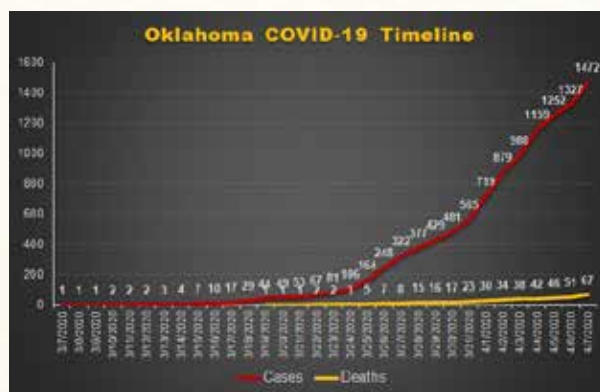




## Sustaining the Health of Our Great Nation

The COVID-19 pandemic has created an unprecedented challenge for governments around the world. As I write this letter on April 7th, there are more than 1.4 million cases of Coronavirus worldwide. The United States has active outbreaks coast to coast, including highly active areas in Washington, California, and the Northeast US. In Oklahoma, there are 1,472 known cases, and 67 people have died as a result of the disease. In Delaware County, 13 people are infected. However, limited testing means that there are likely more cases in our community. All predictions indicate that Oklahoma has not reached the peak of the pandemic, and the number of infections will continue to rise for the next few weeks. It is only a matter of time before the number of cases in Grove increase. We all must follow hand-washing and social distancing guidelines from health officials to slow the spread of the virus.

While we began tracking the spread of the virus in early January, the delay in response by the US government left our country vulnerable without the necessary testing capability, along with an inability to supply protective equipment to our health care workers. In a nutshell, the delayed government response has left our country ill-equipped to deal with the challenge. For this reason, we have declared a state of emergency for the Seneca-Cayuga Nation as we continue to deal with this crisis.



\*As of 4/07/20. Source: <https://coronavirus.health.ok.gov>

This virus is impacting everyone in the Seneca-Cayuga Nation. The economic impact, disruptions to daily life, and general uncertainty have challenged each of us, no matter where we live. As part of our active management of the situation, I have asked our team to gather and distribute the information we all need to be as safe and healthy as possible during this crisis.



In time, the severity of this crisis will diminish, businesses will reopen, events will be rescheduled, and kids will return to school. We can all look forward to that. But for now, we must all do our part to slow the spread of the virus by washing our hands, staying home, and avoiding any gatherings of people. We may be physically separated, but I encourage all of us to call your friends and neighbors and support each other in any way we can.

Stay safe and healthy,

*William L. Fisher*

William L. Fisher, Chief

Keep up with the latest news, events, and updates  
from the Seneca-Cayuga Nation:

Official Facebook:

[www.facebook.com/OfficialSenecaCayugaNation](https://www.facebook.com/OfficialSenecaCayugaNation)

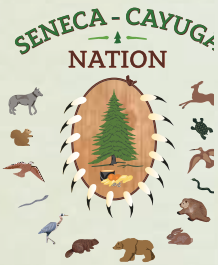
The latest news and updates: [www.morescnation.com](http://www.morescnation.com)

Access benefits and government information: [www.sctribe.com](http://www.sctribe.com)

# Stay Healthy:

## We all have to do our part to stay healthy and protect others.

The spread of COVID-19 has created an unprecedented situation for people across the country — especially within our tribal communities and hospitals. SCN is taking proactive actions to protect the health of all of our members by providing them with resources to help navigate and stay informed on best practices during this time.



Seneca-Cayuga Nation COVID-19 Hotline:  
**(918) 791-6047**

Rene Williams, the SCN Community Health Representative and licensed BSN, RN., will be available to our community members through a special COVID-19 hotline designed to accommodate your questions and concerns around the virus. We desire for you stay in the utmost of health during this pandemic.

### We encourage you to call the hotline with questions on the following topics:

- Questions around best preventative practice and addressing changing COVID-19 concerns.
- Assistance in navigating the healthcare system, or guidance on which clinic is closest to you.
- Direction on where to go for an available COVID-19 test.
- For personal health concerns around COVID-19, the hotline will guide you in the direction of a physician as needed, based on the available information about Coronavirus symptoms.

Rene is a licensed RN, however this hotline cannot be used as a source of professional medical diagnosis. The hotline will only give basic health input and suggestions. All members should understand, neither Rene or the Seneca-Cayuga Nation assume liability for health outcomes discussed on the line.

Effective immediately, the Seneca-Cayuga Nation COVID-19 hotline will be staffed and available **Monday-Friday 8am - 8pm** to answer questions on behalf of tribal members. In the event the call line gets busy and you are directed to voicemail, leave your contact name and number and expect a call back shortly thereafter. **In event of an emergency please call 911 or go to the E.R. immediately.**



# *Accessing* HEALTHCARE



## How to Access Healthcare during the COVID-19 Pandemic:

There are three primary clinics available within our community, and two full service hospitals with 24 hour Emergency room service. If you need to schedule a non-emergency appointment, please call the clinic, all clinics require a pre-screening call prior to scheduling a visit. **To find the closest clinic please contact Rene Williams on the COVID-19 hotline at (918) 791-6047.**

Most healthcare facilities have special guidelines in place which may limit services or require new check-in processes. For patients looking to book an appointment with a physician please follow this process:

1. Call the local number corresponding to the clinic you are under care with. You will answer a series of brief questions about your symptoms.
2. The attending physician will determine patient needs based on the information provided. Results may include to make an in-person visit for further treatment, testing, labs, etc. or remote treatment options could be provided.
3. All follow-up appointments and doctors visits will be scheduled between the patient and clinic.

**Northeastern Tribal Health System Clinic**  
in Tahlequah, Okla. Same day appointment  
line contact: (918) 542-1655 Open 8am-5pm,  
Monday-Friday.

**Sam Hyder Health Center Clinic**  
in Jay, Okla. Same day appointment line contact:  
(918) 253-1700 Open 8am-5:30pm,  
Monday-Friday.

**Cherokee Nation Venita Health Center**  
in Venita, Okla. Same day appointment line  
contact: (918) 256-4800 Open 7am-5:30pm,  
Monday-Friday.

**Claremore Indian Hospital**  
(Full Service-E.R.) in Claremore, Okla.  
Contact: (918) 342-6200 Open 24hrs a day,  
7 days weekly.

**W.W. Hastings Indian Hospital**  
(Full Service-E.R.) in Tahlequah, Okla. Contact:  
(918) 458-3100. Open 24 hrs a day, 7 days  
weekly.





# How do I protect myself and prevent the spread of COVID-19?

The Center for Disease Control and the Oklahoma State Department of Health have a significant offering of information around taking care of yourself and others during this pandemic.

## The best way to protect yourself is to prevent being exposed to the virus. To prevent exposure:

- Stay home as much as possible. If you do need to get groceries or medicine, only one person per household should make the trip.
- If you do need to go out, please be aware to place distance between yourself and others. For example, when standing in a check out line leave at least six feet between yourself and the next person in line.
- Clean and disinfect frequently touches surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- People with underlying health conditions or who are immunocompromised should also stay home.
- Continue healthy practices such as eating healthy foods, drinking water and managing stress.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Wash your hands immediately after coughing or sneezing.
- The Center for Disease Control recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission. Commercial masks may be hard to find, but homemade covering such as bandanas can be effective according to CDC.
- Stay home if you are sick, except to get medical care.
- Wash your hands often throughout the day. Follow these steps every time:
  1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
  2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
  3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
  4. Rinse your hands well under clean, running water.
  5. Dry your hands using a clean towel or air dry them.



## What are the symptoms of coronavirus?

According to the Center for Disease Control the following symptoms or coronavirus may appear 2 - 14 days after exposure:

- Fever
- Cough
- Shortness of breath

## When should you seek medical attention?

Center for Disease Control guidelines say that If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

If you are unsure about your symptoms call your doctor, or call the **Seneca-Cayuga Nation COVID-19 Hotline at (918) 791-6047.**

There are also several online forms that you can use to help make a decision about going to your doctor, including the Oklahoma COVID-19 Monitoring System and the Center for Disease Control's AI powered self-checker.



# Mental Health Tips and Healthy Relationship while Social Distancing



*Staying healthy includes our mental health. We asked Chris King to give us some tips for maintaining a healthy mind during the pandemic.*

My name is Chris King and I am a licensed mental health therapist in Oklahoma. I also have the joy to be surrounded by another 20 folks in a group of therapists who serve kids and families in Tulsa, Owasso, and northeast Oklahoma. I'm writing from my back porch today as I am seeing clients electronically instead of going to our office due the COVID-19 pandemic. I'm seeing approximately 25 people every week an hour at a time, and all of my clients, and all of our therapists' clients have something in common - they are impacted by the pandemic. The added weight of health, social, and financial uncertainties, as well as the stress of being stuck with family members at home 24/7 has a way of compounding people's problems. I want to take a moment to list some ways we might be able to keep ourselves sane, or better yet, mentally thriving, during this time.

Here are 5 things I am encouraging all of my clients to remember, and I hope that you may be able to put your own spin on the idea that can be helpful to you:

## **One: Behave!**

You have more control over your behavior than your emotions and thoughts. But your behavior can be leveraged to help you to think and feel more positive and helpful things. Trying to "unthink" your financial problems, or how your spouse is driving you crazy this week? It's usually not very successful. Obsessing about the pandemic news or what you seen in some social media? Not helpful.

Go do a thing that can help your thoughts and emotions settle? That helps. Like... a lot.

Exercise, meditation and prayer, journaling, play, chores. These are things we choose to do, and we exercise control during them - our obsessive thoughts many times can pass and morph into something more helpful during the times of doing. It also helps as we do things within our

control, leaving that other stuff alone that will happen no matter what we do. Lastly, behave in manageable ways - some exercise daily will change your headspace. Creating a manageable routine at home (manageable!) will help your headspace.

## **Two: Accept!**

It's most helpful to accept how we are feeling and what we are thinking. Especially in times like these.

People who acknowledge their feelings (especially negative ones) tend to manage better emotionally and have fewer outbursts or spikes in their emotions. People who acknowledge their thoughts in the present time, generally find ways to solve problems. Avoidance of our thoughts and feelings typically just create a greater pain, and lead to coping that many times isn't healthy. If you're hurting during this time emotionally - that sounds pretty normal. If you're thinking thoughts that are full of anxiety or not totally rational, that's not weird. We are going through an unprecedented time. The virus - its real, and its helpful to accept things outside of our control.

## **Three: Speak truth!**

Here's one way to say or think it: "We may never financially recover."

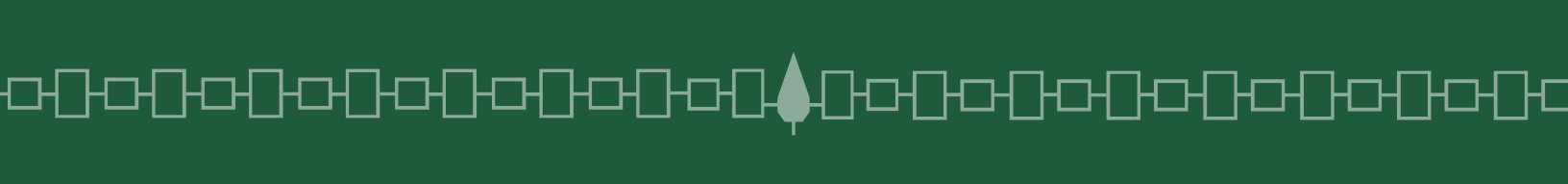
Here's a more true statement: "Today I'm thinking that we may never financially recover."

One feels awful. The other, is actually true.

Write and/ or say versions of your fearful or anxious thoughts by adding "Today I'm thinking \_\_\_\_\_"

This is true, and it creates space emotionally. If you have that space, you can deal with issues much more effectively. Try it. Even if the thought doesn't sound pretty. "Today I'm thinking I may not get this article in on time." Its just a thought I am having. I have all kinds of thoughts. Not weird. I don't have to be anxious. Maybe I just get the work done....





#### **Four: Create more than you consume!**

Since it helps our thoughts and feelings when we do stuff, I suggest we give more time to things that have a greater purpose. Create. Make art, produce some work, create a game time with family, write, cook, garden, make something for the heck of it. Don't just take in media, or food, or drink, or relationship. Creativity is in our DNA. Make something from nothing, or take something and tweek it- put your unique signature on it. Encourage other family members to to the same. This quarantine time provides an opportunity for people's unique brains and talents to be exercised. Also, what a blessing to see others in our families think of things we couldn't create ourselves! You are in control of this.

#### **Five: Clarity is kindness.**

Lastly- communicate. Don't leave your family guessing and don't assume they have the power of reading your mind. It's not a thing. Instead, take responsibility for what you want, think, feel.... and accept when others in your family do the same. If there's one thing we should accept when living with each other 24/7, it's that we

disagree about all kinds of things.... daily! That's normal. Relax - people including your family, are different than you and want different things. Instead give energy to understanding each other. Ask your family to explain where they are coming from and let it be. So you can know them better. This leads to trust and that's a way better long game than just agreement. There is serious beauty in the minds and hearts of those you live with. Share it and hear it! Clarify.

My prayer is that some of these tips can help us, or at least get us to asking questions and seeking out other conversations, like our own personal or family counseling, or mentoring from trusted friends. We are here to help, and are able to see clients entirely electronically using telemedicine for all of Oklahoma. You can reach us at [info@chriskingcounseling.com](mailto:info@chriskingcounseling.com) or (918) 760-5243. Our website is [www.chriskingcounseling.com](http://www.chriskingcounseling.com). God bless you all during this time.

## **Other Resources: How to Get Assistance**

### **Food and Nutrition**

For the protection of staff and members the AOA is closed. Due to the national shortage of protective equipment and the unique challenges of food service, we, like many nations, are not equipped to safely continue operations during COVID-19. There are many state and local resources for food assistance during the COVID-19 pandemic. We have collected them here.

### **Resources for Food Assistance in Oklahoma**

#### **Hunger Free Oklahoma**

Hunger Free Oklahoma is an excellent resource! Visit this website to find up-to-date local and state benefits in Oklahoma. This website has a map of Food pantries and walks you through applying for SNAP, WIC, and TANF under new COVID-19 guidelines. Visit [www.hungerfreeok.org/covid19/](http://www.hungerfreeok.org/covid19/)

### **SNAP Benefits**

Due to COVID-19, some SNAP procedures and guidelines have changed. Interviews can be conducted over the phone, some requirements have been suspended, and time spent receiving SNAP benefits during the pandemic will not be counted against future benefit time limits. Families not currently receiving the maximum monthly amount based on a SNAP customer's household size are eligible to receive the maximum benefit amount. To apply for or make adjustments to SNAP benefits in Oklahoma, visit [www.okdhslive.org](http://www.okdhslive.org)

### **WIC**

If you think you might be eligible for WIC, call 1 (888) 655-2942 or visit [www.ok.gov/health/Family\\_Health/WIC/](http://www.ok.gov/health/Family_Health/WIC/) for assistance in Oklahoma. A physical presence waiver has been approved through May 31, 2020.

## **Food Resources near Grove, Oklahoma**

We have done our best to verify the hours for each of these resources. Please call ahead to make sure they are open before visiting.

### **Christian H.E.L.P. Center**

1703 E Hwy 10, Grove, OK 74345  
(918) 786-6798 Mon/ Tues/ Wed/ Fri  
10am - 2pm closed on Thursdays

### **DOC Services (Qualified Seniors)**

Hot and Frozen Meals  
Delaware, Ottawa, and Craig Counties  
Call (918) 257-4825 in order to qualify  
Delivery for homebound, Carry out by donation

### **The Caring Kitchen Pantry**

1115 W Washbourne St, Jay, OK 74346  
(918) 698-7007  
Mondays 11am - 1pm

### **Faith Assembly of God**

Must live in Wyandotte, OK  
14650 N. Main St. Wyandotte, OK 74370  
(918) 678-5300  
Monday-Friday 9am - 4pm  
Faith Assembly of God requires proof of income, proof of address, the number of people in your household, and information about other food assistance you are receiving.

### **Grand Lake Community Ministry ( BLUE HOUSE)**

268 W. Broadway, Langley, OK 74350  
(918) 698-6938  
Tuesday and Friday 9:30am - 11:30am (Need to park in parking lot and they will bring food out)

## **Tribal Food Resources**

### **Wyandotte Nation**

64700 E 60 Hwy, Wyandotte, OK 74370  
(918) 678-6328  
Monday-Friday 11:30am - 1pm  
(Drive Thru only) Hot Meals

### **Quapaw Tribe**

903 Whitebird St, Quapaw, OK 74363  
(918) 238-3155  
Lunch Served Monday-Friday 11:30am - 1pm  
(Drive Thru only) Hot Meals

### **Eastern Shawnee**

10170 S Bluejacket Rd, Wyandotte, Ok 74370  
(918) 238-5600  
Monday-Friday 11am - 12:30pm  
(Drive Thru Only) Hot Meals

## **Meals for Students**

We have done our best to verify the hours for each of these resources. Please call ahead to make sure they are open before visiting.

### **Grove Public Schools**

Breakfast 7:30am - 9:30am  
Lunch 11:30am - 1pm  
Monday-Friday

### **Wyandotte Public Schools**

Breakfast and Lunch  
Monday-Friday 11am - 12:30pm  
High School

### **Miami Public Schools**

Breakfast and Lunch  
Monday-Friday 11am - 12pm  
Will Rogers Middle School & Roosevelt Elementary

### **Jay Public Schools**

Breakfast and Lunch  
Jay Elementary School  
Monday-Friday 11am - 1pm

### **Cherokee Nation Housing Authority**

1300 W Cherokee, Jay, OK 74346  
11am - 11:30pm

### **Worley/Luginbuel Funeral Home**

16th at S Main St, Jay, OK 74346  
11:45am - 12:15pm

### **Delaware CO. Library**

429 S 9th St, Jay, OK 74346  
12:30pm - 1pm

### **Jay City Park**

102 N 5th St, Jay, OK 74346  
11:00am - 11:40pm

### **OSU Extension Center (Fairgrounds)**

38267 US 59, Jay, OK 74346  
12pm - 12:40pm





## State Boosted Unemployment Benefits

Recent federal stimulus bills have boosted the benefits available to all recently furloughed, laid off and terminated workers who are eligible for unemployment, including members of the Seneca-Cayuga Nation. Unemployment benefits have been bolstered by an extra \$600 a week for 4 months after a recipient has been approved. We encourage anyone who has been released from their job to apply for benefits. If you live in Oklahoma visit [www.ok.gov/oesc/](http://www.ok.gov/oesc/) or call 1 (800) 555-1554. A FAQ for Oklahoma is available on the website which provides special information for unemployment during the COVID-19 crisis, including the waiving of requirements to be seeking a new job.

## Assistance for Business Owners:

The whole of the United States is facing an unprecedented economic challenge due to COVID-19. Congress recently passed the CARES Act, which contains \$376 billion in relief for American workers and small businesses. The CARES Act provides limited relief for Tribal Nations. We are in the process of applying for any funds that will help the Seneca-Cayuga Nation government and enterprise recover lost revenue, and continue to pay employees. Because of the improvements we made to our accounting system, we have responded rapidly to apply for emergency funds as they are available.

If you own a business, are a contractor, or are self-employed we highly encourage you to visit the Coronavirus (COVID-19) Small Business Guidance & Loan Resources page at the U.S. Small Business Association at [sba.gov](http://sba.gov)

## COVID-19's Impact on the Seneca-Cayuga Nation

COVID-19 disproportionately impacts tribes in the United States. About 82 percent of the 524 tribal casinos in the United States are closed, leaving even large, well-funded tribes in financial crisis. Tribes around the country are facing difficult decisions about closing offices, discontinuing programs, and canceling events. The Cherokee, Chickasaw, Choctaw Nation has canceled events, the Navajo Nation and Oglala Sioux Tribe is discouraging visitors and restricting travel. The Puyallup Tribe has closed its senior facility. Across the entire country, tribal governments are taking similar steps in response to COVID-19. Here are a few of the ways COVID-19 is impacting the Seneca-Cayuga Nation.

### Availability of Seneca-Cayuga Nation Benefits and Funds:

For the protection and health of employees, and in compliance with state and federal guidelines, Grand Lake Casino is closed. At this time every casino in Oklahoma is closed, which is straining tribal government's finances across the state.

We are doing everything we can to retain employees at Grand Lake Casino and reopen as soon as possible. Thanks to recent improvements in our accounting systems and the lack of debt at Grand Lake Casino, we will be able to resume quickly as soon as it is safe to do so.

Due to the closing of Grand Lake Casino, funding for Nation operations and benefits is very limited. Based on existing General Counsel by-laws, the Seneca-Cayuga Nation does not retain earnings for cases of crisis and emergency management. Due to our legacy operating philosophy and current constraints on funding, only those benefits listed below are being paid immediately:

- Bereavement Benefits
- Education Funds
- Daycare Payments

All other payments are on hold. When Grand Lake Casino reopens, and there is sufficient revenue, we will begin paying benefits in the order applications were received.

# COVID-19's Impact on the Seneca-Cayuga Nation, cont'd

## Event Postponements

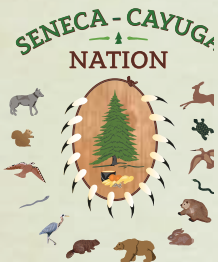
We care deeply about the well-being of everyone in our community, their families, and loved ones. To reduce risk of infection and exposure, as of March 31st 2020, all Seneca-Cayuga Nation events are postponed until further notice. When guidelines from health officials indicated that events are safe they will be rescheduled.

## Tag Agency

The Seneca-Cayuga Nation Tag Agency is closed to walk-in customers, but mail in registrations are still being processed. Visits [sctribe.com/service/tag-office/](https://www.sctribe.com/service/tag-office/) to download the forms.

## Seneca-Cayuga Nation Offices

The Seneca-Cayuga Nation offices are all closed. This includes the Health Center and AOA. Staff are working remotely to keep vital functions running.



Seneca-Cayuga Nation COVID-19 Hotline:  
**(918) 791-6047**

*Keep up with the latest news, events, and updates from the Seneca-Cayuga Nation.*

Official Facebook: [www.facebook.com/OfficialSenecaCayugaNation](https://www.facebook.com/OfficialSenecaCayugaNation)

The latest news and updates: [www.morescnation.com](https://www.morescnation.com)

Access benefits and government information: [www.sctribe.com](https://www.sctribe.com)