



The Official Newsletter of the SENECA NATION



March 27, 2020 - **visit us @ sninews.org**

A message from President Rickey L. Armstrong, Sr.



Greetings!

Under normal circumstances, my message would highlight the achievements of our many talented, artistic and athletic members and future events to be looking forward to, in our communities. These are not normal times, therefore, I must address the uncertainty we are facing with the COVID-19 pandemic.

The Seneca Nation government has been forced to make some very difficult and unprecedented decisions concerning day to day operations of our departments, as well as our enterprises. These decisions have been thoughtful and we have all taken to

heart – the best interest of each and every one of our nation’s members. Above all else, we must put the well-being and safety of our membership before anything.

March 12th and 13th, were days of completely unprecedented events happening in the world - which impacted the Seneca Nation like a whirlwind. When we saw how rapidly COVID-19 incidents were evolving, and how rapidly the virus was spreading, we knew we had to respond swiftly and confidently. We deployed a very capable Incidence Response Task Force, which has been working around the clock to manage manpower and other resources within our government, to protect our communities. Our first course of action was to inventory the numbers of employees we had out on travel; and where they were traveling to and from. In conjunction, we decided to also restrict any travelers or visitors from outside the WNY region from entering our territories. If you have plans to travel outside our local area, we strongly urge that you please re-consider. If you travel outside of our area, and return from a densely populated location, Seneca Nation Health Department recommends you self-quarantine for a minimum of two weeks.

On March 14th, Erie County reported three confirmed cases of the COVID-19 virus; while Cattaraugus County had zero

confirmed cases. Based on how rapidly the virus had spread throughout the world, and how quickly it reached Erie County, we knew we must take drastic measures to minimize the opportunity for the virus to spread through our communities. The precautionary measure implemented in our workforce reduction, was necessary for us to protect our employees, our communities, while continuing to provide essential services. A portion of our workforce is now working from home, while several hundred employees were placed on Stand-by Leave. We have requested they remain in the area so they can be called back to work, if needed. A portion of our workforce has been temporarily re-assigned to assist wherever they have been needed. In addition, we have taken measures to get information out to our communities, utilizing every media resource available.

By staying strong and working together, each one of us has the power to slow down the spread of this virus, by being mindful of the protocols which have been recommended by the Centers for Disease Control (CDC):

PERSONAL CARE

- wash your hands a minimum of 20 seconds thoroughly and often
- do not touch your face, eyes and mouth

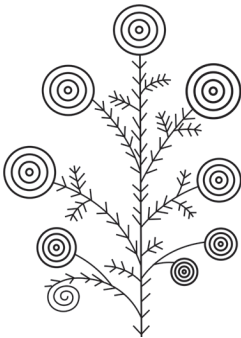
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CAR. TR.
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BRADFORD, PA

- cover your cough or sneeze with a tissue and discard immediately
- clean and disinfect your surroundings frequently

SOCIAL DISTANCING

- avoid gatherings of more than 10 people
- practice keeping a safe distance of a minimum of 6-feet away from others
- if you are sick, please stay home
- limit any visitors inside your home

FEELING SICK

- if you have a fever, a cough and shortness of breath, call your health care provider for further guidance

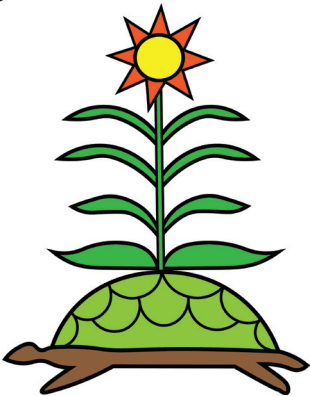
At the time of this writing, the confirmed cases of the COVID-19 virus in Erie County was increasing exponentially, each day; yet Cattaraugus County had zero confirmed cases. By now, everyone in our communities should be aware that the first positive

COVID-19 case was confirmed within our community on March 19th, 2020, and the Seneca Nation territories are now under a State of Emergency. Social distancing is one of the most practical, sensible and effective protocols to follow, to prevent the spread of COVID-19. Therefore, to help reduce the spread of this virus, as much as possible, I am strongly advising our membership to not assemble in groups or gatherings of more than ten people. Also, I would like to discourage any of our members from trying any non FDA-approved experimental therapies to treat this virus, should you become infected. Obviously, that could change if new FDA-approved therapies become available.

I realize this is an extremely difficult time for each member of our nation. I assure you that we are doing everything within our power to put as many protections in place and to mitigate rapid spread of this virus. It is comforting to hear about the grassroots

efforts that our community members have established to help those whom are in need of emergency food, cleaning supplies and well checks. Please take advantage of this unprecedented situation to enjoy spending time with your children and loved ones. Take advantage of outdoor activities to pass the time. Please continue to care for one another and check in on elders and your neighbors. Historically, we have withstood many, many devastating challenges – and we are still here, standing firm, to do battle with the COVID-19 virus. We, as Ögwe’ö:weh, are strong, wise and resilient. I have no doubt, by remaining united, with our collective strength and wisdom, we will get through this together.

Respectfully,
Rickey L.
Armstrong, Sr.



NEWS FROM THE CLERK'S OFFICE



Bethany Johnson, Clerk
ALLEGANY TERRITORY



Marta Kettle, Deputy Clerk
CATTARAUGUS TERRITORY

CLERK’S OFFICE HOURS

We are open Monday-Friday 8:00am-4:30pm, as well as the second Saturday of every month from 8am-12pm on both territories.

The Buffalo Clerk’s Office is located at:
533 Amherst Street
Buffalo, NY 14207
(716)-845-6304 or 951-7555
8am-4:30pm

ANNUAL REGISTRATIONS

EFFECTIVE MARCH 16th-
The Seneca Nation is taking immediate steps to curb the spread of the COVID-19. To that end, the Nation's Clerk's Offices are suspending acceptance of any registrations at this time. **This is a temporary measure and does not relieve members of the obligation to register by December 31, 2020.**

We are asking that any Nation Members who have questions please call the Clerk's Office at (716)945-1790 or (716)532-4900, rather than coming into the office.

Nya:wëh for your patience and understanding at this time.

EXTENDED HOURS FOR BUFFALO OFFICE

The Buffalo Office will extend their office hours and be open until 8:30 p.m. to accept Registrations on the following dates:
May 20, 2020

DIRECT DEPOSIT OF ANNUITY AND/OR ELDERS PAYMENTS

If you would like to sign up for Direct Deposit of your Annuity and/or Elders Check, you will have to complete the form. The form is available on the web at www.sni.org under Documents/Clerk’s Office / Direct Deposit forms or at the Clerk’s Office.

- All direct deposit forms **MUST** have a voided check or deposit slip attached (start-up checks will **NOT** be accepted).
- Members must be at least 18 years old to sign up for Direct Deposit
- Minors are **NOT** eligible for Direct Deposit

All current direct deposit recipients please keep your address updated with the Clerk’s Office.

BURIAL FUND

A Burial fund has been designated to pay for funeral expenses up to \$7000 for enrolled members. For additional details, please contact the Clerk’s Office during regular business hours. If after hours or on weekends, please contact Bethany Johnson, Clerk (716)-474-6361 or Marta Kettle, Deputy Clerk (716)-474-5403.

ADDRESSES UPDATED

Please remember to keep your address current with the Clerk’s Office. This includes changes with custody of minor children or legal guardians (Court orders). Also, your address needs to coincide with the information on your annual registration.

Be aware that, an address change only with the U.S. Postal Service (USPS) does not update your address with the Nation.

RELEASE OF MINORS TRUST FUND

In order to begin receiving Minor Trust Fund disbursements. A member must be at least 18 years old and submit the following documentation:

- Application for Release of Minors Trust
- High School Diploma / GED
- Financial Literacy Certificate

If you need to obtain a Financial Literacy Certificate please contact the Seneca Nation Education Department for details.

SEEKING ORGANIZATIONS TO SERVE COUNCIL

We are currently seeking organizations to serve Council through the 2020 calendar year, please contact Ashley Warrior in the Cattaraugus Clerk’s Office 532-4900 ext. 5038 or Adrienne Cook in the Allegany Clerk’s Office 945-1790 ext. 3036

NEXT REGULAR SESSION OF COUNCIL WILL BE HELD ON THE CATTARAUGUS TERRITORY- SATURDAY, APRIL 11, 2020 AT 9:30 A.M.



Congratulations, to the newly enrolled members of the Seneca Nation!

ADDITIONS (13) TO THE NATION’S ROLL – MARCH 14, 2020 REGULAR SESSION OF COUNCIL

- Julia Monae Beaver
Wolf Clan
- Vara Rose Bomberry
Heron Clan
- Otelia G. Cook
Turtle Clan
- Ruby Serenity Maracle Joy Frierson
Bear Clan
- Chance Norman Jimerson
Wolf Clan
- Ozwyn Isaiah Obrigh John
Wolf Clan
- Mia Katherine Overstreet
Wolf Clan
- Silo Keith Parker-Benton
Wolf Clan

On behalf of the Seneca Nation, we send our heartfelt condolences.

DELETIONS (8) TO THE NATION’S ROLL – MARCH 14, 2020 REGULAR SESSION OF COUNCIL

- Alice L. Garcia
Snipe Clan
- Jesse Boaz Hart
Snipe Clan
- Jennifer Leah Howe
Hawk Clan
- Valerie Jane Jacobs
Wolf Clan
- Dorothy Newman
Wolf Clan
- Roy Pagels
Heron Clan
- John Williams
Beaver Clan
- Melissa Jean Williams
Bear Clan

INFANTS WERE NOT PERMITTED INTO COUNCIL ON MARCH 14TH IN ORDER TO CURB THE SPREAD OF THE COVID-19 PANDEMIC.

NO PHOTOS ARE AVAILABLE AT THIS TIME.

EFFECTIVE MARCH 16TH:
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- Roman Robert Square
Wolf Clan
- Lasiah Esme Williams
Deer Clan
- Dakota Montgomery Wohlfehrt
Snipe Clan
- Elwood Kyle Young
Turtle Clan
- Elaya Sue Young
Turtle Clan

Attention Enrolled Members

As the Seneca Nation continues to respond to the impact of the COVID-19 pandemic, the Seneca Nation Clerk’s Office will continue to operate with limited service and staff. All business will be conducted by telephone or email for the safety of our employees and members.

There will be NO SNI identification cards issued during this time, to limit the spread of COVID-19.

We will continue with normal hours, Monday –

Friday 8:00am – 4:30pm.

Allegany Territory – (716) 945-1790
Email: BJohnson@sni.org or Scase@sni.org

Cattaraugus Territory – (716) 532-4900
Email: Mkettle@sni.org, Ashley.Warrior@sni.org or Kelly.Mohawk@sni.org

Please note that this may change unexpectedly. Please watch for updates. Please keep our Nation safe!

Seneca Nation Announces Confirmed Case of COVID-19

The Seneca Nation announced that a non-Seneca employee of the Seneca Nation Health System has tested positive for the COVID-19 virus.

The individual is a resident of Erie County who had limited patient contact at the Health System and last reported to work on Thursday, March 12. The employee showed no symptoms at that time, but began to feel ill later that evening. The individual has not returned to Seneca territory since that time. No other workers at the Health System have shown any symptoms to date.

“Last night, we were notified that an employee of our Health System has been diagnosed with a confirmed case of COVID-19,” said Seneca Nation President Rickey Armstrong, Sr. “That individual showed excellent judgment in remaining away from the Health System and away from Seneca territory upon feeling ill, and our thoughts are with them. We will work cooperatively with Erie County health officials to provide any information we can, in order to assist all necessary response and notification measures.”

As of today, the Nation has closed the Allegany Health Center, the Cattaraugus Health Center, and the Cattaraugus Wellness Center, and will conduct deep cleaning procedures at each facility. Workers entering the buildings will continue to be temperature screened, as all visitors have been for the past several days. The Nation will seek guidance of health officials pertaining to the re-opening of the Health System facilities. Individuals in need of services should call their primary care provider.

In keeping with the Nation’s Comprehensive Emergency Management Plan, which the Nation has implemented over the past several days, President Armstrong has officially issued a State of Emergency on Seneca Nation Territories. The order will allow the Nation to access additional federal funding sources to aid in its response efforts.

“Protecting the health and welfare of our people, especially our elders and our vulnerable populations, remains our highest priority,” President Armstrong said. “A task force of professionals from across Seneca Nation government continues working tirelessly to implement wide-ranging prevention and response efforts on our territories. Together, we will continue to aggressively monitor the situation on our territories and within our surrounding communities to take every responsible precaution to safeguard the Seneca people.”

In addition to the measures announced today, President Armstrong has previously instituted travel restrictions for all Nation officials and employees, issued work-from-home and stand-by leave orders for Nation employees, adjusted the delivery of many on-territory services, canceled public activities, closed Nation facilities, and restricted outside visitation to the Nation’s territories.

“I have said before that this unprecedented situation requires an unprecedented response, and that’s what we are seeing,” President Armstrong added. “The Seneca people can rest assured that every thoughtful decision is being made with our community in mind. We will get through this together.”

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INFORMATION REGARDING COVID-19 NOTIFICATION & TESTING- Released 3/20/20

As previously announced, a non-Seneca employee of the Seneca Nation Health System tested positive for the COVID-19 virus.

What Happened: In this specific case, the individual last reported to work at the Seneca Nation Health System on March 12, and showed no symptoms. The individual began to feel ill at home later that evening. The individual HAS NOT returned to work nor to Seneca Territory since leaving work on March 12.

What Happened Next: Since the individual is an Erie County resident, the Seneca Nation Health System has been in contact with Erie County Department of Health. The County is conducting a full epidemiologic study, which includes an interview on symptoms, onset, and travel of the person to identify any potential contacts. The preliminary assessment in this case was that the individual self-quarantined as soon as they developed symptoms and did not show symptoms in the work place. As a result, the Erie County Department of Health has related that there is an assumed low risk that they were contagious while at work at the Seneca Nation Health System.

What Happens From Here: The County will notify any individuals who may have come into contact with the individual, as they deem necessary, and the County MAY recommend others for testing or quarantine. A press release from the County will be given for any public areas where the individual may have gone (ie stores, etc.), as they cannot reasonably personally contact all potential individuals who may have been in that location at the same time.

How Testing Works: If individuals are displaying symptoms

and/or are concerned, they are to call their primary care provider, who screens them for symptoms, travel, and if they have come in contact with someone who has tested positive for COVID-19. The primary care provider then assesses whether they fit guidelines to be tested. This normally involves ruling out other potential causes of the symptoms. If they meet testing guidelines, the county health department receives a referral and further confirms whether they are a candidate for getting tested. The county health department then takes over the case for testing, results, surveillance, etc.

What Everyone Should Do: As the nationwide COVID-19 response continues, it is important that everyone remain calm, remain informed, and follow the suggestions of public health officials, including:

- Remain home except for essential travel
- Limit social in-person interactions and practice social distancing
- Practice good hygiene and wash your hand regularly
- Do not touch your eyes, nose, or mouth
- Cover all coughs and sneezes with a tissue
- Keep a clean home environment, including cleaning and disinfecting frequently-touched objects and surfaces

The Seneca Nation continues to aggressively monitor the ongoing situations on our territories and within our surrounding communities. We are taking every reasonable precaution to protect the health and wellbeing of our people and our territories, and we will continue to communicate with our Seneca community throughout this public health event.

Seneca Nation Health System operations update

March 17, 2020
This is an important message from the Seneca Nation Health System regarding our operations in response to COVID-19. In order to reduce the impact on our community we are taking additional measures to control the movement of patients and staff within our buildings.

-We ask that patients please call ahead before coming to the health system for your appointment or to receive services.

-If you have a routine or non-emergent appointment, please be aware that your appointment may be rescheduled.

-Our Medical Unit is not able to test for COVID-19, your primary care provider along with the county health department will determine whether you are a candidate for testing.

-We are utilizing one main entrance into our buildings in order to conduct temperature checks.

All group programs and events, including support groups held at our facilities and exercise appointments are cancelled for the next 4 weeks until 4/13/2020.

The situation is changing day to day, we have information for community members regarding health precautions and cleaning on our website at senecahealth.org. Important updates will be communicated with you as our response develops in the coming days and weeks.

Seneca Nation Administration Building COVID-19 procedures upon entering

We are continually addressing the containment efforts of the COVID-19 virus within our Seneca Nation buildings.

Effective immediately, only the main entrance to the the Seneca Allegany Administration Building in Salamanca and the William Seneca Building in Irving will be unlocked. All other entrances will be locked, please use the main entrance to both buildings.

Emergency medical service personnel will be screening all employees and visitors who enter the building. A marshal will be stationed in the entrance area during business hours.

If you have any questions, please contact the President’s Office (Jacquie Crouse x 3119, Gina Larvie x 3170, Charisse Ground x3016 or Millicent Proud x5108).

Seneca Nation Coronavirus Response Hub

The Seneca Nation GIS Department has put together a Coronavirus response website hub to ensure our community has access to timely and accurate information. It also includes links to resources available from local counties.

Please visit:
<https://coronavirus-response-sni-gis.hub.arcgis.com/> for all the latest information shared by the Seneca Nation to the public.

Seneca Nation Health System pharmacy update

March 22, 2020
This is an important message regarding Seneca Nation Health System operations in response to COVID-19.

The Pharmacy will be opening for normal hours of operation, 7:30AM to 6:00PM on Monday March 23rd. The easiest ways to request refills are using the Smartphone app called Refill Pro or calling the health center pharmacy to use the IVR system to enter your prescription numbers. When you are getting your order ready, be sure to check for any medications that can be refilled up to 14 days early to reduce the number of trips to the Pharmacy. The pharmacy is receiving a lot of incoming calls, so please be patient if you need to speak to someone. For your convenience the pharmacy staff can sign you up to receive text message alerts when your prescriptions are ready for pickup. Curb-side delivery of medications is available and recommended for elders, those who are sick, or high-risk individuals. More thorough instructions and additional information is located on the Pharmacy page at senecahealth.org

Medical, Dental, and Optical are re-scheduling routine appointments on a case-by-case basis taking into account the health and needs of each patient. Health System departments are accepting appointments only, walk ins will not be allowed into the buildings. Please call upon arrival for letters, referrals, or pick ups from Patient Registration or the information desk, patients will receive delivery to their car. Any department or service not previously mentioned are available via phone. For Lionel R John Health center call 945-5894, for the Cattaraugus Health Center call 5325582, and for the Cattaraugus Community Health and Wellness Center call 5328223.

Nya:weh Health System patients and staff for your cooperation and flexibility as we navigate changes to Health System operations.

Regroup Messaging System

As part of The Seneca Nation’s Emergency Management Department Inclement Weather Plan, a strategic voice messaging service called Regroup Messaging System has been established. This service is intended to provided SNI Employees and Community Members with broadcasted services in the event of emergencies, closings, delays, and health/safety messages.

If you are interested in being placed on the call list, or if you want more information on the Regroup Messaging System, please contact the Emergency Management Office:

Monday – Friday
8:00 am – 4:30 pm
(716) 532-8178
dawn.stevens@sni.org

All call lists are confidential and will be solely used for the intended purpose



ANNOUNCEMENT – Temporary New Business Hours

The SNIFCU is committed to the health and well-being of our members as well as our staff. To ensure safe continued operation we are making changes to our business hours and how we perform transactions.

For the time being we will be operating on limited business hours **10am - 2pm. This is subject to change and we will announce any changes.**

Deposits can be made before or after hours by sliding your check or deposit under the door. Deposits left after 2pm will be processed the next business day.

All transactions will have to be completed through our office doors as our lobby is closed until further notice.

Please call ahead with your transaction to limit your wait time.

Irving (716) 532-8179 or x.8765
Salamanca (716) 945-8510 or x.8918

To ensure your continuity of service, we are recommending to all of our members:

- Sign up for Direct Deposit
- Get a Debit/ATM card
- Enroll in Online Banking and Bill Pay and download our App
- Add VISA fraud detection as a contact to your phone: 1-877-253-8964

Members without a Debit/ATM card may have limited access to their funds should our offices close for any reason. For any unexpected closures, our staff will still be accepting calls during business hours and we'll be able to provide the majority of our services remotely. For those that do not have Debit/ATM cards, please sign-up today.

Nya:weh

Your savings federally insured to at least \$250,000 and backed by the full faith and credit of the United States Government.

Irving Office	Hours	Salamanca Branch
12837 Route 438 Irving, NY 14081 (716) 532-8179	Mon - Thurs 9am - 4pm Friday 9am - 5pm Tribal Council Saturdays 9am - 1pm <small>(Only the SNIFCU office located where the Tribal Council Session is held will be open)</small>	90 Ohi:yo Way Salamanca, NY 14779 (716) 945-8510

UPDATE:
All checks issued by the Seneca Nation can be cashed at any Keybank. The Seneca Nation Federal Credit Union will be open but with limited service.

Veterans COVID-19 update

Effective Tuesday March 17, Seneca Nation Veterans Department is closed for in person assistance. Veterans should contact the Tribal Advocate if they are in need of food supplies. Tribal Advocate will take applications over the phone.

Veteran related services, such as; claims - records- general information, can be communicated via phone. Please continue to call x5536 if you have any questions or concerns

Seneca Nation Veterans Department asks that veterans take note of this page on the US Dept of Veterans Affairs website for important information regarding COVID-19 and VA services. There are currently, at the time of this posting, no cases at the Buffalo VA Medical Center.

Apply for and manage the VA benefits and services you’ve earned as a Veteran, Service member, or family member—like health care, disability, education, and more.

PUBLICHEALTH.VA.GOV
VA.gov | Veterans Affairs
Apply for and manage the VA benefits and services you’ve earned as a Veteran, Service member, or family member—like health care, disability, education, and more.



Gakwi:yo:h Farms update

Please be advised that Gakwi:yo:h Farms is closed to the public until further notice. The safety and wellbeing of both our community members and employees is a primary concern given the recent outbreak of the Coronavirus (COVID-19). We wanted to share our plans with you.

We are taking the following steps at the Farmhouse:
-Increasing the cleaning of frequent touch points, including appliances, entry doors

-Encouraging frequent and effective hand washing
-Employees are encouraged to stay home if they are showing signs of illness or fever

Staying healthy and feeding our community has never been more important. Ensuring public health within our community is critical with sustaining our food system. Providing safe, healthy and accessible food to our community is critical to our lives, our health and our future.

If you need assistance or have an emergency you may contact:
Michael Snyder – (716) 801-0116
Gerry Fisher – (716) 801-5169
Gordon Brown – (716) 261-8887
William Printup Jr. - (716) 697-1824

Thank you for your patience and understanding.

Seneca Nation announces temporary closure of gaming facilities

Pantano & Associates, L.L.C. March 16, 2020

ALLEGANY TERRITORY, SALAMANCA, N.Y. – In the ongoing response to the Coronavirus (COVID-19) pandemic locally, statewide and across the country, the Seneca Nation Council, in consultation with the Seneca Gaming Corporation and Seneca Gaming & Entertainment, has decided to suspend operations at all of the Nation’s gaming facilities, effective at 8 p.m. today. The directive applies to the Nation’s three casino resort properties in Niagara Falls, Salamanca, and Buffalo, as well as the Seneca Gaming & Entertainment operations in Irving, Salamanca and Cuba.

“The COVID-19 outbreak is an unprecedented public safety situation that requires an unprecedented response,” said Seneca Nation President Rickey Armstrong, Sr. “Given the number of people who visit and work at our facilities, I believe it is in the best interest to suspend our gaming operations until further notice. We are keeping the health and safety of our workers, our guests and our communities above all else.”

In addition to the temporary suspension of its gaming operations, President Armstrong announced various temporary closures of on-territory facilities and changes to identified services, effective immediately. Essential services, such as the elders’ meal program, health services and emergency services will continue, but may be adjusted to reduce unnecessary contact.

“Our sole focus, as a Nation, is to do everything practicable to ensure the health and safety of every Seneca Nation member to the best of our ability,” said President Armstrong said. “We will do whatever possible and responsible to ensure that our people, particularly our elders, continue to receive the services they need. That is our commitment. The measures going into effect today, while significant, are, in our determination, necessary and appropriate to safeguard the health and welfare of our people and our territories with as little disruption to our people, including our Nation employees, and the quality of life on our territories as we can control.”

“As a unified Seneca community, it is incumbent upon each of us to adjust to the ongoing COVID-19 situation and to do everything we can to keep ourselves, our families and our territories safe while the full public response to this situation plays out,” President Armstrong added. “As we continue to work together, I am confident that the Seneca Nation, our people, and our territories will withstand this unprecedented public health event as strongly and effectively as possible.”

AOA Coronavirus update

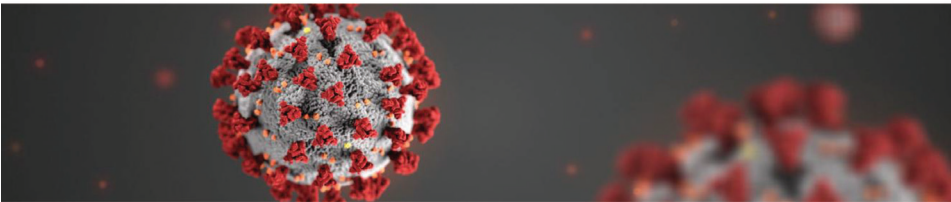
Please be advised The Elder Center & Congregate Site will be closed for the next two weeks, 3/16/2020 - 3/29/2020.

All Home Delivered Meals & AOA Services will continue as normal. Any questions please call the office at 716-945-8990.

Those who attend Congregate Meals may temporarily receive Home Delivered Meals during the closure. Please contact the AOA by 9a.m. the day prior in order to schedule your delivery.

Coronavirus: Are You at Risk?

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.



How it Spreads:

- People who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- Droplets can land in the mouths/noses of people who are nearby or inhaled into the lungs.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it, but this is not thought to be the main way the virus spreads.



For the most accurate and updated information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> & <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

How Will COVID-19 Affect My Daily Life?



The Centers for Disease Control and Prevention (CDC) is advising people to be prepared for disruptions to daily life that will be necessary if the coronavirus spreads within communities.

Before going to the doctor, the CDC advises that you call ahead and let your physician know that you have or may have Coronavirus (COVID-19).

People with symptoms such as mild to high fever, dry cough or issues breathing should isolate themselves at home while they are sick.

DO NOT go to the office, school, public areas, daycares or nursing homes. It is recommended to also avoid using public transportation or ride-sharing services.



Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more vulnerable to becoming severely ill.



For the most accurate and updated information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> & <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



According to the CDC, “handwashing is one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading...”

Understanding proper hand hygiene could be a simple and effective solution for preventing the transmission of infections and reducing the risk of massive global pandemics.



Handwashing

The first line of defense in preventing illness is having clean hands. Dirty hands can become a vector for viruses and bacteria which makes it easier for them to spread. It is important to remember this if you are working around elders, kids and immune-compromised individuals.



For the most accurate and updated information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> & <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Respirators, Masks & COVID-19

Can wearing a medical face mask protect you against the new Coronavirus (COVID-19)?

If it's a regular surgical face mask, the answer is no. The N95 respirator is thicker than a surgical mask, but the Centers for Disease Prevention and Control (CDC) does not recommend it for public use.

Wearing a mask is for people already showing symptoms of Coronavirus and their caregivers. Stockpiling on supplies such as masks can put more people at risk than necessary. If you are not sick, you do not need to wear one.

For the most accurate and updated information, visit the Centers for Disease Prevention and Control (CDC) or World Health Organization (WHO) website.



- Simple tips for prevention:
- ✓ Cover your cough or sneeze into a tissue or your arm, NOT your hands.
 - ✓ Avoid contact with people who are sick.
 - ✓ Avoid touching your eyes, nose, and mouth.
 - ✓ Wash your hands OFTEN.



For the most accurate and updated information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> & <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



The New York Times

Surgeon General Urges the Public to Stop Buying Face Masks

“Seriously people,” the surgeon general said on Twitter, warning that a run on the masks could risk a shortage harmful to public health professionals.

Approved List of Cleaning Supplies to Fight Against Coronavirus (COVID-19)

Disinfecting How-To

Step 1 is knowing the difference between cleaning and disinfecting. Disinfecting works by using chemicals to kill germs on surfaces or objects. Some products claim to do both at the same time, but knowing how to thoroughly disinfect can make a difference in your cleaning.

Step 2 is to clean surfaces and objects that are touched frequently or are in high traffic areas. You can start by wiping the objects down (desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones, and toys) with hot water and soap.

Step 3 is to let the surfaces dry. Cleaning helps remove the dirt, grime and some bacteria or viruses, but not all.

Step 4 is to disinfect correctly. For the most effective disinfecting, always follow label directions on cleaning products and disinfectants. Be sure to pay close attention to hazard warnings and directions on labels.

Step 5 is to let the surfaces or objects dry. The labels on the back of your disinfecting products will give you an allotted dry time. Some disinfectants need more time on the surface to be effective.

PURELL

- Healthcare Surface Disinfectant
- Multi Surface Disinfectant
- Professional Surface Disinfectant Wipes


Clorox

- 4 In One Disinfecting Spray
- Clean Up Cleaner + Bleach
- Disinfecting Bathroom Cleaner
- Toilet Bowl Cleaner with Bleach
- Disinfecting Wipes

LYSOL

- Bleach Multi-purpose Cleaner
- Bleach Mold & Mildew Cleaner
- Disinfectant Spray
- Disinfectant Wipes

For the most accurate and updated information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> & <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

 **SENECA NATION HEALTH SYSTEM**

The 14 Day Quarantine: How to Prepare

When someone is quarantined, that doesn't mean they are infected. Quarantines are meant to restrict the movement of people who may have been exposed but haven't tested positive. The CDC recommends **14 days** to see whether symptoms develop (fever, dry cough, and difficulty breathing). It is recommended that you stay in your bedroom, use a separate bathroom if possible, wear a face mask around others, and don't share dishes, towels or bedding.

Quarantine vs. Isolation

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who may have been exposed to a contagious disease to see if they become sick.

In case of quarantine, be sure to have:


Food- Foods that have a long storage life. Canned goods (beans), frozen food (vegetables), pasta, rice, dried fruits/vegetables), peanut butter, nuts and oatmeal.


Water and liquids- The CDC suggests you have plenty of fluids on hand, such as bottled water, Pedialyte or Gatorade.

Medicine- Have a 14-day supply of any prescription medications for those in your home. Also have an extra stock of over-the-counter pain relievers, antacids, cough and cold medicines, and vitamins.


Other supplies- Make sure you have toothpaste, toilet paper, feminine supplies, diapers, and laundry detergent as well as cleaning and disinfecting supplies.


Me on my way to the coronavirus quarantine





For the most accurate and updated information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> & <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

 **SENECA NATION HEALTH SYSTEM**





Mother's of all Tours

May 11, 2020

Nominating Hodinohso:ni' Women who have made a significant contribution to our communities . Please get your nomination's in.

Contact: (716)945-1760
e-mail j.jimerson@sni.org
for nominations forms





SENECA-IROQUOIS
NATIONAL MUSEUM
senecamuseum.org

MUSEUM LOCATION
82 WEST HETZEL ST.
Salamanca, NY 14779

Social Security Assistance

Cattaraugus Territory

OPEN TO THE PUBLIC!


Representative Jessica Gansworth, SSA will be available on the following dates:

March 31, 2020
April 28, 2020
May 19, 2020
9am-4pm

at: Supportive Services Bldg.
2 Thomas Indian School Drive Extension
Irving, NY 14081

To file a claim for SSI/SSDI or Retirement, ask questions, fill out forms, hand in paperwork or sign up for a new card **APPOINTMENTS ARE HIGHLY RECOMMENDED**

Phone: 716-532-4900, ext. 5152 or 5151
Or email: leanna.leroy@sni.org
ashley.kennedy@sni.org.



Attention 2020 Native High School graduates!

The SNI Cattaraugus Department of Education will be hosting the annual High school graduation banquet on **Friday, June 5th, 2020.**

If you are a graduating senior outside the Gowanda, Lake Shore or Silver Creek school district & are interested in attending, please call the Education department @ 532-3341 for more information.

Deadline to register Fri., April 17, 2020

New rental fees for the SAAB Grand Hall

Kitchen & Patio will be in effect January 1, 2020:

- \$50.00 Reservation Fee – Refundable if checklist for post event clean up is satisfactorily met
- \$50.00 Rental Fee.

The Area Office for the Aging (AOA) is offering **Free Legal Advice and Services** through the Center for Elder Law & Justice


For Elders 60+ residing on the Allegany & Cattaraugus Territory

Free legal advice and services are available to you from the Center for Elder Law & Justice Attorney, Alexander Fehrman, Esq. He can assist in the following areas: Elder Abuse Prevention, Guardianships, Consumer Issues & Protection, Power of Attorney, Health Care Proxies, Housing, Income Maintenance, Kinship Care, Health Care Issues (i.e. Medicaid, Medicare, etc), and Social Security/SSI. **Please note** that advice and services do not extend to disputes within the Peacemakers Court. Special arrangements can be made for homebound appointments.

Appointments available: **Thursday, April 2, 2020 from 10am - 3pm.**

CANCELED!

Cattaraugus Elders: Please contact Tina D. Law, at (716) 532-5777 ext. 5516, or by e-mail at tina.law@sni.org to schedule your appointment.



Help Support our Athletes

A cash raffle is being held to benefit the athletes traveling to Halifax, Nova Scotia, Canada, July 11-19, 2020. Ticket may be purchased from any NAIG participant for \$5.

The drawing will be held April 17, 2020 during the Community Fair held on the Cattaraugus Territory.

Broadband Survey

The Seneca Nation is evaluating the current residential internet service on the Cattaraugus Territory. Please help us by completing this survey so we can explore opportunities to improve your service and options.

<https://arcg.is/jy1SD>



Hard copy surveys are available at the Cattaraugus Community Planning and Development Department, WSB 2nd Floor, Cattaraugus Clerk’s Office, Cattaraugus Library, Cattaraugus Wellness Center and the Cattaraugus Area Office of the Aging.

Title VI PAC meeting dates SCCD 2019-2020 school year

The Title VI Committee is made up of parent representatives, educators, community members, and officials from both Salamanca City Central School District and the Seneca Nation Education Department. The committee is responsible for allocating funds to Native American students under the Title VI grant for field trips, presenters, events and even support staff. Please join us! Meetings are open to the public.

The Title VI Committee meetings are held monthly at the Allegany Community Center in the Education Wing at 6pm.

Wednesday, May 13th – 6:00 p.m. – ACC Education Wing

April 27th
April 28th
April 29th
April 30th
May 1st

2020
ANNUAL
SPRING
CLEAN-UP

DROP OFF ONLY

LOCATIONS:
BELLAMY BUILDING
3500 ADMINISTRATION DRIVE
JIMERTONTOWN
&
COMMUNITY BUILDING
1220 CENRAL ROAD
STEAMBURG

Acceptable Items:

•Couches/Seating
•Beds
•Refrigerators
•Metals
•Tires

ELECTRONIC WASTE:
COMPUTER MONITORS
PROPANE BOTTLES
MICROWAVES
TELEVISIONS

Tel: 945-1790
Ext. 3150

Be prepared to show
Seneca Nation
Tribal I.D.

Monday-Friday
7:00 a.m.—3:00 p.m

Household
Hazardous Waste
May 1st
8:00am-2:00 pm

Department of Transportation News... *Submitted by Sharon Ray*

The Pennsy Trail construction is complete and the Department will be holding a grand opening in late April. Some minor gardening and signage will be added to the trail this spring/summer. If you utilize the trail, please take a few minutes to

complete the survey <https://arcg.is/1nq4fa>
Or use the QRcode below:

- The department is working with NYSDOT to have Route 417 and 219 in the City of Salamanca to begin construction in 2020. You may have noticed that the NYSDOT has been taking core samples and are conducting safety inspections,
- Now that spring is fast approaching the department would like to remind the traveling public to obey traffic laws, please slow down and watch for pedestrians,
- The I-90 Milling and Paving work will begin on March 2nd. UCC will be running 2 – 10 hours shifts,
- The Seneca Transit System would like to remind you if you need to make a deviation or a flag stop, please call First Transit. For weekdays (585)968-0834, for weekends (585) 610-6449.

MARVIN "JOE" CURRY
VETERANS
POW WOV

SENECA ALLEGANY
RESORT & CASINO
Seneca Allegany Blvd, Salamanca, NY

HEAD STAFF

Emcees: Ruben Little Head Sr. and Vince Beyl
Arena Director: Tony Wahweotten
Drum Judge: Wesley Cleland
Head Male Judge: Nigel Schuyler
Head Female Judge: Alyssa Buck
Head Male Dancer: Chad Brown Eagle
Head Female Dancer: Shaina Snyder
Head Veteran Male Dancer: Clayton Logan
Head Veteran Female Dancer: Lena Nells

IROQUOIS DIVISION HEAD STAFF

Head Smoke Dance Judge: Jasmine Jimerson
Smoke Dance Singer: Nolan Lay
Head Male Smoke Dancer: Chris Thomas
Head Female Smoke Dancer: Arjien Stevens

DANCE CONTESTS

Golden Age (50+):
Smoke/Traditional/ Grass
& Fancy Combined/Jingle
& Fancy Combined
JR Adult (18-35) & SR
Adult (36-49):
Smoke/Traditional/
Grass/Fancy/Jingle

Teens (13-17):
Smoke/Traditional/
Grass/Fancy/Jingle
Youth (5-12):
Smoke/Traditional/
Grass/Fancy/Jingle
Tiny Tots (0-4):
Daily Honorarium
DRUM CONTEST
Chosen per session

Drum split for non-placing
drums

NORTH AMERICA'S
BIGGEST
SMOKE DANCE CONTEST

JULY 17 - 19, 2020

GRAND ENTRY / REGISTRATION

FRIDAY: 6PM / 3PM - 7PM
SATURDAY: NOON / 10AM - 1PM
SUNDAY: NOON

ADMISSION:

\$15 DANCER / DRUMMER
\$5 FRIDAY ONLY
\$10 ADULTS

\$5 Kids 5 -17 and Seniors 60+
\$15 WEEKEND PASS
(FRI - SUN)

FREE ADMISSION FOR:
Veterans & Military (must show ID) and children 4 and younger

COMMITTEE & FAMILY
SPECIALS

Gold Star Special (18+)
Honoring Gold Star Families
Men's Special (wear gold)

Shaina Snyder Women's
Contemporary & Old Style
Jingle Special (18+)

Blue Star Special (18+)
Honoring Blue Star Families
Women's Special (wear blue)

Grass vs. Fancy Dance
Special
Sponsored by Head Male Dancer
Chad Brown Eagle

"Singing for Our Sisters
in Service": Women's
Back-Up Singers Special

"Honoring Our Women"
Red Dress Special (18+)
Sponsored by Head Female
Smoke Dancer Arjien Stevens

Veteran's Dance Special:
Veteran's Only

Woodland Warrior Challenge(18+)
Men dance BOTH Smokes &
Woodland Styles sponsored by
Charles Belisle & Family

For updates check us out on the web
and Facebook or call:
716-532-8333 - senecapowwow.org

Download on the
App Store
GET IT ON
Google Play

SOUND PROVIDED BY: Hoka Sound JR

Accommodations available at Seneca Allegany Casino & Hotel, Holiday Inn Express and Highbanks Campground.
See website for more information: www.senecapowwow.org
The Powwow Committee, Seneca Nation of Indians, Seneca Allegany Casino and other sponsors of the event are not
liable for accidents, damages, injuries, lost or stolen articles or lack of travel funds.

Cornell students hold community forum to draft Downtown/Riverfront Revitalization Plan for Salamanca

Submitted by Sharon Ray, SNI DOT.



On March 7, 2020 a group of Cornell University students held a community forum at the Ray Evans Theatre. The event engaged the community on downtown areas on planning aspects. The focus area is on drafting a Downtown/Riverfront Revitalization Plan for the City of Salamanca.

The Seneca Nation and City of Salamanca have been coordinating efforts with Cornell University since 2018 for this workshop class.



The Land Use & Environmental Planning field workshop class is an advanced course for upperclass undergraduates and graduate majors in planning, design, environmental studies and public policy at Cornell.


The course is designed to provide technical assistance to communities in Upstate New York, and to give students the opportunity to apply knowledge gained in the classroom to planning issues in communities throughout Upstate New York.

The students were scheduled to present their draft plan to local officials and the public to receive comments on their proposals in May, however, due to the Coronavirus pandemic, Cornell is closing campus for the semester. We will follow up as soon as more information becomes available.

For more information on the project and the class, contact George Frantz, Cornell University Department of City & Regional Planning. Phone # 607 227-4652, or via email at grf4@cornell.edu or Seneca Nation at 716-945-1790 ext. 3137/3056 or City of Salamanca Mayors Office 716-945-3110.


Calling all local artists to create a design for the S.N.AOA buses

The design must incorporate elders and the nation symbol ,without specifically drawing attention to the elders.



Please submit entries to Deanna Luke at Catt AOA by April 24, 2020

The winning drawing will be picked by the elders and placed on both Cattaraugus and Allegany buses!



GRADUATING THIS SPRING?

CATTARAUGUS MARSHAL


COMMUNITY OUTREACH PROGRAM

Scholarship opportunity for 3 graduating Seniors attending a Tri-District school; Gowanda, Lakeshore, Silver Creek. There will be 1 Scholarship winner from each school, and they will receive a \$500 cash scholarship to assist them in their 1st Semester of higher education learning. Applications are available @ www.sni.org/departments/marshals-office/

Click on "Documents"

Applications due Friday May 29th

Email application to cops.app@sni.org



\$500 SCHOLARSHIP



February

Workshop	Date	Time	Location
Soil Fertility, Health, Testing & Amendments	2/5	5:30-7:00pm	Wellness Center Grand Room
Soil-Fertility, Health, Testing & Amendments	2/12	5:30-7:00pm	Allegany Museum
Seed Selection/Grow Plan	2/19	5:30-7:00pm	Wellness Center Grand Room
Seed Selection/Grow Plan	2/26	5:30-7:00pm	Allegany Museum

March

Workshop	Date	Time	Location
Seed Starting	3/4	5:30-7:00pm	Wellness Center Grand Room
Seed Starting	3/11	5:30-7:00pm	Allegany Museum
Container Gardening & Raised Bed Gardening	3/18	5:30-7:00pm	Wellness Center Grand Room
Container Gardening & Raised Bed Gardening	3/25	5:30-7:00pm	Allegany Museum

April

Workshop	Date	Time	Location
Feeding your Crops, Part 1	4/1	5:30-7:00pm	Wellness Center Grand Room
Feeding your Crops, Part 1	4/8	5:30-7:00pm	Allegany Museum
Maintaining your Crops, Part 1	4/15	5:30-7:00pm	Wellness Center Grand Room
Maintaining your Crops, Part 1	4/22	5:30-7:00pm	Allegany Museum

Maximum Class Size: 20 people
Call to reserve a spot



For more info contact:
Gerry Fisher- Cattaraugus at 801-5169
Gordon Brown-Allegany at 261-8887

OPPORTUNITIES

We are looking for professionals with a passion, dedication, and commitment to excellence and innovation who are interested in contributing to our team. We are looking for the following :

Salamanca Location:

- Part Time Bingo Floor Associate
- Part Time Cleaner
- Part Time Hospitality Associate
- Part Time Maintenance Associate
- Part Time Slot Operations Cashier



Oil Spring Location:

Part Time Cleaner
If you have already applied, or have previously been apart of our team, please send us your updated resume and application.

Interested persons should submit there resume and/or application to chelce.finch@senecagames.net

Phone: 716-945-8276
Fax: 716-945-3354
Website: www.senecagames.com



Ron L. Cook, Jr. is a graduate of Gowanda Central School. He furthered his career at the University of Alaska (Fairbanks) where he received a BA in Psychology and a minor in Business. Ron is a highly decorated retired combat Army Veteran who served 27 years in the Armed Forces. He was awarded two Bronze Star Medals. Through dedicated hard work, Ron was able to achieve the highest enlisted military rank (E9) Command Sergeant Major allowing him to gain high level government strategic and organizational problem solving and decision-making experience. Upon returning home to Gowanda from the military, Ron was able to see the impact of the opioid crisis was



Ron Cook - Gowanda Central School Board Member

impacting the community. He started a six-week junior teenage leadership summer program to assist the native teenage population to develop the necessary physical and mental strength to overcome adversities called “Iroquois Sachem Challenge”. The program is supported by the Seneca Nation of Indians and local businesses. Ron received the “Citizen’s Award” from the Seneca Nation Fire Department for his courageous efforts during a horrible vehicle crash providing initial life-saving care for two passengers until first responders arrived. Serving on the Board of Education, Ron hopes to be an advocate for the youth who will be our future leaders. When not busy with School Board Business, Ron enjoys dancing with his wife Bella, and outdoor activities including camping, hunting and fishing.

Post Commander for American Legion Post 1587

1981 GRADUATE OF GOWANDA SR. HIGH, DECORATED ARMY VETERAN

Husband Graduate from University of Alaska

Member and Leader in the Seneca Nations of Indians Community

3rd Annual Elwin “Chiefy” Jones Memorial Lacrosse Tournament

Submitted by Jacky Snyder

(Not pictured: Tonawanda)



ABOVE - Left: Cayuga Lakers Right: Buffalo Old Sticks | BELOW - Left: Rochester & Bandits Brigade Right: Ohi:yo'



The tournament started Friday night with a full round robin of all who participated; Newtown, Ohi:yo', Pinewoods, Tonawanda, Buffalo, Cayuga Lakers and Rochester/Bandits Brigade were the 7 teams represented for this 40 and over Master's tournament. While one team didn't show, the guys had a good time exhibitioning in the spirit of the game at the end of the night.

Saturday featured a full day's events; many fans and spectators joined us and contributed to the 50/50 raffles, Chinese auction and vendors set up throughout the arena. On the last day of the tournament, the smell of Icy Hot was prevalent as everybody was determined to win that prestigious Mr. Man Cup! Tonawanda and Ohi:yo' faced off for third place which ended in a 2 point game won by Tonawanda.

Following the game, the family hosted a skills competition. Fastest Master was awarded to Nick Benjamin from Ohi:yo'. Hardest shot was awarded to Gregg Miller also from Ohi:yo'. Top Master Goalie Skills was

a close race between two, but Findley Wilson pulled through with the win. All winners received beaded golden lacrosse stick medallions made by Jeff's daughter Jacky.



Goalie Skills: Findley Wilson



Hardest shot: Gregg Miller

The final game of the day, was a long time rivalry between Newtown and Pinewoods. Though intense at times, it was definitely worth watching as the scoreboard showed both teams' determination goal after goal. Ultimately, Newtown Masters took the win with a 1 goal lead over Pinewoods. The entire weekend was filled with many hugs, many stories, and most of all, an overall love and respect for the game in honor and memory of these two brothers.

The conclusion of the tournament featured trophy presentations and speeches by various members of the family and the lacrosse community. Speaking on behalf of the family was Jacky Snyder who thanked everyone for their outpouring show of support for her dad. She presented the tournament awards chosen by Jeff and his siblings. Congratulations to MVP Scott Lay (Newtown), MVP Goalie Howie Lay (Newtown), Sportsmanship Gil Stout Sr, Referee appreciation Clint Doolittle. Tim Cooper, Chucky Brown, Ed Snyder, Louie Laborgne, Findley Wilson and Kervin “Huck” John all spoke and presented the Mr.

Man cup as representatives of the Buffalo Indian Athletic Club. Jeff thanked everyone for coming out and said he wished he could be out there playing with the players as well. Finally, Elwin's eldest daughter Bobbi also thanked the players and fans who came out to come honor and remember her late father.

On behalf of the late Elwin Jones, and Jeff “Jazzy” Snyder, we would like to thank those who helped make this 3rd memorial tournament a success. All proceeds will benefit his brother Jeff relocate to his daughter's home on the Cattaraugus Reservation, who has been living in a nursing home in Amherst. With the help received, he will have his own place to call “home” with all of the handicap-accessible amenities needed for a comfortable stay.

Thank you all to our sponsors of the tournament:

- SNI President's Office
- The Family of Kevin White
- Smoke Rings Smoke Shop
- Beege

(Continued on page 13)



Left: Newtown | Right: Pinwoods

- Newtown Golden Eagles Sr. B
 - Dennis Isaacs
 - Paul Winnie
 - Michael Smith
 - Gil Stout Sr.
 - Chickie

Thank you all to those who donated items or for the Chinese auction:

 - Can Am Executive Board
 - SNI Tribal Council
 - SNI Clerks Office
 - Rez Creations
- Lester John-Pierce
 - Native Pride
 - Jan’s Sah da koh nee Restaurant
 - LaNova Pizzeria
 - Niagara Café
 - JoAndy’s Place
 - Gary Nephew & Paula Hill
 - Sara & Dave Isaac
 - Cayuga Agricultural Center
 - Cayuga Nation & Tim Twoguns
 - Capozzi’s Pizzeria
 - Newtown Masters
 - Bandits Brigade
 - Rochester Rivermonsters

- Joe Hill
 - Eddie & Lucille Stevens
 - Herbie John
 - Mike & Sue Abrams
 - Dawn & Peter Gray
 - Mona Reuben
 - Kelly Wesaw

Finally, thank you all for helping make this tournament a success!!!!

 - Tim Cooper
 - Courtney John-Jemison
 - Nancy Maracle
- Tim Twoguns
 - Terry Thompson
 - Rhonda Powless & gang
 - JD Gardner
 - Les Pierce
 - Garrick Jimerson
 - Clint Doolittle
 - John Szabo
 - Lee Jimerson, Jr.
 - Herbie John
 - Frank Wesaw
 - Chris Tallchief



L to R: Sportsmanship: Gil Stout, Sr. | MVP: Scott Lay | Newtown & Pinwoods pictured with the family
MVP Goalie: Howie Lay (not pictured)

Congratulations to Juliana Smith, 2020 Niagara 12 & Under Swim Championships (Golds) participant!

Submitted by Suzanne Smith

Juliana, a member of the SAAC (Salamanca Area Aquatics Club) recently participated in the 2020 Niagara Swimming Championships 12 & Under (Golds) from March 6th-8th.



mother, Suzanne, would like to share her stats:

Friday Night: 400 Relay, placed 21st. 200 FREE, placed 6th. Saturday: 400 Relay, placed 29th. Saturday Night Finals: 2-A's and 1-B 7th 100 IM, 50 BR 9th, 100 FREE, placed 10th. Sunday: 400 Medley Relay, placed 25th. 100 Bk, placed 38th. Sunday Night Finals: 1-B

50 50 Fly, placed 11th. 50 FREE, placed 13th.

You did an amazing job. I'm so proud and love you, Juliana! You worked so hard for all of this. I am at a loss for words. I loved watching you everyday, enjoyed driving you everyday and loved every weekend away. I couldn't wait to hug you after



each meet! I love cheering for you and can't wait for next year. **You are my gold!**

SAAC Swim Makes Golds Again!

All 4 of these Girls are Enrolled Members and we would like to congratulate them on their Major Accomplishments! Ja:goh.
Submitted by Renee Jackson



Pictured at our pool left to right (Juliana Smith, Brenda Redeye, Mikeala Tennity, Kamryn DeBoy)

Shout out to the SAAC Swim team for participating in the 2020 Niagara Championships 12 & Under (Golds) held at Ithaca College earlier this month!

These ladies are the best of the best. We had several personal bests and Club Top Ten Times. Just making it to the Championship Meet is an honor and a huge accomplishment. We took 32nd overall and that is out of over 70 clubs (clubs, not schools, many clubs represent several districts) in the Niagara Swim league. Each age group has hundreds-thousands of swimmers in it. Each swimmer kicked their hardest and did their best. We couldn't be more proud of each and everyone one. They supported each other event after event. It was a very long eventful weekend from Friday night to Sunday evening finals and they just kept swimming.

All four girls swam in the three relays (400 Free Relay with a time of 4.53.03 and improvement of 10.42 sec, 200 Medley relay with a 2.31.66 improvement of 5.38 secs, and the 200 Free Relay with a time of 2.12.85) they kept up with the other teams consisting of all 12 year olds and ours was made up of a 12yr, 11yr and 2-10yr old swimmers!

Kamryn DeBoy placed 41st in the 50 Fly with her best time of 34.44, 76th in the 100 IM with her personal best of 1.20.65, 47th in the 50 Back with a 35.63, and 51st in her 50 Free with a personal best of 30.38. She swam as an 11yr old in a huge group of 11-12 year olds. In our 10&under category - Brenda Redeye took 38th in the 200 Free with a time of 2.59.54, 44th in the 50 Breast with her best time 50.04, 50 Free with her best time 35.10, and 51st in her 100 Breast 1.53.36. Juliana Smith placed 6th in her 200 FR with her best time 2.35.97, 7th in her 100 IM with her best time of 1.24.47, 9th in the 50 Breast with her best time 43.35, 10th in the 100 FR with her best time 1.11.26, 11th in the 50 Fly with her best time of 36.83, 13th In the 50 free with her best time of 32.76 and 38th in her 100 Back with a 1.29.49.

We cannot wait to see what they bring next year! This is only our

second year at Golds and the only return swimmer was Kamryn DeBoy as they age up it is harder to hit the times on their first year but she showed us all it can be done. It is a very unique experience and we at SAAC want to give a big THANK YOU to Coach Angie Schwartz and her daughter Marijayne for doing all you did this past weekend and always supporting the girls no matter what!



Photo on the champs pool deck at Ithaca College (Brenda Redeye, Juliana Smith, Kamryn DeBoy, Mikaela Tennity)

For More Info
Contact: 716-870-0194
716-998-0651

CATT. CREEK

CATFISH TOURNAMENT

3rd Annual

HOSTED BY:
Catt. Creek
Bait & Tackle
11158 Rt. 20
Irving, NY 14081

May 23, 2020

Snow's Marina Boat Launch
Old Lakeshore Rd. Irving, NY 14081

\$

1st Place - \$1000

2nd Place - \$500

3rd Place - \$250

4th & 5th Place - Cash & Gear

Cost: \$40 per Team

\$

Registration - Noon-2:00pm • Tournament - 2pm-12am • Weigh-in - 12:30 am

100% Payback Tournament • \$5 Side Pots • Cash & Gear Prizes • Free Boat Launch

Free 1-Day SNI Fishing License • Open to Boats and Bank Fishing

Bait Shop • Fireworks Display

For Rules & Updates follow us on Facebook @ Catt. Creek Catfish Tournament

HOOK 'EM DEEP
TK
TACKLING KATS
WHEELING, OH

HTT
HOKER'S TACKLE
FEDERAL

DEMON
DRAGONS

TEAM
DRIFT
CATS

INDIAN HILLS
SNOW BUNNIE

NATIVE PRIDE

SENECA
RADIANT

MIKEY'S
EMPORIUM

HERON'S
LANDING

BIG INDIAN

SNOW BUNNIE

CATTREZ

14

A Letter from Bryce Thompson, NAMLA President, Regarding the Remainder of the 2020 NAMLA Lacrosse Season



**P.O. Box 752
Basom, NY 14013**
<https://www.namla-lacrosse.org>

March 18, 2020

Re: NAMLA 2020 Lacrosse Season

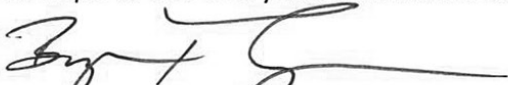
To our families, players and fans of the North American Minor Lacrosse Association;

Over the past several weeks, we all have been concerned about he Coronavirus as it continues to spread across the world. We have all seen the recent news articles telling us that we are now seeing confirmed cases in many of our communities. This is a very serious concern and our thoughts and prayers go out to those affected by this virus. Please understand that we are monitoring the most recent updates to the guidelines and regulations in regards to the best practices to keep everyone as safe and healthy as possible. We will adjust our plans and discussions accordingly. The current recommendations that we are all following include:

- No large group events that gather 50 people or more together for the next 8 weeks as per the Center of Disease Control (CDC).
- NYS Public Schools have been directed to close at least through April 1, 2020. This date may be adjusted as the date gets closer. As a result, there is a hold on interscholastic sports until further notice.
- Large venues such as theaters, restaurants, and bars are either closed or may conduct carry out business only.
- Professional sports organizations have suspended their activities/seasons in response to the COVID-19 .
-

As a result of the impact and risk of becoming infected, and/or be potential carriers of the COVID-19 virus, the North American Minor Lacrosse Association has determined that we will be foregoing our 2020 lacrosse season. This decision is being made with the health and welfare of our players, coaches, parents, grandparents and fans being our first priority. We look forward to reconvening in the near future to discuss future plans on tournaments and/or exhibition play once the restrictions that have been set in place are lifted.

We hope to see everyone back next season;


Bryce Thompson, NAMLA President

NAMLA EXECUTIVE BOARD 2020-2021

- Bryce Thompson**, President - bthompson2@atticacsd.org
Chris Stevens, Vice President - stevenschris.073@gmail.com
Jacky Snyder, Secretary - namlasecretary@gmail.com
Sharon Ray, Treasurer - sharon.ray@sni.org
Jennell Fox-Dennis, Registrar - jfox32ny@yahoo.com
Trent Bray, Referee In Chief - namlaric@gmail.com
Terry Thompson, Sergeant At Arms - terrythompsonO@gmail.com

TRAVELER ADVISORY

*From the NYS DOT
- Route 98 Lane Closure*

March 18, 2020 - The New York State Department of Transportation (NYSDOT) announced that road work is scheduled to begin on NY Route 98 between US Route 219 and Sugartown Road in the town of Great Valley, Cattaraugus County. As a result, NY Route 98 will be reduced to one lane. Traffic will alternate the use of the single lane controlled by a temporary signal.

Beginning Wednesday, March 18th, 2020, eastbound travel lane on NY Route 98, will be closed between US Route 219 and Sugartown Road. This closure will remain in place for approximately three months. This work may be delayed in the event of inclement weather.

Motorists are reminded that fines are doubled for speeding in a work zone. In accordance with the Work Zone Safety Act of 2005, convictions of two or more speeding violations in a work zone could result in the suspension of an individual's driver's license.

For real-time travel information, call 511 or visit www.511ny.org. Find NYSDOT on the web at www.dot.ny.gov, and on Twitter at @NYSDOTBuffalo.



Department of
Transportation

TRANSPORTATION NEWS

www.dot.ny.gov

Iroquois Genealogy Society UPDATE

The Iroquois Genealogy monthly meeting scheduled for April 9, 2020 has been cancelled due to the COVID-19 concerns. Everyone stay healthy and safe! **We hope to see you in May.**



NOTICE TO CREDITORS

ESTATE OF KEVIN SMITH

Administrator: Karen Beck,
PO Box 92, Irving, NY 14081
~ Cattaraugus Territory - Final Notice ~

ESTATE OF CORDELIA TALLCHIEF

Administrator: Judith Kennedy,
7295 Pepperdine Hill Rd., Cattaraugus, NY 14719
~ Cattaraugus Territory - Final Notice ~

ESTATE OF JUNE JONES

Administrator: Greta Kettle,
44 Seneca St., Apt. #23, Salamanca, NY 14779
~ Allegany Territory - Final Notice ~

ESTATE OF SIDNEY THOMPSON

Administrator: Elaine Thompson,
1628 Bush Rd., Gowanda, NY 14070
~ Allegany Territory - Final Notice ~

ESTATE OF MARILYN K. BENNETT

Executor: Courtney John-Jemison,
13223 Route 438, Gowanda, NY 14070
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF ROBERT KENJOCKETY, JR.

Administrator: Debra Kenjockety,
12841 Route 438, Apt. 245, Irving, NY 14081
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF LUCILLE MOHAWK

Administrator: Jacqueline Jackson,
1415 Cayuga Rd., Irving, NY 14081
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF ALICE NEPHEW

Administrator: Cathy Nephew,
P.O. Box 215, Versailles, NY 14168
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF BERNARD PIERCE

Co-Administrators: Betty Pierce & Paula Morgan
13174 Route 438, Gowanda, NY 14070
~ Allegany/Cattaraugus Territory - 2nd Notice ~

ESTATE OF AILEEN WILLIAMS

Executor: Suzanne Smith,
12645 Route 438, Irving, NY 14081
~ Cattaraugus Territory - 2nd Notice ~

ESTATE OF MADELINE GRAHAM

Administrator: Donald Graham, Jr.,
12489 Route 438, Irving, NY 14081
~ Cattaraugus Territory - 1st Notice ~

ESTATE OF BRENDA ALLEN

Executor: William Allen,
11287 Old Lakeshore Rd., Irving, NY 14081
~ Cattaraugus Territory - 1st Notice ~

Seneca Nation of Indians SURROGATE’S COURT,
Cattaraugus & Allegany Territory

Notice is hereby given to all creditors and contingent creditors of the above-named decedents, that all persons having claims against the decedents are required to file them with the appropriate Surrogate’s Court, at the Allegany/Cattaraugus Territory. You are also required to mail or deliver a copy to the Administrator/Executor. This notice shall serve to notify creditors that they have ninety (90) calendar days from the date of the first publication of the notice to present their claims to the Administrator/Executor or the Clerk, and the estate may pay only those claims presented. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested.

Attention:

For all Seneca Nation related Coronavirus info, visit:
<https://coronavirus-response-sni-gis.hub.arcgis.com>



30 Day Public Comment
Seneca Nation of Indians
Underground & Above-Ground
Storage Tank Act

Please be advised that the following business located within the Seneca Nation Territories, more particularly on the Allegany Territory, has submitted an application to install/operate an Above/Under Ground Storage Tank for the purpose of petroleum products. This notice will allow for a 30-day public comment period in accordance with the Above/Under Ground Storage Tank Ordinance, enacted by Seneca Nation Council on September 22, 1997.

Sydney Watt
M & M West End
721 Broad Street
Salamanca, NY 14779
Allegany Territory | Community: City

All comments must be submitted in writing to the Clerk of the Nation at the following address:

Seneca Nation of Indians, Bethany Johnson, Clerk
90 Ohiyo' Way | PO Box 231
Salamanca, NY 14779

Begin - February 28, 2020 | End - March 30, 2020



NATIVE ROOT OILS

Tina Becker

email - tina1082001@gmail.com
Website - www.myyll.com/tina-becker
716-474-7907

Next Newsletter DEADLINE:
Tuesday, March 31, 2020
Next issue to be dated April 10, 2020



To Dad,
(Grandpa & PaPa)

We'll always remember...
That special smile,
That caring heart,
That warm embrace,
You always gave us.

You being there for us through good times and bad times, no matter what. We'll always remember you Dad, because there'll never be another one to replace you in our hearts, and the love we will always have for you.

Love Always,
Jonie, Julie, Scott/Jennifer, Tina,
Jackie & Tawny,
Grandchildren &
Great-Grandchildren

In Loving Memory of
Lawrence I. Kettle
July 26, 1931-March 20, 2012

Happy 11th Birthday Chad R. Hill Jr.

No matter how much you have grown, for us, you are always going to remain our “Baby Chad” You made us parents, we could not have asked for a better big brother, the compassion and unconditional love you show us each day is incredible. You amaze us daily, you are selfless without trying, wherever life will bring you and whatever endeavor you choose, we want you to know that we will forever be proud of you. For now, have fun, continue enjoying life and all its wonder, and remember your job is to play. Our hearts are bursting with pride because you are you and we

love you much, Happy 11th Birthday Chad R. Hill Jr., we hope you have the happiest Birthday and that you always look ahead in life with a smile on your face and look back with fondness in your heart. We wish you endless joy in life, on your birthday, and may it continue to be filled with wonder and delight this coming year.

Love,
Mommy and Bub

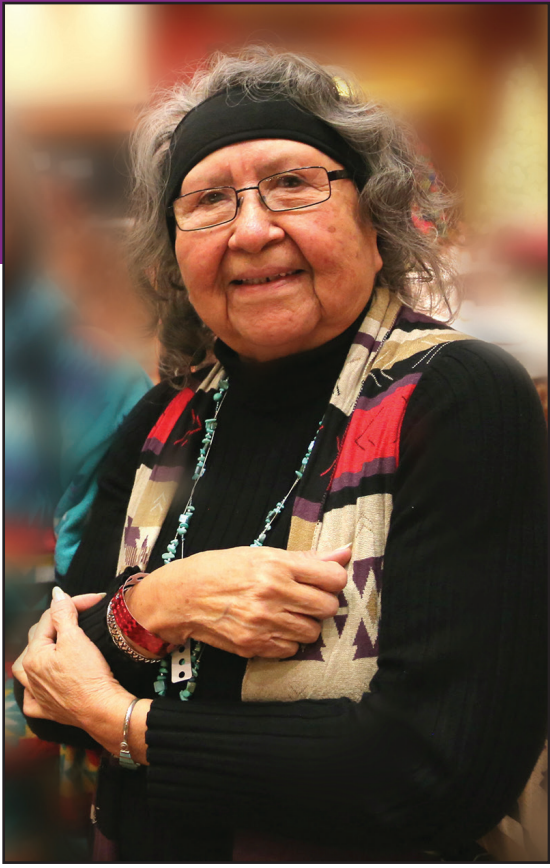
Proudly Submitted by
Barbara Lynn & Chad R. Hill Sr.



FISH ON! Chad Jr. pictured on the Allegany River, helping his bub get enough walleye for dinner.

Happy Belated
Birthday to my
Grandma Cook!

Love, Frank
Submitted by Frank Ireland



Happy Birthday

Happy Birthday to
Austin Maybee!

We would like to wish Austin Maybee a Happy 16th Birthday! We are so very proud of the young man that you have become and hope that you have a great birthday! We love you very much bud!

Love Mom, Dad and Boo!
Submitted by Jessica Newark



REMINDER: If you are not on the Seneca Nation Emergency Management’s messaging system, here’s how to get signed up to start receiving important alerts.

<https://sni.org/departments/emergency-management/pages/regroup-messaging-system/>



SENECA NATION HEALTH SYSTEM

Please reply to:

Administrative Offices
Lionel R. John Health Center
P.O. Box 500
Salamanca, NY 14779
(716) 945-5894
Fax: (716) 242-6345

Cattaraugus Indian Reservation Health Center
Community Health and Wellness Center
36 Thomas Indian School Drive
Irving, NY 14081
(716) 532-5582
Fax: (716) 242-6344

Lionel R. John Health Center
P.O. Box 480
Salamanca, NY 14779
(716) 945-5894
Fax: (716) 242-6345

March 17, 2020

Good Morning,

This is an important message from the Seneca Nation Health System regarding our operations in response to COVID-19. In order to reduce the impact on our community we are taking additional measures to control the movement of patients and staff within our buildings.

- We ask that patients please call ahead before coming to the health system for your appointment or to receive services.
- If you have a routine or non-emergent appointment, please be aware that your appointment may be rescheduled.
- Our Medical Unit is not able to test for COVID-19, your primary care provider along with the county health department will determine whether you are a candidate for testing.
- We are utilizing one main entrance into our buildings in order to conduct temperature checks.
- All group programs and events, including support groups held at our facilities and exercise appointments are cancelled for the next 4 weeks until 4/13/2020.

The situation is changing day to day, we have information for community members regarding health precautions and cleaning on our website at senecahealth.org. Important updates will be communicated with you as our response develops in the coming days and weeks.

Nya:weh,

SNHS Administration

Data is current as of 3/18/2020

The 14 Day Quarantine: How to Prepare

When someone is quarantined, that doesn't mean they are infected. Quarantines are meant to restrict the movement of people who may have been exposed but haven't tested positive. The CDC recommends **14 days** to see whether symptoms develop (fever, dry cough, and difficulty breathing). It is recommended that you stay in your bedroom, use a separate bathroom if possible, wear a face mask around others, and don't share dishes, towels or bedding.

Quarantine vs. Isolation
Isolation separates sick people with a contagious disease from people who are not sick.
Quarantine separates and restricts the movement of people who may have been exposed to a contagious disease to see if they become sick.

Me on my way to the coronavirus quarantine



In case of quarantine, be sure to have:
Food- Foods that have a long storage life. Canned goods (beans), frozen food (vegetables), pasta, rice, dried fruits/vegetables), peanut butter, nuts and oatmeal.
Water and liquids- The CDC suggests you have plenty of fluids on hand, such as bottled water, Pedialyte or Gatorade.
Medicine- Have a 14-day supply of any prescription medications for those in your home. Also have an extra stock of over-the-counter pain relievers, antacids, cough and cold medicines, and vitamins.
Other supplies- Make sure you have toothpaste, toilet paper, feminine supplies, diapers, and laundry detergent as well as cleaning and disinfecting supplies.



For the most recent version please visit www.senecahealth.org

For the most accurate and updated information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> & <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Seneca Clubhouse Donations

Submitted by BHU Prevention

The Seneca Nation Prevention team in collaboration with the Cattaraugus Community Center has created the Seneca Clubhouse for all youth ages 12-17. It is located in the Saylor Community Building and will include healthy activities, evidence based prevention programs, crafts, homework assistance, and a computer lab, among many other fun games and specialty themed nights. It is our hope that the youth in our communities will have the opportunity to support one another, work on making their goals a success, and assist each other in honoring their journeys.

In an effort to make the Clubhouse an ongoing success, we are asking for community assistance. We would like to be sure that the Clubhouse is sustainable and able to meet any needs that the youth may have. Therefore, we are asking for donations in any of the following areas:

- Age appropriate video games and/or accessories for X-Box One or Play Station 4
- Age appropriate books
- Craft supplies
- School supplies
- Non-perishable foods and snacks (can goods, noodles, rice, etc.)
- Keurig coffee, hot cocoa, tea and/or coffee bar supplies
- Reusable or biodegradable water bottles

As a part of the Native Connections program, if you are a registered member of the Family Engagement Program (FEP) and make a donation to the Clubhouse, you will receive "extra credit" points towards the quarterly prize drawings as well. Please feel free to donate at any FEP event or at the Cattaraugus Community Center (CCC). For more information, please contact the Prevention team at (716) 532-5583 or email info@senecanativeconnections.org. How will you Honor Your Journey?

Please note: The Clubhouse will be closed at least until local schools are back in session.



SENECA NATION HEALTH SYSTEM

How to Talk to Your Kids About Coronavirus

Submitted by Environmental Health, SNHS



By now, everyone has heard of Corona-virus (COVID-19) and how quickly it has spread across the globe. News channels and social media are often used as outlets of information on the spread of COVID-19. When emergency situations arise, information is constantly released to the public; this can cause panic and the spread of misinformation. It is important that you have a conversation with your child/teenager. Finding where to start during this conversation can be hard. To break the ice, it is recommended to ask your child/teen what they know so far, in case you need to clarify anything. Using reliable sources, such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization’s (WHO) myth busters page, can help you give accurate and updated information.

Here are some tips to use when you are ready to talk to them about COVID-19.

- Speak calmly and reassuringly. Your children/teens can pick up on your worries and panic. If they sense fear or panic from you, they could become scared as well. Your reaction can alleviate their fears or increase them.
- If they ask a question and you don't have the answer, say so. Being honest and upfront with your child/teen will only help in the end. If they do have questions about it and you don’t know the answer, you can use that time as a chance to find out together.
- Talk about what quarantine and isolation is. Some children/teens may think this is a vacation. Play dates should be rescheduled until after public health precautions have been removed. Explaining to them why safety is important to everyone, including them, can help them understand why

- they cannot visit relatives or friends.
- Use the conversation to help kids learn about their bodies and hygiene. Teaching kids that getting regular sleep, washing their hands thoroughly and often, and maintaining a nutritious diet can help them stay healthy.
 - Creating an emergency preparedness plan with your family is also a good conversation to have. Allowing your children/teens to be actively involved in the plan will give them the knowledge (and comfort) they need to handle situations of high stress. This can even turn into a fun daily activity for the whole family.

Resources:
<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>
<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>



U.V. Protection For Your Eyes

Submitted by Michael Hallmark, Optician, CHWC

Many people have heard that exposure to the sun's ultraviolet rays (U.V. light) can burn our skin and even cause skin cancer. But, did you know that the same U.V. rays can also harm our eyes? Too much exposure is known to lead to serious eye conditions such as cataracts and macular degeneration. So, how can we protect our eyes from being harmed by the sun's radiation? Wearing sunglasses can help, but it's important that the lenses will block 100% of the U.V. light whenever we are outdoors. Damage can occur on days when it's cloudy outside, so even then we need to protect our eyes from the damaging invisible light.

The need to protect our eyes doesn't go away just because it's winter-time. Ultraviolet radiation can reflect off of the snow and so, without U.V.-filtering lenses, the damaging rays can still reach us. Many contact lenses have U.V.-blocking filters now, but that feature doesn't stop our eyelids and other parts of the eye from being exposed to damaging U.V. rays.

The licensed opticians here at our optical units can help you select lenses, either clear or tinted, prescription or not, to help protect your eye health. We would like you, our patients, to know that all eyewear purchased here in our optical units have the full U.V. protection that's needed to block out damaging rays from the sun. Please feel free to stop in or call with any questions, and thank you!

Unifying Seneca Nation communities, systems and resources so our youth and families are protected against suicide and substance misuse.

NATIVE connections

Honor your journey.

Check us out online for more information about our prevention team, events, programs, and the Youth Clubhouse!

Cattaraugus CHWC
36 Thomas Indian School Drive
716•532•5583

Allegany LRJHC
987 R.C. Hoag Drive
716•945•9001

senecanativeconnections.org

SENECA NATION HEALTH SYSTEM

Visit our website:
www.senecahealth.org

You can reach us here:

Lionel R. John Health Center
716-945-5894

Community Health and Wellness Center
716-532-8223

Cattaraugus Indian Reservation Health Center
716-532-5582

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS (COVID-19)

PREVENTION IS THE KEY TO STOPPING THE SPREAD OF COVID-19



Wash your hands thoroughly and often. Do not touch your face, eyes or mouth.



Cover your cough with a tissue, NOT your hands. Be sure to dispose of the tissue.



If you are sick, **STAY HOME**. If you have symptoms of the Coronavirus, call your doctor before heading to a medical care facility.



Clean and disinfect frequently touched objects and high traffic areas of your home or office.



The virus spreads mainly from person-to-person. This happens when people are in close contact with one another. Keeping safe distances from people and avoiding physical contact can help keep you safe.

Signs and Symptoms:



Fever
Dry Cough
Shortness of Breath or
Difficulty Breathing

Keep in mind, some symptoms may become more severe depending on the health of the patient.

Face Masks & Respirators

A mask/respirator should *only* be utilized by people who are already showing symptoms of Coronavirus or healthcare workers.



If you are not sick, you **DO NOT** need to wear one.

Frequently Asked Questions

Who does this affect the most?

People of all ages can be infected. Older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more vulnerable to becoming severely ill. People who are generally healthy have been known to recover.

How do I know if my information is correct?

Using reputable sources like the Centers for Disease Control and Prevention (CDC) or the World Health Organization (WHO) can cut down on misinformation being spread by the media.

What happens if Coronavirus comes to my community?

Take the same precautions as stated above and be sure to check on family members who may be immune-compromised, have pre-existing conditions or have little access to get necessities.

AS A COMMUNITY, WE CAN PREVENT CORONAVIRUS FROM HAPPENING.

