

# N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 11 Issue 8

www.nisqually-nsn.gov

August 2021

## WA State Capitol Flag Raising

By Josette Ross, Health Services Manager

On June 17, 2021 I had the honor of being asked to give the Land Acknowledgement at the Annual Pride Flag raising at our State Capitol, as part of my work as a commissioner on the WA State LGBTQ Commission. I appreciated the chance to be able to speak on behalf of all of our ancestors and people of this land, and give voice to important issues facing our Tribal Nations. Below, please find a transcript of the Land Acknowledgement that I shared at the event:

*Good afternoon, my name is Josette Ross and I am a descendant of the Iroquois, Salteaux Anishinaabe and Nisqually Absch people and I am honored to stand before you today to deliver this land acknowledgement.*

*Since time immemorial, these lands that we are standing on today have been the traditional home of the Squaxin Island, Puyallup and Nisqually Tribal people, as well as a center for trade and commerce among many of the Salish Sea tribal nations. Our people have been here for thousands upon thousands of years, thriving, cohabitating, loving, and practicing our traditional cultural ways.*

*On this day of celebration and raising of this Pride flag here on the steps of the WA State capital, I want to take time to honor and give space to all of our Two-Spirit and LGBTQIA+ Native relatives who have traditionally inhabited a place of honor amongst our tribal communities.*

*When settler colonial boarding schools and forced religion attempted to wipe our people off this Earth, our Two-Spirit and LGBTQIA+ relatives had to hide who they were in order to survive. Those attempts at genocide were unsuccessful and today we can stand proudly as examples of resiliency, strength and how to move through this world with grace and dignity.*

*Historical trauma has long been a reality for our people, but we are working hard to forge a path forward. We invite everyone listening today to make a commitment to support Tribal Sovereignty and Native rights by fostering meaningful relationships and truthful conversations and centering Native voices in all our work. This is a small step toward mending past wrongs and supporting a vibrant and strong Tribal future.*

*Today, and throughout this Pride month, we honor and pay respect to all our Two-Spirit and LGBTQIA+ relatives, out or not, and to all the Native peoples of this land.*

*Thank you*



# 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**

**Upper and Lower Reservation Route**  
**7:30 a.m. to 4:30 p.m.**  
**Last OFF RESERVATION**  
**Appointments ending at 3:00 p.m.**

# (360)456-5236

[transportation@nisqually-nsn.gov](mailto:transportation@nisqually-nsn.gov)

## 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](mailto:youckton.leslee@nisqually-nsn.gov)  
 ext. 1252

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

## Nisqually Tribal Council

Chair, William (Willie) Frank III  
 Vice Chair, Antonette Squally  
 Secretary, Jackie Whittington  
 Treasurer, David Iyall  
 5<sup>th</sup> Council, Chayannah (Chay) Squally  
 6<sup>th</sup> Council, Hanford McCloud  
 7<sup>th</sup> Council, Leighanna Scott

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# Nisqually Tribal Council Hires a General Manager/Chief of Operations - Pete Ansara

The Nisqually tribal council is pleased to announce the hiring of Pete Ansara as our General Manager/Chief of Operations. His first day was July 26.

In coordination with our contractor, Debra Lekanoff, we rigorously crafted a position description to go with our stated goals of “Enhancing and Strengthening Nisqually Tribal Governance and Homelands for the 21<sup>st</sup> Century.”

We believe Ansara, whose background of 25 years in the United States Air Force and years of post-military work for housing authorities in New Jersey and Pierce County, will aid him in helping us provide services to tribal members in a more efficient and organized manner.

Ansara also headed the Korean Women's Association, a registered 501 (c)(3) non-profit organization with 1,500 employees, providing multi-cultural, multi-lingual human services, regardless of race or ethnic background, to diverse communities through education, socialization, advocacy, and support.

A native of Lowell, Mass., Ansara also is a graduate of the University of Oklahoma with a degree in Human Relations and an undergraduate degree in business from Columbia College.

“I am excited about this opportunity to learn and grow with the Nisqually Tribe,” Ansara said.

“Our tribe is growing in many directions at a rapid pace,” said Willie Frank III, tribal council chairman. “This council wants our capacity as a government to keep up with the pace of the ambitions of our people.”

“We want employees to be empowered to be trained and employed in a way that best suits their strengths, to be proud of their job as part of helping the tribe move forward,” Frank said.

Lekanoff, the governance contractor, is a Tlinglit tribal member and has worked in tribal governance for decades, including her election as the first tribal woman to the Washington state legislature.

“We will be doing a lot of listening to employees and directors as we move forward,” Lekanoff said. Richard Trudell, Santee Dakota Sioux, also consulting with Nisqually, was in the first group of Native Americans to graduate from law school. He helped create the American Indian Law Association and later President Jimmy Carter nominated Trudell to serve on the national board of directors of the Legal Services Corporation (LSC), a federal entity established in 1974 by Congress to provide funding for legal aid programs across the country.

“The outcome for the consultants, as ambassadors of Nisqually council, will be to support the vision to enhance and strengthen tribal governance for the 21<sup>st</sup> century,” Lekanoff said.

As part of the consultant process, departmental structures and groupings will be considered as well as ways to make it more efficient and cooperative.

“These are good growing pains,” Frank said. “Our strong leaders of the past also knew when it was time to adapt and grow.”



# LIB LIFE,

Tribal Library Staff

## Community Services Summer Engagement Program:

For Tribal and Community members with school-aged children, applications are still available for participation in the Summer Engagement Program!

On June 18<sup>th</sup>, Community Services staff handed out extraordinary kits to aid in the completion of this program. Don't forget to log your hours and send registration/logs to [Sanchez.catalina@nisqually-nsn.gov](mailto:Sanchez.catalina@nisqually-nsn.gov)

**Library Delivery:** For those patrons that live within the boundaries of the Nisqually Reservation, we are able to deliver materials to your door weekly. Give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Friday! For those patrons that live outside the boundaries of the Reservation, call the Library for curbside pick-up to reserve a time – at least 24 hours in advance.

**Curbside Pick-up/Drop-off:** All registered Library Card holders are eligible for curbside pick-up/drop-off of materials. Check out our catalog and call in your reserved materials!

<https://weusso.softlinkliberty.net/>

**Telephone Reference Services:** Have a question about schoolwork? Wondering what materials your kids might like to read based on their age(s) and interest(s)? Need to request an Interlibrary Loan? Nisqually Tribal Members and members of the Reservation community, feel free to give us a call to discuss your information needs!

**Library Staff can be reached at: (360) 456 – 5221**  
Catalina S. extension 1222 **OR** Shannon R. extension 1141

## Library Trainee Update!

Hello Nisqually Tribal members!

It's Misty, your Library Trainee. It's been a busy few weeks since I started working here in the library. We have been working hard to get ready for our reopening next month. In between organizing and shelving books, I have begun my training to move up in the department.

My training is via the internet and is tailored towards learning all things involving the library! This includes understanding the Dewey Decimal system, which uses a combination of numbers and letters organized in a certain way to make browsing easier (not used in this library, but still interesting!). Beyond this, I will be learning about the circulation desk as well as how to better serve our patrons by understanding the diverse groups in our community. This is all very new to me, so I find it challenging but so interesting. I cannot wait to put some of my new found education into helping this wonderful community when we are able to open!

## Checking In with the Collection...

Hope you're having a great summer and staying cool. Before you know it we will be heading back to school. In preparation for the 2021 school year the Nisqually Library has ordered some great research materials for all ages. Returning high school and middle school students can check out this year's 2021 "**The World Almanac and Book of Facts.**" Another great summer read is "**Padoskoks**" By Joseph Bruchac. Lastly we have added some great American Indian children's books including **Orca Chief** by Roy Henry Vickers. And just a quick reminder for students who would like to test for their GED we have the latest all subjects test prep. The test booklet includes two practice tests. Check out the Library online catalog for more options at <https://weusso.softlinkliberty.net/>

## Interruption: LinkedIn Learning for Library

At this time, the professional development software "LinkedIn Learning for Library" is not compatible with the **Nisqually Tribe Library's** content management system. We are currently working through the issue and hope to have service restored soon. We will make sure to keep you updated as to when the software is available again. Apologies for any inconvenience this may cause toward your professional development goals!



# Nisqually Shellfish Farm Manager

By Richard Iyall

This summer at the Nisqually Tribe Shellfish Farm, staff is working hard to re-organize the oyster and manila clam beds. Aquaculture practices and methods have been evaluated this past spring to produce a new cost-effective plan for the farm. This new plan will include a dedicated tideland area for oysters and clams specifically grown for the Nisqually community. Distribution of the shellfish will be seasonal starting this fall and will be a sustainable addition to Nisqually food sovereignty.

The upland area of the farm is also being cleaned up and space being created for small gatherings and teachings in the future. This is an ongoing process with a focus on safety and cleanliness of our beach to accommodate visitors of all ages. In May, Pacific NorthWest DirtWorx provided a much-needed demolition and debris removal of unsafe outbuildings taking up a significant amount of space along the beach. Elder and youth oyster seed grow bags are being planned for spring 2022.



In addition to more community involvement, the shellfish farm will be continuing limited sales of commercial quality oysters to local markets. Staff will be carefully selecting its buyers to create long-lasting local partnerships that understand the goals and capabilities of the farm. Please reach out to our message line at 360-972-2361 or email [iyall.richard@nisqually-nsn.gov](mailto:iyall.richard@nisqually-nsn.gov) for any shellfish farm related questions.

**Nisqually Tribal  
Office Closures for  
September 2021**

**Labor Day  
Monday, September 6**

**Nisqually Day  
Monday, September 27**

**Take your family camping  
this summer!**

**Enjoy the views of the Mountain  
from Nisqually's private campsite.  
The campsite is spacious and private.**

**Available only for Tribal members,  
camping is free.**

**You do need to fill out an  
application and get a permit.**

**Call 360-456-5221 and ask for Diane,  
or come by the Tribal Planning Office.**



# Congratulation 2021 Graduates

## High School

Maleah Broussard  
 Felisa Castillo  
 AJ Gouley  
 Harold Ikebe III  
 Violet McCloud  
 Amaria Rosado  
 Laila Underwood  
 Kanani Wells  
 Ryder Wells  
 Yvonne Villegas

## High School Completion Program

Erika Beck  
 Mercedes Clark  
 Colette Kalama  
 Michelle Richey  
 Derrick Sanchez

## Associates Degree

Priscilla George  
 Matthew Hawk  
 Sasha Hayes  
 Sela Kalama  
 Shawnell McFarlane  
 Dominic Smith  
 Marissa Woodard  
 Bryanna Woodruff

## Bachelor Degree

Josephine Choke  
 Lexandria Mercado-Olin  
 Hannah Ogilvie  
 Sandra Wells  
 Mia Wungnema

## Master Degree

Kyle Kautz  
 Cheebo Frazier  
 Betty Pacheco





# ***Congratulations!***





# Online Security War

Tips from the IT-WebDev Department

Cyber-attacks are on the rise, the targets of those attacks are expanding. Attackers are more motivated, and their tactics are becoming increasingly malicious. Apple earlier this year released important and urgent operating system security updates for iPhones, iPads and iPods; it was found that remote hackers could access these devices. 64% of companies worldwide have experienced at least one form of a cyber-attack. Globally, 30,000 websites are hacked daily and every 39 seconds, there is a new attack somewhere on the Web. The battle to protect privacy will be ongoing, useful tactics include keeping software up to date, using anti-virus and firewall protection, using strong passwords and changing passwords on a frequent basis, installing apps or software from trusted sources and remaining cautious of suspicious emails, phone calls and flyers requesting personal information.



When visiting websites that request any personal information, e.g. filling out an online form asking for account login information, email address, mailing address, phone number, etc., look for the below features;

- **Secure Connection (https)** – Look for the lock symbol (  Secure) in the website address bar.
- **Captcha-** An acronym that stands for "Completely Automated Public Turing test to tell Computers and Humans Apart." It is a type of online challenge–response test, typically matching images or validating a combination text and numerical string and is used to determine whether or not the user is human. An example of a captcha may be seen on the Nisqually Tribe’s website at; <http://www.nisqually-nsn.gov/index.php/about/contact-us/>.
- **Two-Factor Authentication (2FA)** – A method that adds an additional layer of security beyond just a username and password to online accounts. It requires an additional login credential such as entering a six-digit number that is typically sent via text to a registered phone number or via email.

#### Helpful resources:

- [Check to see if your email was in a data breach: https://haveibeenpwned.com/](https://haveibeenpwned.com/)
- Check to see if a website is safe; <https://check.trendmicro.com/page/QuickStart?channel=ExperienceWeb>

**Disclaimer:** *The Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of third-party services and/or products links provide.*

## NPD Successful 4<sup>th</sup> of July



Another successful 4<sup>th</sup> of July is behind us! We would like to thank all the personnel that assisted in traffic control in the sales area, it was a big help! Recruits Dunstan and Moore are on track at the Police Academy, let’s all wish them success in the final weeks! Cadets Kaiewa and Caywood are headed to the Police Academy in late July. The record setting temperatures have not only been hard on the community but also our surrounding forested areas. Let’s remember that we are entering fire season and it has been unseasonably dry. Please be on the lookout for potential fire hazards.

If you or anyone you know is struggling with addiction help is available. Our community and the surrounding communities have all been devastated by addiction. Help is available at BHR 360-704-7170.



# 2<sup>nd</sup> Annual Two-Spirit LGBTQ+ Pride Event at Nisqually

By Josette Ross, Health Services Manager

On April 7<sup>th</sup> 2021, the Nisqually Tribal Council passed resolution #32-2021 declaring the last Friday in June the annual Nisqually Tribe Pride Day – a day of recognition and support for our Two-Spirit LGBTQ+ relatives.

This year, the Health Department hosted the 2<sup>nd</sup> Annual Nisqually Tribe Two-Spirit LGBTQ+ Pride event on Friday, June 25<sup>th</sup> in the parking lot of the beautiful new Health Center. Our first ever Pride event, held last year in the midst of the COVID-19 pandemic, was a drive through event with over 150 attendees. This year, we surpassed all expectations and welcomed well over 250 people for our street fair style event.

We hosted 15 vendor tables handing out information to the community. Our DJ, Drew Hobson, provided a fun and lively atmosphere with music and hula-hoops, as well as food from both Nisqually Tacos and CJs food truck. The Health Department provided a vaccine table at the event as well, to continue our efforts to keep our community healthy.

One vendor commented that they had never seen so many joyful faces at an event, and I think that beautifully sums up the day. Thank you to everyone who participated and showed their support for this event!



**NISQUALLY HEALTH DEPARTMENT**

# Opioid

a w a r e n e s s  
& Prevention

**August 17TH**  
5-7PM

© BILLY FRANK JR GYM  
INDOOR & OUTDOOR  
Food truck with Masonry Cafe!

**INFORMATION EVERY FAMILY SHOULD KNOW!**  
Come together as a community for behavioral health resources and support. We have training and distribution of life-saving naloxone rescue kits and many other vendors.

**COME JOIN US!**  
We'll have mini-sessions with several Traditional Healers as well as our ARNP Elizabeth Siegel with mini-acupuncture sessions..

## journey to recovery

**STOP OPIOID ABUSE**  
Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>1</sup>  
Opioids are a leading cause of injury related deaths in our state.<sup>2</sup> 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.<sup>3</sup>

**Medication Assisted Recovery (MAR) can provide the help you need to recover from opioid dependency.**  
✓ No single treatment is right for everyone.  
✓ MAR can help you stabilize your life.

**Here are a few services we offer here at the Nisqually Health Clinic**

- Medication Assisted Treatment such as suboxone or vivitrol.
- Naloxone rescue kits to prevent risk of overdose.
- Assistance with outside inpatient and outpatient services
- Support services such as housing assistance.
- Driver Relicensing and support navigating the criminal justice system.

Call us to learn more about our recovery support services!  
**360-459-5312**

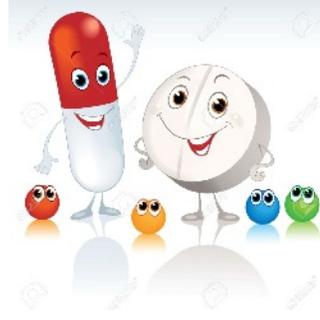
Learn more at [WATribalOpioidSolutions.com](http://WATribalOpioidSolutions.com)



# New Pharmacy Pickup Instructions

## PROCESSING A NEW PRESCRIPTION OR REFILL

Most prescriptions are sent to the pharmacy electronically from your provider. This process could take up to 10 minutes for the pharmacy to receive the orders. Once the pharmacy gets to your prescription, it is placed in the order which it was received. The prescription label (s) are typed, the drug is pulled and the prescription pills will be counted. The pharmacist will verify that all of the information including pt. name, Dr. name, drug, dosing, and quantities are all correct. The Pharmacist will also check for drug interactions and any duplications of therapy among other important things. Once this final check is done the automatic system will let you know that your RX is ready for pickup.



## WAITING FOR YOUR PRESCRIPTION OR PICKING UP LATER?

If you will be waiting for your prescription after an appointment, we will have a beautiful pharmacy waiting area where you will be comfortable until your prescription is ready. Grab a coffee or a snack and watch T.V.

We will now have a drive-thru window for your convenience. If you receive a call or text from the pharmacy that your prescription is ready, you may then come thru the drive-thru to pick it up!

## FILLING YOUR PRESCRIPTION AT OUR NEW PHARMACY

To ensure we maintain accurate contact information on the pharmacy system, we will ask you to update or verify your information such as: phone number, address, and insurance info. This way we can properly notify you by text or phone call that your prescription is ready for pick up.

**Note: Depending on how many prescriptions you have and when we receive your request, this process can take anywhere from 15-30 minutes.**

Thank you for your patience.

**We can be reached at 360-491-9770.**

NISQUALLY NATIVE WOMEN'S WELLNESS PROGRAM

# Mammogram Day

IF YOU ARE A WOMAN 40 OR OVER PLEASE COME IN FOR MAMMOGRAM

OLD NISQUALLY TRIBAL HEALTH CLINIC

WEDNESDAY, AUGUST 25TH  
FROM 9:00AM TO 4:00PM

ALL PATIENTS WHO ATTEND THEIR MAMMOGRAM WILL BE ENTERED INTO A DRAWING FOR A BEAUTIFUL FLEECE BLANKET.

SPONSORED IN PART BY:

National Breast and Cervical Cancer Early Detection Program

POWERED BY A GRANT FROM **susan G. komen** RUST FOUND

NISQUALLY INDIAN TRIBE

**Please call (360) 459-5312 to schedule an appointment.**



# Nisqually Elders Lead the Way

By Addie Spencer, MD

This past year of COVID-19 has been so very hard. Summer is in fully swing here and with it, new hope for better days ahead. We want to acknowledge **-Nisqually Elders are leading the way forward for the community.**

The majority of Nisqually Elders are now vaccinated against COVID-19. In fact, 87% of the oldest Nisqually Tribal Members have received both doses of the COVID-19 vaccines. This is great news because as the number of people in the community who are fully vaccinated increases, the risk of a COVID outbreak goes down. Vaccines aren't perfect, but they do lower the risk of spreading COVID and decrease the risk of death from COVID.

Community events may continue to be different than back in 2019, but I am hopeful that if we all follow the example of the Elders we will be able to enjoy some very special gatherings this fall.

We continue to encourage you to please call your provider to schedule your vaccine as well as regular checkups you may be due for. Nisqually Health Department vaccine scheduling hotline is **360-413-2733** to schedule your COVID-19 vaccine today.



## Four Ways to Boost Your Immune System

By Addie Spencer, MD

Having a healthy immune system is the best way to fight all types of infection. Now during the COVID-19 pandemic it is especially important to keep your immune system in tip-top shape and ready to fight the virus that causes COVID-19 illness. **Here are some things you can do to boost your infection fighting powers:**

1. **Get vaccinated.** Once you have received 2 doses of the COVID vaccine you will have infection fighting antibodies and white cells that can recognize the virus. This gives your immune system a head start and you will be less likely to get severely ill if you catch the virus.



2. **Sleep.** Rest well every night. Getting 7-9 hours of sleep each night is important for your health. Turn off the TV and phones and let your body gather strength for the coming day.

3. **Take care of diabetes** and other chronic illnesses. When your blood sugar runs over 140 it makes it harder for your white cells to fight infection. Well controlled chronic health issues mean you are in better

shape to face an acute illness.

4. **Take Elderberry syrup** to boost your immune system. This along with a healthy diet full of fruits and vegetables will keep you strong through all the seasons.

Please call your primary care provider to schedule regular check-ups especially those related to specialty services, sometimes schedules are pushed out longer than normal. The Nisqually Health Department can be reached at 360-459-5312 for regular medical or dental program schedulers. When you are ready to schedule your COVID-19 Vaccine please call the COVID19 vaccine hot-line **360-413-2733**

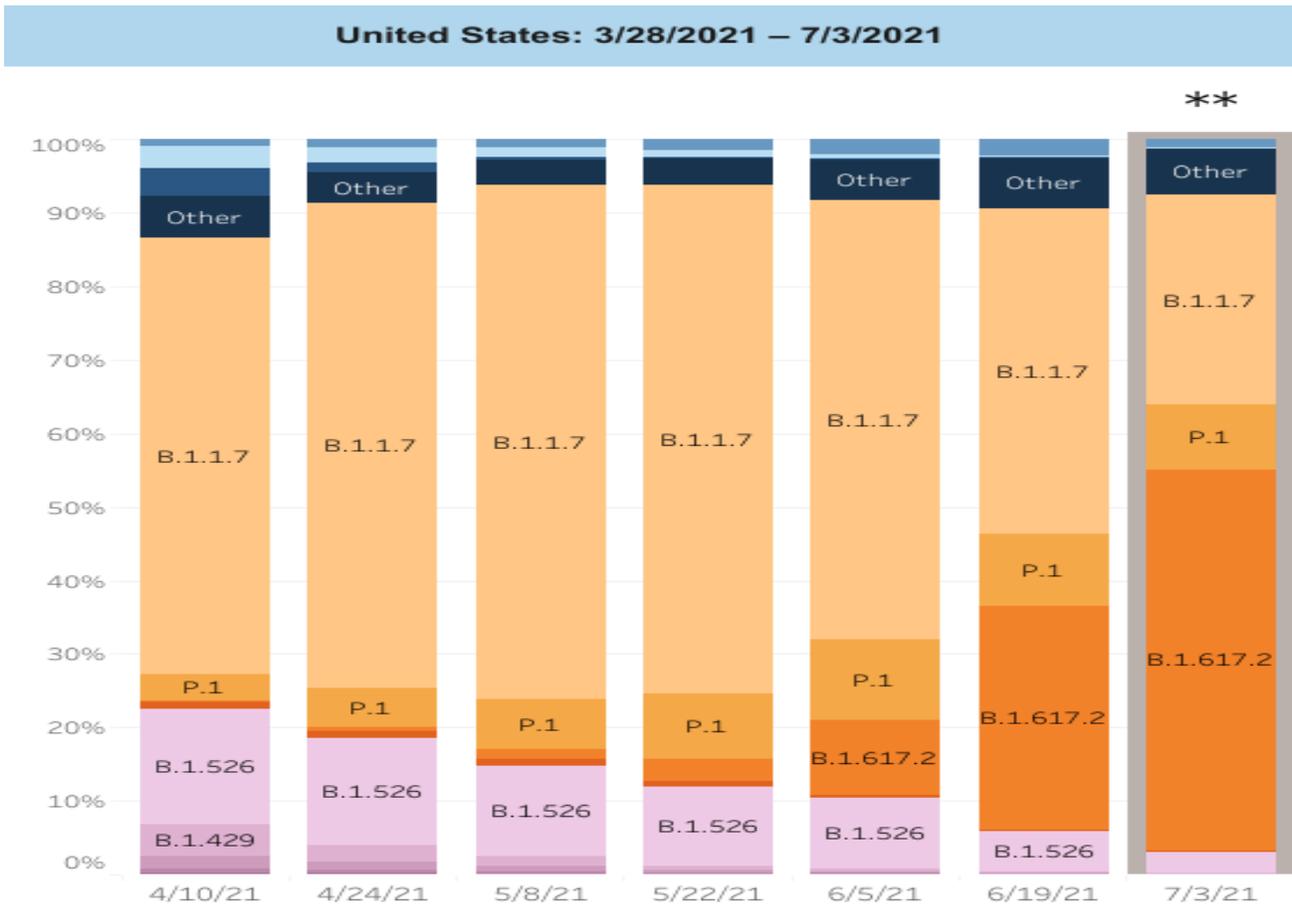


# Variants and Vaccinations

By Chris Scaniffe, RN

You may have heard of the Delta variant of COVID-19. Originating in India, it has recently become the dominant strain of COVID-19 in the United States. Studies show that the Delta variant is 60% more contagious than previous strains, and doubles your risk of hospitalization due to the illness. The good news, is that the 2 dose COVID 19 vaccines remain effective in combating this more dangerous strain. Health Department staff has been reaching out to those who have not completed their 2 dose series, as we now know that a single dose does not provide adequate protection against the Delta variant. In the following chart, you can see how quickly the delta variant (in dark orange; B.1.617.2) has risen to become the dominant COVID strain in the US. As the number of cases, and deaths, from COVID drops, and restrictions on social gatherings lessen, one group is still seeing high rates of COVID-19 cases and deaths: the unvaccinated

According to research from the CDC, unvaccinated people account for 98% to 99% of all COVID-19 deaths in the United States, since the start of 2021. This means that the disease that just a few months ago threatened the entire nation is now almost exclusively circulating amongst a shrinking few. With the delta variant in mind, Health Staff have also been doing significant outreach to reach those who remain unvaccinated, to ensure that they have the protection of the vaccines.



**Call 360-413-2733 to schedule an appointment to get your COVID vaccine. Walk-in appointments welcome on Tuesdays and Fridays in the Billy Frank Jr Gym, from 9 a.m.-3 p.m. The Nisqually Tribe is offering vaccine incentives for tribal members, youth, and employees.**



# Welcome Chris Scaniffe, Registered Nurse!

Nisqually Tribe Health Department: Hired March of 2021

My name is Chris Scaniffe, and I am happy to be serving as a Registered Nurse with the Nisqually Tribe. I grew up in Puyallup, and have been a nurse for nine years. Before coming to Nisqually, I was working in the field of home health, working with medically intensive patients in the home environment. I have also seasonally worked in immunization and wellness clinics, vaccinating the community and performing basic health screenings.



In the summer I spend as much time as possible going on backpacking trips. This summer I have a trip planned on the Wonderland trail, circling Mt. Rainier. I also like to garden, play basketball, carve spoons, and ride my bicycle.

I feel fortunate to have been given the opportunity to work for the Nisqually tribe, and I look forward to meeting more of the community. Stop by the vaccine clinic on Tuesdays and Fridays to get vaccinated, to get any questions you may have about the COVID vaccine answered, or just to say hello.

**STOP OPIOID ABUSE**  
Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>1</sup>  
Opioids are a leading cause of injury related deaths in our state.<sup>2</sup> 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.<sup>3</sup>

**Medication Assisted Recovery (MAR) can provide the help you need to recover from opioid dependency.**  
✓ No single treatment is right for everyone.  
✓ MAR can help you stabilize your life.

<sup>1</sup>Source: Washington State Department of Health  
<sup>2</sup>Source: Substance Abuse and Mental Health Services Administration  
<sup>3</sup>Source: National Institute on Drug Abuse

Learn more at [WATribalOpioidSolutions.com](http://WATribalOpioidSolutions.com)

**Here are a few services we offer here at the Nisqually Health Clinic**

- Medication Assisted Treatment such as suboxone or vivitrol.
- Naloxone rescue kits to prevent risk of overdose.
- Assistance with outside inpatient and outpatient services
- Support services such as housing assistance.
- Driver Relicensing and support navigating the criminal justice system.

Call us to learn more about our recovery support services!  
**360-459-5312**

## NISQUALLY HEALTH DEPARTMENT PODIATRY CLINICS

### Why is Diabetic foot care important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

*High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.*

*Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.*

**PODIATRY APPOINTMENTS HELP MANAGE DIABETES FOOT RELATED COMPLICATIONS AND PREVENT AMPUTATIONS! WE PROVIDE:**

- DIABETIC FOOT EXAMS
- DIABETES FOOT CARE EDUCATION
- INFORMATION ON FOOT CARE
- ADVICE AND HELP WITH PROPER FOOTWEAR

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding footwear, need a Diabetic foot exam and toe dressings changed, or for an annual foot exam.



**2021 DATES WITH  
DR MOLINA  
KOCHHAR:**

—

JUNE 11<sup>TH</sup>  
JULY 23<sup>RD</sup>  
AUGUST 13<sup>TH</sup>  
SEPTEMBER 10<sup>TH</sup>  
OCTOBER 1<sup>ST</sup>  
NOVEMBER 5<sup>TH</sup>  
DECEMBER 3<sup>RD</sup>

—

**HEALTHY FEET ARE  
HAPPY FEET**

**CALL THE CLINIC**

TO SCHEDULE YOUR  
APPOINTMENT AT

360.459.5312



# BRIGHTON CREEK

Brighton Creek staff has been working diligently with our focus on construction needs to bring Brighton Creek up to specific codes in Pierce County.

## Construction and Covid -19 Quarantine Site:

We continue to prepare for Covid -19-Delta Variance to be ready as needed. We are very excited we were able to secure COVID funding to complete the ADA bathrooms and Dining Hall remodel.

We are busy with construction, licensing paperwork and meeting code requirements. The construction process has been taxing with all the requirements making the process quite time consuming and lengthy. We have continuously had to jump through several hoops, such as the cost in lumber, the wait times for obtaining permits through Pierce County, etc. and with the help of the Building Department, we hope to overcome these challenges and accomplish the following this year:

- We will be upgrading and remodeling the Dining Room, ADA Bathroom and Women & Men's bathrooms.
- Installing Septic system for RV Park
- Repainting the interior and exterior of the 13 cabins and lodge
- Installing fencing around perimeter of facility
- Constructing a carport for equipment

As of right now, we are in the process of painting the interior of the cabins, assembling and installing furniture, and decorating the interior to create a comfortable transitional environment and to make every person feel at home. We are also working with the Building Department to repaint the exterior of the cabins, the lodge, and the dining hall at Brighton Creek to bring a refreshing look to the facility. Our hope is to continue to move forward in bringing the



community and tribal members a very well maintained healing & retreat center. We are excited to see the potential and transformation in the facility, and have hopes of opening up by 2022.

## Staffing:

We are interviewing our Maintenance Tech position and will be fulfilling that position in the near future! Stay tuned!

## Stay Well, Stay Safe and Take Care! "Get Vaccinated"

We look forward to seeing you soon!  
Brighton Creek Staff

### USDA Foods Program August Dates

**PT. GAMBLE S'KLALLAM** 8/4/21  
**SQUAXIN ISLAND** 8/10/21  
**NISQUALLY** 8/11/21  
**CHEHALIS** 8/12/21  
**SKOKOMISH** 8/18/21

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.

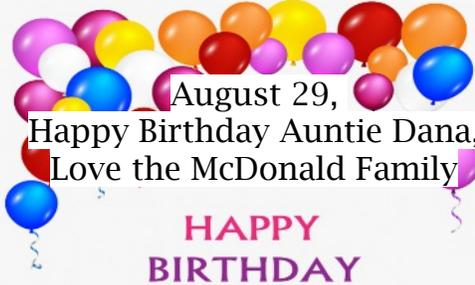
### WIC Program August Dates

**SQUAXIN ISLAND** 8/10/21  
**NISQUALLY** 8/11/21  
**CHEHALIS** 8/12/21  
**SKOKOMISH** 8/18/21

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



August 29,  
Happy Birthday Auntie Dana,  
Love the McDonald Family

**HAPPY  
BIRTHDAY**



**Happy Birthday  
Jillian!**



**HBD Tom McCloud!**

## 2021 BLACKJACK DEALER CLASS

### CLASS EXPECTATIONS:

Your Commitment and ability to attend weekly "free" training.  
Tardy for class or absence up to 3 times will be dismissed from the class.  
Students can make up a class day missed by attending an additional class.  
Making up a day missed will require prior approval.

**AUGUST 16, 2021 & ENDS OCTOBER 14, 2021**

**Instructor: Shar Pi, Table Games Supervisor**

**Place: Table Games Training Room, Butler Building**

**Monday - Thursday**

**Day class: 1 pm - 5 pm**

**Evening class: 7 pm - 11 pm**

**No fee for class | 8 week commitment**

**Ability to interact and entertain in an upbeat manner to create a memorable guest experience  
Excellent guest service skills | Professional attitude and appearance  
Proven proficiency in math required**

**All applicants selected have gone through the  
Red Wind Casino preliminary process requirement:**

**Math Test**

**Pre-employment drug screening**

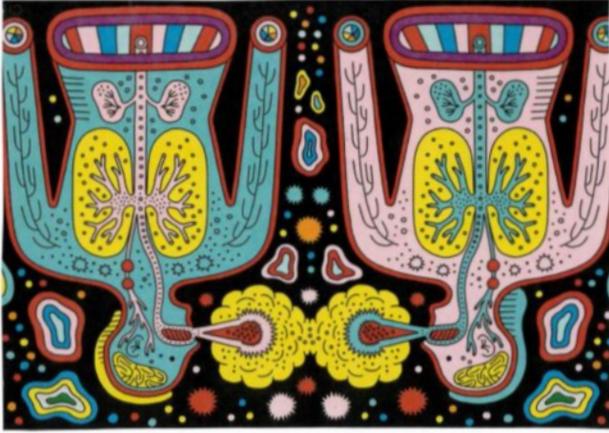
**Agreement Contract to work for NRWC 12 month,  
we offer free blackjack/ novelty games classes.**

**Upon successful completion of class and able to complete audition  
and hire process successful employment of 1 year at NRWC.**

**Class sizes: 15 for day class and 15 for night class  
Apply at [www.redwindcasino.com/employment/](http://www.redwindcasino.com/employment/)**

**REMEMBER YOUR MASK**

**REMEMBER**



**Nisqually POST & PRINT**

**Hours:**  
Monday - Friday  
9am - 5pm

**Location:**  
12820 Yelm Highway SE #C  
Olympia, WA 98513

**New Phone:**  
360.810.8600

**Email:**  
orders@nisquallypostandprint.com

**PROMOS**

**Banners for Firework Stands**  
8' x 3' Full Color with  
4 Grommets for hanging  
**\$75.00**

**YARD SIGNS (DIRECTION SIGNS)**  
24" X 18" Full Color  
Metal H-Style Included  
**\$13.50**

**Stickers**  
3" x 3" Full Color  
**\$0.10 each**

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

