# Tribal plaintiffs win case against Treasury; Treasury enjoined by the D.C. District Court from diverting funds from Tribal Governments to Alaska Native Corporations

Treasury cannot distribute coronavirus relief funds meant for Indian tribal governments to for-profit Alaska Native Corporations because they are not Indian Tribes and do not have recognized governing bodies under federal law.

Lead Plaintiffs the Tulalip Tribes, the Confederated Tribes of the Chehalis Reservation in Washington state, the Houlton Band of Maliseet Indians in Maine and three federally recognized Indian tribes in the state of Alaska, won a major victory for all tribes today at the U.S. District Court for the District of Columbia. District Judge Amit Mehta granted the Plaintiffs' request

See **Plaintiffs** page 3

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# **Fulalip Tribes** 5406 Marine Drive Tulalip WA 98271

# John McCoy retires from Washington Senate after 17 years of effective lawmaking



Senator McCoy (center) with Swinomish chairman Brian Cladoosby (left) and Governor Jay Inslee (right) at the Olympia capital building. (Photo by Ted Warren)

By Micheal Rios

After 17 years of service in the Washington State Legislature, Senator John McCoy announced his retirement after submitting a resignation letter to Governor Jay Inslee. His retirement is effective Friday, April 17.

"It has been the honor of a lifetime to serve the people of the 38th Legislative District and our entire state," McCoy said in a Senate Democrats statement. "When I first came to the Legislature in 2003 as a member of the House of Representatives, I was humbled to represent such warm and vibrant people in Everett, Marysville and Tulalip.

"Through changes in committees, leadership roles, and even chambers over the course of my legislative career, it was always an immense privilege to represent my neighbors," continued McCoy. "Thank you for trusting me with such an important job – elevating your voices and building a state where every one of us can thrive."

The Tulalip tribal member and longtime Democratic lawmaker leaves behind a legacy of steady leadership and commitment to serving his commu-

# **Tulalip Tribal Government Employee Text Line**

Tulalip Tribal Government Employees can text

"Employee" to 30644 to receive updates



30644

The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

syəcəb, the weekly newspaper of the Tulalip Tribes

Reporter: Micheal Rios, 360.716.4198, mrios@tulaliptribes-nsn.gov Reporter: Kalvin Valdillez, 360.716.4189, kvaldillez@tulaliptribes-nsn.gov Tulalip News Manager: Kim Kalliber, 360.716.4192 kkalliber@tulaliptribes-nsn.gov Media & Marketing Manager: Sara "Niki" Cleary, 360.716.4202 ncleary@tulaliptribes-nsn.gov

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Deadline for contribution is Monday, with publication on the following Saturday.

In memoriam:

Frank F. Madison, 1923-2002 Sherrill Guydelkon, 1945-2008



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### **Plaintiffs** from front page

and enjoined the Department of the Treasury from distributing funds Congress intended for Tribal governments to for-profit Alaska Native Corporations (ANCs).

Plaintiffs filed suit on April 16, 2020 after the Secretary of Treasury indicated that he would use monies intended for Tribal governments to fund ANCs. The three Alaska co-plaintiffs are the Akiak Native Community, the Asa'carsarmiut Tribe, and the Aleut Community of St. Paul Island. The Plaintiffs subsequently filed an amended complaint to add the Navajo Nation, Quinault Indian Nation, Pueblo of Picuris, Elk Valley Rancheria, and San Carlos Apache Tribe.

The Coronavirus Aid, Relief and Economic Security Act (CARES Act) became law on March 27, 2020, and provides \$150 billion in direct payments specifically to states, Tribal governments, territories, and local governments for CO-VID-19 related expenses incurred through December 30, 2020. Of the \$150 billion, Congress allocated \$8 billion for direct payments to Tribal governments. In setting aside the funds for Tribal governments, numerous members of Congress noted the tremendous hardships that CO-

VID-19 has caused for Tribal governments.

In a 34 page opinion, Judge Mehta concluded that the Plaintiffs satisfied the four factors required to obtain equitable relief and noted that the Plaintiffs would suffer irreparable harm absent an injunction because, among other reasons, the \$8 billion of the COVID-19 Relief Funds Congress set aside for Tribal governments in the CARES will not be recoverable once they are disbursed. Turning to the Plaintiffs' likelihood of success on the merits, Judge Mehta held that "presently, no ANC satisfies the definition of 'Tribal government' under the CARES Act and therefore no ANC is eligible for any share of the \$8 billion allocated by Congress for Tribal governments."

Plaintiffs maintained that the only eligible recipients are the approximately 574 federally recognized Tribal governments that are recognized as eligible for the special programs and services provided by the United States to Indians because of their status as Indians. Disbursement of funds to ANCs would have significantly diminished the funding available for Tribal governments, which are providing critical services across the country to tribal members and their communities in response to the COVID-19 crisis. Such diminishment would have occurred at a time when other programs under the CARES Act are either unavailable to Tribal governments or have exhausted available funds.

Many Indian tribes, intertribal organizations, and members of Congress expressed written opposition to Treasury's inclusion of ANCs because ANCs are statechartered and state-regulated private business corporations, not Tribal governments as contemplated in the CARES Act. Other tribes later filed two similar lawsuits, and the Court consolidated these cases with the main case. Chehalis v. Mnuchin.

"The Chehalis tribe is pleased that the court saw what was obvious to many of us. Corporations have no place taking dollars that were allocated for tribal governments, period!", said Harry Pickernell, Sr., Chairman of the Chehalis Tribe. "This ruling will ensure that tribes and tribal members will reap the intended benefits that Congress envisioned in the CARES Act. This ruling will help tribal governments to lead in the aid and recovery of their people."

"We are pleased that the Court found in our favor. There was no question for us that the intent of Congress was to distribute these funds to Indian tribal governments. ANCs are neither Indian tribes, nor do they have recognized governing bodies that are responsible for providing essential governmental services to a tribal community," said Teri Gobin, Chairwoman of the Tulalip Tribes. "It is extremely unfortunate that some are promoting ANCs to be something they are not, at the expenses of tribes, and it is disappointing that the administration is promoting a position that equates these for-profit corporations with Indian Tribal governments," Gobin added.

Treasury represented to the Court that they would not be distributing these CARES Act funds until April 28, 2020, at the earliest, due to reasons unrelated to Plaintiffs' lawsuit. Congress had intended and required Treasury to distribute this funding to Tribal governments no later than April 26, 2020. Plaintiffs urge Treasury to follow the law and to disburse the desperately needed funds in full to tribal governments without further delay.

# **Tulalip Asset and Real Estate (Leasing)** Loan forgiveness and rent waived

# All regular May 2020 payments will be waived for tribal members only to assist during the Covid-19 pandemic

Current Rental Tenants: All Tulalip Tribes Asset & Real Estate (Leasing) tenants May 2020 rent is waived. This is rental forgiveness and no payback is required

Loan & Mortgage Holders: Home loans, rehab loans, land loans, HERAP loans, May 2020 payments are waived, no pay-back required. This is a loan forgiveness for the month of May 2020.

Existing Payback Agreements for Outstanding Debt: Payback agreements for existing debt or collectible debt are deferred for May 2020. Your balance will remain, but no may payment is required and no late fees will be charged

Questions: 360-716-4818, limited staff are working, we will respond as soon as possible.

# The Tulalip Housing rental and debt collection forgiveness

# All current tenants: rent is waived for May 2020, no payback required

# Former tenants w/debt:

Clients who owe collectable debt will be forgiven one month of debt, no payments need to be made for May 2020. Your usual payment will still be deducted from the overall debt, no payback required

# Programs eligible for rental forgiveness and debt forgiveness are:

- Low Income Rentals
- Tax Credit 1, 2,& 3, Mutual Help
- Finance
- · Refinanced
- Collectable Debt (former tenants who owe money)

Questions or assistance: Shirley Jones, 360-716-4447 shirleyjones@tulaliptribes-nsn.gov

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# McCoy from front page

nity. He brought a career in military service and years as a computer technician to his work at the Legislature, culminating in a lawmaker who effectively advanced economic development and equality of opportunity for his district. His work is characterized by tireless advocacy for Native American communities, expanded access to high-quality education, and environmental sustainability.

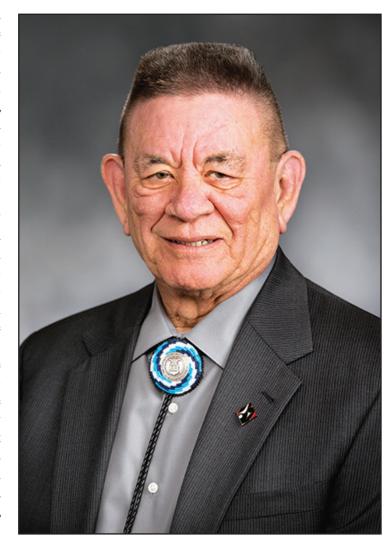
Reflecting back on what motivated him to pursue a political position, he recalled numerous issues in the way of Tulalip's economic development and then-Chairman Stan Jones simply saying, "Get the job done."

Before McCoy became one of the longest serving Native American legislators in the state's history, he led efforts to bring better telecommunication infrastructure to the Tulalip Tribes. He also helped bring to fruition the economic powerhouse that is Quil Ceda Village. This community triumph ultimately earned him the Puget Sound Business Journal's Executive of the Year award.

"Our elders of the late 1800s had a vision that in the northeast corner of the reservation there would be a giant trading post. They had the vision and we just had to get there," explained the Tulalip lawmaker on the inspiration behind the tribal-owned shopping hub that draws tens of thousands of visitors every day. "Quil Ceda Village allowed us to diversify our economic base while fulfilling that vision our elders had."

During his five terms in the Washington State House of Representatives, McCoy fought for students, for the environment, for a healthy economy and for tribal communities. He sponsored policy that expanded support for students struggling with behavioral and emotional health needs, protected water rights and access, and integrated comprehensive tribal history and culture education into teacher preparation programs.

Senator McCoy pledged to get a bill passed so all students can learn first-hand about the 29 federally recognized indigenous nations in Washington State. He authored Senate Bill 5433 and in May 2015 Governor Inslee signed the bill into law, making it mandatory for schools to educate students about the history and governance of northwest coastal tribes. The State has since worked diligently with Native Nations to develop a first-of-its-kind curriculum, Since Time Immemorial: Tribal Sovereignty in Wash-





During a visit to Tulalip's Early Learning Academy, Senator McCoy listens intently to the joyful messages of a young student.

ington State.

"It is so important our kids become educated with an accurate understanding of the relationship between the tribes and the state. As the STI curriculum is implemented in school districts across the state, that understanding of our relationship continues to grow and improve," said McCoy.

After he was elected to the Washington State Senate, McCoy led victories like the passage of the Native American Voting Rights Act to expand voting rights access in tribal communities, and passage of a groundbreaking dental therapy bill to expand dental care on reservations. He also established Native American Heritage Day, honoring tribal history the day after Thanksgiving.

McCoy was elected by his colleagues to serve as chair of the Senate Democratic Caucus in 2016, and most recently served on the Natural Resources Committee, the Agriculture, Water, Trade and Economic Development Committee, and the Rules Committee.

His retirement will allow the now 76-year-old to focus on his health and enjoy full-time Elder status. McCoy said he looks forward to spending more time with his wife, three daughters, ten grandchildren and two great-grandchildren.

# COVID-19 Healthy Habits

By AnneCherise Jensen, Photos by Micheal Rios
Oftentimes people use the excuse, "I just don't have enough time" when it comes to achieving goals. Important goals like getting enough exercise, eating healthy and cooking nutritious meals are often put aside. Fortunately, during these unprecedented times, we have been blessed with an abundance of time to tackle these goals firsthand. Though we are not able to control things like our jobs and the economy, we can control our health by practicing preventative lifestyle choices.

For anyone reading this article, I challenge you to spend a couple hours a day practicing and developing healthy habits that will benefit you and your household. Not only will you feel better physically, but chances are you will feel better mentally as well. The best way to start, is to set small, tangible goals. Try one new habit every day. The more you do them, the easier and more natural they become.

# **Self-Discipline:**

In order to obtain and tackle goals, we must set in motion actions of self-discipline. Self-discipline is the ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it. However, this can often be the most challenging process. The upside is once you start to slowly tackle your goals, it tends to get easier



and easier. With trial, error and repetition, proactive healthy lifestyle choices will eventually become habits. Taking accountability for your actions, understanding failures are inevitable, and having the courage to stand back up again is a huge part of the process. Whatever you do, don't give up on yourself. If you can, find a support group of friends and family who will encourage you along the way. Encouragement from loved

ones will help keep you motivated and accountable. Remember, you CAN do this!

# **Regular Sleep Schedule**

A regular sleep schedule is extremely beneficial to our overall health. The CDC recommends 7-10 hours of sleep per night for adults. Even though staying up late and oversleeping can be tempting during this time, it is also a slippery slope to feelings of anxiety and de-

pression. A poor sleep schedule could lead to unwanted weight gain, increased sedentary behavior, and unwanted hormonal imbalances. Sleeping while it is dark out helps keep us on our natural, rhythmic, hormonal sleep schedule. For best sleep, put electronic screens down 60 minutes before bed and stretch for at least 15 minutes before lying down. Experimenting with a variety of essential oils / oil diffuser can also help





Continued on next page

Health \_\_\_\_\_

create a calm and peaceful night's rest. I personally like to put peppermint and eucalyptus oil on my forehead before going to bed, it helps me get a solid night's rest.

# **Organized Clean Spaces**

Cleaning your home is a great way to stay busy and optimistic during the quarantine closure. Not only that, but it can help ease feelings of depression and anxiety. Personally, it is a great way to help me destress. Having a clean space is a key to inviting a happy, peaceful and calm atmosphere into the home. It is important at this time, we are also keeping our homes as germ free as possible. We want to limit germ and viral interactions as much as possible to prevent illness. I challenge you to spend at least 30-60 minutes a day cleaning and/or organizing vour home.

# **Three Nutritious Meals a Day**

Now is the perfect time to pass on cooking skills to your children and loved ones. Practice making family meals together at home. Have meaningful conversations at the dinner table. Share favorite recipes with friends and family, it's a great way to stay connected. Try making twice the amount of portions so you have leftovers for the next day. Practice finding the perfect balance of fruits and vegetables, whole grains, lean proteins, dairy and healthy fats. For more details on a healthy diet, check out ChooseMyPlate.gov for USDA guidelines.

# Fresh Air + Sunshine

Opt outside! Enjoy the fresh air and sunshine while getting a healthy dose of Vitamin D. Many of us who live in Washington State tend to have a Vitamin D deficiency. Now more than ever is the perfect time to soak up all the extra sunshine and replenish those low levels. Vitamin D/sunshine is great for mental clarity, healthy skin, and strengthening our bones. Though many local parks and trails are closed, we are free to explore areas in nearby neighborhoods. Take a walk in the woods, explore nearby beaches that are open, and remember to stay six feet away from others.



# **Physical Activity**

Physical activity really is the best medicine! Physical activity helps boost the feel good hormones in our brain, helping us feel more content and happy. Physical activity can also help us sleep better while preventing us from a wide variety of chronic diseases. The CDC recommends 150 minutes a week of brisk physical activity and at least two days a week of activities that strengthen muscles. Activities you could do at home include going on a walk, gardening, foraging, playing with your kids, home improvement projects, online fitness classes, yoga, walking your dog and even organizing/deep cleaning can count! If interested in online fitness classes, check out the YMCA online page for a wide variety of classes, from easy to moderate levels. www.ymca360.org/

# Limit Sweets, Salts, Alcohol, Processed & Fast Foods

Too much of these foods can make us feel tired, groggy and even grumpy. Excessive amounts of sugar, salt, alcohol and unhealthy fats are bad for our health. Too much of these things could lead to weight gain, Type 2 Diabetes, Heart Disease, stroke and certain types of cancers. With the

Covid-19 virus lingering, it's important we limit these foods as much as possible to help keep our immune system healthy and strong. Our bodies are more resilient to disease when we feed them properly.

### **Drink Lots of Water**

Getting enough water every day is very important to our overall health. The CDC recommends we drink at least 8 cups (½ gallon) of water per day. Water is the healthiest beverage choice for many reasons. It helps eliminate toxins and unwanted bio waste lingering in organs. Water helps regulate the digestive system, lubricate the joints, regulate blood sugar, lowers body temperature when needed, maintains electrolyte balance and boosts overall energy. Try drinking at least one 1-2 cups of water with every meal to help keep yourself hydrated.

### **Limit Screen Time**

The average person generally consumes 7-9 hours' worth of screen time per day. However, the CDC recommends only 1-2 hours of screen time per day for teens and adults. Though it can be hard for many individuals working at home, try putting your phones and electronic de-

vices down as often as you can. Go outside and play, have a picnic, read a book, play a board game, or practice your favorite hobby instead. It's good for the brain.

# **Be Kind + Positive**

Practice gratitude, forgive, use positive language, encourage others, be intentional with your time. Share love, be loved and use loving words. These are scary times, the more joy and happiness we share with others, the easier we can all get through this TOGETHER!

Again, if you aren't already, I challenge you to fill your days with as many of these healthy lifestyle habits as possible. I promise, you won't regret it. If you would like help setting up healthy habits, need assistance with healthy recipe ideas, or would like some words of encouragement at this time, please feel free to email me at ajensen@tulaliptribes-nsn.gov I am available Monday through Friday, 9am–5pm.

\*\*This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Notices
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# **Court Notices**

TUL-CV-YG-2019-0410. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: C. A. G. G. TO: IVY AUGUSTINE GUSS, YOU ARE HERE-BY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on 06/18/2020 at 1:30 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: April 11, 2020.

Limited hours: The Tulalip Tribal Court and Probation will close for normal business operations to the public from April 1, 2020 to April 30, 2020. Security will be present at the court entrance to direct those needing assistance



#Essential4Kids

	ACTION	POINT OF CONTACT	PHONE	EMAIL
TRIAL COURT	Providing telephonic support, hearings will be held telephonically and accepting filings via email or regular mail	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes- nsn.gov
APPELLATE COURT	Providing telephonic support, hearings held telephonically and accepting filings via email or regular mail	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes- nsn.gov
TRIALS	Continued for twenty-one (21) days or through April 16, 2020. No Jury trials until May	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes- nsn.gov
HEARINGS	Telephonic or continued thirty (30) days at request of the parties or through April 16, 2020	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes- nsn.gov

CRIMINAL HEARINGS	Any essential criminal in custody hearings, including first appearances on mandatory arrest charges, shall be conducted telephonically.	Court Clerks	360-722-1697	CourtClerkStaff@tulaliptribes- nsn.gov
WELLNESS COURTS	Staff off-site – providing telephonic support	Wellness Coordinator	360- 913-0018	autzcook@tulaliptribes-nsn.gov
VICTIMS SERVICES	Staff off-site – providing telephonic support	TOCLA	360-716-4513 360-913-3433	jkerney@tulaliptribes-nsn.gov
YOUTH IN NEED OF CARE	Staff off-site – providing telephonic support— All hearings continued past April 18, 2020	Court Clerks	360-722-1697	CourtClerkStaff@tulaliptribes- nsn.gov
PROBATION	Staff off-site – providing telephonic support	Probation	360-716-4800	ProbationStaff@tulaliptribes- nsn.gov

PROTECTIVE ORDERS: If you need to file an emergency protective order please contact the Clerk of the Court at CourtClerkStaff@tulaliptribes-nsn.gov or TOCLA 360-716-4513; 360-913-3433 so that we can determine how best we can assist you. The court shall be alerted by email and will accept all court filings either via email at Court Clerk Staff CourtClerkStaff@tulaliptribes-nsn.gov, or via US mail sent to: Tulalip Tribal Court, 6332-31st Ave Ne, Suite B, attn.: Clerk's Office, Tulalip, WA 98271.

Child Protection Safety Concerns: If a person believes there is a concern about the health, safety and welfare of a minor child, they should contact the Region 3 Washington State Child Protection Services hotline at 1-866-829-2153.

# Kids Need All Adults to Report Abuse During COVID-19 Crisis

A resource for all adults describing signs of child abuse and where to report. Reporting child abuse and neglect is everyone's responsibility.

# Kids are Counting on All Adults to Protect Them

This means YOU! This resource is for any adult who interacts with a child. It outlines signs of abuse and neglect and where to report.

In times of crisis and economic instability, child abuse and neglect rates increase. However, reports of child abuse and neglect in Washington have declined dramatically.

Children are not going to school, activities, places of worship and other public places where adults look out for their safety and well-being.

### **Trust your Gut**

If something does not look safe, sound safe or feel safe – report.

# Making a Report is Asking for Help and Services

When you report, you are asking for a professional to help a child and their family. You do not need proof. You are not making an accusation.

### You May Be the Only Person to Act

If you reasonably suspect a child is unsafe - report.

Anonymous reports are accepted from anyone.

Anyone making a report in good faith is protected against civil/criminal penalty or adverse employment action. Your identity is held confidential and will not be revealed.

# Where To Report

24-hour/7 days a week Child Abuse/Neglect Hotline 1-866-363-4276 or 1-866-END-HARM If a child is in immediate danger, call 911.

# Some Signs a Child is Not Safe

### Physical abus

- Child appears frightened of the caregiver.
- Child has burns, bites, broken bones, bruising, black eyes or complaints of pain.
- Caregiver offers no explanation of a child's injury, the parent "blames" the child's behavior or personality for the injury. Ask yourself "Does the story match the injury?"

### Sexual abuse

- Child attaches very quickly to strangers or new adults in their environment
- Demonstrates unusual sexual knowledge or behavior for their age.
- Difficulty walking or sitting.
- Witnessing an adult inappropriately touching a child, watching pornography with a child or saying sexual things to a child.

### **Emotional Abuse**

- Child shows extremes in behavior: overly aggressive or compliant
- Appears emotionally unattached to caregiver and others.
- Caregiver constantly blames, belittles or berates the child and refuses to help the child when needed.

### Neglec

- Child begs or steals food, has severe poor hygiene or states that no one at home provides care.
- Witnessing a child using alcohol or other drugs.
- Highly stressful family situations and/or adults in home abusing alcohol or other drugs.
- Unlocked weapons or guns in the home.



# Tulalip Tribes Children's Advocacy Center

Phone: 360-631-7663 Email: childadvocates@tulaliptribes-nsn.gov

Thanks to Children's Advocacy Centers of Washington & Missouri Kids First for developing and sharing these resource

# Social Distancing Does <u>Not</u> Mean Isolation

### We Are Here for You

Legacy of Healing DV Advocacy and Safehouse is an essential business and is still offering social distancing compliant advocacy services during the COVID-19 tribal government closure.

Call 360-631-7663 to connect with an advocate.



If you have an emergency and you live on the Tulalip reservation call Tulalip Police at: 1-360-716-9911, if you live off the reservation and you have an emergency call 911.

# Other Resources

If you or someone you know is suffering, call for help.

-Strong Hearts Native Helpline: 1-844-762-8483 -Domestic Violence Services of Snohomish County: 1-425-252-2873

-National Domestic Violence Hotline: 1-800-799-7233

-National Suicide Prevention Lifeline: 1-800-273-8255

# Governor's Stay Home Order

"This prohibition shall not apply to individuals whose homes or residences are unsafe or become unsafe, such as victims of domestic violence. These individuals are permitted and urged to leave their homes or residences and stay at a safe alternate location."

https://www.governor.wa.gov/sites/default/files/proclamations/20-25%20Coronovirus%20Stay%20Safe-Stay%20Healthy%20%28tmp%29%20%28002%29.pdf

# How COVID-19 Could Affect Domestic Violence

 -Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.

-Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
-Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.

- -Travel restrictions may impact a survivor's escape or safety plan it may not be safe for them to use public transportation or to fly.
- -An abusive partner may feel more justified and escalate their isolation tactics.

# Tips to Help a Domestic Abuse Survivor During COVID-19

- Ask them how they would prefer to connect
- Be supportive and believe in them- "You are not alone. I care about you, and I'm here for you, no matter what."
- Help them think through how to stay safe during COVID-19- "Let's develop a safety plan"

# What Is a Safety Plan?

A safety plan is a personalized plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety plans include how to cope with emotions, tell friends and family about the abuse, take legal action and more.

Personalized safety plan options are available athttps://www.thehotline.org/help/path-to-safety/



# Ballots must be signed and returned by May 11 at 4:00PM

- Ballots must be mailed or,
- Dropped off at the UPS store (8825 34th Ave NE, Tulalip WA 98271).
- · A pre-stamped envelope will be included in the ballots packet, no postage needed

# **Election results announced**

May 12, 2020 at 1:00pm through Tribal media and iAmTULALIP.com

# **Election of officers**

· Officers will be voted on at the rescheduled Annual General Council Meeting

