

March
2020

Penobscot Nation Community Flyer



**PENOBSCOT NATION TRIBAL COUNCIL
MONTHLY MEETING
TUESDAY, MARCH 10th, 2020 4:30 P.M.
AGENDA**

A. ADMINISTRATION:

- 1-Welcome & Opening moment of silence
- 2-Reading of Oath and Review of Agenda
- 3-Personnel
- 4-Andrew Dana-Administrative Update
- 5-Consideration of February minutes
- 6-Personnel Committee

RESIDENCY – TRIBAL CLERK

**Sierra Rose Moore-Marccus Sapiel
Michael R. Mitchell II-Jeanine Martinez**

B-Old Business

- 1- February Community Concerns Update

C-New Business

- 1) Northeast Timber Sale-Russ Roy
- 2) FY2020 10% Budget-Russ Roy
- 3) Taylor Brook III Timber Sale-Lakeville-Russ Roy
- 4) New Management Plan for Carrabassett Valley Tree Growth-Russ Roy
- 5) Annual General Meeting Agenda Items

6:00 COMMUNITY CONCERNS

CHIEF/COUNCIL

**Fax 817-7482 or
827-6042**

7350-Kirk Francis
Tribal Chief
7308-Mark Sockbeson
Vice Chief

860-912-4249

7349-Mary Settles, Exec Sec

Tribal Ambassador

7306- Maulian Dana

TRIBAL CLERK'S OFFICE

Fax 827-1136

817-7351 - Linda Socoby

817-7319 -Faye Lawson

FINANCE DEPARTMENT

Fax: 817-7309

7317-Director-Andrew Dana

7311-Angie Brown,Trust Fund

7313-Cindi Marley-Acct. Tech

7314-Edwina Mitchell – A/P

7315-Vivian Barlow,Payroll

7318-Robin Fisher-Staff Acct.

FIRE DEPARTMENT

Dispatch- 817-7358

FITNESS CENTER

827-8012 – Paul Dow

GRANTS & CONTRACTS

Fax 827-1139

7301-Diana Love
Grants & Contracts Coord.

HOUSING DEPARTMENT

Fax 817-7384

7372- Mike Bush, Director

7370-Lisa Pardilla,Recpt.

7371-Sonya Easley

7375-Andy Sockbeson
Maintenance

HUMAN RESOURCES

Fax 817-7463

7312-Lloyd Bryant

Human Resources Specialist

7343-Catha Lewey-Admin.Asst.II

HUMAN SERVICES/SOCIAL SERVICES

Fax 817-3166

817-3165x1-Michael Augustine
-Director

817-3165x7-Natasha Fields

817-3165x6-Kristina Small

Child Welfare Case Manager

817-3165x4Clarice Chavaree, G.A

659-0217 Elisha Sockbeson

FamilyViolence Prevention-Coord.

INDIAN HEALTH SERVICES

Fax 817-7459

(Medical Records 817-7453)

7440-Candy Henderly-Director

7404-Nicole Fields-Asst.Director

7430-Brittany Fields-Front Desk

7400-Carter Cates Front Desk

7403-Patty Martin

7406-Conference Room

7415-April Ewer/Julie Dow

7416-Med Asst

7417-Karen Vargas-Lab Tech

7435-Dave Butler, Pharmacy

7479-Becky O'Neil,Med.Asst.

7439-Heather Lincoln Med. Asst.

7426-Abbey McCarthy

7433-Margo Downing, Nurse

7480-Case Mgmt

7441-Shannon Sapiel

(Fax 817-7459)

I.H.S. BILLING

7401-Tricia Stewart

7428-Lisa Mitchell

I.H.S. I.T.

7484-Nick Rossignol

I.H.S COUNSELORS

7469-Brooke Loring

7411-Velena Lamson-

Admin Secretary

7422-Marie Mitchell

7423-Christine Paul

7424-Elizabeth McConnon

7425-Dale Lolar

I.H.S. DENTAL

7429- Jessica Sockbeson

Dental Assistant

LEGAL DEPARTMENT

Fax-817-7463

7324-Mark Chavaree - Legal

**MAINTENANCE
PUBLIC WORKS**

7320-David Pardilla, Director

7321- Chris "Charlie" Francis

7323 -Frank Loring Jr.

Michael Jackson

Mark Fields

David Loring

Mike Neptune

Calvin Francis

Justin Francis

MUSEUM

827-4153 Jennifer Neptune

NATURAL RESOURCES

FAX 817-7466

7330-John Banks, Director

7331-Faye Lawson

7326-Rhonda Daigle-Water

7335-Charles Loring,Forester

7337-Dennis Stevens-Forester

7338-Sean O'Brien

7339-Russ Roy-Forest Mgr.

7340-Bill Thompson – Air Prog.

7341-Binke Wang, GIS

7360-Angela Reed, Water

7361-Dan Kusnierz, Wtr Mgr.

7363-Ben Simpson, Biologist

7377-Dan McCaw-Fish Passage

7381-Jason Mitchell,Water

7382-Jan Paul – Water

7395-Tim Gould, Warden Supv.

7392-Logan Pardilla Warden

PUBLIC SAFETY

Fax: 817-7485

DISPATCH 817-7358

7394-Michael Socoby

7391-Reserve Officers

7399-Vehicle Bay

TREATMENT PLANT

Fax: 827-7609

7385-Matt Pardilla

TRIBAL ADMINISTRATOR

Fax 827-6042

7302-Nick Francis-I.T.

7332-Sonya Dana-Grants

7477-Josh Woodbury

TRIBAL COURT

Fax 827-3430

827-3415 Rhonda Decontie

Clerk of Courts

827-3415 Shannon Smith,

Deputy Court Clerk

951-6261- Brianna Tipping

Case Manager

827-3415- Roy Bickford

Court Bailiff

TRUST SERVICES

Fax 827-6322

7378 Carole Binette-Director

7383-Millie Paul-Exec. Sec.

7379-Sparky Clark Land Coord.

YOUTH PROGRAM

659-3490-John Neptune

Penobscot Support Services**Penobscot Health Services**

817-6045 Eric Nicolar

951-4029 Eric Nicolar(cell)

INDIAN ISLAND SCHOOL

Fax 827-3599

827-4285

**EUNICE BAUMANN
ASSISTED LIVING CTR**

Lindsay Hammond

Manager

827-0968

Child Support/SocServ

Must Dial 817

Fax 817-3166

3165x1-Michael Augustine

Director

3165x3-Nastassja Francis

3165x3-Mali Dana

3165x5-Rhonda London,
Business Mgr

**CULTURAL HISTORIC
PRESERVATION**

7472-James Francis,
Director/Historian

7470-Gabe Paul

7471-Chris Sockalexis,THPO

7476-Carol Dana

DAYCARE CENTER

7461/7462- Naomi Neptune

Family Support Specialist

Renee Thibodeau

**DOMESTIC VIOLENCE
PROGRAM**

DV/SA Advocate

7448- Patricia Graffam

DV/SA Service Coord.

7446- Aline Michaud

7449- Jessica Sockbeson

Shelter/Housing Coordinator

24 Hour Crisis Hot Line

631-4886

ECONOMIC DEV.

7396-

**EDUCATION / CAREER
SERVICES**

Fax 817-7369

7348-Candi Ewer, Director

7345-Carlene Miller, Lrn. Ctr.

The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC's aggressive ongoing public health response is to prevent spread of 2019-nCoV in the United States.

What you should do

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. (www.cdc.gov/ncov)
- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
 - » Avoid close contact with sick people.
 - » While sick, limit contact with others as much as possible.
 - » Stay home if you are sick.
 - » Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
 - » Clean and disinfect surfaces and objects that may be contaminated with germs.
 - » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

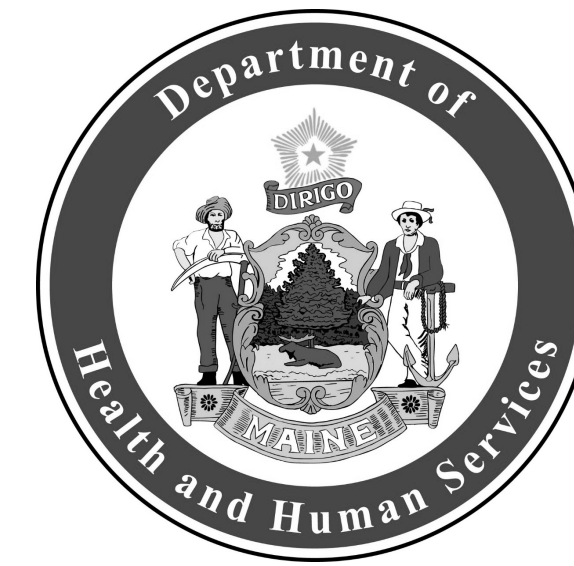
What you should not do

- **DO NOT** travel to China.
- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the **general U.S. public** to prevent the spread of 2019-nCoV.
- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

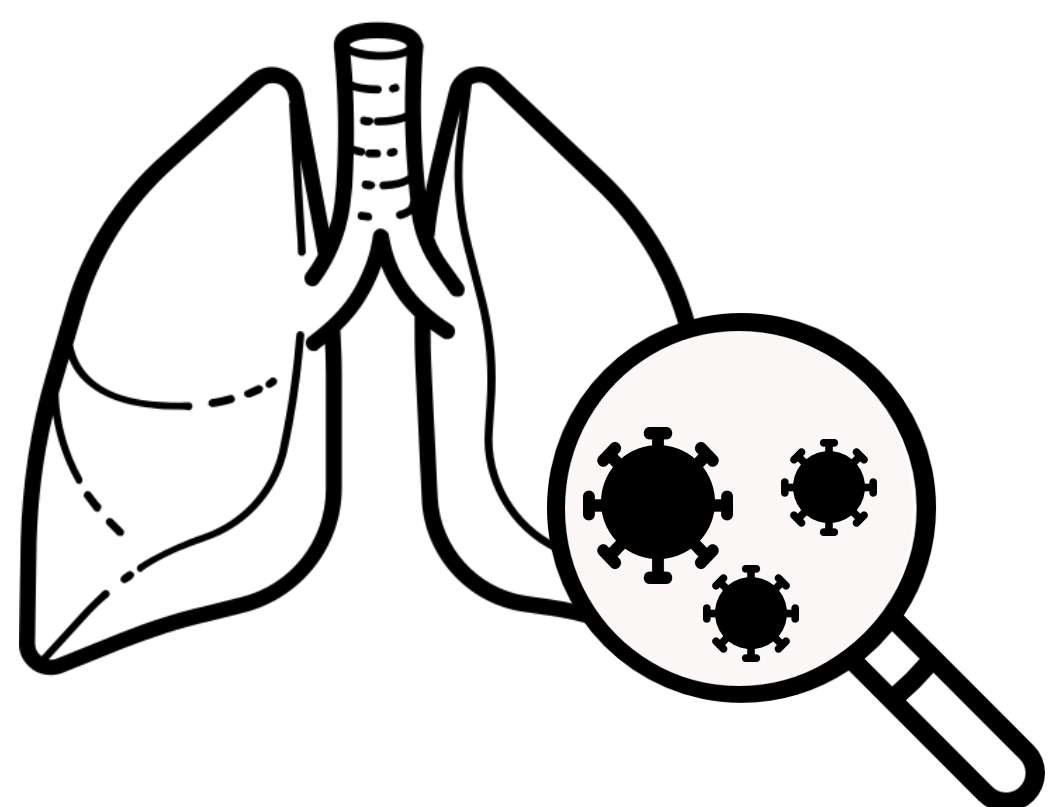
All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.



2019 Novel Coronavirus (2019-nCoV)



Fact Sheet



2019 Novel Coronavirus (2019-nCoV) is a respiratory illness. It is caused by a coronavirus.



2019-nCoV cases are very rare in the United States and occur in people returning from Wuhan, China.

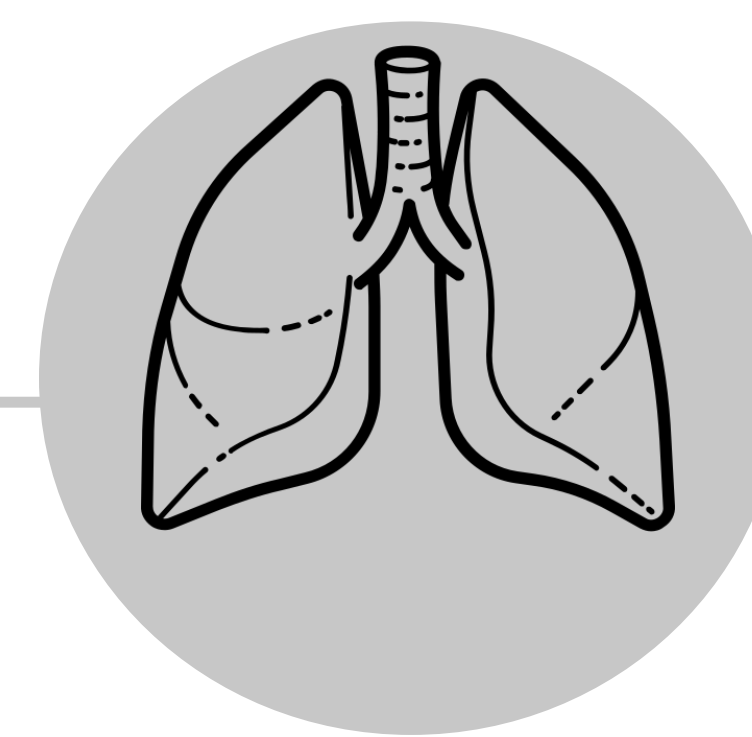
Common Signs and Symptoms



Fever

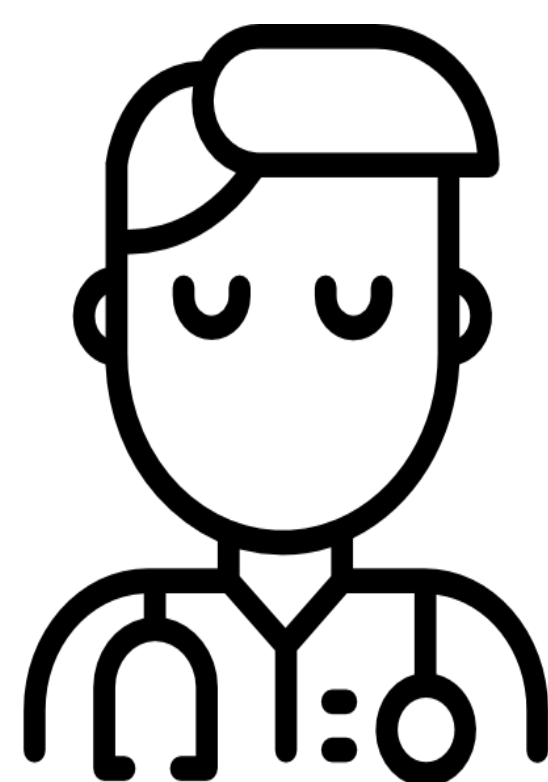


Cough



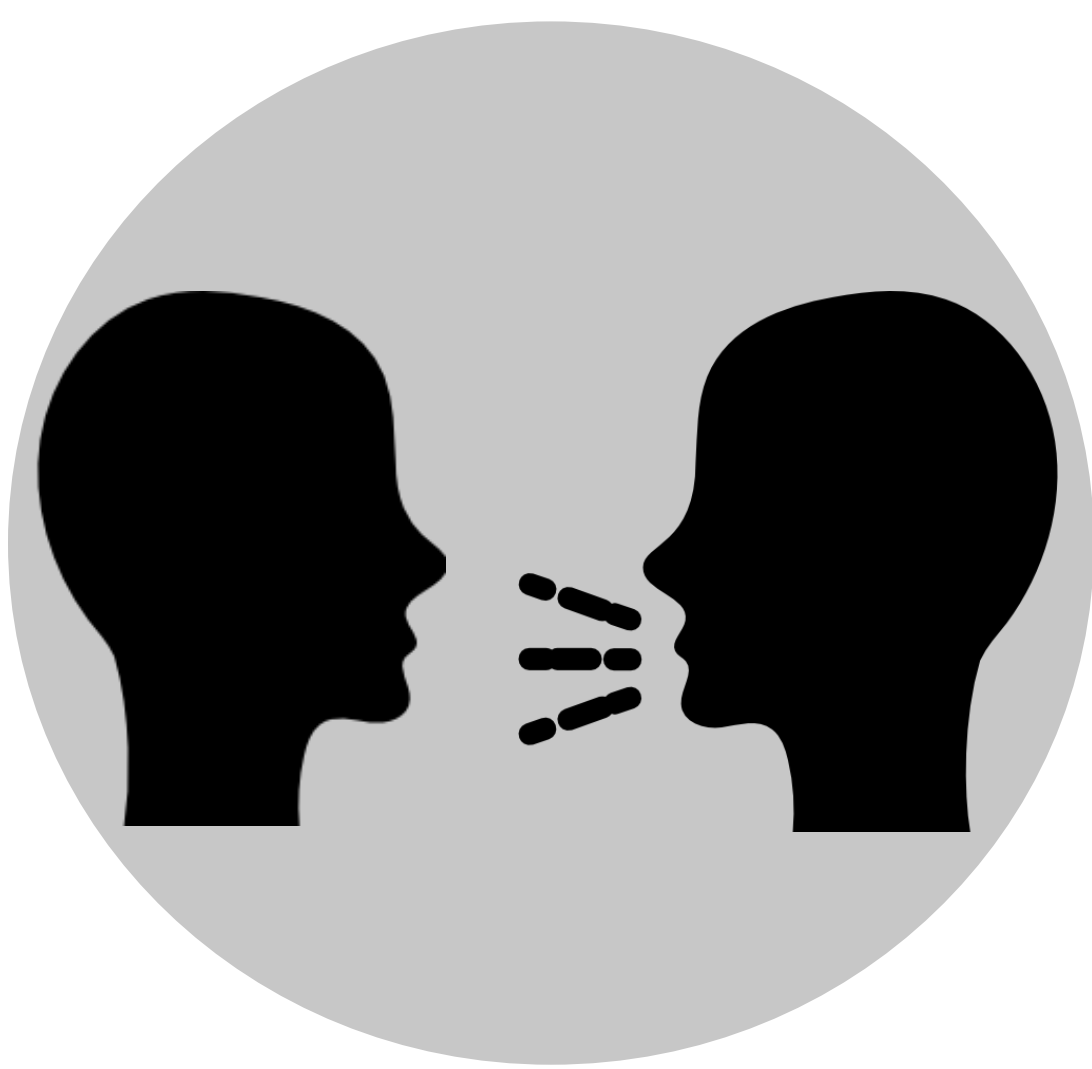
Shortness of Breath
and Trouble Breathing

Severe disease can cause pneumonia, kidney failure, and death.



If you have symptoms and traveled to Wuhan or had contact with an infected person, call your healthcare provider. Tell them your travel history and if you were around someone ill with 2019-nCoV.

Spread of 2019-nCoV

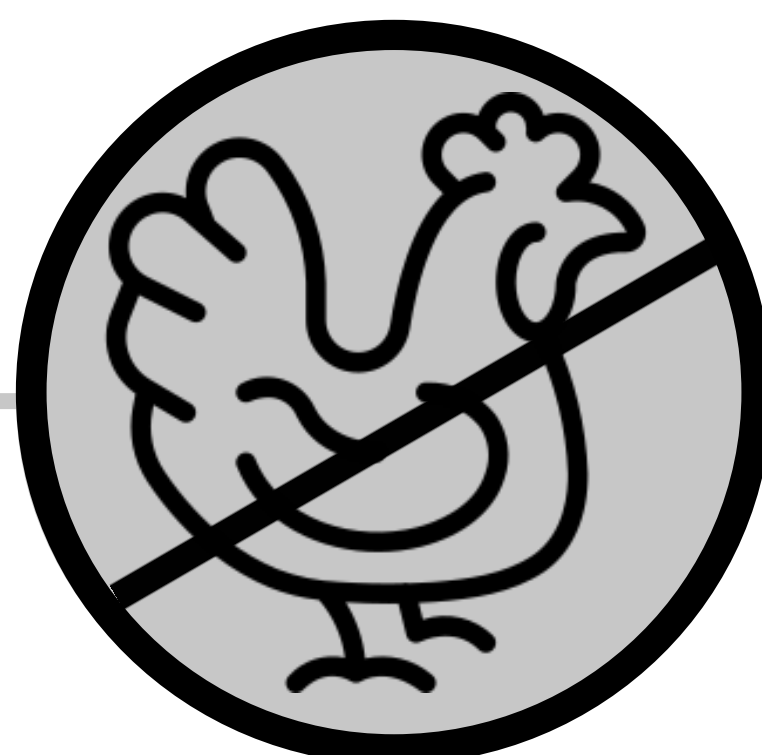


- The exact way the virus spread to people is not known. Early on in the outbreak, many patients had a link to a large seafood and animal market. This suggests animal-to-person spread.
- Limited person-to-person spread is occurring. It is not yet known how easily this virus spreads between people.

Prevention of 2019-nCoV for Travelers



Avoid contact with sick people.



Avoid animals (alive or dead) and animal products. This includes uncooked meat.



Wash your hands with soap and water.

Wash your hands for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. If you traveled to Wuhan and have the above symptoms, you should call your healthcare provider.

For More Information, Visit:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (U.S. CDC's Travelers' Health Page)

You can also call Maine CDC at 1-800-821-5821.

MUD SEASON GATES

As of

March 2, 2020

It's that time of year again; we will be closing mud-season gates over the next several weeks. We expect to have all the gates open prior to Memorial Day.

Alder Stream

- North Road Gate – Closed
- South Road Gate – Closed

Mattamiscontis & T2R8 (South Branch Lake Area) –

- The IP Gate at the Lincoln exit -Open
- Chain at the Railroad Track – Open
- Gate at the end of Seboeis Road – Open

Matagamon The Boy Scout Road Gate - Closed

T1R6 (Grindstone) – Gate on Route 11 – Open

Carrabassett Valley

- Both gates on the Carriage Road – Open
- Huston Brook Gate - Open
- Poplar Mtn Road – Open

Williamsburg (KI Tract) – Open

We update this information on the Natural Resources Web page under announcements <https://www.penobscotnation.org/departments/natural-resources/dnr-announcements>



MARCH 4 PENOBSCOT OPIOID EPIDEMIC COMMUNITY FORUM

Continuing by community request, these informal gatherings provide an opportunity to dialogue directly with healthcare professionals. Come discuss your questions, comments, and concerns in an open and engaging environment. Food/refreshments provided.

WED., MAR. 4
5-7 PM
OLD SENIOR
MEALS SITE

“HARM
REDUCTION
STRATEGIES:
NARCAN, NEEDLE
EXCHANGES, AND
OTHER PUBLIC
HEALTH EFFORTS”



**PENOBSCOT NATION
HEALTH DEPT**

23 Wabanaki Way
Indian Island, ME 04468
207.817.7400

<https://www.penobscotnation.org/departments/indian-health-services>

March

2020

Penobscot Nation Health Department

Monthly Clinic Calendar

Closures, Changes to Open Hours, Specialty Clinics,
Etc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 PODIATRY CLINIC (MEDICAL)	6	7
8	9 PHARMACY CLOSING AT 2 PM	10	11	12	13	14
15	16 LAB CLOSED (UDS/STAT LABS ONLY) →	17 ☘ →	18 →	19 →	20 → ALL WEEK	21
22	23	24	25 ORTHO DAY (DENTAL)	26	27	28
29	30	31				



Tired of being stuck in the house?

c
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o

Doors open 4 PM

Games start 5 PM

Basket Bingo!!

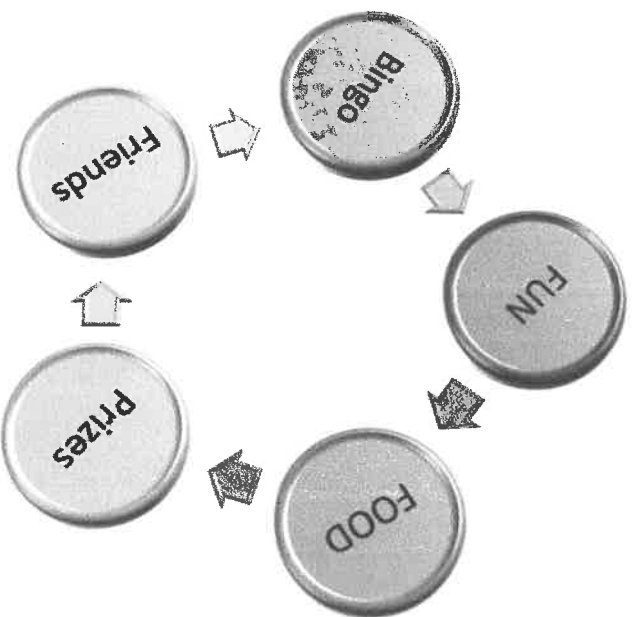


Want to have fun?

come to

March 20th
@ Senior lunch site

To donate a basket or food call
Patty 413-281-2014 or Caron 307-5164





SENIOR MEALS MARCH 2020 LUNCH MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Menu is subject to change without notice.</p> <p>1% Milk available at lunch time</p>	<p>2</p> <p>Oven Baked Scrambled eggs, bacon, hash browns, & yogurt</p>	<p>3</p> <p>American Chop Suey, green beans & fruit</p>	<p>4</p> <p>Oven Baked Ham & cheese sliders, Cole slaw, dill pickles & fruit</p>	<p>5</p> <p>Meatloaf, mashed potatoes, carrots, peas & fruit.</p>	<p>6</p> <p>Chef Salad, wheat bread & Dessert</p>	<p>7</p> <p>MARCH MADNESS! </p>
<p>8</p> 	<p>9</p> <p>Bacon Cheeseburger, French fries, green pepper, cucumber, tomatoes in dill dressing & fruit</p>	<p>10</p> <p>Baked Mac & Cheese, hot dogs, stewed tomatoes, peas, & fruit</p>	<p>11</p> <p>Corn Chowder. Tossed salad, & fruit</p>	<p>12</p> <p>Baked Chicken Dinner, mashed potatoes, cranberry sauce, carrots & fruit</p>	<p>13</p> <p>Toasted ham & cheese, carrot sticks, tomato soup, & dessert</p>	<p>14</p> 
<p>15</p>	<p>16</p> <p>Chicken stir fry, brown rice, & fruit</p>	<p>17</p> <p><u>St Patricks Day</u> Boiled Dinner, Ham, Potatoes, carrots, turnip, cabbage, & dessert. Fun Activities</p>	<p>18</p> <p>Boiled Dinner left overs, & fruit</p> 	<p>19</p> <p><u>1st day of Spring</u> Pork chops, mashed potatoes, spinach, pickled beets & fruit</p>	<p>20</p> <p>Chili, cornbread tossed salad, & Dessert</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>Haddock Sandwich with lettuce & tomatoes, pickle, & fruit</p>	<p>24</p> <p>Pasta & meatballs, tossed salad, garlic bread & fruit</p>	<p>25</p> <p>Baked beans, hot dogs, Cole slaw, bread & fruit</p>	<p>26</p> <p>Parmesan Crusted Chicken, Br rice, Broccoli, Cauliflower casserole, & dessert</p>	<p>27</p> <p>Minestrone soup, wheat bread & dessert</p>	<p>28</p> 
<p>29</p> 	<p>30</p> <p>Egg Salad sandwich with lettuce and tomatoes, cucumber, gr peppers, onions, in dill dressing</p>	<p>31</p> <p>Meat Lasagna, tossed salad, bread & fruit</p>	<p>4</p> 	<p>5</p> 	<p>6</p> 	<p>7</p> 



Senior Meals will be having a Boiled dinner on St. Patrick's Day, Tuesday, March 17th. Ham, potatoes, cabbage, carrots, turnip and dessert. We have some activities planned, but in order to participate you need to **dress up like a Leprechaun.**  Be ready to pose we will have a picture frame again to take pictures. 😊 We will also be selling 50/50 tickets the week of the March 9, through Mon March 17, and will draw the winner after lunch. One for a \$1, or six for \$5. We will have a gift giveaway basket drawing, for those who are attending the lunch.  Come on out for a day of laughter and fun. 😊

You're invited to the

Spring Fling Carnival

Food! Music!

Games!

And Prizes!

Come join us for a fun filled evening with friends and family to celebrate the first day of spring!

Where: Sockalexix Arena

When: March 21st 2020

Time: 12:00pm-3:00pm



PARADISE

FOR SALE

Thorofare Island, Greenbush , Maine



THOROFARE ISLAND: A 20-acre island in the Penobscot River in Greenbush, Maine. On Facebook.



FEATURES: Across from the Greenbush Boat Landing, sandy beaches, beautiful rock wall between islands, walking trails, campsites, main campsite includes camp and treehouse.



AMENITIES: Free firewood forever, firepit, horseshoes, rain barrel, furnished camp has sleeping for four, private bath with shower and composting toilet, screened-in porch.

\$ 30,000 - PRICE INCLUDES: 4 paddles, 8+ life jackets, screen tent, 14-foot aluminum boat and motor, boat trailer, miscellaneous tools and equipment.

For more information, call Cynthia LeMay (207) 944-8236



Rock wall