



THE

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MVSKOKE NEWS

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The MCN COVID-19 Task Force has now implemented health screening measures before entry to clinics and hospitals. Health employees will check for symptoms before entrance to health facilities is granted. (Submission)

MCN ANNOUNCES FIRST COVID-19 CASES

NATION INCORPORATES PROACTIVE MEASURES TO STOP THE SPREAD OF VIRUS

OKMULGEE, Oklahoma — The Muscogee (Creek) Nation announced today an employee tested positive for COVID-19. The Koweta Indian Health Facility employee has not been present on the clinic campus since March 13, 2020 and is currently self-isolated at home.

“The Muscogee (Creek) Nation continues to take all precautionary measures to ensure the health and safety of our patients, citizens and staff,” said David Hill, Principal Chief of the Muscogee

(Creek) Nation. “We are working closely with officials from our Department of Health and the Oklahoma State Department of Health to identify anyone who might be considered high risk and appropriate for screening as a result of this case.”

The Muscogee (Creek) Nation COVID-19 Task Force continues to closely monitor the situation and is following internal protocols, as well as the Centers for Disease Control and Prevention and Okla-

homa State Department of Health guidelines.

The COVID-19 Task Force was created several weeks ago to monitor and implement processes that would allow the tribe to navigate the spread of the virus.

“The most important defense in the spread of this virus is to wash your hands often, clean and disinfect frequently touched surfaces and avoid close contact with other

FIRST CASES—3

MCN ANNOUNCES TEMPORARY CLOSURES OF ALL CASINO DUE TO COVID-19 PANDEMIC

NATION COMMITS TO MAINTAINING PAYROLL FOR 2,200 CASINO EMPLOYEES



MCN Flagship resort has closed for a second time. In addition to the flagship, the MCN has closed all casinos as the U.S. prepares for COVID-19. (MN File Photo)

TULSA, Oklahoma – Muscogee (Creek) Nation Principal Chief David Hill and River Spirit Casino Resort Chief Executive Officer Pat Crofts announced today the temporary closure of all nine Muscogee (Creek) Nation Casinos, including River Spirit Casino Resort.

While River Spirit Casino Resort and the other casino properties have no reported cases of COVID-19, the temporary closure is due to guidelines by the National Center for Disease Control in order to assist public efforts to reduce exposure to the virus.

The temporary closure began at midnight on March 16 through Tuesday, March 31 when officials will evaluate re-opening based on current information from the CDC.

“As a Nation and a community, we must lead by example. The temporary closure of all Muscogee (Creek) Nation Casinos, including River Spirit Casino Resort’s hotel and restaurants, is in the best interest of the safety of our guests and employees,” Chief Hill said. “While there is great uncertainty on the business and community impact, we must all work together and be proactive to reduce the spread of COVID-19 among the public-at-large.”

Chief Hill and officials confirmed the 2,200 employees at Muscogee (Creek) Nation Casinos and River Spirit Casino Resort will continue to be paid through the end of the month. The temporary closure includes casinos in Beggs, Holdenville, Eufaula, Bristow, Checotah, Okemah and River Spirit Casino Resort in Tulsa.

The travel plaza casinos in Muskogee and Okmulgee will close, but the convenience stores remain open to serve the public in need of essentials.

“Our Nation’s citizens and employees have already faced a remarkable test of endurance last year during the closure due to historic flooding,” Chief Hill said. “Once again, we are rising to the challenge together and doing our part to benefit the communities in which we live and serve.”

Leading up to the closure, Muscogee (Creek)

CASINO —3

COVID-19 INFORMATION

This edition of the newspaper has information about important tribal services and updates from MCN Health. Readers will find important updates on health services and staying healthy during the Covid-19 Pandemic.

As many services are changing to remote operations, Mvskoke Media will also be making adaptations to processes.

As long as the printers are operating, and postal services running, MCN citizens may expect a newspapers. In the event that the physical printing of the paper becomes impossible, Mvskoke Media will make the newspaper available online.

Continue to visit MvskokeMedia.com and our Facebook page for updates. Mvskoke Media is going to temporarily halt newspaper delivery to all outside locations. Those who receive the paper by mail need not take additional steps to receive the paper.

If you are a Muscogee (Creek) Citizen and do not receive the paper and would like to be on the mailing list you can still call our office. To be included on the mailing list call 918-732-7720. If you have news tips or story ideas you would like to share please submit your news tips to info@mvskokemedia.com

HOW TO ACCESS HEALTH SERVICES DURING COVID-19

MCN WORKS WITH CDC AND OKDOH DURING COVID-19 CRISIS TO HELD KEEP CITIZENS HEALTHY

The Muscogee (Creek) Nation’s Department of Health has been working around the clock in response to the nation’s COVID-19 crisis. Health administrators, physicians, infection control clinicians and quality control staff meet daily to evaluate and implement the latest Centers for Disease Control and Prevention (CDC) and Oklahoma State Department of Health guidelines.

Information is communicated daily on the department’s Facebook page. The situation is constantly changing, but as of the

print date, here is the latest information members should know about accessing health services.

Non-urgent, routine care and elective procedures have been postponed in all facilities to assist in the protection of our workforce and patients. Patients may call their clinic or the COVID-19 hotline at (918) 758-3550 with questions.

When to seek care:

- COVID-19 symptoms including fever (100.4 F or higher), headache, body aches, fatigue, cough and/or shortness of breath

HEALTH — 4



Empty audience seats will be a common occurrence as many governments make adjustments in order to maintain social distancing standards. (MN File Photo)

NATIONAL COUNCIL GOES DIGITAL DURING COVID-19

COUNCIL APPROVES SOCIAL DISTANCING TELEPHONE AND VIDEO CONFERENCING FOR OFFICIAL MEETINGS

Lani Hansen
REPORTER

OKMULGEE, Oklahoma—The National Council held an Emergency Session on March 19 to discuss furthermore actions for meetings of the National Council.


Due to the COVID-19 Pandemic all sessions and meetings will be taking place via teleconference or videoconference where each member is audible and/or visible to each

other.

“The amendments to Title 30 are necessary to allow the National Council to continue conducting the business of the Nation, while complying with the CDC recommendation regarding social distancing and gatherings of 10 or more,” Speaker of National Council Randall Hicks stated.

According to the National Council and the Legislative




COUNCIL—3



Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or respiratory problems, contact your doctor or local health care professional.

- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Help young children do the same.
- Stay away from people who are ill, especially if you are 60 and older or have underlying health conditions such as diabetes, heart disease, lung disease or a weakened immune system.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).

STAY INFORMED



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CORONAVIRUS.HEALTH.OK.GOV
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MCN Lighthouse Officer, Rachel Morgan. (Submission)

CITIZEN FULFILLS DREAM, BECOMES LIGHTHORSE
LAW ENFORCEMENT IS A WAY TO GIVE BACK TO CITIZENS

OKMULGEE, Oklahoma — Muscogee (Creek) citizen Rachel Morgan has been interested in law enforcement for as long as she could remember.

“You see them around helping our citizens and I wanted to do that,” she said. “I want to help our citizens.”

Morgan now has that opportunity to help her citizens as she is one of the newest officers hired by the Muscogee (Creek) Nation Lighthouse Tribal Police Department (LTPD).

“This is a dream come true for me,” she said.

Morgan said she went in that direction when she started working at a jail in Hughes County.

“That was how I got my foot in the door,” she said.

Muscogee (Creek) Nation LTPD Deputy Chief Daniel Wind said the applicants go through a process when called in for an interview.

“Part of the hiring process is that the candidate goes for two interviews,” Wind said. “First interview is before a board and the second interview is before myself and Chief (Robert Hawkins).”

Wind said Morgan showed the enthusiasm and willingness to learn and continue learning even after she becomes an officer.

“Most importantly, she wants to give back to the Tribe and help everyone that she comes across while on duty,” he said.

Morgan grew up in Holdenville, Okla., and she said she could not recall seeing a lot of female police officers where she lived.

“I want to be that role model for someone, and young lady or young man that they can look up to,” she said. “I want them to know that both men and women can be police officers.”

Morgan said she will begin her career as an officer on duty with a field training officer (FTO).

LTPD will train her before she goes to the academy at the Federal Law Enforcement Training Center (FLETC) in Artesia, New Mexico.

“Actually that is the paperwork I am filling out right now,” she said. “We are getting everything ready for training there.”

She said she will be in New Mexico for three months.

“The next academy for me will be in April,” Morgan said.

Morgan is from the Sweet Potato clan and her Tribal Town is Tukvptce.

CORONAVIRUS

HOTLINE (918) 758-3550



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The Mvskoke News is mailed from Stigler, Oklahoma to all enrolled Muscogee (Creek) citizens' households upon request. Inquiries should be directed to Mvskoke Media.

To submit a change of address or a letter to the editor, call: 918-732-7720 or email: info@mvskokemedia.com.

Casino

Continued from Page 1

Nation Casinos increased its cleaning protocols and added antibacterial stations throughout the facilities to help combat the unintentional spread of the virus.

Council

Continued from Page 1

Branch, A Law of the Muscogee (Creek) Nation amending MCNCA Title 30, Chapter 3 entitled ‘Meetings of National Council’ was brought before the council.

The National Council of the Muscogee (Creek) Nation stated, ‘this amendment shall be codified in Title 30, Chapter 3, of the Code of Laws of the MCN; provided that purposes of codification of said amendment and its inclusions in pockets parts of the Code of Laws of the MCN.’

Within this law, the Attor-

First Cases

Continued from Page 1

people,” said Chief Hill.

The Muscogee (Creek) Nation Department of Health has developed action plans to prepare medical facilities and provides ongoing training to front-line medical staff on how to address patients presenting with symptoms.

Additionally, the tribe has cancelled non-essential travel, closed lobby areas to public access, temporarily closed Muscogee (Creek) Nation Casinos, granted administrative leave to high-risk employees and has made additional accommodations for the health and safety of essential employ-

“While educating employees and guests about the CDC guidelines and dedicating additional resources for cleaning has been impactful, it is now clear that a more extensive action is necessary,” said Crofts. “We will continue to monitor the national guide-

lines and will reopen River Spirit Casino Resort and Muscogee (Creek) Nation Casinos as soon as it is safe to do so. In the meantime, we will continue to support our employees and communities in every way that we can during this period of closure.”

Council meetings and sessions are scheduled as follows; March 23 at 5:30 p.m. Business, Finance and Justice Committee and at 7 p.m. is the Planning session. March 24 at 6 p.m. Pre-agenda session and at 7 p.m. Regular session. The effective date upon approval and execution in accordance with the requirements of the MCN Constitution was taken place on March 19. In the minutes of the Emergency Session there were 15 members present and one absent, Robert Hufft. The new law passed by a vote of 14 in favor and zero against.

For audio of meetings visit: www.mcnncc.com

ney General authorized the approval of any changes made to the manner in which sections, articles, chapters and sub-chapters are designated consistent with the format in the Code of Laws.

According to the National Council, in section two of the law MCNCA Title 30, Chapter 3 a session schedule has been posted for the regular and quarterly sessions of the National Council. Each sessions are scheduled for the last Saturday of each month unless otherwise noted. All Regular and Quarterly sessions shall commence at 10 a.m.

Also, upcoming National

ees and healthcare workers.

One of the measures taken to ensure the safety of citizens and staff of the tribe is that the lobbies to tribal complex offices have been closed.

Essential staff are still reporting to work either on location or remotely where applicable.

Several programs and governmental processes have modified service delivery methods in order to stay within the standards of social distancing.

Principal Chief David Hill declared a state of emergency for the Muscogee (Creek) Nation effective March 13 to minimize the potential spread of the Novel Coronavirus Disease.



Patients are being urged to contact their pharmacy to confirm that all information is correct in order to receive prescriptions via mail automatically. (Shutterstock)

HEALTH TO IMPLEMENT NEW PHARMACY POLICIES

AUTOMATIC REFILLS OF SUBSCRIPTIONS TO BEGIN MARCH 23

OKMULGEE, Oklahoma—The Muscogee (Creek) Nation Department of Health will implement new pharmacy policies for prescriptions to minimize patient exposure to the COVID-19 virus by limiting patient visits to health care facilities.

The new policy, effective March 23, will begin automatic refills of prescriptions. To assist us in serving patients, members should request all prescriptions to be mailed 7 days prior to their last dose to allow time for processing and shipping. Orders will be mailed to MCN patients or are available for curb-side pickup at all clinic and pharmacy locations.

“We are committed to the health and safety of our patients,” said Shawn Terry, Sec-

retary of Health for the Muscogee (Creek) Nation Department of Health. “Minimizing non-urgent patient contact is a necessary step in reducing the risk of spreading the COVID-19 virus.”

Patients are urged to contact the pharmacy at 855-771-4321 or 918-758-3202, online at creekhealth.org, or via the Muscogee (Creek) Pharmacy app to confirm their contact information and address is correct and have their prescriptions mailed. Patients can also contact their clinic to arrange for curbside pickup.

The MCN Department of Health has established a COVID-19 information line to address questions and concerns. Citizens can call (918) 758-3550 Monday – Friday, 8:00 a.m. to 5:00 p.m.



SUPPLEMENTAL FUNDS APPROVED FOR ELDERLY NUTRITION PROGRAM

REINTEGRATION PROGRAM SEEKS TO UTILIZE OSU-IT CLASSES

Lani Hansen

REPORTER

OKMULGEE, Oklahoma — A Muscogee (Creek) Nation National Council Health, Education and Welfare Committee meeting was held March 11.

All passed legislation will go before the full Council during the regular session March 28.

HEW addressed the follow-

ing legislation, the interpretation of which is attributed to language in the bills:

TR 20-040 Execute a request for use of school property with Beggs Public Schools. Sponsored by Anna Marshall. Passed 4-0.

Mvskoke Nation Youth Services Program and the Mvskoke Tribal Child and Youth Council requests use of school property

to hold various events and activities at Beggs Public Schools.

TR 20-041 Execute and submit the request for license to the state of Oklahoma Department of Human Services for the Nation’s child care centers. Sponsored by Anna Marshall. Passed 4-0.

A request for License to the State of Oklahoma Department of Human Services is required for the Nation’s child care centers to receive necessary licensure for the centers.

TR 20-042 Execute letters of agreement with Oklahoma State University Institute of Technology (OSU-IT) on behalf of the Muscogee (Creek) Nation Reintegration Program. Sponsored by Mary Crawford. Passed 4-0.

A letter of agreement for Muscogee (Creek) Nation Reintegration Program to utilize OSU-IT for basic welding, OSHA 10 and Career Integration Prep and Advanced Welding courses.

TR 20-043 Execute a room block and banquet agreement with Osage Casino Hotel for the Muscogee (Creek) Nation Department of Education

Teacher Fellowship project meetings. Sponsored by Anna Marshall. Passed 4-0.

The Room Block and Banquet Agreement waives sovereign immunity of the Nation. The Teacher Fellowship Project Meetings focuses on cultural responsive teaching and strategies for the classroom.

TR 20-044 Execute a certain agreement between the Muscogee (Creek) Nation and the National Council for Behavioral Health on behalf of the Muscogee (Creek) Nation Department of Health. Sponsored by James Jennings. Passed 4-0.

The Agreement with the National Council for Behavioral Health needs to be further renewed or extended. The Agreement waives the Nation’s sovereign immunity from lawsuit, disclaims many warranties by NCBH, limits some claims and remedies.

TR 20-045 Execute a certain agreement between the Muscogee (Creek) Nation and HAAG-STREIT USA, Inc. on behalf of the Muscogee (Creek) Nation Department of Health. Sponsored by James Jennings.

Passed 4-0.

The Agreement with Haag-Streit USA needs to be further renewed or extended. The Agreement waives the Nation’s sovereign immunity from lawsuit, disclaims many warranties by Haag-Streit, limits some claims and remedies.

TR 20-046 Execute an agreement between the Muscogee (Creek) Nation and Oklahoma State University – Oklahoma City (“Agreement”) on behalf of the Muscogee (Creek) Nation Department of Health. Sponsored by James Jennings. Passed 4-0.

MCNDH desires to enter into a Nursing Preceptor Agreement with OSU-OKC. The Agreement with OSU-OKC needs to be further renewed or extended.

TR 20-047 Execute a certain agreement between the Muscogee (Creek) Nation and Pro-Ed, Inc. on behalf of the Muscogee (Creek) Nation Department of Health. Sponsored by James Jennings. Passed 4-0.

MCNDH desires to enter

HEW— 5

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What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC’s web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.



FAQ’S CONTINUED– 5

HEALTH

Continued from Page 1

•Emergent concerns such as chest pain, fever that cannot be controlled with Tylenol, worsening or shortness of breath, infections, stroke symptoms such as weakness of half of body or slurred speech, severe abdominal pain, or other life threatening injuries.

When not to seek care:

- Screenings such as colonoscopies and mammograms
- Inpatient and outpatient physical therapy
- Health maintenance and preventive exams such as physicals and routine lab tests
- Controlled COPD treatments
- Diabetes with controlled sugar

Additionally, pharmacy procedures have been adjusted to begin automatic refills and transition to mail and curbside pickup. Patients should request all prescriptions to be mailed 7 days prior to their last dose to allow time for processing and shipping. Orders will be mailed to MCN patients or are available for curbside pickup at all clinic and pharmacy locations. Patients are urged to contact the pharmacy at 855-771-4321 or 918-758-3202, online at creekhealth.org, or via the Muscogee (Creek) Pharmacy app to confirm their contact information and address is correct and have their prescriptions mailed. Patients can also contact their clinic to arrange for curbside pickup.

The following healthcare facilities have temporarily closed to consolidate operations and prevent the potential spread of

the virus:

- Wetumka Indian Health Center. Wetumka patients may call the Okemah Indian Health Center at 918-623-1424 with questions regarding their health-care.
- Aquatics therapy at the Physical Rehab Center
- Outpatient Physical Therapy
- Wellness Centers

Patients are encouraged to contact their clinics to ensure their contact information is up-to-date, especially their mobile numbers to receive text alerts. Updates should be emailed to your clinic with the subject line “patient information update” and include the following in the text of the email:

- Full name
- Date of birth
- Address
- Email
- Cell phone number (please note if you would like to receive email or text alerts)

The clinic email addresses are:
Sapulpa@creekhealth.org
Koweta@creekhealth.org
Okmulgee@creekhealth.org
Eufaula@creekhealth.org
Okemah@creekhealth.org.

Wetumka patients, please use the Okemah clinic email address.

The health team has developed action plans to prepare medical facilities and provides ongoing training to front-line medical staff on how to address patients presenting with symptoms. Health officials continue to urge proper hand washing, social distancing and sanitization as the most important defense in the spread of this virus.



Mackenzie Jones is pictured above with game show host Alex Trebek. (Submission)

JONES WINS BIG ON JEOPARDY

TRIBAL EMPLOYEE MACKENZIE JONES SHARES HER EXPERIENCE ON POPULAR TRIVIA GAME SHOW

LANI HANSEN

REPORTER

OKMULGEE, Oklahoma—When Mackenzie Jones was a teenager she auditioned for Jeopardy but did not get on the show. She took the tests online since then and was invited to an audition where she finally made an appearance.

Jones is a Muscogee (Creek) Nation employee who works as the Program Development Director for the Department of Education. According to the Tulsa World newspaper, she came to Oklahoma about six years ago originally from California. Jones was a part of the City Year AmeriCorps program as a mentor for students at Webster High School.

Jones auditioned for Jeopardy in September and filmed her episodes in December. The episodes aired beginning the week of February 17 at 4:30 p.m. Monday on KTUL channel 8. She had to face new challengers in each episode.

When she was announced as a contestant Jones thought was, “I have so much I need to learn in only a month.” She said it was nerve-wracking but she was excited for the opportunity. She had to study more over her Presidents and Geography before coming onto the show.

“You never know what questions will come up on the show, so I really focused on filling in gaps in what I learned in

school,” Jones said.

Her favorite category on the show was about band names that was based on emojis, she loved that because it was cute and more like a puzzle than a clue. Jones ended her winning streak as ranked third for the season.

“It is up to producer discretion, but right now I am a qualifying contestant,” Jones said about going to the Tournament of Champions.

Her experience on the show was ‘amazing’. She had never been on any sort of professional set, so experiencing seeing the lights and cameras was exciting to Jones. She said the staff and other contestants were kind to her.

“Meeting Alex Trebek is a once in a lifetime experience, and I was so glad I was able to be on the show this season,” Jones said.

As an employee of Muscogee (Creek) Nation Jones was able to talk about the work everyone does, and highlight the programs her and Savannah Chamberlin Special Projects Coordinator, have started over the past year and a half in the Special Projects Department for the MCN Department of Education and Training.

“MCN invests so much into the community and I was happy to share that with the national TV audience,” Jones said.

Jones finished the season winning \$204,808.



HEW
Continued from Page 3

into an Agreement with Pro-Ed, Inc. to allow MCNDH to utilize Pro-Ed Assessment tools.

TR 20-048 Execute a certain agreement between the Muscogee (Creek) Nation and MHS Assessments, Inc. on behalf of the Muscogee (Creek) Nation Department of Health. Sponsored by James Jennings. Passed 4-0.

The Agreement will allow the MCNDH to utilize MHS Assessments Behavioral Health evaluation service.

NCA 20-010 Authorizing the expenditure of funds received from the Department of Health and Human Services, administration for community living for the Muscogee (Creek) Nation Caregiver Program. Sponsored by James Jennings. Passed 4-0.

The Muscogee (Creek) Nation Elderly Nutrition Program has been awarded grant funds in the amount of \$5,360.00. The funds will be used by the Muscogee (Creek) Nation Caregiver Program to attend and/or host conferences, seminars and meetings.

NCA 20-011 Authorizing a supplemental appropriation for the Muscogee (Creek) Nation Elderly Nutrition Program FY 2020 budget. Sponsored by James Jennings. Passed 4-0.

The Muscogee (Creek) Nation Elderly Nutrition Program is requesting \$200,000.00 for the FY 2020 budget in order to ensure services continue uninterrupted and to improve the services offered to eligible senior citizens.

For audio of committee meetings visit: www.mcnn.com



TRANSPORTATION AND ROAD UPGRADES APPROVED BY LNC

BRIDGES AND ROAD PROJECTS APPROVED IN COMMITTEE

Lani Hansen
REPORTER

OKMULGEE, Oklahoma — A Muscogee (Creek) Nation National Council Land, Natural Resources and Cultural Preservation Committee meeting was held March 10.

All passed legislation will go before the full Council during the regular session March 28.

LNC addressed the following legislation, the interpretation of which is attributed to language in the bills:

TR 20-049 Execute a memorandum of agreement with Muskogee County, Oklahoma for the replacement of an existing bridge and bridge approaches. Sponsored by Joseph Hicks. Passed 4-0.

The Bridge 09681 Project includes the replacement of the existing bridge and bridge approaches on NTTFI RT 1577. The Nation will submit a funding application for Special Bridge Funding from the Bureau of Indian Affairs Bridge Program.

TR 20-050 Execute a memorandum of agreement with Okfuskee County, Oklahoma for the replacement of an existing bridge and bridge approaches. Sponsored by Thomasene Yahola Osborn. Passed 4-0.

Bridge 06256 Project includes the replacement of the existing bridge and bridge approaches on NTTFI RT 1330. The Nation will reimburse Okfuskee County through the Nation's Tribal Transportation Program.

TR 20-051 Execute a memorandum of agreement with Okmulgee County, Oklahoma for improvements to Concharty Road and Twin Hills Road. Sponsored by Joseph Hicks. Passed 4-0.

The Nation's Transportation Department will prepare the plans, specifications, estimates and environmental assessments for the Concharty and Twin Hills Road Project which includes a placement of asphalt overlay on 1.0 miles of roadway. The estimated cost of the Project is \$187,000.00.

TR 20-052 Execute a memorandum of agreement with Okmulgee County, Oklahoma for the Hectorville Road Project. Sponsored by Joseph Hicks. Passed 4-0.

The Nation's Transportation Department will prepare the

plans, specifications, estimates and environmental assessments for the Hectorville Road Project (RT 141M) which includes the replacement of the existing concrete box culvert with a Fast Cast Bridge. The estimated cost of the Project is \$60,000.00.

TR 20-053 Execute a purchase and sale agreement for conservation credits related to the Little Coweta Road Project. Sponsored by Darrell Proctor. Passed 4-0.

Muscogee (Creek) Nation is currently in the design and environmental phase for the Little Coweta Road Project, the Nation wished to purchase the required credits from ABB Dirty Creek, LLC, through Mitigation Solutions USA, LLC.

TR 20-054 Approving the addition of new routes, as identified in 'Attachment A – MCN NTTFI 2020,' to the Nation's existing National Tribal Transportation program facility inventory and requesting the Bureau of Indian Affairs to add the new routes to the Nation's National Tribal Transportation facility inventory. Sponsored by Mark Randolph. Passed 4-0.

Muscogee (Creek) Nation intends to add new routes identified to their current National Tribal Transportation Program Facility Inventory.

TR 20-055 Approving the update of the Muscogee (Creek) Nation long range transportation plan with the addition of the routes listed in the long range transportation plan to the Nation's Tribal Transportation facility inventory. Sponsored by Mark Randolph. Passed 4-0.

New routes have been identified within the Nation's jurisdiction, and it is in the best interests of the Muscogee (Creek) Nation to utilize the Nation's share of the Tribal Transportation Program funds to assist the Nation with the cost of future road design.

TR 20-056 Execute a memorandum of agreement with the city of Dewar for improvements to Dewar School Road, Dewar FB Road, S. Broad Dewar Road, N. Broad Dewar Road and N. Luella Road. Sponsored by Joseph Hicks. Passed 4-0.

The Muscogee (Creek) Nation and the City of Dewar are desirous of obtaining satisfactory road conditions. The project known as the Maintenance Overlay Proj-

LNC- 6

FAQ's
Continued from Page 4

If you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others. MCNDH has a COVID-19 hotline that you can call M-F 8:00 am-5:00 pm at (918)758-3550 for questions.

Is MCNDH able to test?

MCNDH is using standard, readily available swabs. The samples are then submitted to outside laboratories for testing. This is the standard testing procedure across the country. Testing priorities are made for patients according to severity of signs, symptoms, age, etc.

Currently, test results may be available in as little as 2-3 business days, but timing will vary.

What should I do while I wait for my test results?

Individuals should follow the advice of their health care provider. For a majority of individuals with mild symptoms, the CDC generally recommends staying home, using a separate bathroom, and as much as possible, staying in a separate room and away from other people in the home. Patients with more severe symptoms may be hospitalized for care while awaiting test results.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

Where can I find the most-up-to-date information?

The Centers for Disease Control and Prevention's (CDC) website is the best place to find comprehensive updated information on COVID-19, including information on symptoms, treatment, schools, quarantine, travel, etc.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



LNC

Continued from Page 5

ect includes placing an asphalt overlay on five city streets. The estimated cost of the Project is \$240,000.00.

TR 20-057 Execute a memorandum of agreement with the town of Boley, Oklahoma for improvement to Boley Main Street, Boley HS Street and E. Grant Street. Sponsored by Thomasene Yahola Osborn. Passed 4-0.

The Nation and the town of Boley, OK are desirous of obtaining satisfactory road conditions. The project known as the Maintenance Overlay Project includes placing an asphalt overlay on three town streets. The estimated cost of the project is \$288,000.00.

TR 20-058 Approving a revised payments and rents policy for the Muscogee (Creek) Nation Department of Housing. Sponsored by Thomasene Yahola Osborn. Passed 3-1.

The Payments and Rents Policy for the Muscogee (Creek) Nation Department of Housing needs to be revised to better serve the citizens.

TR 20-059 Approving a revised conflict of interest policy for the Muscogee (Creek) Nation Department of Housing. Sponsored by Thomasene Yahola Osborn. Passed 4-0.

The Conflict of Interest Policy for the Muscogee (Creek) Nation Department of Housing needs to be revised to comply with the provisions of 2 CFR 200.

TR 20-060 Approving a revised grievance policy for the Muscogee (Creek) Nation Department of Housing. Sponsored by Thomasene Yahola Osborn. Passed 4-0.

The Grievance Policy for the Muscogee (Creek) Nation Department of Housing is outdated and needs to be revised.

TR 20-061 Apply for federal funding to complete an environmental assessment, hydraulic study and design replacement

bridges for bridges numbered 00122 in Tulsa County, Bridge 28637 in Hughes County, Bridge 09714 in Okmulgee County, and Bridge 08985 in Creek County, Oklahoma. Sponsored by Charles McHenry. Passed 4-0.

The Nation’s Transportation Department has identified bridges that are structurally deficient and a hazard to the traveling public. The Nation’s Transportation Project desires to request federal funds for these bridge projects.

TR 20-062 Approving the renovation of the Muscogee (Creek) Nation visitor center utilizing federal funding from the Tribal Transportation program. Sponsored by Charles McHenry. Passed 4-0.

The Nation placed the renovations of the Visitor Center Building on the Nation’s Transportation Improvement Plan. The renovation of the Visitor Center Building is eligible to be funded from the Transportation Program at an estimated cost of \$2,300,000.00.

TR 20-063 Execute a programmatic agreement among the U.S. Army Corps of Engineers, Tulsa District, Tulsa County drainage District number 12, the Oklahoma State Historic Preservation Officer, the Oklahoma Archeological Survey and the Osage Nation regarding compliance with Section 106 of the National Historic Preservation Act for the Tulsa and West Tulsa Levees Feasibility Study in Tulsa County, Oklahoma. Sponsored by Charles McHenry. Passed 4-0.

The U.S. Army Corps of Engineers is conducting the Tulsa and West Tulsa Levees Feasibility Study to develop and analyze alternatives to reduce flood risk in accordance with the National Environmental Policy Act.

TR 20-064 Execute a memorandum of agreement with the city of Holdenville, Oklahoma for reconstruction of two city streets leading to Holdenville Middle School. Sponsored by Thomasene

Yahola Osborn. Passed 4-0.

The Nation and the city of Holdenville, OK are desirous of obtaining satisfactory road conditions. The project includes reconstruction of two city streets leading to the Holdenville Middle School. The estimated cost of the project is \$342,000.00.

TR 20-065 Execute a memorandum of agreement with Okfuskee County, Oklahoma, for improvements to Mason High School road (Rt 132E) and IXL Road (Rt 1319). Sponsored by Thomasene Yahola Osborn. Passed 4-0.

The Nation and Okfuskee County are desirous of obtaining satisfactory road conditions. The project includes placement of an asphalt overlay of 6.8 miles of roadway on Mason High School Road and placement of asphalt on 4.3 miles of roadway on IXL Road. The estimated cost of the project is \$1,320,000.00.

TR 20-066 Execute a memorandum of agreement with McIntosh County, Oklahoma, for improvements to Artussee Road (Rt 1820). Sponsored by Darrell Proctor. Passed 4-0.

The Nation and McIntosh County are desirous of obtaining satisfactory road conditions. The project includes placement of an asphalt overlay on Artussee Road which is approximately 3.5 miles. The estimated cost for the project is \$445,000.00.

NCA 20-012 Creating a new subchapter entitled “Passenger van assistance grant” in MCNCA Title 5, Chapter Two Entitled “Financial Assistance”. Sponsored by Thomasene Yahola Osborn. Passed 4-0.

Only churches who have not received a passenger van from the Nation are eligible for the Passenger Van Assistance Grant. An increase in cost for the ten passenger van is due to installation of railing for elders.

A note was made for the law is amending not creating.

For audio of committee meetings visit: www.mcnn.com

LEGALS

IN THE DISTRICT COURT FOR THE MUSCOGEE (CREEK) NATION
OKMULGEE DISTRICT

FILED

OFFICE OF CHILD SUPPORT ENFORCEMENT
EX. REL.
ANDREA RENE BUTLER,

CASE NO.: FD-2019-70
FGN: 825471001
MCN: 12583-001

PETITIONER,

VS.

KEYAN-KEYVON D'MONTEE BUTLER,

RESPONDENT.

KEYAN-KEYVON D. BUTLER
OBLIGOR
ANDREA RENE BUTLER
CUSTODIAN

NOTICE BY PUBLICATION

MUSCOGEE (CREEK) NATION OFFICE OF CHILD SUPPORT ENFORCEMENT TO:
KEYAN-KEYVON D'MONTEE BUTLER

TAKE NOTICE that you have been sued for Establishment of Child Support in the Court listed above by the Petitioner. You must appear in the District Court for the Muscogee (Creek) Nation on the 21st day of May, 2020 at 9:00am, or the Petition for Establishment of Child Support will be taken as true and the court will enter the Order and other relief sought will be granted to the Petitioner.

Given under my hand and seal this 11th day of March, 2020.

(SEAL)

By: *[Signature]*
Court Clerk/Deputy

April S. Buck, OBA# 18921, MCN# 294
Sash Arleketa, OBA# 20456, MCN # 273
MCN Office of Child Support Enforcement
P.O. Box 100
Okmulgee, OK 74447
Telephone: (918) 295-0800

FILED

In the Matter of the Adoption of
RICHARD CLIFFY LEWIS, DOB: 7/23/15,
a Minor Child.

AD-2020-01 SP

NOTICE OF PETITION TO TERMINATE PARENTAL RIGHTS AND APPLICATION
FOR ORDER DETERMINING CHILD ELIGIBLE
FOR ADOPTION WITHOUT CONSENT OF NATURAL MOTHER

THE STATE OF OKLAHOMA TO:

Amanda Dolleen Henry

YOU ARE HEREBY notified that an application has been filed in this Court asking this Court to determine that the above named minor child is eligible for adoption in this matter without your consent. You have been named as the natural mother of Richard Cliffy Lewis, a minor child born on the 23rd day of July, 2015. The Application alleges that your consent is not required by law for the following reasons to wit pursuant to Creek Nation Code Title 6-1-901(B)(2)(c) and (B)4; Title 6-1-1007(B):

TITLE 6-1-901(B)(2)(C) ABANDONMENT: It is alleged that the child is eligible for adoption in that you have failed to maintain a significant relationship with the child through visitation or communication for a period of six (6) consecutive months out of the last fourteen (14) months immediately be construed or considered in establishing whether a parent has maintained a significant relationship with the child.

TITLE 6-1-901(B)(4) FAILURE TO CONTRIBUTE TO SUPPORT: The Court may terminate parental rights upon a finding that a parent who does not have custody of the child has willfully failed to contribute to the support of the child as provided in a decree of divorce or in some other Court order during the preceding year or, in absence of such order, consistent with the parent's means and earning capacity.

YOU ARE THEREFORE NOTIFIED THAT THE COURT WILL HEAR EVIDENCE IN SUPPORT OF, AND IN OPPOSITION TO, THE GRANTING OF THE APPLICATION AT THE TIME AND PLACE SHOWN BELOW WHERE YOU WILL HAVE THE RIGHT TO BE PRESENT AND AN OPPORTUNITY TO BE HEARD AT THAT TIME AND PLACE, INCLUDING THE RIGHT TO OBJECT TO THE ADOPTION OF THE CHILDREN; YOUR FAILURE TO APPEAR AT THIS HEARING SHALL CONSTITUTE A DENIAL OF YOUR INTEREST IN THIS CHILD, WHICH DENIAL MAY RESULT, WITHOUT FURTHER NOTICE TO YOU OF THIS OR ANY SUBSEQUENT PROCEEDINGS, IN THE CHILD'S ADOPTION WITHOUT YOUR CONSENT, THEREBY ULTIMATELY TERMINATING YOUR RIGHTS TO THESE CHILDREN, ALL IN ACCORDANCE WITH THE LAWS OF THE STATE OF OKLAHOMA.

You are further notified that this Court will hear evidence and hold the hearing on the 14th day of May, 2020, at 9:00 A.m. in the District court of the Muscogee (Creek) Nation, Okmulgee District.

IN WITNESS WHEREOF, I have hereunto affixed by official signature and seal of this Court this 3rd day of March, 2020.

[Signature]
JUDGE OF THE DISTRICT COURT

Terri Craig, OBA #16485
Attorney for Petitioners
P. O. Box 991
Wagoner, OK 74477
(918) 485-1529

IN THE DISTRICT COURT OF THE MUSCOGEE (CREEK) NATION
OKMULGEE DISTRICT

DISTRICT COURT
FILED

IN THE MATTER OF:
L.B.; DOB: 04/18/2019

2020 FEB 21

CASE NO.: JV-2019-03-GB

MUSCOGEE (CREEK) NATION
DOWA BEAVER
COURT CLERK

Alleged Deprived Child.

NOTICE OF HEARING TO:

Natural Father, Zachary Lee Tiger, Father to L.B.

YOU ARE HEREBY GIVEN NOTICE that a Petition to Terminate Parental Rights has been filed against you in the above-styled and numbered cause and will be heard in the District Courtroom of the Muscogee (Creek) Nation, Tribal Complex in Okmulgee, Oklahoma on the 20th Day of May 2020 @ 1:30 pm.

YOU ARE HEREBY INFORMED that it is sought by the Muscogee (Creek) Nation that the child remains a ward of the Court and custody be continued in the Children and Family Services Administration for continued foster placement of possible pre-adoptive placement. YOU ARE FUTHER INFORMED that you have the right to be represented by legal counsel at this hearing.

FURTHERMORE, failure to appear at the hearing shall constitute a denial of interest in the child which denial may result, without further notice of this proceeding or any subsequent proceeding, in the termination of your parental rights.

[Signature]
JUDGE OF THE DISTRICT COURT

CALLING

— FOR 2020 —

GRADUATE

PROFILES

The ‘Mvskoke News’ will feature 2020 Muscogee (Creek) Nation high school, military, technical school and college graduates in the upcoming June 1 edition of the ‘MN’.

Please provide us with the following information accompanied with a digital photo file via email to info@mvskokemedia.com no later than Friday, May 8 by 5 p.m. in order to be published in the 2020 ‘MN’ graduation edition. If you do not receive an emailed confirmation of receipt, please call the office at 918-732-7720 to verify the profile has been received.

Profiles will be edited for Associated Press style, structure, grammar, spelling, length and punctuation.

2020 Graduate Profile Form

Name:

High School/College/Technical Institute/Military Program:

Bio (150-word limit):

DEADLINE: MAY 8, 2020 AT 5PM

LATE PROFILES WILL NOT BE ACCEPTED

For more information, please call: 918-732-7720

or email: info@mvskokemedia.com

MVSKOKEMEDIA

• P.O. BOX 580 - OKMULGEE, OK 74447 • 918.732.7720 • MVSKOKEMEDIA.COM • @MVSKOKEMEDIA

OBITUARIES

CHRISTOPHER MARTIN WORTHY

Christopher Martin Worthy passed away on Jan. 16 after a brief illness. Christopher was born on Nov. 25, 1968 in Bakersfield, California to Robert Lee Worthy Sr. and Elizabeth Monica Andrada.

He was from the Locvpovkv Tribal Town and a son of the Turtle Clan. Chris attended local schools and Bakersfield College where he earned his certification as an automobile mechanic and smog technician.

In 1989 he met the love of his life Melissa Michelle Henry. They married on July 19, 1990 in Las Vegas. Through this union they had three children, two of which preceded him in death, twins Bryson Lee and Tyson Yabrun Worthy.

In 2001 Chris and Melissa were blessed with a daughter Amari Caress Worthy. Chris was very spontaneous, and loved to travel and explore new things. He led his family on many spur of the moment trips. He was fun loving and enjoyed having a good laugh. Chris loved people and liked



to make friends wherever he went. Chris loved music and often walked around his house singing, playing music and dancing to his own beat. He was a wonderful person who will be missed greatly.

He was preceded in death by his grandparents Aljenural “Dick” Worthy and Hazel Ellen “Granny” (Evans) Worthy and Isabel and Claude Andrada. He is survived by his wife Melissa, daughter Amari, their special pup Bieber, his parents Robert and Nikki, three sisters, two brothers, and a host of nieces, nephews, aunts, uncles, cousins and friends.



ANONYMOUS TIP LINE
918.777.3429





2020 MUSCOGEE (CREEK) NATION Scholarship Pageant

Now Accepting Applications!
DEADLINE: April 20th, 2020

Divisions

Jr. Miss: 14-17 yrs (High School Student)
Miss: 17-24 yrs (Attending/Enrolled in Higher Education)

Prizes

- Jr. Miss: \$1,500 Cash Prize
- Miss: \$2,500 Scholarship
 - Beaded Crown
 - Cedar Crown Box
 - Woven Basket Purse
 - Traditional Clothing

- Two Matching Sashes
- Personalized Luggage
 - Flower Bouquet
 - Plaque
 - Pendleton Blanket
 - Traveling Opportunities

The Miss & Jr. Miss Muscogee (Creek) Nation Royalty serve as goodwill ambassadors for the Nation and its people. They promote the Nation throughout their year-long reign through cultural, social, and public appearances. The experience allows young women to expand their cultural knowledge of Mvskoke history and traditions.



Phone: 918-549-2601 | Email: MCNpageant@mcn-nsn.gov
Website: mvsokeroyalty.com

mvsokeroyalty   facebook.com/mvsokeroyalty





OLDHAM HOME CARE

Professional Services:

- Skilled Nursing Care • IV Therapy • Wound Care • Speech Therapy • Occupational Therapy •
- Certified Home Health Aides • VA Provider Services • Physical Therapy •

Service Area (*Counties):

- Haskell • Latimer • Leflore • McIntosh • Muskogee • Pittsburg • Sequoyah •

We take Medicare A and B and VA Pay. • Nurse answers calls after hours and on weekends.

Home Health Agency • Native American Owned (Creek) • 519 E Main • Stigler, OK • (918) 967-9971

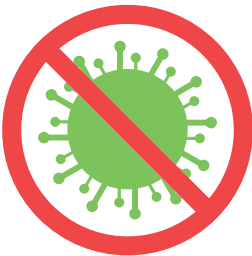
THE CORONAVIRUS:

Increasing Anxiety and Toilet Paper Sales

By now, everyone has heard of Coronavirus (COVID-19); whether you tuned in to your favorite local station, scrolled through your newsfeed on Facebook, or heard from family and friends. Regardless, you're probably fairly aware of this pandemic. But what do we really know about COVID-19? Is it really as harmful as my Uncle Joe says on Facebook? Should I wear a hazmat suit to the store? What's with all the toilet paper being bought out?! Let's see what the experts have to say about the Coronavirus.

According to the Centers for Disease Control (CDC), the coronavirus (COVID-19) is a respiratory illness that started in China and has since spread internationally. At the time of writing, the United States, there have been 1,215 confirmed and presumptive positive cases and 36 deaths as a result of the disease. (CDC.org)

The CDC has declared that older adults and people with medical conditions, such as lung, heart disease or diabetes are at higher risk for more serious effects of COVID-19. There are, however, ways to protect yourself and others from the spread of this disease that is recommended by the CDC:



- STEPS TO PROTECT YOURSELF:**
- Wash your hands- this should be done often and always include soap and water for 20 seconds.
 - Use hand sanitizer that includes at least 60% alcohol.
 - Avoid touching your face, especially with unwashed hands.
 - Avoid close and personal contact with people who are sick.
 - Create distance between yourself and others if the coronavirus is in your community.



- STEPS TO PROTECT OTHERS:**
- If you are sick, stay home.
 - Cover your mouth when you cough or sneeze.
 - Throw used tissues away.
 - Wash your hands after covering your coughs or sneezes.
 - If you are sick, wear a facemask. (CDC.org)

A great way to decrease fear and anxiety is by getting your information from reliable source. Reliable sources may include the CDC, the World Health Organization (WHO), and the Oklahoma State Department of Health. Also, the Muscogee (Creek) Nation Department of Health has a COVID-19 hotline number (918)-758-3550 for those with questions.

If you or someone you know is experiencing anxiety, worry, fear, stress, or even depression and you feel like talking to someone about would help, contact Muscogee (Creek) Nation Behavioral Health at 918-758-1910.

Text "Creek" to 741-741 if you or someone you know is in a crisis. Or call the National Suicide Prevention Hotline Number at 1-800-273-8255.

BE MINDFUL OF YOUR CHILDREN

During this time, it's very important to talk to your kids about the coronavirus to put their minds at ease. As we mentioned earlier; the coronavirus has greater health issues in older adults and people with compromised health conditions. Your conversation with your kids may vary based on their age, an example would be "This virus is kind of like the flu. You little guys don't have to worry about it. It's afraid of your little immune system. We do, however, want to stay healthy so grandma doesn't get sick because it can be harder for her." These conversations with your children are very important for decreasing anxiety. But keep in mind; it's important that you have your anxiety under control before having these conversations because children pick up on our emotions very easily.

HERE ARE SOME TIPS FOR DISCUSSING THE VIRUS WITH YOUR CHILD:

1. Don't be afraid to talk about the virus. Your children have more than likely heard of the virus. The problem won't go away by not talking about it. Discuss the facts from trusted sources (CDC, Department of Health, etc.) and educate your children based on information we have today.
2. Speak on their level. Your conversation with a 5-year-old should be different than with a 15-year-old. Discuss the virus in a language they understand and comprehend.
3. Ask your child what they know. This is a great way to see what your child knows and make sure they have the facts not fearful anxiety ridden misinformation. Having these conversations allows you to educate your child and possibly decrease their emotional response.
4. Give reassurance. Some children may be very scared of this virus due to all the media attention it's received. This is a great opportunity to reassure them that the virus is rare and symptoms are milder in children.
5. Communicate- Remember, your children want to know what's going on. Update them on any developments that may take place. For example, a school in their county may close down as a precautionary measure. This may cause a lot of anxiety in your child because they think the virus is next door. Communicate these measures with your child to ease their anxiety. (childmind.org)

Be mindful of their feelings. Children do not have the ability to regulate their feelings like an adult can. This inability to regulate is why children act more on their feelings. With all that is going on they may be feeling anxious, fearful, worried, scared, uncertain, or overwhelmed.

SOME WAYS TO HELP YOUR CHILDREN ARE:

1. Turn the media off. Lessening what they hear and see will significantly help. This also means limiting conversations they may overhear.
2. Get back into your routine. Routines create a sense of normalcy and have a calming response because we know what to expect.
3. Physical activity. Movement is the best way to get stored up hormones and stress responses out of our system. This does not mean you have to run a marathon or dust off the weights. Going on a bike ride, walking the dog, playing catch, shooting baskets, playing chase are great ways to help.
4. Make time to talk. Make sure you set aside time to talk with your child individually. Not just a time to give information but a time they can share their thoughts and feelings. A time when there are limited distractions. This could be during quiet time before bed, while on a walk, when shooting baskets, on car rides, etc. This allows them to feel heard, validated, and get their feelings out in healthy ways.
5. Be understanding. Like previously, stated children do not have the ability to regulate their feelings well. This is a biological factor. The logic and reasoning part of their brains are not fully developed until their mid-20's. If they are feeling anxious, fearful, worried, scared, uncertain or overwhelmed you may see more emotional outbursts like fits, tantrums, easier frustrated, angry often or emotional implosion like withdrawn, sad, depressed, isolating. Be more patient and realize this is normal responses for children.
6. Warm touch. Touch has what is called a grounding effect. Our response when touch is involved had much bigger affect than just a verbal response. For example, if someone you are close to tells you on the phone, they love you it has a good response but when that person tells you they love you while giving you a hug it has an exponentially bigger response. Your hugs, tickles, pats on the back, snuggling on the couch, playing chase, piggy back rides, etc. will have a huge positive response with you children.

If you, your child, or someone you know is experiencing excessive anxiety, worry, fear, stress, or depression please, contact Muscogee (Creek) Nation Behavioral Health at 918-758-1910.

Text "Creek" to 741-741 if you or someone you know is in a crisis. Or call the National Suicide Prevention Hotline Number at 1-800-273-8255.



Mvto!



References:

https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html
https://www.ok.gov/health/Prevention_and_Preparedness/Acute_Disease_Service/Disease_Information/Coronavirus_Disease_2019/index.html
www.Creekhealth.org
<https://www.who.int/>
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>