



## **Pueblo de San Ildefonso Bulletin** February 2022

### **Inside this Issue**

- Legislative Update
- Employment Opportunities
- San Ildefonso Housing Authority
- Transfer Station
- Senior News
- Tax Scam
- MCC Planning Meeting
- Environmental Job Training
- ASP Spring Activities
- Youth Council
- NNMC Summer Bridge Program
- Health and Human Services
- COVID-19 Response Team
- Teen Dating Violence Awareness Month
- Child Care Providers
- Tribal Colorectal Health Project
- Cancer Prevention Month
- CHR Program
- Dental Health
- American Heart Month
- Tewa Market & Fuel

### **Council Meeting Dates**

Wednesday, February 9, 2022 at 5:10 pm  
Wednesday, February 24, 2022 at 5:10 pm

Dates and Times are subject to change.

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### **Notifications**

If you are not yet signed up for the email, text, or call notifications and would like to be on the list to receive them, please call the Administration office and provide the information needed to sign up. These notifications will keep you up to date on any COVID updates, closures, or any important announcements.

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### **Office Closure**

All Tribal Offices will be closed Monday, February 21, 2022 in observance of Presidents day.

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***Happy Valentine's Day!***

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### **Contact Us:**

2 Tunyo Po, Santa Fe, NM 87506

Phone: (505) 455-2273

Fax: (505) 455-7351



# Legislative Update

## Council Work of 2021

The 2021 Tribal Council along with Governor Chris Moquino have completed much work including amending and updating the **Personnel Policy Manual, NPHA Dissolution, San Ildefonso Housing Authority (SIHA) Development** and more. The Council also passed many pieces of Legislation; many of which pertained to the development of the SIHA. Approved laws also include the **Master Land Use Plan Act, Waste Water System Project Land Designation Act**, and also laws pertaining to **San Ildefonso Services (SIS)** for C-Store improvements and Tax Subsidy. If you would like to view a list of approved resolutions, please contact our office.

## Enrollment

The 2021 Enrollment Committee began reviewing and working to revise the **1999 Enrollment Polices and Procedures**. The 2022 Tribal Council is continuing this work and holding monthly Enrollment Committee Meetings. The Council would like to involve the community in this process to gain input as this is a very important policy. The Enrollment Committee will be scheduling a community meeting in the near future and notice will be sent out. The community is encouraged to participate ask questions and provide input to ensure transparency within this policy.

## Council Meetings

Council Meetings are open for participation for tribal members via Zoom at this time. We encourage participation by members to be informed of updates related to projects, SIHA, COVID-19, and etc.

Please feel free to listen in by requesting the zoom log-in credentials from the Legislative or Governor's Office. You may also submit a request to Manager Brandi Martinez to be placed on an e-mail distribution list for Council Meetings. Informational e-mails include an agenda, minutes, and draft or supporting documents for any proposed legislation placed for discussion or action.

## 2022 Tribal Council

Tom Garcia  
Thomas Gonzales  
M. Wayne Martinez  
Michael Martinez  
Nichole S. Martinez  
Raymond Martinez  
Thomas Martinez  
Denise Moquino  
Nathan Sanchez  
Irene Tse-Pe

## Council Meetings

- February 9, 2022 at 5:10 p.m.
- February 24, 2022 at 5:10 p.m.

## Council Working Sessions

- February 3, 2022 at 5:10 p.m.
- February 15, 2022 at 5:10 p.m.

## Committee Meetings

- Enrollment—February 9, 2022 at 4:00 p.m.

## Legislative Office Contacts

Lt. Governor, Raymond J. Martinez  
(505) 455-4127  
[rjmartinez.tc@outlook.com](mailto:rjmartinez.tc@outlook.com)

Secretary, M. Wayne Martinez  
(505) 455-4113  
[wmartinez.tc@outlook.com](mailto:wmartinez.tc@outlook.com)

Manager, Brandi Martinez  
(505) 455-4150  
[brmartinez.tc@outlook.com](mailto:brmartinez.tc@outlook.com)



## Social Media

Visit the Tribal Council's Facebook Page @sanitribalcouncil or <https://www.facebook.com/sanitribalcouncil/> to view notices, surrounding are job postings, COVID-19 resources and information and etc.

*With the recent surge in COVID-19 virus and variants rising, we remind all to be cautious, disinfect, wash hands, sanitize and avoid unnecessary travel and Gatherings. Community effort will help to slow the spread of the virus during the pandemic.*

## Committee List

- Budget, Finance and Taxation
- Business & Economic Development
- Cultural Affairs
- Education
- Elderly Services
- Health & Human Services
- Housing
- Judicial & Law
- Legislative Issues
- Natural Resources
- Policies & Procedures
- Infrastructure
- Emergency Response/ Disaster
- Enrollment
- Tewa Language

## Council Committees

Council Committees operate within the Legislative Branch of Government and a committee may be established at any time, comprised exclusively of Council Representatives.

Committees are designed to work and focus on topics pertaining to a specific category. The roles and responsibilities differ with each category depending on the needs and components of each topic. All Councilors are dedicated to each committee and its priorities.

The Council will begin designating which Councilors will sit on and Chair each committee for the 2022 year.

A list of Council Committee members will be available by request from the Legislative Office.



**2022 Council Meeting and Working Session Schedule**

	<u>Working Sessions</u>	<u>Council Meetings</u>
<b>January</b>	Tuesday, January 4, 2022, 5:10 p.m. Thursday, January 20, 2022, 5:10 p.m.	Wednesday, January 12, 2022, 5:10 p.m. Thursday, January 27, 2022, 5:10 p.m.
<b>February</b>	Thursday, February 3, 2022, 5:10 p.m. Tuesday, February 15, 2022, 5:10 p.m.	Wednesday, February 9, 2022, 5:10 p.m. Thursday, February 24, 2022, 5:10 p.m.
<b>March</b>	Wednesday, March 2, 2022, 5:10 p.m. Wednesday, March 16, 2022, 5:10 p.m.	Thursday, March 10, 2022, 5:10 p.m. Thursday, March 24, 2022, 12:00 p.m.
<b>April</b>	Tuesday, April 5, 2022, 5:10 p.m. Thursday, April 21, 2022, 5:10 p.m.	Wednesday, April 13, 2022, 5:10 p.m. Wednesday, April 27, 2022, 5:10 p.m.
<b>May</b>	Wednesday, May 4, 2022, 5:10 p.m. Tuesday, May 17, 2022, 5:10 p.m.	Thursday, May 12, 2022, 5:10 p.m. Wednesday, May 25, 2022, 5:10 p.m.
<b>June</b>	Thursday, June 2, 2022, 5:10 p.m. Wednesday, June 15, 2022, 5:10 p.m.	Friday, June 10, 2022, 12:00 p.m. Tuesday, June 28, 2022, 5:10 p.m.
<b>July</b>	Wednesday, July 6, 2022, 5:10 p.m. Wednesday, July 20, 2022, 5:10 p.m.	Tuesday, July 12, 2022, 5:10 p.m. Tuesday, July 26, 2022, 5:10 p.m.
<b>August</b>	Wednesday, August 3, 2022, 5:10 p.m. Wednesday, August 17, 2022, 5:10 p.m.	Thursday, August 11, 2022, 5:10 p.m. Thursday, August 25, 2022, 5:10 p.m.
<b>September</b>	Wednesday, September 7, 2022, 5:10 p.m. Thursday, September 22, 2022, 5:10 p.m.	Tuesday, September 13, 2022, 5:10 p.m. Thursday, September 29, 2022, 12:00 p.m.
<b>October</b>	Wednesday, October 5, 2022, 5:10 p.m. Wednesday, October 19, 2022, 5:10 p.m.	Thursday, October 13, 2022, 5:10 p.m. Thursday, October 27, 2022, 5:10 p.m.
<b>November</b>	Thursday, November 3, 2022, 5:10 p.m. Wednesday, November 16, 2022, 5:10 p.m.	Wednesday, November 9, 2022, 5:10 p.m. Tuesday, November 22, 2022, 5:10 p.m.
<b>December</b>	Monday, December 5, 2022, 5:10 p.m. Tuesday, December 20, 2022, 5:10 p.m.	Wednesday, December 14, 2022, 5:10 p.m. Thursday, December 29, 2022, 12:00 p.m.

**Meeting dates and times are subject to change.  
Additional meetings may be scheduled as necessary.**



PUEBLO DE SAN ILDEFONSO  
Human Resources Office  
02 Tunyo Po  
Santa Fe, NM 87506

## EMPLOYMENT OPPORTUNITIES

Updated January 26, 2022

**Controller (Full Time)**

**Community Health Worker (COVID-19) (Part Time)**

**Curriculum Development Coordinator (Part Time)**

**Tribal Historic Preservation Officer (Full Time)**

*All Positions Open Until Filled*

**APPLICATION:** A job description and employment application are available in the Human Resources office or by emailing [karquero@sanipueblo.org](mailto:karquero@sanipueblo.org). The employment application is available on the website at [www.sanipueblo.org](http://www.sanipueblo.org). Preference is to please call ahead to schedule an appointment for in person assistance. Please feel free to call 455-4155 with any questions.



PUEBLO DE SAN ILDEFONSO  
Human Resources Office  
02 Tunyo Po  
Santa Fe, NM 87506

## JOB VACANCY ANNOUNCEMENT

January 13, 2022

The Administration has a full time Tribal Historic Preservation Officer position available.

**THPO:** Under the general supervision of the Governor or designee. This position promotes, protects, preserves and manages the San Ildefonso Tribe's Cultural Resources. This position must have knowledge of the Tribe's culture and a strong commitment to preserving it.

The Tribal Historic Preservation Officer (THPO) is responsible for the development and implementation of programs which promote and protect the Pueblo's culture and heritage resources in accordance with the requirements of the Memorandum of Agreement (MOA) with the National Park Service (NPS), and other federal laws and regulations.

**MINIMUM QUALIFICATIONS:** Bachelor's degree in Anthropology or related field. Minimum of two to four years of professional archaeological field work and/or cultural resource management experience. An MA or PhD in Anthropology or related field is preferred with 5 years or more field archaeological and/or cultural resource management experience.

Strong computer skills including databases, Microsoft Office programs, and knowledge of and experience with GIS

Knowledge and understanding of the National Historic Preservation Act.

Knowledge and understanding of the Native American Graves Protection and Repatriation Act.

Knowledge and understanding of the Archaeological Resources Protection Act.

Must be willing and able to travel as needed. Ability to perform quality work under pressure, meet deadlines, and maintain confidentiality

*Must have a valid Driver's License. and be insurable under the Pueblo de San Ildefonso vehicle insurance policy. Must have a favorable background investigation*

The Pueblo de San Ildefonso is an Equal Opportunity Employer. Preference is given to qualified Native Americans.

**APPLICATION:** Submit your resume and an application form to the Human Resources office by e-mail to [karquero@sanipueblo.org](mailto:karquero@sanipueblo.org); or by fax to (505) 455-7351. An employment application can be accessed at [www.sanipueblo.org](http://www.sanipueblo.org). An application or job description are available by contacting the Human Resources office. Call (505) 455-4155 with any questions regarding this position.

**DEADLINE FOR APPLYING:** Open Until Filled



**EIGHT NORTHERN INDIAN PUEBLOS COUNCIL, INC.**

327 Eagle Drive, PO Box 969

Ohkay Owingeh, NM 87566

[www.enipc.org](http://www.enipc.org) (to access application)

Submit applications to:

Desiree Hall/HR Specialist

[Desiree@enipc.org](mailto:Desiree@enipc.org)

505-753-6998 (Fax)

Or call 505-747-1593 ext. 110 for information

These positions are also posted on [indeed.com](https://www.indeed.com)

**Employment Opportunities as of January 18, 2022**

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**POSITION: Delivery Food Driver**

**PROGRAM:** Seniors San Ildefonso, NM

**STATUS:** Regular/Part Time/Non-Exempt

**BENEFITS:** No

**RATE OF PAY:** DOE

**EDUCATION:** High School Diploma or equivalent

**EXPERIENCE:** One year driving experience

**PREFERRED CERTIFICATES:** None.

Deliver meals to homebound elders. The successful candidate will be responsible for ensuring timely delivery of meals on specific routes, loading and unloading delivery vehicle and providing exceptional service to our elders

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**POSITION: Cook**

**PROGRAM:** Seniors, San Ildefonso Pueblo, NM

**STATUS:** Regular/Full Time/non-Exempt

**BENEFITS:** Yes

**RATE OF PAY:** DOE

**EDUCATION:** High School Diploma or GED

**EXPERIENCE:** One-year cooking experience. Foodservice preparation experience preferred.

**PREFERRED CERTIFICATES:** Food Handler's Card

Prepare a variety of food services items by following established recipes and procedures to ensure nutritional meals. Ensure all safety and food handling is in compliance with laws and regulations.

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## **SAN ILDEFONSO HOUSING AUTHORITY**

02 Tunyo Po, Santa Fe, NM 87506  
505-699-7586

Dear Members of San Ildefonso,

This letter contains important information about housing activity at the Pueblo.

The Northern Pueblos Housing Authority (NPHA) is being dissolved and on February 1, 2022, the newly developed San Ildefonso Housing Authority (SIHA), will assume responsibility for all housing activities including collection of and accounting for housing payments. SIHA's mission is to be a friendly, effective housing authority.

### Contact Information

SIHA's office is located in the former CHR building next to the DECP building. The mailing address is 02 Tunyo Po, Santa Fe, New Mexico 87506. We are currently acquiring land lines for the office, but for now our temporary phone number is 505-699-7586.

SIHA has hired me, Scott Beckman, to serve as Director of SIHA. Some of you may remember me from my work with NPHA from 2002-2016. It's nice to be working for you again. Please stop by the office and say hi when you're in the area.

Five Housing Commissioners have been appointed by Governor Moquino and Tribal Council to govern the organization in 2022. Contact information for the Commissioners are provided at the end of this letter. Please feel free to contact any of these SIHA leaders about any housing matter. They welcome your ideas.

The Board has discussed holding a community meeting or Open House to get better acquainted and answer your questions after COVID meeting restrictions are lifted. Until then, stay safe!

### Housing Records

I'm pleased to notify all housing residents that were previously managed by NPHA, that SIHA has arranged to have a complete and accurate record of your application, purchase, payment history and current payment and/or paid off/rights to conveyance and ownership status, transferred to SIHA.



## Housing Payments

NPHA is collecting and processing housing payments for January 2022. SIHA will collect housing payments for February 2022 and after. There are three ways to make your payment.

- Mail a check or money order to the office at the address provided above.
- Drop off a check or money order at the SIHA office.
- If there is no one at the office, you can drop off your payment with Jasmine at the Pueblo Administration office.
- We will be setting up credit/debit card payment and direct deposit payment options in the coming month.

## Home Conveyances

SIHA is aware that there are 18 residents who have paid off their homes and are waiting for their home title to be conveyed. We expect to hire a Housing Manager who will address this large backlog of home conveyances as a high priority.

## Housing Repairs

The Board of Commissioners and SIHA staff will be reviewing and updating SIHA policies, procedures, and responsibilities for home repairs in the coming months. In general, here's how we plan to handle housing repairs beginning on February 1, 2022.

- **Eligibility.** All home repair programs will remain subject to low-income eligibility requirements.
- **Emergency Repairs.** The Board of Commissioners has adopted Homeowner Emergency Program Policies and Procedures. Please e-mail [scott@sanihousing.org](mailto:scott@sanihousing.org) if you'd like to receive a copy.
- **Rental Repairs.** SIHA plans to inspect all rental homes and, subject to fund availability, make any repairs its obligated to make by the end of 2022.
- **Homeowner Repairs.** If you own your own home, you're responsible for repairs on your home. SIHA plans to conduct a needs assessment for all Pueblo housing in the coming year. The results of this assessment will be used to launch a long-term home repair improvement program for eligible homeowners. It will take about a year to gather information and begin to compete for grant funding to make home repairs on Pueblo homes. But this will become a regular program activity and we'll keep you informed of progress.

## New Housing Development

Our organizational plan for the coming year includes a strong emphasis on new housing development. More information about this program area will be provided in the near future.

## WE'RE HIRING!

SIHA has posted a job announcement for the position of Deputy Director. If you'd like more information, please e-mail me at [scott@sanihousing.org](mailto:scott@sanihousing.org).

SIHA will soon be posting a job announcement for the position of Housing Manager. We'd like to hire a Pueblo Member into this role. If you're interested in learning more about this position, please e-mail me at [scott@sanihousing.org](mailto:scott@sanihousing.org).

## SIHA "Start Up"

I'm very grateful for the support of Governor Moquino, Tribal Council, and the Board of Commissioners that has made it possible to set up a sovereign and locally-based housing authority for the Pueblo de San Ildefonso. And, I'll always be grateful for the dedication and friendship of former NPHA Housing Commissioner, Tim Martinez, for the vision and action he provided during this transition. It's been an impressive team effort by all, intended by all to serve you better.

To do this, SIHA needs your support, too. You can help us succeed by understanding that it takes a lot of work to set up a new housing authority to provide you with the housing programs and customer service you deserve. We should be done with a long list of "start up" activities by April 1, 2022. While these steps are being completed, we expect to be hearing from a lot of people about a lot of things. Please be patient while we listen and do our best to respond with a smile during a very busy first couple of months.

Respectfully,

Scott Beckman  
Director

# **SAN ILDEFONSO HOUSING AUTHORITY**

02 Tunyo Po, Santa Fe, NM 87506

505-699-7586

## **BOARD OF COMMISSIONERS**

Danielle Keener-Garcia

(208) 954-1326

Danielle.keener89@gaill.com

Victoria Martinez

(505) 660-1476

Povibaa@yahoo.com

Kevin Naranjo

(505) 506-8196

naranjokevinjames@gmail.com

Julie Sanchez

(951) 212-9652

Yo.povi87@gmail.com

Shannon Titla

(505)795-3807

Shannontitla@gmail.com



# Transfer Station News

## FEBRUARY HOURS

**TRANSFER STATION HOURS: THUR– MON 8:00am —5:00pm**    **CLOSED: TUES & WED**

SUN	MON	TUES	WED	THURS	FRI	SAT
<td></td> <td>1 CLOSED</td> <td>2  CLOSED</td> <td>3</td> <td>4</td> <td>5  Free Tire Day Buckman Recycling Santa Fe</td>		1 CLOSED	2  CLOSED	3	4	5  Free Tire Day Buckman Recycling Santa Fe
6  Free Tire Day Buckman Recycling Santa Fe	7	8 CLOSED	9 CLOSED	10	11	12
13	14 	15 CLOSED	16 CLOSED	17	18	19
20	21  <b>OPEN</b> 8am-5pm	22 CLOSED	23 CLOSED	24	25	26
27 	28	<b>Senior Trash Pick-Up: Every THURSDAY &amp; FRIDAY</b> Please have trash ready by 8:30 am				

### Buckman Road Recycling & Transfer Station Free Days

2600 Buckman Road    HOURS: 8:00 am to 4:45pm    (Let them know your Santa Fe, County)

## Free Tire Days

### FEBRUARY 5th and 6th

First full weekend of every month (Saturday and Sunday)

Limit: Eight (8) passenger tires per day

**REMINDER: The San Ildefonso Pueblo Transfer Station DOES NOT ACCEPT TIRES**

### Upcoming FREE DAYS at the Buckman Recycling & Transfer Station

MARCH 5th & 6th - FREE GREEN WASTE DAYS FREE TIRE DAYS



## RECYCLING BAGS ARE AVAILABLE

Recycling bags are now available and can be picked up at the Transfer Station.

\*\*\*Reminder to please EMPTY bag into Recycling bin. DO NOT THROW BAG IN BIN\*\*\*



## Please Dispose Trash Properly in appropriate bins



- Bagged Household Waste = **GREEN** Compactor Bin
- Recyclables = **WHITE** Recycle Bin
  - **No glass items, No trash, No food !!**
  - If you have your recyclables a plastic bag please dump items out in bin. If you need a list of what is recyclable and what is not accepted, please stop by for one.
- Metals = **GREY** Metal Bin
- Weeds and branches = Please dispose below the bins at the bottom of the hill.  
**Please DO NOT mix trash with weeds or branches.**
- **We DO NOT accept OIL or TIRES**

## ATTENTION COMMUNITY MEMEBERS!!

We have seen an alarming amount of loose needles in our waste bins.

If you use needles for any reasons, you are required to dispose of all needles, USED OR UNUSED, in a heavy duty plastic container before disposing in any waste bin.

CHR is available to assist you if you need a sharp medical container.

It is very important to dispose of loose needles properly, for the safety of our employees as well as the Waste Management employees.



**DO NOT THROW**



**loose needles in any trash can, bags or compactor!**

**Please dispose needles in a**

**PLASTIC CONTAINER and call CHR!**

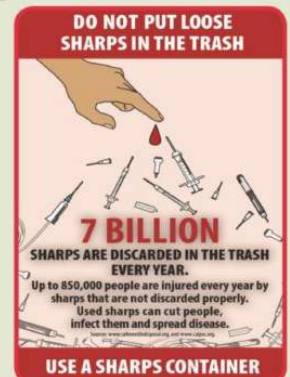
### IF YOU CANNOT GET AN FDA-CLEARED SHARPS CONTAINER, FOLLOW THESE GUIDELINES:

Use an empty household container with these features:



Discarding a household container:

- 1 Close lid and tape shut. Label container.
- 2 Bring container to a sharps disposal program.



**Transfer Station  
Contacts:**

Roberta Trujillo, Transfer Station Attendant (505) 250-8297  
Erin Y. Martinez, Transfer Station Supervisor (505) 455-4121



# Senior News

## **Senior Meeting**

Next meeting will take place via Zoom on Wednesday, February 16, 2022 at 10:30 am. The information will be available on the San I website under Seniors.

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## **Surplus Inkjet Cartridges**

The Pueblo has the following surplus inkjet cartridges that we wish to dispose of. Please call the Tribal Services Director at 455-4105 to claim (no charge).

HP 92, HP 93, HP 56, HP 45, HP 57, HP 564, HP 93. Epson 786 and one HP 83A LaserJet cartridge.

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## **Website**

We ask that you review the Pueblo's website: <http://www.sanipueblo.org>

There is a community calendar, Important notices, a section for seniors, Tourism inventory and program information and other things – explore.

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## **Senior Planters**

If you did not receive a self watering planter last year, let the Tribal Services Director (Stuart Christian at 455-4105) know that you would like to receive one. This offer is only open for Seniors. Reminder, if you do not want to re-use the planter this year, you can purchase tier replant kit at this website: <https://www.agardenpatch.com/replant-kits/>. It is \$10.95. Not necessary if you plan to use your own fertilizer.

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## **Internet**

Accounting is still taking requests for monthly Internet Reimbursements and/or set up. Forms are available at the Administration building. You must be a senior or a family with children going to school.

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## **Tribal ID's**

You can renew or get a new Tribal ID from Tribal Services at the Governor's Office. Adults \$10 for new or renewal. Under age 18 free. If living off of the reservation, you can send a headshot, your full name, address, phone, email and SSN and the Tribal Services Director can send the ID to you at that address.



**As tax season arrives, beware of tax scammers. If you receive a suspicious call, the best practice is to hang up. If you receive a suspicious e-mail, the best practice is to delete it. Verify with the IRS before making any form of payment.**

**Here are some examples:**

**1. 'We recalculated your tax refund and you need to fill out this form'**

These scam emails display the IRS logo and use subject lines such as "Tax Refund Payment" or "Recalculation of your tax refund payment." It asks people to click a link and provide their Social Security numbers, birthday, address, driver's license number and other personal information in order to submit a fake form to allegedly claim their refund.

**2. 'We're calling from the FDIC and we need your bank information'**

The Federal Depository Insurance Corporation insures bank deposits so that consumers won't lose all of their money if a bank fails. But it does not send unsolicited correspondence asking for money, sensitive personal information, bank account information, credit and debit card numbers, Social Security numbers or passwords. Scammers claiming to be from the FDIC are hunting for information they can use to commit fraud or sell identities.

**3. 'We'll cancel your Social Security number'**

In this IRS scam, the criminal contacts the victim and claims that he or she can suspend or cancel the victim's Social Security number.

"If taxpayers receive a call threatening to suspend their SSN for an unpaid tax bill, they should just hang up," the IRS says.

**4. 'This is the Bureau of Tax Enforcement, and we're putting a lien or levy on your assets'**

There is no Bureau of Tax Enforcement. Victims often receive a letter from the fake agency claiming that they have a tax lien or tax levy and that they had better pay the "Bureau of Tax Enforcement" or else.

**5. 'If you don't call us back, you'll be arrested'**

Criminals can make a caller ID phone number look like it's coming from anywhere — including from the IRS, the local police or some other intimidating source. But the IRS doesn't leave prerecorded voicemails, especially ones that claim to be urgent or are threatening. Also, the IRS can't revoke your driver's license, business licenses or immigration status.

**Look to the following websites for more information:**

<https://www.irs.gov/newsroom/tax-scams-consumer-alerts>

<https://www.nerdwallet.com/article/taxes/avoid-irs-scams>



Pueblo de San Ildefonso  
Museum and Cultural Center (MCC)

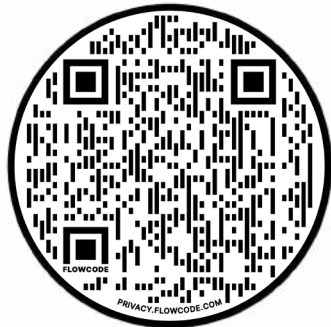
# MCC Planning Meeting

**Please join us as we work to wrap up  
the Planning portion of this project!**

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**Virtual Meeting**  
**Saturday, February 12**  
**9:00 a.m. - 1:00 p.m.**

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## [Link to Zoom](#)

ID: 643 555 0267

Password: MCC2020

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**\*\* Please RSVP by February 9\*\***

via [Email](#) or Text

*This meeting will be held in compliance with the current EO and CDC guidelines.*

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conducted by  
Barbara Felix Architecture + Design  
and the  
San Ildefonso Planning Group



Barbara Felix Architecture + Design  
*We create Women Architecture™*

Questions, comments, or more thoughts?  
Call us at 505-820-1555  
Text to 330-201-1134  
or email [sanimcc@bjfelix.com](mailto:sanimcc@bjfelix.com)



# ENVIRONMENTAL TECHNICIAN FREE TRAINING @NORTHERN



## ENTER THE EXPANDING ENVIRONMENTAL JOB MARKET!

### FREE NM ENVIRONMENTAL JOB TRAINING PROGRAM

The New Mexico Environmental Job Training Program is a **FREE five-week intensive training program** that provides training, skills and certifications needed to become an Environmental Technician. Instruction is provided through Santa Fe Community College's nationally-ranked EPA workforce development program.

#### Begin your environmental career with training in:

- General Hazardous Waste Site Worker (HAZWOPER)
- CPR and First Aid
- Forklift Operator
- OSHA Construction Standards
- Confined Space Entry and Non-Entry Rescue
- Solid Waste Management
- Hazardous Waste Management (RCRA)
- Phase I and Phase II Environmental Assessments
- Environmental Sampling
- DOT HazMat

Participants also will meet with environmental employers and Department of Workforce Solutions staff to provide guidance on résumé preparation and job interview skills.

Those who successfully complete the program are eligible for job placement assistance. Most entry-level positions offer benefits with an average starting wage between \$16 to \$19 per hour.

*Employers may require health screenings, drug testing and background checks.*

#### Participants must be:

- a high school graduate or have a GED
- 18 years or older
- unemployed, under-employed or low-income
- fully vaccinated for the COVID-19 virus
- able to lift 30 lbs.
- able to attend the entire five-week program

### NM ENVIRONMENTAL JOB TRAINING PROGRAM

Mondays - Fridays • 8 AM - 5 PM  
March 28 - April 29, 2022

Northern NM College  
921 N. Paseo De Oñate  
Española, NM 87532

APPLY NOW: [www.sfcc.edu/programs/  
environmental-job-training](http://www.sfcc.edu/programs/environmental-job-training)

### FOR MORE INFORMATION

Janet Kerley  
janet.kerley@SFCC.EDU  
(505) 428 1866

Cecilia Romero  
(505) 692-3430

*This project is funded by an EPA Environmental Job Training grant. Sponsors & partners include:*





# **ASP Spring Activities: Resumes February 7th!**

True Kids NM : Comic Book Making and Film Making

Tewa Classes

Social and Emotional Learning (SEL)

STEM Activities

Arts and Crafts

Book Club

**4 Spaces Left**

**K-12 Grade accepted**

Your child/ren must have received at least one COVID-19 Vaccine and provide proof

**Questions:**

Contact Rick Juliani,  
Education Director at  
505-455-2635

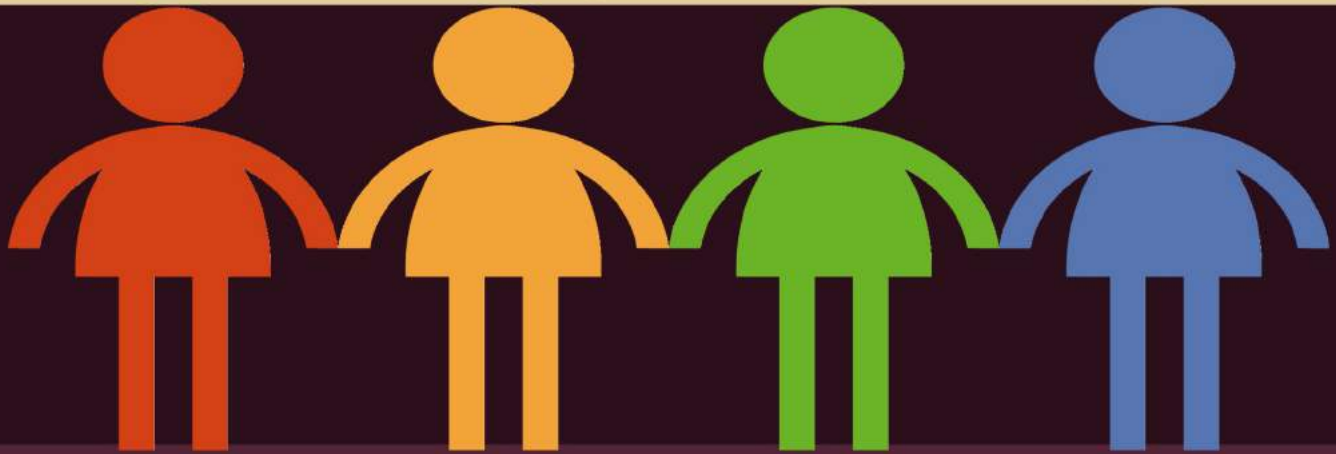


Are You Interested to Join

# Youth Council?



**Let's Join Today & Make a Difference**  
**13 years old and up**  
**Tribal/Community Members only**

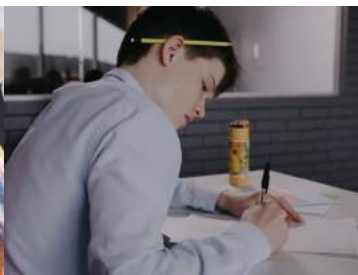


**Make Your  
Voices to be  
Heard**

**There will be a Zoom  
Meeting**

**February 15th,  
2022 @ 5:30pm**

**Contact Aaliyah at  
[agonzales@sanipueblo.org](mailto:agonzales@sanipueblo.org) for Zoom  
information!**



NORTHERN  
New Mexico College



Free

FAST-TRACK TO SUCCESS

# SUMMER BRIDGE PROGRAM

*We're now accepting students for summer 2022!*

**JUNE 6 - JULY 14, 2022**

Join us for a dynamic 6-week program that focuses on gaining the Math & Writing skills needed to enter college-level courses in the fall. All text books and school supplies will be provided at no cost to participants.

Interested?

Contact Kristy Alton  
[kristy.alton@nmmc.edu](mailto:kristy.alton@nmmc.edu)  
(505) 423-2321

Recommended for

\*Recent HS grads

\*HSE Recipients

\*College bound

Sophomores & Juniors





## FAST-TRACK To SUCCESS SUMMER BRIDGE PROGRAM 2022 Application

PERSONAL INFORMATION			
Full Name: _____			
Address: _____	City: _____	State: _____	Zip: _____
Email Address: _____			
Date of Birth: _____	Gender: <input type="checkbox"/> M <input type="checkbox"/> F		
Home Ph: _____	Work Ph: _____	Cell Ph: _____	

EDUCATIONAL INFORMATION	
Please indicate the following information:	
<input type="checkbox"/> Current High School Student	Graduation Date _____
<input type="checkbox"/> Current NORTHERN Student/Dual Credit Student	Northern Banner ID _____
<input type="checkbox"/> HEP/ABE Student	GED Date _____
<b>Placement Test Information</b>	
These tests are optional; if you have taken one or more, please indicate which one(s).	
What placement tests have you taken? <input type="checkbox"/> ACT <input type="checkbox"/> SAT <input type="checkbox"/> Accuplacer	
HiSet Math Exam Score _____	HiSet English Exam Score _____

This section to be completed by a high school counselor or principal (if you are a 2021 HS graduate)	
Student Name: _____	
High School Name: _____	
Algebra II Grade: _____	Senior English Grade: _____
GPA: _____	Graduation Date: _____
Signature of School Official: _____	
Name and title of School Official : _____	

Application Submission Deadline: April 29, 2022 • Dates of Program: June 6-July 14, 2022

To submit your application, email your application to: [kristy.alton@nnmc.edu](mailto:kristy.alton@nnmc.edu)

Student Signature \_\_\_\_\_ Date \_\_\_\_\_



# Pueblo de San Ildefonso Department of Health and Human Services



February 2022



## INSIDE THIS ISSUE

- Counseling Services .....1
- Heart Health Month.....2-4
- Hypertension.....5-7
- HHS Upcoming Podcast Episodes.....8
- COVID-19 Response Team News.....9-16
- ICWA Program News—Teen Dating Violence...17
- CHR Program News... .....18



## Counseling Can Help



**Experiencing Holiday Stress?**

**The COVID-19 pandemic getting to you?**

**Having a difficult time coping with grief and loss?**

**Struggling to deal with past traumatic experiences and a history of Adverse Childhood Experiences (ACES)?**

Behavioral Health services through Circle of Life Behavioral Health Network is open for mental health, behavioral health, and substance use/misuse related challenges for all community members. Talking to others is always helpful and talking with a professional therapist can really help – especially during this difficult time.

Call (505) 852-1377 and make an appointment to meet with a therapist to see if counseling can help you or your loved one. Sometimes it’s possible that you can’t wait. If you or someone you know is having a mental health crisis, call **1-800-273-8255** for the **National Suicide Prevention Lifeline**.

You can also text **HOME** to **741-741** for free, 24- hour support from the **Crisis Text Line**.

**Give time and attention to all your health needs: spiritual, physical, emotional, and psychological.**

**PUEBLO DE SAN ILDEFONSO  
DEPARTMENT OF HEALTH AND HUMAN SERVICES**

# Mental & Emotional Health

*Pueblo de San Ildefonso - Prioritize your well-being  
If you need assistance, Please contact us.*

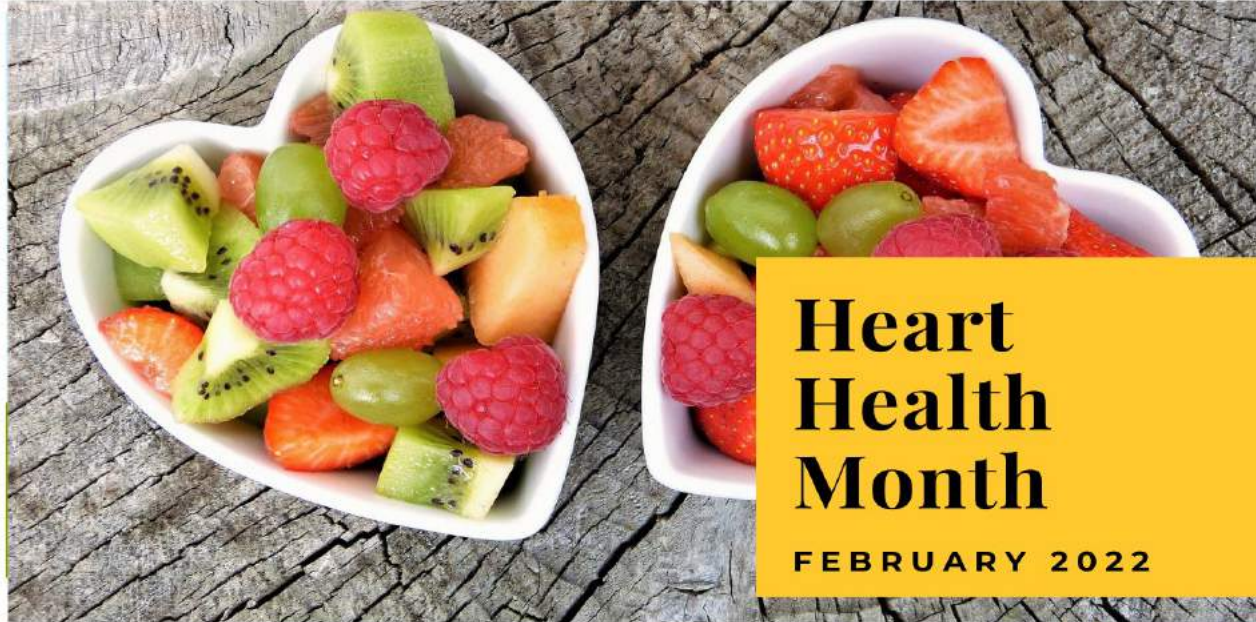




**Pueblo de San Ildefonso**  
**Department of Health and Human Services**  
**February 2022**



SAN ILDEFONSO PUEBLO



# Heart Health Month

FEBRUARY 2022

## Simple Skills San Ildefonso Pueblo to Improve Heart Health

by LaDawn Yazzie

As part of American Heart Month, the Health and Human Service of San Ildefonso Pueblo would like to focus on your heart and ways to improve your cardiovascular health.

One of our body's complex and important organs of the cardiovascular system is the heart. The heart works with a network of blood vessels to ensure blood is continuously circulating blood throughout the body.<sup>1</sup> Weighting less than a pound and about the size of an adult clenched fist, this organ will receive blood from the body and send it to the lungs and the rest of the body.<sup>1</sup>

When this process is working correctly, the body gets a great supply of oxygen and nutrients from the blood, and blood also gets rid of waste and carbon dioxide.<sup>1</sup> When the heart receives high amounts of saturated fat (animal), alcohol, or sodium in the bloodstream, it will struggle to move blood throughout the body. This results in overworking the heart, which in turn forcefully pushes blood through the body's small arteries and veins. This will cause hypertension or high blood pressure.

### Content

- 01 American Heart Month Stories
- 02 Health Concerns Tools Modification



BULLETIN



# Pueblo de San Ildefonso Department of Health and Human Services



February 2022

*Diabetes is common in the Southwest region of the United States."*

## Native American Heart Health Concerns

In a report, the American Heart Association (AHA) found risk factors and interventions that aim to reduce the risk of cardiovascular disease (CVD) in Native people. In this report, the main cause of the irregularly high rate of heart disease in Native Americans was caused by the negative effects of diabetes mellitus. 2 In 2018, diabetes was found to impact about 24% of certain ages groups in Native Americans and about 8% in Anglo people. Another shocking statics shows diabetes is common in the Southwest region of the United States (including New Mexicans), where it impacts 72% of Native women between the ages of 45 to 74 years. 2



## Making Lifestyle Modifications

Many people can find it difficult to make changes to their daily lifestyle, here at the HHS we could focus on changing eating behavior. One advice that has help individuals to feel better about their food choices has been to stop worrying about what is considered "good or bad" types of food. Instead, why not listen to your body?

Tips that have been shown to help build a healthy relationship with food are to eat slowly and mindfully. 2,3,4 For example, at your next meal, take some time to identify the food textures in your mouth, next what flavors are given off from the time you began chewing and towards the end? What flavors do you taste? Did you notice the colors of the meal you are eating? As you are eating slowly, do you notice the aroma or the smells of your dish? Finally, it is very important to take time to respect your environment and your cravings, this can be done by turning off distractions, such as turning off your cell phone to avoid checking social media or simply turning off the television.

BULLETIN





February 2022

## Helpful Tools We Already Have

Some prevention developments could focus on controlling the risk factors which includes reducing low-density lipoprotein (LDL, or bad cholesterol) cholesterol levels, hypertension, and renal disease in Native Americans. 2

For example, if focusing on modifying our cholesterol intake and reducing the LDL cholesterol in the foods we eat, it may be helpful to look at food differently. 1,2 The tools we already have includes our sense of taste, smell, and vision. These tools could help to increase mindfulness and awareness of the foods we eat.

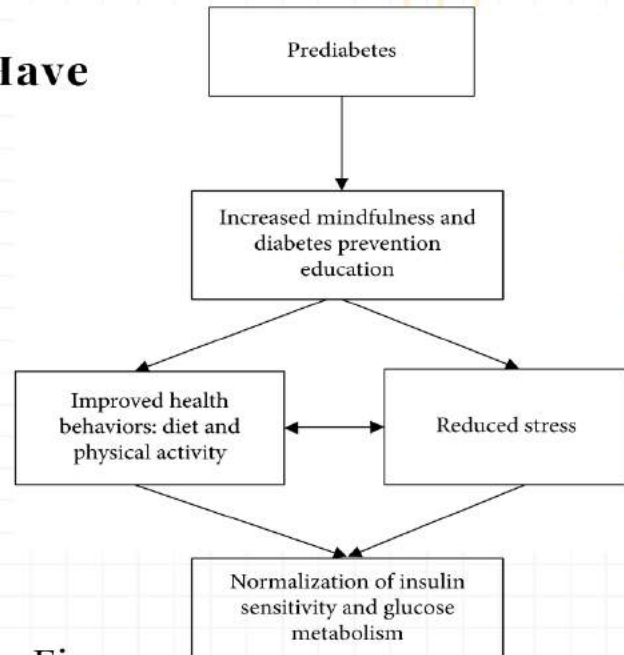


Figure 1

In a recent study, (figure 1) a group of prediabetic participants learned about adjusting their food-related behaviors. 3They adjusted their shopping, cooking, dining out, physical activities, and changed their eating behavior to ultimately delay or reduce their development of diabetes. 3

## References:

- 1)Contributor, N. T. (2021, April 7). Cardiac system 1: Anatomy and physiology. Nursing Times. Retrieved January 23, 2022, from <https://www.nursingtimes.net/clinical-archive/cardiovascular-clinical-archive/cardiac-system-1-anatomy-and-physiology-29-01-2018/>
- 2)Breathett, K., Sims, M., Gross, M., Jackson, E. A., Jones, E. J., Navas-Acien, A., Taylor, H., Thomas, K. L., & Howard, B. V. (2020). Cardiovascular Health in American Indians and Alaska Natives: A scientific statement from the American Heart Association. *Circulation*, 141(25). <https://doi.org/10.1161/cir.0000000000000773>
- 3)Woods-Giscombe, C. L., Gaylord, S. A., Li, Y., Brintz, C. E., Bangdiwala, S. I., Buse, J. B., Mann, J. D., Lynch, C., Phillips, P., Smith, S., Leniek, K., Young, L., Al-Barwani, S., Yoo, J., & Faurot, K. (2019). A mixed-methods, randomized clinical trial to examine feasibility of a mindfulness-based stress management and diabetes risk reduction intervention for African Americans with Prediabetes. *Evidence-Based Complementary and Alternative Medicine*, 2019, 1-16. <https://doi.org/10.1155/2019/3962623>
- 4)Northern Arizona University. (2019). Northern Arizona University. Flagstaff, Arizona: University Coaching for Activities and Nutrition.



Pueblo de San Ildefonso  
Department of Health and Human Services  
February 2022



## HIGH BLOOD PRESSURE, HBP, HYPERTENSION

Measuring Blood Pressure

Are You Up-to-Date?

Rebecca Jolin BSN-RN, PHN

*Did you know that the American Heart Association and the American College of Cardiology changed the categories and numbers defining blood pressure parameters in 2017?*



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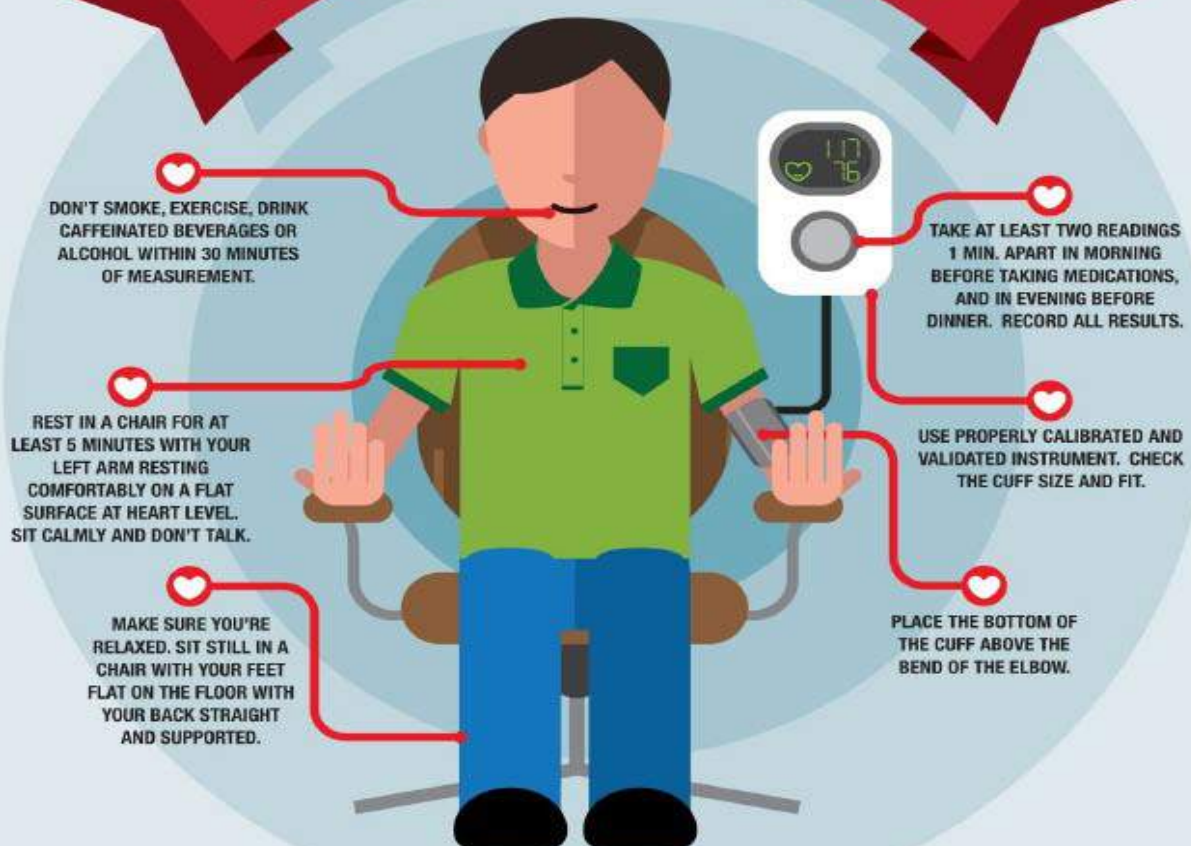
Prehypertension is a thing of the past. Medical providers used to diagnose people who had blood pressure chronically 130-139/80-89 as prehypertensive. Anyone with those parameters now is considered hypertensive. The reason for this is to provide preventative care sooner to those who struggle with high blood pressure. The sooner this condition is treated in life the better outcomes for health.



**Pueblo de San Ildefonso**  
**Department of Health and Human Services**  
**February 2022**



# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



**DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.**

**REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.**

**MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.**

**TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.**

**USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.**

**PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.**

## American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



\* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

**LEARN MORE AT**  
[HEART.ORG/HBP](http://HEART.ORG/HBP)

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# Pueblo de San Ildefonso

## Department of Health and Human Services

### February 2022



## HIGH BLOOD PRESSURE, HBP, HYPERTENSION

### INACCURATE BLOOD PRESSURE READINGS

It is important to follow the instructions when measuring your blood pressure. Things such as standing, crossing your legs, talking, moving, an improperly fitted cuff, placing the cuff over clothing, and not resting prior to measurement can cause a reading to be inaccurate by as much as 5 to 20 mmHg. This discrepancy can alter blood pressure management decisions.



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### KEEP A LOG OF YOUR MEASUREMENTS

Take a moment of mindfulness and check to make sure you've followed the instructions. After measuring your blood pressure record the date and time. Record the Systolic (top number) and Diastolic (bottom number) readings each time you correctly measure your blood pressure. Also, record the heart rate or pulse if your machine provides it. Make a note about how you are feeling.



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### TALK TO YOUR DOCTOR

Bring your record or log of blood pressure measurements to your doctor's appointment. Discuss with your doctor if you have abnormal readings or questions.



American Heart Association

Go To - <https://www.heart.org/en/health-topics/high-blood-pressure>

Berg, Sara (2019, June 19). 4 big ways BP measurement goes wrong, and how to tackle them. *American Medical Association*. Retrieved from <https://www.ama-assn.org/delivering-care/hypertension/4-big-ways-bp-measurement-goes-wrong-and-how-tackle-them>

Monitoring Your Blood Pressure at Home. (2017, November 30). *American Heart Association*. Retrieved from <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>



Pueblo de San Ildefonso  
Department of Health and Human Services



February 2022

# What's New!

## *HHS Podcast and Livestream Episodes*

**LIVE**

**COVID-19 UPDATE**

*Join us every Thursday*  
11 am MST

sanildefonso.hhs Facebook LIVE

San I Pueblo HHS YouTube LIVE

**LIVE TALK W/ TRIBAL PUBLIC HEALTH EDUCATOR LADAWN YAZZIE, MPH**

**Q & A and Discussion about Heart Health Month**

Part 1  
2/15/2022  
at 1 PM

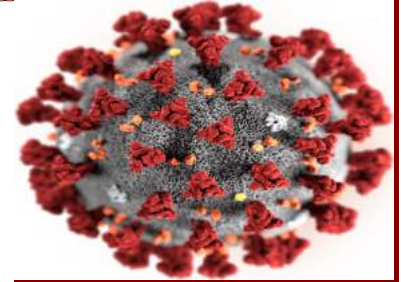
Part 2  
2/18/2022  
at 11 AM

sanildefonso.hhs Facebook LIVE

San I Pueblo HHS YouTube LIVE



**Pueblo de San Ildefonso**  
 Department of Health and Human Services  
**COVID Response Team**



*COVID-19 Response Hotline*

*(505) 252-5986*

**February 2022**

**COVID-19 Cases**

**Total Active Cases: 12**

**Total Cases: 185**

**Total Recovered: 171**

*Info as of  
 January 25, 2022*

**ALERT: COVID-19 Cases Are Rising**



**Stay home  
 when possible.**



**Wear a mask over  
 your mouth AND nose.**



**Avoid crowds.  
 Stay 6 feet away  
 from others.**



**Wash your  
 hands often.**



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

**INSIDE THIS CVR-T ISSUE**

Family Care w/ COVID.....9-10  
 Self-Quarantine.....11-12  
 Isolation Flowchart .....13  
 Quarantine Flowchart .....14  
 Masks.....15

**PUEBLO DE SAN ILDEFONSO  
 COVID RESPONSE TEAM MEMBERS**

**Troy Campbell**

Director of Health and Human Services

**Claudia Lente**

CHR Generalist

**Thelma Gonzales**

CHR Manager

**Rebecca Jolin**

Tribal Public Health Nurse

**Raelene Martinez**

Diabetes Prevention Program Assistant

**LaDawn Yazzie**

Tribal Health Educator





# CORONAVIRUS 2019 (COVID-19)

## PREVENTION STEPS FOR CAREGIVERS & HOUSEHOLD MEMBERS OF INDIVIDUALS DIAGNOSED WITH COVID-19

If you live with, or provide care at home for, a person confirmed to have, or being evaluated for, COVID-19 infection please follow these guidelines to prevent infection:

### **FOLLOW HEALTHCARE PROVIDER'S INSTRUCTIONS**

Make sure that you understand and can help the patient follow any healthcare provider instructions for all care.

### **PROVIDE FOR THE PATIENT'S BASIC NEEDS**

You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, medical supplies and other personal needs.

### **MONITOR THE PATIENT'S SYMPTOMS**

If they are getting sicker, call his or her medical provider and tell them that the patient has, or is being evaluated for COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

### **LIMIT THE NUMBER OF PEOPLE WHO HAVE CONTACT WITH THE PATIENT**

- If possible, have only one caregiver for the patient.
- Other household members should stay in another home or place of residence. If this is not possible, they should stay in another room, or be separated from the patient as much as possible. Use a separate bathroom, if available.
- Restrict visitors** who do not have an essential need to be in the home.

### **KEEP OLDER ADULTS, VERY YOUNG CHILDREN, AND OTHER SICK PEOPLE AWAY FROM THE PATIENT**

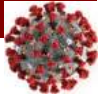
Keep older adults, very young children, and those who have compromised immune systems or chronic health conditions away from the patient. This includes people with heart, lung, or kidney disease, diabetes, and cancer.

### **ENSURE GOOD VENTILATION**

Make sure that shared spaces in the home have good air flow, such as from an opened window, weather permitting.

### **WASH YOUR HANDS OFTEN**

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.** You can use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels** to dry your hands. If not available, use dedicated cloth towels and replace them when they become wet.



### WEAR A FACEMASK AND GLOVES

- Wear a disposable facemask** at all times in the room and gloves when you touch or have contact with the patient's blood, body fluids, and/or secretions or excretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or feces. Ensure the mask fits over your nose and mouth tightly, and do not touch it during use.
- Throw out disposable facemasks and gloves after using them. **Do not reuse.**
- Wash your hands immediately after removing your facemask and gloves.**
- If your personal clothing becomes contaminated, carefully remove clothing and launder. Wash your hands after handling contaminated clothing.
- Place all used disposable facemasks, gloves, and other waste in a lined container before disposing them with other household waste.
- Remove gloves and wash your hands** immediately after handling these items.

### DO NOT SHARE DISHES, GLASSES, OR OTHER HOUSEHOLD ITEMS WITH THE PATIENT

- Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a patient who is confirmed to have, or being evaluated for COVID-19 infection. After the person uses these items, you should wash them thoroughly with soap and water.

### WASH LAUNDRY THOROUGHLY

- Immediately remove and wash clothes or bedding that have blood, body fluids, and/or secretions or excretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or feces, on them.
- Wear gloves** when handling laundry from the patient.
- Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the label.

### CLEAN ALL AREAS THE INDIVIDUAL HAS USED OFTEN

- Clean all touchable surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, body fluids, and/or secretions or excretions on them.
- Wear gloves** when cleaning surfaces the patient has come in contact with.
- Use a **household disinfectant** or make a bleach solution at home, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water
- Remove gloves and wash hands immediately after cleaning.

### MONITOR YOURSELF FOR SIGNS AND SYMPTOMS OF ILLNESS

Caregivers and household members should monitor their own health for COVID-19 symptoms (fever, difficulty breathing or shortness of breath, cough, chills, muscle pain, sore throat, headache, new loss of taste or smell) and limit movement outside of the home to the greatest extent possible.

### FOR MORE INFORMATION:



[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



**Coronavirus Hotline**  
1-855-600-3453



[www.coronavirus.gov](http://www.coronavirus.gov)



**For non-health related COVID-19 questions**  
1-833-551-0518



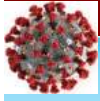
[www.ihs.gov](http://www.ihs.gov)

[WWW.AASTEC.NET](http://WWW.AASTEC.NET)



ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER





## PROTECT OUR HERITAGE: KEEP OUR FAMILIES SAFE AT HOME

### WHY AM I BEING ASKED TO SELF-QUARANTINE?

You have been in close contact with someone who has Coronavirus Disease 2019 (COVID-19) and even though you feel well now, it is possible that you are also infected. It can take 2 - 14 days to show symptoms, so we may not know for up to 14 days if you are infected or not. **You have been asked to self-quarantine in case you are infected so that you don't pass on the infection to anyone else.** It may turn out that you are not infected but it is too soon to tell.

### WHAT IS SELF-QUARANTINE?

**Self-quarantine means staying at home and away from other people** as much as possible except to get medical care.

### HOW LONG DO I NEED TO SELF-QUARANTINE?

You will need to stay at home and self-quarantine for **14 days from when you were last exposed to the person with COVID-19.**

### IMPORTANT EXCEPTION:

**IF YOU CONTINUE TO LIVE WITH AND/OR CARE FOR THE PERSON WITH COVID-19, YOUR QUARANTINE WILL MOST LIKELY BE LONGER:**

- Your quarantine should continue for another 14 days after the person living with you with COVID-19 was told by their health care provider that they were "cleared" to stop their own isolation.
- This means the total time that you self-quarantine could be 21-28 days.
- If you have been tested for COVID-19, and get a negative test result, you still need to stay in quarantine for the full 14 days after the person living in your home with COVID-19 was "cleared".



## HOW DO I SELF-QUARANTINE?

You must restrict activities and limit all movements that may expose you to others during the quarantine period.

1. Stay home. Do not go to work, school, or public areas.
2. Do not allow visitors and limit the number of people in your home.
3. Separate yourself from others in your home (unless they are also in quarantine).
  - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, are pregnant, or have a health problem such as a chronic disease (diabetes, heart disease, high blood pressure, cancer, etc.) or a weak immune system.
  - Use a separate bathroom, if available.
  - Stay at least 6 feet away from others. When this is not possible, wear a face cover.
  - Do not handle pets or other animals.

## SYMPTOMS MAY INCLUDE

FEVER



COUGH



SHORTNESS  
OF BREATH

DIFFICULTY  
BREATHING



Symptoms may appear 2-14 days after exposure. Symptoms may also include chills, muscle pain, headache, sore throat and new loss of taste or smell

## WHAT IF I DEVELOP SYMPTOMS?

If you develop any of the signs or symptoms above, you may have COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider.

**If symptoms worsen you should seek medical care. Call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.**



ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER

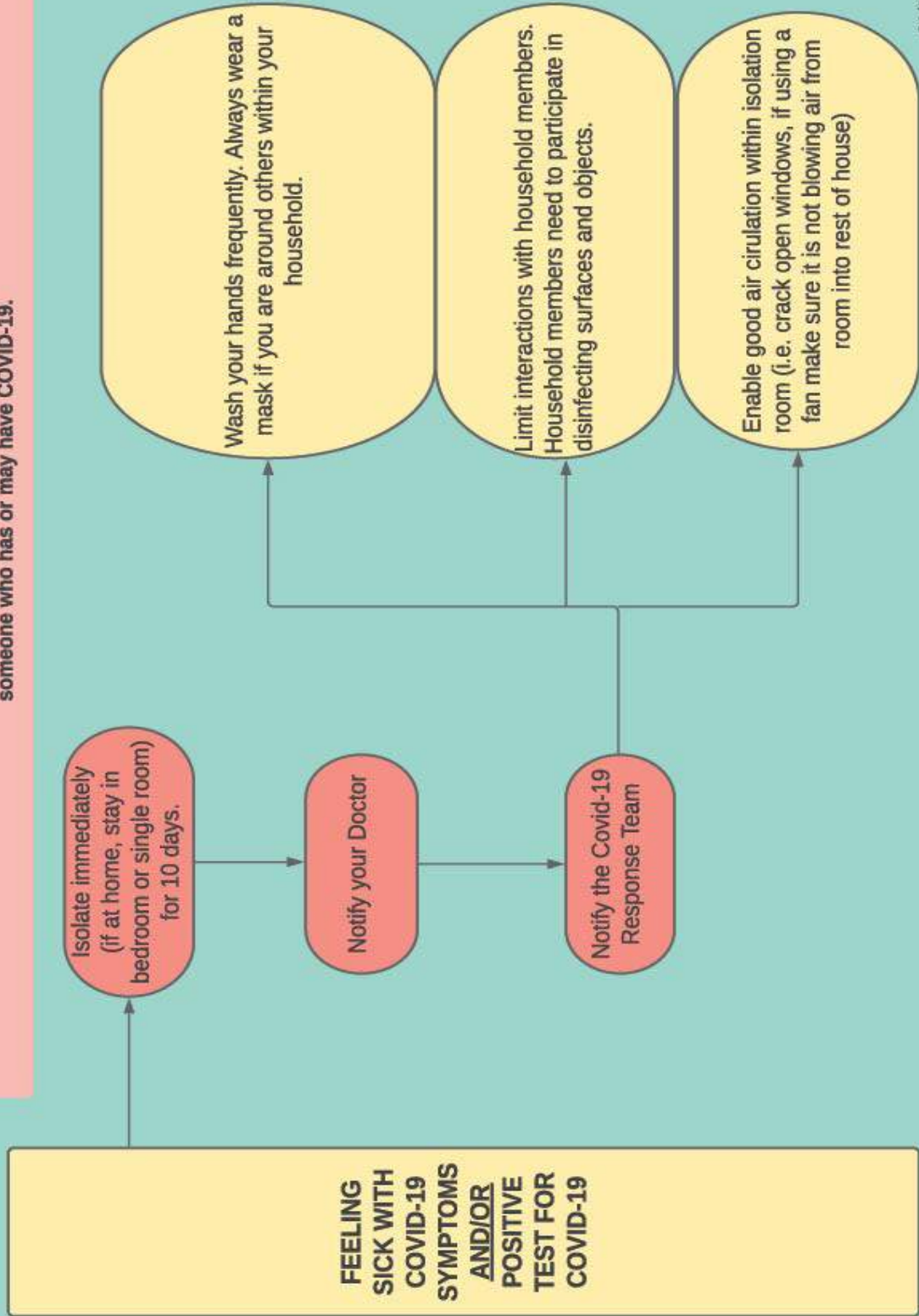
[WWW.AASTEC.NET](http://WWW.AASTEC.NET)



\*This flow chart serves as general guidance. Please refer to the current Executive Order for definitions and further details.

**ISOLATION GUIDELINES\***

**Call 911 if you have:** Trouble Breathing; Persistent Pain or Pressure in the Chest; New Onset of Confusion; Inability to Wake or Stay Awake; Pale, Gray, or Blue-colored Skin, Lips, Fingertips, or Nail beds, depending on skin tone.  
 \*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



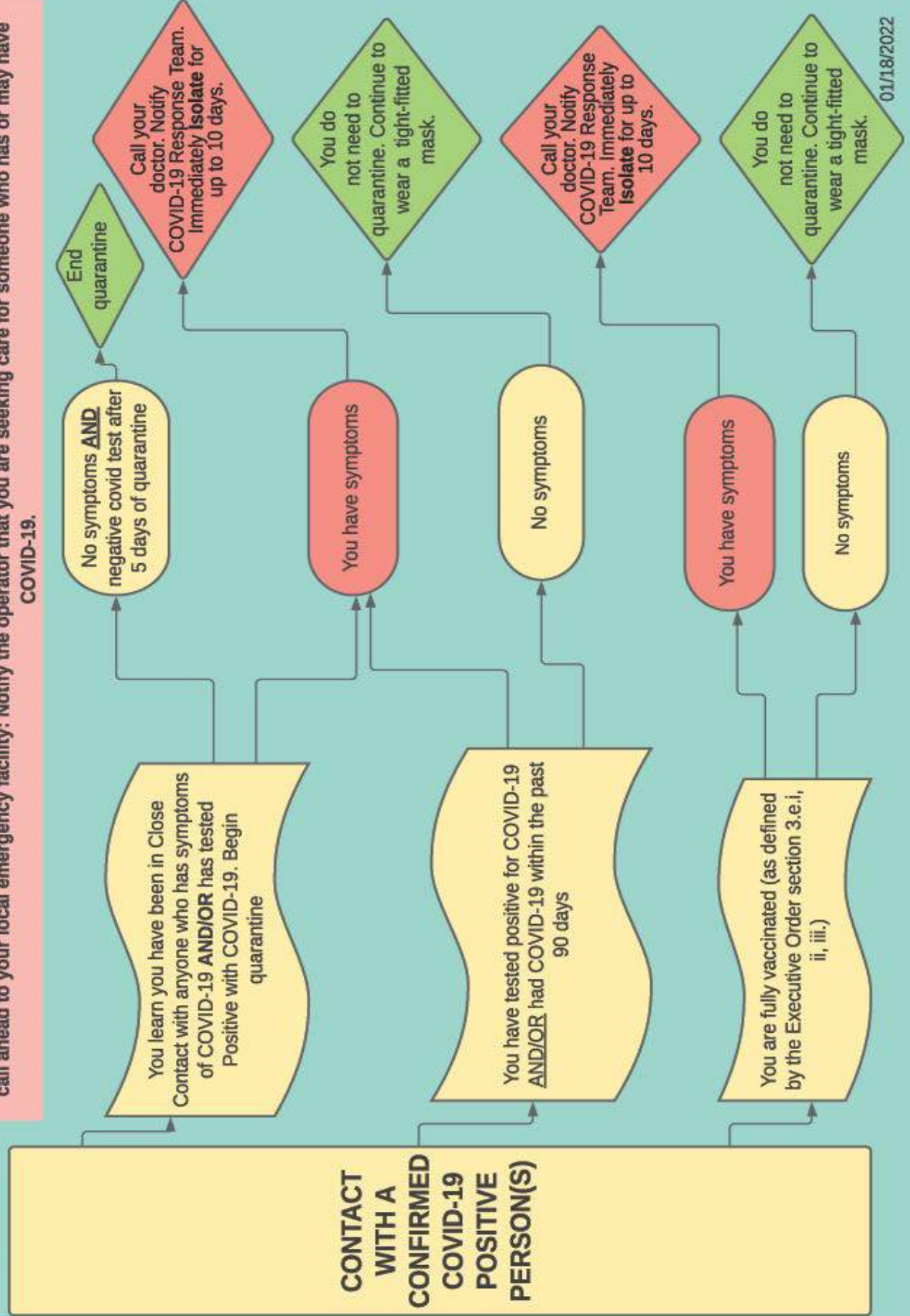
01/18/2022



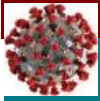
## QUARANTINE GUIDELINES\*

\*This flow chart serves as general guidance. Please refer to the current Executive Order for definitions and further details. Additionally, Quarantine should last 10-days for persons residing or working in long-term care, assisted living, or correctional facilities, as well as hospital inpatients, even if they are fully vaccinated.

**Call 911 if you have:** Trouble Breathing; Persistent Pain or Pressure in the Chest; New Onset of Confusion; Inability to Wake or Stay Awake; Pale, Gray, or Blue-colored Skin, Lips, Fingertips, or Nail beds, depending on skin tone. \*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



01/18/2022



# UPGRADE YOUR MASK

Consider Fit, Filtration and Comfort

## GOOD



Surgical or disposable masks offer more protection than cloth masks.

## BETTER



KN95 Respirators provide more protection than surgical masks when worn properly.

## BEST



N95 Respirators offer the highest level of protection and filter 95% of particles when worn properly.

## FAIR



Cloth masks provide the least protection. A cloth mask is better than no mask.



# Why Cloth Masks Might Not Be Enough as Omicron Spreads

Time it takes to transmit an infectious dose of Covid-19

		PERSON NOT INFECTED IS WEARING			
		Nothing	Cloth mask	Surgical mask	N95
PERSON INFECTED IS WEARING	Nothing	15 min.	20 min.	30 min.	2.5 hours
	Cloth mask	20 min.	27 min.	40 min.	3.3 hours
	Surgical mask	30 min.	40 min.	1 hour	5 hours
	N95	2.5 hours	3.3 hours	5 hours	25 hours

It will take 25 hours for an infectious dose of Covid-19 to transmit between people wearing non-fit-tested N95 respirators. If they're using tightly sealed N95s—where only 1% of particles enter the facepiece—they will have 2,500 hours of protection.

Note: Results published in Spring 2021. The CDC expects the Omicron variant to spread more easily.  
Source: ACGIH's Pandemic Response Task Force



# FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH!

## KNOW THE FACTS

NEARLY 80% OF GIRLS WHO HAVE BEEN PHYSICALLY ABUSED BY THEIR BOYFRIENDS  
CONTINUE TO DATE THEM.

1 IN 3 HIGH SCHOOL STUDENTS EXPERIENCE SOME FORM OF DATING VIOLENCE  
IN THEIR RELATIONSHIP

40% OF TEENAGE GIRLS AGES 14-17 REPORT KNOWING SOMEONE THEIR OWN AGE WHO HAS  
BEEN HIT OR BEATEN BY A BOYFRIEND.

## POWER & CONTROL IN TEEN RELATIONSHIPS

### PHYSICAL

DENY, BLAME, MINIMIZE

### SEXUAL

ISOLATION & EXCLUSION

### VERBAL

INTIMIDATION & THREATS

### EMOTIONAL

PEER & SOCIAL PRESSURE DEGRADATION & HUMILIATION

## NEGOTIATION

PROBLEM SOLVING TO MUTUAL BENEFIT  
USING POSITIVE LANGUAGE TO EXPRESS  
OPINION

ACCEPTING CHANGE

BE WILLING TO COMPROMISE

## COMMUNICATION

SPEAKING AND ACTING SO THAT THE OTHER PERSON FEELS SAFE AND  
COMFORTABLE EXPRESSING HIM/HERSELF AND DOING THINGS

LISTENING TO THE OTHER PERSON WITHOUT JUDGEMENT

EXPRESSING HOW YOU WANT TO BE TREATED

WILLINGNESS TO HAVE OPEN DIALOGUE

## TRUST

SUPPORTING THE OTHER PERSONS LIFE GOALS.

VALUING THE OTHER PERSONS FEELINGS, FRIENDS  
AND ACTIVITIES.

SHOWING CONCERN FOR THE OTHER PERSONS  
PHYSICAL AND EMOTIONAL BOUNDARIES AND DESIRES

BEING HONEST

## AVOID VIOLENCE

CREATING PERSONAL PHYSICAL AND VERBAL BOUNDARIES  
OF HOW YOU WANT TO BE TREATED AND HOW YOU WILL  
TREAT OTHERS.

ASSERTING YOUR RIGHT TO BE IN A NON-VIOLENT  
RELATIONSHIP

## PERSONAL GROWTH

BEING SUPPORTIVE AND CONFIDENT IN YOURSELF

ENCOURAGING THE OTHER PERSONS INDIVIDUAL  
GROWTH

SUPPORTING THE OTHER PERSONS FREEDOM,  
IDENTITY AND CONFIDENCE

**PUEBLO DE SAN ILDEFONSO**

**PRETTYWATER DURAN**

**ICWA MANAGER / FAMILY ADVOCATE**

**02 TUNYO PO SANTA FE, NM 87506**

**(C) 505-699-0164 (W) 505-455-4164**

- GREETINGS -

WE'RE ON THE  
LOOK-OUT FOR:



CHILD CARE PROVIDERS

MUST BE:

With in San Ildefonso Pueblo

18 years or older

Allow a home inspection

TB Test

Work cooperatively with program staff

PLEASE CONTACT

PRETTYWATER, ICWA MANAGER/ FAMILY ADVOCATE

FOR MORE INFOMATION! 505-455-4164

# Tribal Colorectal Health Project in San Ildefonso Pueblo



Did you know that all American Indian men and women age 45-75 should have routine colorectal health screenings?

Colorectal cancer has now become the 2nd most common type of cancer among American Indian men and women in New Mexico. By getting regular screening, colorectal cancer can be completely prevented or found early when treatment works best.

The Pueblo of San Ildefonso is currently participating in a project with the Albuquerque Area Southwest Tribal Epidemiology Center and the University of New Mexico Comprehensive Cancer Center to encourage all community members age 45-75 to be screened.

In the weeks ahead, eligible tribal members age 45-75 living on the Pueblo will receive a colorectal health screening kit in the mail. It is completely voluntary to participate, but we hope you will consider this important step to good health and wellness. Help protect yourself, your family and our community from colorectal cancer by getting your regular screenings done!

If you have any questions about this new project in our community, please contact the CHR Program at 505-455-4114 or 505-455-4115.







## Talk

To your health care provider about cancer prevention screening

## Know

Your family history

## Get

Routine cancer screening

## Cervical Cancer

### PAP/HPV Tests

Pap test every 3 years for women ages 21-65 or if age 30-65, Pap test + HPV test every 5 years.

## HPV Vaccine

Girls and boys age 11-12, catch-up on vaccination. If you are older, ask your healthcare provider. 3 doses of the vaccine are recommended.

## Breast Cancer

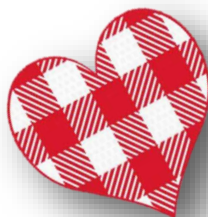
Mammogram every 2 years. A woman's average risk age is 50-74.

## Colorectal cancer

Annual FOBT/FIT (stool) test or Colonoscopy every 10 years for men and women ages 45-75.



# Community Health Representative



## Program



### Transportation

Transportation is provided for those who have no means of transportation within the household, for eye appointments, or medical conditions that prevent anyone from driving. Please call the CHR office in advance to schedule transportation. We also ask that you notify us within 72 hours to cancel a transport.

### Medication Pick-up & Delivery

We continue to assist the community who need medication (s) ordered or picked-up from PHS, SCHC, Smiths, Walgreens, Walmart, etc. (CHR's are unable to pick up any narcotic medications.)

**Reminder:** Any types of medication (s) that are picked up and delivered **cannot** be left on doors, mailboxes, or with children. If you are not planning on being home during possible delivery time, please make arrangements with family that we may leave medication with or make arrangements with CHRs.

### After Hours Medical Advice:

If you are a Santa Fe IHS Service Unit Patient and need to speak with a nurse between 8 p.m. to 8 a.m., please call the dedicated toll free number:

FONEMED NURSE ADVICE LINE

1 (844) 233-8438

Reminder: If you are seen at a non-IHS Hospital (Española, St. Vincent's, Los Alamos), you must notify PRC (formally known as Contract Health Services) within 72 hours at 988-9821.

### Covid Vaccine— How to make an appointment

Call the Santa Fe Services Unit for appointment at 505-946-9203 Monday-Friday, 8:00am to 4:00pm, this will include appointments for Santa Clara Health Clinic.

**Vaccination by appointment only. No walk-in vaccinations.** Please bring your Covid-19 card or immunization records with you.

Pediatric Clinic:	Santa Fe Indian Hospital	Monday-Thursday 3:30-5:30pm
Adolescent & Adult Clinic:	Santa Fe Indian Hospital	Wednesday 9:00am –11:00am
	Santa Clara Health Clinic	Wednesday 9:00am—11:00am





*February 14th at 1pm on Zoom*

*Dental Health for Kids*

*Get your little sweet tooth brushin' and flossin' with Dental Hygienist Janelle!*



# American Heart Month

FEBRUARY IS AMERICAN HEART MONTH  
RAISE AWARENESS FOR HEART DISEASE



## Know Your Risks and Protect Your Heart

Meet with our newest  
Health team members  
**LaDawn Yazzie, MPH**  
Tribal Public Health Educator  
& **Rebecca Jolin, BSN, RN**  
Public Health Nurse  
for helpful tools, to  
improve your health  
related behaviors!

Health Screening &  
Informational Events:  
February 4th & February 25th  
8:30-10AM  
Senior Ctr Living Room

Receive a T-shirt,  
Love Your Heart sticker  
& great information!

For questions, contact Raelene Martinez @ (505)660-8927



# San Ildefonso Services, LLC

*Tribally Owned Small Business*

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Mailing Address: 3005 S. St. Francis Dr., Suite 1D, #222, Santa Fe NM 87505-7004 ♦ Office/(505) 455-1941

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## Community Update



Under the direction of Mark Wells, our industry consultant, Tewa Market and Fuel has seen momentous change over the past few months. In 2021 the stores have shown a positive growth increase in both Fuel Gallons and Store Sales, the fuel gallons were up over 435,977 gallons in 2021 vs. 2020 with store sales increase of \$237,298 in 2021 vs. 2020. Our expenses have continued to increase due to the increase in wages, benefits, and store maintenance as the main culprit, which we continue to monitor and control moving forward into 2022. The stores recordkeeping has vastly improved and is necessary to get accurate data to continue the growth that is needed to sustain business operations.

We have a new management team, with store managers for both Totavi and for White Rock. Management is focused on delivering a higher level of customer service. Both managers have seen challenges in the employee recruitment, despite a Hiring Bonus of \$500 once the probation period is complete. We have brought on new staff and continue to pursue applicants. With an eye to the future, we upgraded our POS (Point of Sale) system to the Verifone Commander. The new system also allows for tap to pay, Apple Pay and Android Pay. Future upgrades to the fuel dispensaries are in the works.

In the area of store products, we have expanded our selection to offer new drinks by collaborating with our Vendors to attain the latest items. We have given more shelf space to Frito Lay, allowing for a wider selection of their products. Pepsi is now a fountain choice alongside Coca Cola. As is the case in most stores, there are product shortages, we work as best we can with our vendors to ensure our customers have what they need.

Lastly with fuel, we have experienced issues with delivery due to the nationwide shortage of truck drivers. We plan as best we can with ordering ahead of time, utilizing our fuel sales averages. Occasionally, the sales can be more or less than expected. The driver shortage results in the delay in our fuel deliveries, causing the stations to be out of fuel for a brief period.



The Otowi Kitchen is open once again. Serving breakfast and lunch burritos, tacos, hamburgers, chicken wings and tenders. We also have finger foods that are available both at the restaurant and the grab and go hot box. Our growth plans for 2022 is the expansion of hours of operation, focus on operating the Otowi Kitchen as a restaurant operation and new menu items are on the horizon. With the hiring of a new Kitchen Manager, Chef Jennifer Moyer, we aim to have Otowi Kitchen a restaurant destination for those who want consistently great food and a gathering place to have a sit-down meal.