



SENIOR MOMENTS

Lac du Flambeau Aging & LTC Program

April 2020

A Word from the Aging Director;

We are facing unprecedented times....dealing with COVID-19 Corona Virus. I'm sure you're tired of seeing and hearing the "news" everywhere. But it is vital that you be safe.

In this edition of the Senior Moments I will attempt to give you a "resources guide" with the most up-to-date information regarding our Tribe's initiatives, policies, contacts, phone numbers and other resources as you shelter-at-home.

As this is a fast and ever changing situation when in doubt call the Coronavirus hotline (715-588-4300) for daily updates. Aging staff are also available if you need immediate attention.

Aging Administrative staff are working from home. Elder Utilities bills are being processed. If you can, please take a snap shot of your bill and send to Leslie. If you get meal deliveries, send bill back with your driver on Mondays or Tuesdays. If you cannot get your bill in a timely manner, do not worry, we can catch up after this is over. No one is getting any utilities turned off or evicted for lack of payment. Please do not endanger yourself by attempting to drop off a bill. Any questions, you can call Leslie @ 715-892-1006 from 8-4:30 p.m. M-F.

On Monday, April 6, 2020, we will switch to **delivery only** of the frozen meals & milk on Mondays & Tuesdays. Please call Lorraine at 715-892-4638 to be added to the home delivery list. **Do not come out to pick meals up.**

We can grocery shop for you. Please have your list, cash or card w/pin number ready for pick up on Thursdays 10 a.m.-1:00 p.m. We will complete your shopping on Friday morning and deliver to you before noon!!! Please call Joely 715-892-0691, Sed 715-439-5797 or Serena 715-892-1539.

My home #: 715-588-3598 my cell #: 715-892-3380.
Please stay home, stay safe & healthy.

Many Prayers, Sharon Thompson, Aging Director

*Tribal Natural Resource Department
has medicinal bundles of cedar &
chaga available. Please call William
"Joe" Graveen at 715-892-0578 FMI*

LDFTRIBE.COM

**CORONAVIRUS
UPDATES**

Hotline:

715-588-4300

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COVID-19 CORONAVIRUS: Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for Symptoms: Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease COVID-19 cases. These symptoms may appear **2-14 days after exposure**.

- Fever
- Cough
- Shortness of breath



When to Seek Medical Attention: If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include (this list is not all inclusive):

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

Know How the Virus Spreads:

There is currently NO vaccine to prevent coronavirus disease.

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



Take Steps to Protect Yourself:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surface of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick.

Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for **people who are higher risk of getting very sick**.



Take Steps to Protect Others:

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

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**.



Wear a Facemask if you Sick: If you are sick you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter the clinic or ER. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. **If you are NOT sick** you do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and Disinfect: **Clean AND disinfect** frequently touched surfaces **daily**. This includes tables, door-knobs, light switches, countertops, handles, desks, toilets, faucets, remotes, phones, and sinks. **If surfaces are dirty, clean them** use detergent or soap and water prior to disinfection. **To disinfect:** Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include: Diluting your household bleach. To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water. Ensure solution has at least 70% alcohol.

(Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronavirus-es when properly diluted.)

Lac du Flambeau Band of Lake Superior Chippewa Indians

State of Emergency: Shelter at Home and Curfew Order

In order to simplify and highlight certain sections of the current State of Emergency Shelter at Home and Curfew Order (dated March 24, 2020), I have made a bulleted list of highlight of the Tribal Council Resolution No. 103(20). For more information go ldftribe.com. Full copies will be posted throughout the community and are available to individuals requesting a copy.

STATE OF EMERGENCY (SOE): The purpose of the SOE is to prevent and slow the spread of the COVID-19 novel corona virus to the maximum extent possible.

APPLICABILITY: This applies to all residents of the Lac du Flambeau reservation. The residents are ordered to shelter at their place of residence.

CURFEW: All pedestrian and motor vehicle movement are prohibited during the hours of 10 p.m. to 6 a.m.

EXEMPTION TO THE CURFEW: Fire, police, emergency personnel. Those seeking medical care.

ENFORCEMENT: The LdF Tribal Police Department have the full power and authority to enforce and carry out the Shelter in Place/Curfew Order. They may issue a citation and fine not to exceed \$1,000 to persons who violate this Shelter in Place/Curfew order. See ldftribe.com for the full text of this order.

ESSENTIAL ACTIVITIES: Individuals may leave their residence (during non-curfew hours) only to conduct "Essential Business" such as seeking healthcare, purchasing home supplies & food, checking or caring for a loved ones (which includes pets), obtaining supplies they may need to work from home, engaging in outdoor activities, practicing treaty rights, while practicing social distancing requirements of 6 feet.

ESSENTIAL INFRASTRUCTURE: Individuals may leave their residence to work in the maintenance of essential infrastructure, such as public works, water, sewer, gas, electrical, roads, public transportation, etc.

ESSENTIAL BUSINESSES: Individuals may leave their residence to work at the dental clinic, Peter Christensen Health Center, certain tribal employees, tribal enterprise employees, Town of Lac du Flambeau employees providing essential services, Ojibwe Market, food banks, convenience store. Stores that sell non-grocery products necessary to maintain the health, safety, and sanitation of residences. Farming, hunting, gathering. Social services for needy persons. Gas Stations and auto repair. Banks. hardware stores, plumbers, exterminators, postal services. Not a complete list for more info go ldftribe.com.

ESSENTIAL INFRASTRUCTURE: Essential Government functions - persons may leave their home to provide services and work necessary to the infrastructure including; public works construction, low-income housing construction, water, sewer, gas, electrical roads, public transportation, garbage collection, internet, and telecommunications systems.

ESSENTIAL TRAVEL: Essential travel is traveling to and from; the conducting of governmental functions, government infrastructure, essential businesses activity, and essential family activities. Travel also includes for non-residents to return to their place of residence outside of the Reservation.

PUBLIC & PRIVATE GATHERINGS: All public and private gatherings of any number of persons is prohibited with the exception of prohibiting the gathering of members of a household or living unit. Non-residents of the reservation should shelter in their homes off-reservation.

When residents are outside of their residences they are to carry on Essential Business only, they are ordered to practice SOCIAL DISTANCING which is a 6 foot boundary around themselves to prevent infection or possibly infecting others. It also includes HAND WASHING for 20 seconds, using hand sanitizer, covering coughs or sneezes, cleaning surfaces and not shaking hands.

IMPORTANT CONTACT INFORMATION & PHONE NUMBERS

PETER CHRISTENSEN HEALTH CTR

715-588-3371

All appointments, PT, OT, Optical, Medical have been cancelled. No walk-ins until further notice.

If you feel ill from the COVID-19 Virus symptoms **call in**. You will be asked to mask up upon entering the bldg.

Call the clinic for any other illness (other than Coronavirus), chronic conditions, injuries, or if you feel hopeless, depressed, etc.

PHARMACY

715-588-2131

Call your medication order in and you can pick up at the front door.

The pharmacy is offering med delivery to patients who are:

- ❖ 60 years of age and older or
 - ❖ Patients who have a disability or
 - ❖ Patients who are exhibiting flu-like symptoms (fever, cough, shortness of breath)
- Transportation drivers will be delivering *based upon availability* between the hours of 8:00 a.m. - 5:00 p.m.

DENTAL CLINIC

715-588-4269

Routine dental care will not be provided, and appointments for routine care will be rescheduled.

Hours of Operation: Monday - Friday 7:00 a.m.-3:30 p.m. Closed Saturdays.

Dental services will be provided only to patients suffering from dental pain, infection, or dental injuries.

ECONOMIC SUPPORT

FoodShare, Medical Assistance, & Child Care Authorization:

Jamie Wildcat 715-588-4314

Mary Chapman 715-588-4315

Sarah Pyawasit 715-588-4320

TANF & TANF Supportive Services:

Jared Poupart 715-588-4292

Energy Assistance, Crisis for Propane/Electric and Furnace:

Gloria Cobb 715-588-4281

GA, Kinship & Child Care Certification

Lisa LeSieur 715-588-4266

WIOA:

Anthony Negani 715-588-4228

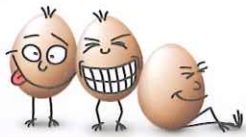
CHIPPEWA HOUSING AUTHORITY

715-588-3348

Nightline: 715-892-8564

All rent charges and evictions effective April 1st through May 31st have been suspended.

If you are in the Kiiskimaan, Little Pines I, Little Pines II and Tomahawk Circle units, and will not be returning to work any time soon and/or have lost all income, please contact Angie Williams, CHA Tenant Services Manager @ 715-588-3348 or awilliams@ldfcha.org.

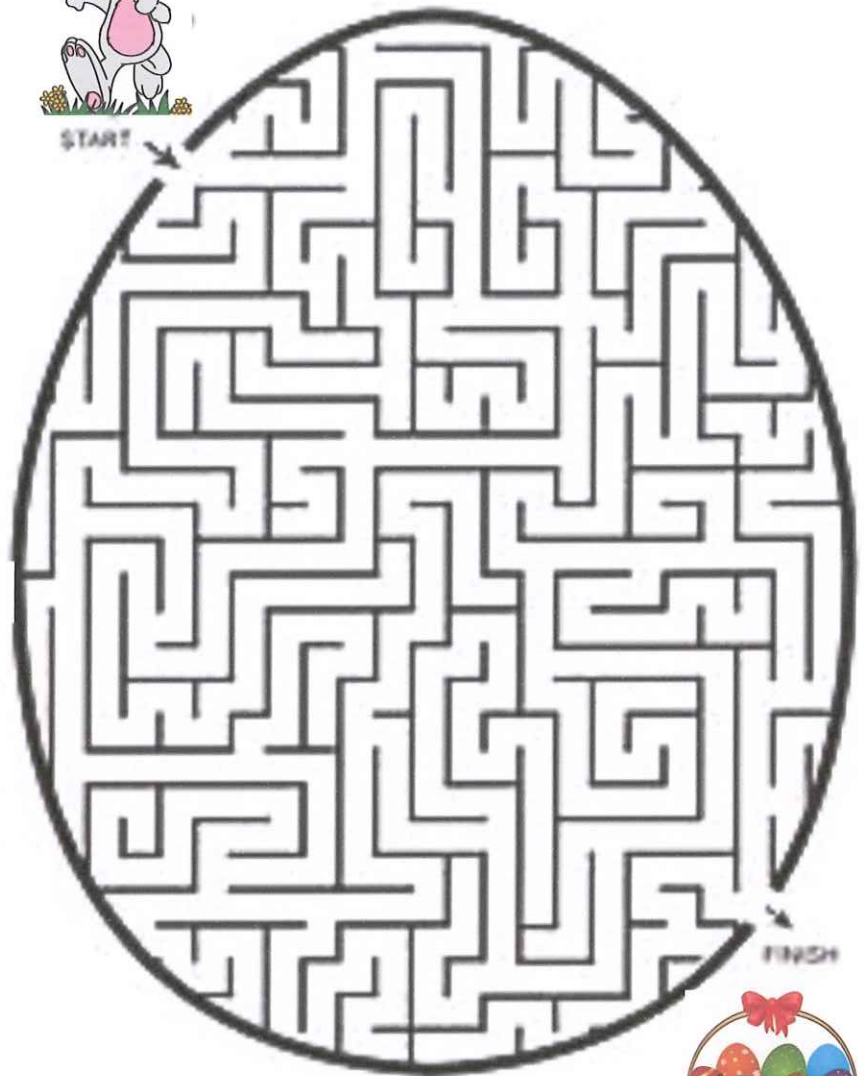
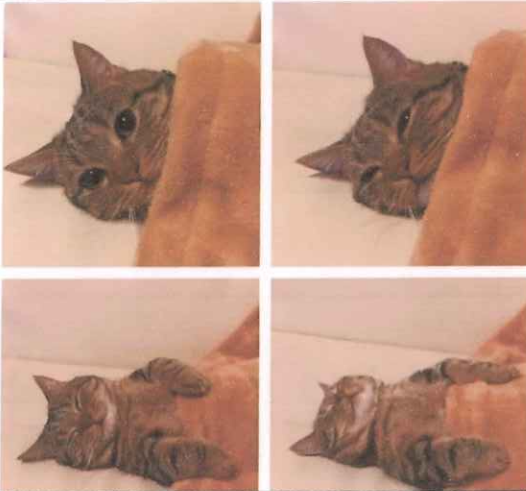


Help the Easter bunny find his way to his egg basket.

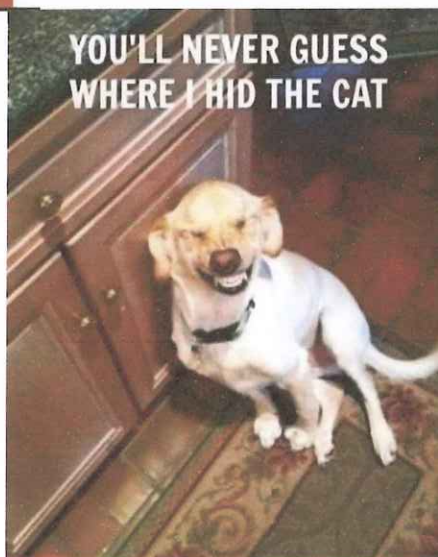


"You not even watching the movie"
Me: Yes I am

Oczsavage



WHEN I FIND IT,
I DON'T NEED IT.
WHEN I NEED IT,
I CAN'T FIND IT.



YOU'LL NEVER GUESS
WHERE I HID THE CAT

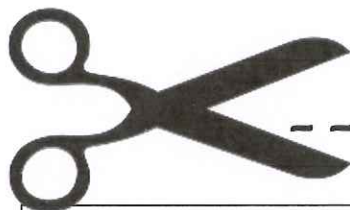


I don't always
wake up grumpy

...sometimes
I let her sleep in.



Frank Cobb	4	1	Linda Miller	4	10	William Cobb, Jr.	4	19
Maggie Hume	4	1	Patricia Bencz	4	11	Scott Chapman, Sr.	4	20
Robin Thompson	4	1	Jack Burke	4	11	Geraldine A Brown	4	21
Anita Snow	4	2	Thomas Maulson, Jr.	4	11	Janice Peterson	4	21
Angela Young	4	2	Wanda LaBarge	4	11	Sarah Eickenberg	4	21
Lee Batiste, Jr.	4	3	Annette Poupart	4	11	Gary Maulson	4	21
Beverly Bauman	4	4	Terry Doud	4	13	Vera Batiste	4	21
Loren Burgess	4	4	Tracy Wilke	4	13	Bert LaBarge, Sr.	4	22
Wallace Soulier	4	4	Augustine Allen	4	14	Peter Poupart	4	22
Florence Ninham	4	5	Gordon Allen	4	14	Charlene Bickford	4	24
Gayle Allen	4	5	Nancy Peterson	4	15	Crystal Poupart	4	25
Rosanne Peterson	4	5	Gilbert Chapman, Jr.	4	16	Joseph Thompson	4	27
Paul St. Germaine	4	5	Janice Vetterneck	4	16	Patrick Day	4	28
Bernard Sunn	4	6	Tyler Trobaugh	4	16	Michelle St. Germaine	4	28
Anthony Hrabik	4	6	Sharon Jo Batiste	4	17	James Kleinstein	4	29
Bonnie LeSieur	4	9	Patricia Mitchell	4	18	Linda Christensen	4	29
Deanna Poupart	4	9	Kay Guthrie	4	18	Sheila LaBarge	4	29
Joesphine Smith	4	9	Betty Graveen	4	19	Barry LeSieur	4	30
			Virginia Seneca	4	19			



Clip & Save

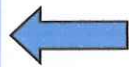


Chippewa Housing Auth.	715-588-3348	PCHC	715-588-3371
Chippewa Valley Bank	715-588-9012	Petroleum Heat & Power	715-588-7729
Country Market	715-588-3447	Pharmacy	715-588-2131
Dental Clinic	715-588-4269	Post Office	715-588-3122
Family Resource Center	715-588-1511	Ritchie Propane	715-356-3245
Flame	715-588-9262	Town Hall	715-588-3359
Food Distribution	715-588-4204		
LaBarge, Beverly	715-588-4294	Tribal Garage	715-588-9630
Maki, Bill	715-588-4361	Tribal Police Dept.	715-588-7717
Northern Waste	715-588-7018	Wildcat, Joseph	715-588-4206

How-To Access Ldftribe.com from Android Phones

In order to access the ldftribe.com website on Android devices, you must have a web browser installed. Most Android phone have Chrome installed so we'll be using that for this tutorial.

This is a general guide and your device may differ.



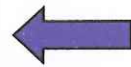
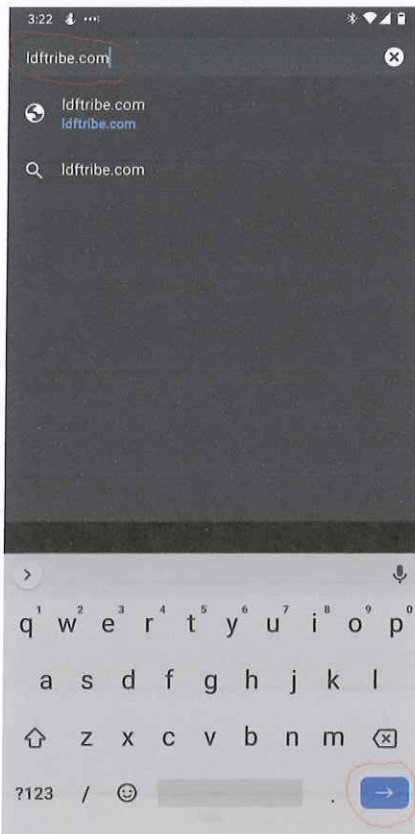
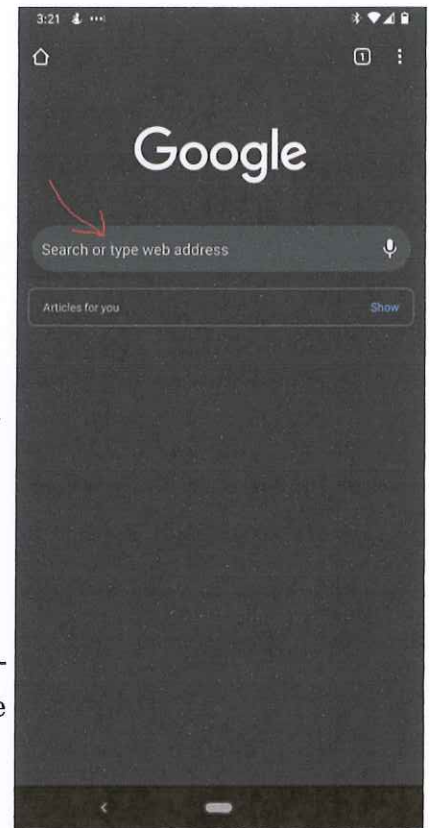
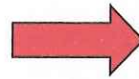
1

This picture shows the Chrome icon and it would usually be on your menu bar, as shown.

But you might have to look at your apps to find it.

2

Tap once on the Chrome icon to open your web browser. Once Chrome loads, you're given an address bar to type website into.



3

In the address bar, type ldftribe.com and hit the blue enter key.

4

This will take you to the Tribal website. Tap the link in the red banner at the top that reads "Click Here For Coronavirus Information" link at the top to go to the information website.

