

Kul Wicasa Syapaha

COMMUNITY NEWSLETTER

May 2020 Publication



Boyd Gourneau
LBST Chairman

Tribal Administration
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Greetings Members of the Kul Wicasa Oyate, I pray this letter finds you in good health and spirit! I want to give you a brief chronological order of events in dealing with COVID-19 (Coronavirus).

- April 3 - We closed all our reservation boat ramps and the Corp of Engineers closed theirs.
- April 6 - The LBST issued a Stay at Home Advisory with a 10:00 pm to 6:00 am curfew.
- April 13 - Memo to Program Directors advising the LBST hired a CPA, Callie Iversen, to assist with appropriations from the CARES Act.
- April 16 - LBST issued a Phase 2 Stay at Home Order. Basically, the same as the advisory but spelling out how violations may be dealt with upon a Phase III.
- April 29 - PSA-regarding implementation of steps to prevent and mitigate COVID-19 with the knowledge, we have Tribal members with COVID-19 but who are not residents of the community.
- April 30 - The LBST issued Executive Order #01-2020 establishing check points to monitor traffic in and out of the community of Lower Brule.
- May 1- PSA was sent out addressing the checkpoints and Thanking those who stepped up to work at the check points.

COVID-19 has had everyone on our Reservation realizing that we are dealing with an invisible threat that we have never dealt with before, an awakening of sorts. Through social distancing we have to stay connected virtually, telephonically and through emails to run our tribal government. I want to thank not only those who serve our members but the members also for adapting through these strange times. In closing I want to reiterate the LBST Council will do whatever it takes to protect our members by any means necessary.

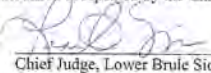
LBST Chairman, Boyd Gourneau

All Public Service Announcements (PSA) can be found on the Tribe's Web Page.

LOWER BRULE TRIBAL COURT AMENDED COVID 19 PROCEDURES April 30, 2020

1. Community members who need to conduct business at the court house, for matters not requiring a court appearance, must call the court 605-473-5528 and request forms by email or mail. Community members may contact Joelle Battese, criminal clerk via email or by phone: JBattese@lowerbrule.net; 605-605-730-2831 or Marlys Langdeau, court administrator/civil clerk at marlys.langdeau@lowerbrule.net; 605-222-7418.
2. The following persons are **not allowed into the justice center lobby, courtroom, jury room, clerks' offices, probation office, judges' offices or other staff offices**, unless authorized by the Court:
 - A. Anyone who has tested positive for COVID-19, for the following time period, whichever is shorter: (i.) Until the quarantine period recommended by a doctor, medical provider, or health agency has ended; or (ii.) Until the person presents a doctor's statement that the person is no longer positive for COVID-19 and does not constitute a risk of infection to the public.
 - B. Anyone who, although not testing positive for COVID-19, has been recommended to self-quarantine by a doctor, medical provider, or health agency, for the following time period, whichever is shorter: (i.) Until the recommended self-quarantine period has ended; or (ii.) Until the person presents a doctor's statement that the person is not positive for COVID-19 and does not constitute a risk of infection to the public.
 - C. Anyone who has been within six feet of someone described in A or B within the previous fourteen-day period.
 - D. Anyone with a fever over 100.4°F currently or within the last seven days.
 - E. Anyone with a cough or shortness of breath currently or within the last seven days.
 - F. Children aged 10 and under unless a witness or party to the proceeding.
 - G. Anyone who, or anyone who lives with someone who, has been on a cruise ship, in another state, in the Sioux Falls metropolitan area or Beadle County (Huron) area within the previous fourteen-day period.

To gain entrance to the court, the Court requires that any person submit to screening, including but not limited to a temperature check, to determine whether the person falls into any of these categories.
3. If a jury trial, motion hearing or other hearing in a criminal case is continued pursuant to the policies stated herein to protect participants from the spread of COVID-19, the Court shall make a finding of good cause on the record for purposes of the 180 day calculation.
4. Judges and court staff shall adopt court practices and schedules to encourage social distancing and smaller groups of participants and spectators.
5. All courtrooms, court offices, and adjacent areas shall be regularly cleaned and disinfected.
6. Due to courthouse lock down and/or reduced hours, the Court will continue to conduct hearings as set forth below:
 - A. Bond hearings will be held week days for those taken into custody overnight. Those in custody will either appear in the courtroom or from Corrections contact visitation room via Skype, if possible, or via telephone, if video not available. The judge will complete paperwork, with the clerk responsible for emailing to Corrections, law enforcement, prosecutor and public defender or other attorney (if applicable). The clerk shall be responsible for docketing the cases on the calendar for subsequent hearing. No more than 6 people will be allowed in the courtroom at one time which includes court staff to minimize the spread of COVID-19. Community members may call Joelle Battese, criminal clerk, for questions about bond. Bonds will continue to be paid in cash at the courthouse and the court access procedures outlined in paragraph 2 will apply.
 - B. BIA Law Enforcement shall email police reports to the prosecutor in accordance with BIA/OJS policies.
 - C. Criminal pretrial conferences and motion hearings currently scheduled through the end of May 2020 may be conducted via Skype. If a defendant does not have access to Skype, he/she is required to report to the courthouse and submit to screening prior to entering building for court appearance. If a defendant has access to Skype, it is the defendant's responsibility to contact the criminal clerk via email requesting Skype appearance and the court's Skype address. The clerk shall be responsible for scheduling the Skype hearings and informing the judge, prosecutor, public defender, other counsel and the defendants requesting Skype appearance in criminal matters scheduled through the end of May 2020. The clerk shall be responsible for preparing judgments for signature, and once signed, shall serve the prosecutor, defendant, public defender, other counsel, probation, reentry director and court counseling staff via email. Again, it is stressed that it is the responsibility of each defendant to maintain contact with either the criminal clerk or their attorney for hearing information. Hearings involving inmates will either be via Skype or telephonic in the courtroom or from the Corrections contact visitation room. No more than 6 people will be allowed in the courtroom at one time to include: clerk, judge, other court staff and up to 3 defendants at a time. Defendants will be asked to wait outside the courthouse or in their vehicle; the clerk will notify them when to come into the courtroom.
 - D. Juvenile and civil hearings currently scheduled through the end of May 2020 may be conducted via Skype. If a party does not have access to Skype, he/she is required to report to the courthouse and submit to screening prior to entering building for court appearance. If a party has access to Skype, it is the party's responsibility to contact the civil or juvenile clerk via email requesting Skype appearance and the Skype address. Again, it is stressed that it is the responsibility of each party in a civil/juvenile action to maintain contact with either the civil/juvenile clerk or their attorney for hearing information.
 - E. If an individual wants to file a lawsuit during the courthouse closure, please contact the civil clerk/court administrator. Priority will be given to Petitions for Domestic Violence Protection Order, Petitions for Temporary Restraining Order or Youth-In-Need-Of-Care Petitions. During this COVID19 emergency, the clerk will accept email filings with electronic signature. Service of process may be completed via email with delivery receipt and read receipt filed to document service. PLEASE PROVIDE EMAIL ADDRESS INFORMATION when filing lawsuit. If no email addresses provided, service of process shall be completed via mail. Law enforcement shall serve the respondent with the Exparte Temporary Domestic Violence Protection Order or Exparte Temporary Restraining Order.
7. If an adult is taken into custody for attempting suicide/threatening suicide, Corrections shall contact Dari Johnson, LAC/QMHP, at 605-680-3436 to schedule a behavioral health evaluation.
8. If a juvenile is taken into custody for attempting suicide/ threatening suicide, Corrections shall contact Jessica Shaffer, CSW-PIP-QMHP, at 605-208-0047 to schedule a behavioral health evaluation.
9. Probationers on twice daily PBT's are excused from that condition until further order of the court.
10. Those who must register at the SORNA office by the end of May must contact the SORNA office at 605-473-5528.
11. These policies shall be effective on the date below and remain in effect until modified or repealed by the Chief Judge.


Chief Judge, Lower Brule Sioux Tribal Court

4-30-20
Date



Coping with COVID-19

Take breaks
from the news



Take care
of your body

Make time to
unwind



Connect with
others

Set goals
and priorities



Focus on
the facts

KEEPING A HEALTHY DISTANCE

HELPS COMMUNITIES STAY SAFE

#KeepYourDistance
#COVID19
#WellnessWarriors
caih.jhu.edu





Birthday Wishes

Happy 16th Birthday Josette Pretty Sounding Flute!
From: Your Family
April 21st

April 17th
Happy Birthday!
Penelope Iron Horse

May 13th
Happy Birthday!
Jami Johnson Jr.

June 3rd
Happy Birthday!
Shirley "Sugar" LaRoche

March 15th
Happy Birthday!
Tanielle Pretty Sounding Flute

Happy Belated Birthday to my son, Glen Eagle Thunder,
Wahachaka Wambli.

April 16th and April 23rd
Happy Birthday!
HAPPY BIRTHDAY TO MY GRANDDAUGHTERS Maci Moo Langdeau and Chloe Jade Langdeau. You guys are my besties; grandma loves you guys with all my heart. Have a beautiful day both of you!... Unci (Marlys) and Great Grandma Freda, and Ina (Marlo)

Happy 6th birthday blessings to Brandon JR on March 11th
Family celebrated on March 14, 2020 at Holy Comforter Episcopal Church Hall. We love you

May 27th
Happy Birthday in Heaven to My Sister-In-Laws
Valerie Jane Skunk (5/22)
And
Bettye Jo Skunk (5/27)

May 24th
Happy, Happy 92nd Birthday to Our Mother/Grandmother/Aunt!!
Irene Eagle Thunder Skunk
Many More...Love You

Happy Birthday to:
Lacey Janis Wells May 3
Jordan Gourneau May 24
Lil Lee Gourneau IV May 5
Tyler Jones May 8
Sheldon Fletcher May 9

I WOULD LIKE TO SAY HAPPY MOTHER'S DAY TO ALL THE KUL WICASA OYATE MEMBERS: I we are so very blessed with so much love and caring hearts from our Women here in LB, I would love to say have a BLESSED and BEAUTIFUL day because you deserve this DAY. We are going through Tough times and this is when we all need to pull together and keep our family's and extended family's safe.... WE WILL GET THROUGH THIS TOGETHER IF WE STAY STRONG... don't forget the ones that have left us... YOU ALL our in my Thoughts and prayers today HAPPY MOTHER'S DAY. From my HEART to yours... Anpe'tu Luta Win (RED DAY WOMEN) Marlys.... Pilamaya

Happy 7th Birthday Christopher Johnson, Jr!
Love, Mom & Dad, Chrissa and Amani

MY BEAUTIFUL GRANDDAUGHTERS Maci Moo April 16, 2020 who turned 9 years old and Chloe Jade April 23, 2020 who turned 8 years old:
HAPPY BRITHDAY FROM YOU HOLE FAMILY WE LOVE YOU GIRLS SO MUCH AND ARE SO VERY PROUD OF YOU KEEP UP YOUR DANCING AND ENTERTAINING US WITH YOUR BEAUTIFUL HEARTS. Love MOM (Ina Marlo) Grandma Marlys, Great Grandma Freda, Grandma Gina and all the family.

HAPPY 18TH BIRTHDAY JATE GENE LAROCHE
LOVE, MOM, BRADEN, JARRICA & GRAYSON LEE♥

Happy Mother's Day! I love you mom!

April Birthdays			
Vaughn Big Eagle Daniel Berry Aaliyah Brouse Jarrett Brouse Leaf Byington, Brooks Mavis Cheney Phyllis Crazy Bull Chelsea DeSheuquette Glen D. Eagle Thunder Dennis Eagle Horse Leonard Edwards Bart Ness Charles P.S. Flute Jacob P. S. Flute	George Estes Sherwood Estes, Jr. Marcel Felicia Catessa Fleury April Flute Sadie Flute Simonne Flute Trisha Flute Floyd Hawk Wing Phyllis Swift Hawk Alan Thompson, Jr. Loye Whitcomb Charles Whitney	Jerome Jandreau Kevin Johnson Jerrine "JJ" Kettle Lara Kettle Merilene Langdeau Steven Langdeau, Jr. Trenton Langdeau Erik LaRoche Jade LaRoche Marlowe LaRoche Shaun LaRoche Cassie LeCompte Marion LeCompte	Janelle Medicine Eagle Patsy Michalek Vincenza Middletent L. Greg Miller Shevaun Sazue James Short Bear Francine Stricker Annabelle Scott Martin Ziegler, Sr. Blanche Stinger Kathleen Quilt Arnold Sazue, Jr. Loye Whitcomb

May Birthdays		
Rose Y. Eagle Star Shilea Grassrope Davon St. John Majestic Grassrope	Dalton Grassrope Pauline Middletent Miya R. Quilt Hayley E. Crane	Betty Jo LaRoche Brienne Saul Tiauna Obago Steven Langdeau, Sr.

HAPPY MOTHER'S DAY TO MY Beautiful Mom Alfreda, Thanks for being the strong, caring, and loving mother we could ask for your our ROCK... WE LOVE YOU ALL FROM THE BOTTOM OF OUR HEARTS. Have a Blessed day... FROM YOUR LOVING FAMILY

Please submit Lower Brule articles, birthday wishes and other notices to:
bdwag45@yahoo.com

New Staff Members Join the Lower Brule Health Center:

We've added three new staff members in the past couple months. First is our new Director of Nursing Captain Robert Douville.

Please welcome Robert Douville, II Captain, Director of Nursing, for the Lower Brule IHS Health center. Mr. Douville is an enrolled member of the Oglala Lakota Sioux Tribe in Pine Ridge SD. He is on his 24th year of active duty as a Commission Corps officer in the Great Plains Area. He has previously worked at both the Pine Ridge and Ft. Thompson Service unit, in many clinical capacities. He is utmost proud to be in the area on a permanent bases and commutes daily from Chamberlain, SD where he grew up. He has many family members who work in the Indian Health Service, Bureau of Indian Education and Bureau of Indian Affairs, in particular, his mother, Thelma L. Douville, RN who worked in both Lower Brule and Fort Thompson IHS Health Centers during her 30 year career in this region.

Sarah Newton was raised in and graduated from Highmore, SD. She attended Dakota Wesleyan University where she pursued her Athletic Training/Sports Medicine Degree and obtained her ATC Certification in 2002. She was an Assistant Athletic Trainer for DWU prior to attending the physician assistant program in Vermillion, SD. She obtained her Master's degree from the University of South Dakota in 2006 and became a Certified Physician Assistant that same year.

Sarah spent the early years of her career as a PA-C at Sanford Medical Center in Chamberlain, SD where she practiced as an Emergency Room and clinic provider for 7 years. She then moved to Florida and practiced as a PA-injector and Urgent care provider while living there. She returned home to South Dakota and traveled across the state of SD with Wapiti Medical Group practicing in Emergency Departments, Urgent Cares, IHS and Clinics where there was a need. In 2015 Sarah took a position with Horizon Healthcare in Fort Thompson, SD where she held a family practice clinic for 5 years.

Sarah has returned to the IHS clinic in Lower Brule to serve the community that she grew to love as a locum provider in the past. She is grateful for the opportunity and continued support of the local people that she has had a chance to develop relationships with. Sarah loves the sense of hometown and family values that this community has and is excited to continue to create and assist with wellness for her patients.

Please welcome Kimm Schweitzer, Chief Executive Officer, for the Lower Brule IHS Health Center. Ms. Schweitzer grew up on the family ranch located on the Lower Brule Reservation and is an enrolled member of the Lower Brule Sioux Tribe. Her 20 years of experience with the Lower Brule IHS began as the Field Health Office Secretary in December 1995, leaving for a short time to pursue a nursing degree, with the goal of returning to the Lower Brule IHS. She received her Associate Degree in Nursing from Presentation College, Lakota Campus in Eagle Butte in 2001. After spending two years at the Winner South Dakota rural community hospital, she achieved her goal and returned to the Lower Brule IHS as a nurse. During this time she completed her Bachelors of Science in Nursing online through South Dakota State University. In 2011 she accepted the Director of Nursing position and in 2019 the Office Managed Care Nurse position. She feels, "ensuring the people of my home reservation receive the best possible health care on a daily basis is truly a blessing to me."

Welcome to them all and we look forward to having them work here with us!

COVID Stress Hotline

We are all experiencing additional stress in our lives right now. Our ranchers and farmers are in a very uncertain time. With the unknowns related to crops and livestock, our ranchers/farmers need multiple supportive resources.

In terms of occupations, ranchers/farmers are the highest risk group for suicide. In response to the stress that rural communities are experiencing, Avera Health Care has created a 24-hour hotline offering free, confidential support and referral information for farm/ranch families.

AVERA HEALTH CARE 24-HOUR HOTLINE FOR FARMERS AND RANCHERS
800-691-4336

Scott Obago, Jr. Wins Scholarship

The Mark K. Ulmer Memorial Native American Scholarship Foundation announced that Scott Obago, Jr., a senior at Lower Brule High School and resident of Lower Brule, South Dakota has won a college scholarship valued at \$10,000.00. The award was made when the All West Native American Basketball Tournament normally played in Denver, Colorado was cancelled due to the Coronavirus.



Scott carried a grade point average of 3.55 over his high school career, and has been very active in the athletics, school and community affairs. He plans a career in Exercise Science after completing his studies at South Dakota State University.

In making the award, Samuel K. Ulmer, Chairman of the granting Foundation commented, "Scott embodies the determination and commitment to achieving a degree in higher education that was a part of the base upon which our foundation was started. We are pleased to make this award and are confident that he will succeed."

The Mark K. Ulmer Foundation was formed by Mr. and Mrs. Samuel K. Ulmer after their son was killed in a freak accident in Fraser, Colorado thirty-two years ago. Mark was employed by the Department of Housing and Urban Development as an attorney, and worked with the Office of Indian Program in many ways. He and an associate, Dom Nessi, now a consultant in Cyber Security were instrumental in starting the All West Basketball Tournament in 1986. This was to be the thirty-fifth tournament since its founding until it was cancelled for safety reasons. The Scholarship Foundation was started in 1991 to honor Mr. Ulmer and his interest in Native Americans.

LB Birth to 5 Screenings



The Lower Brule Birth to 5 Program assists families in tracking their child's growth and development. Screenings are held on the first and third Thursday of the month. Children are screened at developmental milestones. Parents of children participating in screenings receive a report on their child's development and assistance accessing additional services, if the screening shows such a need. The child receives formula, diapers and/or a book based upon the developmental age and needs of the child.

INFANT AND TODDLER SCREENING DATES

Location: Lower Brule CHR Office

DAY	DATE	TIME
Thursday	May 14, 2020	10:00 AM to 3:00 PM
Thursday	May 28, 2020	10:00 AM to 3:00 PM
Thursday	June 11, 2020	10:00 AM to 3:00 PM
Thursday	June 25, 2020	10:00 AM to 3:00 PM

Rental Verification Forms
All tenants that need rental verifications forms filled out for Social Services will need to submit them to housing at least 3 days in advance. Also, if it is noted that you are not in compliance with your recertification paperwork for housing, you will have to fill out all paperwork and submit it, along with copy of current income. **Your rental verification form for Social Services will not be completed until housing paperwork is submitted and updated.**

Dogs/Pets
All pets must be confined or chained up in the tenants yards. Animals are not permitted to be chained up by the doors of the unit. Only (2) two indoor house pets allowed! Failure to comply with the pet policy will result in a lease violation and determining the nature of the violation, the wildlife and police department may be notified. Also, Livestock animals are not allowed to be kept in yards of LBHA units. Ex: Horses, cattle, etc.)
Also, any complaints about neighbors' dogs will need to be in written format. LBHA can not take action without written complaints.

Incarceration
It is the tenants responsibility to contact LBHA as soon as possible in regards to their unit. If a tenant is incarcerated for a period of fourteen (14) days or more, then this will be unit abandonment and the lease will be terminated. LBHA is also not responsible for any damages that occur to the tenants belongings while they are in jail.

Lower Brule Indian Health Service Health Center

COVID-19 Procedures

The Lower Brule IHS Health Center (LBIHSHC) is coordinating a comprehensive public health response to the ongoing coronavirus pandemic. To help prevent the spread of COVID-19 in the community, we are implementing some protective measures at the facility to protect our patients, staff, and community at large.

In an effort to limit exposure, LBIHSHC requests patients, who feel they have been exposed or are displaying symptoms associated with COVID-19 to first call and speak with a health care worker (HCW). Patients should call 605-473-5526/5527, select option 3.

When scheduled for an appointment, upon arrival we are asking patients to remain in their vehicles and contact the scheduling department at 605-473-5526, option 1, to notify the clinic of their arrival.

1. Patient and Visitor Screening:
 - a. Patients and visitors will be screened with the following questions:
 - i. Do you have a fever, cough, shortness of breath?
 - ii. Have you traveled domestically or internationally within the past 14 days?
 - iii. Have you had contact with someone suspected or confirmed to have COVID-19?
 - iv. These questions may change as we progress
- b. All patients will be given a mask upon entry into the building.
- c. The service unit also has a process for screening employees for COVID 19 upon arrival at work.
2. Visitor Limitations:
 - a. Each patient and visitor will be asked screening questions at or before entering the facility.
 - b. We ask that entrance is limited to the patient and one caregiver or support person if needed.
 - c. LBIHSHC will address special circumstances on a case-by-case basis. Patients are encouraged to call 605-473-5526, option 3, to discuss.
3. Testing:
 - a. Lower Brule IHS does have the capability to test patients for COVID-19.
 - b. Health care providers, in coordination with the South Dakota Department of Health, will follow guidelines established by the CDC to determine if an individual should be tested for COVID-19.
4. Pharmacy Medication Pickup Process:
 - a. Patients needing refills are to call the pharmacy refill line 605-473-5141. When presenting to pick up medications, we ask that you stay outside, talk to the front door screener on duty. Medications will be delivered to you.
 - b. If a patient needs over the counter medication (OTC), please call 605-473-5526, option 3, and ask for a nurse.

Boys and Girls Club

Boys & Girls Club of Lower Brule over the last six weeks has rallied to help fill the needs of our community. We provide learning and art materials along with snacks and care packages to our youth every Friday. We are beginning to deliver hot food in the evenings to club members on Monday, Wednesday, and Fridays. We are also providing virtual programming to our youth including but not limited to, physical activities, art projects, story time, and journaling. Our teens also have an opportunity to take part in Diploma 2 Degrees and journaling on line. These programs can be watched live or on our Face book pages, Lower Brule Boys & Girls Club and Teen Center. We miss our children and families and it is very important at this time that they know we care and are still here waiting to open our doors to serve them once again. If you have any questions about our services please call the Boys & Girls Club director Tonya Derald @ 605-730-1113. We are willing to help out best we can at this time.

Here are some pictures of club staff working virtually doing what they can to reach club members!



Households Living in Close Quarters

How to Protect Those That Are Most Vulnerable

This guidance is intended for people living together in close quarters, such as people who share a small apartment, or for people who live in the same household with large or extended families.

Older adults (65 and older) and people of any age who have serious underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019 (COVID-19). The following information is aimed to help you protect those who are most vulnerable in your household.

Everyone Should Limit Risks

If your household includes one or more vulnerable individuals then **all family members should act as if they, themselves, are at higher risk.**

Limit Errands

Family members should leave only when absolutely necessary. Essential errands include going to the grocery store, pharmacy, or medical appointments that cannot be delayed (e.g., infants or individuals with serious health conditions in need of aid).

If you must leave the house, please do the following:

- Choose one or two family members who are not at a higher risk to run the essential errands.
- Wear a cloth face covering, avoid crowds, practice social distancing, and follow these recommended tips for running errands.
- Don't use public transportation, such as the train or bus, during this period if possible. If you must use public transportation:
 - Maintain a 6-foot distance from other passengers as much as possible.
 - Avoid touching high-touch surfaces such as handrails, and wash hands or use hand sanitizers as soon as possible after leaving.
- Don't ride in a car with members of different households. If that's not possible:
 - Limit close contact and create space between others in the vehicle.
 - Improve air flow in the car by opening the window or placing air conditioning on non-recirculation mode.
- Wash your hands immediately after you return home.
- Maintain as much physical distance as possible with those at higher risk in the home. For example, avoid hugging, kissing, or sharing food or drinks.

Vulnerable Members Should Avoid Caring for Children

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, **the children in their care should not have contact with individuals outside the household.**

Separate a Household Member Who is Sick

Provide a separate bedroom and bathroom for the person who is sick, if possible. If you cannot provide a separate room and bathroom, try to separate them from other household members as much as possible. **Keep people at higher risk separated from anyone who is sick.**

- If possible, have only one person in the household take care of the person who is sick. This caregiver should be someone who is not at higher risk for severe illness and should minimize contact with other people in the household.
- Identify a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.
- If possible, maintain 6 feet between the person who is sick and other family or household members.
- If you need to share a bedroom with someone who is sick, make sure the room has good air flow.
 - Open the window and turn on a fan to bring in and circulate fresh air if possible.
 - Maintain at least 6 feet between beds if possible.
 - Sleep head to toe.
 - Put a curtain around or place other physical divider (e.g., shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread) to separate the ill person's bed.
- If you need to share a bathroom with someone who is sick, the person who is sick should clean and disinfect the frequently touched surfaces in the bathroom after each use. If this is not possible, the person who does the cleaning should:
 - Open outside doors and windows before entering and use ventilating fans to increase air circulation in the area.
 - Wait as long as possible before entering the room to clean and disinfect or to use the bathroom.
- If you are sick, do not help prepare food. Also, eat separately from the family.

Dear WIC Client or those in need:

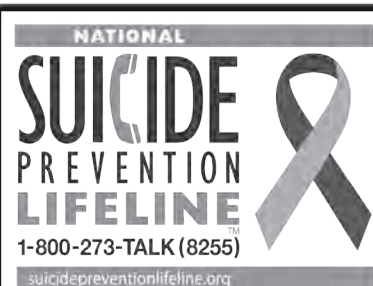
Due to COVID 19 (Corona virus), WIC services are still available but our process has changed. To Keep all of us safe and help decrease the exposure or spread of COVID 19, most WIC services will be provided over the phone whenever possible.

If you have any questions, please feel free to call us at the office in Kennebec. If we are not able to take your call, leave a message and we will return your call ASAP.

You can also apply online at <https://sdwic.org/>



Thank you,
Mary Jo & Avany
Lyman County WIC
Kennebec Office – 605-869-2217
Lower Brule – 605-473-5618



If you would like to know more about suicide prevention/intervention in Lower Brule, please call Lower Brule Counseling @ 473-5584 or Partnerships for Success @ 730-1373. If you or someone you know is having suicidal thoughts, please call the crisis hotline @ 1-800-273-8255 or text "start" to 741-741. If you or someone you know is in immediate danger of self harm, please call 911 or present to your nearest emergency room.

College Distributes Food to Community Elders



The college received a grant from Hopa Mountain in Montana to provide supplies and food to elders in Lower Brule. We were able to purchase a variety of items such as; coffee, bleach, dawn, paper towels, toilet paper, ground beef, canned meat, soup, potatoes, Mac & cheese, frozen vegetables, apples, and oranges to 77 elders.

Thank you, Cecelia, Brian, Skyla and Swan for your hard work!

Stay safe everyone!

Counseling Hours of Operation During this Next Level of COVID-19 in the Community

During the COVID-19 PANDEMIC, periodic changes have occurred across the community. Starting today, April 29, one Counselor will be available at the office everyday (Monday through Friday: 8 am - 4:30 pm).

SUBSTANCE ABUSE AND MENTAL HEALTH COUNSELORS: DORI ROGERS AND ELLEN DURKIN, respectively.

Dori Rogers will be available at the office on Mondays only. Tuesday through Friday you may contact and meet with her via Telephone or Online. Contact Dori through LBCS: 605-473-5584. Contact Dori during the week via her cell phone: 605-682-0283 for counseling services via telephone, or make an appointment. Currently, MRT sessions are held on Mondays at 10:30 am. Email: dorirogers@lowerbrule.net

Ellen Durkin will be in the office Tuesday, Wednesday, Thursday and Friday. Contact the LBCS at 605-473-5584 or directly at 473-8029; work cell phone: 605-730-1591. Email: ellendurkin@lowerbrule.net

Please call 605-473-5584 to make any appointments or to make arrangements to speak with a counselor.

If you should plan to come to the LBCS office for an appointment or walk-in, we now request that you first stop at Health Admin Office for a temperature check and ask that you bring the temperature slip before you see the counselor or prior to your appointment.

CHR PROGRAM SUMMARY REPORT 2020 - APRIL

During this difficult time with the COVID19, we have had a meeting with LB I.H.S. Nursing staff in establishing a protocol to use with the people if and when the need arises.

We started using the face masks, gloves and hand sanitizer when we have to do transports. Our CHR vehicles have been sanitized after each trip. But transports are slow due to clinic protocol at this time, and some patients have re-scheduled their medical appointment for a later date.

The CHR Staff, Voc. Rehab. Consumers(3), Patient Transport Program, Health Admin. and a LBST Councilman have been making cloth masks for the community. Thanks to the Partnership for Success Program we were given material to make the masks. Also thanks to the Voc. Rehab. Program we were able to make color copies of the COVID19 Fact sheets/information sheets to be put in bags that were distributed in the community, a total of 103 bags were made from the CHR Office. (approx. 60 elders & handicapped persons and 43 community members) we will continue to distribute COVID19 FACT SHEETS AND INFORMATION.

The Voc. Rehab. Workers and LBST Janitors/employees continue to clean/sanitize our office, door knob, counter tops, etc.

Let us not let fear be in our hearts but give God all the praise and glory. Shirley Crane, CHR Director

ATTENTION: LOWER BRULE COMMUNITY

In response to the recent Covid-19 (Coronavirus) pandemic, we have implemented new protocols. These are for the safety of all patients and their families at home. We apologize in advance for any inconvenience, but we are doing our best to keep you safe. The Providers at Lower Brule Health Center are doing some telephone visits at this time. We are also working to implement Telehealth visits, when this is available we will post on our FB page.

The Health Center has increased the testing abilities at the clinic. We do have the Quick test on site so we can get results on the same day the sample is taken. If we were to run out of these supplies we will return to submitting them to the State Lab. When you call the clinic you will be instructed as to where to present.

1. PLEASE CALL 473-5526 or 473-5527 and select option #3 if you would like to be seen at the clinic. The nurses will pre-screen you over the phone and a time slot will be given to you if you need to be seen.

2. ALL PATIENTS WILL BE STOPPED OUTSIDE, to be screened for symptoms, travel or exposure to the virus. To limit exposure please limit the number of people accompanying the ill person to no more than 1.

3. If you need medication refills, please call 473-5141 to order. When you come to get them, please tell the screening person at the front door and your medication will be brought out to you. Remember to bring a photo ID if you are getting controlled medications.

4. All patients will be asked to put a mask on and use hand gel upon entering the building and you will be required to keep it on until you leave the building. We will ask those who decline the mask to wait outdoors for instruction.

*****We ask that you be patient. All of the precautions we are taking, take more time and clinic flow will be slower.*****

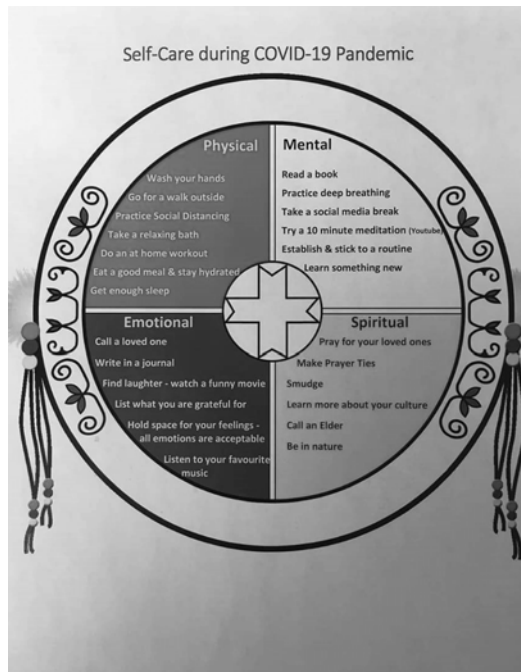
We thank you in advance for abiding by all of the new protocols, we are striving to streamline them as much as we can to make your visit safe and effective.

Thank you for your cooperation as we try to keep our community safe and well.

The Lower Brule Health Center Team

Advertisement for DSS (Department of Social Services) with logo and contact information: 320 SORENSEN DRIVE, CHAMBERLAIN, SD 57325-1022. Phone: 605-734-4500 or 888-749-0007. Fax: 605-734-4505. Web: dss.sd.gov

South Dakota Child Protection Contact Information. The Department of Social Services, Division of Child Protection Services toll free number: 1-877-244-0864. This number is staffed by Intake Specialists who are available from 8:00 am to 5:00 pm Monday through Friday.



Please submit Lower Brule articles, birthday wishes and other notices to: bdwag45@yahoo.com

Job Corps logo and text: If you are ages 16 - 24 consider Job Corps as your career plan. Job Corps will provide you with the resources necessary to finish your education, learn a trade, and get a job! Job Corps will provide you with a safe, drug free living environment to start your new career path!



Congratulations to the LBHS Class of 2020!



Alyssa Box



Baptiste Pourier



Bariah LaRoche



Christina Felicia



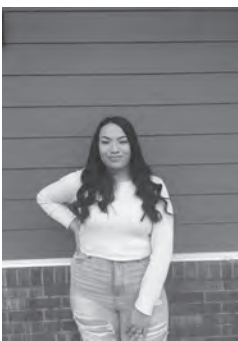
Desme Estes



Eeon Bromwich



Eli Battese



Elvera Driving Hawk



Isaac Hawk



Jasmine Jones



Marsha Janis



Mason Jandreau



Jernell Grey Owl



Jeshua Estes



Justina Grassrope-Brouse



Roberta His Law



Scott Obago Jr



Mykael Loera Prado



Morning Star



RJ Bingen



Jate LaRoche



Not Pictured: Montez Iron Heart

L.B.H.A. WOULD LIKE TO SAY CONGRATULATIONS TO THE CLASS OF 2020!
BEST OF LUCK TO ALL OUR SENIORS IN THEIR FUTURE ENDEAVORS!!

Disinfecting Wipes, Grease and our Sewer Lines

The Environmental Protection Office would like remind everyone that they should not flush wipes or other personal hygiene products down the toilet and into the sanitary sewer system. This also includes dumping grease and cooking oil down the drain. These items clog the system, cause maintenance problems and can lead to the community's sanitary sewer system backing up.

Even if items indicate they're flushable, they do not break down in the sewer system like toilet paper when flushed, and once in the sewer system, they clump together and cause problems. Please dispose of them in the trash.

We recommend never flushing any type of wipes (baby wipes, flushable wipes, disinfecting wipes, cosmetic wipes, etc) or dumping grease or cooking oil down the drains. Grease should be drained into a container and allowed time to harden and then disposed of in the trash.

Thanks for your help with this matter during a difficult time.

What is TeleHealth?

With our new way of doing things due to the Coronavirus, medical and mental health providers have had to change some of the ways they do their jobs. Mental Health providers are encouraged to provide telehealth options. Telehealth is basically the same things as meeting in the office, but you meet via phone, Zoom, FB Messenger, or whatever platform your provider uses. There are many different platforms out there!

Telehealth is not only useful for times when a virus is a concern, but also when

- Responsibilities at home that make it difficult to travel to an appointment
- Difficulty traveling during inclement weather
- Embarrassment about seeking help or anxiety about face-to-face appointments
- Remote location/reaching a larger pool of providers
- Reliance on public transportation and a limited budget
- Hesitation to develop a relationship with a provider
- Difficulty coordinating a time that works
- Sharing videos, goal tracking, worksheets, or anything else on your screen

For you middle schoolers and high schoolers, Jessica is available to schedule a telehealth session with you. You might have even heard from her since school got out. Parents, you can sign your child up for counseling. More importantly, if you know they have been in counseling in the past, please help them engage back in the process! If you need support, she can help with that too. It's a stressful time. Call or text Jessica 208.0047 or email @jessicashaffer2010@gmail.com to ask questions or set up an appointment. I look forward to hearing from you!

MENTAL HEALTH/SUBSTANCE USE SERVICES/RESOURCES

The public health crisis, COVID19, we are experiencing is changing the manner in which we get our needs met. The contacts listed below can be utilized to assist you and your family by offering support, creating self-care plans and connecting you to other resources based on need. Keep in mind the mental health/substance abuse professionals may not be able to meet with you face-to-face.

The best road to wellness is recognizing symptoms of depression, anxiety or increased substance use early and addressing it by reaching out for help. The current public health crisis can cause feelings of fear, hopelessness and despair which can lead to sleep disturbance, loss of appetite, overwhelming anxiety and even suicidal thoughts and/or an increase in poor coping mechanisms such as substance abuse. These symptoms and behaviors take a toll on physical health and can make you more susceptible to illness.

Take care of yourselves. Follow all public safety guidelines including social distancing. Do not hesitate to reach out for help.

LOWER BRULE MENTAL HEALTH AND SUBSTANCE USE SERVICES
Main-605-473-5584
Dori Rogers-605-680-1467
Ellen Durkin-605-730-1591
Jessica Shaffer-605-208-0047
Dari Johnson-605-680-3436

FORT THOMPSON I H S BEHAVIORAL HEALTH
605-605-245-1546

SOUTH DAKOTA URBAN INDIAN HEALTH, PIERRE
605-224-8841

MISSOURI RIVER COUNSELING, PIERRE
605-222-5989

CAPITAL AREA COUNSELING, PIERRE
605-224-5811

24 HOUR CRISIS HOTLINE-1-800-273-8255

The professionals on call will assist with not only suicidal thoughts but are trained to help you with depression, anxiety and family problems such as domestic violence.

****REMEMBER..IF YOU OR SOMEONE YOU KNOW IS HAVING THOUGHTS OF SUICIDE, YOUR FIRST CALL IS 911.**

ATTENTION ALL LBHA TENANTS

Your yard is also your responsibility along with your unit. Lease violations will be issued for trashy yards. The weather is getting nicer and this is a good way to social distance and get some exercise. So let's have some community pride and clean our yards.

Lower Brule Sioux Tribe Wildlife, Fish and Recreation Department:

The Tribal Council has closed all Non-member hunting until further notice, because of the covid-19 virus.

Hope all is going well!! We are hoping that we have a wet spring, for the sake of our food plots, trees, grass.

Spring Turkey seasons ends May 10.

Paddlefish, the season is the month of May and snagging hours are from 6 am to 9pm daily.

We have started the tree plantings and food plot plantings.

We are also maintaining the Recreation areas making sure the grass is cut, boat ramps are useable, trash is picked up, playground equipment is safe and fish cleaning stations are operable.

The Conservation Officer will be making an effort to check turkey hunters, fisherpersons, access permits and terminate stray dogs.

Remember glass containers in the recreation areas is prohibited!

Enjoy and God Bless!



CHR's Make Material Face Coverings to Help Slow the Spread of COVID-19

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). The CHR Program and volunteers have donated their time to make material masks for the community. Please call 473-5538 and the CHR's will provide you with the instructions on how to pick one up.

Should cloth face coverings be washed or otherwise cleaned regularly?

Yes.

How regularly?

They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

Monday, Wednesday, Friday
11:00-Physical Activity

Tuesday & Thursday
11:00-Art

Friday-Virtual Field Trip 1:00 PM

Power Hour & Learning
Mon, Tues, Wed & Thurs

EVERYDAY THERE WILL BE HEALTHY EATING HABITS AND DAILY INSPIRATIONS POSTED.

Updates will be posted with any changes in this schedule.

Bedtime Stories with The Mad Hatter 7 PM Nightly



Strategies for Self-Care and Resilience

Resilience has been defined by the American Psychological Association as "the human ability to adapt in the face of tragedy, trauma, adversity, hardship, and ongoing significant life stressors."

It is essential to take care of yourself. Just as you would tend to an acute physical injury by seeking support, alleviating symptoms of pain, and taking steps to ensure recovery, the same is true for an emotional or psychological challenge or obstacle. And, just as the human body is often ingenious in the way it can mend itself, so too the mind and heart can be incredibly resilient. We just have to help them along.

Building and Engaging Resilience

Below are some tips for taking care of yourself and engaging your resilience. Please feel free to use those ideas that you find most useful and continue to engage your own coping strategies.

- **Physical self-care**
 - Get enough sleep
 - Get regular physical activity
 - Eat regular, well-balanced meals
 - Reduce alcohol and caffeine consumption
 - Release tension in healthy ways
 - Take deep breaths
 - Balance work, play, and rest
 - Limit or eliminate exposure to media
- **Emotional self-care**
 - Know your vulnerabilities
 - Get help early on if you are feeling overwhelmed
 - Use relaxation skills that work best for you
 - Listen to music that soothes you
 - Engage socially to avoid feeling isolated
 - Set limits, if necessary, when others are too demanding of your time or energy (Give yourself time to heal and renew.)
 - Reestablish a routine, if possible
- **Social self-care**
 - Be aware of withdrawal and isolation
 - Get nurturance/care from loved ones
 - Use friends and family and community for support
 - See how work can offer support
 - Seek out others for social activities
 - Recognize that humor can be a useful respite
 - Make an effort to have fun
- **Spiritual self-care**
 - Use religious and/or spiritual resources and communities
 - Read inspirational works
 - Pray
 - Practice gratitude
 - Meditate
 - Connect with nature
 - Find creative ways to express yourself (i.e., drawing, painting, writing, etc.)
- **Remember to:**
 - Recognize signs of stress and look after yourself
 - Identify what you can and cannot change
 - Keep expectations realistic
 - Make deliberate plans to care for yourself
 - Accept your limitations
 - Allow others to give to you
 - Find a reason to smile or laugh every day

Checklist for Resilience: Ask Yourself These Questions

- What are my strengths?
- What has helped me endure previous difficult times?
- What healthy things can I do to soothe myself when I'm faced with uncertainty?
- Is there something I can do to influence what will happen next? If so, what?
- What are my resources to increase my resilience?
- How can I ask for what I need?

WE CARE, JUST CALL
Employee Assistance Program
1-800-222-0364 | (TTY: 1-888-262-7848)
FOH4YOU.COM

Your Employee Assistance and Work/Life Program is available 24/7 to provide support to federal employees. Professionally trained counselors can help minimize the impact of a stressful or disturbing event and help promote resilience. The program provides counseling, problem solving, coaching, and support to assist employees and their family members with a wide range of issues or concerns. Contact us today to learn more.

PARTNERSHIP FOR SUCCESS

First Emergency Contact:
911

Police Department:
473-5444

Capital Area Counseling Crisis:
295-HELP (4357)

Disaster Distress Helpline:
800-985-5990

Lower Brule Ambulance Services:
473-5284

Emergency Mental Health:

Ellen Durkin-473-8029

Dari Johnson-Adult: 680-3436

Jessica-Youth: 208-0047

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Crisis Text Line, National,
Text "Home" to 741-741

Helpline Center, Sioux Falls, SD Text
605-344-6646 or Call 211

Partnership for Success/Boys and Girls
Club

Tonya: 730-1113

Hilltop Baptist Church, Food Pantry

Pastor Chris Little: 295-4741

SCHEDULE

Daily Schedule

9:30AM- Prevention Messaging

10:30AM- Lakota Story/We Are All
Relatives

11:30AM- Mental Wellness Post

3:30PM- Lakota Word of the Day

Tuesday-

3:00PM- Girls group with Jessica

7:00PM- Mixed boys' and girls'

group with Jessica

Message PFS for Zoom code

Thursday-

3:00PM- Natural Helper's Meeting

10:00AM- E/O-Wani Wacin via Zoom

Community Trainings to be posted weekly!



Staying at home protects the
health of all.

Stay home to save a life.

#Coronavirus

#StayHomeHeroes

caih.jhu.edu



Box Holder
Lower Brule, SD 57548

Presorted
Standard
US Postage
PAID
Lower Brule, SD
Permit No. 102

Lower Brule Counseling Service
187 Oyate Circle
Lower Brule, S.D. 57548