



# Snee-Nee-Chum

*A monthly newsletter of the Nooksack Indian Tribe*

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

Volume 2, Number 1 February, 2012



*This snowman appeared to be leaning into the 50mph gusts of wind! January 18, Mission Rd.*

## UPCOMING EVENTS

February Tribal Council Meeting .....	Tuesday, February 7, 5:30pm
Primary Forum.....	Saturday, February 11
Primary Election .....	Saturday, February 18
March Tribal Council Meeting .....	Tuesday, March 6, 5:30pm
General Forum .....	Saturday, March 10
General Election .....	Saturday, March 17

*All events will be held in the Community Building*

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## Tribal Maintenance at Work During January's Big Snow Event



*Nooksack Tribe Community Response Team (CERT) members Jim and Sandra Bura, Ed and Candace Kelly, Francisco Sanchez and Jesse Madera, volunteers Coby Madera, Dale Joseph and Landscaping employee James Rabang worked to build and place 400 sandbags at the False Creek lane housing area in preparation for the potential flooding forecast by the National Weather Service on January 20.*



*Ross Cline Jr. working to clear the roads of our tribal neighborhoods.  
In this case deep drifting in Sulwhanon, January 18.*



*Parking lot cleanup: January 17 Tribal Maintenance Jesse Madera on the plow equipment, Manny Javier standing to left and Tribal Police Officer Lt. Ashby working on the truck in Deming, WA.*

# 2010-2011 Council Highlights

In 2010-2011, the Nooksack Tribal Council made many positive changes for the community. Below is a list of accomplishments we wanted to share with you.

- Ensure all council meetings are open
- Paid off medical debt in the amount of \$560,000
- Brought our hard dollar budget from \$600,000 deficit to \$2 million surplus
- Currently renegotiating casino bank loans
- Funded school clothing vouchers
- Budgeted .28 cent gas discount
- Developed budget process
- Developed a strategic plan process
- Rewrote personnel policy
- Developed and implemented drug policy
- Funded \$500,000 community health fund
- Working on development of an all member medical coverage to supplement Contract Health Services
- Fund elders' meals from hard dollar account
- Provided Thanksgiving turkey dinners to all Nooksack Elders
- Developed Nooksack Indian Tribe organization chart
- Print and deliver Snee-Nee-Chum on a monthly basis
- Developing salary and wage scale
- Currently researching & identifying properties for an all-Nooksack cemetery ■

## IMPORTANT VOTER ELIBILITY NOTICE

*It is the responsibility of each Eligible Voter to notify the Nooksack Indian Tribe's Enrollment Department of any change in Name, or Contact Information. If your enrollment information is not accurate it may affect your ability to vote.*

### 62.040.020 Eligible Voter:

Article IV of the Nooksack Tribe's Constitution – Election and Nominations § 1 – states that all enrolled members of the Nooksack Indian Tribe, eighteen (18) years of age or over, shall have the right to vote. The voter must be at least age eighteen (18) on the scheduled election day in order to vote.

### Nooksack Enrollment Office

5048 Mt. Baker Highway  
Deming, WA 98244  
(360) 592-4158

## Important Street Address Changes for Community

This is an important community notice to announce the following street and mailing address changes. Please note the facilities have NOT moved, just changed street address for accuracy:

- Community Center
- Health Clinic
- Counseling Center

*The address changes are as follows:*

- Nooksack Tribe Community Center has been changed from 6746 Mission Road to 2515 Sulwhanon Drive.
- Nooksack Health Clinic has been changed from 6760 Mission Rd. to 2510 Sulwhanon Drive.
- Nooksack Tribe Counseling Center is changed from 6744 Mission Rd to 2505 Sulwhanon Drive.

### Why Sulwhanon Drive Facility Address Changes?

To ensure clarity in emergency situations, the Nooksack Tribe has coordinated with Whatcom County Public Works to change the addresses of the three Tribal facilities to reflect their position on Sulwhanon Drive.

Before the Sulwhanon Housing area was built, Sulwhanon Drive was a driveway for these facilities. Now, with Sulwhanon Drive in place, it made sense to list those buildings that are directly accessed off of Sulwhanon Drive with Sulwhanon addresses. As a result of these changes, emergency responders, delivery services, visitors, and clients will be better able to locate our facilities.

### Look for New Signs

New blue reflective signs with white lettering have been installed on each of the affected buildings by the Tribal Maintenance Department. To ensure clarity, each sign also includes the associated street name. ■

# **NOOKSACK INDIAN TRIBE ELECTION BOARD**

**Nooksack Community Center Building**

**6746 Mission Road**

**Everson, WA 98247**

**(360) 966-4150**

**(360) 306-7911 Lisa Lee, Election Superintendent**

## **OFFICE HOURS**

**TUESDAY – SATURDAY**

**2:00PM – 10:00PM**

**All Forums and Elections will be held at the  
Nooksack Community Center Building**

**Primary Forum**

**Saturday, February 11, 2012**

**To Be Announced**

**Primary Election**

**Saturday, February 18, 2012**

**10:00am to 8:00pm**

**Ballot and Voter's Book**

**Reconciliation**

**Ballot Counting to begin once  
reconciliation is completed.**

**General Forum**

**Saturday, March 10, 2012**

**To Be Announced**

**General Election**

**Saturday, March 17, 2012**

**10:00am to 8:00pm**

**Ballot and Voter's Book**

**Reconciliation**

**Ballot Counting to begin once  
reconciliation is completed.**

Pursuant to Title 62, the Tribal Council will sponsor a Primary Forum scheduled for Saturday, February 11, 2012 for the prospective candidates. Participation in the forum is not required; however it is highly recommended as this is their opportunity to state their position, what they believe they will offer the tribe, experience they have, as well as any background they have in supporting the tribe as a whole. More details on the Primary Forum will follow.

# Social Services Department

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

## SOCIAL SERVICES SCHEDULE

**Food Vouchers:** Tuesday, February 7, on a first-come, first-served basis.

**Food Bank:** Friday, February 3, open at noon until supplies run out.

**Commodities:** Available for pick-up on **Tuesday, February 14.**

## Motherhood and TANF Life Skills Schedule (February & March)

### *Schedule*

February 7: Lunch with Elders/Healthy Relationships

February 14: Valentine Craft Day

February 21: Washington State Health Department/  
Bellingham Library Field Trip

February 28: Lunch with Elders/Healthy Relationships

March 6: Movie/Set up well-child/dental appts

March 13: To be determined: appt. days or craft/movie

March 20: To be determined: appt. days or craft/movie

March 27: To be determined: appt. days or craft/movie

### *Transportation*

Classes are held on Tuesdays from 12:00-3:00pm. Transports start at 11:00am. PLEASE call to confirm you need a ride at least 24 hours in advance or transport may skip your stop.

- First Stop: Suchanon
- Second Stop: Sulwhanon
- Third Stop: Five Cedars
- Fourth Stop: Rutsatz

Questions? Contact Kate Newton or Joal Galindo at the TANF office at (360) 592-3219.

## February is Teen Dating Violence Awareness Month

The Nooksack Tribe's Social Services Department - Victims of Crime Office was recently awarded a 3-year grant from the Department of Justice, Office of Violence Against Women. This funding provides us with the opportunity to

implement our "Promoting Healthy Youth Program." This program will provide services to youth ages 13-24 with a safe, stress-free, and conflict-free environment for those who have been victimized by domestic violence, sexual assault, dating violence, and/or stalking to heal and learn nonviolent behaviors and healthy relationship interaction.

### *What is Teen Dating Violence?*

Teen dating violence is defined as a pattern of actual or threatened acts of physical, sexual, and/or emotional abuse, perpetrated by someone against a current or former dating partner. Abuse may include insults, coercion, social sabotage, sexual harassment, threats and/or acts of physical or sexual abuse. The abuser uses this pattern of violent and coercive behavior, in a heterosexual or same gender dating relationship, in order to gain power and maintain control over the dating partner.

### *Services Available to Promoting Healthy Youth Program Participants:*

- Counseling Referrals
- Emergency Protection Order Assistance
- Support Groups
- Mentoring
- Dating Violence Workshops
- Teen Pregnancy Prevention Workshops
- Healthy Relationships Workshops

### *Teens!!!*

If you feel unsafe or think you or a friend may be in a violent relationship, please contact Katie Delgado, Youth Advocate at the Nooksack Victims of Crime Office, at Social Services (360) 592-0135. You may also contact the National Teen Dating Abuse Help Line at 1-866-331-9474 or visit [www.loveisrespect.org.](http://www.loveisrespect.org) ■

# Human Resources Department

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

## Business Class Offered for Native Americans

The U.S. Small Business Administration has started offering a free, online small-business course tailored for American Indians. "Native American Small Business Primer: Strategies for Success" goes over business concepts and provides information about SBA programs available to American Indians, according to a news release from the federal agency. A link to the course can be found at [www.sba.gov/content/online-courses-starting-your-business](http://www.sba.gov/content/online-courses-starting-your-business), below the heading "Available Free Courses." ■

# Nooksack Community Health Clinic

6760 Mission Road, Everson, WA 98247 • Phone: (360) 966-2106

## Health Provider News

The clinic welcomes the following health providers and nurses:

- Kathleen Puderbaugh, Nurse Practitioner
- Sara Sheaffer, Doctor of Osteopathy
- Cate Webb, Pediatrician
- Tanya Mack, Clinic RN
- Annette Smith, Public Health Nurse
- Andrea Garcia, Clinic LPN
- Lindsey Paez, Clinic Medical Assistant

### Staff Bios

#### *Kathy Puderbaugh*

My name is Kathy Puderbaugh, and I am an Advanced Registered Nurse Practitioner. I have a Bachelor of Science in Nursing and a Master of Nursing from the University

of Washington. I am board certified in both Women's Health and Adult Nurse Practitioner, which means I can provide primary care for anyone, male or female, over age 14, as well as specialty gynecology care for women of all ages.

I grew up on the Kitsap peninsula, and am a direct descendent of the fourth son of Ste-tee-thlum. My mother's family is Jamestown S'Klallam; my aunt was a master weaver and my uncle was a totem carver. My great-grandmother was one of the first two women to pioneer the Fork's Prairie. My interests include dogs, goats, and chickens, helping raise my grandchildren, and Husky football.

As a nurse practitioner, my role is not only to diagnose and treat common and acute disorders, but to help patients make decisions regarding their health, taking into consideration each person's lifestyle and cultural beliefs. I believe in a team approach to health care, utilizing the expertise of the physicians and nurses within the clinic, but also having resources within the medical community to call upon. I look forward to meeting the families who use the Nooksack Tribal Clinic.

#### *Dr. Sara Sheaffer*



I joined the clinic in July 2011, and I feel privileged to be serving the Nooksack people. I come to you after working in Whatcom County as a family doctor since 2006, first at Ferndale Family Medicine, and later at Interfaith Community Health Center in

Bellingham. I have helped many tribal members from Nooksack and other tribal communities.

My path to becoming a doctor has been a long journey. I grew up on a small farm in Ferndale, and had a close relationship with my maternal grandparents and with my disabled uncle. I wanted to help him to have the best day he could have, every day. As a physician, this has remained my goal for each and every patient.

I was also deeply influenced by my paternal great grandmother, Maize Elvesta Lindsey Dressler, who was a Susquehanna Indian from the Pennsylvania river valley. She was a medicine woman, a healer, a writer, and a wonderful grandmother. She taught me to trust my intuition and shared many healing experiences unique to her tribal culture.

As a child and adolescent, I studied ballet and worked professionally as a dancer into my mid-20s in New York. Over several years, I sustained dance injuries that required medical attention, and was most effectively helped by an osteopathic physician. She extended my professional dance career by five years.

This experience inspired me to study massage therapy, Pilates (exercise therapy), to enter college and begin undergraduate premedical studies, and eventually to train as an osteopathic family physician. I chose to stay in New York for my training and completed my residency at St. Barnabas Hospital (SBH) in the Bronx.

SBH is a level I trauma center and has one of the nation's largest number of patient visits per year. I worked in the ER on 9/11 and later earned honors in recognition for my care of a NYC firefighter who was hospitalized for more than two months with life-threatening injuries and multiple medical and psychological complications. My husband, Matthew, is also a 9/11 survivor. I have learned a tremendous amount about post traumatic stress disorder

(PTSD) from this experience both professionally and personally. We now have a 12 year old son, JJ, along with four dogs, two cats, and a rabbit. We are delighted to be living back in my Northwestern home, which we feel is the most beautiful place on earth.

My goal as a physician is to provide a whole, healthy, balanced and fulfilling experience to my patients. I want to help you to be engaged in your own healthcare, and to work together to find a path to the best physical and mental health possible. This may include conventional medical evaluation with diagnostic tests, medications, diet and exercise planning, counseling and specialist consults if needed, as well as osteopathic evaluation.

I love the work I do, and deeply enjoy getting to know the people that I help care for. Thank you for making me feel welcome in the Nooksack community, and for allowing me to help you feel your best!

### **Dr. Cathy Webb**



**Scope of Practice:** As a pediatrician, I specialize in the management of childhood and adolescent health care, including treating common and complex childhood diseases and working with parents to promote disease prevention. For children with special health care needs, I coordinate care with other specialists and serve as the family's medical home. In the field of adolescent care, I address development issues, behavior management, mental health conditions such as depression

and anxiety.

The procedures I do include partial toenail removal for infected ingrown nails, casting, splinting, suturing, simple drainage for skin abscess, and female exam/ pap smear. I am available to see patients ages birth to age 21 years old. I am available three days a week in the clinic: Mondays/Thursdays/Fridays.

**Philosophy of care:** I believe that all children deserve to have a home here in our clinic where they feel comfortable and receive the highest level of care. I enjoy working with parents as a team to help give their children a healthy start in life. It brings me joy to see the children over time and establish a trusting relationship.

\*\* Dr. Webb will be on maternity leave for three months from March to May 2012. Dr. Sheaffer will be covering for her in her absence. Kathy Puderbaugh, ARNP will also cover for her patients that are 14 years old and older.

### **Tanya Mack**



My name is Tanya Mack, and I am a Registered Nurse. I am an Aleut from King Cove, Alaska. I graduated from Ferndale High School and then got my Bachelor's of Nursing degree from the University of Alaska Anchorage. I am excited to have this opportunity to work at the Nooksack Clinic, and I am eager to meet members of this community. ■

## **NOOKSACK AUTOMOTIVE DEPT**



**Shop Hours:**  
**7:30am - 5:00pm**  
**Monday thru Friday**

- ❖ A.S.E. Master Technicians
- ❖ Appointment Required
- ❖ H.D. trucks, cycles, boats & equipment

## **Oil & Lube Special \$39.99**

### **Services Include:**

- Oil (up to 5 qts)
- Lube
- New Oil Filter
- Refill of Window Washer Refill

### **Plus:**

- ✓ Air Filter
- ✓ Power Steering Fluid
- ✓ Tire Pressure
- ✓ Transmission Fluid
- ✓ Visual check of Brake Pads, Lights, Turn Signals, Brake Lights, etc.



**Nooksack Automotive**  
**4975 G Deming Road**  
**Deming, WA 98244**  
**(360) 303-5569**



## Nooksack Dental Center

**Dental Clinic Manager: Burke Cheung, DDS • Main Office: (360) 306-5151**

With the help of an area dental officer, Dr. Woody Crow, we recruited Dr. Kristi Linsenmayer, an excellent pediatric dentist, to join our team. Dr. Linsenmayer has worked with Native American communities since 1993, and she focuses on teaching children and parents how to prevent cavities instead of just fixing them. She helps the children at the Nooksack Dental Center for two days per month to start, and she has already made a huge difference for the children after only one month! The patients, the parents, and the dental staff like her very much, and we feel fortunate that she joined our team.

In addition to specialty training in pediatric dentistry, Dr. Linsenmayer has a master's degree in Public Health and is on faculty at the University of Washington School of Medicine, pediatrics department, as well as in the School of Dentistry, which enables Dr. Linsenmayer to keep up with the latest advances in children's dentistry and with treating the dental health of entire communities.

Children often suffer with pain from tooth decay and are often too young to explain to their parents what is bothering them/how they feel. These toothaches can also impair a child's ability to concentrate at school or even to get enough sleep, so improving their oral health helps our children in many more ways than just fixing cavities.

Special thanks to the Tribal leaders that helped us make progress for the children and fill this much-needed service. We are now one of the few tribes around here that have our own pediatric dentist, and our children no longer need to endure sometimes long waiting lists to get in at other dental clinics. ■

## Nooksack Indian United Methodist Church

6605 Mission Road • Pastor Barbara SilverSmith

**Finding Home**—Where do you feel most “at home”? In my life so far of 66 years, I have had 16 different addresses. But my real home is a place I can only visit: my family’s cabin at the Indiana Dunes, on the southern shore of Lake Michigan. It is the one place I go on this earth where, though I am alone, I am never lonely.

Though I live in a rented house in the Geneva neighborhood of Bellingham, overlooking Lake Whatcom, more and more I am feeling “at home” when I enter the sanctuary of the Nooksack Indian United Methodist Church. The spectacular stained-glass windows, with the eagle, the salmon, the lily and the rose lift my heart. I look at the giant dream catcher suspended from the ceiling, and pray for all the dreams of the Nooksack Indian people. I think about all the ceremonies held there—the many elders who were married there, the many tribal members who were baptized there, the many children who learned the great stories of the faith there and acted them out in pageants.

I recall, as I walk through the Fellowship Hall, that the Tribal Council, before federal recognition, used that room for its meetings, and many families used it (some still do) for gatherings. I remember how many Nooksacks whose lives were literally saved by the United Methodist missionaries (that’s why the road is called Mission Rd.), who gave crucial medical care at the Dispensary, the little red building which has been moved back from the road and awaits floor repair so it can be converted to a tribal museum. Those missionaries literally saved the tribe from extinction by providing free health care.

I read in the newspaper that the Nooksack Tribe and Whatcom Land Trust is going to get 1.5 million from the state Recreation and Conservation Office to pay for artificial logjams for the salmon—giving them a “home.” Meanwhile, are you still searching for your true home? I’d love to talk with you about that—anytime! Please phone me at (360) 303-0656, or (360) 756-6003 (leave a message if I can’t answer just then) so we can set up a time and place to meet!

Blessings, Pastor Barbara SilverSmith

### New Sunday Worship Time in February

Sunday Worship at 10:30am  
Nooksack Indian UMC  
6605 Mission Rd.

Refreshments and Fellowship to follow every service

Native traditions honored

ALL WELCOME

Info: Call Pastor SilverSmith

“PPS” = Praise, Prayer (+ Supper) Every Thursday

A small group is meeting for light supper (no need to bring food—just come!) from 5-6pm every Thursday night at the church, south of the Community Center. After table fellowship, the group has a quiet time in the sanctuary to praise God and to pray for God’s guidance in determining how the church can be of real service to the tribe. All are welcome. For more information, call Pastor Barbara SilverSmith. ■



# Emergency and Risk Management Program

Program Manager: Glenn Yorks

Program Facilitator: Steven Jimmy (360) 303-3457

Community help line (NIT EOC): (360) 592-HELP

## Winter Risk Management Tips

Ice and snow build-up can cause damage to roofing materials, create water back-up from ice dams, and in extreme cases even structural collapse. Frozen pipes can burst, flooding properties and causing untold damage to room finishes and contents. Poorly maintained heating systems can cause smoke damage—"puff backs"—and even large-loss fires. Slips and falls from ice and snow account for millions of dollars in losses each year. So what can be done? Prepare now!

## Winter Safety Checklist

### *Pipes*

- If possible, turn off supply to exterior spigots.
- Wrap/insulate pipes that might be prone to freezing.
- Caulk and insulate to prevent drafts of cold outdoor air.
- Get to know your plumbing! Learn how to shut the water off if a pipe does break.

### *Slips and Falls*

- Inspect and repair handrails and banisters to prevent falls and serious injuries.
- Clear away leaf build-up and debris from all catch basins.
- Warn staff of winter slip-and-fall dangers and what can be done to protect them.
- Place buckets of salt and/or sand near building entrances where slips are common.
- Have extra water-absorbent mats available for entry halls where slips are common.

### *Roof*

- Ensure that attic vents are open to maintain proper ventilation.
- Repair any damaged shingles, gutters, and flashing.
- Clean all gutters and downspouts. This will prevent the backup and freezing of water.
- Develop a plan to deal with excessive snow loads.

### *Heating System*

- Have all boilers and furnaces serviced by qualified personnel.
- Remove any combustible materials near the heating system(s).
- Clean and/or replace system filters.
- Properly shut down cooling systems not used during the winter.

### *Other*

- Trim trees and dead branches. These can break, damaging property or injuring people.
- Prune shrubs and protect those prone to damage from snow and ice.
- Check exterior lighting so people can see and avoid hazards.
- Drain and/or stabilize gasoline in power equipment that will not be used until next year.
- Check snow-removal equipment and shovels.

## Mobile Data Security: Tips to Secure Mobile Devices

- Be Smart. Don't let your mobile device out of your sight, and don't be showy with your equipment. Your new iPhone is definitely cool, but you don't want to advertise that you have one, or you may attract the attention of someone who wants to steal it. Carry your gadgets and laptop as inconspicuously as possible.
- Label your property. Labeling reduces the theft value of the equipment, since it's extra work for the thief to remove the labels.
- Use security products. You can increase the physical security of your device by investing in a cable lock, beaconing software, lock boxes, or BIOS settings.
- Use the hard drive password setting on your laptop. It provides good security, but is also the most unforgiving if a password is lost. If you do set the hard drive password, store the password in a safe place (not in the laptop or laptop case).

## Tips to Secure Data on Mobile Devices & Smart-phones

- Consider your real needs. Look at the data you have stored on your laptop or PDA, and ask yourself whether you really need to have this sensitive data stored on the device, or whether you could remove certain aspects of it to be safer. If you really need confidential or sensitive data on your mobile device, consider the following: 1) Accessing it on a server versus storing it on the local hard drive; 2) improving the physical security by locking it down; 3) encrypting the data.

- Make a trusty backup. No matter what else you do, make sure that you have a backup of any data that you value. This not only ensures that you will still have access to the information, but will also help you identify exactly what sensitive information a thief may be able to access, so you can do damage control. It also helps to keep your backup in a different location if your laptop or other device is stolen.
- Ensure you are only carrying the data you think you need. It is a good idea to look in your most frequently used folders, and your “Temp” folder, and purge any unneeded files, every week or two.
- Use encryption or a Virtual Private Network (VPN). These can dramatically increase your security. Encryption offers protection by scrambling the data so only the owner of the key can read the data. A VPN scrambles the data as it is being transmitted back and forth between your mobile device and a server. Note that file and hard drive encryption mean that the data is stored in your mobile device, whereas with a VPN, the data is on a remote server. On the whole, it is better to leave the data on a server that is managed by a system administrator and use a VPN then to take the data with you and encrypt it on the device.

## STROKE is an Emergency

Every minute counts. Act FAST and Call 9-1-1 IMMEDIATELY.

Use F.A.S.T. to remember the warning signs:

- Facial droop
- Uneven smile
- Arm numbness
- Arm weakness
- Slurred speech
- Difficulty speaking or understanding.

Time: Call 911 and get to the hospital immediately. Have the ambulance go to the nearest stroke center.

### Stroke Risk Factors

- High Blood Pressure
- High Cholesterol
- Heart Disease
- Diabetes
- Smoking
- Heavy Alcohol Use
- Physical Activity
- Irregular Heartbeat
- Family History

For more information about stroke, contact: American Stroke Association (ASA) [www.strokeassociation.org](http://www.strokeassociation.org) or National Stroke Association (NSA) [www.stroke.org](http://www.stroke.org). ■

# Northwest Washington Indian Health Board: Injury Prevention Program

Injury Prevention Coordinator:

Gloria Point

(360) 647-9480 Ext. 204

## Traumatic Brain Injury—Concussion

Traumatic brain injury (TBI) is a serious public health problem in the United States. Each year, traumatic brain injuries contribute to a substantial number of deaths and cases of permanent disability.

A TBI is caused by a bump, blow, or jolt to the head, or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from “mild” to “severe.”

### What is a Concussion?

A concussion is a type of TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

### What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

### Symptoms of concussion usually fall into four categories: (see chart on page 10)

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed on them. Sometimes, people do not recognize or admit that they are having problems. Others may not understand why they are having problems.

Signs and symptoms can be difficult to sort out. Early on, problems may be missed by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently.

## Symptoms of Concussion

Thinking / Remembering	Physical	Emotional / Mood	Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired having no energy	Nervousness or anxiety	

## When to Seek Immediate Medical Attention

### *Danger Signs in Adults*

Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body:

- Headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech.

The people checking on you should take you to an emergency department right away if you:

- Look very drowsy or cannot be awakened
- Have one pupil (the black part in the middle of the eye) larger than the other
- Have convulsions or seizures
- Cannot recognize people or places
- Are getting more and more confused, restless, or agitated
- Have unusual behavior
- Lose consciousness (a brief loss of consciousness should be taken seriously and the person should be carefully monitored).

### *Danger Signs in Children*

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- Have any of the danger signs listed above
- Will not stop crying and cannot be consoled
- Will not nurse or eat.

## What Should I do If a Concussion Occurs?

People with a concussion need to be seen by a health care professional. Getting help soon after the injury by trained specialists may speed recovery. Learn common signs and symptoms, as well as danger signs and when to seek immediate medical attention.

## What to Expect When You See a Health Care Professional

The health care professional will screen you for concussion, possibly using “neuropsychological” or “neurocognitive” tests to assess your learning and memory skills, your ability to pay attention or concentrate, and how quickly you can think and solve problems. Your health care professional may do a scan of your brain (such as a CT scan) or other tests. Your health care professional will send you home with important instructions to follow.

If you are taking medications—prescription, over-the-counter medicines, or “natural remedies”—or if you drink alcohol or take illicit drugs, tell your health care professional. Also, tell your health care professional if you are taking blood thinners (anticoagulant drugs), such as Coumadin and aspirin, because they can increase the chance of complications.

## Concussion in Sports and Recreation

Athletes with a concussion should never return to sports or recreation activities the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's okay to return to play. ■



**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  
Emergency & Risk Management ..... (360) 592-HELP (4357)  
(Program Manager: Glenn Yorks)  
(Program Facilitator: Steven Jimmy) ..... (360) 303-3457

### 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

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

### Family Services (Director: Ken Levinson)

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

### 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 Romero) (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

## 2012 Holiday Calendar

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

February 20 – Presidents Day • April 23 – Mother Earth Day • May 28 – Memorial Day • July 4 – Independence Day  
August 10 – Council Elected • September 3 – Labor Day • September 24 – Nooksack Governance Day  
November 12 – Veterans' Day • November 22-23 – Thanksgiving • December 25 – Christmas