

Meskwaki Nation

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 12 | December 2022

Times



On November 4, 2022 Dave Pushetonequa led the Buffalo Head dance at the MSS Neno Day powwow

DIRECTORY

TRIBAL POLICE 484-4844
FOR EMERGENCIES DIAL 911

TRIBAL OPERATIONS

Tribal Center Offices	484-4678
• Attorney General Office	484-4678
• Child Support Services	484-9301
• Enrollment	484-9233
• Executive Offices	484-4678
• Facilities Management	484-9255
• Family Services	484-4444
• Fiscal	484-4678
• Higher Education	484-3157
• Historical Preservation	484-3185
• Housing/Realty	484-4972
• Human Resources	484-4678
• Information Technology	484-9245
• Language Preservation	484-3185
• Media Services	484-9439
• Natural Resources	484-3511
• Police	484-4844
• Prosecutors Office	484-4678
• Public Defender's Office	484-9214
• Public Works	484-4600
• Senior Services	484-9224
• Victim Services Crisis Line	
* Answered 24 Hours	481-0334
• Workforce Development	484-9501
• Youth Program	484-5369

MESKWAKI HEALTH SERVICES

Health Clinic	484-4094
• Contract Health Services	484-9406
• Benefits Coordinator	484-9404
• Medical Records	484-9431
• CHR Program	484-9419
• Diabetes Program	484-9414
• Behavioral Health	484-9482
• Pharmacy	484-9451
• Wellness Center	484-9271

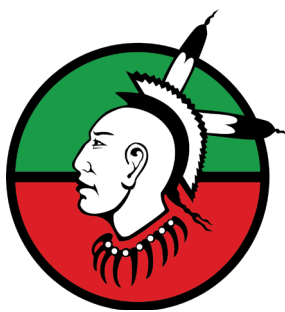
MESKWAKI SETTLEMENT

SCHOOL

• Primary	484-4990
• High School	484-9000

MESKWAKI ENTITIES

GAMING COMMISSION	484-1450
HOUSING AUTHORITY	484-6106
MESKWAKI CASINO	484-2108
TRAVEL PLAZA	484-9350
TRIBAL COURT	484-9300
MESKWAKI, INC.	484-3820
PINNACLE BANK (Mtown)	752-2393
PINNACLE BANK (Toledo)	484-7303



**SAC & FOX TRIBE OF THE
MISSISSIPPI IN IOWA**

THE MESKWAKI NATION

349 Meskwaki Road
Tama, Iowa 52339

Phone: 641-484-4678 or 800-944-9503

Fax: 641-484-5424

**“TO RELY ON THE KNOWLEDGE AND EXPERIENCES
OF THE PAST, ALONG WITH THE WILL TO SURVIVE
TO ADVANCE THE PEOPLE, CULTURE AND
WELL-BEING OF THE MESKWAKI NATION.”**

Chairman - Vern Jefferson

State, Local & Federal: Term expires November 2025

Vice Chairman - Drayton Roberts

Housing: Term expires November 2023

Treasurer - Donica Wanatee

Health: Term expires November 2025

Member - Clinton Bear

Enrollment: Term expires November 2023

Tribal Council

Member - Vance Brown

Agriculture: Term expires November 2025

Member - Apollo Davenport

Employment: Term expires November 2025

Member - Zane Oldbear

Education: Term expires November 2023

If you have recently moved, please update your address with the Finance Office. Tax documents, checks, the MNT, and other notices are sent to tribal member's addresses on file. Address change forms are available at the front desk of the Tribal Center and available for download on our website at:

WWW.MESKWAKI.ORG

(Click on the Government/Finance links)

Forms can also be mailed, faxed or emailed to you upon request.

**NO CHANGES WILL BE
ACCEPTED OVER THE PHONE.**

If you have questions, please contact Jordan Bear in the Finance Office at 641-484-9202.

Next TRIBAL COUNCIL Meeting

Dec. 7 @ 5pm – 9pm

Meeting dates / times are subject
to change at discretion of the
Chairman.

The Meskwaki Nation Times is a monthly publication available to all enrolled adult tribal members by mail. Meskwaki Media Services is a member of the Native American Journalists Association.

The deadline to submit articles for the next edition is:

DECEMBER 20, 2022

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

Or mailed to:

Meskwaki Nation Times, 1646 305th Street, Tama, Iowa 52339

All articles submitted are subject to approval and/or editing due to the space available.
Editor: Shannon Mitchell - Photographer: Wendy Witt - Content: Crystal Mzhickteno



Meskwaki Bingo Casino Hotel

Owner Appreciation Dinner

MESKWAKI MESKWAKI

Meskwaki Convention Center
Thursday, January 12, 2023
5:00 p.m. - 8:00 p.m.

IS THE DERECHO STILL IMPACTING YOUR LIFE?

We may be able to help.

¿LA TORMENTA EL DERECHO LE SIGUE AFECTANDO SU VIDA?

Nosotros podríamos ayudarle.

IOWA LEGAL AID®
HOPE. DIGNITY. JUSTICE.

Call the Derecho Hotline: 1-877-469-2259
iowalegalaid.org

Meskwaki Tribal Council, along with the Attorney General's office would like to remind you about Iowa Legal Aid's assistance. They are providing legal help to those needing assistance from the Derecho storm. Please contact their helpline for information and assistance. 1-800-469-2259.

MOVING?

If you have recently moved, don't forget to update your mailing address with the Fiscal Office. The form can be found by calling (641) 484-4678 or by visiting the Meskwaki website at www.meskwaki.org.



THANKS FOR THE MEMORIES,

Off and on since 2004 I have had the privilege of being the General Manager for the Meskwaki Bingo Casino Hotel. Many times, I have brought up that this is an ongoing success story that began long before I arrived. I am only proud to say that I have had the honor to be a part of the success as it goes forward.

Since 2004 there have been many great individuals that I have had the opportunity to get to know. That began with the very first Tribal Council which the Chairman was Homer Bear along with the rest of the Council that gave me the opportunity to be the General Manager which I am forever grateful. In subsequent years when I was brought back there have been many other Tribal Council Members including the current one that also showed that confidence in my return and I thank each and everyone of you as well.

Working with Tribal Operations and along with the Gaming Commission we were always looking for the best solution to whatever the challenge may have been. Not that we always agreed, but with mutual respect and the best interest of the Tribe and the Casino at heart.

Over that time there were many projects that we took on, with the biggest being the expansion in 2004-2007. I look back at that time with the approval of the Council and the Tribal Membership as one of the best decisions ever made that positioned us to compete then and now with any property in Iowa and the Midwest. Also, the collaboration of the Tribal Council, Tribal Operations and Casino Management in helping to defeat the potential expansion of new casinos in Iowa.

But most of all I will remember the people. None of this could have been done without the support of every person that ever worked here regardless of position. Their dedication to be open 24 hours a day 365 a year regardless of weather, conditions, and challenges was never taken for granted.

To every Director, Supervisor, Manager, Housekeeper, Cashier, Cook, Dealer, Security Guard, Slot Attendant, Bingo Attendant, Front Desk Clerk and every single Team Member here I thank you all very much.

Last but certainly not least, thank you to the Tribal Membership for your support for all these years. All the people that I have gotten to know and some that are no longer with us, you are not forgotten. Once again, we did not always agree on everything as well, but we always tried to do what was best for the casino long term. Your support and friendship certainly made those difficult times all worthwhile and you will always be remembered.

Looking forward; the future is bright, but there will still be challenges. With the Tribal Council's selection of Scott Sirois as the new General Manager that success can continue. I hope you provide Scott with the same support that you have shown me over the years as well.

Wishing you all the best and thanks again for everything,

Sincerely,
~ Dan Stromer

MY DEAR MESKWAKI COMMUNITY,

We have arrived at the end of another year and I look back and wonder where all the time went. I do this every year and think about hearing older people in our family talk about how our time goes by faster as a person gets older. Now, more than ever I feel these words. I also appreciate all of this time much more than I ever thought I could. Time with my grandkids, my work, sewing, beading and learning about cattail weaving are all prime recipients of my precious time. As I travel into a new year, I hope my time will be spent in ways that help me learn and grow mentally as well as spiritually. It would be great to become a healthier person while I'm at it, so as this year comes to a close let's all hope for better life choices.

Here in our museum, we've made a few notable changes, first and foremost is the edition of a brand new custom made case containing the replica of a Meskwaki bark house that came from the Chicago Field Museum. This replica was built over one hundred years ago for the Field Museum. Last year this display was removed from its space to make room for the new Native American exhibits that opened earlier in 2022. Rather than be destroyed, the exhibit found a new home on the Meskwaki Settlement. A custom enclosed case had to be built. We hired two different companies to build an environmentally safe enclosed case for this display in our museum. This exhibit currently holds space in our gallery for all of our guests to enjoy and we invite all of you to come visit.

Another museum display impacted within our community was at the Meskwaki Casino Hotel lobby, and this went through a dramatic overhaul just a couple of weeks ago as we were told that all of our displays had to be removed within 24 hours. Fortunately, I was able to have assistance from



Kristina Young Bear as well as several casino staff members in breaking down cases and packing artifacts. This drastic move was so the hotel renovation could proceed. While the circumstances were not ideal, the company doing the renovation has made an effort to remedy the lack of communication between our museum, the casino and our hotel so this will not happen again. The company doing the renovation has assured me that we will have a voice in how our history and artifacts are displayed within the space we are given. Please come and visit with me if you are interested in having input on this subject. I believe representation by Meskwaki people is important for our community projects. We should be represented and heard when these projects are being developed and not after the fact. With that being said, I hope we can all enter the New Year with good health, positive energy and family. I am always grateful for my community and while no place is perfect our Settlement comes pretty close. Happy Holidays from the Meskwaki Cultural Center & Museum!

~ Bonabiga- Mary Young Bear



Harvest Meal 2022



GREETINGS FROM MESKWAKI HEMP SUPPLY, INC.

As the colder, shorter days of fall usher in the coming winter, we have been busy preparing for the 2023 growing season. We took soil samples of our hemp crop field, and got some custom organic soil amendment blends to help to improve the health of the soil, which should help increase our yields next season.



MNR was kind enough to let us use their tractor, brush mower, and tiller to prepare the fields for drilling winter rye seeds for a cover crop, and I worked with the local NRCS office to get some funding assistance for the cost of the seed. The cover crop will improve soil structure and health, reduce weed pressure for the hemp crop next season, and protect the soil from erosion. The tilling was mainly to try and reduce the number of grasshopper eggs that make it through the winter, so we can get ahead of them for 2023. After the cover crop was seeded, Kade and Luke got the fall amendments applied to the field, so that they will have all fall, winter, and early spring to get into the soil and be available nutrients for the hemp plants next season.

Kade and Luke have also been putting up a 30' x 36' high tunnel, which we will use for winter storage, as well as for a nursery area for hemp clones come springtime, in order to ensure the plants are properly acclimated and hardened off before being planted out into the crop field and being exposed to the elements in full. While we regularly talk about how nice it will be to have the greenhouse facility to operate out of once it is built and operational next year, we are still making the progress we can in the meantime to continually improve Meskwaki Hemp Supply, Inc. The high tunnel is certainly a step in the right direction, as having young hemp transplants that are fully adjusted to

the wind, sunlight, and temperature fluctuations will help enable them to have the best start possible.

While not directly a part of Meskwaki Hemp Supply, Inc., we are working toward a possible business consulting agreement with Functional Remedies, LLC, the same company the tribe worked with for the growing operation, to get a hemp oil extraction and product manufacturing corporation started. This separate tribally-owned corporation would take the organically-grown hemp we harvested and make it into premium-grade, full-spectrum hemp oil products using a natural extraction method for a cleaner and more effective end product in comparison to what is largely available.

Economists and market analysts are projecting steady growth for the CBD product industry over the next several

years before leveling out in the tens of billions of dollars annually, with one of the main limitations to growth being the lack of processing companies to meet the growing demand. The tribe could be well-positioned to not only make its own branded products for wholesale and retail, but to also be able to make revenue by offering contract manufacturing services for other brands as well, and securing only a small percentage of the market share would make for a profitable operation. We have been presenting information to Tribal Council as things develop, with the hope of beginning to get things in motion in 2023 if possible, and pending final approval.

Thanks,

~ Grant Shadden, CEO & General Manager,
Meskwaki Hemp Supply, Inc.



With winter right around the corner consider some of these helpful tips to improve the indoor air quality of your home!

Improving Your Indoor Environment

Did you know we spend about 90% of our time indoors?

Levels of air pollution indoors can be as high, and sometimes higher, than outdoor levels. Indoor Air Quality (IAQ) can affect anyone's health, but older adults, children, and people with health conditions like asthma and heart disease can be more vulnerable.

Learn about indoor air pollution and the steps that you can take to improve your indoor environment.

Indoor Air and Health are Connected - Take Action



- Learn how reducing indoor contaminants may improve health. Tour the [IAQ Demo House](#).
- Ventilate! When outdoor air quality and weather permit, open doors and windows. Run kitchen and bathroom exhaust fans when cooking and showering.
- Consider a high-efficiency [air filter](#) for your HVAC system and/or a [portable air cleaner](#) that does not intentionally emit ozone.
- Control indoor moisture to prevent [mold](#). Fix water leaks and keep humidity levels between 30-50% by ventilating or using a dehumidifier if necessary.
- Install and inspect [carbon monoxide](#) and smoke alarms.
- Declutter, wipe dust with a damp rag, and vacuum to help reduce [asthma triggers](#), allergens, pests, and pollutants.
- If you rent, inform your landlord right away about indoor air quality or water concerns. You may also consult Environmental Law Institute's [Indoor Air Quality Guide for Tenants](#).

Vent Your Combustion Appliances



- Vent all combustion appliances to the outside. Combustion appliances like heaters, stoves, and dryers can produce [dangerous pollutants](#) in your indoor air.
- Have your combustion appliances (like wood heaters and gas stoves) inspected annually and follow manufacturer instructions. Appliances that are not working properly can produce dangerous pollutants like [carbon monoxide](#).
- Never use a cooking stove to heat indoors and never use a fuel powered generator indoors, even during [power outages](#).

Consider Outdoor Air Quality



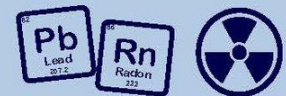
- Learn about [pollution in your community](#) and check outdoor air quality at [AirNow.gov](#). Outdoor air pollution can impact IAQ.
- Be smoke ready. Purchase air cleaners and extra filters before wildfires start and create a [clean air room](#). During fires, check air quality at [fire.airnow.gov](#) or local news.

Reduce Chemical Pollution Indoors



- Minimize the indoor use of cleaners, pesticides, perfumes, and other household and personal chemical products.
- Use less toxic cleaning products like mild soap and water. Look for products with EPA's [Safer Choice](#) label.
- Follow product label instructions, don't mix chemicals, and ventilate when painting, cleaning, sanitizing or disinfecting.
- Use non-chemical methods like [integrated pest management](#) whenever possible to manage pests. Avoid using pesticide sprays and foggers.
- Avoid [smoking](#) or using e-cigarettes indoors. If you live in multi-unit housing, consider advocating for a smoke-free policy in your building.

Check for Lead and Radon



- Test for [lead](#) in your home or school if it was built before 1978 and consult with your child's healthcare provider for advice on blood lead testing.
- Test your home or school for [radon](#) and fix if needed. Exposure to radon is the 2nd leading cause of lung cancer in the U.S.



Scan this QR code with your smartphone camera to view [this document](#) online



Scan here to visit EPA's [Indoor Air Quality](#) site, including resources for schools



May 2022

SENIOR SERVICES

Meskwaki Senior Services offers meals, a food pantry, nutrition information, transportation assistance, and activities. Enrolled Meskwaki seniors that are 55 years and over are eligible to receive and redeem coupons at the Meskwaki Casino. Discounts range from free meals to "coins!" If you are 55+, you can call in at 641-484-9224 and ask to speak to the director on how to sign up for services. Meals are served daily at noon and are free to seniors and \$8.00 for non-seniors.

SENIOR ACTIVITIES

Dec. 1 - 12pm, Guest Speaker, MNR	Dec. 8 - 1 pm, Elders Committee Mtg.	Dec. 21 - 11:30am Senior Holiday Party
Dec. 2 - Holiday Expo, Gym	Dec. 9 - 4:30pm-6 pm, Chili Fundraiser	Dec. 22 - Closed (for employee Holiday Party)
Dec. 3 - Holiday Expo, Gym	Dec. 12 - 10am, Bone Dice Tourney	Dec. 26 - Closed
Dec. 5 - Wellness Challenge Kick Off!	Dec. 13 - 10am, Amana/Coralville Trip	Dec. 27 - 5:30 pm Cultural Discussion
Dec. 7 - Coffee & Culture w/ MNPD	Dec. 15 - 11am, NE Iowa Food Boxes	Dec. 28 - 1pm, Crafts
Dec. 7 - 1pm, Crafts	Dec.15-12pm, Guest Speaker, Apprenticeship	Dec. 29 - 12 pm, Birthday Meal
Dec. 8 - 12pm, Guest Speaker, MBCH	Dec. 19 - 1pm, Sack Treat Activity	Dec. 29 - 1 pm, Blood Pressure/Sugar Check
	Dec. 20 - 4:30pm Elders Circle Meeting	Dec. 30 - Wellness Challenge Concludes



CULTURAL DISCUSSIONS

HELD AT THE MESKWAKI SENIOR CENTER

December 27 2022 *Childbirth Customs *Women's Menses	January 17 2023 *Meskwaki Storytelling *Gardening	February 21 2023 *Return Feast *Ghost Feast
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MESKWAKI COMMUNITY ENCOURAGED TO ATTEND!

Discussions are lead by the tribal aging community and cultural leaders. The cultural discussions will be held in safe and non-judgmental environment.

Meal: 5:30 p.m. Discussions: 6:00 p.m.

COFFEE & CULTURE TIME

DECEMBER 7

LUCKY'S LOUNGE @ 8:00 A.M. - 9:00 A.M.

COMMUNITY ELDER'S DISCUSSION



STRENGTHEN RELATIONS BETWEEN MESKWAKI LIFE & POLICE LIFE




Chili & Frybread Fundraiser

DEC. 9

4:30 p.m. - 7:00 p.m.

Sign up to volunteer or donate at the Senior Center.

NDN BURGERS

NDN DOGS

ENJOY THE TASTE OF FOOD



Senior Wellness Workouts

Join us for balance work, core, strength training,
range of motion, overall health and fun!

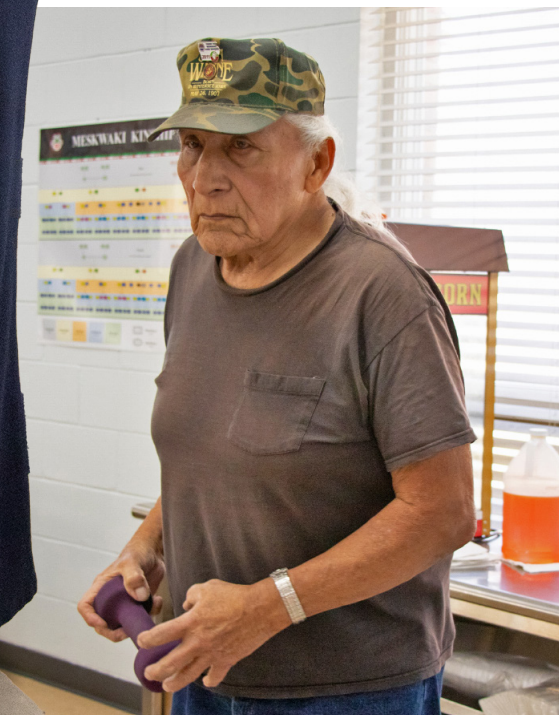
Every Monday, Wednesday, and Friday

10:15 a.m. - 10:55 a.m.

Location: Senior Center

No equipment needed, just bring yourself. If you need a ride, let us know!

Coming Soon in December: Senior Fitness Challenge





DIABETES AWARENESS 5K FUN RUN

On November 1 the Meskwaki Diabetes Program hosted a 5K walk/run in support of Diabetes Awareness. Participants received food, shirts, and door prizes. Pre-walk and post-walk blood sugars were measured for those who wished to take part. See the rest of the photos from this event at meskwakimedia.smugmug.com



WHAT IS STREP?

During the winter and spring, we talk a lot about influenza, but there is another common infection that we tend to see increases of during this time of year. Strep throat is a bacterial infection in the throat that we most commonly see in school age children when school is in session. While strep most often affects children 5-15 years of age, it is possible for anyone to get strep throat. Cases of strep throat typically peak during the winter and spring months so it shouldn't be surprising that we have seen an increase in positive cases in our community over the past few weeks. Below is important information about strep throat, testing for and treatment of the infection, and things you can do at home when you or your family member has been diagnosed with strep throat.

When you think of the symptoms of strep throat, most people just think of a sore throat, however, there are other symptoms to be aware of. Most often, the sore throat that accompanies a strep infection starts abruptly and is accompanied by a general feeling of being unwell, or as most of us say, "I just don't feel good." Other symptoms that are associated with strep throat include the following: fever, red or swollen tonsils, painful or swollen neck glands, red and/or white patches on the back of the throat, trouble swallowing, body aches, lower stomach pain, nausea or vomiting, loss of appetite, and rash. When these symptoms occur, it is best to contact your doctor to schedule an appointment for testing.

Testing for strep throat is fast and easy, but most people don't enjoy the process. To test for strep, we obtain a sample of the fluids from the back of the throat with a cotton swab. The test is performed in the clinic lab and the results are received within 5-10 minutes. It is important to be tested and begin treatment for strep because an untreated strep infection can lead to further health problems like rheumatic fever (which can cause heart damage), scarlet fever, blood infections, or even kidney disease. If you are unsure if you or your child should be tested, please call the clinic and speak with a member of our nursing staff to determine the best course of treatment for your particular situation.

If the strep test is positive, you need to know that strep throat is very contagious and others can be infected by direct or indirect contact with the strep bacteria. Direct infection occurs when a person comes in direct contact with an infected persons saliva, sinus drainage, or other body fluid so washing your hands well and often is incredibly important. Indirect infection occurs when germs from an infected persons nose or throat spread through the air as droplets from a cough or sneeze. This is why it is so important to cover all sneezes or coughs by putting your face into your elbow (not your hands) and teach your children to do the same.

Treatment for strep infection consists of an antibiotic that will be prescribed by your doctor. Penicillin is the most common antibiotic prescribed for strep, but if you or your child are allergic, there are other medications that are capable of treating the infection. Remember to always update your doctor with any medications that you or your child are currently taking and of any food or medication allergies. Once the antibiotic is started, it is incredibly important to take all of the medication as prescribed by your doctor. Do not stop the medication once you or your child feel better. Stopping the medication before it is completed can increase your chances of contracting the other health problems that an untreated strep infection can cause.

There are a few things you can do at home to help you or your child feel a little better while you are recuperating, including:

- Drink plenty of liquids, like water or ginger ale, to prevent dehydration, especially if you have a fever. Avoid orange juice, lemonade, or other acidic beverages as these can irritate your already sore throat.

- Warm liquids like soups, sweetened tea, or hot chocolate can be soothing. Be sure these are warm, NOT HOT.
- Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for pain or fever

Since strep is very contagious, do the following to prevent the spread of strep to others in the home:

- Keep infected persons eating utensils, dishes, and drinking glasses separate and wash them in hot, soapy water after each use.
- Do not share food, drinks, napkins, or towels with infected individual
- Cover all coughs and sneezes
- Wash hands frequently and thoroughly
- Replace infected individual's toothbrush once they have taken antibiotic for at least 24 hours and are fever free.

Most people who have strep throat will feel better 2-3 days after antibiotics are started. Normal activity (return to school or work) may be resumed when the infected person is no longer contagious. This means that they no longer have a fever and have been on their antibiotics for at least 24 hours. Remember, if you have any questions or concerns regarding strep throat, or any other health issues, please call the clinic and speak to a member of the nursing staff. We are here to help!

~ Sara Augspurger, RN
Clinic Nurse Manager





**SAVE
THE
DATE**

**DIABETES
BINGO**
December 5 @ Noon
Tribal Snack Bar

**COOKING WITH JENNIFER
AT HEALTH CLINIC**
December 7 at Noon
Learn to cook using an Instant
Pot! Community is welcome to
this event.

DIABETES BINGO
December 19 @ 5 PM
Tribal Snack Bar

DIABETES JVN DAY
December 20
Schedule to have your Joslin
Vision Network (JVN) done this
day. JVN is an innovative retinal
imaging device designed to
detect vision problems early on.
Call Chris at the clinic to set up
your appointment.

DIABETES INCENTIVE
2022 Meskwaki Diabetes
Incentive program ends on
December 31, 2022!
Please check in with Chris to
redeem your incentives before
January 13, 2022. Call Chris at
the Health Clinic at 641-484-
9414.

To register for classes, call
Jennifer at (641) 484-9421 or
email:

jennifer.scales@meskwaki-nsn.gov

NEED A RIDE?

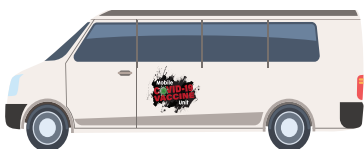
Transportation is available for qualifying
visits to the Health Clinic and other medical
transports. Call the numbers below for info:

Medical Transportation: (641) 484-9419

Medication Deliveries: (641) 484-9451

Behavioral Health Transport: (641) 484-9487

Non-Medical Transport: (641) 484-9410



Give your feet a good treat by not
skipping a beat! Go see your local
Podiatrist today.



The Meskwaki Health Clinic has many services to help you manage your diabetes, and one of them is by having a Podiatrist available to all patients. Dr. McMurray is in the office two Wednesdays out of each month from 8:00am- 2:30pm. For individuals who have diabetes it is extremely important to take care of your feet to prevent problems from developing. For more information or to schedule an appointment call 641-484-4094.

DIABETES PROGRAM INTRODUCES TRIBALFITT

We are excited to announce a new enhancement to our
diabetes program - an online platform and mobile app that
will provide extensive resources and tools at your fingertips.



And, you can earn prizes
for participating! There
is so much you can
do, but here are just a
few: participate in fun
challenges with your
peers, access Sweat
Factor exercise videos,
watch well-being videos
taught by experts in their
field, and take online
courses. These resources
are designed to help you
live your best life with a
focus on physical health,
financial well-being, and
social/emotional health.
Contact us to sign up
today.

**Space is limited please
sign up by December
16!**

To sign up call or
email Chris Alamo or
Jennifer Scales at the
Health Clinic at 641-
484-4094 or christina.alamo@meskwaki-nsn.gov
or jennifer.scales@meskwaki-nsn.gov

Meskwaki Diabetes Program
invites you to

Holiday Painting

with Messy Missy

DEC 14 2022

First session at 2:00 p.m.
Second session at 5:00 p.m.
90 minute sessions

Tribal Center Snack Bar

Holiday Painting with Messy Missy is being offered to Diabetic Patients

15 people per session limit

RSVP to Chris Alamo at the Meskwaki Clinic
at 641-484-4094.

PHARMACY CORNER

Flu shots are still available at the clinic and it's not too late to get yours.

December 6th through December 12th is National Influenza Vaccine Week, sponsored by the CDC. Flu vaccination rates drop dramatically after November, but as long as flu viruses are being spread it is not too late to get vaccinated. Even if you have already had the flu, the vaccine will provide protection against other strains of the virus that may be going around.

Another goal of flu vaccine week is to communicate the importance of vaccination for high risk individuals. High risk patients include people with certain medical conditions, such as asthma, heart disease, diabetes and chronic lung disease. Pregnant women, people 65 years of age and older and people who live with patients that are at a serious risk of developing complications are also considered high risk and should get a flu vaccine. If you have not yet received your flu shot, please make an appointment to get one right away. You do not need to see a provider. You may call the receptionist to schedule a nurse visit or you may walk-in and request one. Get protected, get immunized.

Cough and cold season is in full swing. This means the pharmacy is

getting busier and busier and wait times may get a little longer. If you need refills of your chronic medications please call the pharmacy when you have several days' worth of medication remaining. This will give us more time to get your refills ready. Please do NOT wait until you are out of medication before you call for your refills. We certainly appreciate your consideration.

Did you know that you can receive automatic notifications when your prescriptions are ready for pick-up? Simply provide the pharmacy with either an email address or a cell phone number and the pharmacy will send an email or text message to you when your prescriptions are ready. Please see the pharmacy for more information!

~ Meskwaki Pharmacy



Download the Pharmacy's prescription refill app from website or mobile device.



MESKWAKI CLINIC VISION PROGRAM

- Do you need your eyes checked?
- Are you an active patient at the Meskwaki Health Clinic?
- Do you have a CDIB or Tribal ID on file with the Clinic?
- Do you reside within 25 miles of the Clinic?



If you said yes to all of the above, you may qualify for the Meskwaki Clinic Vision Program.

The Meskwaki Health Clinic Vision Program provides partial payment to certain providers so you don't have to pay some of the out of pocket costs for eyeglasses. We provide:

\$275 a year for **children** 17 years and younger

\$275 every two years for **adults** 18 and up; (Diabetic patients can receive this benefit yearly)

\$450 every two years for **Elders** 60 and up

The program provides these payments through "Vision Vouchers" which can be obtained from the clinic before going to the eye doctor. **Vision Vouchers can be submitted to the following providers:**

- **Walmart** - Marshalltown location only
- **Eye Care Associates** - Toledo location only
- **Wolfe Eye Clinic** - Marshalltown & Toledo

To obtain one, contact Amanda H., the Vision Specialist at the Meskwaki Health Clinic, at least 72 hours in advance of your visit.

**Patients have the option of going to other eye clinics. However, patients would need to pay for services out of pocket first and then bring the receipt to the Meskwaki Health Clinic for reimbursement.*

If you have any questions about whether you qualify, please contact Amanda H. at the Meskwaki Health Clinic at 641-484-4094.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

NENO DAY AT MESKWAKI



SETTLEMENT SCHOOL





MESKWAKI FAMILY SERVICES

It is our goal to strengthen families of the Meskwaki Indian Settlement by promoting healthy family functioning in an atmosphere of self-determination and traditional cultural values. Helping people connect with their extended family, community agencies, and resources in a positive way to create a network of support. Individual, Family, and Group counseling are available to help families solve the situations and issues they may face in today's world.

Visit our website to learn more about the services we offer which include:

- Child Care Assistance
- Indian Child Welfare Services
- Protective Payee Program
- RISE - Resources for Indigenous Survivors & Empowerment
- Host for Elders Circle Meetings

A MEMO FROM RISE

Hoat !

I hope all is well with you and your families! Besides the holidays in December, I find it fitting to look back at the year, and reflect upon it. For me, I began my year in July , not January, as I took on the role of Manager for the RISE program. Nonetheless, we had plenty going on to cover a whole year's worth of experiences as a program.

One of the initiatives I wanted to get started when coming into this role was a renewed focus upon prevention and outreach. Methods of accomplishing this involved providing presentations and trainings, participating in monthly awareness events, and collaborating with tribal departments and community agencies.

This fall, our program gave presentations for Social Work and Psychology classes at Mount Mercy University and Grinnell College. We explained our program, the issues of domestic violence and sexual assault in Indian Country, intergenerational trauma and trauma-informed care, and the MMIW (Missing & Murdered Indigenous Women) Movement. We had two student interns join us from Mount Mercy University, with plans of hosting a student from Grinnell College next semester. It was a pleasure and an honor to speak on behalf of the RISE program, and share this valuable information with the students.

Additionally, we were given the opportunity to present about our organization at the 2022 Victim Justice Symposium in Des Moines. We received positive feedback from those that attended, and made new connections with other agencies.

We wish everyone a great holiday season, and look forward to making 2023 another memorable year!

~ Jourdan Reynolds (Choi)

Offering comprehensive services for Native Americans throughout the state of Iowa.

ARE YOU EXPERIENCING...

- Violence in the home with your partner or family member?
- Physical, emotional, sexual, or cultural and spiritual abuse?
- A toxic relationship that affects your health and well-being?

ARE YOU A SURVIVOR OF...

- Domestic Violence
- Sexual Assault
- Child Sexual Abuse

Advocates are available 24/7 by call or by text via the RISE CRISIS LINE.

Your VOICE will be heard and validated

Your NEEDS will be affirmed and supported

CRISIS LINE 641-481-0334

Toll Free 855-840-7362

24 hours a day / 7 days a week

It takes just one call or one text message to make the difference.

The COURAGE to do so will ALWAYS be worth it.

WWW.MESKWAKI.ORG/RISE

RISE, P.O. Box 245, Tama, Iowa 52339

**Located on the Meskwaki Settlement



Career Awareness

On November 16 the Meskwaki Workforce Development program hosted a Career Awareness event at the MBCH convention center for 7-12th grade MSS students to learn about tribal departments and associated jobs. See the rest of the photos from this event at meskwakimedia.smugmug.com



MESKWAKI NATION POLICE DEPARTMENT



We are NOW RECRUITING

BECOME A NEW
**Meskwaki
Nation Police
Officer**
ANYONE CAN APPLY!

**We offer competitive
salary and benefits!**

For more information contact: (641) 484-4844
Email: Mbear.MNPD@meskwaki-nsn.gov

Join us for a **rewarding career**
while helping to **protect and serve**
your community!

Requirements:

- Must be 20 and over to test (Must be 21 to hire)
- Must pass a thorough background check
- Physical fitness/performance requirements apply:
- Certified starting wage \$28.50 - \$33.00 hr (dependent on years of service)
- Non-Certified starting wage \$25.00 hr (\$30.00 hr after obtaining certification/field training)

To apply, visit: www.Meskwaki.org/Careers/

Scan
application
from your
phone!



SCAN ME

Test MALES AGE	20-29	30-39	40-49	50-59	60+	Test FEMALES AGE	20-29	30-39	40-49	50-59	60+
1 minute sit up	38	35	29	24	19	1 minute sit up	32	25	20	14	6
1 minute push up	29	24	18	13	10	1 minute push up	15	11	9	*12	*5
1.5 mile run	12:51	13:36	14:29	15:26	16:43	1.5 mile run	15:26	15:57	16:58	17:54	18:44



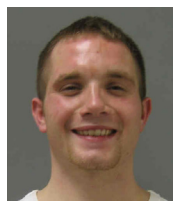
Douglas Cadotte



Aaron Dolash



James Ironshell



Nick Murty



Thomas Butler



Michael Wabaunasee



Tim Bullard

*** EXCLUDED SUBJECTS *** These subjects are not permitted on the Meskwaki Settlement. Violations by non-natives are a Federal Offense. Violations by natives are a mandatory minimum 30-day sentence. Harboring an excluded subject is also a mandatory minimum 30-day sentence. We encourage you to report violations for the safety of the community.



Committee Members Needed

HOUSING COMMITTEE SEEKS VOLUNTEER

Housing Committee members help carry out Meskwaki Housing Program Policies and Procedures by reviewing applications, recommending approvals, reviewing and recommending requests for home additions, and recommending terminations of housing assignments when necessary. The committee currently has a vacancy. Committee members serve 2 year terms.

Interested individuals should write a letter to Tribal Council asking to be considered for inclusion to any of the committees listed below and should drop off the letter to the Tribal Center in care of Tonya Bear, Interim Executive Director, or mail to: 349 Meskwaki Road, Tama, IA 52339.



NOW AVAILABLE!

If you or someone you know is experiencing a mental health issue NOW, please contact the National Suicide Prevention Lifeline at 1-800-273-8255 or just Dial 988!

IF YOU ARE IN NEED OF HELP NOW, TEXT NATIVE TO 741741

DIAL 988 FROM ANY PHONE TO GET HELP.



MESKWAKI Behavioral Health

FINANCE

CASINO HOUSE EDGE

Dear Dr. Per Cap:

My uncle says there are smart ways to gamble if you understand the odds. What's the best way to win in the casino? He says craps is the way to go.

Signed,

High Roller



Dear High Roller,

First off I never like seeing the words "smart" and "gambling" in the same sentence. At best gambling should be considered entertainment. At worst it's an unhealthy addiction. Somewhere in the middle is probably where most casino customers lie.

That said this is an easy question. Best way to win in a casino is to splurge using that complimentary all-you-can-eat buffet coupon and then get the heck out of there.

Ok enough pontificating. People are going to gamble regardless of what I think so let's do this.

Almost every casino game has a house edge, the casino's advantage over the customer or player. However, your chance of winning is lower with some games than others.

Your worst odds are the slots. They don't call them one armed bandits for nothing. In a typical casino the house edge on a slot machine is about 7%. This means if you play long enough you'll end up losing ninety-three cents of every dollar you feed the machine. That might not sound like much but just like a leaky bathtub, eventually they'll drain you dry.

You stand a better chance of winning at the table games. The house edge on a roulette wheel is 5.26%. Next is black jack where the house edge is 1%. A card counter can actually get that 1% edge on a blackjack table even lower. But as

soon as a casino catches on to someone counting cards, it reserves the right to show that person the exit.

Your best odds are usually found on the craps table just like your uncle said. At some casinos there's no house edge on dice. That's right 0%. You've got an even chance against the casino.

But here's the thing. This only applies if you bet strictly by the book. That means sticking only to the pass/don't pass line and backing those bets with odds behind the line. In many casinos you can reach true odds, which is another way of saying 0% house edge, when playing craps if you place the maximum odds bets that the house allows. If you notice, casinos list their maximum odds on a little plaque positioned on the side of the dice table.

While this is the smartest way to play craps it's not always the most exciting. It means you have to steer clear of all the prop bets like the horn, hard ways, field, and the granddaddy of all sucker bets – Any 7. Interestingly, these prop bets actually have the highest house edges and are the worst bets in the whole casino, which is why casinos are able to make money on craps. Very few players have the discipline to resist prop bets and bet only the pass/don't pass line during a long grind on a craps table.

So there you have it. And yes, once upon a time and before I found my calling as a financial skills educator, I considered myself a bit of a high roller too.

Please gamble responsibly and remember the same thing I tell people who invest in cryptocurrencies and meme stocks - don't gamble more than you can afford to lose. Also if you ever feel like you've got a problem with gambling reach out to the casino staff or call the National Problem Gambling Helpline Network at 1-800-522-4700.

AskDr. Per Cap is a program funded by First Nations Development Institute with assistance from the FINRA Investor Education Foundation and submitted by the Meskwaki Financial Planning Committee. For more information, visit www.firstnations.org. To send a question to Dr. Per Cap, email askdrpercap@firstnations.org.

EVERY TEAM MEMBER MAKES A DIFFERENCE

CULTURE, COLLABORATION & COMMUNITY

Please take a look at the positions currently available to you.

We offer competitive wages, great group benefits (health, dental, life), paid vacation, sick leave, disability income protection, retirement benefits and more.

(Indian preferences given in accordance with Sac & Fox Code, Title 9, Sec. 9-1303.)

Grants Writer/Planner

Executive Management

DUTIES & RESPONSIBILITIES:

- Develops and coordinates the preparation of grant proposals for new or existing Tribal programs;
- Prepares and assists in submitting grant applications to ensure the funding of various programs.
- Reviews and maintains literature containing information about funding sources;
- Communicates opportunities for funding to Grant Coordinator on a periodic basis;
- Discusses grant requirements and funding guidelines and procedures, as well as program goals and objectives with appropriate staff.
- Reviews appropriate federal, state, local and other funding agencies listings to secure additional funding resources.
- Assists with planning studies, analyses and development of plans; makes preliminary recommendations to Executive and Programs based upon such studies;
- Prepares materials for presentation before various boards and commissions;
- Gathers planning and engineering data and writes reports;
- Compiles and maintains demographic, socioeconomic, program or other statistical information relevant to planning and grant applications;
- Solid understanding of the principles and practices of land use, planning, and zoning.

REQUIREMENTS:

- Bachelor's degree in communication, planning or related field, or experience performing planning and grant related work. Seven or more years of experience in grants, Tribal Planning, or related experience.
- Experience in researching and writing grant applications and submitting through Grants.gov

FOR FULL JOB DESCRIPTIONS GO TO:
WWW.MESKWAKI.ORG & CLICK ON "CAREERS"

Please submit
your application/
resume and salary
expectations to
Human Resources in
one of three ways:

1. Email:

applications@meskwaki-nsn.gov

2. Online:

<https://meskwaki.applicantpro.com/jobs>

3. Mail: Sac & Fox Tribe of the Mississippi in Iowa 349 Meskwaki Road Tama, IA 52339

portal.

- Experience in working with Tribes and Federal agencies that provide services to Tribes.
- Experience and understanding of Tribal sovereignty and Tribal government functions and structure.
- Real estate appraisal or other specialized training in evaluating highest and best use of land.
- Strong communication skills, verbal and written.
- Experience with ArcView GIS and AutoCAD preferred.
- Driver's License Required.
- Preferred experience with planning and zoning in a local government setting.
- Preferred experience in managing federal grants and contracts.

ANNUAL SALARY: DOQ

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Maintenance Tech I

Facilities Management

DUTIES & RESPONSIBILITIES:

- Performs specific cleaning and sanitary standards that is required for all Tribal Facilities.
- Monitors and adjust the heating and cooling systems to keep buildings comfortable.
- Performs floor care by scrubbing, stripping, waxing, and extracting as needed.
- Replenishes restroom supplies as needed.
- Performs snow removal of sidewalks and parking areas at Tribal Facilities.
- Performs grounds keeping tasks.
- Monitors inventory of cleaning supplies/paper products in stockroom.
- Reports any malfunctions or emergency repairs in facilities, i.e. heating/cooling systems and electrical/plumbing fixtures to the Facilities

Manager.

- Records and report immediately to Facilities Manager if property damage has occurred or unusual activities have transpired within and around the buildings and grounds.

REQUIREMENTS:

- High School Diploma or G.E.D.
- One (1) year experience in maintenance work is desirable.
- Prefer prior experience and knowledge of infection control and Hazmat procedures.
- Prefer Commercial Driver's License (CDL).
- Must possess a valid driver's license and satisfactory driving record.
- Must be flexible and willing to work hours as specified.
- Mature, responsible person.
- Ability to work with limited supervision.
- Must be willing to obtain training and certification for maintaining health care facilities.
- Work Schedule 5:00 a.m. – 1:30 p.m.

HOURLY SALARY: \$14.57

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Victim Advocate

Family Services

DUTIES & RESPONSIBILITIES:

- Provide direct services to victims of domestic violence and sexual assault.
- Recruit, train, and maintain a group of volunteers who work as advocates with victims of domestic violence and sexual assault.
- Provide victims information on legal services available for their protection, safety, and support.
- Refer victims to community agencies and other resources such as shelters, job training, and family counseling.

EMPLOYMENT OPPORTUNITIES

- Transport clients to and from necessary appointments including medical, legal, law enforcement, court, etc.
- Provide crisis intervention to victims of domestic violence and sexual assault addressing immediate and long-term needs.
- Coordinate and facilitate educational support groups for survivors.
- Assist clients through and provide information of the criminal justice system.
- Provide public education through public speaking and other means on safety and planning related to domestic violence, sexual assault, and related issues.
- Attend conferences and workshops related to domestic violence and sexual assault.
- Assist child welfare social workers in cases involving domestic violence and sexual assault.

REQUIREMENTS:

- Associate's Degree in Criminal Justice, Counseling, Public Health, Social Work, Psychology or related field and some personal or professional experience with advocacy or case management, family violence intervention, counseling, and/or crisis intervention OR an equivalent combination of education and experience.
- Preferred Bachelor's Degree
- Willingness to participate in certification trainings with Iowa Coalition Against Sexual Assault and Iowa Coalition Against Domestic Violence.
- Experience in grant writing and reporting is desirable.
- Must possess a valid driver's license.
- Must submit to and successfully complete a background investigation.
- Must be willing to be on call some evenings and weekends with a rotating crisis line.
- Must be willing and able to travel.

ANNUAL SALARY: \$43,097.00 - \$64,376.00

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Construction Manager

Housing

DUTIES & RESPONSIBILITIES:

- Schedule the project in logical steps required to meet deadlines.
- Determine labor requirements to meet scheduled times.
- Inspect, review, and monitor compliance with building and safety codes.
- Work with the Housing Director to ensure that all utility companies are contacted for One-calls and utility installations and inspections, as required.
- Direct and manage project timelines, phase

schedules, and provide reports.

- Follow procurement policies for purchase of construction material and executing contracts.
- Work with the Housing Director to develop and implement quality control programs and take actions to deal with the results of delays, bad weather, or emergencies at the construction site.
- Confer with supervisory personnel, assignees, contractors, and design professionals to discuss and resolve matters such as work procedures, complaints, and construction problems.
- Plan, organize, and direct activities concerned with the construction and maintenance of structures and systems.

REQUIREMENTS:

- High School Diploma or G.E.D.
- Must have Valid Driver's license.
- Must have 12 years or more of experience in residential building construction.
- Must have strong organizational skills.
- Must have a minimum of 15 years of experience in materials and methods utilized in residential construction.
- Must have ability to manage people.
- Must have experience in subcontractor supervision and management.
- Proven leadership and management qualities.
- Ability to develop and monitor project schedules.
- Ability to work and interact in a team environment.
- Ability to successfully manage the project to closeout.
- Detail-oriented approach of problem solving.

ANNUAL SALARY: \$53,851.00 - \$108,264.00

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Office Assistant

Housing

DUTIES & RESPONSIBILITIES:

- Assist with Housing office operations and procedures.
- Assist with GIS/Realty needs.
- Responsible for scheduling of pest control.
- Enter each program's information into the Sage 100 Contractor program as directed.
- Facilitate purchases and ensure bid process is in accordance with procurement and departmental policies.
- Prepare monthly reports.
- Responsible for assisting with project reports.
- Responsible for assisting with the scheduling and

reports for service calls.

- Responsible for issuing, tracking, and filing Homeowner files and documents including Agreements, services, requests, and billing.
- Responsible for processing housing applications and preparing and maintaining housing applicant lists.
- Conduct research on various housing issues as assigned.
- Attend Housing Committee meetings as assigned.

REQUIREMENTS:

- High School Diploma or G.E.D.
- A.A. in Business Administration or related field preferred.
- Knowledgeable and proficient in Microsoft Office applications, Internet, and e-mail.
- Demonstrates knowledge and experience in teambuilding and teamwork.
- Strong organizational and customer relations skills.
- Prefer a valid driver's license.

ANNUAL SALARY: \$53,851.00 - \$108,264.00

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Behavioral Health Services Director

Health - Behavioral Health Services

DUTIES & RESPONSIBILITIES:

- Develop annual budget and program to meet the needs of the Meskwaki community
- Ensure that services are culturally competent, strengths based, recovery based, focused on rehabilitation and are inclusive of Person preferences. Ensure that the Person is at the center of all care and that all interventions are developed and provided in a manner consistent with Person preferences.
- Oversee all administrative and clinical functions of team and oversight of services for all Persons. Monitor overall service delivery and utilization of supports for up persons served.
- Oversee the completion and direction of clinical assessments and assessments related to risk and crisis management. Ensure that assessments are inclusive of the Person's preferences, are strength based and culturally competent.
- Ensure that clinicians complete intakes in timely manner and that risk is appropriately assessed.
- Provide on-call backup clinical support to staff on a rotating basis.
- Supervise staff, develop assignments and duties, and coordinate training, education, prevention and community involvement.

EMPLOYMENT OPPORTUNITIES

- Implement the MBHS policies and procedures manual during daily operations.
- Comply with Indian Health Services Tribal 638 Contract requirements.
- Assist with counseling, referrals and follow-up for individuals, groups and families, as necessary.
- Evaluate staff and program in regard to program goals and scope of work.

REQUIREMENTS:

- Master's Degree in Mental Health Counseling, and 5 years of experience in treatment program administration OR an equivalent combination of education and experience.
- Must possess independent clinical licensure in the state of Iowa (LISW, LMHC, LMFT or equivalent certification).
- Prefer experience working the Native Americans.
- Must possess valid driver's license and be willing to travel to attend workshops, seminars and meetings.
- Must respect Meskwaki cultural beliefs.
- Have ability to make sound decisions.
- Demonstrated knowledge and experience in teambuilding and teamwork.
- Must submit to and successfully complete background investigation.

ANNUAL SALARY: DOQ

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Certified Medical Assistant

Health Clinic

DUTIES & RESPONSIBILITIES:

- Obtain height, weight, blood pressure, pulse, temperature, and pulse oximetry per clinic protocol.
- Phlebotomy including blood draws with ability to obtain age appropriate specimen within ambulatory setting.
- Assembles equipment and supplies in preparation for various diagnostic or treatment procedures performed by physicians or nurse.
- Required clinical procedures (e.g., 12-lead EKG; AED; Spirometer; Nebulizer; Audio scope; Podiatry set-up; Orthopedic preparations, Instrument Sterilization Equipment) exhibit proficiency within acute and critical care outpatient setting.
- Follows oral and written instructions and communicate effectively with clinical team, community members, and patients/families served.
- Serves as managed care liaison between the internal and external Meskwaki Tribal Health Clinic departments and resources.

- Podiatry set-up; orthopedic preparations and proficiency within acute and critical care outpatient setting.

REQUIREMENTS:

- Certified Medical Assistant must be a graduate from a CAAHEP or ABHES accredited program with diploma.
- Must have Certified Medical Assistant certification or must obtain within 6 months.
- BCLS certification at time of hire or within 1 year of employment. ACLS preferred.
- Required completion of CLIA-competencies and laboratory equipment proficiency within 12 months of hire.
- Must submit to and successfully complete background investigation as per P.L. 101-630 408(b) parameters.
- Prefer understanding of Ambulatory Clinic standard operating procedures. Preferred knowledge of and desire to meet CMS meaningful use recommendations.
- Prefer Quality Improvement (QI)/Quality Assurance (QA) or Improving Patient Care (IPC) knowledge with Medical Records preparation/maintenance experience.
- Preferred Limited Radiography certification.

ANNUAL SALARY: \$34,756.80 - \$43,264.00

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Registered Dietitian

Health

DUTIES & RESPONSIBILITIES:

- Assess health and diet needs for diabetes patients and local community members.
- Counsel patients on nutrition issues and health eating habits.
- Perform initial and follow-up nutrition assessments, implement interventions and the personalized nutrition plan of care.
- Review, analyze, and make recommendations to the Senior Program monthly menus.
- Provides instruction and counsel to patients and/or significant others according to protocol and documents appropriately.
- Promote better nutrition through public speaking and community outreach program.
- Document patient progress in the electronic health record.
- Assist with and prepare reports as required by the grant guidelines.
- Keep up with the latest nutritional science research.
- Abide by confidentiality guidelines as required by

professional standards.

- Other duties as assigned.

REQUIREMENTS:

- Must possess a Registered Dietitian (RD) and/or Registered Dietitian Nutritionist (RDN) License in the State of Iowa.
- Prefer knowledge of diabetes.
- Must be able to communicate effectively with Meskwaki community members and be sensitive to tribal beliefs and traditions.
- Must be familiar with HIPAA policies and compliance.
- Must have good verbal and written communication.
- Must submit to and successfully complete background investigation.

ANNUAL SALARY: \$49,732.00 - \$67,142.00

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Legal Assistant (Part-time)

Attorney General

DUTIES & RESPONSIBILITIES:

- Prepares tentative drafts, letters, memoranda and legal documents for use in the preparation of opinions, reports, briefs, contracts and other papers or legal documents.
- Conducts Internet research and legal research in various areas as assigned and obtains legal references and related documents.
- Greets guests and clients in person or on the telephone and answering questions or directing inquiries.
- Assists attorneys by providing information-management support and representing them to clients and other individuals.
- Represents attorneys by communicating on their behalf and obtaining information, following up on delegated assignments, and knowing when to act and when to refer matters to an attorney.
- Assists in the preparation of the departmental budget, tracks expenditures and reviews purchase orders and Requests for Payment.
- Organizes and maintains general and legal files and records of a confidential, complex, or otherwise sensitive nature.
- Maintains appointment schedules, receives visitors and answers phone, and responds or refers accordingly and performs related administrative duties as necessary.
- Implement, maintain, and administer the department's new contract management software.
- Assist and support staff attorneys with their work as needed.

EMPLOYMENT OPPORTUNITIES

- Responsible to order and maintain departmental office supplies and equipment.
- Other duties as assigned.

REQUIREMENTS:

- Associate's Degree or certification as a paralegal or related field and three years of experience under the supervision of a practicing attorney or an equivalent combination of education and experience. Bachelor's degree preferred.
- Prefer experience relating to Indian Law and Tribal government.
- Must be detail-oriented and professional.
- Proficiency in Internet research, Microsoft Word, Excel, PowerPoint and related software.
- Ability to maintain strict confidentiality.
- Must possess a valid driver's license and submit a certified driving record for review.
- Must submit to and successfully complete background investigation.

HOURLY SALARY: \$19.49 - \$30.14

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Youth Activities Coordinator

Youth Development

DUTIES & RESPONSIBILITIES:

- Direct, plan and oversee all Youth Activities Programs for after school, summer, winter, and spring;
- Develop and conduct orientation for youth employees;
- Ensure youth employees understand and apply appropriate grade level/curriculum for activities participants, and design and execute program curriculum;
- Gather, track, and maintain progress of activity program and prepare monthly, quarterly, and annual reports to Director;
- Prepare and administer detailed budget for the activities program;
- Plan professional development activities for all Youth staff, and model exemplar planning and delivery;
- Coordinate and facilitate trainings for youth workers, as needed;
- Supervise activities and enforce rules and guidelines for staff and participants as needed;
- Supervise program staff and volunteers as assigned;
- Transport participants to and from MYP summer sponsored activities, as needed;
- Other duties as assigned.

REQUIREMENTS:

- Associate's degree or equitable college credit required; a Bachelors' degree is preferred;
- Minimum of two (2) years experience working with youth and/or developing leadership programs, or an equivalent combination of education and experience;
- High expectations on personal and team performance;
- Must be able to work as a part of a team, and be flexible to changing priorities and conditions;
- Must possess the ability to inspire the youth, parents, colleagues and community members with clear, effective interpersonal, verbal and writing skills;
- Must demonstrate belief, alignment and support of the MYP Mission, Vision, and Goals;
- Must pass a background check in accordance with Public Law 101-630, Public Law 101-647 and the Indian Child Protection and Family Violence Prevention Act;
- Must possess a valid driver's license and be insurable;

ANNUAL SALARY: \$50,627.00 - \$73,444.00

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Youth Athletic Program Coordinator

Youth Development

DUTIES & RESPONSIBILITIES:

- Coordinates the youth athletic program in collaboration with the Director to ascertain program needs on a season and annual basis to insure consistency of sports programs;
- Initiates the recruitment of coaches, officials, and volunteers and then make recommendations to the Director;
- Supervises and evaluates all coaches, officials; and volunteers;
- Ensures all coaches are State of Iowa Certified and maintains Certification;
- Schedules all athletic contest and maintains the proper and necessary records and forms;
- Prepares and administers detailed budget for the athletic program, orders equipment, and maintains current inventory of all athletic equipment;
- Be responsible for proper care and upkeep of all recreation facilities MYP uses for Sporting events;
- Drive and/or coordinate transportation for participants get to and from MYP sport sponsored events;
- Coordinate and facilitate trainings for youth and community events;
- Gather, track, and collect sports attendance

statistics, also maintain records of program participants and provide reports to Director;

- Administer proper money handling procedures;
- Other duties as assigned.

REQUIREMENTS:

- Associate degree required, Bachelor's Degree preferred;
- Minimum of two years of experience working with youth and/or developing sport programs for youth OR an equivalent combination of education and experience;
- Must possess valid State of Iowa Coaching Certificate or obtain one within (2) two months;
- Must obtain CPR and First Aide Certification within two (2) months;
- Must possess valid driver's license, prefer Chauffer's license;
- Must have a good driving record and be insurable;
- Have knowledge of or be willing to learn Meskwaki language and traditions;
- Must submit to and successfully complete background investigation;
- Be willing to work evenings and weekends;

ANNUAL SALARY: \$50,627.00 - \$73,444.00

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

Chief of Police

Meskwaki Nation Police Department

Responsible for the control and coordination of all MNP activities, ensuring that public order and safety is maintained throughout the Meskwaki community by enforcing laws and ordinances, taking all necessary measures to prevent crime and protect lives and property. Duties include, but are not limited to, administration, selection, training, assignment, supervision and corrective/disciplinary action of MNP personnel.

DUTIES & RESPONSIBILITIES:

- Provide law enforcement services to the Meskwaki community, co-workers and public in a tactical, ethical, pleasant and courteous manner;
- Assume full responsibility and command of the MNP;
- Develop, implement and ensure compliance of policies, rules and regulations for all departmental field and administrative work;
- Provide leadership and direction in the development, implementation, maintenance, and compliance of the Vision and Mission Statement and Strategic Plan for the MNP, consistent with Tribal goals and objectives;
- Develop and present the MNP annual budget to the Tribal Council for approval; prepare equipment and general operating budget requests; direct and control the expenditure of budget appropriations;

EMPLOYMENT OPPORTUNITIES

prepare departmental equipment specifications and approve related purchasing;

- Develop, implement and ensure compliance of a customer satisfaction system, providing regular and timely feedback of service quality and delivery, customer expectations and demands, and unmet customer needs;
- Determine appropriate action/response with local, state, and federal law enforcement officials in the investigation, apprehension and detention of wanted persons, and with other agencies where activities of the MNPd are involved;
- Provide assistance to MNPd Police Officers, Investigators, Detectives, Dispatchers, Emergency Medical Staff and Conservation Officers in crime scene or emergency situations, as needed;
- Personally present monthly reports to the Tribal Council regarding law enforcement service performance, administrative and staff development activities, customer satisfaction data, and program research;
- Provide assistance to the Tribal Council and respond to inquiries;
- Perform related duties and responsibilities, as outlined in the Meskwaki Nation Police Department Policies and Procedures Operations Manual;
- Maintain strict confidentiality.

REQUIREMENTS:

- Bachelor's Degree in Criminal Justice or related field from an accredited college or university

and five (5) years of law enforcement experience, including three (3) years of administrative, management, and supervisory experience (may consider combination of education and experience demonstrating competencies equivalent to the degree requirement);

- Must be currently Iowa Law Enforcement Academy (ILEA) or Bureau of Indian Affairs (BIA) Certified as a Law Enforcement Officer with no breaks in employment; OR eligible for and receive reciprocity certification within one year of employment on the initial attempt.
- Must possess a thorough knowledge of police administration and management principles and practices, including optimum use of human and material resources;
- Must possess a thorough knowledge and understanding of the MNPd Policies and Procedures;
- Must possess a thorough knowledge, understanding and support of Tribal Sovereignty, and applicable local, state and federal laws, statutes and ordinances;
- Must possess a thorough knowledge and understanding of the codes, laws, statutes and ordinances of the Sac & Fox Tribe of the Mississippi in Iowa;
- Must be of good moral character and of good standing in the community in which he or she lives.
- Must submit to and successfully pass an extensive criminal background investigation and receive

Adjudication Certification. Mandated Regulations:

- a. Public Law 101-630-Indian Child protection and Family Violence Prevention Act-Character Investigations, as amended;
- b. Public Law 101-647-Crime Control Act of 1990, Employee Background Checks;
- c. Public Law 90-6148-Gun Control Act, as amended;
- d. Code of Federal Regulations 25 part 12-Indian Country Law Enforcement;
- e. Code of Federal Regulations 25 Part 63-Indian Child Protection and Family Violence Prevention;
- f. Executive Order 12968 Adjudication Standards;
- Must possess and maintain a valid Iowa State Driver's License, and be eligible for the Tribe's vehicle insurance. (All license infractions/moving violations incurred during employment must be reported to the Human Resources Department immediately);
- Must establish residency within a thirty-minute emergency response time radius, within six months of hire date.

ANNUAL SALARY: \$70,928.00 - \$119,163.20

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:
<https://meskwaki.applicantpro.com/jobs/>

These current jobs are still open and will remain open until filled unless a closing date is posted on our website.

- **Apprenticeship Director**
- Apprenticeship Program
- **Assistant Comptroller**
- Finance
- **Certified Substance Abuse Counselor**
- Behavioral Health
- **Clerk or Tribal Court**
- Sac & Fox Tribal Court
- **Diabetes Educator**
- Health Clinic
- **Elder/Vulnerable Adult Case Mgr.**
- Meskwaki Family Services
- **Environmental Specialist Senior**
- Meskwaki Natural Resources

- **Gaming Commissioner**
- Sac & Fox Gaming Commission
- **Grant Compliance Specialist**
- Executive Management
- **Housing Maintenance Technician**
- Housing
- **HVAC Technician**
- Housing
- **HVAC Trainer**
- Apprenticeship Program
- **Mental Health Counselor**
- Behavioral Health
- **MSS Custodian 2nd Shift**
- Meskwaki Settlement School
- **MSS Facilities Compliance Specialist**
- Meskwaki Settlement School
- **MSS Food Service Worker**
- Meskwaki Settlement School

- **MSS Food Services Coordinator**
- Meskwaki Settlement School
- **MSS Math Teacher (MS/HS)**
- Meskwaki Settlement School
- **MSS Meskwaki Language Teacher**
- Meskwaki Settlement School
- **MSS Meskwaki Language Teacher Assoc.**
- Meskwaki Settlement School
- **Police Officer**
- Meskwaki Nation Police Department
- **Police Officer (Non-Certified)**
- Meskwaki Nation Police Department
- **Social Worker**
- Family Services
- **Youth Development Program Assistant**
- Youth Development Program

To Apply visit our website: <https://www.meskwaki.com/employment> and click on Meskwaki Career Center!

Make **MESKWAKI BINGO CASINO HOTEL** your future employer! We've made some changes\$!!



BINGO CASHIER FT or PT \$13.25 hourly. Must be at least 18 years of age.

CAGE CASHIER FT \$15.00 hourly. Requires a High School diploma or GED and at least 18 years of age.

CCS SHIFT SUPERVISOR FT \$16.00 hourly. Requires a High School diploma or GED. One year housekeeping experience required, and 6 months of supervisory experience required.

CLUB ASSOCIATE FT \$13.00 hourly. Requires a High School diploma or GED and at least 18 years of age.

COUNT DROP TEAM MEMBER FT \$15.00 hourly. Requires a High School diploma or GED and at least 18 years of age.

DEALER TRAINEE FT This is a **FREE training**, and we will pay you \$7.50 hourly while training, Monday-Friday, 8 am to 4 pm. After training you could earn from \$20-25 per hour with tips (tips may vary). Requires high school diploma or GED. Requires successful completion of the appropriate dealer training course.

EXECUTIVE SOUS CHEF & TRAINER FT Salary \$DOQ. At least 21 years of age. Requires High School diploma/GED. Requires a Culinary degree from an accredited institute/school and 3 years kitchen management or 10 years kitchen management in large scale operations.

EXPERIENCED DEALER FT/PT \$20.00-25.00 per hour with tips (tips may vary). Requires High School diploma or GED. Trained to operate any combination of: Blackjack, Dice (Craps), Roulette or Baccarat/Pai Gow.

HOUSEKEEPING SUPERVISOR FT \$16.00 hourly. Requires a High School diploma or GED. Two years of supervisory experience required.

HVAC TECHNICIAN FT \$TBD Requires a valid Journeyman's license, an AAS/AA college degree in relevant field, or two years' work experience working in the trade, or an equivalent combination of education/experience. SS

INFORMATION SUPPORT SPECIALIST I FT \$Dependent on Qualifications/Salary. Requires a degree in Computer Science or relevant field of study, with an emphasis in computer systems. In the absence of a degree, 2 years' experience in Computer Science or relevant field of study, with an emphasis in computer systems will be required.

SECURITY EMT FT \$17.00 hourly. HS Diploma/GED preferred. Certified Iowa EMT or current Registered Nurse. SS

SECURITY OFFICER FT \$14.00 hourly. High school diploma/GED preferred. 18 years of age and older. SS

SLOT SHIFT SUPERVOR FT \$18.00 hourly. High school diploma/GED. Four years Slot Attendant experience.

SLOT TECHNICIAN II FT \$16.50 hourly. High school diploma/GED. Must be 18 years of age and older.

SURVEILLANCE OBSERVER FT \$15.00 hourly. Requires a High school diploma/GED. 21 years of age and older. SS

BANQUET SERVER FT \$9.00 per hour with tips (tips may vary). Must be 18 years of age.

CASINO CLEANING PORTER FT \$13.00 hourly. Must be at least 18 years of age.

DISHWASHER FT \$13.00 hourly.

EQUIPMENT CREW FT \$14.00 hourly. Must be at least 18 years of age.

GROUNDKEEPER FT \$13.50 per hour Requires a high school diploma or GED. Moderate lifting/pulling up to 50 lbs. SS

GUEST ROOM ATTENDANT FT Up to \$14.00 per hour includes room incentive (\$11.00 per hour + \$3.00 per standard rm/\$4.00 per Suite).

LAUNDRY WORKER FT \$13.00 hourly. Must be at least 18 years of age.

Requirements: **Pre-Employment Drug Screen Required and Gaming Commission License Background Interview.** Hourly Shift differential – Swing 2nd shift \$.50, Grave 3rd shift \$1.00. Native American preference policy applies to all positions. Call 641.484.1575/1438 for more information. SS indicates a Safety Sensitive position. 11.21.2022



THE FEDERAL GOVERNMENT OFFERS A PROGRAM THAT CAN SUBSIDIZE OR IN SOME CASES [PAY FOR INTERNET SERVICES](#).

People living on tribal land may receive up to \$75/mo, and people not on tribal land may receive up to \$30/mo. There is also a program that will provide up to \$100 towards a computer purchase (laptop, tablet or desktop.)

Information about the program and the application form can be found at: <https://www.affordableconnectivity.gov/>

Meskwaki Travel Plaza

WE'RE HIRING!

— **JOIN OUR TEAM** —



POSITIONS AVAILABLE:

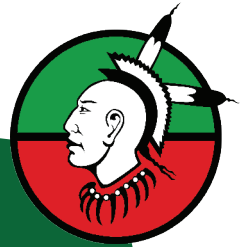
- **PT/FT CASHIER - 2ND & 3RD**
- **PT COOK - WEEKENDS**

OPEN INTERVIEWS HELD
EVERY THURSDAY FROM
1-3PM AT MESKWAKI, INC.

PH: (641) 484-9567 | WWW.MESKWAKIINC.COM
1496 HIGHWAY 30, TAMA, IA 52339

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BRING HER HOME. YOUR HELP IS NEEDED.



**MISSING
PERSON**

\$100,000

REWARD

The reward for anyone willing to come forward with new information that leads to finding Rita Janelle Papakee has been increased to \$100,000.

On January 16, 2015 Rita Papakee was last seen at the Meskwaki Bingo Casino Hotel near Tama, Iowa. She has not been heard from since.

She was 41 years old at the time of her disappearance. She was described as a Native American female with brown hair and brown eyes. She was 5'4" tall and weighed between 145-170 lbs.

If you have any information about what may have happened to her, please contact the number below.



Missing since January 16, 2015

RITA PAPAKEE

Please contact the Meskwaki Nation Police Department with any information about what may have happened.

(641) 484-4844

Anonymous tip hot-line

and text line: (641) 481-0840

MNT

Meskwaki Nation Times

Preserving sovereignty, protecting traditions, promoting culture and building a stronger community through information, communication, and support.

VISIT US ON-LINE
FOR THE MOST UP-TO-DATE
INFORMATION POSTED DAILY!



WWW. MESKWAKI.ORG

- Community Calendar
- Career Opportunities
- "In The News"
- & more!

Tribal Council Minutes, Election info, and more is located in the "Members Only" section of the site.



Sac & Fox Tribe of the Mississippi in Iowa

MESKWAKI NATION

349 Meskwaki Road
Tama, IA 52339-9634

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On-line Version

Tribal offices will be closed on Thursday, Dec. 22nd (for staff holiday party) and closing at noon on Friday, Dec. 23rd. through Monday, Dec. 26th. Also closed on Monday, Jan. 2nd.

The Health Clinic and Pharmacy will be closed on Thursday, Dec 22nd from 8 AM until 2 PM (for the staff holiday party) and will be closing at noon on Friday, Dec. 23rd through Monday, Dec. 26th and Monday, Jan. 2nd.

Percap Distribution: Fri. 12/09

ARPA Distribution: Tue. 12/27









*Shirts while supplies last. First come, first served.

THURS, DECEMBER 22, 2022
TRIBAL CENTER
REGISTRATION 5PM
START 5:30PM

