



Wellbriety Response to Covid 19
June 1, 2020 Newsletter
Volume 1 – Issue 1
A Native American Newsletter for Native Americans
Articles: Native Americans and Wellbriety Team



Native American Newsletter - John Navarro
Phone: 559-360-8994

The Corona Virus Global Pandemic is a crisis that affects everyone, rich and poor, young and old. Due to the social changes and health safety issue, our country is changing for everyone. The Wellbriety Response to COVID-19 Newsletter is a written outreach to keep our approximately 573 Native Tribes informed of the Corona Virus Pandemic. The goal of Wellbriety Response to Covid 19 is provided the most current information to Native Community Leaders in order to form a networking system. We anticipate the newsletter will be a slow-moving process due to size of our Native population. However, we believe with everyone's cooperation the Newsletter should be a great success.

The Wellbriety Response to COVID-19 Group is a forum that has been created to share culturally-based teachings, tools, and resources, along with adaptations necessary in this time of social distancing and quarantine to help our Native Communities process, help, heal and adapt. The value is to provide people with information and cultural teachings to help with healing, support, anxiety, depression, anticipatory grief, and other types of grief as well. Members of the group are invited to share methods and ideas they are using in their communities, or request help and ideas from others.

The hope is that this can be a place to share and support one another through these challenging times of worldwide pandemic. Please feel free to join the group and contribute your knowledge and ideas, as well as learn from others.

Subscription: johnnava649@gmail.com

Mission Statement – John Navarro

Wellbriety Response to Covid-19 Team of Native Americans who promises to provide our Nations Native American Communities is a monthly Newsletter with articles pertaining to the Coronavirus Epidemic. The Newsletter shall provide information of the epidemic to our Elders and Northern and Southern Native Americans that are without electronic means to receive important Pandemic information. Our primary purpose of our newsletter is providing valuable information, current event, and lessons learned.

Pandemic Stress – Jennifer Fuentes
Apache, Mayan, Adopted Tlingit and live in Unceded Cosalish Territory, WA State

With the impact of this current pandemic stress is running high which had resulted in increased household violence. Please reach out if you are experiencing

violence in your home. Please call your States Indian Health Center's Counselor for help.

Our Native People in Prayer



Wherever you may find our people in prayer, hear them. Bless our people's prayers offered wherever they pray... Asking for comfort, strength, courage, dignity... forgive us, for some people are afraid and have spoken words which cannot be taken back, guide us through these times. Protect us from the unseen things which may harm us... especially ourselves, our fears and anxieties seem overwhelming at times...causing our own turmoil and strife... Thank you for being with us since the beginning of time up until now, continue to be with us tomorrow... you know our history, circumstances, situations, stories, bless us we can hear good news from family and friends... so we can hear testimony of your holy spirit from relatives in all four directions...bless our life stories with your miracles...Thank you for this lifetime granted to us through your mercy... asking for life for our people, all people, we are only human beings... may god's love be with us now and forever... Life is for living... not for dying... (Lee Whiteplume)

Elder's Meditation of the Day May 11

"[The Old People] would gather words as they walked a sacred path across the Earth, leaving nothing behind but prayers and offerings." -- Cleone Thunder, Northern Arapahoe: Whenever we walk on the Earth, we should pay attention to what is going on. Too often our minds are somewhere else, thinking about the past or thinking about the future. When we do this, we are missing important lessons. The Earth is a constant flow of lessons and learnings which also include a constant flow of positive feelings. If we are aware as we walk, we will gather words for our lives, the lessons to help our children; we will gather feelings of interconnectedness and calmness. When we experience this, we should say or think thoughts of gratitude. When we do this, the next person to walk on the sacred path will benefit even more. My Creator, today, let me be aware of the sacred path.www.whitebison.org

Suicide prevention

Need help? Contact the 24-hour National Suicide prevention Lifeline, at 800-273-825 or 1-800-799-7233

Hidden Grief - Kseniia Kim
Colorado Springs, CO
Phone: 505-906-1705

Anticipatory grief or "Hidden grief" is a state of anxiousness or fear that we are anticipating the loss of someone we love or care for, even though it has not happened yet, a grieving before we need to grieve.



Basic Protective Measures - John Navarro

Although the Government is starting to open the country to a new normal. We would like to suggest, that the Native Communities continue practicing the existing stay safe guidelines. We believe that the Virus is still active and a second wave of infections may happen soon. Please follow the basic protective measures against the corona virus below:

- * Wash your hands frequently - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- * Maintain social distancing Maintain at least (6 feet) distance between yourself and anyone who is coughing or sneezing. Suggested to wear Face Mask and Gloves.
- * Avoid touching eyes, nose and mouth - hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.

Stay Strong and Stay Safe!



Native American Medicine Osha Root or Bear

Medicine: Bear Root used by most Native American in the valleys of North America, Osha root was highly regarded and crucial in the natives' everyday needs. Mostly found in the Rocky Mountains, the leaves from the roots were first used as food for Native Americans. Others decided to use them in a spiritual way by burning the leaves to protect themselves from bad spirits or omens. The root was known for its antiviral, antibacterial, antifungal, and anti-inflammatory benefits. Thank you, Lisa Bellanger, for the how to make Bear Root Tea instructions. **BEAR ROOT TEA:** Bring to a boil and then turn down heat to low and simmer, covered, for 15 minutes. Meanwhile, infuse one teaspoon bear/osha root per one cup boiling water, covered, for 25 minutes. Strain both the infusion and decoction, combine, and drink a cup of hot tea four to five times a day until symptoms pass. Boil and simmer tea.

The meditations are copyright of Coyhis Publishing and can also be found in the book, Meditations with Native American Elders: The Four Seasons at coyhispublishing.com, Kateri Coyhis kateri@whitebison.org 719-548-1000

From spiritual Leader- Sharyl WhiteHawk
St. Paul, MN - Lac Courte Orielles Ojibwe Tribe
Tribe/Reservation of Northwestern Wisconsin/Great Lakes Email: Sharyl_Whitehawk@aifc.net



Dennis Jones/Pebamibenais, says that, "This time of staying home is meant to be a fasting time. A time we go without and look inward and self-assess. Mother Earth will eventually right any imbalance. This virus is a sign of some of that righting imbalance. It's an early warning sign for us humans, as we are causing the imbalance. We must use this fasting time wisely to evaluate and change." The Red Direction People carry the teachings of the land and spirituality. We are meant to share that and take a lead in showing the world the path to balance and harmony with the earth and all creation.

Medicine Teachings -Sharly WhiteHawk/Elders



Cedar is a wonderful medicine used by many tribes. I am Ojibwe/Anishinabe and this teaching comes from one of our elders. I was recently told that with everyone feeling anxiety and fear due to covid-19, that one thing you can do is simmer some cedar branches in a kettle on the stove then add this tea to your bath. Washing with it will help ground and calm you. It is used in many ceremonies to wash off things you no longer want to carry. Also breathing in the steam from cedar simmering on the stove can help open your airways in your lungs. Cedar is a wonderful medicine used by many tribes. I am Ojibwe/Anishinabe and this teaching comes from one of our elders. I was recently told that with everyone feeling anxiety and fear due to covid-19, that one thing you can do is simmer some cedar branches in a kettle on the stove then add this tea to your bath. Washing with it will help ground and calm you. It is used in many ceremonies to wash off things you no longer want to carry.



Native Americans New Normal- John Navarro



Yakama Native, AIVA Color Guard Commander
Social Distancing to Native Americans is very disrespectful and a sign of hostility. Social Distancing is not a thing we practice in our culture; though our people have been placed in reservation, which is a form social distance. Our people have endured the separation in our own land by forming a Partnership with a New Normal Socialization among all Native Americans. Nevertheless, the Coronavirus has changed the manner we socializing within our own people due to our vulnerability of our people that suffer from asthma, heart disease, hypertension and diabetes. In addition, this is a lack health care and poverty among our people who live in the reservations and the nearest hospital is several miles away. Social Distancing is a good practice to keep our families safe from a deadly social disease. A HO

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