

Elders Newsletter

APRIL 2020, ISSUE 5

Governor's Message

Tribal Elder,

During this time, I find myself filled with emotion as I watch the COVID-19 coronavirus overtake thousands of people across the nation including Indian Country. Our ancestors endured challenges like this and still survived. We, the proud people of the Cheyenne and Arapaho, will face this challenge together if we take all precautions and stay safe.

We have set forth a plan for this health crisis unlike anything most of us have seen in our lifetime. This administration stands by our principle since day one that **"Tomorrow Starts Today"**.

To protect our employees and still offer essential needs, we have provided limited services that include the Elder Care Program, Elderly Nutrition, H.O.P.E. Program, Food Distribution Program, E.M.S. Program and Tag Office. We increased the April elder's food check from \$150 to \$250 to help assist

with the burden we are all experiencing.

Along with help from the 8th Legislature, we provided more than 500 care packages for families across our districts that included items and food such as hamburger, buffalo, bacon, potatoes, mac and cheese, flour, oil, beans, canned corn, green beans, crackers/bread, water and toilet paper.

Finally, we encourage everyone to stay at home – be careful when you go out for food or medicines and wash your hands – for a minimum of 20 seconds. We must protect our families, our children and all elders. And the only way to do that is to work together.

We are monitoring this health epidemic and we are making decisions based on the overall welfare of our tribal citizens. Please stay safe and prayers are with you.

Hohóú / Né-á'eše,

Governor Reggie Wassana



Make Your Own Hand Sanitizer

Making your own hand sanitizer is easy to do and only requires a few ingredients:

- rubbing alcohol (99% alcohol volume)
- aloe vera gel
- essential oil, such as tea tree, lavender, or use lemon juice

The key to making an effective, germ-busting hand sanitizer is to stick to a 2:1 proportion of alcohol to aloe vera. This keeps the alcohol content around 60 percent. This is the minimum amount needed to kill most germs, according to the CDC Trusted Source.



GERMS

are all around you.

Stay healthy.
Wash your hands.

www.cdc.gov/handwashing



COVID-19 SAFETY GUIDELINES

FOR VULNERABLE SENIORS OR THOSE WITH SIGNIFICANT UNDERLYING CONDITIONS



Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

Always focus on prevention such as washing hands frequently



If possible, do not stay in the same room, or have the sick wear a facemask when entering the room

Ensure all utensils and surfaces are cleaned regularly



INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 877-215-8336



Tomorrow Starts Today

8th Legislative Branch Contacts

Toll Free (800) 247-4612

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Corrine Morton	<i>Leg. Office Mgr.</i>	(405) 201-0571	<i>ext. 27597</i>
Aron Sam	<i>File Clerk/Inventory</i>	(405) 464-1642	<i>ext. 27631</i>
Billie Sutton	<i>A1 Leg.</i>	(405) 549-8932	<i>ext. 27447</i>
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David Ramos	<i>A2/C2 Office Mgr.</i>	(405) 593-5018	<i>ext. 27480</i>
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Hannah Prairiechief	<i>A3 Adm. Asst.</i>	(405) 517-3164	<i>ext. 27532</i>
Rector Candy	<i>A4 Leg.</i>	(405) 401-2583	<i>ext. 27916</i>
Edwina Whiteman	<i>A4 Adm. Asst.</i>		<i>ext. 27916</i>
Bruce Whiteman	<i>C1 Leg.</i>	(405) 397-4514	<i>ext. 27750</i>
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Jennifer Wilkinson	<i>C3 Adm. Asst.</i>		<i>ext. 27588</i>
Byron Byrd	<i>C4 Leg.</i>	(405) 306-5940	<i>ext. 27616</i>
Michelle Byrd	<i>C4 Adm. Asst.</i>	(405) 420-1413	<i>ext. 27615</i>
Louella Oldbear	<i>C4 Adm. Asst.</i>	(405) 426-2278	<i>ext. 27610</i>

Indian Health Center Phone Directory – Clinton

Clinton Indian Health Center Main	(580) 331-3300
Cedar Medical Home Nurse/Appt	(580) 331-3424
Cedar PRC	(580) 331-3363
Sweetgrass Medical Home Nurse/Appt	(580) 331-3412
Sweetgrass PRC	(580) 331-3513
Pediatrics: Nurse/Appt	(580) 331-3466
Pediatric PRC	(580) 331-3307
Audiology	(580) 331-3482
Behavioral Health	(580) 331-3485
Chiropractic	(580) 331-3439
Dental	(580) 331-3423
Nutrition	(580) 331-3458
Optometry	(580) 331-3413
Pharmacy (talk to pharmacist)	(580) 331-3351
Public Health Nursing	(580) 331-3471
Physical Therapy	(580) 331-3439
Podiatry	(580) 331-3439
Purchase Referred Care (PRC)	(580) 331-3590
Registration/Establish New Chart	(580) 331-3369
Radiology	(580) 331-3415
Medical Records/Release of Information	(580) 331-3337
Wound Care	(580) 331-3439

Indian Health Center Phone Directory – El Reno

El Reno Indian Health Center Main	(405) 234-8400
Eagle Medical Home Nurse/Appt	(405) 234-8411/8439
Eagle PRC	(580) 331-3336
Otter Medical Home Nurse/Appt	(405) 234-8411/8439

Otter PRC	(580) 331-3419
Pediatrics PRC	(580) 331-3419
Behavioral Health	(405) 234-8425
Pharmacy	(405) 234-8422
Public Health Nurse	(405) 234-8430
Purchase Referred Care	(580) 331-3590
Medical Records/Release of Information	(405) 234-8403

Indian Health Center Phone Directory – Watonga

Watonga Indian Health Center Main	(580) 623-4991
Turtle Medical Home Nurse/Appt	(580) 623-4991
Turtle PRC	(580) 331-3336
Pediatrics Nurse/Appt	(580) 623-4991
Pediatrics PRC	(580) 331-3307
Pharmacy	(580) 623-4991
Public Health Nurse	(580) 623-4991

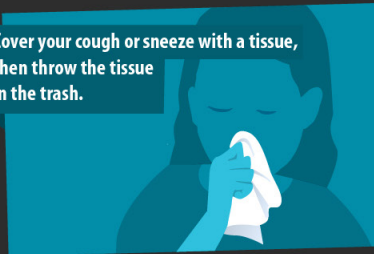
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



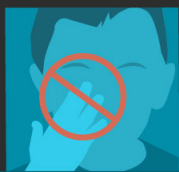
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

Tribal Program Contacts

Toll Free (800) 247-4612, then dial the extension

Executive Office

(405) 422-7734 ext. 27734
(405) 422-7733 ext. 27733
chromannose@
cheyenneandarapaho-nsn.gov

Tag Office

(405) 422-7483 ext. 27483
kelledge@
cheyenneandarapaho-nsn.gov

Food Distribution Program

Watonga (405) 276-6049 ext. 66049
Clinton (580) 331-2358 ext. 32358
crolfe@cheyenneandarapaho-nsn.gov

Elderly Nutrition Program

(580) 331-2311 ext. 32311
vlime@cheyenneandarapaho-nsn.gov

H.O.P.E. Program

(405) 422-7580 ext. 27580
hope@cheyenneandarapaho-nsn.gov

Elder Care Program

(405) 422-7411 ext. 27411
eldercare@
cheyenneandarapaho-nsn.gov

Tribal Programs Availability

Effective April 2, 2020, the following essential programs will operate on the following dates and times:

Tag Office Drive-Through	Tuesdays and Thursdays, 10 a.m. - 3 p.m.
Food Distribution Program (Clinton & Watonga Offices)	Mondays and Fridays only. Curbside pickup only, 11 a.m. - 2 p.m.
Elderly Nutrition Program	Delivery of elder meals only, Tuesday through Friday
H.O.P.E. Program	Closed to public but still processing applications. Available online at: cheyenneandarapaho-nsn.gov/project/covid-19-food-assistance-application

For all applications and paperwork for the elder care program, please send to Concho address at P.O. Box 133, Concho, OK 73022



Feeling Sick?

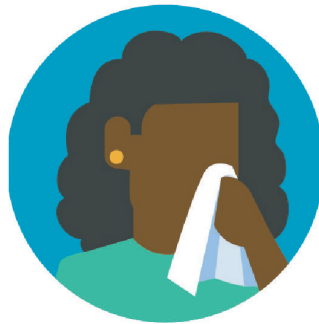
Make the call before you make the drive!

If you feel unwell or have the following symptoms
please call your medical team before coming to the clinic.

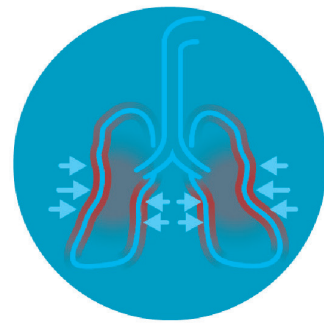
DO NOT ENTER if you have:



FEVER



COUGH



SHORTNESS OF BREATH

CALL ANY OF THE FOLLOWING:

Clinton Unit Service Operator	1 (580) 331-3300
Nurse Advice Line for Instructions	1 (833) 904-0013
OK State Health Department COVID-19 Hotline	1 (877) 215-8336

For more information www.cdc.gov/COVID19-symptoms



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

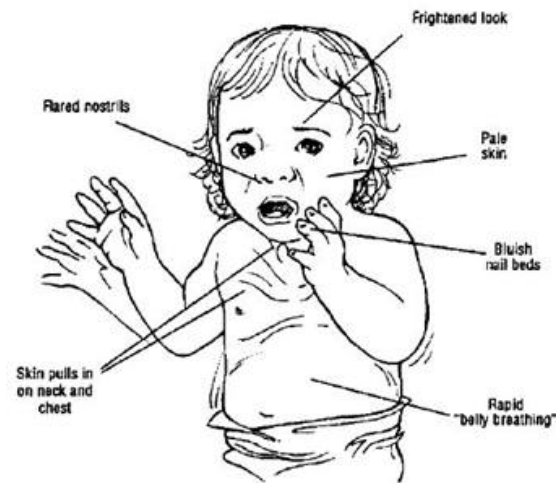
Health Education for Patients and Families

Respiratory Distress

Respiratory distress describes symptoms related to breathing problems. There can be many causes of respiratory distress in children. Usually it is caused by infections, chronic illness or a blocked airway. A child who was premature at birth or has been in the hospital for respiratory problems may be at greater risk. When your child has to work hard to breathe, it can mean he or she is not getting enough oxygen to the lungs or is starting to get an infection.

Signs and symptoms - To know if your child may be in respiratory distress, look for the following signs and symptoms:

- **Pale or bluish skin color** - Check around the lips, eyes, hands and feet, especially the nail beds.
- **Increased breathing rate** - Count the number of breaths for one minute. Is your child breathing faster than usual?
- **Retractions** - Check to see if the chest pulls in with each breath, especially around the collarbone and around the ribs.
- **Nasal flaring** - Check to see if nostrils widen when breathing in.
- **Noisy breathing** - Listen for breathing that sounds like grunting (“Ugh” sound), wheezing or like mucus is in the throat.
- **Clammy skin** - Feel your child’s skin to see if it is cool but also sweaty. The head may be sweaty while the skin feels cool or clammy.
- **Moodchange** - Check to see if your child is sleepier, difficult to wake, fussier than usual, or “just not acting like himself.”
- **Change in body position** - Your child may change his posture to try to breathe easier, like leaning forward or tilting his head up or backwards.



Picture 1 Some signs of respiratory distress.

What to do if your child is in respiratory distress

- Stay calm and reassure your child.
- Place your child in a comfortable position, usually sitting up.
- If you think your child has a fever, take his temperature:
 - in baby's bottom (rectally) if under 4 months
 - under the arm (axillary) if he is older than 4 months
 - in the mouth (oral) if older than 4 years

When to call the doctor - Call the doctor if your child:

- Shows any signs of respiratory distress.
- Has a fever:
 - rectal temperature is more than 100.4° F or less than 96.5° F if younger than 4 months
 - axillary temperature is more than 103° F, if older than 4 months
 - oral temperature is more than 102° F for 3 days or more than 104° F, if older than 4 years
- Has a cough and phlegm or drainage is thick and yellow-green colored.

Call 911 or take your child to the nearest emergency room if your child's lips or face turns bluish, if he is working hard to breathe or you think that your child's life is in danger.

How to prevent respiratory infections - Not all breathing problems can be avoided. You can help prevent many respiratory infections by taking these steps:

- Do not smoke around your child or in places that he goes, even when he is not there. Children who are around smokers get twice as many respiratory infections and colds as those who do not live with smokers. Smoke residue can build up on surfaces in rooms and in cars.
- Keep places where your child will be dust-free.
- Do not use baby powder or cornstarch on your child. These things can irritate a baby's lungs.
- Everyone should practice good hand washing to prevent the spread of germs.
- If possible, keep your child away from people who are sick.



COVID-19 SAFER AT HOME

ALERT

AVOID GATHERINGS LARGER THAN 10 THRU APRIL 30:

NO MORE THAN 10 INCLUDES:



Religious gatherings



Weddings and celebration ceremonies



Funerals

ALTERNATIVES INCLUDE:

- Facebook Live
- Postponing celebration events
- Family members only with 10 or less
- Drive by events, with attendees viewing from inside individual cars



OKLAHOMA
State Department
of Health



INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 877-215-8336 OR 2-1-1



Follow **official** news on our Cheyenne and Arapaho Tribes Executive Office Facebook page.

facebook.com/CheyenneandArapahoTribes



NATIONAL

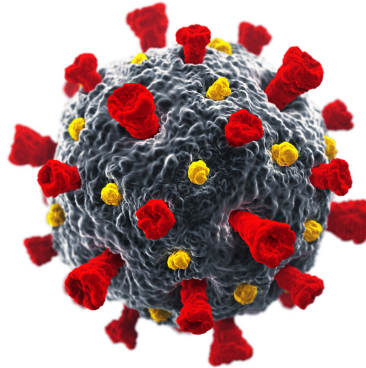
**SUICIDE
PREVENTION
LIFELINE**

1-800-273-TALK (8255)

suicidepreventionlifeline.org

CLINTON INDIAN HEALTH CENTER

**COVID-19
DRIVE-THRU SCREENING**



Monday through Friday • Noon to 2 p.m.

YOU MAY BE ELIGIBLE FOR TESTING IF YOU HAVE:

- Symptoms of COVID-19:
FEVER, COUGH, SHORTNESS of BREATH
- Close contact with a person who has had COVID-19 in the past 2 weeks
- An order from your primary care provider

****Limit ONE patient per household****

******Testing maybe limited based on available supplies******



Office of the Governor
Communications Office
P.O. Box 167
Concho, OK 73022
(405) 422-7928
(800) 247-4612, ext. 27928

Questions or feedback? Contact: