



# Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

July, 2011

Volume 1, Number 7

Snee-Nee-Chum

P.O. Box 157

Deming, WA 98244

*Happy August!*

*Though it feels as if summer has barely begun, August is traditionally the back-to-school month, and this month's newsletter contains timely information for parents. Look for updates on school clothing disbursements and incentives for back-to-school immunizations and sports physicals at the Nooksack Health Clinic.*

*Dr. Cate also offers tips for recognizing concussions in young athletes, especially important if children play a contact sport.*

*Also look updates from the Human Resources department on employee benefits, including a new direct deposit system.*

*We still have a month of summer left, so enjoy the sun as much as you can.*

## Upcoming Events:

### August Tribal Council Meeting

Tuesday, August 2, 5:30pm  
Community Building

### September Tribal Council Meeting

Tuesday, September 6  
5:30pm  
Community Building



## Back to School Appointments

Beat the fall rush! This is a reminder to schedule today for your children's Well Child Check, Immunization Update, and/or Sports Physical. Receive a \$10 gas card for each child seen by physician Cathy Diller or pediatrician Cate Webb.

This offer is good for August and September only, so call the clinic now and schedule your child's visit.

**Call (360) 966-2106**

## Nooksack Community Health Clinic

6760 Mission Road, Everson, WA 98247

Phone: (360) 966-2106 • Fax Number: (360) 966-7227

The Nooksack Health Clinic strives to provide the community with the best health care services in the county. Our services are expanding regularly to meet the needs of the tribal population. Below are a few updates we'd like to announce. Call the clinic for the most up-to-date services.

*Nooksack Community Health Clinic continued on page 2*

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### DIABETES TIP

#### How Often Should You Change Your Lancet?

*(the finger stabby needle thingy that you use to check your blood sugar)*

Generally, you will hear that you need to use a new lancet every time you test your blood sugar, but you don’t need to change the lancet every time. Two myths surrounding lancets are one, the risk of infection, and two, the dullness of the lancet. The risk of infection has been studied extensively, and studies show there isn’t any risk as long as you use your lancet for you and only you. Lancets do get dull with use but rarely with a single use. How quickly the point loses its edge depends on several things: how tough your skin is, how thin a lancet you’re using, and how often you test your blood sugar. Here is a simple formula you can use to know when you need to change: Change your lancet when it hurts your finger, i.e., when you say “I felt that a bit more than usual.” That’s your body’s way of telling you the lancet is getting too dull and needs to be swapped out for a new one.

—Provided by Barb Himes, Dietitian, Diabetes Program Coordinator.  
Source: *dlife.com*.

### Community Events

#### SNAP-Ed Program Cooking Class

Wednesday, August 17, 5:30pm

Nooksack Health Center, Kitchen

Instructor: Candace Kelly

Please contact Candace Kelly at (360) 966-2106 if you are interested in participating in the SNAP-Ed class. ■

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### Law Enforcement

Chief of Police: Jim Lynch

Office: (360) 592-9065

The Police Department will be adding a confidential tip line for members to call and leave anonymous information. Look for the new phone number in the September newsletter.

We have also increased patrol time in the housing areas and will be doing more foot patrols.

As always, we encourage Nooksack Tribal Members to call the police department when you need help. Our purpose here is to serve you! ■

### School Clothing for Children

The Nooksack Tribal Council will be providing school clothing disbursements for all enrolled children between the ages of 4-18. Please ensure your mailing address is updated with the Nooksack enrollment office.

If you have any questions, please contact the council office at **592-5164**. ■





## Notes from Dr. Cate

by Dr. Cate Webb  
Nooksack Clinic Pediatrician



### “When in Doubt, Sit Them Out!”: Concussions in the Young Athlete

What do you mean by “When in doubt, sit them out!”?

This is the latest saying when it comes to head injuries in young athletes. The 2009 Washington state Lystedt law mandates that if a student appears to have suffered a concussion, he or she must sit out the remainder of the game and cannot return to play until cleared by a doctor or other medical professional. This current law about concussions in sports may seem very strict, but it is based on research and designed to protect our children from the serious consequences of head injuries.

What is a concussion?

A concussion is one type of head injury. Some of the typical symptoms are headache, dizziness, poor concentration, sleepiness, nausea, and vomiting. The athlete may appear confused, not remember the events just before or just after the injury, and have clumsy movements. In a concussion, loss of consciousness is rare and the head imaging test (if it is done) is normal. The brain structure appears normal but the brain is not working well.

When is a concussion a big deal?

Usually when a young person gets a concussion, it is not a big deal and they can recover from concussion after a week or so. One of the main concerns is if the same athlete gets another concussion before they recover from the first one, the second concussion can cause a very serious condition called second impact syndrome (the effects of concussions are cumulative). Second impact syndrome is rare and usually leads to severe disability or death. The new Washington state law, the Lystedt law, is designed to prevent second impact syndrome and educate schools and parents about the dangers of concussions.

When can athletes return to play after a concussion?

There is a stepwise approach for deciding if the athlete is ready for full play. The stages move from #1 no activity, #2 light aerobic activity, #3 sport-specific exercise, #4 noncontact training drills, #5 full-contact practice, #6 return to play. Each stage of this rehabilitation takes 24 hours, and so if the athlete is feeling great

without symptoms,

then he or she can move from #1 to #6 very quickly in 5 days. Most young people recover from a concussion in about a week, but some people can take longer, even up to a few months to clear all of their symptoms.

What can I do at home to help my child recover?

In the first 24 hours, the young person with a concussion needs to rest. The good news for kids? They need to rest on the couch, be excused from chores, and have an excused absence from school. The bad news from the kids’ perspective? True resting means no texting, no video games, and no loud music. The idea is for them to be “bored.” After 24 hours, they can progress to the next step, #2, which is light activity. If they start to feel worse, then they should rest longer. Teachers and schools should be supportive of the doctor’s recommendations for this type of “brain rest.” Think of the concussion as a “broken brain.” We let a broken leg rest by not walking on it so it can heal. The same is true for a “broken brain.” It needs rest to heal. ■

**Nooksack Tribal Council is forming a Nooksack Days committee.**

**We will be appointing five Nooksack Tribal Members.**

**If you are interested, contact the Council Offices at 592-5164**

**by August 10, 2011.**

# Social Services Department

Director: Katherine Canete (360) 592-5176 • Main Office: (360) 592-5176

## Social Services Schedule

**Food Vouchers:** Monday, Aug. 1, on a first-come, first-served basis.

**Food Bank:** Friday, Aug. 5, open at noon until supplies run out.

**Commodities:** Available for pick-up on Tuesday, Aug. 9.

## New GED Instructor

Please join us in welcoming Deborah Alexander to the Social Services Department. Debbi is our new ABE/GED instructor for the Deming office, joining our team on July 11. Ashley Sweeney will now be the GED instructor at our Skagit TANF office.



Debbi is a Nooksack tribal member, and she holds a master's degree in Education, as well as a teaching certificate with dual endorsement in General Education and Special Education from WWU. Debbi has worked with the Lummi Nation School as a Special Education and General Education teacher for the last five years.

GED classes will begin the first week of September. For more information, call the Social Services building at (360) 592-3219 or (360) 592-5176, or come in and meet Debbi in person. Ashley can be reached at the Skagit TANF office at (360) 848-1758.

## Free Classes, Crafts, and Cooking Schedules

Nooksack Tribal TANF is offering the following free classes, crafts, and cooking schedules. Sign up at the Tribal Services Building, 5061 Deming Road, or call 360-592-3219 or 360-592-5176 ext. 3668. All class sessions will be offered continuously all year long. Space is limited, so please call and reserve a spot for you and your family.

**Native Life Empowerment Class Schedule:** Offered every Tuesday from 10am-noon and 2-4pm in the Tribal Services conference room.

August 2 –  
Personal and Professional Growth and Management: Wellness for Life

August 9 –  
Vision: Seeing it, Creating it, Living it

August 16 –  
Wrap-up: Beginning Your Wellness Journey

**Culture Craft Schedule:** Each session we will be learning how to make a different traditional craft. Class is every Wednesday from 3-5pm the Tribal Services Building.

August 3 –  
Learning to Make Moccasins

August 10 –  
Learning to Make Moccasins

August 17 –  
Finish up Beading Projects or Moccasins

**TANF Cooking Class Schedule:** Each session is held on the first and third Thursday of the month from 10am-noon at the Suchanon Community Building. We always need recipes, so please feel free to submit all recipe ideas to the TANF Department.

August 4 – Easy Meals

August 18 – Traditional Foods

September 1 – Low Cost Meals

**“Motherhood is Sacred” Sessions**  
Leader: Kate Newton (360) 592-3219, TANF Conference Room, Mondays, 1-3pm. *Part of the Revitalizing Fatherhood Program for Mothers, Mother figures, Aunts, and Grandmothers.*

The Nooksack Social Services Department continues to offer “Motherhood is Sacred” sessions on Mondays. The program is based on a culturally rich model that inspires and motivates fathers and mothers to devote their best efforts in teaching and raising their children to develop their potential and the attributes needed for success in life.

**Life Skills Classes:** Classes are held Wednesdays (Deming) and Thursdays (Skagit) unless otherwise specified.

**Time change:** Please note that Life Skills classes will be held from 1-3pm rather than 9:30am-noon. However, the Food Bank volunteer class (first Friday of each month) will still be held 9:30am-noon.

Upcoming classes will include sessions on CPR/First Aid, Budgeting, Financial Literacy, Food Handlers Licenses, Child Support information, a Native Craft session, and volunteering at the Food Bank.

Please remember, Life Skills attendance is mandatory, and if you know you have an excused absence, please remind your TANF caseworker ahead of time. Continued absences and tardiness may lead to pre-sanction and possible sanction resulting in case closure.

## Social Services Department

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Deming residents need transportation? Please call **Dan Roberts (360) 592-3219** at least **24 hours ahead of time** at the TANF office if you need a ride.

For questions, concerns, or class topic ideas, please contact the Life Skills Coordinator, Kate Newton at (360) 592-3219 (Deming) or 848-1758 (Skagit), or [knewton@nooksack-nsn.gov](mailto:knewton@nooksack-nsn.gov).

**Revitalizing Fatherhood Program:** The Fatherhood Program primarily focuses on ensuring fathers and mothers are both an integral part of children's lives. The program has a continuous schedule of workshops, group meetings, and activities. People are welcome to join at any time. Workshops are held **Mondays from 2-4pm** in the Social Services Building or at local housing sites. The Fatherhood Program is working in collaboration with the TANF Life Empowerment workshops being offered on Tuesdays from 10am-noon or 2-4pm.

In addition, the program staff can assist with the following topics:

- Education, including:
  - ▶ GED Completion
  - ▶ Native American Career Technical Education Program (NACTEP)
  - ▶ Financial Aid Questions
  - ▶ Higher Education Options
- Job Skills and Abilities
- Job Search
- Parenting topics, including: child communication, child development, child discipline, and child safety.
- TANF, SSI, and Medical benefits
- VOC Rehab
- Substance Abuse
- Domestic Violence Advocacy
- Visitation Rights or Child support questions
- Any topic that is requested by the program participants

**Program eligibility:** The program staff encourages the fathers in the community to come and join the Fatherhood Program. However, father figures are also welcome to the program. If you feel you are an important part of a child's life, please come and speak with program staff and we can determine what assistance we can offer.

Mothers are also suggested to speak with program staff if they would like any assistance the staff offers fathers. The program staff wants to ensure that mothers are receiving the same workshops and assistance we are offering fathers. If any mother or mother figures would like any assistance from program staff, please call Eugene Aldredge or Serrano Cueva at (360) 592-3219.

## Domestic Violence Update (DV)

**Program Manager:**

**Julie Finkbonner (360) 592-5176**  
**5061 Deming Rd., Deming**  
**After Hours Crisis Line:**  
**(360) 592-4164**

Not all domestic abuse leaves physical marks. Anyone can be a victim. If you are abused, you are not alone. Help IS available.

If you want to talk, you can see an advocate in total confidence. We offer help with emergency shelter, counseling, safety planning, information, referral, legal support and other services. Our trained advocates are available 24 hours a day to assist you in an emergency situation. We also offer transportation if you need help but cannot get here on your own.

Our staff is here to serve you:

Julie F. – DV Manager

Lisa C. – DV Coordinator  
Adult Advocate

Tracey D. – Teen Advocate

Sharon D. – Paralegal

## Low Income Energy Assistance Program (LIHEAP)

Energy assistance is available to low-income Nooksack families in our service area to help pay for primary heating expenses. Please contact Crystal Bailey to apply for LIHEAP services.

## Temporary Assistance for Needy Families (TANF)

TANF services are available to low-income families enrolled in a federally recognized Indian Tribe. TANF also has various supportive services to assist families with hardships and barriers. Please contact any TANF caseworker for more information on eligibility. ■

# Human Resources News

Human Resources Director: Suzanne Brownrigg • (360) 592-5176 ext. 3231 • Main Office: (360) 592-5176

## Welcome New Hires!

Over the past few several weeks, we've welcomed the following new employees to the Nooksack Indian Tribe: Jewell Jefferson, Enrollment Officer; Niceto Canete, Transportation Coordinator and Deborah Alexander, GED/ABE Teacher.

## Employee Assistance Program

Did you know that as part of your benefit package, you have access to an Employee Assistance Program (EAP)? Your work-life balance Employee Assistance Program, provided at no additional charge to you, can help you find solutions for the everyday challenges of work and home, as well as for more serious issues involving emotional and physical well-being. Services provided include:

- Childcare and/or eldercare referrals
- Personal relationship information

- Health information and online tools
- Legal consultations with licensed attorneys
- Financial planning assistance
- Stress management
- Career development

The program is easy to access with a toll free, 24-hour number: 1-800-854-1446.

**EAP telephone consultations:** You can speak confidentially with a master's level consultant to clarify your need, evaluate options, and create an action plan.

**Face to face meeting:** Confer with a local consultant up to three times per issue for short-term problem resolution.

**Educational materials:** Receive information through the online library of downloadable materials and interactive tools.

Take a moment to learn more about the Employee Assistance Program at [www.unum.com/worklifebalance](http://www.unum.com/worklifebalance).

## New Employee Benefit: Direct Deposit

A new benefit is being offered to employees of the Nooksack Indian Tribe. Employees now have the opportunity to deposit their paycheck directly into a financial institution of their choice. Simply stop by the Human Resources office to pick up the appropriate form and when returning the completed form to the office, attach a voided check or letter from your bank showing your routing and account information. Direct deposit will begin the first payroll in August.

## Job Opportunities

To find out about our current job opportunities, log on to our website at [www.nooksack-tribe.org](http://www.nooksack-tribe.org). Applications are also available online. Postings also can be found on bulletin boards located in the lobbies of our offices. ■

## Northwest Washington Indian Health Board Injury Prevention Program

Injury Prevention Coordinator: Gloria Point (360) 647-9480 Ext. 204

### Parents Are the Key to Keeping Teens Safe on the Road

This fact may surprise you: Car crashes are the Number 1 killer of teens, taking about 3,000 young lives every year. That's 8 teen deaths each day that can be prevented. To help avoid these deadly crashes, the Centers for Disease Control and Prevention (CDC) is helping parents to play a key role in keeping their teens safe on the road. Through its "Parents Are the Key" campaign, CDC offers parents safe teen driving tools—including flyers, fact sheets, e-cards, and a parent-teen driver agreement—for free at [www.cdc.gov/ParentsAreTheKey](http://www.cdc.gov/ParentsAreTheKey).

**Get Involved** — Leading experts agree that parents who get involved with their teens' driving can help prevent a tragic crash. To do so is simple. First, extend your teen's supervised driving period. Help your teen develop the experience he or she needs by providing as many supervised practice driving hours as possible. Include at least 30 to 50 hours of practice over at least six months. Make sure to practice on a variety of road conditions and at different times of day.

**Set Rules** — Then, set the rules of the road. While practicing driving will empower your teen, your rules will provide much needed limitations to keep him or her safe. Start with these three rules and build from there:

- 1) *Make sure your teen always wears a seat belt.*
- 2) *Limit your teen's nighttime driving.*
- 3) *Restrict the number of passengers your teen can have in the car.*



## Keeping Teens Safe

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**Enforce Rules**— Finally, enforce your rules of the road with a parent-teen agreement. Work with your teen to draft and sign the agreement. Be sure to include clearly written rules and consequences for breaking the rules.

“All beginner drivers, even straight-A students and “good kids,” are likelier than experienced drivers to be involved in a fatal crash—it’s a fact,” said Dr. Grant Baldwin, Director of the Division of Unintentional Injury Prevention within CDC’s National Center for Injury Prevention and Control.

The following factors also increase the odds of a young driver being in a deadly crash:

- Driving while distracted
- Driving drowsy
- Driving recklessly
- Drinking alcohol.

“These injuries and deaths can be prevented. We’re encouraging parents to talk with their teen about the most dangerous driving situations and how to avoid them,” said Dr. Baldwin. “Remind your teen that driving is a privilege and that your rules of the road need to be followed.”

**Understand Your State’s Driving Laws**— CDC also recommends that parents understand and support their state’s specific graduated driver licensing (GDL) laws, which are proven to reduce teen crashes and deaths. GDL systems help new drivers gain skills under low-risk conditions. As drivers move through stages, they are given extra driving privileges.

Visit [www.cdc.gov/ParentsAreTheKey](http://www.cdc.gov/ParentsAreTheKey) for more information on playing a key role in your teen’s safety on the road. ■

# Tribal Members’ Guide to Help the Medical Billing Process

When you go to the doctor, or are seen at the hospital, or are referred to a specialist, the information you give these healthcare providers can affect your medical bill.

This guide will tell you what to tell healthcare providers, depending on the type of coverage you have.

### **Here is a rule that applies to all Nooksack Tribal Members:**

Your primary care provider is the doctor or nurse practitioner from the Nooksack Clinic.

### **For those who have IHS ONLY:**

Inform all healthcare providers that Nooksack is your primary insurance. If you receive a medical bill in the mail, call the healthcare provider and have the bill mailed to Nooksack or bring the bill in with you to your next clinic visit.

### **For those with insurance (e.g., Shasta, or AARP – a Medicare Advantage plan):**

In order for your co-pays, co-insurances, and deductibles to be paid, your primary care provider **must be a doctor or nurse practitioner from the Nooksack Clinic.**

You will need a referral from your Nooksack healthcare provider before receiving healthcare services outside of the Nooksack Clinic.

Inform all healthcare providers that your insurance is your primary coverage, and Nooksack is your secondary.

If you receive a medical bill in the mail, make sure your insurance has been billed, and if not, call the provider to remind them to bill your insurance.

If you receive a medical bill in the mail, and your insurance has been billed, make sure the provider knows to mail the bill for the remaining amount to Nooksack Clinic.

**\*\*\*NOTE: IF YOU HAVE RECEIVED A BILL IN THE MAIL, WE DID NOT RECEIVE IT AT THE CLINIC. BILLS NEED TO BE SUBMITTED TO THE CLINIC UPON RECEIPT\*\*\***

### **For those with Medicare/Medigap:**

Medigap will pay the co-pays, co-insurances, and deductible for “Medicare Covered Services.” If the service is not a Medicare covered service, the bill needs to be paid by Nooksack.

Inform all healthcare providers that Medicare is your primary coverage, Medigap is your secondary, and Nooksack is the payer of last resort.

### **For those with Medicaid coverage only:**

Not all services will be covered by Medicaid. Tell the provider that Medicaid is your primary coverage and Nooksack is the payer of last resort.

### **For those with Medicaid and Medicare coverage:**

Show healthcare providers your Medicare Card and your Medicaid card called “Provider One.” Tell the healthcare provider that Nooksack is payer of last resort.

### **Elders with Part D coverage:**

Tell the pharmacy that you have Part D coverage and show pharmacists your card (e.g. Advantra Rx, or First Health, Humana).

Tell them Nooksack is the payer of last resort.

If you have any questions or concerns regarding your medical bills, please contact our Contract Health Specialists **Staci James** and **Jeff Bailey** at the clinic.

**(360) 966-2106 ■**



**Snee-Nee-Chum**  
**P.O. Box 157**  
**Deming, WA 98244**

## Administrative Contacts

**Tribal Council Office** ..... (360) 592-5164  
**Tribal Council Fax** ..... (360) 592-4506

### Administration

**Administrative Office Main**..... (360) 592-5176  
**Administrative Fax** ..... (360) 592-2125  
**Human Resources (Director: Suzanne Brownrigg)**..... (360) 592-5176

### Law Enforcement (Police Chief: Jim Lynch)

**Police Department** ..... (360) 592-9065

### Health Services (Director: Rebecca Crocker)

**Medical Clinic** ..... (360) 966-2106  
**Dental Clinic** ..... (360) 306-5151  
**Medical Business Office (Manager: Lona Johnson)** ... (360) 966-7704  
**Genesis II Office (Manager: Rick George)** ..... (360) 966-7704  
**Behavioral Health** ..... (360) 966-2043

### Social Services (Director: Katherine Canete)

**Social Services Main** ..... (360) 592-5176  
**Elders Office** ..... (360) 592-0100  
**TANF-Deming** ..... (360) 592-3219  
**TANF-Skagit** ..... (360) 848-1758  
**Domestic Violence Office** ..... (360) 592-5176  
**DV Emergency Hotline** ..... (360) 592-4164

### Family Services (Director: Ken Levinson)

**Indian Child Welfare (ICW)** ..... (360) 306-5090  
**Child Support** ..... (360) 306-5090

**Enrollment Office** .....(360) 592-4158 x1010

### Education (Director: Donia Edwards)

**Education Main Office** ..... (360) 966-9696  
**Headstart-Deming** ..... (360) 592-0141  
**Headstart-Everson** ..... (360) 966-0523  
**Youth Program** ..... (360) 966-9696

### Other Services

**Housing Office (Director: Katrice Nicol)** ..... (360) 592-5163  
**Natural Resources (Director: Gary MacWilliams)** ..... (360) 592-5176  
**Fishing and Shellfish Fisheries Hotline** ..... (360) 592-5140  
**Cultural Resources (Director: George Swanaset, Jr.)** ... (360) 306-5764  
**Tribal Veterans (Program Manager: Jovie Joven)** ..... (360) 592-5839  
**Tribal Gaming** ..... (360) 592-5176 x1456  
**Tribal Maintenance** ..... (360) 592-0162  
**Auto Shop** ..... (360) 306-5756  
**Tribal Library** ..... (360) 592-5291  
**Community Building** ..... (360) 966-9153

### Casinos & Market Centre

**Nooksack River Casino** ..... (360) 592-5472  
**Toll free** ..... (877) 935-9300  
**Nooksack Northwood Casino** ..... (360) 734-5101  
**Toll free** ..... (877) 777-9847  
**Nooksack Market Centre**..... (360) 592-4214

## 2011 Holiday Calendar

*Nooksack Tribe's government offices will be closed on the following holidays:*

**September 5 – Labor Day • September 19 – Nooksack Governance Day**  
**November 11 – Veteran's Day • November 24 & 25 – Thanksgiving • December 26 – Christmas**