



Pueblo de San Ildefonso Bulletin January 2022

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Council Working Session

Tuesday, January 4, 2022 at 5:10 pm

Council Meeting

Wednesday, January 12, 2022 at 5:10 pm

Dates are tentative.

HAPPY NEW YEAR

2022

Office Closure

All Tribal Offices will be closed Monday, January 17, 2022 in observance of Martin Luther King, Jr. Day

Feast Day

Governor Moquino, Council, and Staff would like to wish everyone a Happy Feast Day! Stay Safe!

Contact Us:

2 Tunyo Po, Santa Fe, NM 87506

Phone: (505) 455-2273

Fax: (505) 455-7351

To the Community of San Ildefonso Pueblo.

We, the Torres Family & Grace Nuvayestewa and Family would like to Thank Governor Moquino, Tribal Council, Pallbearers, grave diggers, Deacon Greg, Rivera Funeral Home, Legacy Hospice, Casa Rael nurses/aides, church officials, the Pojoaque Pueblo Tribal Police Dept. and all who helped us along the way.

Thank you to each and everyone in the community for your generous donations, words of prayers and blessings. Thank you for all the love and support given to the family during this difficult time.

Torevia, our Aunt and God-mother and the wife of the late Frederick Martinez, was respected by many whose lives she touched. She practiced her native traditional way of life and participated in many traditional dances and shared all her knowledge and wisdom with the family.

She will be dearly missed and will be forever in our hearts. We will all miss her great smile, laughter, humor and love.

Kuudah Woh hah / Askwali / Thank You



Maria Torevia Martinez
April 16, 1929 ~ December 15, 2021



Pueblo de San Ildefonso
SPECIAL NOTICE

Food Distributions

We hope that you were all able to utilize what was distributed to you and your family. Moving forward, distributions will be discontinued, however, there may be a special food distribution occasionally and we will send a notification to the community if and when that will happen.

These distributions have been a major effort for staff and administration. It is time to focus energies on other projects.

Thank you, to all the staff that helped with the distributions. Have a safe and prosperous New Year.

Bulletin

Starting February 1, 2022, all monthly bulletins will only be distributed electronically. A physical copy may be provided, however, you must call to request this for your household. If you do not currently receive the bulletin electronically or if you wish to receive a physical copy, please contact the receptionist at (505)455-2273 or receptionist@sanipueblo.org.

Seniors that get lunch delivered from the Senior Center will continue to receive a physical copy.



Pueblo de San Ildefonso
Department of Natural Resources

Trespassing- Otowi Mesa



On November 22, 2021, Tribal Ranger Jose Aguilar was patrolling near TA 74 when he witnessed seven individuals actively trespassing on Ancestral lands located on Otowi Mesa. Mr. Aguilar contacted BIA Law Enforcement and Natural Resources Director, Lawrence Atencio. After further investigating, it was revealed that the hikers had gained access via a Los Alamos County Trailhead known as the Otowi Mesa Trailhead, which was shown as one of the Counties recreational trails. BIA Law Enforcement got called to another incident and had to leave. Mr. Aguilar and Mr. Atencio hiked the trail and saw how frequently the trail had been utilized and saw the tracks left by the party of seven, they also found that the Pueblos Boundary Signs and No Trespassing signs had been removed. They continued along the trail until they encountered the trespassers. Since no Boundary Signs were present and with no Law Enforcement Officer, they could only inform them that they were trespassing, that the Pueblo is Closed, and educate them as to the threat to the Pueblos Cultural and Natural Resources and justify the need for protection and therefore the no trespassing. They understood and one lady whispered; “we come here all the time”. We also requested that they inform their friends, new boundary signs would be posted, and future incidences would be cited by Law Enforcement.

A report was submitted to Governor Moquino, and appropriate Staff; a letter on behalf of the Pueblo’s concerns was submitted to Los Alamos County. A response letter was received on December 17, 2021, by the Los Alamos County Manager with acknowledgment of the unauthorized activity and with corrective action items to follow by the county targeted to deter future trespassing. I like to acknowledge our Tribal Rangers in the work that they do in the enforcement of Tribal Codes, Ordinances, and overall preservation of the Pueblo’s Cultural and Natural Resources for future generations. The Tribal Rangers will continue to patrol and welcome your aid as well which is greatly appreciated.

Lawrence Atencio
Natural Resources Director
Pueblo de San Ildefonso



Pueblo de San Ildefonso
Department of Natural Resources

“Replanting the Past for the Future”



Governor Moquino and The Pueblo has been offered and accepted 950 seedlings from Santa Clara Pueblo Forestry. The majority is Ponderosa Pine with some Douglas Fir. This comes at an ideal time need for conifer regeneration needs. The current populations and stands have been depleted to: overharvesting, wildfire, insect and disease compiled now with climate change. In order for future generations to have these critical resources which we have depended upon for ages, is to replant today. The Natural Resources Department and Department of Cultural of Environmental Protection, will determine the suitable soils and terrain where these seedlings will have the most favorable conditions to take and ideally establish to maturity.

We welcome any volunteers and we will provide the details once all safety precautions and resources are readily available and appropriately planned. Stay tuned for a memo to come in the early New Year. Stay Safe and spend some time praying and caring for our Mother Earth, *Uhn bi Ah gehn di, Kuun Daa Woe Khaa*; Natural Resources Department.

Public Notice Certification Form

The water system issued an initial PN to its customers on January 28, 2020. Our records indicate that the violation has not yet been addressed and the system is currently operating without a certified operator. EPA is therefore notifying you to **repeat the public notice within 30 days of this notice, and every three months thereafter** until this violation is resolved, as required by §141.203(b)(2) of the Public Notice Rule.

PWS Name: San Ildefonso Pueblo Water System
PWS ID #: 063500116
Rule Violation: Disinfection Byproduct Rule: Lack of Certified Operator
Occurring in: June 2018

The public water system indicated above hereby affirms that public notice has been provided to consumers in accordance with the delivery, content, and format requirements and deadlines in CFR 141.201.

Notice distributed by: 5 billboards spots, main office, learning Center and website. (insert method (s))

on 12/29/2021 (insert date (s))

Signature of Utility Director:  Date: 12/29/21

Please attach a copy of your Public Notice to this completed form and return to EPA:

USEPA Region 6
Tribal Drinking Water Program
1201 Elm St, Suite 500 (6WD-DD)
Dallas, TX 75270
Bobay.lia@epa.gov

IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER
No Licensed Operator for San Ildefonso Pueblo Water System
(PWS# 063500116)

Our water system has incurred a violation of the National Primary Drinking Water Regulations under the Disinfectants and Disinfection Byproducts Rule, specifically, failure to retain a qualified, licensed drinking water operator to operate the drinking water system. Even though this was not an emergency, as our customers, you have a right to know what happened and what we are doing to correct this situation.

What happened?

On 10/5/17 and 12/29/2020, EPA Region 6 contractors from the Southwest Environmental Finance Center performed detailed evaluations of our water system, called Multiple Barrier Evaluations. From these evaluations, the EPA identified a lack of a certified operator at our water system. The U.S. Environmental Protection Agency defines a qualified licensed operator as a person holding an appropriate valid Water Operator's License based on the type of water system and population served. We have not yet addressed this and therefore remain in violation.

What should I do?

There is nothing you need to do at this time.

What is being done?

Tribe has Fill the position and is now getting training hours with certification

For more information, please contact: Augustine Trujillo at 505-225-5025

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by the **San Ildefonso Pueblo Water System**

Date distributed: 12/29/2021



Senior News



Senior Meeting

Next meeting will take place via Zoom on Wednesday, January 19, 2022 at 10:30 am. Information provided on next page

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Outing

There will be a Senior trip to Santa Fe on Saturday, January 8, 2022. Lunch will be at Panda Express and then a movie at Violet Crown Theater. You will need to be on a list. Please call the receptionist at (505) 455-2273 or email at receptionist@sanipueblo.org.

We will meet at the Senior Center at noon to get a ride. More information will be on the Tribes website under "Community" or in the Senior area.

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El Rancho Property

The El Rancho Property is available for rental but strict Covid Restrictions still apply. No more than 25 people, masks and social distancing are required.

Call Administrative office to check on availability and price of deposit.

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Wood

NM State Agency on Aging was able to get 20 cords of wood for seniors. Please contact the Natural Resources Director, Lawrence Atencio, at (505) 455-4138 or email natural.resources@sanipueblo.org to be put on the list for wood delivery.

Those who have not yet received wood will be the first to receive.

Tourism Inventory

The tourism department has received a number of new short and long sleeved San I logo t-shirts. The short sleeve tees are \$15 each and the long sleeved ones are \$20 (adult sizes only). Call Denise at (505)455-3549 or send an email at dmoquino@sanipueblo.org

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Artists on website

The San I website has a place to display information and some art of local artists (submenu under "Visiting the Pueblo"). This can include a link to a Facebook page or to an artists website. To be put on the San I website artist area, contact the receptionist. There is no fee for this service to the Pueblo artist.

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Stray Dogs

There are still stray dog wandering around the pueblo. All pets need to be put on leashes or fenced. Stray dogs and cats will be picked up and sent to a local shelter. There will be a fee to recover the pet. Make sure your pet has a suitable shelter for winter and has access to water/food.

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HAPPY NEW YEAR



Senior Meeting Agenda

Wednesday January 19, 2022 at 10:30 am

Via Zoom

Call Meeting to Order

Invocation by Invite

Minutes of last meeting –Dec 20, 2021

Presentation(s)

Discussion of possible February and other Activities

Concerns by Seniors

Benediction by invite

If you want something else on the agenda, please send an email to: tsd@sanipueblo.org or contact the receptionist at 455-2273

The SMALL conference room at the Governor's office will be available for the seniors who don't have zoom who want to be in the zoom meeting and do not have such ability at their home. You can also participate at the Learning Center

Zoom Link for Senior Meeting January 19 at 10:30am:

<https://us02web.zoom.us/j/86563762128?pwd=NWppZzJQUS9PT1cyV0swVXI3STJVDz09>

Meeting ID: 865 6376 2128

Passcode: 625638

Dial by your location

+1 602 753 0140 US (Phoenix)

+1 669 219 2599 US (San Jose)

+1 669 900 9128 US (San Jose)

+1 720 928 9299 US (Denver)

+1 971 247 1195 US (Portland)

Meeting ID: 865 6376 2128

Passcode: 625638

Find your local number: <https://us02web.zoom.us/u/kciyQtFBhB>



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



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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.

HAPPY NEW YEAR

2022



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



National Healthy Weight Week
January 16 - 22, 2022

LaDawn Yazzie, Tribal Public Health Educator



Diabetes in Native American Communities

Observing your health and starting this year off in a good direction could be a step in the right direction. Native American communities would benefit from understanding how they can take control of their health. One way to combat health-related challenges could be in weight loss or weight maintenance among community members. One study among Native people found that when comparing normal-weight adults to obese adults, obese adults were 3 -7 times more likely to develop diabetes.



Improving Health Outcomes

Fortunately, there are solutions to improving health outcomes, these solutions include increasing physical activities and exercise to including healthy food and snacks options. Other choices that could improve a person's health are found in weight loss and weight maintenance among Native people.



Benefits of Maintaining a Healthy Weight

Starting a new routine and making lifestyle changes to include, healthier food options, moderate weight loss, and increase physical activity are very good options for the body.

Research shows that for overweight or obese individuals, weight loss has improved fasting blood glucose levels. Another benefit of decreasing weight for overweight or obese individuals resulted in changes to insulin sensitivity, which lets the body's cells use blood glucose more effectively to lower blood sugar levels and prevent or delay the development of Type 2 Diabetes. Other long-term benefits could reduce a person's chances of getting a heart attack by decreasing their blood pressure.



How Much Activity Could Help?

There are suggestions on what could be considered helpful, according to the National Heart, Lung, and Blood Institute Obesity Education Initiative Expert Panel recommends 30- 45 minutes of moderate-intensity (walking), aerobic physical activity completed 3 to 5 days a week is good for you. Over time, the recommendation is to increase time and days throughout the week.

If individuals are wanting to reduce their risk of heart disease, research finds that 60 to 70 minutes of moderate-intense activity (walking) or 35 minutes of vigorous activity (jogging) will help in maintaining a healthy weight.



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



Social Support is Good for Everyone

It is important to find social support within our Native communities, whether it is working with family members or friends within our social networks, this will encourage group pride and loyalty to promote behavior change. A Native American reservation in Arizona found friendly competition helped to build and promote behavior change when creating exercise or walking teams. These teams with 5 members worked out 10 weeks, which led group efforts to team responsibility and weight loss motivation efforts. Taking care of our body and making a good habit to be physical activities is beneficial for long-term health.

References:

<https://www.cdc.gov/healthyweight/>

“Weight Management Using Lifestyle Modification in the Prevention and Management of Type 2 Diabetes: Rationale and Strategies.” *Clinical Diabetes*, vol. 23, no. 3, 2005, pp. 130–136., <https://doi.org/10.2337/diaclin.23.3.130>.

Teufel-Shone, Nicolette I. “Promising Strategies for Obesity Prevention and Treatment within American Indian Communities.” *Journal of Transcultural Nursing*, vol. 17, no. 3, 2006, pp. 224–229., <https://doi.org/10.1177/1043659606288378>.

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

Q & A and Discussion about
National Healthy Weight Week

**January 19,
2022
at 1 PM**

sanildefonso.hhs Facebook LIVE San I Pueblo HHS YouTube LIVE @sanipueblohhs Instagram LIVE



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



How do I know if I have hypothyroidism?

There are many symptoms which could indicate thyroid disorder such as:

- * Fatigue
- * Increased sensitivity to cold
- * Constipation
- * Puffy Face
- * Hoarseness
- * Muscle Weakness
- * Elevated blood cholesterol level
- * Weight Gain
- * Dry Skin
- * Pain, stiffness or swelling in joints
- * Abnormal menstrual cycles
- * Thinning hair
- * Slowed heart rate
- * Depression
- * Impaired Memory
- * Enlarged thyroid gland (goiter)
- * Muscle aches, tenderness, and stiffness

What is the link between Diabetes and Hypothyroidism?

Autoimmunity is thought to be the most significant link between diabetes and thyroid disorder.

What are things I should do if I suspect I have hyperthyroidism?

Prior to seeing your healthcare provider there are some things you can do to prepare. Record and track your symptoms.

- * Daily weights – Weigh yourself in the morning when you wake up.
- * Fatigue – Note the time of day and severity of your tiredness or sleepiness.
- * Appearance – Has your face become puffy or your neck appear swollen or larger than normal?
- * Discomfort – Be mindful of your body. Do you often feel too cold or too hot? Muscles or joints feel stiff, sore, or slow? Notice any changes in your bowel routine.
- * Mind – Do your thoughts feel foggy or do you feel like you're forgetting things frequently?

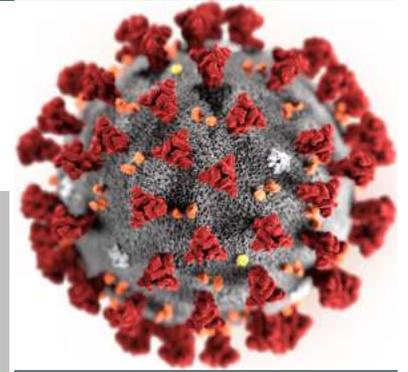
Various things can lead us to experience these symptoms. Your healthcare provider will want to know about these symptoms and may order blood tests to see if your hormone levels are imbalanced. The hormones they will likely test for are called TSH (Thyroid Stimulating Hormone – which is made by the pituitary gland which is in your brain) and T4 (Thyroxine) which is created by the thyroid gland itself.

Journal of Diabetes Research Volume 2013, Article ID 390534, 9 pages <http://dx.doi.org/10.1155/2013/390534>

<http://www.buffalo.edu/news/releases/2000/08/4846.html>



Pueblo de San Ildefonso COVID Response Team



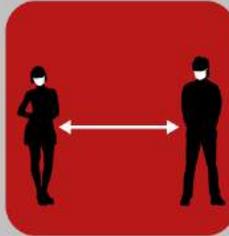
ALERT: COVID-19 Cases Are Rising



Stay home
when possible.



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



Avoid crowds.
Stay 6 feet away
from others.



Wash your
hands often.



CS21421-A

cdc.gov/coronavirus

January 2022

COVID-19 Cases

Total Active Cases: 0

Total Cases: 105

Total Recovered: 103

Total Breakthrough: 15

*Info as of
December 28, 2021*

PUEBLO DE SAN ILDEFONSO COVID RESPONSE TEAM MEMBERS

Troy Campbell

Director of Health and Human Services

Office: (505) 455-2395

Cell: (505) 692-5943

Thelma Gonzales

CHR Manager

Office: (505) 455-4114

Cell: (505) 690-1024

Raelene Martinez

Diabetes Prevention Program Assistant

Office: (505) 455-2395

Cell: (505) 660-8927

Claudia Lente

CHR Generalist

Office: (505) 455-4115

Cell: (505) 231-9401

Rebecca Jolin

Tribal Public Health Nurse

Office: TBD

Email: rjolin@cdcfoundation.org

LaDawn Yazzie

Tribal Health Educator

Cell: (480) 848-6164

Email: lyazzie@cdcfoundation.org

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The Department of Health and Human Service was recently provided an opportunity to have more Public Health staff assigned to the Pueblo to assist us with our COVID-19 response and recovery efforts. Their positions are grant funded from the CDC Foundation to Albuquerque Area Southwest Tribal Epidemiology Center (AASTECC) and assigned to San Ildefonso Pueblo. They will be assigned to a variety of HHS tasks, but will primarily be assigned as members of the Pueblo's COVID Response Team. Please stop by and say Hello!

Meet our new
TEAM MEMBER



LaDawn Yazzie, MPH - Tribal Public Health Educator

LaDawn Yazzie, is Navajo and of the One Who Walks Around Clan, born for the Big Water People, her grandparents are Bitter Water and the Salt Clans of Arizona. Before graduating from Arizona State University, LaDawn was a Director for a K-12 School Nutrition program on the Navajo reservation. LaDawn learned quickly to administer the school meal program.

LaDawn also worked as an experience as Culinary Arts Instructor at community college in Coolidge Arizona. Her most rewarding responsibilities included organizing, planning, teaching about food, and food preparation methods. She enjoyed catering as well as providing nutritional food demonstrations for her students and community.

Her goals have been to work with Indian communities, to help them to understand solutions that could aid them in moving towards self-sufficiency to include getting access to quality food, having access to good living conditions, medical care, and the prospect of maintaining healthier lives.

Today she has become involved in working to reduce to impact of Covid-19 among American Indian communities. She has become involved in educating communities about the harm caused by the virus.

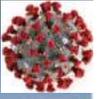
LaDawn feels that by instilling the communities with new objectives, implementing standards, and by advocating these goals, there may be positive possibilities for long-term health and wellness among American Indian communities.



Meet our new
TEAM MEMBER

Rebecca Jolin, BSN, RN - Tribal Public Health Nurse

I live in Rio Rancho, NM, but originally from New England. I grew up on a farm with horses, sheep, pigs, rabbits, dogs, and cats. I have lived in New Mexico since 2007. Before becoming a nurse, I worked for many years in customer service and warehouse jobs. I have my bachelor's degree in nursing from UNM. I enjoy horseback riding, skiing, cycling, music, art, and rafting.



NEW CORONAVIRUS VARIANTS

NOW, more than ever, it is important to slow the spread!

Throughout the United States:

- ⚠️ New cases remain very high
- ⚠️ Some health care systems are at or near capacity
- ⚠️ New variants are emerging that spread more easily

MORE SPREAD

MORE CASES

MORE DEATHS



WEAR
A MASK



STAY AT LEAST
6 FT APART



AVOID
CROWDS



GET VACCINATED
WHEN AVAILABLE
TO YOU

NOTE: Most viruses constantly change, so new variants of a virus are expected to occur over time. There is currently no evidence that these new coronavirus variants cause more severe illness or increased risk of death, although studies are ongoing. Keep following the simple prevention steps above to protect yourself, your family, and our community!



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET



Omicron Variant: What You Need to Know

Omicron in the United States

CDC is working with state and local public health officials to monitor the spread of Omicron. As of December 20, 2021, Omicron has been detected in most states and territories and is rapidly increasing the proportion of COVID-19 cases it is causing.

What We Know about Omicron

CDC has been collaborating with global public health and industry partners to learn about Omicron, as we continue to monitor its course. We don't yet know how easily it spreads, the severity of illness it causes, or how well available vaccines and medications work against it.

Spread

The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.

Severe Illness

More data are needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.

Vaccines

Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur. With other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters.

Treatments

Scientists are working to determine how well existing treatments for COVID-19 work. Based on the changed genetic make-up of Omicron, some treatments are likely to remain effective while others may be less effective.

We have the Tools to Fight Omicron

Vaccines

COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death.

- Scientists are currently investigating Omicron, including how protected fully vaccinated people will be against infection, hospitalization, and death.
- CDC recommends that everyone 5 years and older protect themselves from COVID-19 by getting fully vaccinated.
- CDC recommends that everyone ages 18 years and older should get a booster shot at least two months after their initial J&J/Janssen vaccine or six months after completing their primary COVID-19 vaccination series of Pfizer-BioNTech or Moderna.



Masks

Masks offer protection against all variants.

- CDC continues to recommend wearing a mask in public indoor settings in areas of substantial or high community transmission, regardless of vaccination status.
- CDC provides advice about masks for people who want to learn more about what type of mask is right for them depending on their circumstances.

Testing

Tests can tell you if you are currently infected with COVID-19.

- Two types of tests are used to test for current infection: nucleic acid amplification tests (NAATs) and antigen tests. NAAT and antigen tests can only tell you if you have a current infection.
- Individuals can use the COVID-19 Viral Testing Tool to help determine what kind of test to seek.
 - ⇒ Additional tests would be needed to determine if your infection was caused by Omicron.
 - ⇒ Visit your state, tribal, local, or territorial health department's website to look for the latest local information on testing.
- Self-tests can be used at home or anywhere, are easy to use, and produce rapid results.
 - ⇒ If your self-test has a positive result, stay home or isolate for 10 days, wear a mask if you have contact with others, and call your healthcare provider.
 - ⇒ If you have any questions about your self-test result, call your healthcare provider or public health department.

What CDC is Doing to Learn about Omicron

Virus Characteristics

CDC scientists are working with partners to gather data and virus samples that can be studied to answer important questions about the Omicron variant. Scientific experiments have already started. CDC will provide updates as soon as possible.

Variant Surveillance

In the United States, CDC uses genomic surveillance to track variants of SARS-CoV-2, the virus that causes COVID-19 to more quickly identify and act upon these findings to best protect the public's health.

Emergence of Omicron

CDC has been using genomic surveillance throughout the course of the pandemic to track variants of SARS-CoV-2, the virus that causes COVID-19, and inform public health practice.

- November 24, 2021: A new variant of SARS-CoV-2, B.1.1.529, was reported to the World Health Organization (WHO). This new variant was first detected in specimens collected on November 11, 2021 in Botswana and on November 14, 2021 in South Africa.
- November 26, 2021: WHO named the B.1.1.529 Omicron and classified it as a Variant of Concern (VOC).
- November 30, 2021: The United States designated Omicron as a Variant of Concern.
- December 1, 2021: The first confirmed U.S. case of Omicron was identified.

Source: *Centers for Disease Control and Prevention (CDC)*



STRENGTH

Protecting our children is an investment in our present and future



Although fewer children have been infected with COVID-19 compared to adults, children can: 1) Be infected with the virus that causes COVID-19; 2) Get sick from COVID-19; and 3) Spread COVID-19 to others.

Children age 5 and over are currently eligible to receive the Pfizer COVID-19 vaccine. Teens 16-17 years old are eligible for Pfizer booster shots.

Why should I get my child/teen vaccinated with the COVID-19 vaccine?

Getting a COVID-19 vaccination:

- Can help protect your child from getting COVID-19.
- Is safe and effective.
 - Vaccines have gone through all required research phases.
 - It will not give your child COVID-19.
- May help prevent spreading COVID-19 to others.
- Can help keep your child from getting seriously sick even if they do get COVID-19.
- Your child can get a COVID-19 vaccine and other vaccines at the same visit (without waiting 14 days between vaccines).

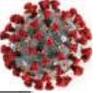
How can I protect my children who are under the age of 5?

- Wear masks in all indoor locations outside of your home.
- Keep at least 6 feet apart from others when outside of your home.
- Avoid large gatherings and activities that make it hard to stay 6 feet away from others.
 - Outdoor activities are safer than indoor activities.
 - If indoors, choose a well-ventilated location.
- Wash hands
- Sanitize high touch areas and materials
- Get everyone in your family who is 5 years or older vaccinated against COVID-19.

Contact your local IHS, tribal, or urban Indian health care facility for more information on getting vaccinated.

Scan QR code to learn more about COVID-19 vaccinations for children & teens 5 years and older





COVID-19 VACCINATION CLINICS SANTA FE, IHS

Indian Health Service, Santa Fe Service Unit COVID-19 Vaccination Clinic Appointments



Who is eligible to receive a COVID-19 Vaccine:

- **Native American and Alaska Natives, and non-native household members.**
 - Pediatrics Ages 5-11 Pfizer Vaccine
 - Adolescents Ages 12-18 Pfizer Vaccine
 - Adults Over 18 Pfizer or Moderna Vaccine

How to make an Appointment: Call the Santa Fe Service Unit Appointment Line
(505) 946-9203 (Monday-Friday, 8am-4:30pm)

Vaccination by appointment only. No Walk-in vaccinations.
Bring your COVID-19 vaccination card or immunization record with you.

<p>Santa Fe Indian Hospital 1700 Cerrillos Road Santa Fe, NM 87508</p>	<p>San Felipe Health Center 8 Cedar Street San Felipe, NM 87001</p>	<p>Santa Clara Health Center 400 State Road 30 Espanola, NM 87532</p>
<p>Pediatric Clinics:</p>	<p>Santa Fe Indian Hospital (exceptions for holiday schedules)</p>	<p>Monday, Tues, Thurs 3:30pm-5:30pm</p>
<p>Adolescent & Adult Clinics:</p>	<p>Santa Fe Indian Hospital</p> <p>San Felipe Health Center</p> <p>Santa Clara Health Center</p>	<p>Fridays 9:00am-3:15pm</p> <p>Wednesday 9:00am-11:00am</p> <p>Wednesdays 9:00am-11:00am</p>

Special Mass Vaccination Events:

Offering Pediatric, Adolescent and Adult vaccination, first doses, second doses and booster doses for both Pfizer and Moderna Vaccines

Buffalo Thunder Resort:	<p>Wednesday, 12/29/2021</p> <p>Wednesday, 1/19/2022</p>	<p>9AM-11:15AM (Appointment Only)</p> <p>9AM-11:15AM (Appointment Only)</p>
Black Mesa Casino:	Wednesday, 1/12/2022	9AM-11:15AM (Appointment Only)

Rev. 12/22/2021

Happy New Year!



EAT SMART, BE SMART

BE A HEALTHIER YOU!

NUTRITION CONSULTATIONS BENEFITS:

Lots of people can benefit from working with a nutritionist. Whether you need a complete diet overhaul, are looking to manage weight loss, 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 December nutrition consultation now!

Call (505) 660-8927

OR schedule at the link below:

<https://tinyurl.com/SDPI-Nutrition-Consults>



Transfer Station News

JANUARY HOURS

SUN	MON	TUES	WED	THURS	FRI	SAT
TRANSFER STATION HOURS: THUR– MON 8:00am —5:00pm			Please take advantage of the Santa Fe Solid Waste Management Agency 2022 Residential Free Days CALENDAR ON NEXT PAGE!			1 New Years Days CLOSED
2 Free Tire Day Buckman Recycling Santa Fe	3	4 CLOSED	5 CLOSED	6	7	8
9	10	11 CLOSED	12 CLOSED	13	14	15
16	17 Martin Luther King’s Day OPEN 8am-5pm	18 CLOSED	19 CLOSED	20 Sr. Trash Pick-Up Eastside & Westside	21 OPEN 8am to 5pm	22 FEAST EVE CLOSED
23 FEAST DAY CLOSED	24 OPEN 8am to 5pm	25 CLOSED	26 CLOSED	27	28	29
30	31	Senior Trash Pick-Up: Every THURSDAY & FRIDAY Please have trash ready by 8:30 am				



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 in a dark 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**

Transfer Station Contacts:

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

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.



To find a sharps container drop-off site near you, visit:

SafeNeedleDisposal.Org



Santa Fe Solid Waste Management Agency 2022 Residential Free Days



January

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FREE TIRE DAYS

FREE TIRE recycling first full weekend of every month (Saturday and Sunday)!



Limit: Eight (8) passenger tires per day.

NO tires accepted from businesses.

FREE TRASH DAYS

Residential Only

Trash, unwanted materials, rubbish appliances, furniture, mattresses, building materials, carpet, tiles, concrete, bricks, metals.



No trailers at BuRRT
Trailers only at Caja del Rio Landfill

FREE GREEN WASTE DAYS

Has your green waste been piling up? Bring it **unbagged** to BuRRT.

FREE on the first full weekend of March, April, May and June.



FREE ELECTRONIC WASTE DAY

Hours: 9:00 a.m. – 1:00 p.m.

Computers, monitors, printers, televisions, household electronics, and small appliances.



No Household Hazardous Waste

FREE HOUSEHOLD HAZARDOUS WASTE DAY

Hours: 9:00 a.m. – 1:00 p.m.

Household cleaners, automotive products, paints, solvents, poisons, fertilizers, fluorescent light bulbs, batteries, pool chemicals and hobby products.



No Electronic Waste

CLOSED BuRRT HOLIDAY

Where: Buckman Road Recycling & Transfer Station (BuRRT) - 2600 Buckman Road

Hours: 8:00 a.m. to 4:45 p.m.

NO waste accepted from businesses or contractors.

Materials will **NOT** be accepted at Santa Fe County Convenience Centers.

FOR MORE INFORMATION: visit www.santaferecycling.org or call (505) 424-1850

Department of Education

After School Program

THE ASP IS STILL ACCEPTING APPLICATIONS.
EFFECTIVE JANUARY 10TH, ALL STUDENTS MUST HAVE RECEIVED AT
LEAST ONE COVID VACCINE!

We will be providing Art, Reading, Tewa Language, Publishing Digital Comic Books,
Filmmaking, Health & Wellness, Social-Emotional Learning

SLOW DOWN!

We want to encourage all the community to
please use caution when driving!

Our students walk home and we'd hate for
anything to happen!



School Supplies

We have school supplies
available for everyone who
may need it. Contact Education
Department to arrange pick-up.



Student Aides

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



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

HAPPY FEAST DAY!

On behalf of all of
us at the
Education
Department, we
want to wish
everyone a Happy
and Healthy Feast
Day!

Library Cards

The Library is now
offering Library
Cards! If you want
to sign up for a
library card, please
contact Aaliyah at
the Library for
more information.

THANK YOU!

The Education Department wants to thank everyone
that made this year's 2021 Winter Summit a hit! The
children learned a lot and we hope to continue this
tradition!



After School Program

We want to showcase some of the
activities that we held this first part
of ASP! Thank you to all our staff for
their hard work!

More exciting things to come in 2022!





Department of Education

After School Program

Join our email list

The Education Department regularly receives and distributes scholarship, internship, and youth opportunities via email. Please join our emailing list to receive information for you or your student by emailing

education.sanip@gmail.com

Have a Recommendation?
Want a new movie?

Let us know!





ASP Spring Activities:

True Kids NM : Comic Book Making and Film Making

Tewa Classes

R.A.C.E NM : Rio Arriba

STEM Activites

Arts and Crafts

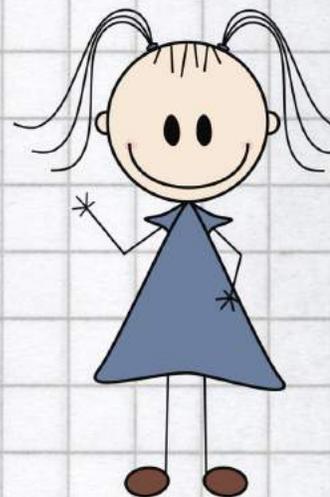
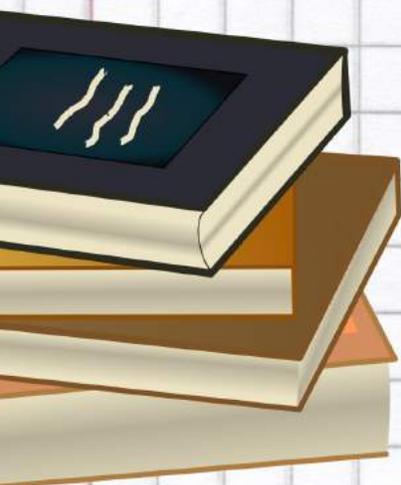
Book Club

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



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

HIRING: CURRICULUM DEVELOPMENT SPECIALIST

The Pueblo's Education Department is hiring a part-time curriculum development specialist to:

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

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

Pay is on contract basis. Work would begin in January, 2022 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.***



TEWA OUTREACH COORDINATOR

As part of its federal ANA grant to support indigenous languages, the Pueblo de San Ildefonso is hiring a *part-time Tewa Outreach Coordinator* responsible for conducting a Tewa language fluency survey of 188 + households in the Pueblo, and as fluent speakers are identified, helping to facilitate their participation as speakers in a Tewa language video documentary series. Work will be performed in both an office setting and in the field coordinating surveys and assisting with videotaping Tewa speakers. **SALARY: \$22,500**

Essential Duties and Responsibility

- Conduct language fluency surveys in Pueblo households;
- Coordinate and schedule pre-video interviews and filming dates with the video director and videographer;
- Assist with identifying speaker's stories during pre-filming interviews;
- Assist with all aspects of pre-video filming preparations, and post filming translations and transcriptions of spoken Tewa to English sub-titles; and
- Coordinate an end of the program public showing of the video series.

Skills and Qualifications

1. Basic fluency in Tewa
2. Able to conduct tribal member outreach by door to door canvassing, using email, phone and in person visits for gathering survey data
3. Ability of follow programmatic instructions and guidelines
4. Ability to effectively communicate with tribal member families and program partners in a positive manner to engage survey and program participation
5. Ability to organize and conduct the household surveys in an organized and timely manner, maintain usable files of collected surveys and ongoing log of completed surveys
6. Able to work with tribal officials, video director, videographer, and departments when needed for professional implementation

Basic Qualifications Include:

- High School Diploma or GED plus two (2) years related experience and/or training; an Associate's degree in a related field; or equivalent combination of education and experience.
- Must be 18 years of age or older.
- A valid driver's license and must be insurable under the tribe's liability policy.
- Must pass a background check.

If you are interested in assisting in this Tewa language project, please apply at <https://sanipueblo.org/jobs-rfp/>, or call the Pueblo's Human Resources Department at 469-2210



TRIBAL SCHOLARSHIP COMMITTEE

The Education Department NEEDS community members to serve on the newly created Tribal Scholarship Committee

- Each year the Tribal 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.

Committee Member Qualifications & Commitments

- *Willingness to evaluate and review scholarship application materials and make recommendations 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 April-June, 2022*
- *Ability to work with other reviewers in a team environment and understand the need for fairness, objectivity and nondiscrimination within the review process*

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

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

SCHOLARSHIP OPPORTUNITIES

LANL Foundation Scholarships (Four-Year Undergraduate or Career Pathways)

- Enrolled full time at any local or out-of-state college or university
- Enrolled in or planning to enroll in a two-year degree program or certificate program.
- Permanent resident of northern NM
- Received a high school diploma or GED
- *Four-Year Undergraduate Scholarship*: \$1,000 per year up to \$20,000 for 4 years
- *Career Pathways Scholarship*: \$750 per semester

The **Career Pathways Scholarship** is an award of up to \$3000 for students pursuing an associate's degree, trade, or certificate program. Many recipients are non-traditional students who are returning to or entering higher education for the first time. Some are adults who are returning to school to make a career change, and others just need financial support to complete a semester or two before earning their associate's degree. There is no minimum GPA requirement, and full-time enrollment is not required. Since 2011, this scholarship has been offered twice per year (in the fall and spring.) **Beginning this year, the Career Pathways Scholarship will only be open in the spring, with funding available for the following fall. The scholarship will open January 3 and close April 18. This scholarship can be applied to any accredited institution, so your San Ildefonso students attending SIPI are eligible.**

For more information about the LANL Foundation scholarship program, please visit www.lanlfoundation.org/scholarships.

4-Year Undergraduate Scholarship opened on Oct. 1 and will close on January 18th. Scholarships awarded in this cycle range from \$1000 to \$20,000 and only require one application to be considered for 25+ unique scholarships, including several designated for Native American students. These scholarships are for students pursuing a Bachelor's degree. Students must have a 3.25 cumulative GPA and intend to enroll full time at an accredited higher education institution in order to qualify. **A notable change for this year is that funds awarded to current undergraduate students will prioritize non-traditional students, first-generation college students, and students with financial need.**

The online application can be accessed here: <https://www.lanlfoundation.org/our-work/scholarships/4-year-undergraduate-scholarships/application-instructions>

PLEASE CONTACT THE TRIBAL EDUCATION DEPARTMENT FOR MORE INFORMATION ON AVAILABLE SCHOLARSHIPS



SCHOLARSHIPS for MILITARY VETERANS

Wartime Veterans' Scholarship

A state scholarship for resident undergraduate and graduate students that provides tuition, fees, and book allowances to Military War Veterans.

Who is eligible?

- *Enrolled or planning to enroll as undergraduate or graduate student*
- *Resident of New Mexico*
- *Military war veteran (must show certificate of release or discharge from active duty)*

Where to apply?

- *Apply at the institution applicant will be attending*
- *Submit copy of scholarship application to the NM Dept. of Veterans' Services (NMDVS)*

Vietnam Veterans' Scholarship

A state scholarship for resident undergraduate and graduate students that provides tuition, fees, and book allowances to Vietnam Veterans.

Who is eligible?

- *Enrolled or planning to enroll as undergraduate or graduate student*
- *Resident of New Mexico at time of entry into the military, or has lived in New Mexico for at least 10 years*
- *Vietnam Veteran war veteran, honorably discharged*

Where to apply?

- *Apply at the institution applicant will be attending*

FOR MORE INFORMATION ON THESE 2 SCHOLARSHIPS, go to the link below:

<https://hed.state.nm.us/financial-aid/scholarships/vietnam-veterans>

THE SANTA FE INDIAN SCHOOL
HEALTH CAREERS OPPORTUNITY PROGRAM



The SFIS Health Careers Opportunity Program is a collaborative program between SFIS, UNM, Santa Fe Community College, and community partners.

The purpose of the SFIS HCOP Program is to engage SFIS students, grades 8-12, in community based, action-oriented, contextual education experiences that encourage students to enter into the health professions that will ultimately improve the health and well-being of their communities.

HCOP's goal is to build a workforce of healthcare professionals to serve New Mexico's rural and tribal communities with sensitive, culturally appropriate, and high quality care from within those communities themselves.

In our program at SFIS, students get hands on and classroom experience, earning high school and college level credit to prepare for careers in healthcare.

SFIS Healthcare Careers Opportunities Program has several tracks of programming, for grades 8-12, year round.



CONNECT WITH JOLENE CRESPIN @ JLCRESPIN@SFISONLINE.ORG

for information, support from the HCOP team, for a personal Q & A or advisory session

SFIS Medical Pathways SCHOLARSHIP

For Santa Fe Indian School Alumni pursuing a career in the
health field.

Criteria:

- Be a SFIS Alumni pursuing a degree in the health field
- Currently enrolled full time in an accredited institution
- Enrolled in college courses leading to a health career
- Minimum GPA of 2.5 cumulative (on 4.0 scale)
- Priority given to Class of 2021 Graduates

Scan QR Code for an
Application or
Visit us on the web
www.sfisk12.nm.us



Accepting applications
through March 31, 2022

For best consideration,
APPLY BY DECEMBER 22, 2021

In partnership with LANL Foundation & • Anchorum St. Vincent



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

EMPLOYMENT OPPORTUNITIES

Updated November 22, 2021

Accounting Clerk (Full Time)

Administrative Assistant (Part Time)

Afterschool Program Aide

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

Controller (Full Time)

Curriculum Development Coordinator (Part Time)

Data Entry Clerk (Part Time)

Tribal Courts

**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)

All Positions Open Until Filled

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.