond and cattails, among other things.

"We have a lot of great things happening and we can't wait until we can get everything underway," said Chantay Anderson, tribal Program Manager for the Garden.



Looking for a rewarding career opportunity? Join Our Team at the Nisqually Indian Tribe!

Apply online, on your smart phone, or onsite at the Nisqually Indian Tribe's HR Application Station!

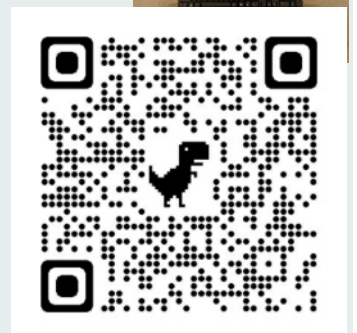
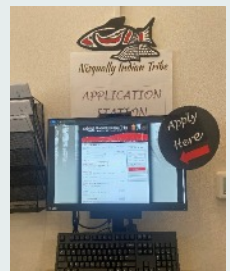
- Discover Exciting Career Opportunities
- Convenient Onsite Application Process
- Positions Updated Weekly
- Location: Human Resources Building D (Old Clinic)
4820 She- Nah- Num Drive Se Olympia, WA 98513
- Hours: Drop in to apply at the HR Application Station
Monday-Friday 9a-3p or reach out to schedule a time!

Visit us today to start your journey with the Nisqually Indian Tribe!

Questions? Contact the HR front desk at (360) 486-9558.

Website URL: <https://nisquallyhr.applicantpro.com/jobs/>

On your smart phone camera, use the QR Code below then click the link to see NIT's latest career opportunities!





Talley Farm Teaching Kitchen and Market

Building Department Newsletter Article

By Jessie Fox, Executive Assistant to the Building Department Director

The Building Department has been hard at work on Talley Farm. Our Carpentry, Electrical, Plumbing, Heavy Equipment, and Painting crews have taken the existing pool house and turned it into a teaching kitchen. This project, which has been in progress since February, is set to be completed by the end of July.

The new kitchen was reframed, drywalled, and painted inside and out. It features brand new plugs, switches, and lighting, and includes AC and a

ductless heating system. New cabinets, a sink, and a stove round out the interior. Outside, there is a new irrigation system, which will benefit the garden area.

This new addition to the farm will be a place where people can come together to can and dry foods and learn to make traditional medicines and remedies.

More information, including the kitchen's opening date, will be provided in the future by Chantay Anderson, the Garden Project Supervisor.



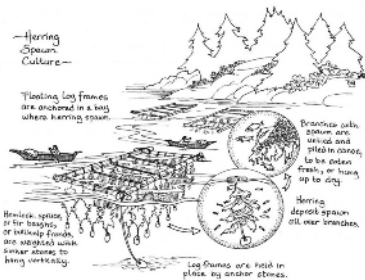
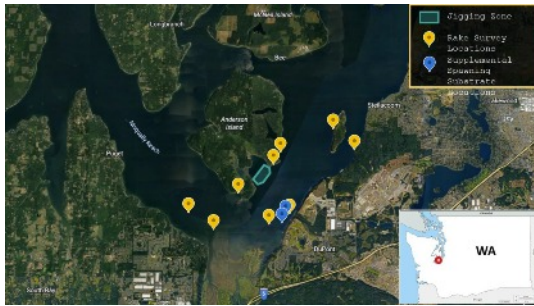


Herring Surveys

In years past Nisqually Indians harvested herring spawn along the shoreline of the Nisqually Delta area, especially near Sequelitchew Creek. This harvest was possible because of the great productivity and abundance of herring in Puget Sound.

This herring abundance also fed juvenile salmon, especially Chinook, as they left the Nisqually River on their way to the Pacific Ocean. Herring tends to school in large numbers and so-called “herring balls” in the Nisqually area

provide an important source of food for many animals, including sea birds, harbor seals, harbor porpoises, humpback whales, and many species of salmon.



Unfortunately, due to the lack of regular herring spawn in the Nisqually Delta, the shoreline harvest of herring eggs is not currently possible at Sequelitchew Creek. Herring numbers in Puget Sound have greatly reduced in the past 40 years and this reduction could very well be related to the reduced number of Puget Sound Chinook salmon (in 1999 Puget Sound Chinook salmon, including Nisqually, were listed as threatened under the Endangered Species Act).

In partnership with the Long Live the Kings organization, your Natural Resources Department in recent years has been doing research on herring in the Nisqually area. The research project runs from 2021 to 2025; its goal is to better understand herring abundance and use within Nisqually Reach, and ultimately to inform salmon and herring recovery actions. Partner organizations are doing similar research in other parts of Puget Sound. The Nisqually effort is lead by Jed Moore, a DNR research biologist.

“It turns out that different herring stocks have greatly different spawning timing and that this timing may relate to the timing of when Chinook leave their natal rivers,” Jed explains. “We search out herring in the Nisqually area, take samples to determine genetics and age. Our main sampling area is Oro Bay, on Anderson Island.”

The results thus far are exciting. Genetic data indicate that the adult herring captured in Oro Bay

Jigging for Adult Herring in Oro Bay



come primarily from three places – Central Puget Sound (called Elliott Bay stock), further west in southern Puget Sound (called Squaxin Pass stock), and a presumed local stock, which we are tentatively calling “Oro Bay”,

Processing Herring Provides Data!



Genetics Size & Age Sex & Spawning Stage
Diets Parasites

although the primary spawning location of this stock has not yet been found.

Other interesting results include the likely variation in spawn timing between the three stocks. The Oro Bay stock seems to spawn later in the year than the Squaxin Pass and Elliott Bay stocks. This later spawn timing makes Oro Bay juvenile herring the right size to be eaten by Nisqually Chinook as they enter South Puget Sound in July and August. Herring are an especially nutritious food source for juvenile Chinook salmon during their first few months in Puget Sound.

Jed said, in summary: “This exciting research has drawn our attention to a stock of herring that was previously unknown. As we continue our research through 2024 and 2025, we expect to gain more insights about this local stock of a critical fish species.”



Nisqually Language Update

Summer Kick-Off



Naiomie Squally, Janice Hicks, Sunny McCloud, Catalina Sanchez started off the summer with language Bingo.

Head Start Graduation



Nisqually Head Start Graduates. Nisqually Language Teachers Sunny McCloud and Naiomie Squally taught with HeadStart and early HeadStart this year.



Wa He Lut Moving Up

Nisqually Language Wa He Lut 7th Grade Moving up. Naiomie Squally, Catalina Sanchez, Kayla Sparkuhl, Andrey Squally, Janice Hicks, Sunny McCloud all taught at Wa-He-Lut this year.

Bethel School Visit

Bethel School District visits Culture and Language pictured Janice Hicks and Naiomie Squally. We want to thank Joyce M. and Hanford McCloud for accommodating our large group at the end of school year. Both Schools had a blast this year!





Spending Frenzy Financial Literacy

By Debbie Preston, Photos by Aztec Sovereign, Nisqually Tribe Communications and Media Services

The Spending Frenzy event was held as part of the Youth Center activities in partnership with SPIPA in late July. Nicole Sims created a financial literacy summer youth reality fair. It was an all-day event and volunteers who assisted took training to participate.





Summer Bash

It was a great afternoon for the Nisqually Youth program’s Summer Kick-Off event – there was all kinds of food and Kona Ice on a hot day, community resource tables, tie-dye table, water slides, dunk tank and four-person trampoline bungee. There was also Language Bingo with the Nisqually Language Department and many art activities too. The event was hosted by Nisqually Tribe Youth Services, Nisqually Tribal Health and Wellness Center, ICW, Community Services, Emergency Management, Nisqually Police Department and others.





Nisqually Indian Tribal Housing Summer Clean Up

By Alison Kautz

The Nisqually Indian Tribal Housing Department hosted a Summer Clean-Up event on Friday July 12. Housing Dept designed t-shirts with a custom logo and provided tools (grabbers, brooms, gloves, and blowers) to make the job easier. Over 75 tribal members and their families joined them to assist in the removal of debris and trash from the 4th of July festivities on the upper and lower reservation streets.

On behalf of Nisqually Indian Tribal Housing, we would like to thank the community members and employees for partaking in the Summer Clean Up event. The contribution and effort putting towards living in a healthier, safer, cleaner reservation.

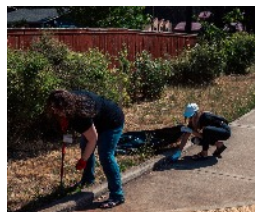
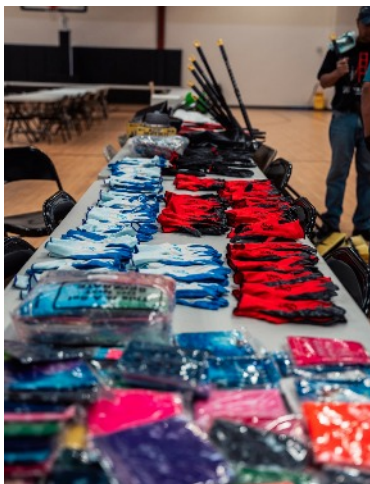
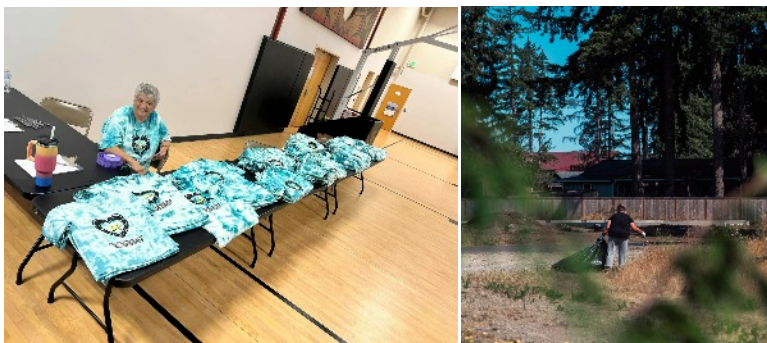
NITH would like to congratulate all the raffles winners, participants, and volunteers who dedicated their time

and hard work! Thank you to all those that participated and joined in the efforts to keep our reservation looking beautiful!

Please join us for our next event which will be the Nisqually Indian Tribe Housing Fair September 13, 2024 – 11 a.m. to 3 p.m.!

Lunch will be provided, raffle drawings, and the first 40 people to sign in will get a bag with cleaning supplies and tool kits!

All applicants who complete the housing survey will be awarded a gas card! Check out our vendors, contractors, and so much more!



HOUSING FAIR

Lunch Provided, Raffle Drawings, First 40 people to sign in will get a bag with cleaning supplies and tool kits! Fill out a Survey and get a gas card! Also check out all the vendors of contractors & suppliers, for all your housing needs.

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NISQUALLY INDIAN TRIBAL HOUSING

11:00-3:00
September 13

Location
Youth Center

Call us for more information
1-360-493-0081

Visit our website
Housing@nisqually-nsn.gov



Work Force Development Summer Youth

By Debbie Preston, Photos by Jack George, Nisqually Tribe Communications and Media Services

A few of the Work Force Development Summer Youth Activities that have been happening on Tuesdays and Thursdays in the Billy Frank Jr. Gym, including drums and tie dye. The program is for ages 10 and older and lunch is served.

Nisqually Housing sponsored a summer Community Cleanup today, Friday, July 12. Great work everyone!





Language Department Hosts Bethel School District

By Debbie Preston

Bethel School District visited Nisqually in June and participated in culture and language activities at the Culture Center such as learning how salmon “smell” their way home, canoe culture and Southern Lushootseed language activities including history and song and dance. Students and teachers also learned to weave cedar and its place in the culture and history of the tribe.



Kayla Sparkuhl providing a teaching on the History of the Nisqually Language utilizing first language speakers and an old 1800 document. Left to right: Kayla Sparkuhl, Andrey Squally. Janice Hicks is teaching a 4th grade student, who attends Bethel School district and is a descendant of Annie Squally; how to weave a cedar mat. Handford McCloud welcoming the Bethel School district 4th graders upon arrival. Handford provided a history of the Nisqually Culture center and the Tribe. Joyce McCloud teaching about beaded necklaces and providing them guidance on making their own necklace. Naiomie Squally leading the Nisqually Language bingo activity with Bethel School District 4th graders. Nancy Jo Bob providing an experience in Southern Lushootseed Song and Dance. Left to right: Catalina Sanchez, Naiomie Squally Nancy Jo Bob welcoming the Bethel School District 4th graders. Left to right Kayla Sparkuhl, Nancy Jo Bob, Sunny McCloud.



New Greenfoot Grand Opening





Elder Rentals Available

Nisqually Indian Tribal Housing has two (2) vacant elders rentals on Journey Road that need to be filled.

Please come to housing to fill out a waiting list application, if you are a tribal elder!

New beautiful homes across the Nisqually Health Services Department and Nisqually Elders Department!

Or visit the <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/housing/> for all housing application forms!



2024 Fireworks

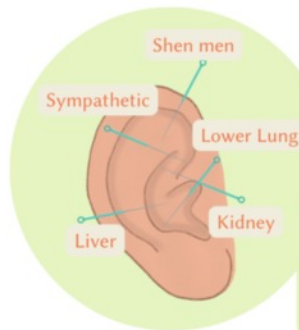
The 2024 firework season has come and gone!





TRADITIONAL HEALING

Ear Accudetox @ NTHWC



Experience the benefits of this ancient healing that can help reduce stress, anxiety, and other health issues.

August
Thursday ---- 1st
Thursday --- 8th
Thursday --- 15th
Thursday --- 29th

The Five points and their benefits:

1. **Sympathetic Point**, which calms the nervous system and helps with overall relaxation;
2. **Shen Men** or "spirit gate", which reduces anxiety and nervousness;
3. **Kidney Point**, for reducing aggression, calm fears, aids digestion and heal internal organs;
4. **Liver Point**, for detoxification, blood purification, and to suppress aggression; and
5. **Lung Point**, which promotes aeration and helps reduce grief.

**Two sessions* - AM Session beginning at 10AM,
 PM session beginning at 1:30PM**

*Due to limited capacity, please call 360-459-5312 to secure your spot.

tiixitubut. Take care of yourself

NTHWC PRESENTS:

Back To SCHOOL Physicals

WELL CHILD CHECK UPS & SPORTS PHYSICALS

STARTING AUGUST 1ST

THERE WILL BE

FUN, HEALTHY PRIZES FOR KIDS AGES 1 YEAR - 18 YEARS
ONE PRIZE PER CHILD AT TIME OF VISIT
WHILE SUPPLIES LAST

NISQUALLY TRIBAL HEALTH & WELLNESS CENTER
 4840 Journey Street SE
 Olympia WA 98513

CALL NOW TO SCHEDULE!
 360-459-5312 OPTION # 1

Alternative Medications and Treatments options at the NTHWC

Are you interested in trying alternative medications and treatments? NTHWC welcomes you to explore the various options available on-site and by obtaining a referral from your onsite provider.

Traditional Healing appointments are available by calling 360-493-6450

The Traditional Healing team offers visits for Indigenous Stress Management, Spiritual Intuitive Healing, and massage therapy. Adrianna Villegas, Traditional Healing Program Coordinator, can help you learn about other traditional healing modalities. Please call Victoria Jackson to schedule an appointment with a healer.

Chiropractic, Acupuncture, Massage, and Naturopathic consultations available by referral

Patients who are eligible for PRC can access chiropractic care and acupuncture, with a referral from your NTHWC provider. Nisqually Tribal Members can also receive massage and naturopathic care services with a referral to an outside provider. On your next visit, ask your medical provider for a referral if you would like to see a specialist for these alternative treatments.

AUGUST 2024					TO SCHEDULE PLEASE CALL (360) 459-5312
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
TRADITIONAL HEALING <i>tiixitubut. Take care of yourself</i>			1 MASSAGE ACUDETUX EAR ACUPUNCTURE	2	
5 MASSAGE STRESS MANAGEMENT	6 MASSAGE	7 MASSAGE SPIRITUAL FACILITATION	8 MASSAGE SPIRITUAL FACILITATION ACUDETUX EAR ACUPUNCTURE	9 MASSAGE SPIRITUAL FACILITATION HERBALIST	
12 STRESS MANAGEMENT	13 MASSAGE	14	15 ACUDETUX EAR ACUPUNCTURE	16 NTHWC HEALTH FAIR	
19 STRESS MANAGEMENT	20	21 MASSAGE SPIRITUAL FACILITATION	22 MASSAGE SPIRITUAL FACILITATION	23 MASSAGE SPIRITUAL FACILITATION	
26 MASSAGE STRESS MANAGEMENT HERBALIST	27 MASSAGE	28	29 MASSAGE ACUDETUX EAR ACUPUNCTURE	30	



Beat the Heat

By Addie Spencer, MD and Mary Szafranski, RN

Summer is here! And we can expect some days of extreme heat. Here are tips for staying healthy when the temperatures rise.

Take care of each other. Some people are at high risk for heat related illness, so check on them frequently.

- Children
- Elders
- Outdoor workers
- Folks with disabilities

Stay cool.

- Hang out indoors where there is air conditioning.
- Wear light, loose fitting clothes
- Avoid exerting yourself.
- Take cool showers or baths.
- Avoid using the oven and eat light meals.
- Never leave any people or pets in the car.

Stay hydrated.

- Drink plenty of water even if you don't feel thirsty.
- Avoid alcohol and sugary drinks that pull water out of you.
- Consider your need to replace electrolytes if you are sweating a lot.

Know the signs of heat related illness.

Heat Stroke:

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

Heat exhaustion:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

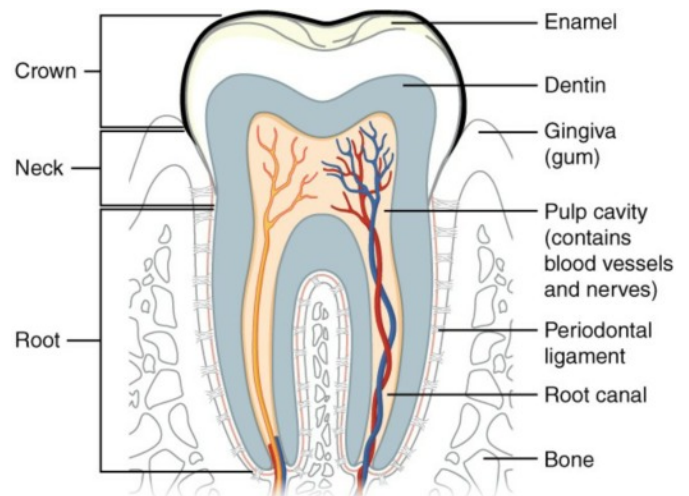
Summertime is for fun! So take care of yourself and others so the fun never stops! If you have any health concerns, call to schedule a visit with your medical provider at NTHWC 360-459-5312 option #1.

What is a root canal and why do I need one?

A root canal is a dental procedure on the pulp, or heart, of the tooth. A root canal is a treatment which may allow traumatized or severely decayed tooth to be saved in the mouth for function and aesthetics.

To understand this a bit easier, please see the diagram of the anatomy of a tooth. Each tooth has its own pulp, or heart, which provides blood flow and life to each tooth. This pulp resides under the hard, white outer layer of enamel and encapsulated within the more porous section of dentin. When a tooth is traumatized by sudden force or deep decay the pulp may become injured or sick, and at times die for unknown reasons. A dentist will gently remove the pulpal tissue completely. Once fully cleaned, the tooth is sterilized then filled and sealed.

This procedure allows a tooth to remain in the mouth without being connected to any nerve endings or blood flow of the body. For a tooth to be fully protected following a root canal procedure a permanent restoration will be needed. Without the blood flow into the tooth, a tooth can become brittle or weakened. The restoration will protect the tooth from fracturing following a root canal treatment.



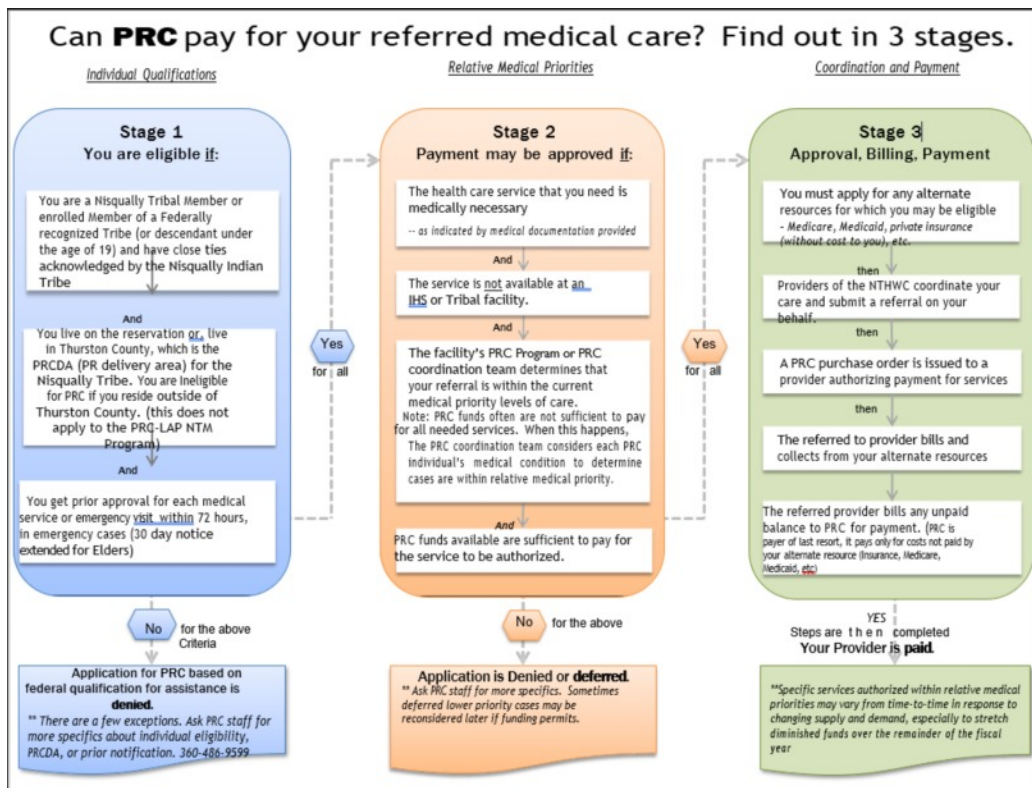


Nisqually Tribal Health & Wellness - PRC / Business Office

We would like to provide you with a few reminders from the PRC Program, so that we can assure your off-site medical/dental bills are being paid in a timely manner.

- Always call the Business Office/PRC for a Purchase Order Number for your referred services, and for each follow-up appointment.
- If you are receiving bills in the mail for services from an outside provider, please bring them to the NTHWC front desk, Benefits Coordinators will pass along your bills to the PRC Program. If you are receiving bills:
 - This can indicate that the provider's office does not know about your PRC coverage, and/or where to send your billing.
- If a Providers office calls you, please refer them to the NTHWC - Business Office, with any of their billing questions.

- These provided tips will ensure that we know about your Provider visit and can make sure that there is a PO issued for your services.
- Purchase Orders (PO's) are needed for each appointment and are a requirement for PRC assistance, as this is how we monitor needed PRC funds for the year and how we track your services, for payment.
 - We send reports to the doctor's office quarterly, of all open PO#'s for PRC, this will include only those that have obtained their PO# authorizations.
 - We work with outside provider billing offices to ensure claims are being properly submitted, so that we can pay them in a timely manner.



○ Providers don't always send PRC your bills, but if there is a PO# issued, we are able to track your services to assure payment, by calling the providers.
 ○ PRC corresponds with outside providers' billing departments on a regular basis, to inquire about open PO#'s that have not been paid, and to resolve any billing issues related to open PO#'s and the associated claims for services received. This is why making sure that you obtain a PO is crucial in assuring that we know about your services and we are able to address your claims.

For any questions or concerns regarding your billing Please Call the Business Office PRC Program at: 360-486-9599

South Puget Intertribal Planning Agency

USDA Foods Program August Dates

PT. GAMBLE S'KLALLAM	8/1/24
SQUAXIN ISLAND	8/6/24
SKOKOMISH	8/9/24
CHEHALIS	8/16/24
NISQUALLY	8/21/24

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.

South Puget Intertribal Planning Agency

WIC Program August Dates

CHEHALIS	8/8/24
SQUAXIN ISLAND	8/13/24
NISQUALLY	8/14/24
SKOKOMISH	8/21/24

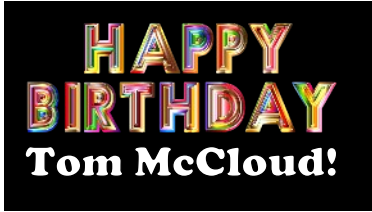
NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



Announcements



August 23,
Happy Birthday Auntie Dana,
Love the McDonald Family



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

