

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

April 2022

Arlene Kautz Retirement

Arlene Kautz was celebrated for her 36 years of service to the Nisqually Tribe, including her many years with Natural Resources as Data Operations Supervisor most recently. Stories abounded about the feisty lady with exquisite style. Her retirement will leave some big shoes to fill, but give Kautz some time to travel and visit. Congratulations, Arlene!



Congratulations Arlene!

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 2/17/2022

Minutes Approved on:

Meeting Called To Order: 1:31

| | | |
|--------------------|-------------------------|---------|
| Willie Frank | Chairman | Present |
| Antonette Squally | Vice Chairman | Present |
| Jackie Whittington | Secretary | Present |
| David Iyall | Treasurer | Present |
| Chayannah Squally | 5 th Council | Present |
| Hanford McCloud | 6 th Council | Absent |
| Leighanna Scott | 7 th Council | Present |
| Derrick Sanchez | Sergeant of Arms | Present |

Guest: Deb P, Amber A, Josette R, Pete A, Stacy G, Lisa W, Alvin A, Norine W, Liz H, Mary S, Brent B, Ezra K, Justine C, David W, Shannon B, Sharlaine R, Cynthia I, Larry S, Leslie F, Shannon I, Cleo F, Maury S, Watashan, Ikaiika S, Taylor S, Iyla S, Braden S.

Tribal Councils motions and consensus:

Addition: Liz Henry – Introduction as new Interim CEO for Health clinic.

Addition: Maury Sanchez – Youth basketball coach, three youth teams are in need of a place to practice, wanting to hold a youth tourney with COVID protocol's in place. Request to use the Youth Center gym from 5 p.m. - 8 p.m., Will work with Mary Szafranski for next steps.

Mary Szafranski and Amber Ardnt – Week 101 of COVID, one positive case this week. 20 first doses given at the drive through event on the 16th. There is now two medications similar to Tamiflu, to reduce hospitalization. One new vaccine is up for approval, delay in Pfizer approval for next two age groups. Asking for approval of new Nisqually COVID-19 Protocols. Currently were on stage 3, chairman requests to move to stage 2. Request to keep COVID weekly screenings to stage 2. Kn95 masks are recommended and required in Health building.

Asking approval of updated Nisqually COVID-19 Protocols (With recommended changes Amber will send a new copy for signature) Motion by Antonette Squally, second by Chayannah Squally. Motion passes, 5-0-0.

Amber Ardnt – A Resolution Approving the Nisqually Grant and Contract Management Policies and Procedures. Motioned by Antonette Squally, Second by Leighanna Scott. Motion passes, 5-0-0. Resolution #16

Alvin Aganon – Approval of Weekly Budget Consent Calendar. Motioned by David Iyall, second by Leighanna Scott. Motion passes, 5-0-0.

Continued on page 3-TC BUSINESS

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

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Olympia, WA 98513
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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

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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Shannon Blanksma – Draft Funeral and Memorial Policies, Tabled until March 3rd Meeting.

Alvin Aganon – A Resolution Authorizing Execution of a “Tribal Representation Letter” to the Bureau of Trust Funds Administration, Division of Trust Evaluation and Review, in Connection with the Tribal Trust Evaluation of the Nisqually Indian Tribe for Calendar Years 2020 through 2021. *Motioned by Antonette Squally, second by Chayannah Squally. Motion passes, 5-0-0. Resolution #17*

Brent Bottoms - Voluntary Early Retirement Program Tabled until March 3rd Meeting.

Brent Bottoms – A Resolution Adopting Title 51 Elder Abuse Code. *Motioned by Jackie Whittington, second by Antonette Squally. Motion passes, 5-0-0. Resolution #18*

Nate Cushman – A Resolution Clarifying Tribal Council Designee for the 2022 Election Cycle.

Motioned by Antonette Squally, second by David Iyall. Motion passes, 5-0-0. Resolution #19

Leslie Ferrer – A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Taleeyah Brito-Wells. *Motioned by Antonette Squally, second by Chayannah Squally. Motion passes, 5-0-0. Resolution #20*

Pete Ansara – Approval for Security Plan. (Will return to budget, project estimated \$691,924.00, and will bring in a word document with photo plan layout) *Motioned by Antonette Squally, second by Chayannah Squally. Motion passes, 5-0-0.*

Sommer Sanchez – Approval of TC Minutes from 2/04/2022. *Motioned by Chayannah Squally, second by David Iyall. Motion passes, 5-0-0.*

Executive Session 2:09-2:34

Consents with Tribal Preference Policy
All council would like a training/ update on Roberts Rules

Motion to Adjourn by David Iyall, second by Antonette Squally. *Motion passes, 5-0-0.*

Meeting ends 2:35

Hatchery Visit

By Debbie Preston

Nisqually tribal council members, staff and guests toured the Clear Creek Hatchery in early March to think about some of the challenges faced in the future with dwindling water supplies and much needed upgrades. Once assessments are made, some of the needs are likely grant-eligible and applications will be made for funding to fix some of the issues.



Leschi Burning

By Debbie Preston

A day of mourning was held at the cultural center Feb. 18, in honor of Chief Leschi, who was unjustly hung on Feb. 19, 1858 near Ft. Steilacoom. He was exonerated in 2004, by a Washington Historical Court of Justice in which judges heard testimony and exonerated Leschi. Below is a story about the exoneration at the time.

<https://www.spokesman.com/.../court-exonerates-chief.../>

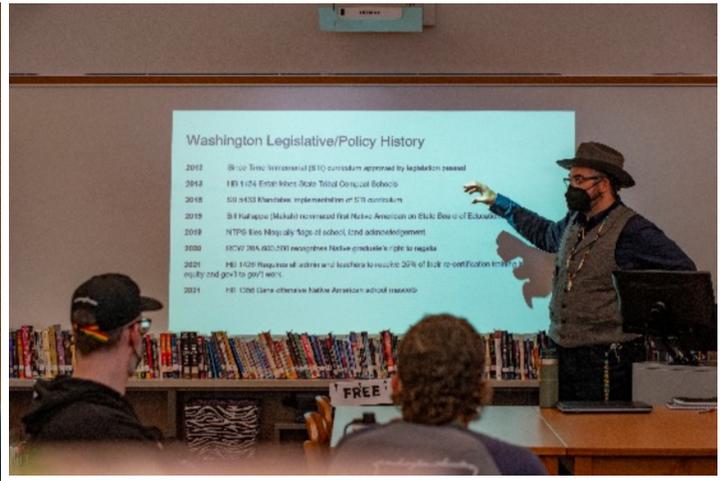




North Thurston School District Teach the Teachers

By Debbie Preston

Members of Nisqually Tribal Council and staff participated in the Friday Professional Development Day at North Thurston High School for teachers. A three-station rotation featured Hanford McCloud and Chayannah Squally talking about language and history; Bill Kallappa, President of the state Board of Education and Willie Frank III talking about treaties, Billy Frank Jr. and the Fish Wars, and Jerad Koeppler and Nisqually Education Director Jeffrey Wall talking about strides made with legislation that smooth the consistency of policy with tribal students. The teachers will come out to the Nisqually Cultural Center in August for a more in-depth visit.



Ukraine -Photos on drive under Ukraine

By Debbie Preston

In a gesture of support, a Ukranian-designed scarf has replaced the mask on the Nisqually Welcoming Pole located at the entrance to housing and the Health Center on the Nisqually Reservation.

“These designs came to Indigenous people from Ukranian women who immigrated here,” said Chayannah Squally, 6th Council for the Nisqually Tribe. “We use these scarves to protect ourselves, wearing them at ceremonies and during funerals.”

“The Welcoming Pole is the one thing everyone sees coming into the clinic, so it was a logical place to put it since we don’t have many other bigger carvings yet,” said Squally, who donated her own scarf.

The Ukranian floral scarves have become integrated throughout Indian Country, called “kokum scarves” by the Cree, which means “your grandmother,” that you always have with you, according to a Mallory Yawnghwe article in 2021.

Alex Choke and Lewis Squally helped switch the old mask for the Ukranian floral scarf. “Our prayers are with the Ukranian people,” said Squally.

<https://www.indigenousbox.ca/blogs/news/kokumscarf>





Thurston County Chamber of Commerce

By Debbie Preston

The theme of the Thurston County Chamber of Commerce forum this month was "Understanding the Increasing Impact of Tribal Enterprises on the Region." The Nisqually, Squaxin Island and Chehalis tribes all participated, painting a picture of the impressive contribution of tribes with north of \$160 million in wages alone and more than 4,000 jobs. Hundreds of local businesses benefit the theme of the Medicine Creek Enterprise Corp. CEO Bob Iyall started the Nisqually presentation off with a bang, showing a snappy video with music of all Nisqually businesses created by SkyBear Media, before moving into a short history of the tribe and a description of the tribe's businesses and the numbers employed.



JBLM Visit

By Debbie Preston

Members of the Nisqually Tribe Council and staff met with new Joint Base Garrison Commander, Joint Base Lewis-McChord Col. Phil Lamb and others for a casual discussion of various topics. Lamb, who was born and raised in Lakewood, has returned home and is eager to improve communication and relationships with the tribe.



HUNTING NOTICE

Hunting Season 2021-22-CLOSED off and on the Nisqually Reservation.

Effective 2/28/22 the 2021-22 hunting season closes at sunset for all games species as described in the 2021-22 Hunting Resolution #74. This applies to both off and on reservation hunting. Ceremonial hunts are open with a ceremonial permit issued by the Nisqually Fish Commission.

Species: bear; cougar; elk; deer; mountain goat; upland game birds and migratory waterfowl; furbearing animals.

NOTICE: spring black bear hunting season is open during April 1, 2022-July 31, 2022

Please return ALL HUNTING TAGS (filled and unfilled) to Department of Natural Resources by April 1, 2022. Also please return and state DNR gate keys issued to you.

We appreciated your cooperation as the information from the tags (filled and unfilled) provides the Wildlife program with better information to support Nisqually hunters, and where to direct wildlife management efforts. The 2022-23 hunting season will open in early fall 2022. Thank you.



Prayer Horse Ride

By Debbie Preston

The community sent off horse warriors Derrick Sanchez and Derrin Brisbois in a good way this morning as they head to Walker River Indian Tribe in Nevada for a prayer ride in memory of Myron Dewey. They will share stories, a day of prayer and forgiveness prior to the 200-mile ride and prepare mentally, physically and spiritually for the eight to 10-day ride. The ride is from the Dewey ranch in Schurz, Nevada to Thacker Pass, north of Winnemucca, Nevada. The basin and range country can be hot in the day now, but still below freezing at night.

"People are starting to know we are here, that our horses have returned," said Medicine River Ranch Manager Keoni Kalama. "The two horsemen and a support driver will learn much from those participating and make connections for assistance for Nisqually's Chief Leschi Ride to Yakima in the future."



TCL 2022 Budget

By Julie Palm

Greetings to our fellow Tribal Members. The Tacoma City Light committee did a mail out this year for our 2022 budget public hearing. There was a positive change in our budget this year. We were able to up the budget from \$120,000 to \$140,000. We received about 25 comments back, all were positive responses. We would like to thank you to everyone who responded.

Here is a list of the available funds for Tribal members. Please be aware **all funds are available until it is exhausted.**

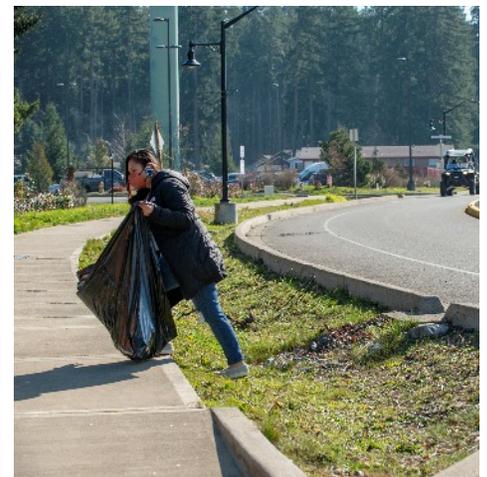
1. General Support \$5,000 – subject to availability
2. Culture \$5,000 – subject to availability
3. School Start Up \$22,000 – this is equally divided up for our K-12 youth Tribal Members (back to school)
4. Youth Program \$2,000 – subject to availability
5. Newborn Assistance \$2,000 - \$300 per newborn
6. Veteran's Support \$2,000 – subject to availability

7. Funerals/Burials \$40,000 – (\$5,000) \$4,000 goes directly to the funeral home, \$1,000 to family
8. Education Support/Incentives \$17,000
 - New rates starting this year 2022
 - (GED \$250 – High School Grad \$300 – AA \$500 – BA \$1,000 – MA \$4,000)
9. Elders \$40,000 – this is equally divided up among the Elders once a year
10. Fish Landing \$5,000
11. TCL Committee - \$12,000

Thank you,
The Tacoma City Light Committee (TCL)
Chair – Cleo Frank
Vice Chair – Joyce McCloud
Secretary – Julie Palm
Treasurer – David Iyall
Member – Natosha Rosado
Member – Hayley Faleagafulu
Fish Commissioner – Huey Wells



Billy Frank Jr. Day





5G – Better, stronger, faster?

Tips from the IT-WebDev Department

Editor’s note: My mother turned 89 years old this year and helping her remain familiar with and use her technology devices is almost a daily effort. With technology change, it often can be even more difficult to understand, offering “better, faster” devices with “the best available” features. Keep in mind technology will forever be in a constant change – it’s also how the tech industry makes money.



My Mom also grew up without using tech gadgets most of her life, washing and drying clothes by hand, making soap, gathering fresh eggs to eat, making brooms from straw – today’s world seems to rely on technology to the point of existence but folks did live full lives without relying on technology devices on a daily basis. I do personally rely on technology to stay in communication with her daily as she’s 2,800 miles away and am blessed for the benefits of technology.

I once had the good fortune to have lunch with the actor, Lee Majors, from the 1970s TV show *The Six Million Dollar Man*. The “bionic man” slogan was “We can rebuild him. We have the technology. We can make him better than he was. Better, stronger, faster.” At the cost of \$6mm dollars in the 1970s – that’s a lot of money! Better, stronger, faster most often comes with a higher price tag. It’s important to weigh costs against value, e.g. return on investment (ROI).

What is 5G?

5G is the 5th generation mobile network. It is a new global wireless standard following 1G, 2G, 3G, and 4G cellular networks. Cellular 5G is provided by mobile service carriers and should not be confused with local 2.4G or 5G wifi data services as provided by a router/modem device in the home.

What are the benefits of 5G?

Emerging 5G networks feature lower latency, higher capacity, and increased bandwidth compared to 4G.

What are the downsides of 5G?

The main disadvantage of 5G is that it has limited global coverage, it is only available in certain locations. Moreover, the expenses for setting tower stations are high when compared to other networks. Consumers are also faced with additional costs of obtaining 5G network compatible devices.

The 5G cellular rollout - Regions in Asia, the US, and Europe are driving the expansion of 5G mobile service. Asia is in the lead while the US is developing policies to make sure that the digital divide doesn’t get broader as 5G expands. In October 2021, just two months prior to AT&T and Verizon launching their C-Band spectrum range (the range critical to 5G use) was delayed due to concerns expressed by the Federal Aviation administration (FAA) over speculated interference with airplane ground radar systems.

In 2020, about 1.17 billion people had access to 5G, which is about 15% of the population. It is estimated numbers will double by 2022, with 2.5 billion people gaining access. By 2025, 4.41 billion people are expected to be able to use 5G services representing 53% of the world population.

Tribal note: The latest shipment of fiber modem models used in the Tribal fiber to the homes implementation (which began during the COVID outbreak in 2020) are dual band compatible. The Tribal IT Department has ordered enough modems to upgrade existing single band modems primarily installed in the Leschi area (aka upper reservation) of the Tribal

properties. More information will be posted in future newsletters on 5G wifi.

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

Garden New!

This month we start our seeding for this year’s crops! We are hoping for more green onions, herbs, lettuce, eggplant and so much more! If you are wanting to start your own small garden, consider starting some of your seeds like tomatoes and peppers now. The garden is still working on hiring for staff so, keep an eye out for the job postings!



Clifton Young!

By Debbie Preston

Few people in the Nisqually community know who Clifton Young is – but everybody knows CJ – and they are the same person.

CJ, born Clifton Young, is a Hawaiian and has been in the Nisqually community since 1993 when his parents moved here from Hawaii.

“I was a water kid in Hawaii – surfing and swimming. I didn’t even pick up a basketball until I moved here,” CJ said. He notes the weather was a bit of a shock when he moved to Washington, but he can’t change his habit of wearing shorts pretty much year round.

While he loves hoops, he might love cooking and food more. “I grew up with cooking = watching my family, my uncles, my aunts and my mom and dad. The desserts...” CJ’s voice trails off as he thinks about the beautiful foods his family makes.

He took advantage of the Culinary Arts program at Timberline and New Market Skills Center in Tumwater while still in school and followed that up with additional training after high school where he learned how to cook for large groups.

All the while, he was hooping with Willie Frank III in high school and hearing Billy Frank Jr. whoop it up with his shouts of “CJ my boy!” when he would make

a shot. He joined the staff at Wa He Lut Indian School as the cook and also coached basketball. He worked at the school for 16 years and began helping with Nisqually tribal events. Pretty soon, he was working for Nisqually fulltime. So many of the events needed a mobile feeding platform, that the tribe invested in the food truck in 2020. It was built, with

CJ in mind, in Portland and he personally checked on the progress of its building twice before it was delivered.

“I love food myself and I like knowing it tastes good and pleases a crowd,” CJ said.

When COVID first hit, CJ was feeding the kids at the youth center and did so for a year-plus before

the full closure. “I did menu planning so that there was never the same dish in 30 days. We had all the goodies – yogurt parfaits and cakes too,” CJ said.

These days, CJ is at many drive through events and serves employees a couple days a month from his truck. He’s got a big improvement on the horizon with a trailer that has a rotisserie. “It will easily feed 200 people in an hour, with any kind of meat or fish,” CJ said.

“My family and I love being in the community. I’m growing the number of people who help with the food preparation and it’s going to add a few more jobs in the community.”



Daycare Celebrates Billy Frank Jr. Day

In honor of Billy Frank Jr. Day March 9, 2022, the kids were busy painting pictures of salmon. We watched an animated short of Billy Frank Jr. that takes the viewer up the river through the eyes of the Salmon. We talked with the children about how Billy Frank Jr. fought for the rights of fishing and how we have to protect the Salmon. Billy Frank Jr. said “We need to plant trees and harvest trees.” “We are harvesters and gatherers” “Never forget who we are as Indian people” The Nisqually Daycare will be sending home a tree and soil for each Daycare family to take and plant in Honor of Billy Frank Jr.





How to Avoid Tooth Pain on Your Next Scuba Dive

Dental problems can become more apparent or worsen underwater. Researchers have found that the most common problem reported by divers was “barodontalgia”. More commonly known as “Tooth Squeeze”. It is the feeling of a squeezing sensation or pain in teeth that occurs when air pressure changes forcing any pockets of air in the teeth to expand and contract. If you have areas of active decay, you will most likely have those pockets of air. Some divers report jaw and gum pain, which is most likely caused by clenching hard on a mouthpiece, as well as the loosening of crowns. Taking this information into consideration, if you are planning to go diving, then a visit to the Dental Clinic first would be advised to help in avoiding “diver’s mouth syndrome”.

According to the Academy of General Dentistry scuba divers with the following conditions are more likely to experience issues while diving:

- **Untreated Decay-** air pockets expand in changing air pressure- causing pain and possibly cracked or broken teeth.
- **Unfinished Root Canals-** have your root canals completed before you dive. Changing air

pressure can, in rare cases cause the tooth to explode.

- **Partial or Complete Dentures-** aside from making it difficult to hold the mouthpiece, ill-fitting dentures or partials can dislodge and become a choking hazard.
- **Improperly fitting Crowns or loose fillings-** air pressure changes can cause loose or broken fillings.
- **TMJ issues-** the pressure you place on your mouthpiece can cause strain on your jaw. Make a conscious effort to relax your jaw and choose a customized mouthpiece that fits well to reduce this pressure.

If you’re heading out to explore underwater, be certain you have had your dental checkup and treatment completed. Be sure and tell your dental team you are planning on going for a dive. **Wait at least 24 hours after having any dental work completed before enjoying your dive.**

Your Nisqually Dental Clinic is here to maintain and complete your dental care.
360-413-2716

New Interim Health CEO - Liz Henry

Hello, my name is Liz Henry and I am serving as the Interim CEO for the Nisqually Tribal Health Department. I am an enrolled member of the Omaha Tribe of Nebraska and a descendant of the Nez Perce Tribe of Idaho where I was raised.



I joined the Health Department at the end of January and it has been a pleasure getting to know the staff. I look forward to getting to know more about the community, your history, and culture.

I have extensive experience working in tribal healthcare. I started my career at our Indian Health Service (IHS) Health Clinic on the Nez Perce reservation. While there, we transitioned from IHS to become a tribally operated clinic under PL 638. During my time at our Health Clinic we were able to secure funding to build two new health care facilities,

one at each end of the reservation. It was an exciting process to go from a small building with mobile units for dental and behavioral health to a brand new facility, much like the health center here. I also have experience working for an Urban Indian Clinic in Seattle.

I have worked in Indian Country my entire career. In addition to working for my tribe, I worked for a Native Woman owned consulting firm in Spokane, where I managed federal contracts with CDC, HHS, and FEMA to provide services to tribes across the country and in Alaska. I have also worked for the Umatilla Tribe in Oregon and our tribal casino.

On a personal note, I have one adult son, a daughter-in-law, and a grandson in Spokane. My dog and I made the move to Lacey in February and are getting to know the area. My hobbies include sewing, beading, and making regalia and cradleboards for family.



Self-Care COVID-19

By Kelly Knittle

The COVID-19 pandemic has an impact on all of us, do not forget that you are not alone. Here at Nisqually we are a team and we are all in this together. Below are some tips on practicing self-care in this time of need.

What Is Self-Care?

Self-Care is providing adequate attention to your own psychological, emotional, physical and spiritual well-being. The truth is, self-care does not look the same for any two people.

For extroverted people being around other people in a social or work setting may meet their emotional needs, while introverted people may prefer watching a movie with a close friend, or significant other to get their needs met. Some people like warm bubble baths, facial masks, or quiet music. Meanwhile, others may prefer hot coffee, exercise, and nature.

Although self-care may look different for everybody, the main human need for self-care remains the same.

How to practice self-care daily?

- Take a quick **mental survey** of your body. While breathing in deeply scan your whole body, releasing tension as you find it. Check your posture and adjust as necessary, it only takes a few seconds to do but can provide an immediate change.
- Practice **healthy sleep habits** and listen to your body's needs. Going to bed at an earlier time, ensuring that your bedroom is comfortable and quiet, and practicing good screen-time habits before bed can help you enjoy a more restful sleep.
- Take care of your **health needs**. Schedule appointments or e-visits with your doctor, counselor, traditional healer, therapist, sponsor, chiropractor and/or any other care you require to maintain your spiritual, emotional, physical and mental health needs.
- **Exercise** in some form. It is recommended that you get 30 minutes of moderate exercise, with limitations being in place such as social distancing and remaining home after work hours. It is great to be creative and to focus on the exercise you *can* get, since even a short walk to the mailbox is better than doing nothing.
- Practice **healthy eating** habits. Eating regularly can help you feel better, even if you can't always manage to have a nutrition-packed home cooked meal. Eating healthily is a great form of self-care.
- If a **beauty or skin care routine** helps you, set aside time to pamper yourself regularly. You might be surprised at the difference a little bit of time to focus on yourself can help.
- Set aside some time to **talk** to your trusted friend, or therapist.
- Read, reflect, journal, or otherwise **engage with your thoughts**. Self-awareness is an important part of self-care. Don't neglect your emotions!

Meet Your New Dental Hygienist - Tina Svoboda

Tina is very excited to join the Nisqually Dental Team. She has worked in the Olympia area for 18 years and has been a Registered Dental Hygienist for 32 years.

She has one son Xander and 2 dogs Cutie and Paprika. She enjoys walking, while out walking she listens to music or plays Pokemon Go. She also enjoys Genshin Impact, if you also play, she would love to exchange strategies. Baking, cooking and entertaining are her loves, her current baking endeavors include high protein and sugar free goodies which she loves to share. She enjoys having friends over and spoiling them with her coffee, cocoa, and tea bar. Tina is currently preparing for a spring and summer vegetable garden.

We welcome Tina to the team and are very excited for all of you to meet her.





BRIGHTON CREEK News

By Pam James

Yahoo! Spring is almost here.

Construction and COVID-19 Quarantine Site Update:

COVID-19-Brighton Creek continues to prioritize the facility as a COVID-19 quarantine site, to house our tribal families. We have had families successfully quarantine here at Brighton Creek and return home well.

Construction and Remodel-We are continuing construction and licensing to meet code requirements. Being a 50+ year old site, you can imagine we continuously uncover more things to fix. The COVID-19 pandemic has had an impact on construction progress, delays in shipping and supply availability.

We continue to move forward with our construction efforts, repairs and remodeling projects planned for 2022. Our goal is to have the phase 1- bathrooms and phase- 2 dining/kitchen remodeled for use by the end of 2022. We received the bids for phase 1- ADA/bathrooms, we have enough funding to complete phase 1 at this time. We will continue to seek further funding for phase 2- dining/kitchen.

Brighton Creek Healing and Retreat Center Goals for 2022

- Phase 1– ADA/bathrooms- to begin March 2022
- Phase 2- dining/kitchen- we'll seek further funding to complete renovation

- Licensing is submitted to legal for their review, upon review we will submit to the state for processing
- Caretaker interviews were completed on March 10th, hiring in process
- Administrative secretary interviews held March 17th, in process of hiring
- Maintenance position to be advertised soon
- Upgraded electrical in cabins 3 and 4
- Increase security systems
- Caretaker residence/modular installation- 2022-2023
- Landscaping
- Seek grant funding to assist with renovation projects and services
- Set up counseling/therapy office
- Continue collaboration with council, administration, building, planning, maintenance, and public works
- Collaboration with behavioral health, culture and other departments for services, activities, and events.
- Complete property into trust status
- Continue mapping the property

Let's Welcome Spring! "Get vaccinated!"

We look forward to seeing you soon!
Brighton Creek Staff

ATTENTION DIVERS!

Attention Divers: the use of many prescription and over the counter medications can increase your risk of injury or accident while diving. These include drugs that we often do not think of as "high-risk" such as Benadryl, Viagra, or insulin.

Please remember that diving, while can be done in a safe manner, is an inherently risky activity. It is advised that, when you have your annual pre-dive physical, remember to talk with your doctor about your medications and any risks they may pose to your health when diving.

Behavioral Health Staff

The Behavioral Health group is thrilled to announce the addition of two more providers.

From left to right Kelly Knittle, SUD Clinical Supervisor; Louella Heavy Runner, SUDP Counselor; Melissa McFarland, ARNP; Kyra House, Mental Health Clinical Supervisor; Mary Roberts, MH Counselor and Devonna Rowlette, SUDP/Problem Gambling Counselor.





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.

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.



NISQUALLY HEALTH FRONT DESK UPDATE



Benefits Coordinator

Medical Scheduler

Health Clinic Phone #
(360) 459-5312 Opt. 5

FRONT DESK UPDATES

As we continue to get comfortable in our new space, our work flows continue to evolve to better accommodate for our patients, staff, and overall efficiency. Like our old clinic, the front desk is divided into two different services.

The left side you will find a medical assistant who can check you in, make medical appointments, and schedule follow up appointments you may have after your visit. The right side we have Krislyn Chum, our benefits coordinator. She is a tribal assister and can help with applying for alternate resources, register new patients and update current patients..

Please wait at least 8 feet away if people are in front of you to help insure our patients privacy. Thank you

NEED A PO # ?

Call the Business Office Phone
(360) 486-9599

DROPPING OFF DOCUMENTS

Please hand documents to a staff member at our front desk. They will direct paperwork to the correct department.

NEED INSURANCE?

Krislyn and Johanna are both certified tribal assisters and can assist with applying for alternate Resources!!!!

APRIL MENU

Nisqually Health Center Wellness Cafe

Lotus Fools- Surprise Lotus! Drink Prices 16oz 20oz
S.F. Option. (Iced) \$4.00 \$4.50

Earth Day Every Day!- Red Bull, Green Apple, Blue Raspberry.

Banana Split- (Blended) Espresso, Milk, Chocolate Base, Caramel Sauce, Banana and Strawberry Syrup, w/ Whipped Cream

LavenBerry Lemonade- Green Tea, Honey, Lemonade, Lavender and Blackberry Syrup

Bunny Ears- (Hot or Iced) Espresso, Milk, Strawberry, Red Raspberry, White Chocolate





APRIL IS PARKINSON'S AWARENESS MONTH

Parkinson's disease is a treatable but incurable neurodegenerative, progressive disorder.

Movement Symptoms

- Tremors
- Slowed Movements
- Speech Changes
- Balance Problems



Non-movement Symptoms

- Dementia
- Constipation
- Loss of Smell
- Depression

Who's Affected?

- Risk increases with age
- Can develop in mid-late life
- Usually develops in people 60 years or older
- Regardless of gender, risk increases with age



Men are 15 times more likely to have PD than women

Discovering the right medications, complementary therapies, support and ways to stay independent can enhance your quality of life with Parkinson's disease

QUESTIONS?

Call the Nisqually Health Clinic at 360-459-5312 to schedule an appointment with a provider



References: Visit <https://www.parkinson.org/> for more information.

Child Abuse Prevention & Awareness

Drive Thru Event



13 April
2022

Find us at the open Gravel area Across from Admin Bld.

Lunch-Swag Bags- Information

Hosted by:
Nisqually Children and Family Services
TANF Head Start Day care

1-1:30pm

NISQUALLY HEALTH CLINIC PRENATAL DAYS

~~Friday 2/4/2022~~

~~Friday 2/18/2022~~

~~Friday 3/4/2022~~

Thursday 3/17/2022

Thursday 3/31/2022

Thursday 4/14/2022

Thursday 4/28/2022

Thursday 5/12/2022

Thursday 5/26/2022

You're invited to come join us! Please call to schedule an appointment.

TEL: 360 459 5312 Option 5



Breast/Chest Feeding at the Nisqually Health Clinic

What is Chest Feeding?

The term *chest feeding* refers to feeding your baby milk directly from your chest. We use this term as an effort to include **all our people** in the conversation of feeding babies their first foods.

It is rare in our society for men to “breastfeed”, but some men do. This includes both “cisgender” (a person whose self-identity is the same as the biological sex they were assigned at birth); and transgender men (“a person whose self-identity does not conform unambiguously to conventional notions of male or female gender”).

For some transgender men, the term “breastfeeding” does not feel good or inclusive. Using the terms “breasts” does not resonate with some people who undergone bodily changes, such as transitioning to another sex.



The importance of feeding babies their first foods, and supporting the parents begins with creating inclusive spaces in health. Here at the Nisqually Health Clinic, we are dedicated to supporting lactation and nutrition in new babies for all families.

Please Remember, IT’S NOT ABOUT YOU

By using the terms “chest feeding” and “body feeding”, we are not taking away or undermining women breastfeeding. These terms can be used in *addition* to traditional terms, and does not take away from the significance of feeding our babies their first foods.

Including these terms is a small gesture that can make a huge difference in the lives of new families in our community and ensures everyone is represented and included.

Where Can You Breast/Chest Feed in the Comfort and Safety at the Nisqually Clinic?

Here at the clinic we have dedicated spaces for all people to feel comfortable and safe when chest feeding. There is a space with low lighting and chairs located in the back of the women’s bathroom in the main waiting room lobby.

In addition to this space, there are multiple gender neutral single stall bathrooms for multi-use included breast/chest feeding.

If you would like a quieter, more private space than those listed above, we welcome you to come back to the Traditional Healing wing. We have multiple private healing rooms and welcoming energy for all to feel safe in. Please let front desk staff know if you would like to utilize this space, and our secretary Victoria will bring you to a room.

BENEFITS OF BREASTFEEDING, CHESTFEEDING & BODYFEEDING

Human milk is the ideal nutrition for human babies. Both parent and baby receive many benefits from breastfeeding, chestfeeding, bodyfeeding, and pumping.

- Less Overall Illness**: Lower risk of ear, lower respiratory & gastrointestinal infections
- Less Allergies**: Feeding human milk reduces risk of allergies in babies and toddlers
- Reduced Risk of Diabetes**: Babies fed human milk have a lower risk of type I and II diabetes
- Better Oral Development**: Babies that suckle at a human nipple have fewer speech and orthodontic issues
- Lower Risk of Cancer**: A lactating parent has a reduced risk of breast and ovarian cancer
- Quicker Postpartum Recovery**: Lactating parents have less bleeding after delivery
- 98%**: Exclusive breastfeeding, chest-feeding, or bodyfeeding can be as much as 98% protective against pregnancy in the first 6 months
- 50%**: Studies show breastfeeding or chestfeeding reduces risk of sudden infant death syndrome (SIDS) by 50% at all ages throughout infancy
- \$\$\$**: Human milk feeding saves more than \$1,200 as compared to buying formula, and also reduces healthcare expenses

www.wovenlactation.com
Illustration Ken Tackett. Icons by <https://icons8.com>

**Please do not hesitate to reach out to our clinic staff with any questions, resources, or suggestions on promoting and supporting breast/chest feeding in the Nisqually community.



Traditional Healing Program

We are coming out of a long winter and ready to hit the ground running with our community healers. Just a reminder that we do have a direct number you can call to schedule or ask any questions here at the Traditional Healing wing: 360-493-6450.

Stay tuned for exciting updates in our department, we are working hard to offer new healing services and learning workshops through our traditional medicine program. Be on the lookout as we break ground in the medicine garden here at the clinic! We could always use and appreciate the support from community members who want to be involved in the medicine garden! Please contact Melissa Meyer (Traditional Medicine Practitioner for the clinic) directly if you are interested in supporting our work in growing our medicine garden: Melissa.Meyer@Nisquallyhealth.org or **360-459-5312 ext. 2830**

Indigenous Stress Management with Bradley Castillo- *Bradley is available for appointments Monday-Wednesday's 9 a.m.-4 p.m. and available at 8 a.m. on Tuesday's.* We want to remind everyone to take a moment to take care of yourselves through these trying times, and to give yourself the space to heal. Bradley focuses on sessions to connect one-on-one with people to explore techniques through an indigenous lens on ways of dealing with the stresses we face.

Psychic Readings with Lisa Holm- *Lisa is available VIA phone appointments on Wednesday's and Thursday's from 1 p.m.-5 p.m.* Lisa offers over 20 years experience in spiritual intuitive healing and aims to empower her clients and to invite healing into areas of need.

Spiritual Intuitive Healing Sessions with Marcianne and Karen- *Marcianne and Karen are available 6 days out of the month (April months TBD) from 9 a.m.-5 p.m.* They offer numerous modalities of healing and are available for in-home spiritual work as well as inter-departmental. Please call our direct line to schedule a one-on-one session or for your department, which can be great for staff meetings.

Karen Scott- *Karen is available for massage appointments 6 days a month (April dates TBD).* Please keep in mind massage appointments are

available for Nisqually Tribal Members only. (Please call to be considered for our waiting list).

Andrea Pellissier- *Andrea is available for massage every other Monday and every Tuesday.* Please call to schedule an appointment and a gentle reminder that massage is only available for Nisqually Tribal Members only at this time. (please call to be considered for our waiting list).

Traditional Medicines Program: I would like to welcome on board with the Traditional Healing team of healers, Melissa Meyer. She will serve as our Traditional Medicine Practitioner here at the clinic and will be leading the work in the clinic's medicine garden, hosting community harvests and workshops, and creating the apothecary at the clinic for distribution to the community. We are so happy and excited to be creating this program at the clinic and will be present with various medicines and information on our program at all upcoming clinic events.

Melissa Meyer is Tsimshian, a member of the Eagle clan from a northern fishing village in British Columbia, Canada called Lax kw'alaams or Island of Wild Roses. She is a mother of two and she now lives and stewards a one acre farm known as Rose Island Farm in ancestral Puyallup territory.



Melissa is a community trained Traditional Plant Practitioner for the Nisqually tribe and life-long student of our plant relatives. She served as a Traditional Medicine Practitioner at Seattle Indian Health Board for three years. She is a Traditional Plants, Foods and Medicine educator and collaborates with the Canoe Journey herbalists to provide weekly traditional plant care to our relatives at the Tahoma Indian Center in Tacoma, WA.

****Please feel free and welcome to contact us here at Traditional Healing with any thoughts, questions, or feedback on our services. We want to hear community input.**

**Taylor Pulsifer
Traditional Healing Program Manager
360-459-5321 ext. 2801**



Meyer Ready to Converse and Share about Traditional Plant Medicine

Melissa Meyer wants to help reawaken the language of traditional medicinal plants and their uses for those who have forgotten or have become disconnected and encourage those who have maintained their conversation with plants.

The Tsimshian Nation tribal member is the Traditional Medicinal Plants practitioner and educator in the Traditional Healing Program at the Nisqually Medical Center. She is excited about the opportunity to support Nisqually’s assertion of their sovereignty to reclaim and decolonize their medicines.

“It’s returning to a gentler way, reconnecting with the land, the seasons and remembering who is here to help us heal,” said Meyer.

“All of us come from a rich plant legacy – the collective memory of our relationships with the plant kin of our territory,” said Meyer.

“As First Peoples, the original stewards – we have a long-standing connection with these plant relatives. We are only doing as well as the plants around us,” said Meyer

From a practical standpoint, Meyer is still receiving many of the supplies she will need, but plans to be at every community event to introduce herself and provide at least one traditional medicine. “I want the community to get to know me first by being of service at all of Nisqually’s community events,” said Meyer.

The Nisqually Tribe will be one of a few tribes leading the way to reclaiming Traditional Medicine for its intended cultural purpose in everyday life by providing the dedicated space in the new Health Center.

“Unlike western medicine, there is no hierarchy,” Meyer said. “We are sharing information and remembering our practices.”

When it is safe to do so, Meyer wants to conduct community listening sessions about what the community wants to see more of.

Moving into 2023, Meyer plans to have Nisqually tribal Traditional Medicine mentees to shadow her and learn. “I’m trying to work myself out of a job,” she said with a laugh. “Then they inspire the next generation – that’s what we’ve always done.”

The plan is to be able to do one to one Traditional Plant Medicine healing consultation in 2023 as well. For now - Meyer will be educating at every possible turn and working to make a space to plant and empower the community about growing and tending the plants. This includes working to remake the planting space near the clinic to better endure the increasingly hot summers.

**Coming in
July 2022**

Dial 988

from any phone to get help.

If you need immediate help now,
Text **INDIGENOUS** to 741741.








Pharmacy Medication Pick-Up

By R. Blaine Hanson

There are multiple ways to receive your prescriptions from the Nisqually Tribal Pharmacy.

- **Inside the Health Clinic:** We have drop off and pick-up windows where we will be glad to serve you face to face. We also have two consulting rooms if you wish to meet with a pharmacist to discuss your medications in private.
- **In Your Vehicle:** The drive-up window offers you the convenience of picking-up your prescriptions without leaving your vehicles. Soon we will have a new chime installed to tell us when someone is at the window. In the meantime, please honk if you are not greeted promptly as it is often difficult for us to see through the glare on the window. Thank you for understanding.
- **Deliver** The pharmacy coordinates daily with CHR for prescription delivery in the local Nisqually community. This service is contingent upon CHR availability and weather conditions. Limited delivery area. Call for details.
- **Mailed:** When requested, we can mail select prescriptions to clients that reside in our service area and outside of our limited delivery area. Also ideal for folks on extended vacations, away to college or just in warmer climates for the winter.



Drive Thru Heart Event

By Debbie Preston



The Nisqually Health Center held a drive through event for American Heart Month on Wednesday afternoon. Brisk temperatures meant blankets and hand warmers in hats to keep warm for the staff. Lots of folks came through to get their nutrition tips from Kareem Gannie, COVID-19 rapid tests, food from the Masonry and heart healthy tips in their bag.



 South Puget Intertribal Planning Agency

USDA Foods Program April Dates

| | |
|-----------------------------|---------|
| PT. GAMBLE S'KLALLAM | 4/5/22 |
| SQUAXIN ISLAND | 4/8/22 |
| SKOKOMISH | 4/13/22 |
| NISQUALLY | 4/15/22 |
| CHEHALIS | 4/22/22 |

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990
This Institution is an equal opportunity provider.



 South Puget Intertribal Planning Agency

WIC Program April Dates

| | |
|-----------------------|---------|
| NISQUALLY | 4/11/22 |
| SQUAXIN ISLAND | 4/12/22 |
| CHEHALIS | 4/14/22 |
| SKOKOMISH | 4/20/22 |

This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

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






Announcements

April 7, Happy 28th Birthday Samira, Love Dad, Mom, Keisha, Jasmine, Nevaeh and Rodney

April 7, Happy 6th Birthday Juanito, Love the McDonald Family

April 11, Happy 9th Birthday Kylee, Love the McDonald Family

April 26, Happy 27th Birthday Dalia, Love The McDonald Family



Happiest Birthday Wishes to Rena's Aunty, and my beautiful daughter Xana.

We love you so much and you make life so special for us.
Thanks for singing song recordings for Rena.
You are definitely a Culture Keeper in our lives.

Happy 24th Birthday Baby!
April 13th

April 3rd
Happy Birthday Mom,
Barbara Simmons
We love you and wish you
the best Birthday ever
Love, Nicole & Joe
Veronica & Eco



Happy 80th Birthday
John



Love your 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.

Nisqually  Transit

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

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

