



# Lummi Nation Little Bear Creek Elders Program and Facility

Constance Martin,  
Manager


# Proclamation

- ▶ Lummi Nation leadership declared a state of emergency
  - ▶ All facilities were closed to the public
  - ▶ All services were limited to what could be provided
  - ▶ Health Team Established to oversee and approve of all Covid Work plans for divisions of the Lummi Nation
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# Facility

- ▶ Closed the facility to all non-residents
  - ▶ Tele-medicine with Clinical Staff
  - ▶ Tele-Medicine with Mental Health Workers
  - ▶ 24-7 Security of facility
  - ▶ Sanitation Supplies provided from different non-profits for elders.
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# Transportation

- ▶ Transport for only essential services
  - ▶ Transport for essential supplies
  - ▶ Home - delivered meals for 16 elders in community
  - ▶ Transport medical if CHR not available
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# Food Service

- ▶ Maintained 3 meals per day for all residents
  - ▶ Prepared home deliveries for home bound elders
  - ▶ Food bank deliveries to elders upon request
  - ▶ Closed all congregate feeding and events
  - ▶ Weekly delivery to Little Bear Creek Food Bank
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# Senior Activities

- ▶ Senior Travel– was stopped indefinitely
- ▶ Activities Room limited to only 1 in the room
- ▶ Check out of material for cedar work, crotchet projects, drum making, Covid mask making, were provided to residents in house as well as to the homebound elders.

# Medical/Dental

- ▶ In the beginning of the epidemic no one was allowed to come in facility because of the fear of contamination
  - ▶ Weekly Community Doctor and Nurse comes to facility to check elders
  - ▶ Scheduled visits from physical therapists as needed.
  - ▶ Dental comes to facility monthly
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# Internet training/phones

- ▶ Staff assisted elders in use of technology devices to access tele-medicine services
- ▶ Elders Program paid for all internet hook up for all of the rooms at Little Bear Creek



# Vaccination

- ▶ All of the elders in our community was offered opportunity to obtain shot in December of 2020.



# Nisqually Indian Tribe

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People of the river, people of the grass



## Lessons Learned During The Pandemic

# Overview: Pre-pandemic

Nisqually, just like all of you, did our best to organize as quickly as possible. The collaboration between Tribal leadership, Emergency Management, the Health Department, and others was a huge accomplishment.

Before COVID-19 hit, Nisqually Health Department joined the American Indian Health Commission Mutual Aid Agreement in 2017 (res.23-2017).

Nisqually established a relationship with Thurston County and regularly completed emergency exercises, such as the Transportation Relay (T-Rex) 2019 medical countermeasures full-scale exercise.



# COVID-19 : The Beginning

Our first acts in response to Covid-19 began on March 11, 2020 with the proclamation of a State of Emergency and the establishment of our Public Health Officer (PHO). Our PHO is Mary Szafranski, PHN who has worked for Nisqually for almost 6 years as our Public Health Nurse and has many years experience as an ER Emergency Response Coordinator.

By March 20, 2020 we put in place our Pandemic Flu Plan, Medical Countermeasures Plan, and several orders for Shelter in Place, Quarantine and Isolation, and Essential Worker restrictions.

# Collaborations

Confer with Washington State Department of Health Office of Emergency Preparedness (EPR) staff, and the Thurston County Health Department Local Emergency Response Coordinator (LERC). ESF8 coordination meetings with Thurston County hospitals, emergency management, nursing homes, etc.

- (1) Washington State Department of Health
- (2) Thurston County Public Health and Social Services
- (3) Thurston County Medical Reserve Corps (MRC)
- (4) American Indian Health Commission (AIHC)
- (5) Northwest Portland Area Indian Health Board (NPAIHB)
- (6) Mutual Aid Agreement Partners, such as FEMA
- (7) Indigenous Pact



# COVID-19: Key Highlights

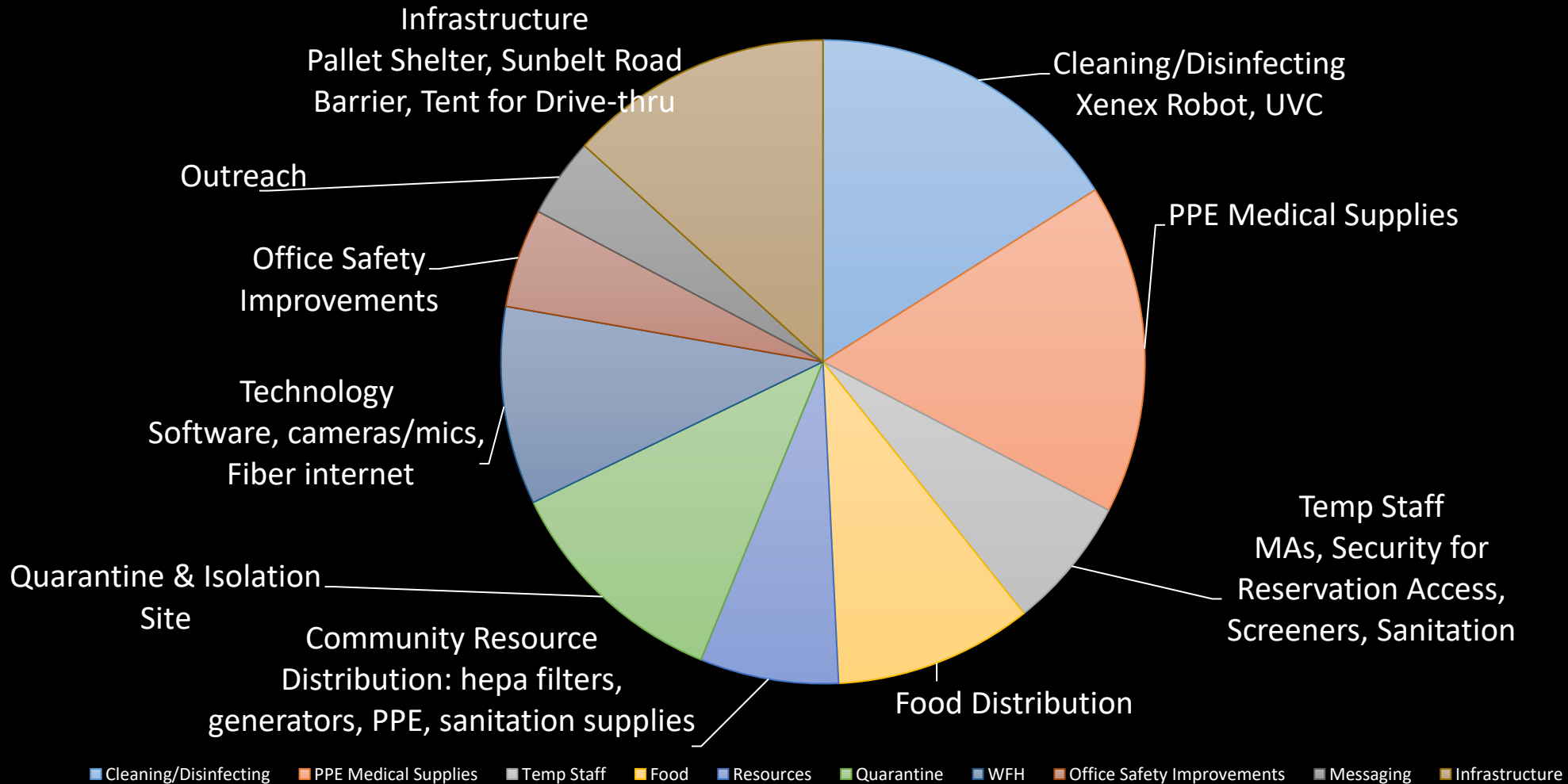
- Onsite COVID-19 testing (Abbott and Binax NOW; UW Testing)
- Onsite contact tracing with our Nurse Monitoring Program
- Quarantine & Isolation site- we immediately set out to convert our cultural event center and campground into a quarantine and isolation site
- Daily screenings in all departments for entry into buildings
- Began offering the Moderna vaccine on December 29, 2020
- Curbside Pharmacy RX pick-ups
- Telemedicine services- GoTo Meeting since we already had licenses for meetings. Two of our Providers rotate to work from home and focus on telemed visits
- Emergency meal delivery for youth lunches and elder lunches, and emergency resource kit distribution
- Drive-thru and virtual events to continue community engagement & support

# COVID-19: Key Highlights



# Covid-19 Primary areas

Covid-19 related grant funding secured by Nisqually includes: HHS, IHS, DOH, CDC, Department of Commerce, IHBG, Head Start, and more. This funding was crucial in our Covid-19 response. These are some of the key areas the funding has supported:





# Outreach


We created a Public Health Facebook Page and worked as hard as we could to get regular communications and resources out to the community- via facebook and weekly mailouts to Tribal Members

	PHASE 1	PHASE 2	PHASE 3	PHASE 4
<b>Summary of Phase</b>	Phase 1 began on May 5 <sup>th</sup> with the reopening of some recreational activities, including day use at state parks, playing golf, fishing, and hunting.	Phase 2 will allow small gatherings of five or fewer people, new construction, and reopening of barber shops, salons, and pet care services.	Phase 3 will allow gatherings of up to 50 people, including sports activities, and non-essential travel can resume within the US. Max 25- 50% capacity, depending on the activity.	Phase 4 will involve resuming the majority of public interactions. Gatherings of more than 50 people will be allowed, but there will continue to be restrictions as vaccinations are in process
<b>What this phase looks like for...</b>	The Reservation area is our Stay at Home Order. Anyone entering the area will be screened. Limited programs are returning, including Building crews, Parks and Trails workers, Cemetery program, Garden crew, Hatcheries and river work, Shellfish farm and program.	<ul style="list-style-type: none"> <li>Reduced services</li> <li>Reservation area closed/restricted: Shelter in Place</li> <li>Events require Public Health Officer (PHO) approval</li> <li>Out-of-state travel and funerals require quarantine upon return</li> </ul>	<ul style="list-style-type: none"> <li>Shelter in Place rescinded</li> <li>Limited entries and capacity reduction in buildings will continue</li> <li>Travel restrictions remain- quarantine guidelines remain for unvaccinated</li> <li>Masks and distancing required</li> <li>Daily staff screening slip required</li> <li>Events require PHO approval</li> </ul>	We will slowly enter a "new normal" with programs that are able to return. Even with a we will still continue social distancing and be able to test and re

We have entered a modified Phase 3 as of 3/19/21 and will enter a full Phase 3 when 50% or more of the community is fully vaccinated.

Call 360-413-2733

to schedule your appointment



**Nisqually Indian Tribe**  
Mask Etiquette- Cover your Cough

Be sure to #MASKUP whenever you leave your home. The Nisqually Reservation has a mandatory mask mandate Res. 127-2020 in effect.

What if I need to cough or sneeze?  
It is best etiquette to cough or sneeze in your mask- after all- the purpose of masks is to prevent germs from reaching those around you. If you are not wearing a mask, turn your head away from others, and cough or sneeze into your elbow or a tissue. If you are wearing a mask, cough or sneeze into the mask. Afterward, replace your mask. A soiled mask may require a replacement.

Be sure to sneeze into a tissue, an elbow, or your sleeve. Clean your hands, throw away that tissue, and wash your hands with soap and water for 20 seconds.

Do your part: Stay Safe, Stay Healthy, Stay Vaccinated!

While there isn't a vaccine against COVID-19 yet, the good news is that vaccines can protect children from 14 other serious diseases. Delaying or missing vaccines could put your child, your family and your community at risk for these diseases. Vaccinating children on time is the best way to protect them.

Talk with your child's doctor, nurse or clinic about the immunizations your child needs to stay healthy, and ask about the clinic's safety measures to protect your family when you visit.


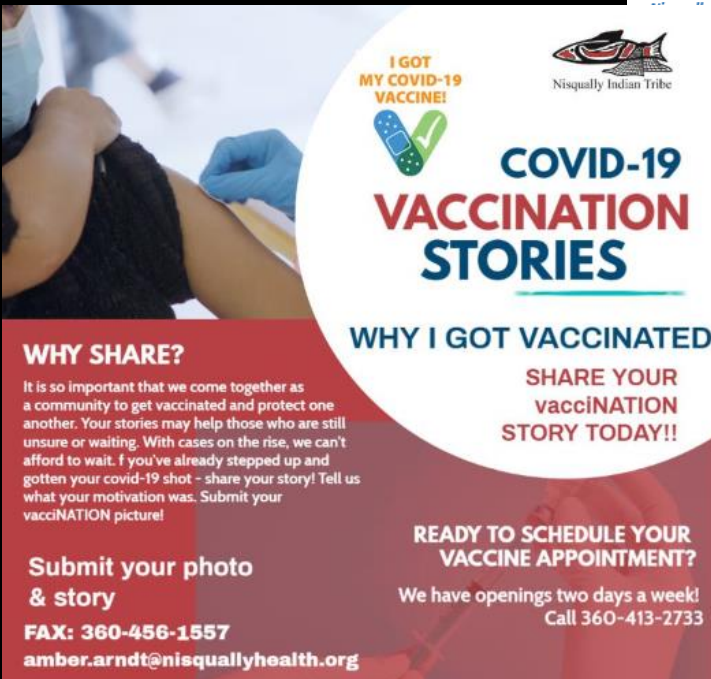
Do your part: Stay Safe, Stay Healthy, Stay Vaccinated!

**Stay Safe, Stay Healthy, Stay Vaccinated!**  
Nisqually Health Clinic 360-459-5312

Keep your child safe by staying up to date on vaccinations during COVID-19. Clinics have changed to make it safe for your child to get needed vaccines.

Call Clinic if you have any questions about safe mask use:  
360-459-5312

If you have questions or requests regarding resource assistance:  
360-456-2822

**I GOT MY COVID-19 VACCINE!**

**COVID-19 VACCINATION STORIES**

**WHY SHARE?**  
It is so important that we come together as a community to get vaccinated and protect one another. Your stories may help those who are still unsure or waiting. With cases on the rise, we can't afford to wait. If you've already stepped up and gotten your covid-19 shot - share your story! Tell us what your motivation was. Submit your vaccination picture!

**WHY I GOT VACCINATED**  
SHARE YOUR VACCINATION STORY TODAY!!

**READY TO SCHEDULE YOUR VACCINE APPOINTMENT?**  
We have openings two days a week!  
Call 360-413-2733

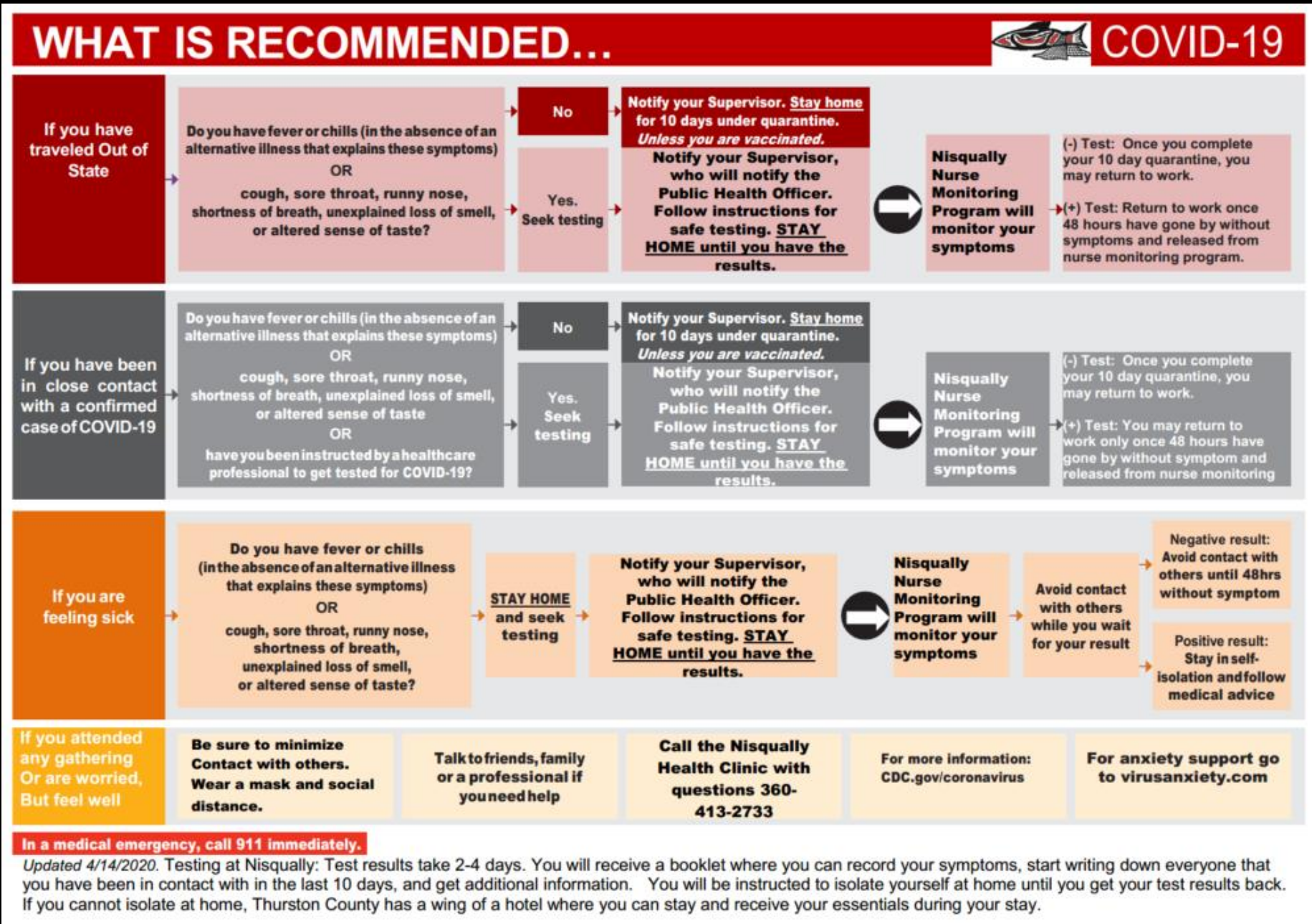
Submit your photo & story  
FAX: 360-456-1557  
amber.arndt@nisquallyhealth.org



- Resources**
- Need help finding a doctor or clinic, or other health resources? Call the Help Me Grow Washington Hotline at 1-800-322-2588.
  - Not sure if your child is up to date on their vaccines? Access their immunization record for free at [wa.myir.net/register](http://wa.myir.net/register)
  - For additional information and resources about immunizations during COVID-19, visit [immunitycommunitywa.org](http://immunitycommunitywa.org).

*"We checked in by phone from outside the clinic and then were taken directly to a room, which was sanitized after we left. It was reassuring to see all the steps the office took to keep us safe."*  
- Mother of a 14-month-old

# Flow Chart for Back to Work Protocol



# Quarantine & Isolation Site

Under the supervision of Tribal Leadership, Brighton Creek is being developed as alternate care site location for COVID surge. Since the pandemic began, quarantine site work completed includes:

- ✓ Established direct radio connection with EM
- ✓ Created access for telemedicine and other services
- ✓ Hired clinical and administrative staffing
- ✓ Lodge is now a quarantine site with 6 hospital beds
- ✓ Four of the cabins have one hospital bed.
- ✓ Inside of cabins completed
- ✓ Kitchen completed





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## COVID-19 VACCINE PRIORITIZATION

### Phase IA

Health Care Personnel

Essential Workers

Household Members

### Phase IB

High Risk Patients

Tribal Elders & Household

Caregivers

### Phase 2A

Second Phase Essential Workers & Immediate Household

### Phase 2B

All Tribal Members

Teachers & School Staff

Household Members

### Phase 2C

Remaining Tribal Staff & Immediate Household

### Phase 3

Non Tribal Staff & Immediate Household

### Phase 4

All Active Patients

### Phase 5

All Nisqually Community

### Phase 6

Public Safety Complex Inmates

# Data Highlights

- We have just under 900 enrolled Tribal Members, 1400 clinic patients
- 1% of our covid-19 testing has been positive
- That's about 30 positive cases with roughly 50 people quarantined
- We have had one covid-related fatality
- We have fully vaccinated 1200 people
  - Launched Individual staff incentives,
  - Program incentives
  - Tribal Member incentives launching in May 2021 after noticing a plateau in our vaccination rates.
- Youth 12+ vaccinations beginning 5/21!



**CALLING ALL TRIBAL DIRECTORS!**

**WE ARE CHALLENGING YOU AND YOUR TEAM TO #GETVACCINATED**

How many of your staff have been vaccinated? Have you reached 80% of your team yet?

ONCE AT LEAST 80% OF YOUR DEPARTMENT STAFF HAS BEEN VACCINATED, WE WILL CELEBRATE BY OFFERING A CATERED LUNCH FROM MASONRY CAFE!

Contact Public Health Officer Mary Szafranski and Health Planner Amber Arndt to learn more. Ready to schedule your vaccination?

Call 360-413-2733 to schedule your appointment



**COVID-19 VACCINATION INCENTIVE FOR NISQUALLY STAFF**

**\$ EARN CASH! \$**



Earn 2 hours of pay for your 1st Dose of the vaccine, and another 2 hours of pay for completing the vaccination series with your 2nd Dose!

Help us stay Nisqually Strong! Get your vaccine today!

Call 360-413-2733 to schedule your appointment



# Covid-19 Vaccinations

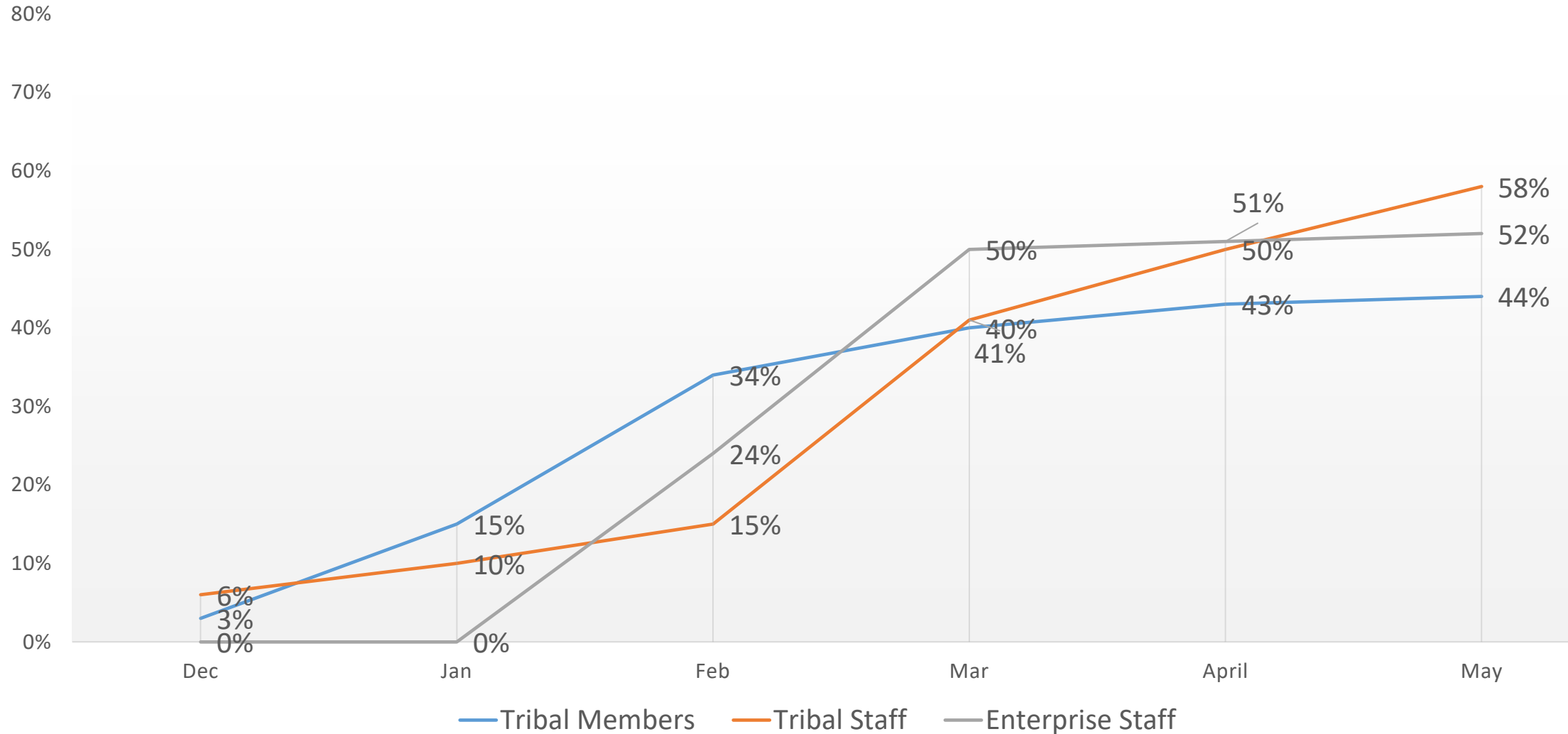
We began with a combination of Drive-Thru mass vaccinations and onsite vaccinations at our gymnasium. We enlisted support from DOH and MRC.

We offer a Tribal Staff Incentive (2 hrs of pay per shot) and we're launching a Tribal Member Incentive (\$100 gift card)



# Covid-19 Vaccinations: Moderna Vaccine

Nisqually Population Groups: COVID-19 Vaccination Percentages



THANK YOU

Questions?

Contact Amber Arndt

at

[amber.arndt@nisquallyhealth.org](mailto:amber.arndt@nisquallyhealth.org)