

## Drive-thru Preschool Graduation



*L-Cars line up for the drive-thru graduation ceremony*  
*R-Kim Conklin, Fallon ITCN Head Start Teacher waves at students as they participate in the drive-thru graduation.*

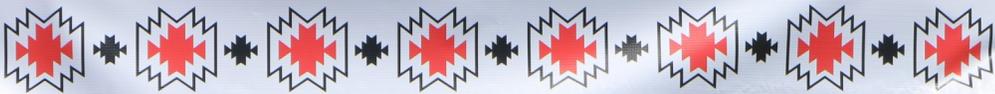
By Jill Wright [tribalnews@fpst.org](mailto:tribalnews@fpst.org)

As cars lined up in the parking lot outside the Head Start facility, children and parents were greeted by staff at a drive-thru graduation ceremony on Friday, May 29 that was necessitated by the arrival of the COVID-19 pandemic. Teachers congratulated each student and gave him or her graduation commencement memorabilia. Some children wore their cap and gowns, some wore their masks, but all of them wore a smile. Parents drove their preschool children to accept their diploma signifying their advancement to kindergarten and it gave a chance for the teachers to say goodbye. Afterwards, there was a drive-thru procession through the community and subdivisions.

The idea of the drive-thru was to practice social distancing while still being able to celebrate the students hard work. It was obvious how much the staff cares about each of the children and the bonds that were built. As vehicle drove-by, there was honking, cheers and tears. Great Job to all our Head Start students in this important step in their lives. We thank the teachers for their hard work and dedication to our children and we thank the community for their support of our precious Head Start graduates.



Inter-Tribal Council of Nevada, Inc.



# HEAD START







**FALLON TRIBAL HEALTH CENTER**  
FALLON PAIUTE-SHOSHONE TRIBE

# FREE COVID-19 TESTING

**MONDAY, JUNE 15, 2020**

**7 AM - 9 AM**

**FOX PEAK CINEMA**

501 E. Williams Ave., Fallon, NV

**WEDS., JUNE 17, 2020**

**9 AM - 12 PM (noon)**

**YOMBA SHOSHONE TRIBE**

Yomba Community Center, NV

**TUESDAY, JUNE 16, 2020**

**7 AM - 10 AM**

**LOVELOCK PAIUTE TRIBE**

201 Bowean Street, Lovelock, NV

**THURS., JUNE 18, 2020**

**5 PM - 7 PM**

**TRIBAL HEALTH CENTER**

1001 Rio Vista Drive, Fallon, NV

**Drive thru  
or walk up  
to our  
testing site!**

The Fallon Tribal Health Center is offering a voluntary drive thru and walk-up COVID-19 testing any Native American who is receiving healthcare services through the Health Center or a member of their household (regardless of race); or an employee of the Fallon, Lovelock, or Yomba Tribes or their businesses/enterprises (regardless of race).

## IMPORTANT TESTING INFORMATION

- No appointments are necessary. Also you can retest if you want (its encouraged).
- Testing will **ONLY** be done on people located next to a functioning window (passengers in center seats not eligible).
- This is voluntary program and individuals are not required to get tested.
- This **ONLY** tests for the Covid-19 virus and no other substances.
- You will be notified within 10 business days of the results of your test.
- PLEASE BE PATIENT as this may take some time and the testing is a little invasive & you may experience some discomfort.
- Please remain in your vehicle at all times during the testing process
- Maintain social distancing and wear a mask at all times during the testing process.

For questions on the community testing program or the COVID-19 virus, please call the Fallon Tribal Health Center at 775.423.3634

Greetings Fallon Paiute-Shoshone Tribe,

We are seeing the figurative light at the end of the tunnel! Governor Sisolak continues to progress with plans to open up Nevada back towards normal. We are currently in Phase 2 of 4, which means more places will be open, such as salons, gym facilities, pools, and movie theaters. However, while our options increase, we still need to remain vigilant about helping to slow or stop spread of COVID-19. As has been stated ad nauseum, wear masks, wash your hands for 20 seconds as much as possible, and use hand sanitizer.

With regards to community testing, FTHC has been asked by IHS to continue regularly scheduled testing for COVID-19. At this time, we are planning for monthly testing for the FPST, Lovelock, and Yomba tribes, and will notify the communities with dates and times. As a reminder, this is the antigen testing, which tells us if you currently have the COVID-19 infection (whether or not you are experiencing symptoms). The antibody testing can be performed on a case-by-case basis, so please give us a call if you are interested (775-423-3634), and a nurse or a primary care provider can continue that conversation with you.



*Christopher Chai, MD, MPH,  
Family Medicine Physician*

The major reason that antigen testing should continue is to monitor the disease within our community. This helps epidemiologists to determine how fast a disease can spread, identify people whom are asymptomatic, and can also help to implement measure, if necessary. Therefore, whether you were tested or not, and whether you had a positive or negative result, I do recommend that as many people as possible get tested at the monthly events. It would be best if we could get a good sampling of the various families within each of these communities, to give us a more complete picture of who may have COVID-19 and how it's spreading.

In closing, as more data is collected, we in the medical community will better learn and understand the specifics of COVID-19 as a disease process, including how to treat it or prevent it (vaccines). Also, as you may have noticed, my articles are getting shorter as time progresses. I believe I have covered the major topics, and do not wish to be repetitive. If you would like me to address particular topics, please send an email ([customerservice@fpst.org](mailto:customerservice@fpst.org)), drop a letter in the mail (1001 Rio Vista Drive, Fallon, NV 89406), or drop off a note at the clinic, and I will respond to your questions or concerns.

Until next time, stay safe, stay healthy, and be nice to others!

## FALLON TRIBAL HEALTH CENTER COVID-19 TESTING UPDATE

AS OF JUNE 2, 2020

**234**

**Tested**

**233**

**Negative**

**1**

**Positive\***

**0**

**Pending**

**0**

**Deaths**

*\*Positive result was a FTHC patient who resides in Washoe County*

Includes testing's done at the Fallon Tribal Health Center and community testing conducted on the Fallon, Lovelock, and Yomba Tribes.

# What Tribal Members need to know about COVID-19

## What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

## What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- **Cough or shortness of breath.**

Or at least two of these symptoms:

- **Fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.**



## How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

## Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- **Elders and adults over 60 years of age,**
- **People with heart disease, lung disease, or diabetes.**

## How can I protect myself and my family?

**Stay at home.** "Social distancing" is recommended. This means keeping your family at home and away from others who may be sick.

- If you must go out, wear a mask or bandana and try to stay 6 feet away from others.
- Avoid gatherings with other people.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

## If someone gets sick, what can they do?

- **If someone thinks they have been around someone with COVID-19 and they get a fever and symptoms such as cough or trouble breathing, they should call their healthcare provider or local Indian Health Service unit for medical advice.**
- In an emergency, call 911.
- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Stay home and away from others for 14 days to avoid getting others sick.
- Caregivers should keep sick family members away from others in the home and clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, etc.

## Is there a vaccine or treatment?

There is no vaccine. The best way to reduce the risk of getting sick with COVID-19 is to practice social distancing and healthy habits like washing hands regularly.

There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

## Have there been cases of COVID-19 in our state?

Yes, there have been cases in all 50 states.



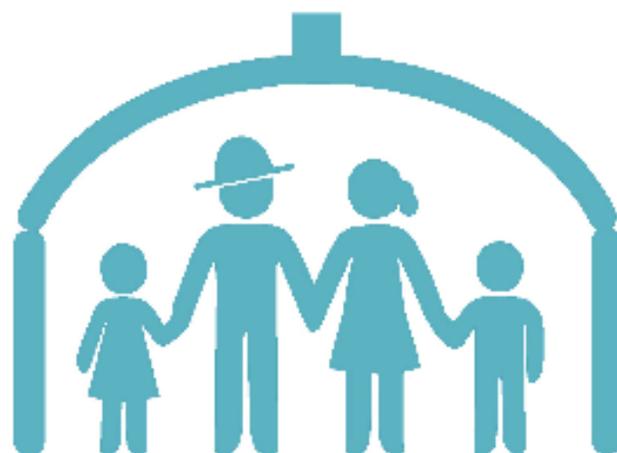
JOHNS HOPKINS  
CENTER FOR AMERICAN  
INDIAN HEALTH

For more information:  
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Effective May 5, 2020  
Source: CDC

# STAY HOME

## TO PROTECT FAMILIES AGAINST COVID-19



**Everyone should stay at home,  
except to do the following:**



**TO GET MEDICAL CARE - Call ahead, then send only **one** person.**



**TO GET PRESCRIPTIONS - Go alone or send only **one** person.**



**TO SHOP FOR FOOD - Have a plan and only send **one** person.**



**TO CHECK ON FAMILY - Call, or send **one** person if needed.**

## STAYING HOME SLOWS THE SPREAD OF CORONAVIRUS (COVID-19)

#coronavirus  
#StayHomeHeroes  
[caih.jhu.edu](http://caih.jhu.edu)



JOHNS HOPKINS ▲▲▲▲  
CENTER FOR AMERICAN  
INDIAN HEALTH

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## Exercise Safe Sweats

Elders told me to adapt by practicing our ways and working up a sweat at home. Exercising my beliefs at home is the best way to keep my family, community and elders safe.

WERNATIVE





# Fallon Paiute Shoshone Tribe 2020 Graduates

*Congratulations*

## High School Graduates

*Traven Boothe*

*Lida George*

*Quentin Brady*

*Zane Johnston*

*Mikayla Daw*

*Nichole Krey*

*Kaimara Dewey*

*Haley Matulich*

*William Dick*

*Marina Moreno*

*Alliah Dixon*

*Devin Souza*

## Higher Ed Graduates

*Quintin Allen*

*Kylee Baldwin*

*Erika Greene*

*Michelle Krey*

*Jalen Williams*

## Traven Boothe



- Schurr High School, Montebello, CA
- Youth Commissioner for the City of Montebello.
- Traven ran Cross Country through out high school. His Senior year the team won 2020 Almont League Championship and he received most improved runner
- Joining the U.S. Navy to become a diesel biomechanical engineer



## Quentin Brady



- Nampa High School, Nampa, ID
- Attending UTI to become Certified Mechanic with plans to work for automotive dealerships.

## Mikalaya Daw



- Basha High School – Chandler, AZ
- President of Native American Club
- AP & Honors student and earned a Bilingual Seal for reading and writing in Spanish.
- She enjoys traveling, learning new arts such as basket making and listening to music.
- Mikayla will be attending the University of Arizona in Tucson, Arizona



## Kaimara Dewey



- Academy of Technology, Mathematics and Science (ATEMS), Abeline, TX
- Member of the National Honor Society
- Kaimara has passion for art and has won many awards including student of the year for her art work.
- Kaimara will be attending Cisco Community College and plans to pursue a degree in Digital Communications.



## William Dick

- Churchill County High School Fallon, NV
- Varsity letters for soccer and track. Jr. Varsity for boys basketball and track.
- He is a champion Northern Traditional Dancer and enjoys dancing at powwows with his family.
- William is planning to attend Western Nevada College in Carson City, Nevada to study Cyber Security and Informational Technology.



## Alliah Dixon



- Churchill County High School Fallon, NV
- Alliah is an avid artist and is a two time scholastic arts completion winner and a mural in the CCHS cafeteria.
- Alliah plans on attending Truckee Meadows Community College or Southwestern Oregon Community College in the Fall.



## Lida George



- Churchill County High School Fallon, NV
- Lida is a talented artist and enjoys drawing and painting and digital media.
- Lida plans to travel then attend college in New Mexico to pursue a career in animation, digital media and/or comic book design

## Zane Johnston



- Churchill County High School Fallon, NV
- Zane was a four year CCHS football player and a CCHS State Champion as a Junior.
- Zane plans on attending Truckee Meadows Community College in the Fall



## Nichole Krey



- Martin County High School,  
Palm City, FL



## Haley Matulich



- Christopher High School  
Gilroy, CA
- Haylee will be attending  
Gavlin College in Gilroy,  
CA this Fall

## Marina Moreno



- YouthBuild Charter School,  
Fresno, CA
- Marina Plans on attending  
Fresno City Community College  
to major in Nursing

## Devin Souza



- Churchill County High School Fallon, NV
- Devin was a four year CCHS football and baseball player.
- Devin was 2018 CCHS State Football Champion and Honorable Mention Defensive Back.
- Devin is pursuing a career in construction and plans a career as a building contractor and building inspector.



## Quintin Allen



Haskell Indian Nations University  
Bachelor of Science  
Environmental Science

## Kylee Baldwin



Concordia University  
Bachelor of Arts  
Communications

Erika Greene



University of San Diego  
Bachelor of Science  
Biochemistry

Michelle Krey



Florida State University  
Bachelor of Science  
Biology

Jaden Williams



University of New Mexico  
Bachelor of Arts  
Construction Management

# YOUTH VOLLEYBALL CAMP



**JULY 21st-23rd**

10:00 a.m. - 12:00 p.m.

**4TH-7TH GRADE**

**Save The Date - Registration Opens Soon!**

Learn the Fundamentals of Volleyball  
under the direction of Jennifer Buckmaster.  
Children will build skills in teamwork and timing.

**City-County Gym**

321 Venturacci Lane

**\$50.00**

INCLUDES TANK TOP AND BALL

**[www.churchillcounty.org](http://www.churchillcounty.org)**



**(775) 423-7733**

**Coronavirus Relief Fund**  
**Guidance for State, Territorial, Local, and Tribal Governments**  
**April 22, 2020**

The purpose of this document is to provide guidance to recipients of the funding available under section 601(a) of the Social Security Act, as added by section 5001 of the Coronavirus Aid, Relief, and Economic Security Act (“CARES Act”). The CARES Act established the Coronavirus Relief Fund (the “Fund”) and appropriated \$150 billion to the Fund. Under the CARES Act, the Fund is to be used to make payments for specified uses to States and certain local governments; the District of Columbia and U.S. Territories (consisting of the Commonwealth of Puerto Rico, the United States Virgin Islands, Guam, American Samoa, and the Commonwealth of the Northern Mariana Islands); and Tribal governments.

The CARES Act provides that payments from the Fund may only be used to cover costs that—

1. are necessary expenditures incurred due to the public health emergency with respect to the Coronavirus Disease 2019 (COVID-19);
2. were not accounted for in the budget most recently approved as of March 27, 2020 (the date of enactment of the CARES Act) for the State or government; and
3. were incurred during the period that begins on March 1, 2020, and ends on December 30, 2020.<sup>1</sup>

The guidance that follows sets forth the Department of the Treasury’s interpretation of these limitations on the permissible use of Fund payments.

*Necessary expenditures incurred due to the public health emergency*

The requirement that expenditures be incurred “due to” the public health emergency means that expenditures must be used for actions taken to respond to the public health emergency. These may include expenditures incurred to allow the State, territorial, local, or Tribal government to respond directly to the emergency, such as by addressing medical or public health needs, as well as expenditures incurred to respond to second-order effects of the emergency, such as by providing economic support to those suffering from employment or business interruptions due to COVID-19-related business closures.

Funds may not be used to fill shortfalls in government revenue to cover expenditures that would not otherwise qualify under the statute. Although a broad range of uses is allowed, revenue replacement is not a permissible use of Fund payments.

The statute also specifies that expenditures using Fund payments must be “necessary.” The Department of the Treasury understands this term broadly to mean that the expenditure is reasonably necessary for its intended use in the reasonable judgment of the government officials responsible for spending Fund payments.

*Costs not accounted for in the budget most recently approved as of March 27, 2020*

The CARES Act also requires that payments be used only to cover costs that were not accounted for in the budget most recently approved as of March 27, 2020. A cost meets this requirement if either (a) the cost cannot lawfully be funded using a line item, allotment, or allocation within that budget or (b) the cost

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<sup>1</sup> See Section 601(d) of the Social Security Act, as added by section 5001 of the CARES Act.

is for a substantially different use from any expected use of funds in such a line item, allotment, or allocation.

The “most recently approved” budget refers to the enacted budget for the relevant fiscal period for the particular government, without taking into account subsequent supplemental appropriations enacted or other budgetary adjustments made by that government in response to the COVID-19 public health emergency. A cost is not considered to have been accounted for in a budget merely because it could be met using a budgetary stabilization fund, rainy day fund, or similar reserve account.

*Costs incurred during the period that begins on March 1, 2020, and ends on December 30, 2020*

A cost is “incurred” when the responsible unit of government has expended funds to cover the cost.

*Nonexclusive examples of eligible expenditures*

Eligible expenditures include, but are not limited to, payment for:

1. Medical expenses such as:
  - COVID-19-related expenses of public hospitals, clinics, and similar facilities.
  - Expenses of establishing temporary public medical facilities and other measures to increase COVID-19 treatment capacity, including related construction costs.
  - Costs of providing COVID-19 testing, including serological testing.
  - Emergency medical response expenses, including emergency medical transportation, related to COVID-19.
  - Expenses for establishing and operating public telemedicine capabilities for COVID-19-related treatment.
2. Public health expenses such as:
  - Expenses for communication and enforcement by State, territorial, local, and Tribal governments of public health orders related to COVID-19.
  - Expenses for acquisition and distribution of medical and protective supplies, including sanitizing products and personal protective equipment, for medical personnel, police officers, social workers, child protection services, and child welfare officers, direct service providers for older adults and individuals with disabilities in community settings, and other public health or safety workers in connection with the COVID-19 public health emergency.
  - Expenses for disinfection of public areas and other facilities, e.g., nursing homes, in response to the COVID-19 public health emergency.
  - Expenses for technical assistance to local authorities or other entities on mitigation of COVID-19-related threats to public health and safety.
  - Expenses for public safety measures undertaken in response to COVID-19.
  - Expenses for quarantining individuals.
3. Payroll expenses for public safety, public health, health care, human services, and similar employees whose services are substantially dedicated to mitigating or responding to the COVID-19 public health emergency.

4. Expenses of actions to facilitate compliance with COVID-19-related public health measures, such as:
  - Expenses for food delivery to residents, including, for example, senior citizens and other vulnerable populations, to enable compliance with COVID-19 public health precautions.
  - Expenses to facilitate distance learning, including technological improvements, in connection with school closings to enable compliance with COVID-19 precautions.
  - Expenses to improve telework capabilities for public employees to enable compliance with COVID-19 public health precautions.
  - Expenses of providing paid sick and paid family and medical leave to public employees to enable compliance with COVID-19 public health precautions.
  - COVID-19-related expenses of maintaining state prisons and county jails, including as relates to sanitation and improvement of social distancing measures, to enable compliance with COVID-19 public health precautions.
  - Expenses for care for homeless populations provided to mitigate COVID-19 effects and enable compliance with COVID-19 public health precautions.
5. Expenses associated with the provision of economic support in connection with the COVID-19 public health emergency, such as:
  - Expenditures related to the provision of grants to small businesses to reimburse the costs of business interruption caused by required closures.
  - Expenditures related to a State, territorial, local, or Tribal government payroll support program.
  - Unemployment insurance costs related to the COVID-19 public health emergency if such costs will not be reimbursed by the federal government pursuant to the CARES Act or otherwise.
6. Any other COVID-19-related expenses reasonably necessary to the function of government that satisfy the Fund's eligibility criteria.

*Nonexclusive examples of ineligible expenditures<sup>2</sup>*

The following is a list of examples of costs that would *not* be eligible expenditures of payments from the Fund.

1. Expenses for the State share of Medicaid.<sup>3</sup>
2. Damages covered by insurance.
3. Payroll or benefits expenses for employees whose work duties are not substantially dedicated to mitigating or responding to the COVID-19 public health emergency.

<sup>2</sup> In addition, pursuant to section 5001(b) of the CARES Act, payments from the Fund may not be expended for an elective abortion or on research in which a human embryo is destroyed, discarded, or knowingly subjected to risk of injury or death. The prohibition on payment for abortions does not apply to an abortion if the pregnancy is the result of an act of rape or incest; or in the case where a woman suffers from a physical disorder, physical injury, or physical illness, including a life-endangering physical condition caused by or arising from the pregnancy itself, that would, as certified by a physician, place the woman in danger of death unless an abortion is performed. Furthermore, no government which receives payments from the Fund may discriminate against a health care entity on the basis that the entity does not provide, pay for, provide coverage of, or refer for abortions.

<sup>3</sup> See 42 C.F.R. § 433.51 and 45 C.F.R. § 75.306.

4. Expenses that have been or will be reimbursed under any federal program, such as the reimbursement by the federal government pursuant to the CARES Act of contributions by States to State unemployment funds.
5. Reimbursement to donors for donated items or services.
6. Workforce bonuses other than hazard pay or overtime.
7. Severance pay.
8. Legal settlements.

**Coronavirus Relief Fund  
Frequently Asked Questions  
Updated as of May 4, 2020**

The following answers to frequently asked questions supplement Treasury’s Coronavirus Relief Fund (“Fund”) Guidance for State, Territorial, Local, and Tribal Governments, dated April 22, 2020, (“Guidance”).<sup>1</sup> Amounts paid from the Fund are subject to the restrictions outlined in the Guidance and set forth in section 601(d) of the Social Security Act, as added by section 5001 of the Coronavirus Aid, Relief, and Economic Security Act (“CARES Act”).

**Eligible Expenditures**

*Are governments required to submit proposed expenditures to Treasury for approval?*

No. Governments are responsible for making determinations as to what expenditures are necessary due to the public health emergency with respect to COVID-19 and do not need to submit any proposed expenditures to Treasury.

*The Guidance says that funding can be used to meet payroll expenses for public safety, public health, health care, human services, and similar employees whose services are substantially dedicated to mitigating or responding to the COVID-19 public health emergency. How does a government determine whether payroll expenses for a given employee satisfy the “substantially dedicated” condition?*

The Fund is designed to provide ready funding to address unforeseen financial needs and risks created by the COVID-19 public health emergency. For this reason, and as a matter of administrative convenience in light of the emergency nature of this program, a State, territorial, local, or Tribal government may presume that payroll costs for public health and public safety employees are payments for services substantially dedicated to mitigating or responding to the COVID-19 public health emergency, unless the chief executive (or equivalent) of the relevant government determines that specific circumstances indicate otherwise.

*The Guidance says that a cost was not accounted for in the most recently approved budget if the cost is for a substantially different use from any expected use of funds in such a line item, allotment, or allocation. What would qualify as a “substantially different use” for purposes of the Fund eligibility?*

Costs incurred for a “substantially different use” include, but are not necessarily limited to, costs of personnel and services that were budgeted for in the most recently approved budget but which, due entirely to the COVID-19 public health emergency, have been diverted to substantially different functions. This would include, for example, the costs of redeploying corrections facility staff to enable compliance with COVID-19 public health precautions through work such as enhanced sanitation or enforcing social distancing measures; the costs of redeploying police to support management and enforcement of stay-at-home orders; or the costs of diverting educational support staff or faculty to develop online learning capabilities, such as through providing information technology support that is not part of the staff or faculty’s ordinary responsibilities.

Note that a public function does not become a “substantially different use” merely because it is provided from a different location or through a different manner. For example, although developing online

<sup>1</sup> The Guidance is available at <https://home.treasury.gov/system/files/136/Coronavirus-Relief-Fund-Guidance-for-State-Territorial-Local-and-Tribal-Governments.pdf>.

# Fallon Tribal Health Fair

## June 19, 2020



### Fallon Community Resource List

#### FOOD AND NUTRITION SERVICES

New Frontier Treatment Center	1490 Grimes St. Fallon, NV 89406	2 <sup>nd</sup> Wednesday of each month at 10:00am	775-423-1412
Epworth United Methodist Church	280 E. Stillwater Fallon, NV 89406	Mondays Noon- 2:30pm	775-423-4714
Yerington Commodity Food Program	171 Campbell Ln. Yerington, NV 89447	Call for delivery times	775-463-4396
Out of Egypt Food Pantry	1075 Taylor Place Fallon, NV 89406	Thursdays at 8:00am	775-423-3427
William Pennington Life Center	952 S. Maine St. Fallon, NV 89406	Food Delivery each day 11:00-12:30 \$3.00 (60 and over) \$6.00 (under 60)	775-423-7096
Food Bank of Northern Nevada			775-331-3663

**FALLON TRIBAL HEALTH CENTER  
BEHAVIORAL HEALTH CLINIC**

1005 RIO VISTA DRIVE      FALLON, NEVADA 89406      775-423-3634 x 1040

## ONLINE ADDICTION RECOVERY SOURCES

### NATIVE AA MEETING INFORMATION:

**NATIVE WELLNESS INSTITUTE:** [www.facebook.com/NativeWellnessInstitute](http://www.facebook.com/NativeWellnessInstitute)

**WHITE BISON:** <https://www.facebook.com/whitebisoninc/> Wellbriety online meetings using zoom, the meetings will be listed with time and codes to get into the meetings.

**IN THE ROOM:** An online Addiction Recovery Community [www.intherooms.com](http://www.intherooms.com) in the meetings prompt are Native American AA Meetings, (*you will need to create a profile for yourself*).

### NATIONAL VIRTUAL AA MEETINGS

**WILLIAMSVILL WELLNESS REMOTE IOP:** <https://smartiop.com> Outpatient Services

**SMART RECOVERY:** Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Drug Addiction: <https://www.smartrecovery.org/> select "find a meeting" or "online community".  
<https://www.smartrecovery.org/community/calendar.php>

**RATIONAL RECOVERY:** <http://rational.org>

#### **What is SAMHSA's National Helpline?**

SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

### VIRTUAL AA MEETINGS-RENO & SURROUNDING AREA

**Sierra Sage Region of Narcotics Anonymous:** <https://www.sierrasagena.org>

WELCOME TO SSRNA: Many websites have been created about the nature of addiction. This website primarily concerns itself with the nature of recovery. If you are an addict, please give yourself a break and use it. If you have a problem with drugs or you are questioning whether or not you are an addict, please attend one of our meetings so you can hear other people's experience, strength, and hope with overcoming addiction through recovery in Narcotics Anonymous. Do you think you have a problem with drugs? We may be able to help. Call us at 888-850-2205 for someone to talk to or to access meetings near you. You can also text 888-850-2205 with your city to receive meetings near you. Text "subscribe" to 775-204-3237 if you would like to receive text messages on the latest meeting closures, NA activities and events, or service committee meetings. Go into Meetings: Virtual meetings are meetings in Nevada relayed by using zoom.

# Coping with a Disaster or Traumatic Event



After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

## Steps to Care for Yourself

- Take Care of Your Body
  - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
  - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
  - » Make time to unwind. Try to return to activities that you enjoy.
- Stay Informed
  - » Watch for news updates from reliable officials.
- Avoid
  - » Avoid excessive exposure to media coverage of the event.
- Ask for Help
  - » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline at 1-800-985-5990 or text TalkWithUs to 66746.

## How to Help Your Children

- Talk with them.
  - » Share age-appropriate information.
  - » Reassure them.
  - » Address rumors.
  - » Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the event.

## Common Signs of Distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.



People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.

### SOCIAL DISTANCING – TRIBAL POINTS-OF-CONTACT

We are encouraging our tribal members and residents to stay at home as much as possible with the coronavirus situation in the country. We know that you have tribal business that needs to be done but a lot of these items can be done either by phone or by email. So before you come in please try to phone or email the points-of-contact below to see if we can get your issue addressed without coming into a building. Your phone call or email will be answered by the individual or referred to the appropriate person and they will get back in touch with you as soon as possible. Thank you.

Program Area	Point-of-Contact	Email	Phone Numbers
<b>ADMINISTRATION</b>			
Primary Contact	Chairman George	<a href="mailto:chairman@fpst.org">chairman@fpst.org</a>	775-423-6075
Primary Contact	Secretary Dyer	<a href="mailto:secretary@fpst.org">secretary@fpst.org</a>	775-426-8635
Primary Contact	Treasurer Allen	<a href="mailto:fbctreasurer@fpst.org">fbctreasurer@fpst.org</a>	775-423-6075
<b>VICTIM SERVICES</b>			
Primary Contact	Michelle Bowers	<a href="mailto:victimservices@fpst.org">victimservices@fpst.org</a>	775-427-0985
<b>HOUSING AUTHORITY</b>			
Primary Contact	Marissa Fillmore	<a href="mailto:adminassistant@fpst.org">adminassistant@fpst.org</a>	775-426-8229
<b>SENIOR CENTER</b>			
Primary Contact	Jenevie Lucero	<a href="mailto:Elder1@fpst.org">Elder1@fpst.org</a>	775-423-7569
<b>TRIBAL RESOURCES</b>			
Primary Contact	Leanna Hale	<a href="mailto:landwaterdir@fpst.org">landwaterdir@fpst.org</a>	775-423-3725
<b>COMMUNITY LEARNING CENTER</b>			
Primary Contact	Rochanne Downs	<a href="mailto:clcdirector@fpst.org">clcdirector@fpst.org</a>	775-427-0991
<b>HEALTH CENTER</b>			
Health Administration	Jon Pishion	<a href="mailto:fthcdirector@fpst.org">fthcdirector@fpst.org</a>	775-423-3634, ext. 1029 775-217-9078
Medical & Laboratory	Gracie Booth	<a href="mailto:medical8@fpst.org">medical8@fpst.org</a>	775-423-3634, ext. 1050
Dental Services	Martee Donahue	<a href="mailto:dentalreceptionist@fpst.org">dentalreceptionist@fpst.org</a>	775-423-3634, ext. 1016
Optical Services	Leneva George	<a href="mailto:opto1@fpst.org">opto1@fpst.org</a>	775-423-3634, ext. 1017
Pharmacy	Tim Brown	<a href="mailto:chiefpharmacist@fpst.org">chiefpharmacist@fpst.org</a>	775-423-3634, ext. 1872
Wellness Center	Christina Baldwin	<a href="mailto:diabetescoord@fpst.org">diabetescoord@fpst.org</a>	775-423-2220
Benefits Office	Denise Harrison	<a href="mailto:benefits2@fpst.org">benefits2@fpst.org</a>	775-423-3634, ext. 1026
Patient Registration	Tamika FastHorse	<a href="mailto:patreg2@fpst.org">patreg2@fpst.org</a>	775-423-3634, ext. 1025
CHR Program	Linda Noneo	<a href="mailto:chrsup@fpst.org">chrsup@fpst.org</a>	775-423-3634, ext. 1039 775-427-0977
Medical Records	Lani Miguel	<a href="mailto:medrecsup@fpst.org">medrecsup@fpst.org</a>	775-423-3634, ext. 1024
PRC Office (referrals)	Juanita George	<a href="mailto:chs@fpst.org">chs@fpst.org</a>	775-423-3634, ext. 1030
Behavioral Health	Brenda Hooper Leslie Steve	<a href="mailto:bhassistant@fpst.org">bhassistant@fpst.org</a> <a href="mailto:mhsadirector@fpst.org">mhsadirector@fpst.org</a>	775-423-3634, ext. 1040 775-423-3634, ext. 1032
<b>PUBLIC SAFETY</b>			
Emergency Management	Ruby Dawn Manning	<a href="mailto:emd@fpst.org">emd@fpst.org</a>	775-423- 8848
Tribal Police	Marshall Emerson	<a href="mailto:chiefofpolice@fpst.org">chiefofpolice@fpst.org</a>	775-423-8848
<b>PUBLIC WORKS</b>			
Water/Sanitation	John Schaffer	<a href="mailto:publicworks@fpst.org">publicworks@fpst.org</a>	775-427-9954
Environmental	Richard Black	<a href="mailto:richenviro@fpst.org">richenviro@fpst.org</a>	775-423-0509
<b>TRIBAL COURT</b>			
Judicial Services	Kae Ward	<a href="mailto:courtclerk@fpst.org">courtclerk@fpst.org</a>	775-423-8883
<b>YOUTH &amp; FAMILY SERVICES</b>			
Social Services	Jennifer Pishion	<a href="mailto:ssdirector@fpst.org">ssdirector@fpst.org</a>	775-423-1215
Vocational Rehab.	Elaine Bender	<a href="mailto:yrm@fpst.org">yrm@fpst.org</a>	775-428-2250

# FOR IMMEDIATE RELEASE

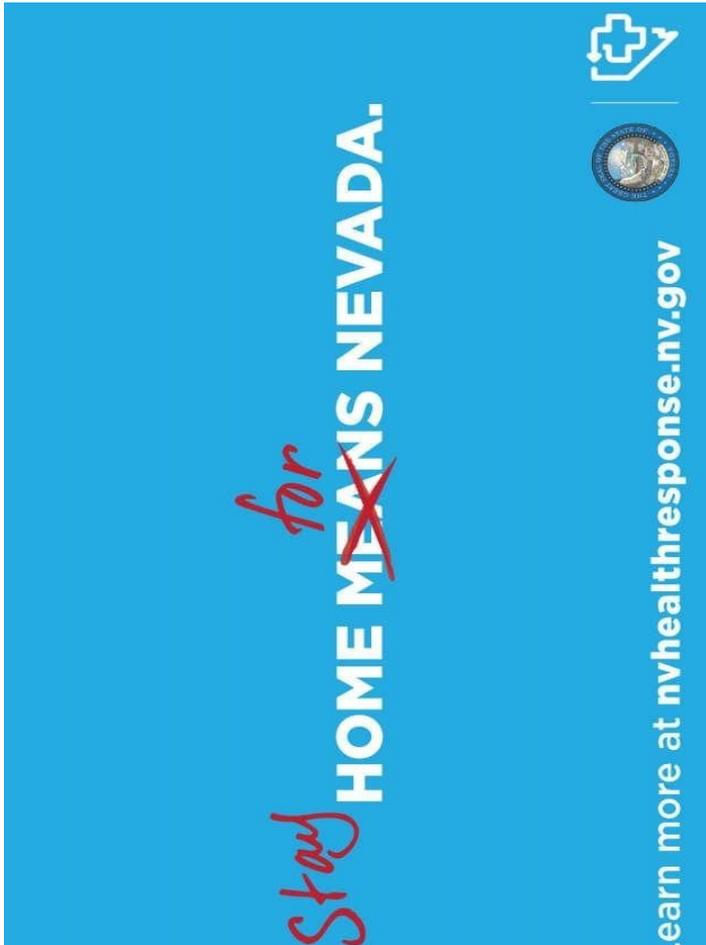
## Get a Library Card Online!!!

April 13, 2020

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Questions? Email [info@churchillcountylibrary.org](mailto:info@churchillcountylibrary.org) or [celloyd@churchillcountylibrary.org](mailto:celloyd@churchillcountylibrary.org) The library is located at 553 South Maine Street and [www.churchillcountylibrary.org](http://www.churchillcountylibrary.org)

Contact  
Carol Lloyd, Director  
[celloyd@churchillcountylibrary.org](mailto:celloyd@churchillcountylibrary.org)  
553 South Maine Street  
Fallon, Nevada 89406 [www.churchillcountylibrary.org](http://www.churchillcountylibrary.org)  
775-423-7581

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