

STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans
MOHICAN NEWS
The people of the waters that are never still

Vol. XXVIII No. 8

N8480 Moh He Con Nuck Road • Bowler, WI 54416

April 15, 2020



From the President's Desk



Good health# good life#

The pandemic COVID19 crisis has shifted the worlds sometimes single mindset to something far bigger than us. It has required us to take a deeper perspective and look at how react and respond for the betterment of the whole. You look around and we are in the season of renewal and hope. Like nature we too can learn how to wait with patience and purpose. To appreciate the season, we're in without needing it to change before it's due time. To dig in and take responsibility from here. We all have an important role to play in the current pandemic crisis. This time of season is about rebirth and renewal and reminds us that we are still one people, part of something bigger than ourselves. Shawano County now has three confirmed cases of the COVID19 virus. The health and safety of all is our Nation's number one priority. The Stockbridge-Munsee Tribal Council, with the concurrence of the Health Director, extend the isolation order to coincide with Governor Evers Safer At Home

order hereby issued an order directing that persons who live on tribal lands, as well as tribal employees who are on paid leave from work, self-isolate and shelter in place at their home to the extent possible to limit opportunities to transmit the COVID-19 virus to others. This order shall expire as of April 24, 2020. It will be reassessed at least weekly and may be cancelled, re-issued, or modified at any time by action of the Tribal President or Vice-President on behalf of the Tribal Council.

In addition to ordering people to isolate as much as possible, the Tribal Council issues a ban on gatherings of more than 10 people within public places on tribal lands. This is not intended to limit gatherings of family members, but people are encouraged to be mindful that family occasions also provide opportunities for virus transmission. When people do gather in a location, social distancing of at least 6 feet should be used.

We are resounded in the fact that we have an amazing team who are working diligently on our behalf to keep us apprised of the ever-changing climate this time of uncertainty brings and preparing us for the upcoming challenges it brings to keep us all safe and healthy. We all have a role to play and staying home and limiting your exposure to others will help flatten the curve and reduce everyone's risk.

Threats such as pandemics that evolve in a nonlinear fashion (i.e., they start small but exponentially intensify) are especially tricky to confront because of the challenges
Holsey continued on pg Three:

A Dance of Prayer and Hope



Stockbridge-Munsee Tribal member Princess Vele, RN, who through her dance, "Asks for strength and healing, and Creators protection and guidance for the people..."

New Physician



Dr. Michael Saul Lundin

Michael Saul Lundin MD was born and lived his whole life in Michigan. He graduated from the College of Human Medicine at Michigan State University in 2015, where he was a BS/MD medical scholar. He stayed at Michigan State University to complete a surgical internship and then internal medicine residency. He is board certified in internal medicine. He is the author of 14 publications and reviews for the British Medical Journal as well as the Annals of Internal Medicine. In his free time, he enjoys running, having run the San Diego marathon in 2019, playing video games, and reading. He is fascinated with the culture and history of Native Americans and considers it a privilege to be allowed to serve the Mohican tribe.

New Pharmacy Director



Christian Bialk

Christian Bialk is the new Pharmacy Director. He started April 1st. Christian was born and raised in Milwaukee, WI. He currently live in Hobart with my wife (Katie), Son (Colton), and daughter (Laisey). He cherishes spending time with my family and making memories, hunting, fishing, boating, traveling, and playing hockey. Christian graduated from Massachusetts College of Pharmacy in 2013 and previously worked as a Pharmacy Manager for Target, CVS, and most recently Walmart. Christian is very excited for this opportunity and joining the team. He is look forward to working with everyone and most importantly serving our community.

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SELF-ISOLATION ORDER EXTENSION

Extension of Order through April 24, 2020

To Limit Opportunities for COVID-19 Transmission

The Stockbridge-Munsee Tribal Council, with the concurrence of the Health Director, hereby issues an order directing that persons who live on tribal lands, as well as tribal employees who are on paid leave from work, self-isolate and shelter in place at their home to the extent possible to limit opportunities to transmit the COVID-19 virus to others.

This order extends the original order with an effective date of March 22, 2020. In recognition of the checkerboard jurisdiction on the Tribe's reservation and for the convenience of tribal members and employees who live off of tribal lands, the Tribal Council is extending its order through April 24, 2020.

In addition to ordering people to isolate as much as possible, the Tribal Council issues a ban on gatherings of more than 10 people within public places on tribal lands. This is not intended to limit gatherings of family members, but people are encouraged to be mindful that family occasions also provide opportunities for virus transmission. When people do gather in a location, social distancing of at least 6 feet should be used.

This order is granted under the Tribal Council's inherent authority as a native sovereign nation, as well as the authority identified in its Public Health State of Emergency delegation on March 15, 2020, Resolution #044-20, and Chapter 26-A of Stockbridge-Munsee Tribal Law, Communicable Disease, Vaccination, and Quarantine Ordinance.

As part of this order, people are permitted to travel to the extent necessary for medical treatment, for work, or to purchase needed supplies.

If possible, people should not travel beyond a 60-mile radius. People must avoid travel to and from areas that are known to be a hot-spot for COVID-19 infection. The Tribal Council understands there may be persons who provide critical services that need to travel beyond a 60-mile radius and authorizes them on a case-by-case basis.

This order shall expire as of April 24, 2020. It will be reassessed at least weekly and may be cancelled, re-issued, or modified at any time by action of the Tribal President or Vice-President on behalf of the Tribal Council.

Shannon Holsey, Tribal President

ATTENTION

Mohican Loan Forbearance Notification

If you've been impacted by the coronavirus (COVID-19) and are having difficulty making payments on loans that are owned by the Stockbridge-Munsee Community, we're here to help you explore your options.

The Tribe has authorized a one-time loan forbearance on home, personal or student loans with the tribe for a period of four months without interest or late penalties.

For more information please email Loan Manager Tanya Miller at tanya.miller@mohican-nsn.gov or 715-793-4861 for details.

S-M Tribal Council Curfew Notification

As an additional way to limit transmission of the COVID-19 and protect our community, the Tribal Council enacts a reservation-wide curfew. This curfew is from 10 PM to 6 AM daily starting on April 10, 2020 and lasting until the end of the tribal Public Health State of Emergency. People who are away from their homes during curfew hours are considered to be trespassing and will be cited for a violation of Section 16.9 (B) of tribal law and subject to a \$500 fine.

This curfew supplements the existing limitation on gatherings of 10 or more people established under the self-isolation order. People can still travel for legitimate business purposes or for reasons of safety. Law enforcement, fire

department, and EMS personnel are authorized to travel during curfew hours. The curfew also does not prevent travel by persons due to an emergency, such as a health emergency that requires transport to a hospital or if people need to leave a location to ensure the safety of themselves or their children.

Community members who need to travel during curfew hours such as for travel to and from work should provide prior notice of their hours of travel and reason for travel to the Tribe by emailing the information to Chief of Police Jim Hoffman at jim.hoffman@mohican-nsn.gov or calling at (715)793-4394.

Express your thoughts and opinions. Let your voice be heard.
We welcome your letters to the Editor and the Community.

Community Voices

Letters of opinion can be dropped off at Mohican News in the Tribal Offices or can be mailed to:

Mohican News

N8480 Moh He Con Nuck Road
PO Box 70
Bowler, WI 54416
e-mail: mohican.news@mohican.com

Please type your letters or print clearly and include your signature, address, and daytime phone number. Letters must be 500 words or less. All letters are subject to editing and may require confirmation. Some may be rejected due to inappropriate content as deemed by our editorial board. The views of our readers are not necessarily the views of the Mohican News, its staff, or the Stockbridge-Munsee Tribe.

STOCKBRIDGE-MUNSEE
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Band of Mohican Indians

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All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage.

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Mawe Ndenngomawak (All my relations)

Each one of us are in a battle right now. Not just against something physical, but something psychological. Both seem to affect our elders and youth much more than the rest of us.

Many of us can laugh, make jokes, or deal with it in our own ways, but we seem to forget those who haven't developed that ability yet especially the youth. Remember that they listen to everything, but many times question very little. We should be careful when talking on the phone, or in front of them our usual ways. Not all kids are comfortable talking about their fears or feelings such as I was as a kid. We had love in our household, however we rarely talked about feelings.

I remember when I was a kid and visiting my aunties house at about four years old. There was a spotlight shining around in the sky and no one knew what for. I remember an uncle or cousin said, "Must be looking for aliens!" I remember sitting there with a lot of panic and fear, but not expressing it. Of course, they were kidding but I took it seriously. I can truly see that happening now with this crisis going on with other children listening to older siblings, or that conspiracy theorist relative who is always talking doom.

This psychological battle doesn't just lay within children either, there are many adults who deal with high anxiety as well. So, it may be a good idea to talk to your kids and relatives and let them know everything is going to be ok! If we all follow directions by washing hands and being precautious, all will turn out just fine. Even if you have this anxiety, we must do what we can to ensure our younger generation isn't terribly scarred by all the extra hype some people are putting out there.

One example is Martial law. I see so many people putting fear into others about it that many could have bad panic attacks if it becomes a fact. Martial Law is NOT a bad thing! I had to explain it to my daughters that the Military people would be in charge to help hospitals and the police station make sure we are safe. Every time there is a big crisis there are people who like to go against the law to loot, steal and commit other crimes. Martial law goes into effect to help keep people safe from such activity and to be sure people follow directions. It does not mean we are all getting hauled off to concentration camps. This very subject has many people frightened. I welcome it if needed. We need more people to assure others that things will be fine.

Panic in any scenario never helps! I for one do believe we will come out just fine, but I do worry about the psychological scars we unknowingly put on our kids and other folks with anxiety issues. SO be sure to reassure your kids and family that if we follow directions, all will be fine. remember to love and laugh each day! I've already asked people not to spout conspiracy theories in front of my kids for it does nothing but make them worry about something there is no control over. If we are going to keep our community united, we need to start with our family's first then outward.

This goes for our community members as well; we need more people bringing forth hope and light. All this panic makes people feel like they need to hoard just to be sure they and the fam is taken care of. This is an effect of the Dawes act that split up our communal living and put us on separate lands to make us only worry about ourselves. That is not how we survived tens of thousands of years. Looking out for one another is how we have lasted so long!

For those in fear of what may happen to them and their family, I will stand up and assure you as long as I have a warm place to sleep, and food in my cupboards, you will go without eating. No matter if were cool or had rifts in the past, we will all get through this! Our community needs to hear this from more people! We need the warriors to reassure our people that they will have others to help! If you're hungry I'll feed you, if you need toilet paper, I got a lot of newspaper (that's part of humor medicine).

Panic will only harm us, remaining calm and keeping a good safe home atmosphere will get us through this faster, with minimal psychological effects. This is a beast we can defeat easily, or let it consume us.

So be sure to reassure your loved ones and community. Be sure to have laughter in the home, talk to your kids or at least once a day let them know all will be ok. Maybe it helps by setting up a sanitation spot by the front door with hand wipes. Don't worry about going overboard with that, if anything it makes them "feel" safer! Don't let that crazy conspiracy cousin talk in front of the kids and beware of your phone conversations, they are listening.

For the rest of the community, don't worry, you will not starve, have nothing to wipe your butt nor be left out in the cold. Like me or



Holsey cont from page Two:

of rapidly interpreting what is happening in real time. The most effective time to take strong action is extremely early, when the threat appears to be small — or even before there are any cases in our community.

The systematic inability to listen to experts like the CDC highlights the trouble that people in general — have figuring out how to act in dire, highly complex situations where there's no easy solution. The desire to act causes people to rely on their gut feeling or the opinions of their inner circle. But in a time of uncertainty, it is essential to resist that temptation, and instead take the time to discover, organize, and absorb the partial knowledge that is dispersed across different pockets of expertise and follow the guidelines and rules for everyone's safety. "Things which matter most must never be at the mercy of things which matter least"- Johann Wolfgang von Goethel

Our Community also has much to be grateful for. Today, we continue to give thanks for those blessings, and sacrifices to all who the people who are out there and continue to serve and protect us and keep things going on our behalf. We give thanks to the brave men and women in every corner of the world.

There have been true heroics in our Community and across the world who have quickly ramped up capacity to meet the crazy new levels of demand, the boots on the ground health care providers, EMS, public safety, gas stations, cashiers, grocer's, manufacturer's and of course truck drivers to name a few. Much credit should also be given to NCAI and other tribal organizations, the plethora of Tribal leaders, lawyers, and lobbyists who fiercely advocated to secure \$10 billion in the Cares Act on behalf of tribal nations.

Suddenly we silently see within ourselves and understand the value of the word's "solidarity", "love", "strength", "empathy" and "faith". In an instant we realized that we are all in the same boat; rich and poor. That the supermarket shelves are empty, and the hospitals are full. We do not have the power of controlling everything. We are part of a whole, fragile,

hate me, I got you during this! We need more warriors to step up and say the same. We didn't last ten thousand years to be decimated by fear. We've been through worse and will get through this as well. You are the descendants of your

brittle and vulnerable something. Part of a whole something that we wanted to dominate and today is telling us to stop, breathe, respect. What the coronavirus is teaching us is that our best protection is faith, our best refuge is home, our best company is family, our real time is today, nature's response is to pause and listen, its message is patience and respect. What we need are tools to bring us back to our original teachings. We need stories and discussions and projects to do together so that our people may live. Now is the time to reconnect ourselves with the true meaning of who we are as indigenous peoples. It's a reality we can use this time to better understand and learn. It's not sitting on Facebook or watching Netflix. It's the oldest teachings coming into clear use and value. Thank you elders, thank you wisdom keepers and cultural knowledge bearers of all ages. There is a path forward that is circular leading to our true selves as relatives with the lands, waters, and all the beings with no human voice.

The Tribal Council is engaged in an ongoing assessment of public health and employment conditions. It continues to plan a way forward that looks out for the physical and financial well-being of its employees and community. We recognize this is an extraordinary situation and are trying to responsibly manage tribal resources in a way that recognizes short-term and long-term tribal goals as well as the needs of its members and employees. Understanding that you remain the most important of all things.

There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter." — Rachel Carson. Embrace this season and all the beautiful things ahead. Sincerest gratitude for your continued understanding. Finally be kind to one another, stay healthy, be safe and know we continue to keep you in our hearts and everything we do.

Most ardently,
Shannon Holsey
Tribal President

ancestors, and the ancestors of your descendants. Make them both proud! What we do for ourselves dies with us, what we do for others, endures and becomes immortal.
Shawn Stevens



Fun and Educational Online Programs!

Heather Bruegl

Director of Cultural Affairs

This has been an extremely difficult time for everyone in the community and here in our Cultural Affairs department, we want to make sure that you have access to learning for yourself and your children while everyone is at home.

While you can't actually leave your home right now to visit the many museums that there are, there are plenty of museums that are offering great online virtual tours for free that you can do in the safety of your own home. Some of these museums where you can take these free virtual tours include the Smithsonian's Museum of Natural History, the Detroit Institute of Arts, the Museum of Modern Art and the National Museum of the American Air Force. These are just a few and there are many more. You can do a quick Google search and find many more museums that are offering free virtual tours. Even the Louvre Museum in Paris is offering free virtual tours!

But it isn't just museums that are getting in on the action. Zoos are offering you free online tours! Around 3 pm each day, 2 pm Central time you can check out the Cincinnati Zoo on their Facebook page and watch their daily home safari. The San Diego Zoo has a plethora of live animal cameras that will allow you switch between koala bears, polar bears and tigers! And the National Aquarium

will allow you to 'walk' through tropical waters and then icy tundra's in this virtual tour. And these are just a few zoos that you can 'visit'!

Libraries are also stepping up during this difficult time. Many libraries are ramping up their presence online as well. Many libraries are hosting story times via their social media and also including activities online for children to do. The Shawano County Library is hosting virtual programming via their Facebook page while they are currently closed.

Music is also a great way to relieve stress and there are many organizations that offering free online concerts. The Boston Pops will begin livestreaming concerts starting April 5th at 3 pm, 2 pm Central Standard time. The Metropolitan Opera is also stream operas each evening. In addition to these offerings, you can check out your favorite artists via their social media for free livestreams of concerts you can watch from the safety of your home.

We know that these are challenging times and things seem bleak. But if history has taught us anything, we are resilient and we come out of this stronger than before. We are here for you and if you have any questions about cultural or educational resources during this time, please email at heather.bruegl@mohican-nsn.gov.



On Aupaumut

What a world we live in. It's easy to be desensitized to the marvels of technology, but imagine for a moment the ability of a president to make a statement and be heard around the globe almost instantly. The Stone Age changed the way we interact with the natural world. The printing press granted wide access to knowledge. The industrial revolution altered the world economy and technology forever. And now we have instant access to almost unlimited information. We can talk to each other at the speed of light. We are in the information age, and once

again the world is changing. In minutes we get updated on every case of COVID-19 that pops up in our community. We can see the numbers as the numbers come in, and stay informed on how the outbreak progresses.

For Natives, the world changed most drastically when our world collided with the West. They brought with them "guns, germs, and steel" (a term from the title of a great documentary I encourage everyone to watch or read while in quarantine). Most of Europe was already carving up the American continents and

bickering over who gets what by the time George Washington came around, but he is perhaps a good historical milestone in the unfolding of manifest destiny.

Right there in the midst of all this and working with Washington was my Great great great great great great Grandfather **Captain Hendrick Aupaumut**.

When I first sparked an interest in Native American history, I encountered Tecumseh. A much younger me, full of piss and vinegar, loved his aggressive approach to American colonialism. Unite the tribes and beat our oppressors off this continent! Of course he was working with the British, but like I said I was young and perhaps not too insightful. I had this model of a great warrior in my head; this leader who can unite us against a common enemy. I didn't want that challenged much.

Then one day I receive my family lineage in the mail from some mysterious source (probably my Aunt Eunice). I was amazed that I can trace my ancestry back to the time of Washington, and even more flabbergasted that there's a historical figure so far down that line! I began delving into the life of Hendrick Aupaumut.

My initial response was disappointment. I discovered that he was very much allied with Washington and America, even to the point of fighting against Tecumseh's initiative. He was educated in European ways and traditions, educated by Protestant Moravians. He was no stranger to war and served honorably in the Revolutionary War (even receiving a captain's sword from Washington himself), but when it came to how our tribe would survive on this new devastated continent...he was all about assimilation. That seemed to me to be a stark contrast to the legacy of Tecumseh in the wrong direction.

Then as I was reading his letters, I read something heartbreaking. In a letter he wrote to a Mohegan Reverend by the name of Samson Occom, he expressed a defeated sentiment:

"...we did not expect — when we look back, and Consider, what poor progress the Religion of Jesus Christ, has made amongst the Natives of this Continent notwithstanding of the great pains, that have taken with them in some Places the Indians appeared well and promising, but soon decay. — and now it looks very dark upon us, all helps from abroad are gone — and we are now brought to look about [and consider of our Situation and we believe] that this will be the last. that God

will make a trial with us...— God will leaves us to our own destruction — These and other considerations induce us — to believe that God does require from our own hands — to contrive — and to try to begin to support and maintain Religion among us..."

Being an old style of writing it takes a minute to digest, but once I grasped what he meant my perspective changed entirely.

Aupaumut was solely concerned with the survival of his people. Many of the letters we have available today glean insight into the tremendous difficulties he experienced as we travelled the many trails to our home now. He was displaced, desperate, betrayed, and frustrated. In a letter to Thomas Jefferson he writes:

"What we have stated above has induced us to lay our Case before you—as your Children—we know you are wise—and that your laws are Just—& Strong—we like wise believe that you will not see us when it is in your power to Assist us—For we are now Small—& very poor—we have no Sure habitation—we are about in the Same Situation (at least in some cases) Your Ancestors were—when they first found our ancestors—but you are now Great—Very Great—you reached almost to the Heavens in eminence—you are powerful—you Claim nearly whole of this Country—And other riches— Father—we earnestly request you to cast an eye of pity on us—to help us—to give us such a writing that would prevent the evil consequences—which we have Stated above—Or such other measures as you in your wisdom may point out to that effect..."

Letters. Snail mail. Even slower when the mail is delivered by horse. I wonder how long it took for his correspondence to reach its destination. Weeks? Months? Did Jefferson ever write back? I'm no historian, but if he did I'd sure be interested in hearing what he said.

Imagine watching your tribe shrink, from thousands to a few hundred. Imagine fighting side by side with the country you soon have to beg for help from. Imagine being home and having to say to the government "Please father, our people have no place to go." Imagine waiting for a response for months or years and receiving nothing. I don't think I would be so militant under those circumstances. I'd probably be writing letters too. And, I might start wondering why God has blessed the colonizers and cursed us.

Jefferson didn't have the

Aupaumut cont on pg Five:

Aupaumut cont from page Four:

ability to make statements that would be immediately heard across the world. And, of course, he was a remarkable writer. His thoughts could be weighed for however long he liked before he set them to paper. The only exposure to the president you would have on the frontier would be what you read or heard here and there. A great mythical figure could be easily contrived and spread across the country.

I wonder what Aupaumut would say were he here now. Look Hendrick! There's Trump, today's Great Father. Listen for yourself to what he is saying to this nation of 327 Million (I wonder if he had any concept of millions). Look Hendrick! Our tribe has a home! And a Casino! And a clinic! (I bet he would understand a casino better than millions) Look Hendrick! This is your grandson. He's really smart. Doesn't he look white? Yea, we're all pretty much blended now.

Look Hendrick, Coronavirus is breaking out. It's nothing like the smallpox, but our ability to spread knowledge so quickly may contain the outbreak. We may even be able to cure it soon. If a cure is discovered, we will know about it as soon as it comes out.

As I read his letters I feel a connection through time. My Grandfather wrote this. His DNA is inside of me right now. In a way it feels as if I am reading something an earlier version of me wrote.

It would be great fun to show him the world, for sure. But I would have so many questions for him, as well. What do you think about enrollment? Do we change rolls policy? What happens if our tribe is abolished? Do we need the government to exist? Do we focus on sustainability? Do we return to our traditions that existed before America, or is it better to modernize?

I'd ask all these questions over crab legs and wild rice. I bet he never had crab legs dipped in melted butter.

As he polished off the last spoonful and dipped the final dip, I'd end the conversation by letting him know he didn't fail us. We are still here. Not only are we still here, but we are doing pretty well in life. We argue amongst each other as we always have, and as we always will. But we are a family. We have a place. We have a home. We even have a voice.

Thanks Grandpa.
Matthew Bennett

also, by phone conferences once a week.
Jill Duffek-FDP Supervisor

Eunice Stick Elderly Gathering Place

Currently closed to the Public until further notice

If you need our services, please call FIRST, DO NOT come in. This COVID 19 Pandemic has us taking measures to keep everyone as safe as possible.

Please be patient. We understand that this is a frustrating time. Our ELDERS are important to us and precautions are being taken very seriously.

If you need our services, please call FIRST, DO NOT come in. (715) 793-4236

This COVID 19 Pandemic has us taking measures to keep everyone as safe as possible.

Please be patient. We understand that this is a frustrating time. Our ELDERS are important to us and precautions are being taken very seriously.

We are here to serve the Elders in the community as best we can. However; services are limited to those that live within our service area.

Services currently available are as follows:

***Home delivered meals** to those who are 55 years+/ Disabled 40 years+. Please call to let us know if you would like to be added to our delivery list during this "Safer at Home" order which will go through April 24th at this time. We have 3 delivery drivers who will deliver meals to help expedite the added demand.

***Elderly Benefit Specialist-** William "Bill" Terrio can be reached to assist you with Social Security, Medicare, and any benefit questions you may have. In person services will cease until "Safer at Home" is lifted.

***Shopping services** are available to pick up **essential items** for Elders from Bowler or Gresham areas. Please call DeAnna DeNasha for this service at the main line number. A driver will be assigned to this task when available. All that we ask is that you provide cash for items requested and driver will pick up and deliver your items to you with the receipt an any change. Please understand that we do NOT want you giving anyone your debit/credit card with a pin #.

***Phone service** to talk to someone is available Monday thru Friday from 8 am-4:30 pm. at the above listed number. PLEASE be safe and take all precautions. We care about YOU!

Operational Status update during COVID-19 Pandemic

Friday, April 03, 2020

We have 4 staff working on alternate days, Monday thru Thursdays 8am to 4:30 pm.

We have received many calls about how to make payments if laid off or furloughed. We encourage Non-Custodial Parents with Court Ordered payment obligations to file an Unemployment claim promptly to allow the Child Support system to withhold Child Support and keep support going to the families and children of our Community.

Staff have been directed to update all cases to ensure we have accurate Unemployment Agencies listed in the system to avoid delays in processing payments. Mail has ceased so many of the letters we have ready to send out regarding case actions will be delayed during this time.

We have approval from the Wisconsin Bureau of Child Support and the Federal Office of Child Support to make Agency level considerations on a case by case basis to stop liens and apply leniency to cases in a hardship status.

We will be here for questions and all calls will be responded to. 715-793-4036.

Ella Besaw Center

The Ella Besaw Center is working hard to keep our residents safe. All staff are monitored for symptoms of COVID-19 at the door. They wipe down anything they are bringing into the facility with disinfectant wipes and their temperatures are checked before starting their shift. We are disinfecting the building at least every shift. Vendors leave deliveries on the front porch and anyone who needs to come in to do anything in the building are required to wear a mask and gloves.

We are following the requirements for long-term care facilities recommended by the Department of Health and the CDC. Right now, those recommendations include no visitors (except in special circumstances), no communal dining and no large group activities. We are doing our best to keep our residents active through in-room activities, 1 on 1 attention, puzzles/game packets, small group activities such as Wii bowling and of course social distance bingo.

We are open and willing to help you all stay close with your loved ones any way that we can. Please send cards, letters and call as much as possible. We also have the availability to skype and possibly facetime. You can even
Dept continued on page Six:



Departmental Updates

Economic Support

The Economic Support Department will continue to provide all services to clients by e-mail or phone. We currently have bins by the drop box at the Admin building with paper applications for the clients to fill out and put in the drop box once completed. The client can then call and let us know they put their application in the drop box, the application will be picked up and the application will be completed. Currently the drop box is checked once per day or when a client calls to let us know they put something in the drop box.

Economic Support will continue to provide services. **Please call 715-881-2888**, or you can e-mail

Crystal Malone crystal.malone@mohican-nsn.gov or **Rose Strege** rose.strege@mohican-nsn.gov to apply for the following programs, to report changes to your case, or for any questions you may have.

- For FoodShare, Medicaid, BadgerCare Plus, SeniorCare and other programs, please visit: <https://access.wisconsin.gov/access/> or e-mail, or call to set up an appointment, or to request a paper application.

- Wisconsin Home Energy Assistance Program - WHEAP - <http://www.homeenergyplus.wi.gov/> or e-mail, or call to set up an appointment
- Child Care Assistance - W-2 CC, CCDF, and Tribal Child Care Assistance - e-mail, or call to set up an appointment
- Temporary Assistance for Needy Families - TANF e-mail, or call to set up an appointment
- General Assistance - GA -email, or call to set up an appointment

There is also a locked drop box at the Admin Building for clients that is checked daily. Clients can drop off any verifications or paper applications in that drop box.

S-MFoodDistribution

The Food Distribution is keeping normal pick up days with some new guidelines put in place. The clients are very understanding about this. The new guidelines are put in place for their safety as well as for ours. We are keeping in touch with the Federal side of the program for some guidance

Child Support

Dept cont from page Five:
come speak with them through the window if you would like. Please call the center at (715)793-4537 we will update the voice recording whenever there are any changes with the situation.

Medical Transportation

Medical Transportation will continue to provide medicine delivery and dialysis transports on

Mondays, Wednesday and Fridays. **Call 715-793-5040.** We are doing transports to SMHWC as needed and as clinic allows.

The ICW Department

Call 715-793-4580

The ICW Department has had to shift case management services during this time, however with technology this situation has been extremely helpful. The dept has been facilitating video chats with families with children in out of home placements. Since it is not possible to hold visits, parents and other family members are holding visit with their children through vide chats and phone calls. I have heard from several families that this really brightens their day! Keeping connected during a crisis is important for not only the parents but the children. Seeing their child is cared for and healthy gives them reassurance and gives them hope.

Case management services

continue to be held through phone. Any collaboration with the county child welfare agencies also by phone, unless there is an immediate child safety issue.

Tribal Social Worker

Miranda Vele: please reach out at phone 715-881-0355 or email (miranda.vele@mohican-nsn.gov) if there are services you may need. Feel free to reach out even if it's just to have a conversation.

Keeping social distancing in mind, the Tribal Family Social Worker is continuing case management services during this time but redefining services available as needed. Along with being informed of the situation it's just as important to ensure your mental health is doing well. Call your family and keep in communication with those you saw regularly. If needed reach out to the Tribal Family Social Worker.

The Tribal Family Social Worker is using technology (phone and email) to keep in collaboration with all Human Service departments when needed. Clients in need of services are communicated through phone or text and because in person communication is unavailable, video chats and phone calls are being used. The tribal family social worker continuously collaborates with the ICW manager and case management services are completed through phone and email.

Greetings Valued North Star Mohican Casino Resort Guest

The health and safety of all team members, guests, and the community are of top priority amid continuing COVID-19 concerns. With direction from our Tribal Council, **North Star Mohican Casino Resort (NSMCR) will be extending the temporary closure date tentatively to after April 24th, 2020.**

We remain committed in providing the friendliest service and the cleanest facility for everyone to enjoy. We will continue to work with the Stockbridge-Munsee Tribal Council to closely monitor all pertinent health and safety guidelines and take appropriate action as needed.

All information regarding reopening NSMCR will be provided as it becomes available.

As a courtesy, hotel reservations booked during this time period will automatically be cancelled.

All third party booking sites have been notified of the temporary closure and reservations will

be cancelled accordingly. Rescheduled events and entertainment dates are available on our website.

Additional information and updates about NSMCR can be found in the [press room on the NSMCR website](#). Guests can also refer to [CDC](#) and [WHO](#) for more information regarding official health updates.

We are very grateful for all the assistance, support, and important information shared on COVID-19 by the state and national agencies, first responders, and our valued employees and guests.

Thank you for your continued loyalty during these unprecedented times.

Stay safe and healthy and we will see you soon.

Sincerely,

Michael Bonakdar, General Manager
North Star Mohican Casino Resort



All DNR Burning Permits Suspended in WI.

In order to protect the health and safety of the citizens of Wisconsin, we are taking proactive measures by suspending all DNR burning permits until further notice.

MADISON, Wis. - Spring in Wisconsin has the highest fire risk with the No. 1 cause of wildfires being debris burning. Wildfires pose a serious threat to public safety, property and our natural resources. People cause over 98% of all wildfires in Wisconsin.

Due to the COVID-19 Safer at Home order, we are taking proactive measures by suspending all Department of Natural Resources burning permits until further notice to protect the health and safety of Wisconsinites.

All burning of debris in barrels, burning of debris piles on the ground, grass or wooded areas is prohibited at this time.

Most debris fires occur in the spring after the snow-cover melts and before vegetation greening. Spring is when people are out-

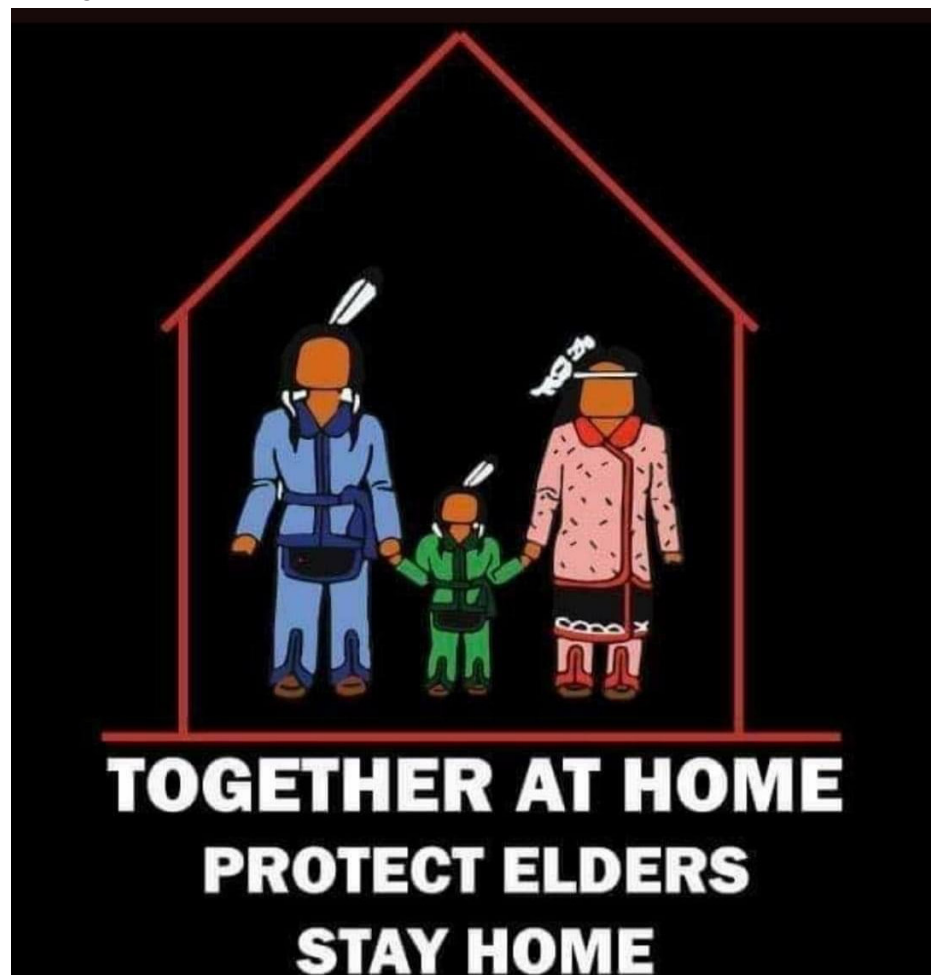
side doing yard clean-up and then choosing to burn leaves, brush and pine needles.

Burning permits are required by the Wisconsin DNR in many parts of the state to conduct legal and responsible burning in the outdoors. Burning permits are also required by the Wisconsin DNR in DNR forest fire protection areas to conduct burning of [legal materials](#) when the ground is not completely snow-covered.

DNR burning permits do not apply within incorporated cities and villages. These municipalities oftentimes can and do create their own burning permit requirements. In addition, some townships may choose to be much more restrictive than state law and may not allow burning at any time.

To check and see if you can burn in your county or if the burning band has been lifted,

Call 1-800-WIS -BURN (947-2876) after 11:00.



MEDICINE GENERATIONS Author Misty Cook to Share Pertinent Medicine Recipes

Stockbridge Munsee member Misty Cook generously shares excerpts of her book *Medicine Generations: Natural Native American Medicines Traditional to the Stockbridge-Munsee Band of Mohicans Tribe*.

In *MEDICINE GENERATIONS*, *Natural Native American Medicines Traditional to the Stockbridge-Munsee Band of Mohicans Indian Tribe*, author Misty Cook (Davids) has documented through oral tradition 58 Native American herbal Medicines that have been told through stories in her family within the tribe. Beginning with the history of these Medicines through her family tree of Wolf Clan Medicine people, this book is a guide for learning about the Medicines and how to use them. Gathering and identifying these plants and trees, preparing them through teas, tinctures, salves, and poultices is described. An importance of the spirituality is touched upon as well as how to use and prepare these Medicines. Color photos of these plants and trees in full bloom captured at the exact gathering stage are shared so the reader can easily identify these Medicines growing naturally as well as a detailed description of them and complete directions for the use of these Medicines for healing and health maintenance.



Photo taken in September



MULLEIN

Mullein

Photo taken in August

Usage

This Medicine is good for colds, sore throats, and will bring up phlegm. It is also good for asthma and problems with the lungs. It can also be smoked in a pipe to clear out lungs and sinuses by filling a corn cob pipe with the mullein, smoking it and inhaling the Medicine into the lungs and exhaling it through the nose. This can be done twice a day until the condition is better.

Preparation

The tea is steeped for fifteen minutes by pouring one cup of boiling water over a tablespoon of mullein and drinking a cup three times a day. This tea can be refrigerated for two weeks.

Gathering Mullein

This Medicine grows tall to about five feet. It is a light green color with furry leaves and a yellow flower on the top. It grows all over the reservation. Just the mullein leaves are gathered in August. The gathered leaves can either be bound together and hung to dry or laid out to dry for about three months.

Preservation

The mullein can then be broken up into smaller pieces and preserved in a glass jar for use throughout the year.



NUMBER SIX - BERGAMOT

Bergamot (Wild)

Photo taken in mid-July

Our people call this Medicine “# 6 or number six.” Native Word- Wteehaskwal

6 is the most commonly used Medicine amongst our people still today. There are many people who gather it and use it all year-round. Most everyone that I talked to about Medicines from our tribe mentioned #6.

Finding this Medicine

This Medicine can be found all throughout Red Springs Township near Gresham and to a lesser degree on the reservation. #6 has green leaves with purple flowers and grows about three feet high in fields.

Usage

It is good for any kind of cold, flu, aching bones, pneumonia, high fever and/or the chills, and many things that ail you. Dave Besaw said, “It will make you feel better and take the aches and pains out of you. #6 has aspirin priorities in it making it good for pain relief. You take #6, go to bed, and cover up. When you wake up, you will be feeling better.”

6 can also be smoked by lighting one end of a four inch piece of the stem and inhaling the other end with the mouth as the hollow inside of the stem lets the smoke

come through. Smoking the stem is really good for clearing out the sinuses because as the smoke passes through the lungs and nasal passages, it helps clear them out. For this purpose, this can be used up to three times per day until symptoms subside. These stems are broken off from the plant and can also be stored in a jar for use throughout the year.

I have been told that # 6 got the name because it is good for healing six different things, but I have not found out what those six different things are. It is also the sixth Medicine that was found by our people.

Preparation

Make this tea strong by steeping it with about two tablespoons of # 6 to one cup of water, but if it tastes too peppery, dilute it until it tastes right for you. For a fever, it can be taken cold to quench thirst. Dave said, “# 6 cured Ella of pneumonia several times during her life when her symptoms included a terrible cough in her lungs and a fever. #6 should be taken right when a sore throat is coming on. It will either help prevent the cold or reduce the symptoms and length of the cold.”

Dosage

Drink up to three cups per day until feeling better.

Gathering, Preservation and Storage

This Medicine can be dried to preserve it all year. The best time to gather this Medicine is in the summer months of late July and early August when the light purple flowers are perfectly intact. It lasts about one week at this stage so it is best to pick it as soon as the flowers are all open. This is picked by gathering the entire stem and flower at the base of the plant. Pick about thirty of them to use throughout the winter. Tie the bases together in a bunch with a cotton based string and hang them to dry out of direct sunlight. When they are completely dry, in about two months, they can be stored hanging or broken up into small pieces and placed in a glass mason jar. I place the # 6 into a paper bag, break it up into small pieces right in the bag and then pour the contents into the jar. This is less wasteful because we want to make sure we use the entire plant that we gathered.



Sumac

Photo taken in September

Many people from our tribe call this “Shumac”.

Native Word, Shmeekw

Usage

Shumac is for asthma, bronchial cough, croup, difficulty breathing, and is very healing for the lungs. It acts as an expectorant because it helps bring the mucous out of the lungs so they will be clear again.

Preparation

Boil one red cone bulb with the berries on it in one cup of water for about ten minutes to make a tea, steep it and drink it. Drink this up to three times a day as needed. This tea can be stored in the refrigerator for a week.

Cough Syrup

By adding a handful of sugar, maple syrup, or honey, a cough syrup can be made from the tea as well. Take one tablespoon of this cough syrup as needed. When making the syrup, keep boiling the tea down, add preferred sweetener like local honey, maple syrup, or sugar to your taste and boil it down until it becomes very thick. The consistency is thicker than the cough syrup of today. Take one tablespoon as needed. This cough syrup can be stored in the refrigerator for up to a week.

Refreshing Drink

The red cone can also be used to make a refreshing drink by mixing one red cone in one gallon of cold water, and adding sugar, maple syrup or honey to sweeten it to preference. This drink can be stored in the refrigerator for a week.

Gathering

Sumac grows very quickly and abundantly around the reservation. The red bulbs are gathered after the first frost and can just be snapped off at that time. These cannot be used before the first frost when they are green because they are poisonous at that time. Also, after the first frost is a great time of the year to pick them because there are no bugs in them. The frost makes them turn red and they stay red all throughout the winter.

Preservation

Store them in a mesh or paper bag so they will be well dried for use throughout the year. They mold easily if they are not in a breathable bag. They should be kept in a cool, dry place and can be stored outside even in the freezing weather. This will help prevent them from getting moldy.

(Editor's Note: We want to thank Misty Cook for providing us with these medicinal recipes to help with coughs and colds and things).

Thank You Teachers on May 5, 2020



John Annis

9-12th Grade Special Education Learning Disabilities Teacher at Ozaukee High School in Fredonia, Wisconsin. He has forty years in education.



Lucille Burr

Native American education at the Bowler School District, Shawano School District, and Boys and Girls Club of Shawano. She has three years in Education.



Dr. Alpha M. Creapeau

Adjunct Faculty at the College of Menominee Nation in Keshena, Wisconsin. She has thirty plus years in education.



SoHappy Davids

LST (Learning Support Teacher)/Math Interventionist (Grades K-5) and Native American Advocate at Pulaski Community School. She has fourteen years in education.

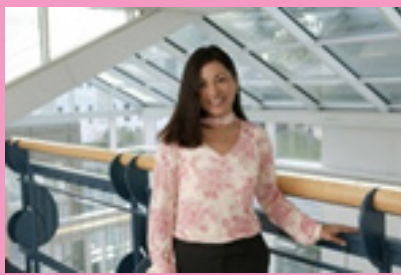


Karleen (Gardner) Gumm

4th Grade Reading Teacher at Northern Ozaukee School District in Fredonia, Wisconsin. She has twenty-five years in education.



Janet (Henning) Kalpinski
Special Education Teacher at Wauwatosa West High School in Wauwatosa, Wisconsin. She has twenty-four years in education.



Brigetta Miller

Associate Professor (Ethnic Studies & Music Education) at Lawrence University in Appleton, WI. Among other responsibilities, she is involved in the College Horizons Scholars Program, faculty mentor for Graduate School Exploratory Fellowship (GSEF), and faculty advisor for LUNA (Lawrence University Native Americans) student organization. She has thirty-one (24 university & 7 public school) years in education.



Valerie Miller

8th grade English Teacher, co-teaching a STEM English 8th grade class, and a 8th grade girls' basketball coach at Kuna Middle School in Kuna, Idaho. She has sixteen years in Education.

Education During COVID-19

Remote learning for all is our new normal amongst the COVID-19 pandemic. This temporary learning style is not new to some but is new to others. Either way teachers are missing their students and students are missing their teachers as everyone is practicing social distance behavior and staying home.

Preparation efforts related to COVID-19 has required academia to work within rapidly changing complex circumstances which create a variety of unique situations and conditions for those they serve. In addition to providing school lunches, Bowman said, "Schools are focusing on equitable access and support to learning materials while addressing the specific learning needs of students with disabilities because learning never stops." So, while school leaders, teachers, parents, and families continue adjusting plans and responses to the Coronavirus we want to honor all teachers including those from the Stockbridge-Munsee Community by including the article for the Annual National Teacher Appreciation in this special issue in advance of the actual appreciation day of Tuesday, May 5th .



Beth (Davids) Stawski

1st Grade Elementary Teacher at Indian Community School in Franklin, Wisconsin. She has twenty-seven years in education.



Shawn Allen Vele

9th and 10th grade At-Risk Algebra and Algebra Intervention at Casimir Pulaski High School in Milwaukee, Wisconsin. He has twenty-three years in education.



Patricia (Metzger) Wickert

Title-One High School Reading Study Strategies Teacher for Learning Exchange at St. Joan Antida High School in Milwaukee, Wisconsin. She has twenty-two years in education.

"Teaching is the greatest act of optimism."

Colleen Wilcox, author

COVID-19 Flatten the Curve Only WE Can Protect Ourselves

PROTECT THE
PEOPLE YOU
LOVE

"WE ARE ALL HELD ACCOUNTABLE FOR
THE WELL-BEING OF OUR FAMILY."
-23 YR OLD, TWO GREY HILLS

#KEEPYOURFAMILYHOME



A message from College of the Menominee Nation Interim President Christopher Caldwell



Posoh mawaw new weyak. I am writing this in hope that you who are part of our tribal communities and neighbors far and wide are safe and weathering the COVID-19 crisis with patience and strength. I also want to assure you that our College of Menominee Nation is operational and functional, and continuing to serve its students in all ways possible.

Over the past month, all who work at the College have been rallying to institute ways for our students to continue making progress in their courses while doing all possible to protect their health. CMN leadership is continually monitoring and adjusting operations according to what we hear from tribal, federal, and state leaders, and medical authorities.

This effort began with increased sanitation on our campuses and advised social distance among workers; it moved quickly to requiring on March 16 that all student instruction to be online. That directive now extends until the end of spring semester. We are fortunate that several years ago the College invested in distance and inter-active classroom technology. Because CMN faculty members have considerable experience using distance-learning modes for instruction and communicating with students online, we have had less of a ramp-up curve than some institutions. Almost all CMN students are thoroughly familiar with online lectures, research, group projects, tests and feedback. We have been working to assure that CMN students who live in areas without adequate internet and/or lack computer hardware at home are offered PCs from the College, provided hot spots where they can safely get intranet service, or accommodated in other ways. The commitment is that no student who wishes to continue the semester's work is left behind. Similarly, students in classes that require hands-on experience are being given extensions to complete their work when the crisis abates. For students studying here in Keshena and Green Bay/Oneida, financial aid, student scholarship awards, internship employment,

grant stipends and other sources of support are continually being reviewed to be sure funds are moving to those who need them. Our national public policy group, the American Indian Higher Education Consortium, has been advocating on behalf of CMN and other tribal colleges and universities to assure that student financial aid and regulations of the U.S. Department of Education and other agencies do not penalize students for these unexpected interruptions in their education.

Except for a few key employees, all who are employed at the College are handling their regular duties online or on reassignment at home as directed by their supervisors. I am communicating with both our workers and students with email and video updates and with faculty and staff via video conferencing that lets us interactively talk with each other. This is not ideal, but we are very quickly learning how to work together effectively in this new reality. Some of these sessions are available on the College's website and Facebook, if you are interested.

My message to our communities is that your College may be sheltering in place, but it is not shuttered in any way. Essential services to students continue. We are making plans for summer and fall course offerings in expectation and hope that the COVID-19 crisis is past. Applications are being accepted online. Financial aid requests are being processed. The Wisconsin Job Center and Menominee Vocational Rehabilitation are accessible by phone for unemployment application assistance and individual support programs, respectively.

I admire the way CMN students and employees have adjusted to the changing situation and rallied to continue the spring semester's work and prepare for the future. I am proud of the cooperation and mutual support shown in a time when all are concerned about their health and that of family members. Now are times for reflection on our next steps in life. When our communities are once more open and ready to re-engage, I invite you to call upon the College of Menominee Nation for further education, a start on a new career path, technical training, skill assessments, or other support. In the meantime, we are making ourselves as available as possible at CMN via email and website to offer information and advising.

Christopher Caldwell
Interim President, College of Menominee Nation, Keshena and Green Bay
CMN website: www.menominee.edu

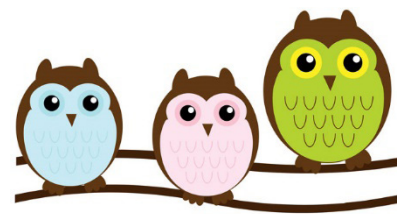
Talking to Children About COVID-19

Facing a health emergency can bring up feelings of stress, uncertainty, and confusion, especially for young children. While we don't want to overload them with scary information, we can try to answer their questions honestly. There are simple ways to talk about COVID-19 with young children, and we can always offer comfort:

Explain that COVID-19 is a virus. It is so small it's invisible, and it can make some people sick. But there are ways to protect ourselves and others (we can wash our hands with soap and water for 20 seconds, say hello in new ways such as waving from afar, sneeze or cough into the bend of our arm, stay indoors, and keep a safe distance of six feet from other people).

You Might Also:
And...

- Ask children what they've heard about COVID-19. This will help you share only the information that they need right now. Answer simply and honestly and provide as much reassurance as you can, assuring them that you know how to keep your family safer.
- Ask them how they feel. Let them know that their feelings are okay and that many other people everywhere are feeling those feelings, too. Use words to share your own feelings (anxious, worried, sad, and so on).
- Be prepared to answer the same question more than once; repeating the same question may be how your child expresses concerns.
- Notice and focus on any kindness or cooperation you see around you, no matter how small. Point out that in every tough situation,



there are always people helping.

- Remind children that this situation (and the feelings we're having) will not last forever, and that this experience can make him/her, and your whole family, stronger.
- Be aware of your own feelings. It's normal to feel helpless when you can't protect your child from changing circumstances; keep in mind that children respond to and learn from your reactions.
- It's okay take a moment to think about how to respond before answering. It's also okay to say you don't know and that you can find out the answers together. It's important to be honest with your child so you don't tarnish their trust.

- Listen to your child. Take the time to listen closely to what question they are asking. Remember, less information is best: they want their question answered but giving them more information than they are ready for or can handle is overwhelming and may raise more unintended questions and fears.
- Trust your instincts. You know your child best. Children of different ages will have different questions and needs, and a wide range of reactions is normal.
- Respect children's concerns. If they tell you they're afraid of something, don't dismiss their fears.

Smoking Increases COVID-19 Severity Risk

The top health advice to avoid getting SARS-CoV-2, originally known as COVID-19, is still distancing, washing your hands thoroughly, avoiding touching your face, and other actions recommended upon good medical guidance. Unfortunately, the virus is extremely contagious and there are now enough cases to understand the risk factors for developing severe respiratory symptoms of the virus after it is acquired. Several of these risk factors – cardiovascular disease, impaired immune system and diabetes – are associated with smoking cigarettes. Vaping has also led to lung damage, which makes the lungs more vulnerable.

There is enough agreement among top experts on the relationship between conditions caused by cigarette smoking and SARS-CoV-2 severity that the [Centers for Disease Control \(CDC\)](https://www.cdc.gov) and [World Health Organization \(WHO\)](https://www.who.int) have

issued related warnings.

Preliminary data reported in the [New England Journal of Medicine](https://www.nejm.org), one of the most respected publications in medical research, reported that smokers are 2.4 times more likely to develop severe complications.

Whether you're exposed to SARS-CoV-2 or not, the CDC estimated before this outbreak that an average of [1,300 people in the U.S. die every day due to smoking-related illnesses](https://www.cdc.gov).

The good news is that you can reap the health benefits of quitting quickly, according to U.S. Surgeon General reports.

20 minutes after quitting: Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

Quit continued on page Eleven:

The SMHWC will be open to provide services

The clinic wants to keep you updated about what we are doing to respond to the Coronavirus Pandemic. We have four major goals as we respond to the spread of the virus and threats to the Mohican Nation:

1. To do everything possible to stop the spread of the virus.
2. To test those at greatest risk of getting very sick from the virus.
3. To continue to provide other medical needs safely.
4. To provide accurate information about the virus.

To accomplish these goals, we are changing many of the ways the clinic operates. The most important way to stop the virus is for people not to be together in close contact. The clinic changed how services are provided to lower the chances of spread through close contact with others.

Please help us better serve you and keep everyone safe by doing the following:

If you are NOT sick, don't come to the clinic.

If you have concerns, call the triage line at 715-793-5087 or 715-793-5088. Do not come to the clinic without calling. If calls become overwhelming, we will need to take steps to create special phone numbers.

Patients with other acute medical problems such as injuries, heart problems, or breathing problems will continue to be evaluated. Call the triage line at 715-793-5087 or 715-793-5088.

Stay at home and avoid unnecessary travel. Practice social distancing. Wash your hands.

Medical

If you have concerns, call the triage line at 715-793-5087 or 715-793-5088. Do not come to the clinic without calling. If calls become overwhelming, we will need to take steps to create special phone numbers.

If triage instructs you to come to the clinic, they will also provide instructions on which entrance to use. Anyone with respiratory symptoms will be directed to wait in their car until they can be escorted through a separate entrance. Triage will provide instructions where to park.

If a medical provider determines you are severely ill, arrangements will be made to have you transported to a nearby hospital for further evaluation and treatment. If you are not severely ill, you will be sent home and you will be on ISOLATION which means you cannot leave home. Medical staff will tell you how long you must remain in isolation.

Pharmacy

Pharmacy is open and continues to provide medications to our community. Medical staff and pharmacy are coordinating to have 90-days of medication provided if appropriate. This cannot apply to controlled substances.

Patients who only need to pick up medications should call pharmacy at 715-793-5027. Call ahead of time, prescriptions will be delivered to your car in our parking lot so you do not have to come into the clinic. Medical transport is delivering medications to Elderly.

Dental

Dental is only seeing patients who have a dental emergency such as severe tooth pain or swelling. Patients who need an urgent dental exam should call dental at 715-793-5019. We may use a separate entrance for the exam.

Behavior Health

For urgent needs, or if you have a scheduled appointment, please call Behavior Health registration at 715-793-3000.

Behavior Health will offer counseling sessions via telephone.

Purchase Referred Care - (PRC)

If you need to deliver paperwork for Purchase Referred Care, MAIL the paperwork, do not come in the clinic. Address the envelope to PRC SMHWC, PO BOX 86 Bowler WI, 54416.

For all referral visits or PRC questions, please call 715-793-5011. PRC can approve and fax referrals to outside vendors.

Every day the spread of the virus changes. The clinic is changing our processes as needed to continue to provide safe and reliable medical care.

These changes may not seem to make sense at first. These changes may cause frustration. Please know that all the changes are to keep our community safe.

Thank you for following guidance to keep our community safe

Attention:

Anyone in need of Women, Infants and Children (WIC) services should call Cheri Nemec at Great Lakes Inter-Tribal Center @ 715-588-1020 until the time our regular WIC staff returns. Sorry for any inconvenience.

Cheri is able to assist new participants who might be in need of WIC now due to layoffs and furloughs.

What the clinic is doing to keep everyone safe:

The clinic is taking extra precautions to keep everyone in our community safe.

First, the clinic is screening anyone who enters the building, including employees, for signs of coronavirus. Clinic employees who have signs of illness are being evaluated by our physicians, and if needed, will be sent home for a 7- or 14-day self-isolation period to avoid bringing the illness to the clinic or to others. All essential employees at the clinic have been trained on respiratory protection and fit tested for N-95 masks. Staff have also been trained on how and when to use personal protective equipment. Staff are observed for proper PPE usage frequently.

Clinic staff have greatly increased cleaning and disinfecting throughout the building. The clinic uses an EPA approved hospital grade disinfectant that is proven to kill coronavirus and most other bacteria and viruses. Environmental Protection workers are diligently cleaning frequently touched areas such as door handles, counter tops, and hand rails. The Clinic Safety Manager teamed up with Occupational Health Staff to provide employee training to all tribal workers on cleaning/disinfecting and other infection control practices including hand washing.

The clinic is coordinating ordering of personal protection items such as masks, gloves, disinfectant, and hand sanitizer. At this time, these items are not always

available through normal vendors. The clinic is working with federal and state departments as well as other vendors to maintain adequate levels of supplies. The clinic has had to be creative in finding some supplies, we recently learned of a Wisconsin distillery that is producing hand sanitizer and are investigating the supplier and purchasing options. The clinic has increased the level of necessary supplies to ensure our employees will be able to safely serve our community. The clinic has also been able to provide needed protection supplies to the Besaw Center, Elderly, and EMS. Lab tests for coronavirus continues to be difficult as testing supplies are not available. The clinic was able to successfully work with an outside lab to increase the availability of testing for coronavirus. The clinic now has limited testing supplies and will be testing those with the highest risk and symptoms. The clinic continues to look for all options to increase our ability to reliably tests more patients in a timely manner. Medical staff are taking advantage of technology and using I-pads to begin providing telehealth visits. The clinic is looking into options to expand telehealth as a way to keep everyone safe and further limit the possibility of spreading this virus.

The clinic is working closely with local hospitals to ensure we have options to care for our community in case there is a large outbreak locally.

Quit cont from page Ten:

12 hours after quitting: The carbon monoxide level in your blood begins to drop to normal.

24 hours after quitting: Your chance of a heart attack decreases.

2 weeks to 3 months after quitting: Your circulation and lung function improve.

1 to 9 months after quitting: Coughing, sinus congestion, fatigue and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to clean the lungs and reduce infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a tobacco user.

5-15 years after quitting: Your stroke risk is reduced to that of a nonsmoker.

10 years after quitting: The lung cancer death rate is about half that of a continuing tobacco user. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

15 years after quitting: The risk of coronary heart disease falls to that of a non-smoker's. The American Lung Association (ALA)

offers these tips to quit smoking:

Identify your smoking triggers. You may be more apt to light up when you're out with friends or on a long commute to or from the office. Physical distancing and working from home could provide the perfect opportunity to lay low for a little while and focus on your quit.

Refresh your space and day. Whether it's a specific chair on the porch or at the dining room table after a meal, doing a little feng shui with your living space can help you relearn certain rituals to avoid smoking.

Stay connected. Hangouts are going virtual, which is the perfect time to connect with others that are quitting smoking. Join ALA's online support community and join the Quarantine Quitters.

You can also contact WNATN at fb.me/WNATN for culturally tailored support in your community or visit the American Indian Commercial Tobacco Program at <https://americanindian.quitlogix.org/> or by calling 1-855-372-0037. Anushiik/Oneewe Judy (Vera) Heubel WNATN Representative



COLLEGE OF MENOMINEE NATION SUSTAINABLE DEVELOPMENT INSTITUTE

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
 - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- * Do NOT use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1 Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4 There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5 You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
 - Cough
 - Shortness of breath
- Seek medical advice if you
- Develop symptoms
- AND
- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)



CS 31546-A 02/10/2020

College's ONLINE Earth Day Celebration Theme Is Our Mother Earth - Kohkomaehsahkamekonaw

The College of Menominee Nation (CMN) is celebrating the 50th Anniversary of Earth Day from Monday through Friday, April 20 to 24, with events coordinated by CMN's Sustainable Development Institute (SDI).

As part of the week, SDI invites others who are observing Earth Day to share their pictures on the CMN-SDI Facebook Page: **CMN Sustainable Development Institute**.

CMN-SDI is also promoting other online activities that can be accessed by anyone at any time: S. Verna Fowler Academic Library/ Menominee Public Library website: www.menominee.edu/library Library Facebook page: www.facebook.com/CMNLibrary Library email library@menominee.edu for more information.

Monday, April 20
12:30 p.m. Story Time Live: Stories for Mother Earth
3 p.m. Library Maker Monday on Facebook Live: Jellyfish in a Bottle

Tuesday, April 21
12:30 p.m. Story Time Live: Stories for Mother Earth
3 p.m. Library Try It Tuesday: Care for the Earth on Facebook Live



Wednesday, April 22
12:30 p.m. Story Time Live: Stories for Mother Earth
2 p.m. Panel: Alternative Energy, Emma Ardington, Kelly Jackson, Greg Hitch
Thursday, April 23
12:30 Story Time Live: Stories for Mother Earth
3 p.m. Art Underground - Library zoom meet-up
Friday, April 24
12:30 p.m. Story Time Live: Stories for Mother Earth
3 p.m. Escape Room Challenge - Library zoom meet-up

Members of the CMN-SDI Earth Day 2020 planning committee are CMN staff and students: Darla Asenbrener, Rebecca Edler, Mani Boyd, Deserae Wilber, Emma Anderson, Jasmine Neosh, Laura Robinson

10 Traditional Foods for Immune System Support



In one elderberry study, symptoms of 60 people cleared up 4 days before those who took a placebo.

Elderberry

Used in ceremonies and as medicine, tea of simmered branches is used to treat fevers, chest colds and flu.



Cedar



Sweet Potato

Sweet potatoes are rich in beta caro, a carotenoid that converts into immune booster vitamin A.

Compounds in mushroom include antioxidant polyphenols, as well as betulinic acid: anti-cancer effects.



Mushroom



Corn

Corn provides fiber, which aids in digestion, plus folate, thiamin, phosphorus, vitamin C, and magnesium.



Sage

Sage contains over 160 distinct polyphenols, which are plant-based chemical compounds that act as antioxidants in your body.

Beans are an excellent source of protein, which plays an important role in building cells, including those of your immune system.



Beans



Maple

Maple syrup is a good source of both zinc and manganese, which are key in strengthening the immune system.



Salmon



Strawberry

Fatty fish like salmon are loaded with zinc and omega-3 fatty acids.

Full of antioxidants and vitamin C, strawberries are excellent for fighting free radicals.

Handwashing: Keeping Your Family Healthy

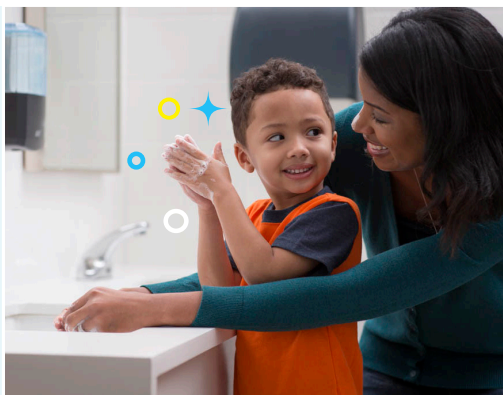
Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

CLEAN HANDS

www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CS310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

WAYS TO PREVENT ILLNESS- How you can do your part

Daily cleaning and disinfecting frequently touched surfaces and items (tables, countertops, desktops, light switches, handles and drawers of desks and file cabinets, doorknobs, keyboards, phones, touchscreens, pens, pencils).

Differences between cleaning and disinfecting

- **Cleaning** is the removal of germs and dirt from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

- **Disinfecting** uses chemicals to kill germs on surfaces.

Always clean your surfaces before disinfecting.

Use soap and water to clean surfaces first. To disinfect, you can use common household disinfectants. Make sure to use disinfectants appropriate for the surface and always read the directions to ensure you are properly using the product.

You can also use a bleach solution as an alternative to store bought disinfectants.

Bleach solution: 5 tbs bleach

per 1 gallon of water **OR** 4 tsp bleach per 1 quart of water

Never mix household bleach with ammonia or any other cleaner

Do not use expired bleach

If you are sick, please stay home. Do not go to a clinic or hospital without calling in advance.

Symptoms to watch for

Fever 100 degrees or higher (orally)

Dry cough

Shortness of breath

Sore throat

Please read the attached recommendations on Handwashing and Hand Sanitizer Use from the CDC

If you have any questions, please feel free to contact any one of us.

Bonnie Welch- 793-5047 Peggy Benes- 787-2547 Joleen Kroening- 793-5105

bonnie.welch@mohican.com
peggy.benes@mohican.com
joleen.kroening@mohican.com

Attention Tribal Members

The 2020 Census is upon us. Native Americans feel like they don't count. And they might not be wrong — we are the most undercounted group on the U.S. census, which means they get significantly less of much needed funding from crucial federal programs, scant improvements on reservation infrastructure and health care, and even the loss of political representation.

Our method or (TEA) Type of Enumeration of being counted will be through a mail form or online

The Census is a keystone of our representative government. It measures the population so that seats in the US House of Representatives can be correctly divided among the states. It also is used in redistricting to draw the lines that link representatives to their constituents for the next ten years. Past undercounts of Native populations have deprived hundreds of thousands of Native Americans of their voice in government.

Over \$1.5 trillion of federal money is allocated across the country each year based on census data, according to new research from George Washington University is tied to the census. The government calculates each geographic area's level of education, income/poverty, and more to determine their funding level. Census numbers provide the base figures

used in these formulas. This process determines the amount of funding provided to communities like ours for programs like health care, infrastructure, housing, and education.

Our constitution requires that every person in the United States be counted—it is the basis of equal representation. However certain populations typically are undercounted, especially, minorities, people in poverty, people living in non-traditional homes, people who speak a different language than English, and youth. One quarter of Native Americans live in areas described by the census as 'hard to count. But, ultimately, the burden of getting an accurate count largely falls on the undercounted communities themselves.

An inaccurate count has far-reaching effects most-often carried by our most vulnerable citizens. **"Being counted is an exercise of our tribal sovereignty,"** "If we aren't going to be counted, how are they going to live up to fulfilling treaty rights?" Accurate census data provides crucial information for research and planning purposes, directing fair funding allotments for the federal programs that are vital to rural and Native American populations and enabling the enforcement of federal nondiscrimination laws. Most respectfully, The Stockbridge-Munsee Community

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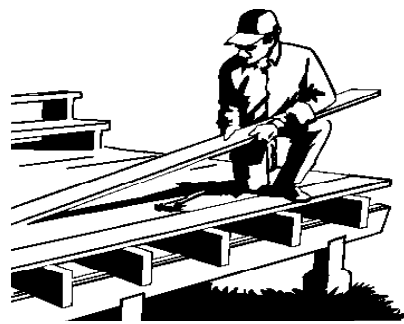
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