

# NISQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 13 Issue 6

www.nisqually-nsn.gov

June 2023

## Elder Building Opening

By Debbie Preston

The Nisqually Indian Tribe celebrated the "soft" opening of the 20,000 -square-foot, \$15 million Elders Center on April 25 to provide comprehensive health, nutritional, and social services to the tribal elders residing on the Nisqually reservation and within the tribal service area of Thurston and Pierce counties.

The new center is located next to the new Health and Wellness Center and is across from the just-underway construction of Nisqually Elder's Village of 10 homes created with elders in mind. Another 10 will be added in coming years.

The Elder's Center targets those 55 years old and older, serving at least 200 elders, including those from other tribes on the reservation. They also host other tribal elder events and will be able to host larger gatherings with the new facility.

Services provided include:

Senior nutrition services, health screening/monitoring services, physical therapy/exercise area and the important aspect of socialization, particularly as people are once again able to gather together.

The facility includes offices for program staff, a day use activity and socialization area, rooms for health screening, physical therapy, and health consultation, an exercise room, a space for intergenerational activities, and a large meeting area for events.



*A drone shot shows the new facility and the proximity to the Nisqually Health and Wellness Center and other housing. The Elders Village, just underway, will be 10 Elder's houses, specified by elder in put and ADA compliant, also with solar panels, located just out of the picture off the right corner. Harvey Whitford, Wa He Lut Indian School principal, celebrates with the Nisqually community. -Aztec Sovereign  
More dancing from Wa He Lut dancers.*

*Photos by Aztec Sovereign and Jack George*

# Tribal Council Business

## Nisqually Tribal Council Meeting Minutes



Date: 5/4/23  
Minutes Approved on:  
Meeting Called To Order: 1:30

Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Absent
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 <sup>th</sup> Council	Present
Guido Levy Jr.	6 <sup>th</sup> Council	Present
Leighanna Scott	7 <sup>th</sup> Council	Absent
Derrick Sanchez	Sergeant of Arms	Present

Guest: Lisa b, Billy H, Cynthia I, Joe K, Wayne L, Amber H, Justine C, Atom I, Bob T, Tom I, YHS, Jeff S, Ashley C, Michael A, Kaiewa K, Rodney T, Deb P, Shannon B, Alvin A, Tony B, Joe C, Rodney T Sr, Jack G, Larry S, Jamie S, Hanford M, Pete A, Bob I, David T, Annie T, Brent B, Nate C, Hayley F, Ben H, Bria A, Angilita D, David W, Blake W, Alyssa M, Isaiah T, Zane A.

### Tribal Council Motions and Consensus:

Tom Iyall – **Recognizing Officer Rodney Thomas and CO Ashley Cook. Along with monthly Public Safety update. A new K9 drug sniffing dog was picked up.**  
YHS Representatives – **Presenting council with a Football State Championship Ring, as a thank you.**  
Bob Iyall – **Approval to move Greenfoot 1 to Camas Plaza, Location of Greenfoot 2 is on hold. Master planning meeting is needed. Consents**

Alvin Aganon – **Approval of May 4<sup>th</sup> Weekly Budget Consent Calendar. Motioned by Jackie Whittington, seconded by Chayannah Squally. Motion passes, 4-0-0.**  
Brina Aldredge – **Presenting a Gift to Council as a Thank you.**  
Nate Cushman - **A Resolution Authorizing Approval of a Limited Waiver of Sovereign Immunity with Pierce County as provided for in the Nisqually/ Pierce County Broadband Survey Pre-engineering and Funding Agreement. Resolution #50 Motioned by Jackie Whittington, seconded by David Iyall. Motion passes, 4-0-0.**  
Nate Cushman – **A Resolution to Approve and Authorize a Jail Services Agreement with the City of Tacoma. Resolution #51 Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 4-0-0.**  
Nate Cushman – **A Resolution to Approve and Authorize a Jail Services Agreement with the City of Tumwater. Resolution #52 Motioned by Guido Levy Jr, seconded by David Iyall. Motion passes, 4-0-0.**  
David Wolff – **A Resolution Amending the Nisqually Indian Tribe Attorney Salary Schedule. Resolution #53 Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0**

Continued on page 3-MINUTES

### How to Contact Us

Tribal Center 360-456-5221  
Health Clinic 360-459-5312  
Law Enforcement 360-459-9603  
Youth Center 360-455-5213  
Natural Resources 360-438-8687

### Nisqually Tribal News

4820 She-Nah-Num Dr. SE  
Olympia, WA 98513  
360-456-5221

Leslee Youckton  
youckton.leslee@nisqually-nsn.gov  
ext. 1252

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

### Nisqually Tribal Council

Chair, William (Willie) Frank III  
Vice Chair, Antonette Squally  
Secretary, Jackie Whittington  
Treasurer, David Iyall  
5<sup>th</sup> Council, Chayannah (Chay) Squally  
6<sup>th</sup> Council, Guido Levy Jr.  
7<sup>th</sup> 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](http://www.nisqually-nsn.gov)

### In this issue:

TC Minutes.....	pg. 2
Transportation .....	pg. 3
TC Corner .....	pg. 4
Ft. Steilcoom .....	pg. 5
Leschi Walk .....	pg. 6
Draco at NPD .....	pg. 7
Permitting .....	pg. 8
IT-Caught on Camera .....	pg. 10
Nisqually Language .....	pg. 11
Announcements .....	pg. 15



# Nisqually Indian Tribe Community Notice

## BIA/Tribal Transportation Plan

The Nisqually Tribe, working with Red Plains Transportation Consultants, has completed an update of the BIA funded Tribal Transportation Plan and Road Inventory (IRR).

The plan and inventory identify a list of prioritized projects to support the Tribal Transportation Improvement Program, and is required in order for the Tribe to spend BIA transportation dollars.

**The plan has been reviewed internally, and is ready for submission to Tribal Council.**

**The Transportation Plan and Road Inventory are available for review within the Tribal Planning Department offices in the Tribal Admin building.**

Tribal members wanting to review the plan and inventory, or discuss tribal transportation plans and issues, can stop by the Tribal Planning Department and ask for either Joe Cushman or Heidi Thomas. Phone Number: 360-456-5221, or 360-480-0536.

Please stop in and say hi.

*Continued from page 2-MINUTES*

**Brent Bottoms – Maternity Leave Discussion Tribal members 12 Weeks with pay, non-Tribal Members are 6 Weeks with or without pay? item will be tabled for further review.**

**Joe Cushman – A Resolution Authorizing Execution by the Nisqually Tribe of an updated Memorandum of Agreement with South Sound Military Communities Partnership. Resolution #54** *Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 4-0-0*

**Joe Cushman – A Resolution Requesting the Approval of the Bureau of Indian Affairs to Complete the Forced buy-out of Remaining Allotted Interest within Allotments 22 and 22A on the Nisqually Reservation, as per 25 USC 2204. Resolution #55** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

**Executive Session – 2:14-3:46**

**Wayne Lloyd – Protocol site discussion on Future Plans for roadways and layout. Item Tabled for more Discussion, meeting to be set up in a few weeks.**

**Wayne Lloyd – A Resolution Authorizing Execution of a Contract with KR Homes for Construction of two-single family homes within the Protocol Housing site on the Nisqually Reservation. Resolution #56** *Motioned by David*

*Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

**Chantay Anderson – Approval of Change the Name of New Garden from “Talley Farms to Medicine Creek Community Garden.” Item Is Tabled until Next Meeting.**

**Pete Ansara – Discussion of Tumwater Apartments, it would be \$250k to Properly clean Apartments for new tenants to move in. The council agrees it is in the best interest of the tribe to sell Tumwater Apartments.**

**Sommer Sanchez – Approval of April 13<sup>th</sup>, 2023, TC Minutes.** *Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 4-0-0.*

**Lisa Breckenridge – A Resolution Creating Journey Park as a Community Park and Authorizing the Nisqually Parks and Recreation Commission to Manage it. Item Tabled for Further Discussion.**

**Executive Session – 4:10-4:24**

**Wayne Lloyd – A Resolution to Approve and Authorize a Preconstruction Agreement with Korsmo Construction. Resolution #57** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

*Motion to Adjourn by Chayannah Squally, seconded by David Iyall.*

*Meeting adjourned at 4:25*



## Council Corner

# Wellness and Recovery/Drug Task Force Update

Guido Levy, 6<sup>th</sup> Council Member



Hello everyone,  
As we now enter May, wanted to update you regarding the Nisqually Indian Tribe. The health and safety of our community is a priority for myself and others on council. That resulted in resolution 37-2022 passing to end drug use on the reservation.

Is that an impossible goal? That isn't how we are looking at it. The Nisqually Drug Task Force/Wellness and Recovery was created as a result of the resolution. We are creating positive momentum to make big changes.

Here at Nisqually, we already have paths for recovery. In our Corrections facility there is a small "step down" facility within the building and tribal members are prioritized. After going through detox, those in recovery have two more steps with increasing involvement with recovery services, medically assisted treatment and privileges. When released, they are not thrown out the door, but connected to all the services they will need when they leave.

In our Behavioral Health Department, recovery medications are available as part of the carousel of services for those in recovery. In the near future, tiny homes will become available at Brighton Creek, where extended involvement in wellness activities will be a part of extended recovery.

We know drugs do not discriminate against any population which makes the Nisqually Healing Center planned for Olympia on Pacific Avenue a logical step to holistically treat both tribal and non-tribal people.

The Medically Assisted Treatment (MAT) clinic, when fully operational, (early 2025) will serve up to 500 tribal and non-tribal clients per day from the Thurston County area.

The clinic will provide substance use disorder assessments, individual and group counseling, medication including Methadone, Suboxone, Subutex and Vivitrol, mental health counseling, primary medical care, dental services, case management, psychiatric medication management, recovery support, and related services. One of the goals with this clinic is to eliminate barriers that would hinder people from seeking help. The clinic would offer transportation and child watch services.

It has repeatedly been shown that those who are in treatment falter when required to manage referrals themselves rather than having them available under one roof. Again, there will be no wrong door and no wrong time. When someone is ready to make a change, the facility will be there for them, even without an appointment.

The cities of Lacey and Olympia are ecstatic that we are taking on some of this work. There are limited facilities offering the kinds of holistic services that Nisqually will provide and get reimbursed for if they are not a Nisqually tribal member. We see the problem in the surrounding communities each day and we know ourselves how these issues damage families and communities.

This is of the upmost importance to Tribal Council and we're going to keep at it for as long as it takes. We'll keep doing updates.

## Governor Signs a Bill in Support of Billy Frank Jr. Statue

Washington state Governor Jay Inslee signed a bill the week of May 7 that helps support the effort to create and install the statue of Nisqually activist and statesman Billy Frank Jr. in Statuary Hall in Washington, D.C. With Willie Frank III in Washington, D.C. advocating for salmon just as his father did, relatives Hanford McCloud, Nisqually governmental liaison and weaver and Nisqually 7th Council Leighanna Scott witnessed the signing. Additionally, Arts Washington representative Michael Sweney, the agency helping facilitate the project, and McCloud's son, Aiden and friends witnessed the moment.



The legislation enabling the project was signed by Inslee at Nisqually in 2021. Haiying Wu, the first Chinese - American to have a statue in Statuary Hall, is the artist and the project is tentatively planned for installation in early 2025.



# Ft. Steilacoom Park

By Debbie Preston

The Nisqually Tribe and the city of Lakewood Parks and Recreation staff continue to work toward creating interpretive signs at Ft. Steilacoom Park about the Nisqually. The 340-acre park receives over 1 million visitors a year and is in the traditional area of Nisqually. Signs and art will help tell the story of Chief Leschi, the tribe's connection to horses and the prairie areas and the camas plant, a traditional food of most tribes in western Washington.



*Kevin Moore, Director of Nisqually Youth Services; Cynthia Iyall, Nisqually Tribal Administrator, and Mary Dodsworth discuss the places around Waughop Lake that would be ideal for art and other interpretive materials in Ft. Steilacoom Park. Visits continue with discussion about the best places to place interpretive materials and what the topics would be, including QR codes that would take visitors to additional resources.*

*Mary Dodsworth, Lakewood Parks and Recreation and Community Services Director, talks about the opportunities for art on benches that can help tell the story at several places around the Waughop Lake.*

*The group pauses at the site of camas flowers. A crew that pulls the invasive Scott's broom regularly surely helps maintain this beautiful camas and Garry oak prairie.*



## WSSDA Regional Meeting

Hanford McCloud presents the model the Nisqually Tribe and North Thurston School District have created along with the school board to other assembled members of the Washington State School Directors Association (WSSDA) regional meeting.

Formed in 1922, WSSDA's membership consists of the entirety of Washington's 1,477 locally elected school board directors. As a state agency, WSSDA supports its members with research-based leadership development resources, policy and legal guidance, and legislative advocacy. This work is of critical importance because school board directors build the future of public education by setting the policy, governance, and budgetary priorities for all of Washington's 295 school districts serving over 1.1 million students.





# 2023 Leschi Walk



## MMIWP Conference at the Nisqually Youth Center

By Debbie Preston

The Nisqually Tribe hosted the 4th annual Protecting Our Sovereignty Tribal Summit today, May 4, discussing the Violence Against Women Act (VAWA) in which tribes have the choice to apply for jurisdiction when a non-native person commits a crime of domestic violence on their reservation.

Additionally, recent legislation regarding the alert system for Missing and Murdered Indian Women and People was discussed, including success stories and ways to improve response. Preventing human trafficking and child sexual exploitation in partnership with other law enforcement entities was also discussed. Look for a shift to August for this conference next year.

This annual event is fully funded and facilitated by the non-profit Washington Indian Civil Rights

Commission. They are one of the recipients of Nisqually's charitable funds and currently have a Nisqually tribal elder and a staff member on their board. They've held a summit/conference for about 4 years now, pre-Covid. The main purpose of the summit is to bring local, state, federal and tribal authorities together to discuss changes to our judicial system and the efforts to make even more changes, i.e. sex offenders, human trafficking, prosecuting of non-Indians and MMIP are just a few of the topics. This next one hopefully will be two days with more entities involved. The more involvement, the more prevention.

The next summit will be announced soon, with dates for registration a few months ahead of time. Participation from anyone that can make it is welcome and needed.



*Nisqually Tribe 5th Council addressed attendees about her own experience with MMIWP.*



# Draco a People Magnet, but He's Got a Job to Do

By Debbie Preston

The newest officer at the Nisqually Corrections facility is likely to greet you with a kiss – a dog kiss.

Sgt. Mark Upton of Nisqually Corrections is the first officer in the corrections division to train a dog for duty inside the corrections facility.

The 10-week old Dutch Shepherd and Dutch Malinois cross will be in his socialization and obedience training for six to eight months and then begin his 240-hour narcotic detection training.

The Nisqually Corrections facility, like all agencies in the area, is experiencing nearly an overdose a month from fentanyl. Because it can come in nearly undetectable amounts, it is being smuggled into facilities and causing overdoses nationwide.



The dogs are trained to alert from a distance so as not to overdose themselves. Officers carry narcan specifically for their dogs as a precaution. Detection will be his only job, but he is certainly the most popular officer on the Nisqually campus right now.

“We welcome Draco to our Nisqually family,” said Chairman Willie Frank III. “The more tools we have to prevent overdoses and drugs in our facility, the better chance we have of turning lives around and using our step-down treatment facility there to get folks on the road to recovery.”

## LEGAL NOTICE

Estate of Alice E. Petero  
Nisqually Tribal Court Case No. Ci 18-01-004

The home located at **11936 Yelm Creek Ct SE** on the Nisqually Reservation is being offered for sale by the Administrator of the Estate. Nisqually Tribal Members have until **5:00 pm on Friday, June 30, 2023** to submit an offer to purchase. Offers to purchase should be submitted via e-mail to the attorney for the Administrator at: [ramboemily@gmail.com](mailto:ramboemily@gmail.com).

The structure has recently been appraised at **\$196,220.00**. The Administrator of the Estate is unlikely to consider/accept offers below the appraised value. Copies of the appraisal are available upon request. Offers will only be accepted from enrolled members of the Nisqually Indian Tribe. Purchaser is responsible for obtaining a ground lease from Tribe.





# Permitting: Ensuring Structures are Safe

By Jessie Fox, Executive Assistant, Building Department

Since its inception in 2019, the Building Department set its sights on creating and implementing a Permitting Department. On December 2, 2021, this dream was realized when Title 54, giving the Building Department authority over building codes, was passed as a resolution by the Nisqually Tribal Council. With the creation of this new department, a full-time Permitting Manager and Building Inspector were needed to implement and enforce the codes, statutes, and regulations required for such an undertaking. In April 2023 the Building Department was excited to welcome Jen Elliott as the new Tribal Permitting Manager, and Ryan Kalich as the Tribal Building Inspector.

A [building permit](#) is an official approval issued by the local government agency that allows you or your contractor to proceed with a construction or remodeling project on your property. Permitting is intended to ensure that the project plans comply with local standards for land use, zoning, and construction. The permit process is more than just procedure and paperwork – it’s a way to ensure structures are safe for you and the people you love.

In general, you need a building permit to change the occupancy of, construct, enlarge, alter, repair, move, or demolish a building or structure. Specific issues that the building permit process may address include structural integrity of the framing work, zoning, sanitation, water, and sewer lines, fire protection, and electrical service. Working hand in hand with permits, Inspectors, such as Ryan, make sure buildings comply with important building codes, including checking the foundation, framing, insulation, roofing, plumbing, door locks, sheetrock, and grading.

The permits also help ensure that people build correctly in environmentally sensitive or hazardous areas – such as floodplains – and comply with land-use and zoning plans that preserve the quality of life here on the Reservation. Proper permitting helps protect property values. Because Permit review is not only a legal issue, but a financial one as well, property insurers often refuse to cover damage caused by work done without permits and inspections. Likewise, banks will often decline to finance a purchase without proof of a final inspection. Proceeding with a project without a

permit may mean that the project will ultimately have to be removed or remedied somehow -- and that costs money. So, before a project is started, see if a permit is required.

Permits are needed for any business and personal structure located on our Tribal lands. Information regarding permitting can be found on the Nisqually Indian Tribe Home Page where Printable Permitting Forms will soon be available for download. These forms, once they have been completed, will need to be returned through either email, the US Postal Service, or in person to Jen Elliott at the Nisqually Building Department located at 12565 Elders Lane SE.

Jen Elliott and Ryan Kalich are not only assets to the Building Department, but the go to experts if you have any questions regarding permits and inspections. They can be found at the above address or out working in the community. They can be reached by email at [elliott.jennifer@nisqually-nsn.gov](mailto:elliott.jennifer@nisqually-nsn.gov) and [kalich.ryan@nisqually-nsn.gov](mailto:kalich.ryan@nisqually-nsn.gov) and by phone at 360.456.5221. Jen’s extension is 1366 and Ryan’s is 1231.

PLEASE JOIN US FOR A

## HOMEBUYER WORKSHOP

THURSDAY, JUNE 22<sup>ND</sup> • 2 - 5PM • NISQUALLY INDIAN TRIBAL HOUSING  
2205 Lashi St SE, Olympia, WA 98513

Please RSVP to [cfiedler@bayeq.com](mailto:cfiedler@bayeq.com) or call/text 253.255.5941

**CORINA FIEDLER**  
Senior Loan Officer • NMLS/MLO# 244676 • [cfiedler@bayeq.com](mailto:cfiedler@bayeq.com)  
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# Puget Sound Day on the Hill

By Debbie Preston

Tribal, state and non-government agency leaders participate each year in Puget Sound Day on the Hill to focus federal leadership in Washington, D.C. on the urgent needs of Puget Sound to achieve recovery to support healthy salmon runs and orca populations as well as humans. Nisqually Chairman Willie Frank III participated as part of tribal leadership, including on a panel "It Takes an Estuary." Nisqually is also a lead on the issue of the chemicals that come from tire dust, reacts with ozone in the atmosphere, resulting in death to salmon before they can spawn. Tribes have created a coalition to try to get the chemical changed or removed from tires.

Puget Sound Day on the Hill involves tribes, local and state government and non-governmental agencies and concerned citizens presenting a united front on issues related to Puget Sound.



# Nisqually PD

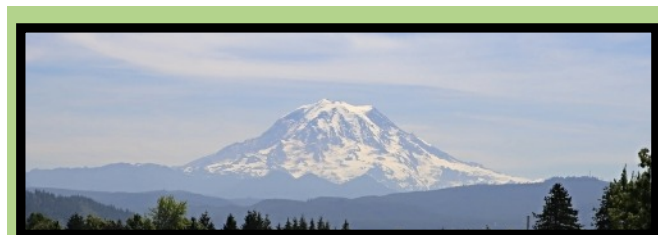
By Debbie Preston

## Rodney Thomas

Nisqually tribal member and now Police Officer Rodney Thomas accepted a certificate of recognition for completing the Federal Law Enforcement Training Center requirements to become an officer.

## Corrections Officer nab wanted person

Nisqually Corrections Officer Ashley Cook accepts her recognition for assisting in the capture of a man who attempted to kidnap a minor on a city bus. She and Corrections Officer Justin Hurley looked at pictures that Olympia law enforcement was circulating to try to identify the man and each of them recognized him from prior incarceration. Their identification allowed for his apprehension.



*It's Camping Season!*  
Reserve your spot at Mt. Rainier National Park  
Contact Diane Moreno for reservations and more information, at the planning office, 360-456-211.  
*Plan ahead, it is first come first served.*



# Caught on Camera?

## Tips from the IT-WebDev Department

Some folks may remember a TV Show called *Candid Camera* or even more recently, *Impractical Jokers*. These shows set up hidden cameras to capture funny moments or comedic tricks on unsuspecting victims. Today's cameras are sometimes "hidden" all around us, from our home Amazon Blink or Ring cameras, computer or phone cameras, cameras mounted in our automobiles or at traffic lights, on speed limit signs or at toll booths; we may never realize when we're being observed or recorded.



In previous Squalli-Absch newsletters, we've covered types of Web cameras (and audio systems) to consider when using with a computer or other smart technology devices. This article focuses on the complexities and perhaps even potential legalities of technological cameras and their usage.

Almost all public shopping areas and public locations where there are large gatherings of people, have some form of camera security system installed. Audio surveillance laws differ from state to state, so it is important to be familiar with state laws and what is required before being recorded. When considering audio surveillance laws by state, most states have specific laws that govern the use of electronic recording of conversations of any kind. Users must ensure that they follow the laws of their state before employing such devices. Audio surveillance at work is legal if recorded parties are aware of it and consent to it. In 12 states, all-parties consent is required for a conversation to be recorded. In 38 states, audio can be recorded if at least one person is aware of it (one-party consent). Note however

posting signage of recording does not constitute "consent," implied or express. Posting signs will not excuse unlawful video or audio interception or recording and in almost all cases, employers must disclose their video surveillance policy to employees, including the location of all security cameras. Tesla, the automotive manufacturer, is recently facing a class-action complaint after it was revealed that employees used an internal messaging system to share sensitive videos and images of customers taken by car cameras.

### PRIVACY SECURITY TIPS:

- A hacker can take control of a smart television by changing channels, adjusting volume levels, and even showing inappropriate content to children. At worst, they can turn on a TV's camera and microphone to spy on and listen to conversations.
- An iPhone feature added in 2020 will display a green light to alert use of the phone's camera and microphone by another application.

*Editor's note: I recently caught my young grand-nephews breaking out a kitchen window to our house on our home security cameras (accidentally playing but it was done with malicious intent). Gone, perhaps, are the days where one might run and hide and never be caught or held accountable for one's actions. Within the past two years in our neighborhood, we experienced a shooting involving teenagers; the local city police department went door to door asking for surveillance footage from home cameras to help identify the suspect and further investigate the incident.*

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



# Nisqually Language South Worth Elementary

By Catalina Sanchez

## Nisqually Language department says farewell to our awesome 5<sup>th</sup> Graders.

Nisqually Language department raises their hands to our kids at Southworth Elementary, as one of the first schools to start learning Southern Lushootseed. The students at Southworth have learned so much this year. We spent most of the year learning the alphabet, animals, numbers and much more.

As a farewell gift, we gave each student copies of our Nisqually books. May was the last month we served Yelm School District, but we look forward to coming back this fall to start a new round of language classes.

Please remember to sign up for the Native American Education program to start Language classes right away. **Liz Saticum is the program coordinator for Yelm School District. When registering for the school year make sure you visit with Liz to sign up.**

All our students did great this year, here is more clips of our Kindergarten to Fourth Grade students. We hope to see you all next year have a great summer. Great job and congrats!

~huy from Nisqually Language Teachers  
Catalina Sanchez, Naiomie Squally, Kayla Sparkuhl, Andrey Squally



We want to send a special goodbye to our 5<sup>th</sup> grade class (left to right) - Clarence, Sekai, Kitana, Kai, Tiana and wish them good luck in middle school! We hope to make to Yelm Middle School soon!





# HCA will never ask for money to enroll or re-enroll in Apple Health coverage.

Clients should not share banking or credit card information with anyone claiming to be from HCA or Apple Health.

If they receive a phone call or text message, you think is a scam, you should hang up and report this to Apple Health customer service at 1-800-562-3022.

Sometime over the next 12 months, Apple Health clients will receive a renewal notice prior to the end of their renewal period based on their renewal date.

**HCA may text and call with a reminder that it's time to update their contact information or renew coverage.**

These will be generic in nature and will never ask for money to maintain your coverage.

## Ensure your Apple Health coverage is up to date.

To ensure you receive important notices about your health care coverage, with Apple Health you can update your contact information using one of the following options:

For single adults, children, pregnant individuals, and parents/caretakers:

**Call our direct line at 360-486-9599 or receive assistance from our Benefits Coordinators at NTHWC at the front desk.**

Or contact:

- **Online:** [wahealthplanfinder.org](http://wahealthplanfinder.org) or download the WA Planfinder app
- **Phone:** 1-855-923-4633

**For individuals who are aged, blind, disabled, or eligible for Medicare:**

**Receive assistance from Brandy Sanchez, Olympia DSHS Caseworker, at NTHWC on Thursdays & Fridays. Or call our direct line at 360-486-9599, ext. 2701.**

Or contact:

- **Online:** [washingtonconnection.org](http://washingtonconnection.org)
- **Phone:** 1-877-501-2233

**ENSURE YOUR APPLE HEALTH COVERAGE IS UP TO DATE.**

CALL OUR DIRECT LINE AT (360) 486-9599 OR VISIT THE NTHWC TO RECEIVE ASSISTANCE FROM OUR BENEFITS COORDINATORS.

*HCA will never ask for money to enroll or re-enroll in Apple Health coverage.*

**LEARN MORE:**  
[HTTPS://BIT.LY/APPLEHEALTHNTHWC](https://bit.ly/applehealthnthwc)



## It is so nice to see smiles again!

But we aren't completely done with masks. Please make sure you have a good supply of masks handy so you can use them when needed.



### Here are some examples of times when you will want to put on a mask:

- If you have the sniffles
- If you are visiting with someone who has the sniffles
- If you tested positive for COVID in the last 10 days – **this is really important!**
- If you are visiting with someone who had COVID in the last 10 days
- If you are high risk for severe COVID illness (immunosuppressed, elderly, have lung disease, are pregnant, have diabetes, etc.)
- If you are visiting with someone at risk for severe COVID illness
- If you have someone high risk at home
- If you just feel like wearing a mask



## EXPIRED MEDICINES CAN BE RISKY.

Taking out-of-date drugs carries certain risks.



LEARN MORE:

[BIT.LY/EXPIREDMEDSCANBERISKY](https://bit.ly/expiredmedscanberisky)



### OSTEOPATHIC MANIPULATION THERAPY (OMT) WITH DR. SaTaUR



NISQUALLY TRIBAL HEALTH & WELLNESS CENTER  
MEDICAL CLINIC

#### What is OMT?

Osteopathic Manipulation Therapy: Is a treatment approach that focuses on manipulation of your muscles, joints and bones. Physicians who practice OMT are specially trained in Osteopathic Medicine.

#### benefits OF OMT:

- ✓ Address structural problems in the joints, muscles and tissues.
- ✓ Improve circulation (how blood and other fluids flow through the body.)
- ✓ Prevent health problems and help the body heal itself by improving how the body works as a unit.
- ✓ Soothe tight muscles, relieve joint stiffness and improve range of motion.

CALL NOW TO SCHEDULE AN APPOINTMENT

(360) 459-5312 Option 1

4840 Journey St Olympia WA 98513

## ACUPUNCTURE!

WITH ELIZABETH SIEGEL, ARNP

AVAILABLE EVERY TUESDAY 8:30 AM - 4:00 PM — ASK ABOUT OUR ELECTRO-ACUPUNCTURE — CALL: (360) 459-5312 OPTION 1 TO SCHEDULE



#### BENEFITS OF ACUPUNCTURE:

- Pain Management
- Allergies/Cold
- Digestive Issues
- Organ Function
- Mood/Depression
- Headache & Migraines
- Many other conditions

**Fun Fact: Did you know?**  
This Technique has been a key role in Chinese medicine for over 3,000 years!





**KIDS WILL BE KIDS!**

**WE LOVE CARING FOR KIDS**

HEALTHCARE PROVIDERS NEED YOUR CONSENT FOR TREATMENT AT EACH AND EVERY VISIT

Who can provide consent for a minor under the age of 18 years?

- A PARENT OR GUARDIAN
- A CAREGIVER WITH WRITTEN PERMISSION FROM PARENT OR GUARDIAN
- A KINSHIP CARE PROVIDER AFTER SIGNING A SPECIAL ATTESTATION

Minors can consent for their own treatment if:

- EMERGENCY CARE IS NEEDED.
- CARE IS PREGNANCY RELATED OR PREGNANCY PREVENTION RELATED.
- THEY ARE OVER 14 AND SEEKING CARE FOR SEXUALLY TRANSMITTED INFECTION.
- THEY ARE OVER 13 AND SEEKING MENTAL HEALTH CARE OR TREATMENT FOR SUBSTANCE USE DISORDER.

**MORE INFO:** (360) 459-5312 OPTION #1 [HTTP://WWW.NISQUALLY-NSN.GOV](http://www.nisqually-nsn.gov)

**NISQUALLY TRIBAL HEALTH & WELLNESS CENTER**

haʔəc̣il. ʔ uʔa čəʔ dxʔʔal dəgʔi  
(Welcome. We are here for you.)

**NEW CLINIC HOURS:**  
The Medical Clinic is now OPEN -  
Mondays - Fridays, 7 am to 6 pm  
Wednesdays, 10 am to 6 pm

**SCHEDULING:**  
Please call 360-459-5312 option #1 to speak with one of our medical schedulers to make an appointment with your primary care provider

WE PROVIDE PATIENT-CENTERED CARE FOR BOTH ACUTE AND CHRONIC HEALTH PROBLEMS.  
CALL TO SCHEDULE YOUR CLINIC VISIT OR TO GET MEDICAL ADVICE FROM A NURSE.

WE ARE HERE TO HELP YOU FEEL BETTER.

**MORE INFO:** (360) 459-5312 option 1 <http://www.nisqually-nsn.gov/> 4840 Journey St SE Olympia WA 98513

**South Puget Intertribal Planning Agency**

**USDA Foods Program June Dates**

<b>PT. GAMBLE S'KLALLAM</b>	6/2/23
<b>SQUAXIN ISLAND</b>	6/7/23
<b>SKOKOMISH</b>	6/9/23
<b>CHEHALIS</b>	6/16/23
<b>NISQUALLY</b>	6/20/23

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

**South Puget Intertribal Planning Agency**

**WIC Program June Dates**

<b>CHEHALIS</b>	6/8/23
<b>SQUAXIN ISLAND</b>	6/13/23
<b>NISQUALLY</b>	6/14/23
<b>SKOKOMISH</b>	6/21/23

**This Institution is an equal opportunity provider.**  
Washington State WIC Nutrition Program does not discriminate.  
**NOTE:** These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



# Announcements

## June 13<sup>th</sup>, Happy Birthday Nevaeh, Love Papa, Grandma, Mom, Auntie Jasmine, Auntie Samira and Brother

June 19. Happy 16<sup>th</sup> Birthday Lovella. Love the McDonald Family  
Happy Birthday Juan, The McDonald Family



Happy 51<sup>st</sup> Wedding Anniversary  
Tom and Sheila



**Happy Birthday to the BIRTHDAY TWINS!**  
LOVE YOU GRANDMA ANNIE & EMILY!

## Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

- Services offered:
- Last will and testament
  - Durable power of attorney
  - Healthcare directive
  - Tangible personal property bequest
  - Funeral/burial instructions
  - Probate

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



**FREE Rides**  
**Monday through Friday**

**Transit available**  
**6:00 a.m. to 6 :00 p.m.**  
**Open to all tribal, community and tribal employees. We offer rides from 6:15 a.m. to last off rez ride at 5:15 p.m.**

**Contact Adrian Scott,**  
**Motor Pool Coordinator/Dispatch**  
**At 360-456-5236**

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

