

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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www.nisqually-nsn.gov

January 2022

Nisqually COVID – 19 Omicron Update

By Debbie Preston

The omicron variant of COVID-19 spreads so much more quickly. We had 44 folks test positive at the clinic in two days just after the Christmas holiday. That's more than we have had for weeks previously. It was 100 people testing positive for a total of five days.

Especially with our children returning to school where some children are either too young to be vaccinated or are around those who are not vaccinated, we need to wear better masks.

The N95 (or KN95) is more than 90 percent effective in keeping you safe and your loved ones if you are sick. The Nisqually Tribe has made these available to the community and all employees. Contact Emergency Management (Marcus Stolte, CC Ken Choke and Jeff Choke) or your supervisor to get some. Cloth masks alone do not prevent this variant. A cloth mask over a traditional surgical mask is a good hybrid if you do not have the N95 or KN95 masks.

Vaccination prevents severe illness. Even though omicron can break through vaccinations, if you have had both vaccination shots and your booster, you are likely to get by with a nasty cold, but not in the hospital. The booster has been shown to be much more protective than the two shots alone.

Schedule your vaccination or your COVID test by calling the Nisqually Clinic Hotline at 360-413-2733.

Don't forget that the Department of Health's Vaccination Van will be here on Jan. 19 in the gravel parking lot in front of the Administration Building. All shots will be available, Pfizer, Johnson and Johnson one-shot, Moderna and boosters. Registration is required:

Mobile Covid-19 Vaccine Event

When: 11 a.m. -- 2 p.m.

Where: Front gravel parking area

Registration link:

<https://prepmo.doh.wa.gov/appointment/en/reg/2697440109>

Keep an ear out for the approval of the vaccine for children 12-16 years old, which has had some preliminary approval and awaits final approval.

It's NOT What You Think!

N95

MYTH: v/s FACT:



MYTH:
An N95 respirator and a surgical mask provide the same protection.



MYTH:
I can decorate my N95 respirator to look stylish!



MYTH:
There's no way to verify if an N95 respirator is actually NIOSH-approved.



FACT:
A NIOSH-approved N95 respirator forms a seal against the user's face, preventing particle penetration around the edges. The filter has passed NIOSH tests to determine that it protects against at least 95% of airborne particles.

Because surgical masks do not seal against the face and the filters have not been tested, the same level of protection against airborne particles cannot be guaranteed.



FACT:
Any alteration of the N95 will void the NIOSH approval because respirator can no longer be guaranteed to provide the necessary level of protection.



FACT:
A list of approved N95 respirators is updated every month. Find it at [Knowits.niosh.gov](https://www.knowits.niosh.gov) under the "Approved Particulate Filtering Facepiece Respirators" tab.

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

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

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 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, Hanford McCloud
 7th Council, Leighanna Scott

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IT Gets Much Needed New Space!

By Debbie Preston

The basement of the old Nisqually Health Clinic has been renovated in rapid time to house the IT group in one spot built with their input, similar to the new health clinic consultation process. The approximately 7,000 square-foot-space has been outfitted with the necessary technical capacity as well as offices created with the users in mind. Moving will occur over the next several weeks following a few more inspections. "The crews worked through the Christmas break and there have been definitely more supply issues, of late, with construction," said Keith Brent, Project Manager for Nisqually. "This building has good bones. It's great to be able to make good use of it," said Pete Ansara, CEO for Nisqually.



Marilyn Strickland

By Debbie Preston

Rep. Marilyn Strickland and some of her staff spent time Thursday, December 16, taking more of a deep dive into several issues important to Nisqually, including the removal of the powerlines from the reservation, the I-5 bridge replacement and access for important salmon surveys on JBLM, among others. The discussion was followed up by a tour of the new Health Clinic led by Health Services Manager

Josette Ross and Health Planner, Amber Arndt. Strickland is an important ally who, as the former mayor of Tacoma, already has a good background in many of these issues.



Celebrating 10 years in the Garden Department-Grace Ann Bryd

We couldn't let any more time pass. It was official on August 18, 2021, but celebrated on December 14, 2021.

Whew hoo! I love my job, I love my Tribe, I love my Elders and Community and all that we do here in the Garden Department. Here's to more years serving Nisqually.





Holiday Festivities around the Rez!





Holiday Festivities around the Rez!





Holiday Festivities Continued with Fish Giveaway



Craig Arndt Retires

By Billy Henry



Craig Arndt, a Nisqually Tribal member retired Friday, December 24th. He was hired on January 28 of 2014 as a transit driver, which he did until he was hired as the Motor pool coordinator/dispatcher in June of 2020. Craig has been a real asset to the transportation department and will be missed. Craig was one of two drivers and helped the Transit program get up and running along with Diane Moreno, Alice Petero along with Lynn Scroggins. Craig has trained new transit drivers as they were hired and recently trained his replacement, Adrian Scott in his almost 8 years of service to the Nisqually Tribe. All of us in the transportation department wish him well in his new retirement endeavors and will be dearly missed.

Congratulations on your Retirement!



New Nisqually Elders Building Underway

By Debbie Preston

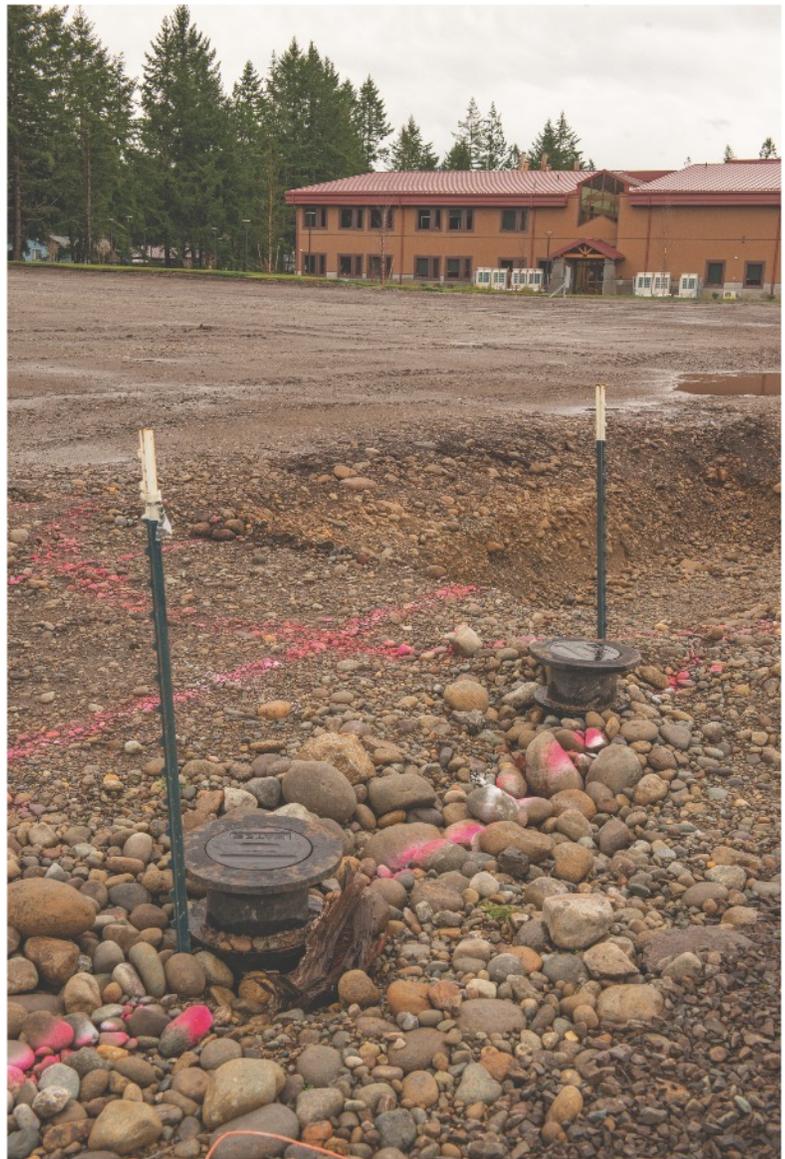
Cleo Frank, Nisqually Elders Program Manager, has been “holding her breath,” waiting for a new Elder’s Building to come to fruition.

In 2021, she is letting out a long sigh of relief and expectation as construction has begun on the 22,249 square-foot building that is going up next to the tribe’s medical facility.

Featuring a green building certification, the roof will have solar panels and there will be a total of seven electric vehicle plug-ins that complement those located at the Building Department and the Nisqually Health Center. The tribe has also recently been notified of receiving a \$100,000 Green Power Solar grant from Puget Sound Energy to help pay for the solar panels.

Frank is gratified that the new large living room and state of the art commercial kitchen will continue to provide the place to hold birthday and anniversary celebrations as the Elders Building always has and that there is an additional demonstration kitchen for healthy meal presentations. “The multi-generational celebrations are part of the heart and soul of this place for elders,” Frank said.

The main kitchen will be a state-of-the-art commercial kitchen. A large craft room and storage was a priority for elders and is part of the new facility. Construction is slated for completion toward the end of 2022, if all goes well. Supply chain issues are more prominent now than they were for the medical facility, so there have been some delays while waiting for rebar around the region which includes the Elder’s building. “I have the council resolution framed on my wall. It’s just wonderful to have it underway,” Frank said.





A Look Back at 2021!





Online Shopping - Black Friday and Cyber Monday Trends

What will 2022 ring in for online sales in a New Year COVID world?

Tips from the IT-WebDev Department

In what appears to be an ever-ongoing battle against developing COVID virus variations or mutations, the effects on shopping patterns and the ability to obtain products, whether in-person or online, are directly impacted. It's interesting to monitor these trends as they indicate

the economic well-being of all trade nations, including but not limited to, price points and availability of consumer items. The principal theory of supply and demand has far reaching impacts, including affecting our Nisqually government administrative purchases for I.T. hardware and software.

Ending out 2021 Black Friday in-person retail shopping went up (as much as 61 percent over 2020) while online sales trended down. American consumers spent a total of \$10.7 billion online on Cyber Monday, which was down 1.4 percent (\$100 million) from last year. Customers spent about \$8.9 billion online on Black Friday, slightly less than in 2020, and \$5.1 billion on Thanksgiving day, which equaled last year, according to Adobe Analytics data. Amazon reported record-breaking sales during the

post-Thanksgiving rush. Consumers shelled out an average of \$301.27 for online purchases, a little below the \$311.75 spent in 2020 and \$361.90 in 2019, according to the National Retail Federation (NRF). Smartphones accounted for 44.4% of all online sales on Black Friday, up 10.6% over last year.

Product shortages, factory shutdowns and shipping delays are partly to blame for reduced sales. A survey by the NRF revealed that 61 percent of U.S. consumers had purchased holiday gifts before Thanksgiving Day so the Black Friday and Cyber Monday's reduction in online sales were perhaps attributed to earlier increased online shopping purchases. The Black Friday drop was the first since tracking began in 2012 but comes at the end of a November that recorded three weeks of booming pre-holiday sales volumes.

Time will only tell in the new year of 2022 as to tech industry impacts from COVID, including the cost of and availability of software development and hardware such as computers, smartphones, and computer accessories.

NISQUALLY HEALTH DEPARTMENT

Patient Affirming Services

By Josette Ross and Amber Arndt

The Health Department recently received the Washington Youth Sexual Health grant through the Northwest Portland Area Indian Health Board and they have established a team of Health staff to collaboratively develop not only more inclusive sexual health services for youth, but also more Two-Spirit LGBTQ+ inclusive services as well. We will bring you updates as we continue to build on the momentum since Tribal Council signed Res.32-2021 recognizing an annual day of recognition and celebration Pride Day on the last Friday every June.

Patients at the Health Center can now select from more inclusive name, gender, and sexual orientation preferences!

We are working hard to create a safe and affirming environment for all of our patients. Affirming pronouns have been found to reduce suicidal ideation in youth by up to 50% according to the Trevor Project. You'll notice that we now offer more gender and sexual orientation options so that

patients can identify their preferred pronouns, sexual orientation, and name. Using preferred names and pronouns may seem like it's not a big deal- but it is.



Stay tuned for more news and tips!

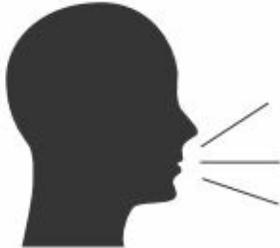
Give us a call at 360-459-5312
Ask for Jasmine Monjaraz and Josette Ross



How quickly can germs spread?



A breath: A single breath releases 50 - 5,000 droplets. Most of these droplets are low velocity and fall to the ground quickly. There are even fewer droplets released through nose-breathing.



A cough: A single cough releases about 3,000 droplets, which can travel up to 50 miles per hour. Most droplets are large, and fall quickly, but many stay in the air and can travel across a room in a few seconds.



A sneeze: A single sneeze releases about 30,000 droplets, with droplets traveling at up to 200 miles per hour. Most droplets are small and travel easily across a room.

Wear a mask - protect yourself and others

The Health Department would love your feedback!

By Josette Ross

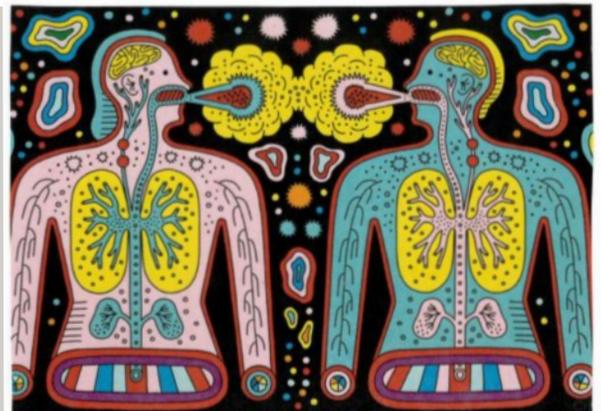
The Nisqually Health Department has always valued and appreciated community feedback regarding our services. This is a friendly reminder that we have a Patient Communication form available that can be used to give feedback, suggestions, kudos and all other kinds of communication to Health.

We take your input seriously and use it when making decisions about how to best provide care for the Nisqually Community.

If you would like to give us feedback, we will have these patient communications forms available at all the Health Department front desks, and the check-in station.

Thank you for your continued input and support of our programs.

Happy Holidays from your Health Center Team!

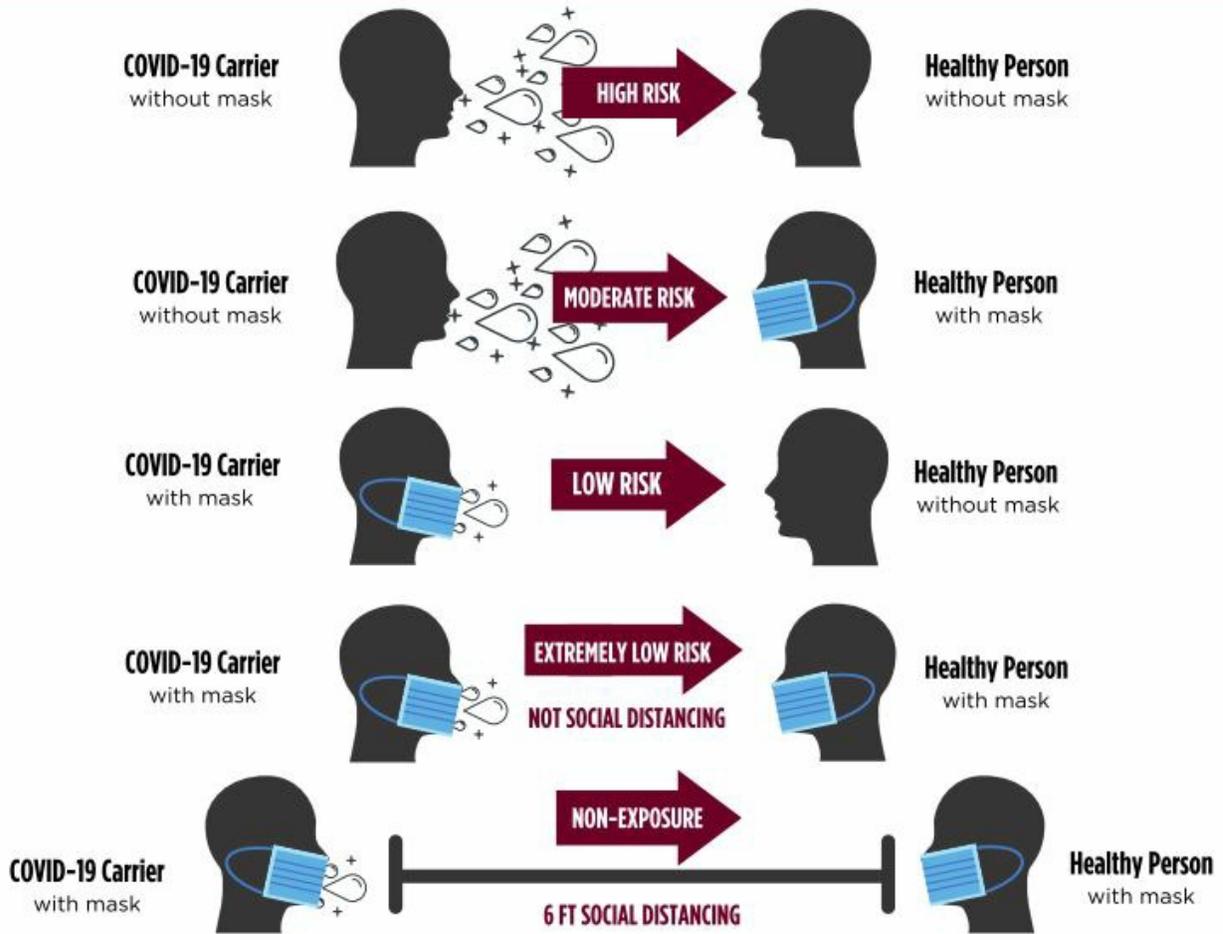


**REMEMBER
YOUR MASK**



Levels of Exposure

Keeping Yourself and Others Safe



Rev. 5.28.20

Please note this is a general guideline. Different masks offer different levels of protection.

COVID 19 PREVENTION TIP 1

HAND WASHING

WE@NATIVE

STAY SAFE. SAVE LIVES.

KEEP A SAFE DISTANCE.



Happy NEW YEAR Nisqually!



We are wishing you and your family a very safe, happy, and joyful 2022 year!

We, at Brighton Creek Healing and Retreat Center, have continuously put forth the efforts to bring all Nisqually Tribal Members a well-maintained and sanitary COVID-19 Quarantine Site and a Healing and Retreat Center.

Construction and COVID -19 Quarantine Site UPDATE:

Brighton Creek continues to prioritize the facility as a COVID -19 quarantine site, to be ready if needed for our tribal members. In the meantime, we have been consistently busy with construction, licensing paperwork and meeting code requirements. In the year of 2021, we have accomplished the installation of the RV Park septic system, a brand new 6 ft. cedar fence at the front of the property, created a parking lot for ADA and employee use, cleared several trees on the property, and we are currently working on upgrading electrical in two of our main cabins. Although there have been material delays, we continue to move forward with our construction efforts, with repairs and remodeling projects planned for 2022. We have recently obtained building permits for the renovation of the ADA bathrooms and are currently working with KMB Architects to design a new and upgraded dining hall and kitchen that our tribal and community members will enjoy down the road.

Our goals to accomplish this year:

- Upgrade and remodel the dining room, kitchen, ADA bathroom and women and men’s bathrooms;
- Repaint the exterior of the lodge;
- Build a garage for maintenance needs;
- Build memory walking path;
- Prepare for gatherings, activities, and events;
- Complete our licensing and transitional housing efforts.

Our hope is to continue to move forward in bringing the community and tribal members a very beautiful healing and retreat center in the near future. We are excited to see the potential and transformation of the facility!

Brighton Creek Staff would like to give a tremendous THANK YOU for the support received from the following:

- Tribal Council
- Administration
- Health Department
- Finance Department
- Building Department
- Planning Department
- Public Works
- Purchasing

- Nisqually Construction Services, LLC
- Lasher Timber, LLC
- Feather River Builders
- KMB Architects
- Mike’s Electric
- Terry Electric

HAPPY NEW YEAR!

“Get vaccinated!”

We look forward to seeing you soon!

Brighton Creek Staff





NISQUALLY HEALTH BUSINESS OFFICE UPDATE



Krislyn- Benefits Coordinator

Johanna- Tribal Assister

Business Office Phone #
(360) 486-9599

BUSINESS OFFICE UPDATES

Access to the Business Office still remains restricted due to Covid-19 Safety Protocols. As of November 1st, the drop box located in Billy Frank Jr. gym will no longer be there. Since changing locations, our work flows have slightly adjusted. Please continue to call for PO's, dropping off documents, and all other needs. Applying for medical benefits has never been easier. Krislyn can assist with Apple Health applications/updates, register new patients along with update current patients. Johanna can assist with Apple Health applications/updates, Medicare Part B, and Social Security benefits.

NEED A PO # ?

Please Contact either:
Christine Curtis or Lisa Wells

DROPPING OFF DOCUMENTS

Call to be met outside or leave at the front with our greeter who can direct your paperwork to the correct staff member

NEED INSURANCE?

Krislyn and Johanna are both certified Tribal Assisters

HEALTH DEPARTMENT Services

2022 HOURS OF OPERATION
MONDAY-FRIDAY 8AM-5PM
WE ARE CLOSED FOR LUNCH
EXCEPT THE CAFE
FROM 12PM-1PM.

PHARMACY

(360) 491-9770 PRESS "0"

DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599

CHS/PRC

ISSUE PO'S AND INQUIRE ABOUT REFERRALS IN-PERSON AND VIA PHONE
APPLY FOR ALTERNATE RESOURCE AND UPDATE REGISTRATION IN PERSON

MEDICAL

(360) 459-5312 PRESS "5"

IN-PERSON VISITS - NISQUALLY TRIBAL ELDER HOME
VISITS - COVID VACCINE/BOOSTER AGES 5+

(360) 413-2727

Behavioral Health

IN-PERSON SUD APPOINTMENT'S AND WALK-IN'S WELCOME

TRADITIONAL HEALING

(360) 493-6450

IN-PERSON VISITS FOR ELIGIBLE PATIENTS BY
APPOINTMENT ONLY

(360) 459-5312 PRESS "5"

COVID TESTING

AVAILABLE FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY.
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY
CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE.
IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE
NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION.

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

DENTAL AND CAFE Services

HOURS OF OPERATION ARE MONDAY THROUGH FRIDAY 730AM-430PM
DENTAL CLOSED DURING LUNCH FROM 12PM-1PM
CAFE IS AVAILABLE DURING LUNCH HOURS

WELLNESS CAFE (360) 493-6441

COFFEE, SPRITZERS, TEA, SNACKS AND FOOD WHILE SUPPLIES LAST.

DENTAL (360) 413-2727

AVAILABLE FOR IN-PERSON VISITS TO ALL ELIGIBLE PATIENTS

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES
HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE.
IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221.
THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

Protect Yourself, Your Coworkers,
and the Nisqually Community

Covid-19 Vaxx



FREE

**Mobile Vaccine Event for
Nisqually Employees**

**Wednesday December 29
& Wednesday January 19**

In the gravel parking area
11:00AM to 2:00PM

Who Can Get the Vaccine?

For all Nisqually Tribe & Enterprise Employees.

What You Need to Get the Vaccine?

Follow link to register ahead of time please.

*First 50 people getting their 1st dose will
receive a \$50 Gift Card! Food Truck for lunch!
First dose recipients get Thurs ADMIN DAY
OFF- see your Manager*

**REGISTER IN
ADVANCE**

[https://prepmod.doh.wa.gov/
appointment/en/reg/9295701644](https://prepmod.doh.wa.gov/appointment/en/reg/9295701644)

Media with Postscript/Wall.com



Welcome the New Dental Clinic Manager, Terri Howard

Teresa "Terri" Howard is the new Dental Clinic Manager.



"I am very excited to join the Nisqually Health Department as the Dental Clinic Manager. I am enthusiastic about bringing my 30 years of dental practice management to the Nisqually community and the desire to help provide the community members with superior dental care and education.

I hope to meet you all and assist in any capacity possible and look forward to utilizing my certification as a Dental Office Administrator from Clover Park College and my years as a Face to Face Trainer.

I am a lifelong resident of South Puget Sound and enjoy all it has to offer. I spend my recreational time fishing, camping, snowshoeing and hunting with my husband of 42 years and my two German Wirehair pointers which my two grown daughters call their

'hairy little sisters.'

Traditional Health Program Updates

We are excited to be growing our program here at the Traditional Health wing. The new Holistic Health Program Manager, Taylor Pulsifer, just joined the team in mid-November and is excited to be leading the program. We are happy to be integrating the traditional healers with the whole clinic, and will be working on expanding the traditional medicines program. We are very fortunate to have Melissa Meyer on our team as our plant medicines community trainer and we look forward to continue building this program. Please stay tuned for updates to the new medicines garden, opportunities to be a part of the installation, and medicine making/learning workshops. To schedule with Traditional Healing, you can now call our direct line to make an appointment at: **360-493-6450**. We project community building, program expansion, and overall growth for the Traditional Health wing for the upcoming new year!

Please reach out to us with any questions or thoughts about the program:

Taylor.Pulsifer@NisquallyHealth.org.

 <p>South Puget Intertribal Planning Agency</p> <h3>USDA Foods Program January Dates</h3> <p>PT. GAMBLE S'KLALLAM 1/6/22 SQUAXIN ISLAND 1/11/22 SKOKOMISH 1/14/22 CHEHALIS 1/20/22 NISQUALLY 1/21/22</p> <p><small>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.</small></p> 	 <p>South Puget Intertribal Planning Agency</p> <h3>WIC Program January Dates</h3> <p>SHOALWATER BAY 1/5/22 SQUAXIN ISLAND 1/11/22 NISQUALLY 1/12/22 CHEHALIS 1/13/22 SKOKOMISH 1/19/22</p> <p><small>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.</small></p> 
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Announcements

January 3, Happy Birthday Chance, Love the McDonald Family
 January 6, Happy Birthday Nano, Love the McDonald Family
 January 6, Happy Birthday Homie, Smooches Marie
January 7, Happy Birthday Stacy, Smooches Marie
 January 15, Happy Birthday Uncle David, Love the McDonald Family
 January 16, Happy Birthday Azeem, Love the McDonald Family
 January 19, Happy Birthday Izzy, Love the McDonald Family



*Happy Heavenly Birthday Joshua McGee 1/8
 Forever in our hearts and always missed.*



**Happiest Birthday Wishes
 to my Sister Maui.
 From Grace Ann, Anson and Baby Rena**



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