



## **Pueblo de San Ildefonso Bulletin** November 2021

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### **Council Meeting Dates**

Wednesday, November 10, 2021 at 5:10 pm

Wednesday, November 24, 2021 at 5:10 pm

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### **Food Distribution**

Thursday, November 18, 2021

10 am to 12 pm (noon)

Time and date are subject to change. One box per household. Please remain in your vehicle and wear a mask.

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### **Office Closure**

All Tribal Offices will be closed Thursday, November 11, 2021 in observance of Veterans Day. As well as Thursday, November 25, 2021 and Friday, November 26, 2021 in observance of Thanksgiving.

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### **Contact Us:**

2 Tunyo Po, Santa Fe, NM 87506

Phone: (505) 455-2273

Fax: (505) 455-7351



## LEGISLATIVE UPDATE

NOVEMBER 2021

### **Council Meeting Dates**

Wednesday, Nov. 10, 2021, 5:10pm  
Wednesday, Nov. 24, 2021, 12:00 pm

### **Council Working Session Dates**

Monday, Nov. 8, 2021, 5:10 pm  
Thursday, Nov. 18, 2021, 5:10 pm

### **Enrollment Committee Meeting**

Thursday, Nov. 4, 2021, 5:10 pm

**With the COVID-19 delta variant rising, we remind all to be cautious, wash hands, use sanitizer and avoid unnecessary outings and travel. We must all work together to slow the spread!**

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

Council Secretary Terrence Garcia  
(505) 455-4113  
[sec.tc@outlook.com](mailto:sec.tc@outlook.com)

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

### **Museum & Cultural Center**

Strategic planning for the Museum & Cultural Center (MCC) is ongoing. Architect Barbara Felix of BFA+D and the planning committee which includes tribal members and tribal artists, are working with the Governor and Tribal Council to discuss and determine possible site locations to build the MCC. There has been much community involvement in the planning process including a community survey, participation at senior meetings, engagement with the youth in the after school program and a community meeting which was held at the beginning of October. Building a Museum & Cultural Center will be important to the Pueblo to highlight and honor our traditions, culture, history, land and to provide our Pueblo artists with a place to showcase their beautiful work. As strategic planning continues, the community will be asked to respond to surveys and participate in future community meetings. In order to create a MCC unique to San I, community input is a very important component. If you would like to view the latest Power Point regarding the MCC Planning, please use this link.

<https://www.dropbox.com/s/ieike76co0d2bko/Slideshow-Tribal%20Council%20Working%20MCC%20%2810-19-21%29.pdf?dl=0>

### **Social Media**

Just a friendly reminder that the Tribal Council has a Facebook page in which notices, surrounding area job postings, COVID-19

Resources/information and etc. are posted.

You can view the page at <https://www.facebook.com/santribalcouncil/> or search @santribalcouncil





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

## **EMPLOYMENT OPPORTUNITIES**

Updated October 22, 2021

**Administrative Assistant (Part Time)**

**Afterschool Program Aide**

(Part Time Temporary, though funding term 5/19/2022)

**Healthy Kids Health Community Coordinator (Full Time)**

**Information Technology and Network  
Management Specialist (Full Time)**

**Parks and Wildlife Assistant Tribal Ranger (FT)**

**Tewa Language Instructors (2-3 Contractual)**

**Tewa Language Outreach Coordinator**

(Part Time, Contractual, through funding term 8/31/2022)

**Tribal Services Director (Full Time)**

*All Positions Open Until Filled  
Tribal and Native American Preference Applies*

**Please Contact Human Resources for additional information by position.**

**APPLICATION:** A job description and employment application are available in the Human Resources office or via email. 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**  
*Office of the Governor*

**NOTICE TO THE COMMUNITY**  
**INTERESTED POTENTIAL BOARD MEMBERS**  
**Thursday, October 28, 2021**

The Pueblo de San Ildefonso is creating a Tribally Designated Housing Entity (TDHE) to ensure that housing goals are efficiently and effectively carried out. Soon the Pueblo will no longer be a part of the Northern Pueblos Housing Authority (NPHA), which will be dissolved, allowing us to develop this separate entity.

Board Member Interest

Under this new entity, one component will be to authorize a Housing Board consisting of three to five members. Goals, responsibilities, and requirements of the Housing Board are attached. If you are interested in becoming a Board Member, please submit a Letter of Interest and a resume by the end of day on Friday, November 12, 2021.

All letters of interest for Board membership consideration, must be turned in to Jasmine Gonzales in the Administration Office via hand delivery, fax or email at [receptionist@sanipueblo.org](mailto:receptionist@sanipueblo.org) or (505) 455-7351.

If you have any questions, please contact the Governor's Executive Assistant, Kitty Montoya, at (505) 455-4101 or Legislative Manager, Brandi Martinez, at (505) 455-4150.

## **San Ildefonso Housing Authority (SIHA) (not officially named yet) Housing Commissioner Job Description**

### Position Summary

The volunteer position serves as one of a three- or five-person Housing Board for the San Ildefonso Housing Authority. The Board is responsible for long-range planning, policy development, and fiscal oversight of the Pueblo's Tribally Designated Housing Entity (TDHE). In addition, the Housing Board hires and oversees the Executive Director/Manager of the organization and serves as a representative and liaison for the organization to promote understanding and communication between Pueblo leaders, tribal leaders, and staff.

Appointment process. Governor and Council are reviewing appointment procedure options.

Term of Office. One, two, and three-year staggered terms are under consideration.

Officer Responsibilities. Housing Board Member annually elects from among themselves the officer positions of Chairperson, Vice Chair, Treasurer, and Secretary.

Time Commitment. Approximately eight hours a month for Board meetings, special meetings, Governor and Council briefings, and addressing housing issues raised by community members.

### Job Description

- Receive training in Indian Housing Authority management, as needed.
- Hire, counsel, direct, and evaluate Executive Director.
- Oversee development of and timely submittal of annual Indian Housing Plan.
- Attend monthly Board meetings to provide and receive program updates; monitor finances including budgets, financial reports and audits; and make decisions about policies and procedures.
- Provide reports to Governor, Council, and community members.
- Enhance the organization's public image through creative outreach and public relations programs.
- Willingness to serve and fulfill the time commitment.

### Qualifications

- Has a demonstrated interest in affordable housing issues
- Has personal integrity and is well-respected in the community
- Has practical experience in real estate, landlord/tenant relations, business finance, housing construction, organizational management, or human services.
- A good communicator
- Has prior board of commissioners or executive leadership experience















Poh-Who-Geh-Owinge Department of Environmental & Cultural Preservation



# Transfer Station **NEWS**

## NOVEMBER HOURS

SUN	MON	TUES	WED	THURS	FRI	SAT
 <b>RECYCLE! RECYCLE!</b>	1 All Saints Day	2 All Souls Day Election Day  CLOSED	3  CLOSED	4	5 HHW  Collecting Day Transfer Station	6  Free Tire Day Buckman Recycling Santa Fe
7 Free Tire Day  Buckman Recycling Santa Fe	8	9  CLOSED	10  CLOSED	11  Happy Veterans Day  CLOSED	12	13 World Kindness Day  November 13th.
14  NATIONAL PICKLE DAY	15  <b>RECYCLING CONTEST ENDS</b>	16  CLOSED	17  CLOSED	18  NATIONAL GREAT AMERICAN SMOKEOUT	19	20
21  WORLD Hello Day	22	23  <b>OPEN</b> 9am to 4pm	24 <b>OPEN</b> 9am to 4pm Eastside & Westside Senior Trash Pickup	25  Thanksgiving Day CLOSED	26 <b>BUY NOTHING DAY</b> CLOSED	27
28  NATIONAL FRENCH TOAST DAY	29	30  CLOSED	<b>TRANSFER STATION HOURS:</b> <b>THUR– MON 8:00am — 5:00pm</b> <b>Senior Trash Pick-Up: Every THURSDAY &amp; FRIDAY</b>			

**\*\*Hours and closures are subject to change for holidays or at any time for many reasons. \*\***



## Enter the Recycle Bag Contest

November 15th - America Recycling Day!



Started October 8<sup>th</sup> - November 15, 2021

Small (4-20 gal) bag= 1point, Med (30-32) bag = 2points

Large (32-55) bag = 3point

The household that has most points wins! Bring in your bags of recyclables to receive points!

RECYCLE!

RECYCLE!

RECYCLE!

### RECYCLING ONLY

EMPTY AND RINSE CONTAINERS • NO TRASH OR YARD WASTE • NO PLASTIC BAGS

**NO GLASS!**



ALUMINUM &  
STEEL CANS

ALL PAPER & CARDBOARD  
PLEASE FLATTEN ALL BOXES

CARTONS

PLASTIC  
BOTTLES, JUGS, TUBS

**1st Place**  
winner will receive



All the Fixing for your Thanksgiving Dinner

20lb Turkey, gravy, corn on the cob, stuff for green bean casserole, stuffing, dinner rolls, cranberries, pumpkin pie, whip cream and a 12pack of cokes.

**2nd Place**

will receive a Large Apple Pie



# Transfer Station **NEWS**



## SENIOR TRASH PICK-UP

**Thanksgiving Week Pick-ups Day:**

**WEDNESDAY, OCT 24th**

**Trash pickup for BOTH East and West sides Residents**

**Please have trash ready for pick up by 8:30am.**

### **Regular Pick-ups** **Day:**

**Eastside  
Residents  
(Pueblo area)**

**EVERY  
THURSDAY**

**Westside  
Residents  
(Battleship, Deer tail, &  
Pajarito areas)**

**EVERY FRIDAY**

Please follow all guidelines of bag limit, access and pick up times.  
Bag limit is (3) bags per household, additional bags will not be picked up.



## **HAZARDOUS HOUSEHOLD WASTE COLLECTION**

**Bring all unwanted or used HHW to San I Transfer Station by  
Friday, November 5<sup>th</sup>**

**Household cleaners, automotive products, paints, solvents, poisons,  
fertilizer, batteries, pool chemicals and hobby products.**

The waste will be transported to the Buckman Recycling in Santa Fe for the

**Free Household Hazardous Waste Day**

**Saturday, November 6<sup>th</sup>**

**Hours: 9:00 am -1:00 pm**

We encourage community members to take advantage of the free days at the  
Buckman Recycling in Santa Fe. Just let them know you're within Santa Fe County

You have any questions call or stop by the Transfer Station.



**Happy  
Thanksgiving**

May you and your family  
be blessed on Thanksgiving  
and throughout the rest of  
the year...



## **BURN** **NOTICE**

Please be aware,  
the Transfer  
Station will be  
burning green  
waste (weeds &  
branches) every  
Friday or Saturday.

Transfer Station  
staff will be  
onsite and local  
dispatches are  
notified of  
burning.



### **DO NOT**

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

**Please dispose needles**

**in a PLASTIC**

**CONTAINER and call**

**CHR!**

## **Transfer Station Contacts:**

**Roberta Trujillo,**  
Transfer Station  
Attendant  
**(505) 250-8297**

**Erin Y. Martinez,**  
Transfer Station  
Supervisor  
**(505) 455-4121**





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

**November 2021**



Santa Fe Service Unit

**INFLUENZA VACCINE**  
**VACCINATION CLINICS**

The November 2021 Flu Clinics that were previously sent out in the bulletin through the Santa Fe Service Unit, have been cancelled. They are replacing them with COVID-19 Booster clinics, where they will be focusing on providing 3rd Doses and Booster Doses for Pfizer and Moderna Vaccines. You can still contact your primary care doctor and schedule with them to get your flu shot during a regular clinic visit. Contact the CHR Office if you need more information on this.

***10 Facts About the Flu You Should Know***

1. Flu season is between October and May
2. The flu is contagious before symptoms start
3. Flu symptoms can start abruptly
4. It takes up to two weeks for the flu vaccine to work
5. You need a new flu vaccine every year
6. The flu vaccine doesn't cause the flu
7. The flu can cause life-threatening complications
8. You can still get the flu after a vaccination
9. There are different types of flu vaccines
10. People with egg allergies can still receive a



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## *How coronavirus symptoms compare with those of the flu, allergies, and the common cold?*

### COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Loss of smell and taste	Sometimes	Common	Common	Common
Shortness of breath	Sometimes	X	X	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches, muscle pains	Sometimes	Mild	Common	X
Sore Throat	Sometimes	Common	Sometimes	X
Fatigue	Sometimes	Sometimes	Common	Sometimes
Chills, repeated shaking	Sometimes	Rare	Common	X
Diarrhea, vomiting	Rare	X	Sometimes*	X
Swollen toes	Rare	X	X	X
Runny nose	Rare	Common	Sometimes	Common
Sneezing	X	Common	Sometimes	Common

\*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

INSIDER



## Pueblo de San Ildefonso COVID-19 Response Team

### MESSAGE FROM THE COVID-19 RESPONSE TEAM

We know the pandemic has been an extremely difficult. It has been a drawn out period of time and has been marked with grief, loss, and loss of traditional activities and socialization. We as a community, have sacrificed time and experiences. We all crave to be in the presence of friends and family and for life to get back to normal.

With the increasing vaccination rates in the Pueblo and across the State of New Mexico and improved treatments and therapeutics for those who do contract the virus, we can see the light at the end of the tunnel, but unfortunately, the pandemic is not yet over. We are not there yet. So please continue to follow the public health directives in the Pueblo's Executive Order, which includes wearing a mask, maintaining social distancing, and avoiding large social gatherings to mitigate the public exposure and spread of the virus. Even as business and public places across the State re-open, please be strong and diligent for a little longer. We are stronger together. **#sanistrong**

### PUEBLO DE SAN ILDEFONSO COVID RESPONSE TEAM MEMBERS

**Troy Campbell**

Director of Health and Human Services

**Office: (505) 455-7395**

**Cell: (505) 692-5943**

**Thelma Gonzales**

CHR Manager

**Office: (505) 455-4114**

**Cell: (505) 690-1024**

**Raelene Martinez**

Diabetes Prevention Program Assistant

**Office: (505) 455-7395**

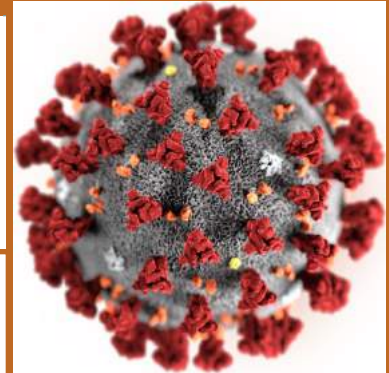
**Cell: (505) 660-8927**

**Claudia Lente**

CHR Generalist

**Office: (505) 455-4115**

**Cell: (505) 231-9401**



### November 2021

#### COVID-19 Cases

**Total Active Cases: 1**

**Total Cases: 89**

**Total Recovered: 86**

**Total Breakthrough: 5**

*Info as of  
October 22, 2021*

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## IMPORTANT REMINDER

One in five in U.S. report that they or their household members delayed receiving medical care or were unable to get care at all due to the crisis, according to a recent study from Harvard T.H. Chan School of Public Health, the Robert Wood Johnson Foundation, and National Public Radio. Among those who said they received delayed care, 57% said they experienced negative health consequences.

In other findings, a majority of households that include people with chronic conditions reported cutting back on care. And one in seven adults reported that household members delayed or were unable to get an elective procedure, with 54% reporting negative health consequences because of it. Although the exact health consequences are unknown, delayed care can result in the patient becoming severely ill or worsening their prognosis.

### **REMINDER**

Regardless of whether or not fear and anxiety of going to the doctor or hospital are stopping you from seeing your primary care doctor or not, it's important to understand that doctors offices have developed safety protocols have been developed to keep everyone safe. If you are too anxious to go or if you are immunocompromised and don't feel comfortable going to the doctors office, you can always ask your physician if they have telehealth and remote services that might help keeping you from delating your care. Once a doctor makes a diagnosis through your telehealth appointment, the doctor can talk to you about the COVID-19 safety procedures so care is not delayed any further. You will probably have to take a COVID-19 test right before, if you will require any kind of procedure or surgery. If you are living with a chronic health condition such as diabetes, hypertension, kidney disease, or heart disease, delaying care might lead to your condition worsening so please make your appointments and keep your appointments. If you need assistance, please contact the CHR Office.

### **VERY IMPORTANT**

**Don't delay care for emergencies.** If you have an emergency or are ill and need immediate care, do not delay. All of the local hospitals have protocols in place to protect non-COVID-19 patients from the virus. Do not hesitate to go to the hospital if you have an emergency.

Do your part

The COVID Response Team have been working tirelessly to keep our communities healthy. During these uncertain times we must all be good family, friends, and community members. Right now the best way to do that is by following the virus mitigation directives in the Executive Order. Any questions, please contact any member of the COVID Response Team.

**SOURCE: Harvard University**





## ***MODERNA AND J&J BOOSTER SHOTS, AS WELL AS MIXING AND MATCHING VACCINES HAS BEEN AUTHORIZED***

The FDA authorized and the CDC is recommending Moderna and Johnson and Jonson (Janssen) booster shots for certain populations. They are also allowing the vaccine recipient to choose which vaccine they want for their booster shoot, using the “Mix and Match” approach for of all U.S.-approved COVID-19 vaccines. The interchangeability of shots will provide additional flexibility for not only the medical providers giving the shot, but also for community members who have already been fully vaccinated and want a different vaccine to boost their level of protection against the virus. Doctors said all vaccines are effective in reducing the risk of severe disease, hospitalization and death — even against the delta variant.

The Moderna booster doses are half of an initial dose. A National Institutes of Health study found that a Pfizer or Moderna booster after a Johnson & Johnson dose raised antibody levels more than two doses of J&J.

You may be asking, “Am I eligible for these booster shots?” The CDC has put out preliminary guidelines to help answer this question, as indicated below. Individuals who are unsure if they qualify for a booster should check with their healthcare provider.

# **Am I eligible for a booster shot?**



### **Who?**

**If you received a Pfizer or Moderna series:**

- › 65 years and older
- › Age 18+ who live in long-term care settings
- › Age 18+ who have underlying medical conditions
- › Age 18+ who work or live in high-risk settings

**If you received a J&J vaccine:**

- › Age 18+

### **When?**

- › At least 6 months after Pfizer or Moderna
- › At least 2 months after J&J

### **Which booster shot do I get?**

- › You may have a preference, but you can get any booster shot.



**FIND OUT MORE AT [CDC.GOV](https://www.cdc.gov) & [VACCINES.GOV](https://www.vaccines.gov)**



326830-01



**Santa Fe Service Unit**  
**COVID-19 Booster and 3rd Shot**  
**VACCINATION CLINICS**

**ADULT VACCINATION SCHEDULE**

**November 10, 2021**

Buffalo Thunder Resort (Pfizer & Moderna)

9:00 am to 11:00 am

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**November 17, 2021**

Black Mesa Casino (Pfizer & Moderna)

9:00 am to 11:00 am

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**Fridays from 9:00 am to 3:00 pm**

Santa Fe Indian Hospital

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**Wednesdays in the Morning**

San Felipe HC and Santa Clara HC

**PEDIATRIC VACCINATION SCHEDULE**

*This schedule is pending approval from CDC, which is expected to come sometime during the first week of November 2021. (STAY TUNED!!)*

**Pfizer and Moderna  
Booster & 3rd Shot**



**For Eligible IHS Beneficiaries**

# CDC FOUNDATION

## PUBLIC HEALTH WORKFORCE SURGE STAFFING INITIATIVE

### OPPORTUNITY DESCRIPTION

- This initiative aims to provide staffing support to tribes and tribal organizations through a national recruitment effort to hire public health staff at the CDC Foundation, and then situate these staff within tribal organizations and/or the tribal communities that they serve.
- AAIHB/AASTEC is eligible to be assigned up to 20 staff from the CDC Foundation, which can then be assigned to any of the 27 IHS Albuquerque Area Tribes.
- Although first priority will be to fulfill COVID-19 response needs, positions can also be used to support broader public health activities.
- Positions are full-time, fully benefitted, and funded by the CDC Foundation through July 31, 2022.
- Positions can be remote or on-site if space is provided by the tribal organization or tribe.
- The CDC Foundation will manage the administrative elements of their employment and support salary and benefits, while their day-to-day supervision and task management will be the responsibility of AAIHB/AASTEC and/or the tribal community where the staff are situated.
- The Foundation will also provide a laptop computer and cell phone stipend for all staff.

### NEXT STEPS

- Notify AAIHB/AASTEC if your tribe is interested in situating one of these positions in your community.
- Advertise and encourage interested tribal members or partners to respond to the national call for applicants from the CDC Foundation for any of the following four opportunities:
  - **COVID-19 Case investigator**
    - <https://jobs.lever.co/cdcfoundation/37cbae25-a58a-4752-b13a-6be7b82b74ab>
  - **Contact Tracer**
    - <https://jobs.lever.co/cdcfoundation/bb1491e5-b315-4cc9-ad52-f39fe2528f48>
  - **Community Outreach Worker**
    - <https://jobs.lever.co/cdcfoundation/929f7151-ea38-4798-b9eb-a578207c06fa>
  - **Public Health Nurse**
    - <https://jobs.lever.co/cdcfoundation/e9840f60-aede-4449-9dbf-fea14a7c6aff>
- Notify AAIHB/AASTEC of any individuals who apply for these positions to ensure they are selected for an interview by AAIHB/AASTEC.
- If a qualified applicant is identified and hired by the CDC Foundation for placement in your tribal community, a MOA between AAIHB and the tribe will be executed.

### CONTACT

Kevin English, AASTEC Director – [kenglish@aaihb.org](mailto:kenglish@aaihb.org) or (505) 962-2602



## Knowing is Not Enough—Act on Your Family Health History



Has your mother or sister had breast cancer? Does your mother, father, sister, or brother have diabetes? Did your mother, father, sister, or brother have colorectal (colon) cancer before age 50? If you answered “yes,” you are more likely to get the same disease as your parent or sibling and should consider earlier screening. Talk to your doctor about when to start screening and what other steps to take to prevent the disease or find it early. Finding disease early can often mean better health in the long run.

Did you know that Thanksgiving is also National Family History Day? Even if you don’t have a parent or sibling with cancer or diabetes, you might be more likely to

get a disease if other people in your family have or had the disease. However, having a [family health history](#) of a disease doesn’t mean that you will definitely get it. Knowing your family health history risk can help you—if you act on it. Collecting your family health history is an important first step. Whether you know a lot about your family health history or only a little, take time to talk to your family about their health histories this holiday season. It might not be easy. Your family members might not be used to talking about their diseases or might not want to talk. But starting the conversation is important. Remember, you’re asking not just for your own health, but for the health of everyone in your family.

### How to Collect Your Family Health History

- **Talk to your family.** Write down the names of your close relatives from both sides of the family: parents, siblings, grandparents, aunts, uncles, nieces, and nephews. Talk to these family members about what conditions they have or had, and at what age the conditions were first diagnosed. You might think you know about all of the conditions in your parents or siblings, but you might find out more information if you ask.  
**Ask questions.** To find out about your risk for [chronic diseases](#), ask your relatives about which of these diseases they have had and when they were diagnosed. Questions can include:
  - Do you have any chronic diseases, such as heart disease or diabetes, or health conditions, such as high blood pressure or high cholesterol?
  - Have you had any other serious diseases, such as cancer or stroke? What type of cancer?
  - How old were you when each of these diseases or health conditions was diagnosed? (If your relative doesn’t remember the exact age, knowing the approximate age is still useful.)
  - What is your family’s ancestry? From what countries or regions did your ancestors come to the United States?
  - What were the causes and ages of death for relatives who have died?

**Record the information and update it whenever you learn new family health history information.** [My Family Health Portrait](#), a free web-based tool, is helpful in organizing the information in your family health history. My Family Health Portrait allows you to share this information easily with your doctor and other family members.

- **Share family health history information with your doctor and other family members.** If you are concerned about diseases that are common in your family, talk with your doctor at your next visit. Even if you don’t know all of your family health history information, share what you do know. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start.

If you have a medical condition, such as cancer, heart disease, or diabetes, be sure to let your family members know about your diagnosis. If you have had genetic testing done, share your results with your family members. If you are one of the older members of your family, you may know more about diseases and health conditions in your family, especially in relatives who are no longer living. Be sure to share this information with your younger relatives so that you may all benefit from knowing this family health history information.

# CHR Program



## Transportation

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

Keep in mind that only those who have been vaccinated are allowed to be transported.

## 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 at Contract Health Services

## New Winter Hours Tuesdays & Thursdays Community walk

Join the Health & Wellness & CHR Department on Tuesdays/Thursdays for a 30 minute community walk at 11:00am at the baseball field.

## Health Screenings:

Health screenings are provided at the tribal office every other week on Wednesdays, should any community members wish to stop by. Dates for the month of November:

Wednesday, November 3 and 17, 2021

## New Location:

The CHR Staff and Health & Wellness Department have moved to the New Medical Building (Located next to the Senior Center). We do not have office phones, so please contact us directly on our cell phones:

Thelma Gonzales - 505-690-1024

Claudia Lente - 505-231-9401

Raelene Martinez - 505-660-8927

**Thank you for your  
understanding**





Health & Human Services

# Open House *fair*

JOIN US for the GRAND OPENING of the MEDICAL BUILDING!

PRESENTATIONS • FITNESS DEMO • INFO BOOTHS  
DIAPER GIVEAWAY • REFRESHMENTS • INCENTIVES



NOV 16 2021

TIME: 1 - 4:30PM

Medical Building is located next to Senior Center

**RABIES CLINIC 2-4PM**



Thanksgiving Fixings Giveaway-1 per household until supplies last!

(\*no holds \*attendance required)

sponsored by Western Sky Community Care



**MASKS REQUIRED FOR EVERYONE**

For additional info, contact (505)660-8927



# San I WELLNESS

**NOVEMBER 2021** Everyone is invited, watch LIVE or on YouTube any time!

## - Fitness Classes -

Pilates w/ Small Ball

November 1st 5PM 30mins

November 5th 10AM 60mins

Yoga w/ Bands

November 8th 5PM 30mins

November 12th 10AM 60mins

Chair Stretch

November 15th 5PM 30mins

November 19th 10AM 60mins

Essentrics

November 22nd 5PM 30mins

November 29th 5PM 30mins

Zoom Link: <https://tinyurl.com/p63ytunj>

Meeting ID: 869 186 8041 Passcode: 9p67Q8

YouTube: <https://tinyurl.com/49uheuss>



## - Health Education -

Alcohol & Drugs and  
YOUR Health

November 4th 7PM 60mins

The Risk is REAL

November 8th 7PM 30mins

November 18th 7PM 60mins

Gut Health

November 22nd 7PM 30mins



Brought to you by  
San I Diabetes Program  
**For more info call  
(505)660-8927**



# NUTRITION CONSULTATIONS



## WHO CAN BENEFIT?

Lots of people can benefit from working with a nutritionist. Whether you need a complete diet overhaul, are looking to manage a medical condition, want to fine-tune your food choices, or get inspiration for new, healthy recipes.

## CONSULTATIONS CAN HELP WITH:

Heart disease  
High blood pressure  
High cholesterol  
Diabetes & pre-diabetic conditions  
Irritable bowel syndrome (IBS)  
Celiac disease  
Obesity or overweight  
Pregnancy  
& many other conditions

## Recommended items you should have for consultation:

- Medication listing
- Blood sugar record
- Most recent lab work (A1C, cholesterol levels, kidney function- if available)
- Questions you may have

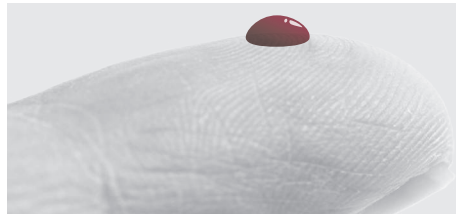
**Book your nutrition  
consultation today for  
November!**

by calling Raelene Martinez

**(505)660-8927**

or at link below:

**[https://tinyurl.com/SDPI-  
Nutrition-Consults](https://tinyurl.com/SDPI-Nutrition-Consults)**



# DIABETES

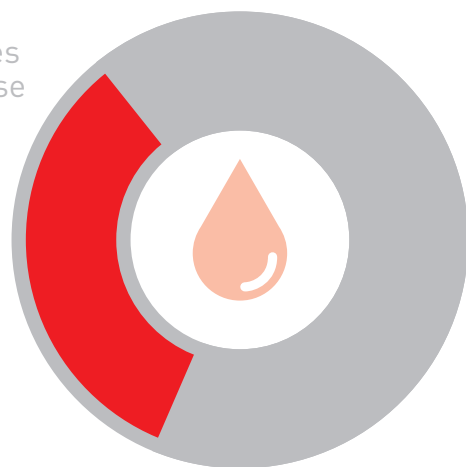
DIABETES IS  
ON THE RISE



**422** MILLION  
adults have diabetes

**3.7 MILLION**  
deaths due to diabetes  
and high blood glucose

**1.5 MILLION**  
deaths caused  
by diabetes



THAT'S **1** PERSON IN **11**



## Main types of diabetes



### TYPE 1 DIABETES

Body does not produce  
enough insulin



### TYPE 2 DIABETES

Body produces insulin  
but can't use it well



### GESTATIONAL DIABETES

A temporary condition in  
pregnancy

## Consequences

Diabetes can lead to complications in many parts of  
the body and increase the risk of dying prematurely.

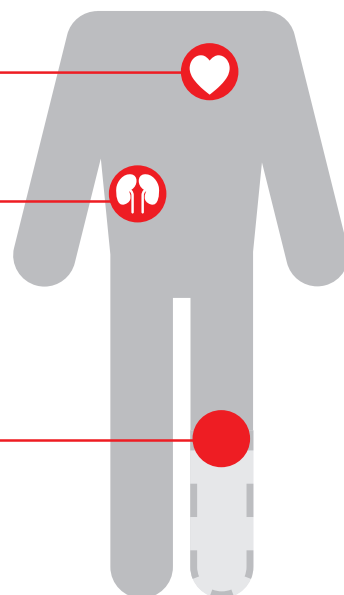
Stroke —

Blindness —

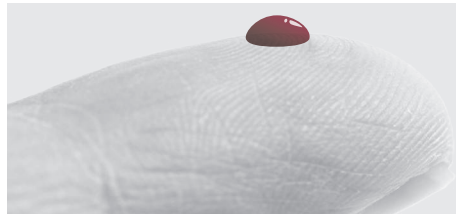
Heart attack —

Kidney failure —

Amputation —



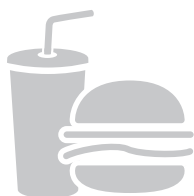




# DIABETES

## Risk factors for type 2 diabetes

Genetics, age and family history of diabetes can increase the likelihood of becoming diabetic and cannot be changed. But some behaviours that increase risk can:



**Unhealthy diet**



**1 in 3 is overweight**



**Physical inactivity**



**1 in 10 is obese**

## KEY ACTIONS

### FOR EVERYONE



**Eat healthily**



**Be physically active**



**Avoid excessive weight gain**



**Check blood glucose if in doubt**



**Follow medical advice**

### FOR GOVERNMENTS

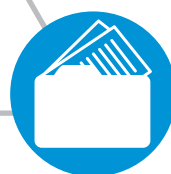


**Healthy Environments**

**ENSURE**



**Better Diagnosis & Treatment**



**Better Data**

November 2021



**San Ildefonso Library / Learning Center**  
Phone: (505) 455-2635  
Fax: (505) 455-2641

Rick Juliani  
Education Director  
Cell: (505) 321-9694  
rick.juliani@sanipueblo.org

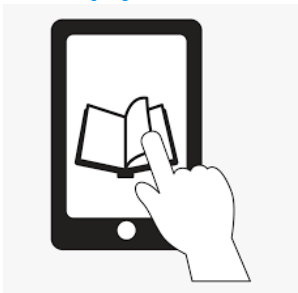
Bernice Martinez  
Education Manager  
Cell: (505) 660-0149  
bmartinez@sanipueblo.org

Aaliyah Gonzales  
Librarian / Tutor  
agonzales@sanipueblo.org

## NM OVERDRIVE

**All members  
wanting to use  
Overdrive will  
need to sign up for  
a library card!**

**Please call  
Aaliyah to sign  
up for a Library  
card OR visit our  
catalog to sign  
up yourself!**



# Department of Education

## After School Program

**We're still accepting students from Kindergarten to 12<sup>th</sup> Grade!**  
**Please contact us at the Library for more information.**  
**COVID-19 Guidelines are being followed.**

## CLOSED

**The Library's After-School Program will NOT be  
held on November 1<sup>st</sup>, 2021.**

**We will reopen on Tuesday November 2<sup>nd</sup>, 2021.**

**Thank you!**



## Appointment only!

**The Ed. Dept. is returning to an  
Appointment Only basis! We are  
asking that before you come into  
the Library you make an  
appointment!**



## NEW HOURS!!

**The Library is now open from  
8am-6pm, Monday-Thursday.  
However, we will be closed to  
the public from 2:30pm-5:15pm,  
Monday-Thursday during After-  
School Program hours.**

**UPDATED  
LIBRARY HOURS**

## NOW HIRING!

**The Library is hiring for two  
After School Aides!  
Please contact the Library or  
Human Resources office for  
more information!**



## NEW! NEW! NEW!

**The Library has new Books, DVD's and  
eBooks!**

**Please come to the Library to sign up  
for a library card!**

**If you already have previously signed  
up for a "library card", we will be in  
touch as we are issuing REAL library  
cards!**

**Thank you for continuing to support  
the Pueblo de San Ildefonso Library!**



LANL FOUNDATION EDUCATION TRAINING

# THE ROLE OF TOXIC STRESS ON A CHILD'S BRAIN

By Anna Marie Garcia, M. Ed.  
Vice President of Early Childhood  
Education, LANL Foundation

**NOVEMBER 8, 2021**  
**6:00PM – 7:00PM**

**@SAN ILDEFONSO PUEBLO LIBRARY**  
**TO ATTEND VIA ZOOM, USE:**  
**[HTTPS://BIT.LY/LANLFTTRAINING](https://bit.ly/lanlftraining)**



Pueblo de San Ildefonso  
**EDUCATION DEPARTMENT**  
Phone: (505) 455-2635  
Fax: (505) 455-2641  
education.sanip@gmail.com



Rick Juliani, Education Director  
Cell: (505) 321-9694  
Bernice Martinez, Education Manager  
Cell: (505) 660-0149  
Aaliyah Gonzales, Librarian

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# TRIBAL SCHOLARSHIP COMMITTEE

The Pueblo's Education Department is looking for community members to serve on the newly created Tribal Scholarship Committee. Each year the Education Department distributes thousands of dollars in scholarship awards to fund local students' expenses related to pursuing post-secondary studies, whether at a university, community college, vocational, technical, or trade school.

If you are interested in assisting local Pueblo students with pursuing their educational goals, review the information below and contact Rick Juliani, Education Director, or Bernice Martinez, Education Manager, at the Pueblo Learning Center at 455-2635.

## Committee Member Qualifications & Commitments

- Willingness to spend time evaluating and reviewing scholarship application materials, and to make recommendations on recipients to Education Director for final approval*
- Ability to implement a numerical rating system and submit written notes to document processes and decisions*
- Available for occasional (in-person or virtual) daytime meetings during December, 2021 and June, 2022*
- Ability to work with other reviewers in a team environment and understand the need for fairness, objectivity and nondiscrimination within the scholarship selection process*



Pueblo de San Ildefonso  
**EDUCATION DEPARTMENT**  
Phone: (505) 455-2635  
Fax: (505) 455-2641  
education.sanip@gmail.com



Rick Juliani, Education Director  
Cell: (505) 321-9694  
Bernice Martinez, Education Manager  
Cell: (505) 660-0149  
Aaliyah Gonzales, Librarian

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## *WANTED: CURRICULUM DEVELOPMENT COORDINATOR*

The Pueblo's Education Department is looking for a part-time curriculum development coordinator to:

- Assist collaborative efforts between the Pueblo's Education Department and Department of Environment and Cultural Preservation to develop environmental education curriculum; and
- Develop curriculum materials, including defining course objectives, designing content delivery and assessment methods, and determining ways to integrate technology into instruction for the summer enrichment program's community-based environmental education curriculum.

This position may also provide training materials or workshops to educators to implement the curriculum in June, 2022. Applicants who have experience in teaching and/or curriculum development are strongly preferred.

Pay is on contract basis. Work would begin in December, 2021 and continue through June, 2022

*If you are interested in using your energy and knowledge to plan summer education programming for the Pueblo's school-age children, **contact Rick Juliani, Education Director, or Bernice Martinez, Education Manager, at the Pueblo Learning Center at 455-2635.***



October 8, 2021

Greetings,

The Indian Pueblo Cultural Center along with the Flower Hill Institute will be hosting (2) Pueblo SEEDSS Youth Workshops with a focus on Agriculture, Traditional Foods and Traditional Ecological Knowledge on **October 30th, 2021 from 9 AM-3 PM and November 6th, 2021 from 9 AM-2 PM** at the Indian Pueblo Cultural Center located at 2401 12th St. NW Albuquerque, NM 87104. Participants will receive a take home garden kit and other incentives.

Workshop 2

When: October 30, 2021

Time: 9:00 AM-3:00 PM

Workshop 3

When: November 6, 2021

Time: 9 AM-2 PM

Who is invited: (30) Indigenous Youth ages 12-17 years old

Cost: FREE

Space is limited, registration is required.

Lunch and Breakfast Included.

**Masks are required for all participants.**

For questions please contact Mrs. Shannon Romero, Cultural Education Specialist, Museum Education Department @ [shromero@indianpueblo.org](mailto:shromero@indianpueblo.org).



ACOMA  
COCHITI  
ISLETA  
JEMEZ  
LAGUNA  
NAMBE  
HHKAY OWINGEH  
PICURIS  
POJOAQUE  
SANDIA  
SAN FELIPE  
SAN ILDEFONSO  
SANTA ANA  
SANTA CLARA  
SANTO DOMINGO  
TAOS  
TESUQUE  
ZIA  
ZUNI

☎ 1-866-855-7902  
Fax: 505-842-6959  
🌐 indianpueblo.org  
📍 2401 12th St NW  
Albuquerque, NM  
87104

Dear Artists,

Many of you were given a letter requesting your input/suggestions to the Tourism Department and Tribal Administration, on how they would be able to assist you during this time of COVID. We respectfully ask you to please submit your ideas, suggestions, information to the Tourism Department or to the Tribal Administration, so that a meeting could be set up for discussion of possible solutions and/or processes.

Please do not hesitate to give any input that you may feel is important to you and your livelihood.

Thank you for your time and with much respect.

Denise Moquino

## Senior Outings

We are going to go to a movie, down town Santa Fe at the Violet Crown. Please visit their website at: <https://santafe.violetcrown.com/> and let me know which movie you want to see. That will determine the approximate date we go in November. Usually at 10:30 am.

We are taking the free train ride to ABQ to go have lunch at the Cultural Center, also in November. Needs to be done on a Wednesday for free tickets. I will have the Senior vans pick us up here, take us to Santa Fe, pick us up at ABQ and drive us to the Culture Center, then back to catch the train to SF, then back here to the Pueblo.

An evening at the Senior Center for a Christmas dinner, watch "It's a Wonderful Life" or another Christmas movie by other's suggestion. Popcorn, maybe get the fireplace working. Time and date to be set at November Senior Meeting for this to occur in December.

Trip to River of Lights (<https://www.cabq.gov/artsculture/biopark/events/river-of-lights>) at ABQ. Time and date to be set at November meeting for the December trip.

Possible Lobo football or basketball game if seniors show interest (call or email me at 455-4105 or [tsd@sanipueblo.org](mailto:tsd@sanipueblo.org) – Stuart).

November Senior Meeting will be on November 17 at 10:30. Zoom link to follow.

Please review more information at [www.sanip.org](http://www.sanip.org) under Seniors menu.

I still have two grow boxes if any senior wants one.

## WEBSITE

Our website [www.sanipueblo.org](http://www.sanipueblo.org) should be live by the time you get this bulletin! If not, check back in a day or two. To enter items in the calendar, send such to [tsd@sanipueblo.org](mailto:tsd@sanipueblo.org) or [receptionist@sanipueblo.org](mailto:receptionist@sanipueblo.org).

## WIPES

**DO NOT** flush wipes down toilets. They clog up! Even flushable wipes cause problems!

## SENIOR CENTER PHONES

Phones at the Senior Center are currently out of service. If you need to reach Linda, Please contact the Tribal Office Receptionist at (505)455-2273 and she will forward the information.





Pueblo de San Ildefonso  
Museum and Cultural Center (MCC)

# MCC Planning Meeting

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Saturday November 13  
9:00 a.m. - 1:00 p.m.  
El Rancho Center

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## DISCUSSION ITEMS:

- Debrief Community Meeting and Tribal Council Working Session
- Site Analysis and Recommendations
- Review facility comparisons
- Building Programming (What spaces and functions should be included?)
- Community Survey #2 - What should be included?

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***\*\* Please RSVP by November 10\*\****

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)