



# Isleta Pueblo News

Volume 15 Issue 4

Pueblo of Isleta website: [www.isletapueblo.co](http://www.isletapueblo.co)

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April 2020

## Governor's Report

Ma gu wam,

Greetings. I hope that this April issue of the newsletter finds you in good health. Let's all have faith that we stay healthy and safe. The CORVID-19 (virus) is on the news every moment of the day and it continues to threaten lives globally. For your own protection, we urge you to wash your hands often, stay home and have as little physical contact with the general public as possible. Even more alarming are the news reports that the virus has just begun to take its toll in our region and predictions are that April will be impacting us even further. We have been working diligently to ensure the safety of our community and have closed Isleta Resort and Casino, non-essential Pueblo of Isleta departments to include limiting access to our communities by way of barricades to help deter non-residential traffic. Access to tribal buildings is limited and you may call the program, in advance to determine if they can assist you at this time. Otherwise, please feel free to call the Governor's Office at 505 869-3111.

If you are concerned that you may have the virus, the signs that you should look for are - fever, cough and shortness of breath. There is a 24 hour Coronavirus Hotline which you can call at 1-855-600-3453 or you may call the Isleta Health Center at 505 869-3200, Monday through Friday, 8:00am to 4:30pm. At this time, clinic services are limited and it's best if you call beforehand to determine which services are available and how to address your needs.

Please read additional information provided by the Isleta Health Center, Command Center and the Public Services Department within this issue of the newsletter.

At this time I would like to take this opportunity to thank all of the volunteers, programs and departments for helping the community during this time of crisis. Also, the outside agencies who have made donations to our tribe. I hope and pray that we will overcome this crisis and pray that all our tribal and community member remain in good health.

Hawoo,  
Max A Zuni, Governor

**24 Hour  
Coronavirus  
Hotline  
1-855-600-3453  
[www.nmhealth.org](http://www.nmhealth.org)**

**Isleta Health Center's  
Nurse Advice Line  
869-3200  
Monday-Friday  
8am - 4:30pm**

OFFICE OF THE GOVERNOR



PHONE: 505 869-3111  
FAX: 505 869-7596

**PUEBLO OF ISLETA**  
P. O. BOX 1270, ISLETA, NM 87022

March 23, 2020

### EXECUTIVE ORDER RESTRICTING ACCESS TO ALL NON-RESIDENTS

On March 13, 2020 the Pueblo of Isleta Tribal Council enacted Resolution No. 2020-011, Authorization for a Declaration of Emergency and an Emergency Operations Plan, to respond to the Coronavirus (COVID-19) pandemic. For the reasons stated in Resolution No. 2020-011, I, Governor Max Zuni, by virtue of the authority vested in me by the constitution and laws of the Pueblo of Isleta, hereby ORDER and DIRECT:

1. Restricting access to all non-residents until further notice. All persons who do not lawfully reside within the exterior boundaries of the Isleta Indian Reservation will be denied access into and through Isleta Pueblo Housing Districts, effective immediately.
2. The following essential services are exempt from this Order including, but not limited to:
  - a. Home Health Care Providers
  - b. Delivery Trucks
  - c. Emergency Home Repair Services
  - d. Public Utilities

This Order supersedes any previous orders, proclamations or directives in conflict.

This Order shall take effect immediately and shall remain in effect until the Governor rescinds it.

Max A. Zuni  
Governor  
Pueblo of Isleta

OFFICE OF THE GOVERNOR



505-869-3111  
505-869-7596

Date: March 26, 2020

To: POI Directors

From: Governor, Max Zuni


Subject: Closure due to COVID-19

The temporary closure for Pueblo of Isleta Employees, Isleta Elementary, and Isleta Head Start & Child Care has been extended to Friday, April 10, 2020.

Non-Essential Departments are:

- 1) Language Department
- 2) Census
- 3) Department of Education
- 4) Library
- 5) Water Resources
- 6) Cultural Preservation
- 7) Recreation Centers
- 8) Construction & Design
- 9) Survey & Mapping
- 10) Conservation
- 11) IBC (not to include One-Stop and Travel Center)
- 12) Social Services (available for emergencies)
- 13) Isleta Housing Authority (available for emergencies)
- 14) Tribal Courts (available for emergencies)

Department Directors will determine if there are essential employees within these departments that need to continue reporting to work, based on department needs.



March 30, 2020

To: Pueblo of Isleta

From: Ruben Lucero – Incident Commander  
Frank Jiron – Operations Chief

Starting today March 30, 2020 the Incident Command staff will be working remotely. We need to look after the safety of our community and that includes our team. Our hotline number is now set up to receive voicemails which we will be monitoring throughout the day. Please keep in mind that we are evaluating our requests at this time and determining which ones are urgent. We have people calling for coffee creamer, laundry softener, and items that are non-essential. We will not fulfill those types of requests at this time.

Our team sees that it is necessary to eliminate all possible routes of exposure. We have informed the schools and rec center to stop their lunch services starting March 31, 2020. Our team is weighing the risks with things like this and as a team we are making some of these necessary decisions.

The Transfer Station will continue the curbside trash and recycling routes. However, the Transfer Station will be closed to the public. There will be roll-offs staged on the outside of the Transfer Station so the public can continue taking their household trash. Regular household trash does not include furniture, green waste, or appliances. We need everyone’s cooperation on this. Also starting today agricultural burns will not be allowed until further notice due to the shortage of resources. It is important for everyone to understand the importance of staying home. This includes our children. We need to stress to our children to stay home as well and not be gathering with friends, fishing, etc. This is not a vacation.

REMINDER: Distance yourself from others, cover your cough, wash your hands frequently for at least 20 seconds with soap and water, avoid touching your face, stay home, avoid travelling to Albuquerque, avoid large crowded stores, sanitize your vehicles, door handles, door knobs, cell phones, light switches, your homes, and do not be around others if you are sick.

The Pueblo’s Coronavirus hotline is 505-869-9720 or you can also call the NMDOH Coronavirus Hotline at 1-855-600-3453.

NMDOH has also launched a self-screening tool to aid in determining if one needs to be tested for COVID-19.

You can find this online tool at:  
<https://cv.nmhealth.org/should-i-get-tested/>

Ruben Lucero



March 27, 2020

To: Pueblo of Isleta

From: Ruben Lucero - Incident Commander  
Frank Jiron - Operations Chief

First and foremost, I hope everyone is safe and in good health. What was once happening in another country thousands of miles away from home is now happening close to home. Today, there is uncertainty as we continue to see the spread of the coronavirus. As Incident Commander for the Pueblo of Isleta, I want to assure you that we are doing the best we can to be prepared in the event things should take a turn for the worse. This includes building a surplus of dry goods, food items, cleaning products, and other essential items.

I have faith and trust in every individual that is part of this emergency response team. We understand the Governor of New Mexico is taking actions for the state, but this is not a time to wait on what's happening on the outside. Our team's primary goal is focused on protecting the health of each and every one of you and the overall well-being of our community.

This whole situation is not only new to us, it's new to the entire world. This is evolving and progressing aggressively from day to day and we are working hard to adapt to all the sudden changes. We have established a hotline where people can call for general information about the coronavirus, put information out there on what precautions people can take, and are conducting assessments of the requests as they come in. As of today, all of our assessments will be conducted by phone to minimize exposure. This is not only to protect our staff but our community.

We are constantly thinking and brainstorming about what is happening. We pray and hope that this does not affect our community, but we are thinking about what actions we would need to take in the event it does. We are aware that Governor Zuni has set up road closures around the Pueblo, but in the event the Pueblo does get a confirmed case, we would strongly recommend to Governor a complete shutdown of the Pueblo, a stay at home order.

It's important that our community understands that even though Tribal Council supported this and individuals were identified to carry out this operation, we feel our decision making ability is being limited. However, we will continue to stay strong as a team to the best of our ability for you all.

Today, we have implemented strict protocols to ensure the safety of all our staff. Some of which you can do at home. Distance yourself from others, cover your cough, wash your hands frequently for at least 20 seconds with soap and water, avoid touching your face, stay home, avoid travelling to Albuquerque, avoid large crowded stores, sanitize your vehicles, door handles, door knobs, cell phones, light switches, your homes, and do not be around others if you are sick. For more information about what we are doing or to request an assessment please call our hotline at 505-869-9720.

Hand sanitizer recipe to make at home: % cup isopropyl or rubbing alcohol (99%), % cup of aloe vera gel, and 10 drops of essential oil, such as lavender oil. Pour all ingredients into a bowl, mix, then whisk to turn the sanitizer into a gel.


Stay safe and we cannot stress enough to stay home.

Ruben Lucero


# Way I Feel?

Isleta Health Center, 869-3200


(The hand pictures spell the word Way I Feel)




This is a W in sign language. Yes, if you are feeling anxiety you are not alone, it is a normal experience with adjusting to the health crisis. With social distancing you can practice learning hand sign language symbols that signal for you to check in with your feelings. This is a fun way to learn and to practice deep breathing techniques. Breathe in deeply from belly button, counting 1-2-3, pause and breathe out 1-2-3.




This is an A. ANXIETY is only real if you allow your thoughts to fill your mind with scary thoughts. Practice saying 3 times, "Stop that thought", when you begin to feel helpless, now say it 3 times really fast and laugh if you sound funny.



This is a Y. Why are you feeling this way? Not able to slow down your anxiety feelings. Practice ways to improve your mood by saying 3 positive words or phrases daily and believe that "YOU CAN DO THIS"!




This is an I. Individuals have the ability to let go of what is not in their control, and accept what is in their control. You can follow the rules to wash your hands, stay inside for less social contact, and make only necessary trips, as a way to help everyone stay healthy.




HEART SYMBOL: This is not the real sign language for indicating to feel. Take care of how you feel. It is your beliefs or thoughts that affect the way you feel that could increase you to feel anxiety. Do your best to cope, "YOU CAN DO THIS!"

If you need to talk, call Isleta Behavioral Health Clinic at 869-5475.

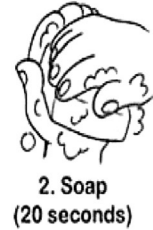
START →




1. Wet hands




2. Soap (20 seconds)




3. Scrub backs of hands, wrists, between fingers, under fingernails.



4. Rinse



5. Towel dry



6. Turn off taps with towel

## HAND WASHING STEPS



PROBATE NEWS

**FIRST NOTICE – A petition to Probate the Estate of Linda L. Lente, deceased April 14, 2019. Case No. CV-PR-0237-2019**, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, May 27, 2020 at 9:45 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

**SECOND NOTICE – A petition to Probate the Estate of Juan f. Abeita, deceased September 15, 1986. Case No. CV-PR-0311-2019**, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, April 15, 2020 at 10:45 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Message to all Acequia Madre Water Users

A new farming season has started. The annual Acequia Madre ditch cleanup was held on 3/14/2020. We had over ninety participants this year. A thank you goes out to all those that gave up their time to attend the annual clean up. However, there were a lot of other farmers and water users that did not show up to do their part. The head Mayordomo is Daniel Waseta Jr. and assistant Mayordomo is Jonathon Piro. Daniel volunteered again this year to try to complete some projects that are still on going, one of which is repairs on the Acequia Madre, Sand Ditch and replacement of turnouts in both irrigation ditches and installation of check gates at various points.

As was stated before, we had a very good turnout for the annual ditch cleanup. The annual assessment fee is the same as last year which is \$15.00. The penalty for not attending the annual cleanup is \$60.00. Therefore, any member that did not go to ditch cleanup owes a total of \$75.00. With the ongoing Coronavirus pandemic, please mail any payments to the post office box below. The treasurer is Michael F. Lucero. (505) 553-2133. If you are not sure of the amount you owe, please call or txt the treasurer to find out the amount. When you do mail a payment, make it payable to Acequia Madre Ditch Assoc. You can make a payment by check or money order, no cash please. A receipt will be mailed back to you so please include your return address.

Acequia Madre Ditch Assoc.  
P.O. Box 752  
Isleta, New Mexico 87022

The phone number for the Head Mayordomo is 505-433-8229 and the assistant's is 505-259-4178. As has been the practice in the past, you must call the Mayordomo or his assistant to request the use of water ahead of time. Coordination on the use of water amongst all users is necessary as there are a lot of individuals that want to irrigate their fields. Each person irrigating is responsible for the proper use of the water. Any flooding or damage caused by negligence will be the responsibility of the irrigator. We hope you have a good farming season.

CLASSIFIED

Isleta Pueblo Newsletter / Pueblo of Isleta Public Library - Worker Needed

The Pueblo of Isleta (POI) Public Library has acquired five (5) metal Albuquerque Journal newspaper displays for our Isleta Pueblo Newsletter. We need a community member whom can refurbish these five units. This is a paid opportunity for someone. Please continue reading and share with people whom you know that may be interested in the opportunity.

The vending portion needs to be removed, weld the screw holes shut, sand & repaint the units, replace the plexiglass, and add handles to the machine. There may be additional tasks not mentioned.

Should you be interested in taking on this task please call the library at (505) 869-9808 to set up a visit so you may give the units a quick look over. A bid will then have to be submitted so the library may present it to the POI Procurement Office whom will review the bids and generate a contract of service between the community member and library.

Deadline for bids is at 12:00 pm (noon), on Friday, April 24, 2020.

Thank you, Nate



LETTER FROM THE EDITOR

**DEADLINE for May Newsletter articles is set for Tuesday, April 21 2020, at 4:30 pm.** Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it’s time to panic, so call Nate at 505.869.9808.

People who wish to submit an article or flyer are responsible for generating their own article or flyer. Should you need help, please call the Library at 505.869.9808 and set up a date and time to sit down with a Library staff member who will help you throughout the process. The Library will NOT accept notes dropped off at the Library or information over the phone to generate your article.

**PROBATES** need to be published in the Newsletter for two consecutive months. Probates are considered court documents, therefore, all submitters must provide: 1) Name of Deceased, 2) Date of Deceased 3) Court Case # and 4) Date of Court Date. A Probate form can be found on the Newsletter Archive page at <http://www.isletapueblo.com/newsletters.html>.

**CLASSIFIED ADS:** The new administration has requested that the Newsletter start a Classified Ad section for Tribal members selling land, houses, mobile homes, vehicles, and farm equipment. Leasing of houses and mobile homes will be accepted. Smaller items which can be sold at the local flea markets or weekly yard sales will NOT be accepted.

Currently, this service is FREE to Tribal members. Land, houses, and mobile homes must be within the reservation boundaries. Ads must meet the 160 character limit. Ads that exceed the 160 characters will NOT be submitted into the Newsletter. A single picture may be submitted with the ad. Submitters of classified ads are responsible for generating their own ads as this is a FREE service.

As a reminder, Tribal business owners may submit a small flyer at no charge. Like the classified ads, business owners are responsible for generating their own flyers as this is a FREE service.

Classified ads and business flyers will be posted no more than two consecutive months. In the event where the Newsletter may exceed the 24-page limit, classified ads and business flyers will be “bumped” for newsletter articles. Again, this is a FREE service for Tribal members.

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter.

For additional questions, you may call the Library and speak with Nate or Diane at 505.869.9808.

Thank you,  
Nathaniel Lujan

Newsletters may be found at the fifteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at <http://www.isletapueblo.com/newsletters.html>

The fifteen Newsletter distribution locations are:

- 1)

The Administration Building (Governor’s Office): Receptionist Desk
- 2)

Census Office: Receptionist Desk
- 3)

Health Center: Lobby(Newsletter Stand)
- 4)

Housing Department: Receptionist Desk
- 5)

Department of Education: Receptionist Desk
- 6)

New Recreation Center: Newsletter Stand
- 7)

Old Recreation Center: Front Desk & Breakroom (Newsletter Stand)
- 8)

Tribal Service Complex: Receptionist Desk
- 9)

Tribal Service Complex: I.P.D. Dispatch Window
- 10)

Tribal Service Complex: Tribal Courts Window
- 11)

Elders Center: Receptionist Desk & Lunch Delivery
- 12)

Head Start: Receptionist Desk
- 13)

Library: Newsletter Stand
- 14)

Ranchitos Park: Blue Box (see picture for example)
- 15)

Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)





# The 2020 Census


## 4 Ways to Respond



### 1. Secure Internet


New and Quick, Respond Online.

It's safe, secure and confidential. Your information and privacy are protected. It's economical both for you and for the taxpayers. It's greener saving trees and it's user friendly—offering you help screens and the ability to review your answers.




### 2. Respond by Phone

Our enumerators are ready to take your information question by question from the convenience of your phone from any location.



### 3. Respond by Mail

Wait until you receive your paper form through the mail or dropped at your residence. It can be filled out at home and dropped into your mailbox or post office.



### 4. In-person Interview

Our enumerators will visit residences that choose not to self respond.

Multiple Languages Available		
<b>Phone &amp; Internet</b>	<b>Paper Mailer</b>	<b>In-Person Interview</b>
English Chinese Korean Arabic Polish Japanese Haitian Creole	Spanish Vietnamese Russian Tagalog French Portuguese	English & Spanish
		Numerous Community individuals hired to interview others in their own community and language

Each completed survey is a building block to a better America.

Shape our future  
START HERE >

United States  
Census  
2020

# 2020 Census Question on Race

## Information for American Indians and Alaska Natives

### How should I respond to the race question if I am American Indian or Alaska Native?

An individual's response to the 2020 Census race question is based upon self-identification. The U.S. Census Bureau does not tell individuals which boxes to mark or what heritage to write in.

People who identify as American Indian or Alaska Native may mark the American Indian or Alaska Native checkbox and enter the name of their enrolled or principal tribe(s) in the write-in area.

People may report multiple races and/or report multiple detailed groups. Each specific write-in area will record up to 200 characters and up to 6 detailed groups, allowing for long names and multiple groups to be reported.

### Improvements to the 2020 race question.

Several question design improvements were made to help improve reporting of detailed American Indian and Alaska Native identities.

- Examples included for the "American Indian or Alaska Native" checkbox category.
- Detailed American Indian tribes, Alaska Native villages, and indigenous Central and South American responses collected via a dedicated write-in area.

### Identifying as American Indian or Alaska Native on the census is a matter of self-identification.

The Census Bureau collects race data in accordance with the 1997 U.S. Office of Management and Budget (OMB) standards on race and ethnicity. The 1997 OMB standards define "American Indian or Alaska Native" as "A person having origins in any of the original peoples of North and South America (including Central America), and who maintains tribal affiliation or community attachment."

### Why does the census ask a question about race?

The question on race is asked of all people in the United States. These data are required for federal, state, and tribal programs and are critical factors in the basic research behind numerous policies, particularly for civil rights. Race data are used in planning and funding government programs that provide funds or services for specific groups.

These data are also used to evaluate government programs and policies to ensure they fairly and equitably serve the needs of all racial groups and to monitor compliance with antidiscrimination laws, regulations, and policies. States also use these data to meet legislative redistricting requirements.

### 7. What is this person's race?

Mark ☒ one or more boxes AND print origins.

☐ White – Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc. z

☐ Black or African Am. – Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc. z

☐ American Indian or Alaska Native – Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc. z

☐ Chinese  
☐ Filipino  
☐ Asian Indian  
☐ Other Asian – Print, for example, Pakistani, Cambodian, Hmong, etc. z

☐ Vietnamese  
☐ Korean  
☐ Japanese  
☐ Other Pacific Islander – Print, for example, Tongan, Fijian, Marshallese, etc. z

☐ Native Hawaiian  
☐ Samoan  
☐ Chamorro

☐ Some other race – Print race or origin. z

## Department of Education

School is closed for all children in the United States in response to the rapid spread of coronavirus – an unprecedented moment in the nation's history that's likely to have major and long lasting implications for the country's K-12 educational system. Universities are using online Zoom or Skype classes, which is also being used in the most innovative high schools, middle schools and elementary schools.

Millions of children and their families awoke to a new reality Monday, as governors ordered the closure of K-12 schools in 33 states, the District of Columbia and Puerto Rico, and several big cities where governors had yet to force state wide closures that shuttered their school systems. Cities that closed on their own were Denver, Houston, Los Angeles, and New York.

### Department News

All March and some April activities, Family nights, Board Meetings, FASFA Night, Resume building, Computer Classes as well as our latest Commercial Driving Classes have been put on hold for now. At this moment, we have heard that our goal is to reevaluate the situation on a weekly basis and then determine when our educational programs will open their doors.

The DOE Department has put some curriculum packets together for K-8 which were distributed at the three meal sites from 10:00-1:00 within the Pueblo of Isleta, the sites are Isleta Elementary School, the Recreation Center, as well as the Chical Community Hall. The JOM IEC Parent Board assisted in putting together 200 boxes of school supplies, as well as scholastic books for students to continue their learning at home. Some parents have called out departments asking for assistance with homework help. Parents please go on line and utilize some of the wonderful videos that are available to help reinforce student learning like, KAHN Academy (math), <https://www.aps.edu/news/coronavirus/at-home-educational/resources-for-learning-at-home>.

The Department of Education Staff has also been assisting the leadership team at the Command Center with distributing boxes of food to the elders and community families. Programs have come together to support our Governor's Office to assist families in this critical time of an emergency and crisis .

Children please continue to read at home, stay safe and practice your daily hygiene of washing your hands with hot water and soap. Work on puzzle books to improve your critical thinking and comprehension. Take the practice sheets given out at the meal sites to refine your skills and get ready for the next grade level. Use the supplies given to you for journal writing. Stay safe, stay healthy and be mindful of others and their wellbeing.

Department of Education  
Marian Serna, Director

## Isleta Elementary School Eagles

Isleta Elementary Students have received grade level practice books, reading books and packets from the teachers/ staff. The school has reached out to all families to support the educational drive, in preparing students for the next grade level. If you have any questions or concerns please call the school or log on to the school website.

Thank you,

Robert Torrez  
IES Principal





## Pueblo of Isleta Public Library

With uncertain times we hope everyone is doing well and we miss seeing our community members and we are looking forward to seeing all of you again. Things will get back to normal but in the meantime protect, prepare, know the facts and stay informed. This will not last forever!

### News

With consideration of decisions made by state, local officials, POI administration and public health departments, the Pueblo of Isleta Public Library has made the decision to close services to the public as of Monday, March 16th. We are closing to protect the health of our staff, our patrons, and our community, for which we care deeply. Closing sooner will offer greater benefit to the social distancing effort to limit the spread of the COVID-19 coronavirus. Presently, we plan to reopen on Friday, April 10th – but we will continue to assess the situation to determine if a longer closure is warranted.

During this time, we will utilize our social media channels on Facebook, Instagram, Snapchat and YouTube to share information with patrons, including updates on our closure and tips for making the most of online Library resources. A list of or social media accounts are listed below:

- Facebook.com/IsletaPuebloLibrary
- Instagram: @isletapueblolibrary
- www.youtube.com/user/poilibrary
- Snapchat: @poipubliclib

Don't worry about things like overdue material or returning items-any library materials currently checked out, we will extend their due dates until we reopen. And any late fees will be waived during the time of our closure.

All library programs, classes and events are canceled until further notice.

Please stay safe, monitor your health, and follow guidelines recommended by the Center for Disease Control. We look forward to seeing you again when we reopen, and in the meantime, please take care of yourself and those around you.

### Library Access from Home

While we are closed we will continue to provide access to information, ideas, and experiences as much as possible through our online services. If using them is new for you we are here to help! We have staff available to help you with eBooks, questions, and reference help during our closure. Please call us at the library at 869-9808 during regular business hours or message us on social media.

The Library's digital services give cardholders 24/7 free access to eBooks, audiobooks, and music. So you can maximize your reading, and listening experience at home. We've got you covered.

The library online services will ask you to enter your library barcode number which is located on the back of your library card and a pin or password. If you do not have a pin or password set up with us you can call the library during business hours and a staff member can help you set that up over the phone.

Below is a list of the digital services the library has to offer.

To search our library collection and view your account you can download the Librista app on your iPhone and Android devices. This feature will let you see what library material is available, let you search our library collection and view your account.

Overdrive is a FREE service offered to you by the Pueblo of Isleta Public Library that allows you to borrow eBooks and audiobooks anytime, anywhere. You will need your library card number and pin to log on to Overdrive. Download the mobile app Libby to start enjoying this free service or simply log on to overdrive.com. If you have any questions about our services or would like to set up password please give us a call at 505-869-9808.

Free Music! Take advantage of our Freegal Music service. Log on with your library card number and pin to start downloading and streaming music. Library patrons receive 3 free downloads each week and UNLIMITED streaming of music with NO AD interruptions. Log on to freegalmusic.com or download the Freegal Music app. If you have any questions about this service or would like to set up a password please give the library a call at 505-896-9808.

For additional help and information library staff members have made YouTube videos featuring the library's digital services and how to utilize them. Check them out by visiting the library's YouTube page at [www.youtube.com/user/poilibrary](http://www.youtube.com/user/poilibrary).

### Upcoming

As off now there is no update on upcoming programs in part of everything going on. However staff members have been thinking of creative ways to help the community like reaching out digitally, Wi-Fi locations, grab and go kits and staying informed on what is going on and informing the community on our social media outlets. We will continue to grow this list of ideas in the coming days and weeks.

There is still no official word yet if the library will host a Summer Reading Program this year, as it is still too early to tell. Staff members have completed their SRP calendars and they are ready to go. However we have decided to hold off on releasing them until we are certain that we will go ahead and have the Summer Reading Program. Please keep in mind the library must follow what is mandated for the community to keep everyone safe. We will continue to keep you updated when we have more information.

### Recap

Library staff members have been working hard to disinfect the library by wiping down all our material, shelves and surfaces. We have also been weeding our material and supplies creating entertainment and craft

kits for the community that were handed out at the meal sites. Cleaning and organizing efforts will continue and we are preparing and getting the library ready to open back up. Before the closure the library set up sanitary stations throughout the library for staff members and patrons to disinfect several times a day. We will continue to take any precautions necessary to keep the library clean and safe for everyone.

Below is a list of precautions you can take to stay safe we realize that many of you have probably heard this a hundred times but it doesn't hurt to have a constant reminder.

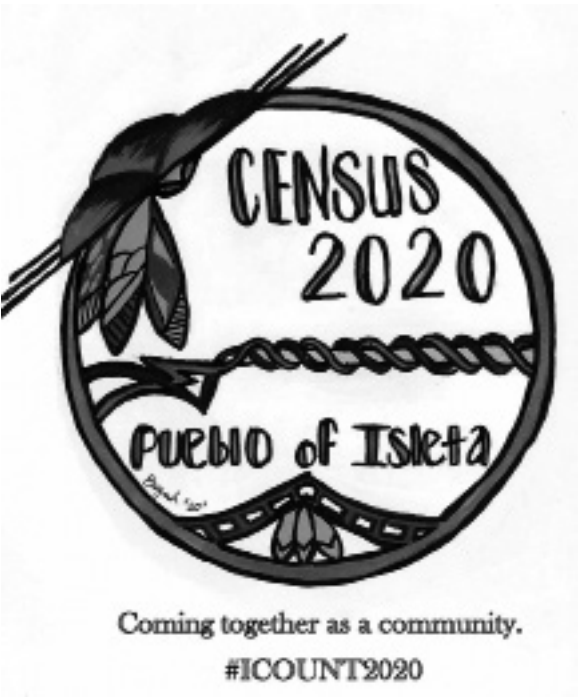
### Keep Yourself and Your Community Healthy

- Cover your mouth with a tissue or your upper sleeve when coughing or sneezing.
- Discard used tissues immediately and wash your hands with soap.
- Wash your hands often for at least 20 seconds with soap and water or use hand sanitizer that is 60-90% alcohol-based.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Practice social distancing. Try to keep an optimal six-foot distance from other people.

**ISLETA PARKS & RECREATIONAL CENTER**

The Summer Recreational Registration has been postponed.

The Easter Hunt for Saturday, April 11, 2020 has been canceled.





ISLETA POLICE DEPARTMENT NEWSLETTER



Many changes to our daily lives have occurred in March and it appears it will continue for some time, so the return to what is considered the “norm” may be in the distance.

As you are all probably aware by now on Tuesday, March 24, 2020 roadblocks have been set up in many locations and access into the housing districts is restricted to Tribal residents only. This action was taken based upon the Executive Order Restricting Access to all Non-Residents which was enacted by the Pueblo of Isleta Tribal Council. Please DO NOT move the barriers as they serve a purpose restricting entry into the housing districts at certain access points only. Limit your travels to conduct only necessary visits to the grocery stores, doctor’s appointments and picking up medications, etc. You can help keep this virus from entering the Pueblo of Isleta with minimizing contact with other individuals. This is no longer a travel-related virus but has now become a community spread virus.

As everyone is aware COVID-19 (the CoronaVirus) is the prevalent topic and with that in mind, the Pueblo of Isleta Police Department in conjunction with other departments have taken proactive and progressive approaches to this pandemic. These changes have occurred with the opening of the Incident Command Center located at the Tribal Council Chambers, closing of schools, operational changes at the Health Center to include triage at the front entrance, pharmacy distribution on the north side and COVID-19 testing on the west side and restricted entry of non-residents.

WHAT IS CORONAVIRUS?

As published on the World Health Organization website:

“People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.”

Please be aware this virus can touch anyone of any age but is most dangerous for the elderly, young children, and those who already have compromising medical issues. Do not assume because you do not fit into the “high risk” groups you cannot contract the virus because you can.

OFFICE OF THE GOVERNOR

PHONE: 505 869-3111  
FAX: 505 869-7596

PUEBLO OF ISLETA

P. O. BOX 1270, ISLETA, NM 87022

March 23, 2020

EXECUTIVE ORDER RESTRICTING ACCESS TO ALL NON-RESIDENTS

On March 13, 2020 the Pueblo of Isleta Tribal Council enacted Resolution No. 2020-011, Authorization for a Declaration of Emergency and an Emergency Operations Plan, to respond to the Coronavirus (COVID-19) pandemic. For the reasons stated in Resolution No. 2020-011, I, Governor Max Zuni, by virtue of the authority vested in me by the constitution and laws of the Pueblo of Isleta, hereby ORDER and DIRECT:

1. Restricting access to all non-residents until further notice. All persons who do not lawfully reside within the exterior boundaries of the Isleta Indian Reservation will be denied access into and through Isleta Pueblo Housing Districts, effective immediately.
2. The following essential services are exempt from this Order including, but not limited to:
  - a. Home Health Care Providers
  - b. Delivery Trucks
  - c. Emergency Home Repair Services
  - d. Public Utilities

This Order supersedes any previous orders, proclamations or directives in conflict.

This Order shall take effect immediately and shall remain in effect until the Governor rescinds it.

Max A. Zuni  
Governor  
Pueblo of Isleta

Following are some “mythbusters” from the World Health Organization website.

People of all ages can be infected by the new coronavirus (nCoV-2019). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

#Coronavirus


Does the new coronavirus affect older people, or are younger people also susceptible?




Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

How effective are thermal scanners in detecting people infected with the new coronavirus?







#2019nCoV

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?





#2019nCoV

In the State of New Mexico as of March 24, 2020 those testing positive reached 100 and 12 more positive results were reported on March 25, 2020, and will most likely continue to rise. Sadly there was one death recorded at the time of this writing. We, therefore, ask EVERYONE to take the necessary precautions as outlined by not only our Governor but the Governor of the State of New Mexico: *“SELF-DISTANCING WASHING OF HANDS (soap and water for at least 20 seconds), COVERING YOUR COUGH WITH A TISSUE OR THE CRUX OF YOUR ARM, REFRAIN FROM HANDSHAKING, USE HAND SANITIZER, SANITIZE SURFACES, AND AS GOVERNOR GRISHAM STATED, NO GROUPS OF LARGER THAN FIVE, ETC.”* These are published for your safety and well-being.

If you feel you have the symptoms which include a dry cough, fever, and difficulty breathing please CALL your physician or the NMDOH Hotline at 855-600-3453. Please do not go to the hospital, doctor’s office, Health Center, make the call first in order that you can be assessed and then you will be directed what your next step(s) will be. If you have questions and/or needs please contact the Incident Command Center at 505-869-9720 which is operational daily from 8:00 a.m. until 6:00 p.m. After hours please contact the Isleta Police Department Dispatch Center at 505-869-3030 and they will contact the appropriate personnel.


Prevention and combatting of this virus changes from day to day based upon daily assessments of its effect on the population not only in New Mexico but the world. Please stay informed with television, radio newscasts, etc.

Due to the closing of schools, sack lunches are being provided for any community member at the Elderly Center, the Pueblo of Isleta Reception Hall, and the Isleta Elementary School. The “meals on wheels” is still active as well for the elderly who are unable to pick up their lunches.

**THE PUEBLO OF ISLETA CAN REMAIN STRONG AND RESILIENT IF WE FOLLOW THE SAFETY PRECAUTIONS OUTLINED ABOVE AND STAY HOME.**

**THE MEMBERS OF THE ISLETA POLICE DEPARTMENT THANK YOU FOR YOUR ASSISTANCE IN KEEPING THE COMMUNITY HEALTHY AND SAFE!**

**Isleta Health Center Dental News**



Hi Folks! Easter is just around the corner. We all love our chocolate bunnies and peeps, and Easter candy is some of the best. Let's enjoy our sweet sugary treats with a few helpful tips from your Isleta Health Center dental team:

- Limit the number of times in a day you eat sweets
- Eat sugary foods with meals instead of snacking throughout the day
- After eating sugary foods sip some water or a non-sugary drink to help rinse some of the sugar off your teeth
- Chew gum with xylitol, it lowers the amount of damage that cavity-causing cavities can do.
- **Most importantly be sure to brush and floss every day.**

When sweet treats are eaten, bacteria that causes cavities hides between the teeth and can form cavities there that can only be prevented by regular flossing. Don't forget that a water flosser works too if that is more your style. Following these simple guidelines can give you a good checkup next time you come in to see us, and keep you healthy and free of tooth pain.

Wishing you a very Happy Easter from Isleta Dental Clinic!

Dr. Kissendrah  
Isleta Dental Clinic

**Isleta Health Center Program Changes**

Health Educator: Stephanie Barela, BS CHES CSST, 869-4479

The Isleta Health Center (IHC) is doing our part to encourage social distancing, by canceling all of our programs for the next month.

**The below IHC Programs have been canceled:**

- ▶ ICAP Sewing Class on Thursday evenings
- ▶ ICAP Moccasin Making Class on Tuesday evenings
- ▶ Wellbriety on Wednesday evenings
- ▶ All IBHS Prevention activities
- ▶ Isleta Diabetes Prevention Exercise Classes (Eagle HIIT) held Mondays and Wednesdays
- ▶ Isleta Diabetes Weight Training held Tuesdays and Thursdays

**These Future IHC Program Dates are Subject to Change.**

- ▶ Isleta Health Support Group 4/14/20 10:30am-noon Mission Nutrition

- ▶ Healthy Cooking Class in April 2020.
- ▶ Isleta Cancer Awareness Run, scheduled for May 5, 2020, registration 5pm and RunWalk begins at 5:30pm.
- ▶ Isleta Cancer Survivors Day Event, scheduled for May 12, 2020.
- ▶ Isleta Community Health Fair, scheduled for August 8, 2020.
- ▶ Isleta Diabetes Prevention Exercise Classes (Eagle HIIT) will be held Mondays and Wednesdays starting up again in April
- ▶ Isleta Diabetes Weight Training will be held Tuesdays and Thursdays starting up again in April.



## Isleta Historical Society

This continues a monthly series of articles about historic Isletans. The Isleta Historical Society is interested in your reaction to these stories, and we encourage you to contact us with ideas for future publications. Please email us at [isletahistoricalsociety@gmail.com](mailto:isletahistoricalsociety@gmail.com) or call the Governor's office at (505) 869-3111 (mention the Isleta Historical Society) or visit us on Facebook and Instagram @isletahistoricalsociety. We will not use any information without your permission. Thank you!

**Members:** Randy Jiron, Kateri Jojola, Malcolm Ebright, Valentino Jaramillo, Rick Hendricks, and Ted Jojola



*Josephine Waconda and her father, Miguel Trujillo, circa late 1940s*

Miguel Trujillo played a key role in the battle to gain voting rights for Native Americans. Trujillo was a believer in the importance of education and worked as a teacher in reservation schools for all of his working life.

Miguel Trujillo was born on April 1, 1905, the second of four children. His father died when he was seven, and he and his older brother worked to support the family. They labored, as did most pueblo boys, cleaning irrigation ditches, herding sheep and goats, hoeing the fields, chopping wood, and feeding livestock. Miguel attended the Isleta Day School and the Albuquerque Indian School, which some students found oppressive because of the emphasis on learning English and the attempt to Americanize the students. Trujillo, however, found school to be a positive experience, especially because one of the teachers, Isis Harrington, took an interest and encouraged him to continue his education. Miguel Trujillo met many students who would remain his friends for life.

While many family members wanted Miguel Trujillo to come home when he graduated from AIS, his uncle, Pat Olguin, convinced him to continue his schooling. Miguel enrolled in the Haskell

Indian School in Lawrence, Kansas, which he attended for two years. He joined the wrestling team and played trombone in the school band. During the summer months he stayed in Kansas, working in the beet fields and sending money home to his mother. During his senior year at Haskell, he took courses to earn a teaching certificate, and after he graduated in 1925, the Bureau of Indian Affairs (BIA) hired him to teach school in Yuma, Arizona. After two years, the BIA transferred Trujillo to the Tohatchi Indian School on the Navajo Reservation.

In 1928 Miguel married Ruchanda Paisano of Laguna Pueblo, and he began teaching in the Laguna Day School. By 1930, Miguel started taking night classes at UNM in pursuit of a master's degree in education. But his education was soon interrupted. The Japanese attacked Pearl Harbor on December 7, 1941. The US entered the war, and Miguel enlisted in the Marines early in 1942.

One of his first jobs in the Marine Corps was recruiting young, well-educated Navajos for a secret mission: to develop a secret code using the Navajo language, a code that the Japanese could not break. These recruits would be the famous Navajo Code Talkers. In 1945, five months after the end of the war, the decorated Trujillo was honorably discharged. He returned in 1946 as a war hero and completed his MA at UNM.

The issue of voting rights and their restriction was very much of national concern after the war. Many veterans like Miguel Trujillo believed that if they had served their country and risked their lives, they should be able to vote in national and state elections. Even though the 15th Amendment of the US Constitution guaranteed the right to vote to all male US citizens, the US Supreme Court decided that it did not apply to American Indians because they were not citizens. It wasn't until 1924 that the US passed the Indian Citizenship Act granting citizenship to all American Indians. Many states enacted laws restricting the right of Native Americans to vote, however. Arizona, for example, excluded persons under guardianship from voting; because of their federal wardship status, Indians were considered "under guardianship." In New Mexico the state constitution disqualified "Indians not taxed" from voting, a provision stemming from the fact that Native American lands were not subject to property tax in New Mexico.

Although there were many Native Americans who believed voting rights would come at a cost, it was clear to the legal community that state restrictions on Indian voting rights violated the 15th Amendment of the US Constitution.

This was also clear to Miguel Trujillo who during his pursuit of the right to vote met the famous Indian law expert, lawyer, and assistant U.S. solicitor, Felix Cohen.

Felix Cohen started working for the government after the progressive reformer John Collier became Secretary of Indian Affairs in 1933. Both Cohen and Collier advocated the elimination of state restrictions on the right to vote. Returning military veterans in the Southwest added momentum to this reform movement by "storming the courthouses, asking local officials to register them to vote." The first to challenge state restrictions were the Navajos. On May 6, 1946, Jimmie King and Howard Nez, former Marine Navajo Code Talkers, were denied the right to register and vote in Shiprock, New Mexico. One of the original Code-Talkers, James Charlie Manuelito, was also denied in Apache County, Arizona. When US Solicitor Felix Cohen learned of these denials, he devised a plan. He told Navajo Service Superintendent J.M. Stewart, "I think ... [it] desirable to have the individuals who are prevented from registering or voting to challenge the legality of the statutes [themselves]."

Cohen enlisted Miguel Trujillo to bring the test case to challenge the New Mexico constitutional restriction. He obtained funding for the legal costs from the American Civil Liberties Union, and Trujillo sought community support for the drive to obtain the vote for Native Americans. Some groups resisted the action, however. The All Indian Pueblo Council failed to sponsor the move, and the BIA advised Miguel to tone down his rhetoric and advocacy. Miguel Trujillo's path was not easy; pressure from the BIA continued. Even though Trujillo moderated his outspoken defense of Indian rights, the BIA transferred him out of state separating him from his family. Miguel Trujillo persisted, nonetheless. On June 14, 1948 he attempted to register to vote at Los Lunas where Valencia County Recorder Eloy Garley refused him. Soon thereafter, his lawyers filed suit against Garley, seeking an injunction against the recorder's refusal and a declaration that the provision of the New Mexico Constitution barring "Indians not taxed" violated the 15th Amendment of the U.S. Constitution and was therefore void. The strategy was successful: on August 11, 1948 the three-judge panel held that Article 7, section one of the New Mexico Constitution violated the U.S. Constitution. Finally, Native Americans, who numbered about 18,000 in New Mexico in 1948, achieved the right to vote. Since then the Native American vote has been important in the state, especially in 2018 with the election of Debra Haaland, the first Pueblo woman to be elected to the U.S. Congress.

(Continued Next Page)





Miguel Trujillo and Nina Otero-Warren

After retiring from the BIA in 1959, Trujillo returned with his family to Laguna. Trujillo died August 27, 1989 and was buried at Isleta Pueblo. A huge crowd attended his funeral in the St. Augustine Church where Gordon Bronitsky gave the eulogy, noting that Miguel Trujillo was “a great civil rights pioneer and many people in New Mexico owe him a great deal.” The year 2020 marks the 100th anniversary of the 19th amendment guaranteeing women the right to vote. Recognizing the role of Miguel Trujillo in ending voting restriction for Native Americans, the NM chapter of National History Day honored both Trujillo and Nina Otero-Warren placing their likenesses on a pin. This month we are requesting information about silversmithing and jewelry-making at Isleta. Many of the old photos in our archives depict women wearing intricate, stunningly beautiful necklaces. We would like to know more about how they were crafted. We would also like to know how families exchange jewelry with one another when their children marry. Is anyone still working with silver? Do you have examples of silver or other jewelry handed down in your family?

The WIOA Youth Program is hiring for the summer.

APPLICATIONS DUE BY MARCH 31, 2020

8 POSITIONS OPEN

- 120 hours of work experience in a POI Department
- 10 hours of training
- \$10.00/hr
- Interest Profiler Assessment

- Must be Native American, Hawaiian, or Alaskan Native.
- Must be 14-24 years of age.
- Must reside within Bernalillo or Valencia County.
- If male, 18 years of age or older, and born after the year 1960, must be registered for the selective services.
- Priority for low-income applicants.



Positions posted on the POI Career's page. Applications available at <https://www.isletapueblo.com/careers/wioa/>

- or -

Contact Natasha Jiron at the Isleta Human Resources Office, located at the Isleta Tribal Services Complex.  
3950 NM-47, Albuquerque, NM 87105 (505) 869-7584



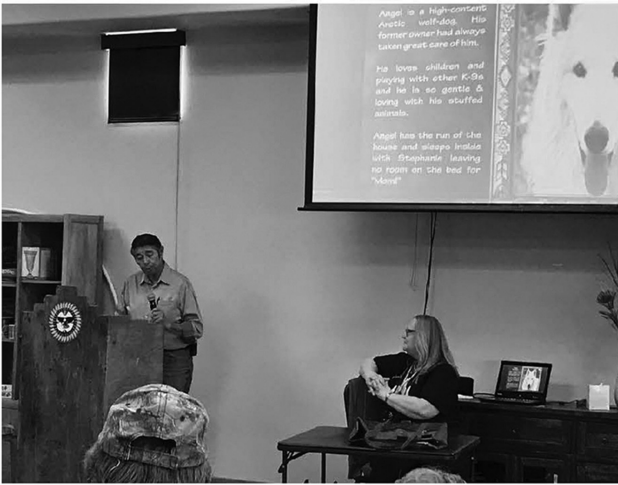
ENVIRONMENT NEWS

On February 12, 2020 the Pueblo of Isleta Environment Department along with Isleta Elder Center, hosted Wanagi Wolf Fund and Rescue. Stephanie Kaylan and her staff shared an excellent presentation with our Elders and children from the Rec Program.

After their presentation, it was opened up for questions, and everyone got to pet the wolf. We were also honored to hear a story by Marcelino Lucero. The story was recognizing the wolf as a predator, and an animal that is powerful, but at the same time, a beautiful animal and how we all need to respect living together.

Lt. Governor Richard Jaramillo also recognized members of the Pueblo's Big Game Management Committee for their hard work on wildlife issues and for their many years of work in this field. Each member was presented with a plaque of appreciation.

Again, thank you to Wanagi Wolf Fund and Rescue for a great presentation. We hope to bring more of these types of presentations to our community.




Top Photo: Marcelino Lucero sharing his story about the wolf.

Far Left Photo: Members of the Big Game Management Committee speaking after receiving their plaques of appreciation.

Middle Photo: Stephanie Kaylan walking 'Angel', an arctic wolf.





ENVIRONMENT NEWS

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Radon

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Noble Gas

In the beginning of January 2020, Environmental Trainee Heaven Lucero set up radon sampling kits in all tribal buildings to assess levels. The Environment Department has been testing radon levels annually for the past 3 years. The Environment Department continues to work closely with the Radon Outreach Program at New Mexico Environment Department. Michael Taylor from NMED will be here on July 14, 2020 to present on radon at the Health Center’s Health Support group meeting.

**What is Radon?**

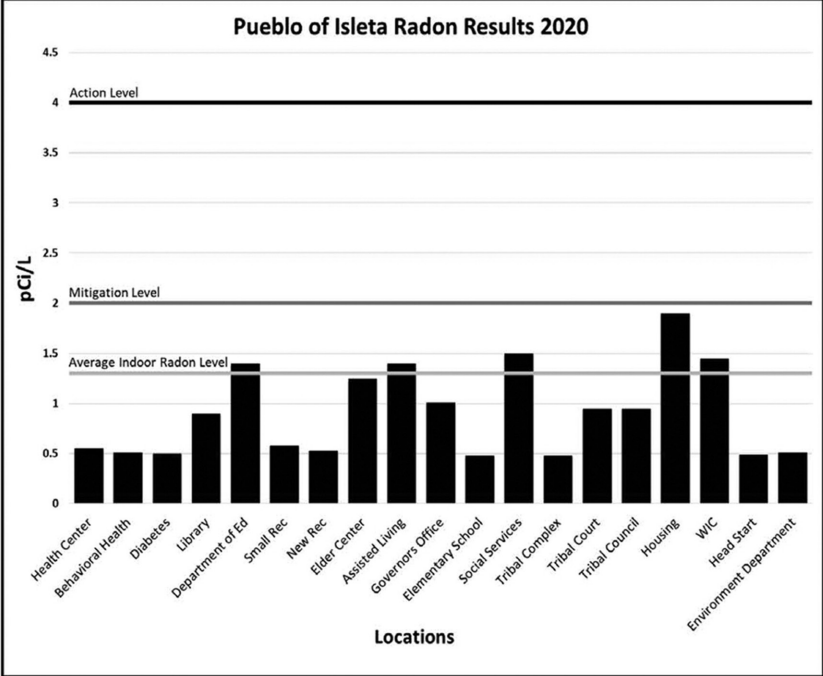
Radon is an odorless and tasteless radioactive gas that comes from the natural breakdown of uranium in soil, rock, and water that gets into the air you breathe. Radon moves up through the ground in cracks and other holes within the foundation and is the 2nd leading cause of lung cancer.

The US Environmental Protection Agency recommends mitigation with radon levels higher than 2.0 pCi/L. For levels that surpass 4.0 pCi/L, the EPA recommends to take further action to lower the levels.

Environment set out a total of 59 radon sampling kits and we are glad to say that each test result came back with radon levels lower than EPA’s recommended mitigation level of 2.0 pCi/L.

For more information, questions and concerns about radon feel free to contact the Environment Department 505-869-9819.

**Pueblo of Isleta Radon Results 2020**



## 2020 CENSUS

The 2020 Census has made some operational adjustments, please see the 2020 Census Operational Adjustments Due to COVID-19 announcement for a detailed list. However, the “self-response phase” window for responding online, phone, or U.S. postal mail is still on schedule and has been extended.

Please check your mail and look for your 2020 Census ID Number (see picture for example). You will need this number to start your 2020 Census self-response.

### ONLINE RESPONSE:

To respond online, follow the link <https://my2020census.gov/> If you are responding online, please note that you cannot save your progress and that you must complete the census in one sitting.

### RESPOND BY PHONE:

To respond by phone, call the toll free number 1 (844) 330 - 2020. Phone lines are open every day 7am to 2 am Eastern Time.

### RESPOND BY MAIL:

Homes will begin receiving their invitation to respond to the 2020 Census between March 12–20. These official Census Bureau mailings will include detailed information and a Census ID for completing the census online.

During this time, homes in areas that are less likely to respond online will receive a paper questionnaire (sometimes known as the census form).

All homes will receive a paper questionnaire if they do not first respond online or by phone. When responding, use blue or black ink to fill in the questionnaire. Do not use a pencil.

When finished, return the questionnaire in the envelope provided. If you have lost your return envelope, please mail your completed questionnaire to:

U.S. Census Bureau  
National Processing Center  
1201 E 10th Street  
Jeffersonville, IN 47132

### VERIFYING YOUR QUESTIONNAIRE

There are several ways you can confirm that the 2020 Census questionnaire you received is legitimate:

- The outer envelope's return address will say "U.S. Census Bureau" and "U.S. Department of Commerce", which is the Census Bureau's parent agency.

Dear Resident:

This is your invitation to respond to the **2020 Census**. We need your help to count everyone in the United States by providing basic information about all adults, children, and babies living or staying at this address.

Results from the 2020 Census will be used to:

- Direct billions of dollars in federal funds to local communities for schools, roads, and other public services.
- Help your community prepare to meet transportation and emergency readiness needs.
- Determine the number of seats each state has in the U.S. House of Representatives and your political representation at all levels of government.

Respond by April 1 at  
[url removed]

Your Census ID is:  
[Census ID removed]

The Census Bureau is using the internet to securely collect your information. Responding online helps us conserve natural resources, save taxpayer money, and process data more efficiently. If you are unable to complete your 2020 Census questionnaire online, we will send you a paper questionnaire in a few weeks for you to complete and mail back.

The census is so important that your response is required by law, and your answers are kept completely confidential. If you do not respond, we will need to send a Census Bureau interviewer to your home to collect your answers in person. If you need help completing your 2020 Census questionnaire, please call toll-free [phone number removed].

Thank you for your prompt response.

Sincerely,

Steven D. Dillingham  
Director

Enclosures

**Mensaje importantes** Para completar su cuestionario del Censo del 2020, visite [url removed] o llame gratis al [phone number removed].

- The return address will also show:  
**U.S. Census Bureau  
National Processing Center  
100 Logistics Avenue  
Jeffersonville, IN 47144**
- The enclosed envelope for mailing the completed paper questionnaire will be addressed to either **Jeffersonville, IN**, or **Phoenix, AZ**, where the Census Bureau has mail processing centers.

### PUBLIC SERVICE ANNOUNCEMENT (PSA):

The Census Bureau will never ask you for:

- Your full Social Security number.
- Your bank account or credit card numbers.
- Anything on behalf of a political party.
- Money or donations.

In addition, the Census Bureau will not contact you on behalf of a political party.





## 2020 Census Snapshot — American Indian/Alaska Native

### What is the census?

Every 10 years, the United States counts everyone living in the country on April 1. Our tribes do not share enrollment numbers with the government, so it is important for all American Indians and Alaska Natives to participate in the 2020 Census.

### What's in it for me?

The 2020 Census is an opportunity to provide a better future for our communities and future generations. By participating in the 2020 Census, you help provide an accurate count of American Indians and Alaska Natives. Your responses to the 2020 Census can help shape how billions of dollars in federal funds are distributed each year for programs and grants in our communities.

The 2020 Census is our count. Our responses matter. Regardless of age, nationality, ethnicity, or where we live, we all need to be counted.

### Responding to the 2020 Census is:

- **Easy**

In early 2020, every household in the United States will receive a notice to complete the census online, by phone, or by mail.
- **Safe**

Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any other government agencies or law enforcement, including federal, local, and tribal authorities.
- **Important**

The federal government and local American Indian and Alaska Native leaders and decision-makers will use 2020 Census data in a variety of ways that can benefit Native people and our communities.

2020CENSUS.GOV

D-OP-AI-EN-055

Shape  
our future  
START HERE >



### Programs Influenced by U.S. Census Bureau Data

The 2020 Census can help shape the future of your community. Your responses inform how the following programs are funded every year.

The programs listed below are examples from the “Uses of Census Bureau Data in Federal Funds Distribution”\* report, which provides estimates of the federal funds distributed each year in whole or in part using 2010 U.S. Census Bureau data.

- 

**Community Support**  
Section 8 Housing Assistance  
Payment Programs
- 

**Education**  
Head Start
- 

**Employment**  
Unemployment Insurance
- 

**Entrepreneurship**  
Small Business  
Development Centers
- 

**Environment**  
State Wildlife Grants
- 

**Family Services**  
Child Abuse and Neglect  
State Grants
- 

**Food Assistance**  
Supplemental Nutrition  
Assistance Program (SNAP)
- 

**Healthcare**  
Medical Assistance  
Program (Medicaid)
- 

**Infrastructure**  
Highway Planning  
and Construction
- 

**Public Safety**  
Assistance to  
Firefighters Grant

Connect with us:  
**@uscensusbureau**

For more information:  
**2020CENSUS.GOV**

\*<https://www.census.gov/library/working-papers/2017/decennial/census-data-federal-funds.html>

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your future  
START HERE >



### Frequently Asked Questions

- **Q. Who should complete the census questionnaire?**

A. One person in the home should complete the questionnaire and include every person living there, including relatives, nonrelatives, babies, and children.
- **Q. How can I answer the race question?**

A. An individual's response is based upon self-identification. You may mark one or more of the race categories and/or enter multiple tribes or multiple detailed groups. Each write-in area will record up to 200 characters and up to six detailed groups.
- **Q. What kind of assistance is available to help people complete the questionnaire?**

A. Assistance responding to the 2020 Census will be available on 2020census.gov and via our toll-free phone number. Language guides, language glossaries, and language identification cards will be available in 59 non-English languages. Large-print guides to the questionnaire will also be available upon request, as well as telephone devices for hearing impaired. On 2020census.gov, video tutorials and how-to resources can help you complete your census form. Many communities, partners, and local organizations will also provide assistance.
- **Q. How does the Census Bureau count people without a permanent residence?**

A. Census Bureau employees work extensively to take in-person counts of people living in group housing, like college dormitories and shelters, as well as those experiencing homelessness or who have been displaced by natural disasters.

### 2020 Census Key Dates

- 

**January-April 2020**  
First census enumeration takes place in Toksook Bay, Alaska.
- 

**March 2020**  
Census notices are mailed or delivered to households.
- 

**March-May 2020**  
Census takers visit each household to update address lists and collect information on the questionnaire.
- 

**April 1, 2020**  
Census Day
- 

**May-July 2020**  
Census takers visit households that have not completed the questionnaire.
- 

**December 31, 2020**  
By law, the Census Bureau delivers population counts to the President for apportionment of congressional seats.
- 

**March 2021**  
By law, the Census Bureau completes delivery of redistricting data to states.

For more information, visit:  
**2020CENSUS.GOV**

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our future  
START HERE >







**FACT:** Children under the age of 5 had the highest undercount of any age group in the 2010 Census.

## Counting Young Children in the 2020 Census

### THE PROBLEM

In the 2010 Census, the net undercount of children under the age of 5 was 4.6 percent. That’s nearly 1 million children. Unlike other age groups, the undercount of young children grew between the 2000 Census and 2010 Census. This is not a new problem, and it’s not unique to the United States.

Young children who are missed in the census tend to have complex living arrangements. They might live with only one parent; large, extended families; foster families; or multiple families under one roof. These children may stay in more than one home throughout the year and may not be related to the person responding to the census.

**Young children most likely to be missed tend to live with:**

- Foster families.
- Multiple families.
- People who are not related to them.
- Grandparents, single parents, or young adults.
- Individuals with limited ability to speak English.
- Renters or people who have moved.
- Parents or guardians with lower incomes or without a permanent home.

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United States\*  
Census  
2020



## The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

### Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- › First responders
- › Medicare Part B
- › Supportive Housing for the Elderly Program
- › Libraries and community centers
- › Supplemental Nutrition Assistance Program (SNAP)
- › Senior Community Service Employment Program

### Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

### Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:  
2020CENSUS.GOV  
D-OP-EL-EN-125

U.S. Census Bureau research shows that young children are not included in census responses because there is confusion about who to count. For example, individuals may not understand that they should include children staying in their home who aren’t their own. In other cases, individuals intentionally exclude children because they fear they could be exposed for breaking housing rules. Additionally, children can be missed, along with their entire household, because they are homeless or moved on or around Census Day.

### THE IMPACT

The 2020 Census will help determine how more than \$675 billion in federal funding is distributed to communities for the next 10 years—basically, an entire childhood.

When young children are not counted, support for programs, such as health insurance, hospitals, child care, food assistance, schools, and early childhood development, is impacted because the more children there are, the greater the need.

Census data are also the basis of survey data that measure a wide range of characteristics about young children and their communities. When census counts are incomplete, survey estimates are inaccurate, impacting the quality of decisions made by all data users.

### TAKING ACTION

To improve the count of young children in the 2020 Census, the Census Bureau:

- Clarified instructions to highlight that responses should include all babies and young children living or staying in a home.
- Improved Census Bureau employee training to include information related to counting young children.
- Tailored and integrated messaging about the importance of counting young children throughout its communications campaign.
- Is educating national and local partners about ways to improve the count of young children.
- Is marketing to communities where young children are most at risk of being left out of responses to the census.

### HELP ENSURE ALL CHILDREN ARE COUNTED IN 2020

- Count babies and children of all ages (even newborns and infants) living with you, including biological, step, and adopted children, as well as grandchildren, foster children, and children in joint custody arrangements.
- Count newborn babies at the home where they will live and sleep most of the time, even if they are still in the hospital on April 1, 2020. Do not count babies born after April 1, 2020.
- Count children where they live and sleep most of the time, even if their parents do not live there, they are not related to the person completing the census, or they are not related to the person who owns or rents the property.
- If children are moving to a new home in 2020, count them where they are living on April 1, 2020.
- If a child’s time is divided between more than one home, count them where they stay most often. If their time is evenly divided between homes, or you don’t know where they stay most often, count them where they are staying on April 1, 2020.
- For children that don’t have a permanent place to live, count them where they are staying on April 1, 2020, even if they are only staying there temporarily.

### HOW YOU CAN HELP

Help your friends, family, and stakeholders understand who to include on their 2020 Census questionnaire and why it’s important. Remind them that the census counts everyone living in the United States, and that their responses are protected by law.

- Share the link to our Counting Young Children Web page with your family, friends, and neighbors.
- Share our guidance about counting young children.
- Follow us on Twitter and Facebook, and help share our messages.
- Encourage your stakeholders to use our outreach materials to spread the word in their communities.

2020census.gov → Who to Count → Counting Young Children

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United States\*  
Census  
2020

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2020



Dear Resident:

This is your invitation to respond to the **2020 Census**. We need your help to count everyone in the United States by providing basic information about all adults, children, and babies living or staying at this address.

Results from the **2020 Census** will be used to:

- Direct billions of dollars in federal funds to local communities for schools, roads, and other public services.
- Help your community prepare to meet transportation and emergency readiness needs.
- Determine the number of seats each state has in the U.S. House of Representatives and your political representation at all levels of government.

Respond by April 1 at [url removed]	Your Census ID is: Census ID removed]
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The Census Bureau is using the internet to securely collect your information. Responding online helps us conserve natural resources, save taxpayer money, and process data more efficiently. If you are unable to complete your 2020 Census questionnaire online, we will send you a paper questionnaire in a few weeks for you to complete and mail back.

The census is so important that your response is required by law, and your answers are kept completely confidential. If you do not respond, we will need to send a Census Bureau interviewer to your home to collect your answers in person. If you need help completing your 2020 Census questionnaire, please call toll-free [phone number removed].

Thank you for your prompt response.

Sincerely,

Steven D. Dillingham  
Director

Enclosures

Mensaje importante: Para completar su cuestionario del Censo del 2020, visite [url removed] o llame gratis al [phone number removed].

2020 Fire Season  
beginning soon.

Isleta Pueblo Fire Department

Fire Season is here! The Fire Department will be available to assist residents with agricultural burns. Burn permits still required, instructions must be followed on burn permit.

For more info contact the numbers below.

**UPDATE:** Burn permits are NOT be being issued at the moment. Tribal members that have a valid burn permit must follow all permit requirements. No-burn days will be strictly enforced due to lack of resources available for response.

**For more info call 505-869-9725  
OR 505-401-5119**

2020 Census Operational  
Adjustments Due to COVID-19

The 2020 Census is underway and households across America are responding every day. In light of the COVID-19 outbreak, the U.S. Census Bureau has adjusted 2020 Census operations in order to:

- Protect the health and safety of Census Bureau employees and the American public.
- Implement guidance from federal, state, and local health authorities.
- Ensure a complete and accurate count of all communities.

The table below summarizes the adjustments to operations. Should any additional adjustment become necessary, the Census Bureau will promptly publish the change in an updated document.

STATUS OF CURRENT OPERATIONS

Activity/Operation	Planned Schedule	Adjustment	Revised Schedule
<b>Self-Response Phase</b> The public is strongly encouraged to respond online. (Options for responding by phone or mail are also available.)	March 12–July 31	Extended	March 12–August 14
<b>Update Leave</b> Census takers will drop off invitations at the front doors of 5 million households. These households can respond online now—even without their invitation—by providing their address.	March 15–April 17	Delayed	March 29–May 1
<b>Update Enumerate</b> Census takers will interview about 2,000 households in remote parts of northern Maine and southeast Alaska. They’re interviewing people outside their home, allowing 6 feet of space between one another.	March 16–April 30	Suspended and extended	March 16–May 14

Connect with us  
@uscensusbureau

For more information:  
2020CENSUS.GOV

D-FS-GP-EN-018 March 21, 2020

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United States\*  
Census  
2020

STATUS OF CURRENT OPERATIONS—Con.

Activity/Operation	Planned Schedule	Adjustment	Revised Schedule
<b>Mobile Questionnaire Assistance</b> Census Bureau staff will assist people with responding online at places such as grocery stores and community centers.	March 30–July 31	Delayed	April 13–August 14
<b>Early Nonresponse Followup (NRFU)</b> Census takers will follow up with households that haven’t responded yet around some colleges and universities.	April 9–July 31	Delayed	May 7–August 14
<b>Nonresponse Followup (NRFU) and NRFU Reinterview</b> Census takers will interview households in person that have not responded online, by phone, or by mail.	May 13–July 31	Delayed	May 28–August 14
<b>Group Quarters Enumeration</b> We’re encouraging administrators of facilities like nursing homes, prisons, and student housing to choose an option for counting their residents that requires less in-person contact.	April 2–June 5	Delayed	April 16–June 19
<b>Service-Based Enumeration</b> We’re working with service providers at soup kitchens, shelters, and regularly scheduled food vans to count the people they serve.	March 30–April 1	Delayed	April 29–May 1

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STATUS OF CURRENT OPERATIONS—Con.

Activity/Operation	Planned Schedule	Adjustment	Revised Schedule
<b>Census counts people experiencing homelessness outdoors</b> Census takers will count people under bridges, in parks, in all-night businesses, etc.	April 1	Delayed	May 1
<b>Enumeration of Transitory Locations</b> Census takers count people staying at campgrounds, RV parks, marinas, and hotels if they do not usually live elsewhere.	April 9–May 4	Delayed	April 23–May 18
<b>Deliver apportionment counts to the President</b> By law, the Census Bureau will deliver each state's population total, which determines its number of seats in the U.S. House of Representatives.	By December 31	On schedule	By December 31
<b>Deliver redistricting counts to states</b> By law, the Census Bureau will deliver the local counts each state needs to complete legislative redistricting.	By April 1, 2021	On schedule	By April 1, 2021

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2020

## 2020 Census FAQ

### What is the census?

The census is a count of every person who lives in the United States and its territories. It happens every 10 years. In early 2020, you will be asked to count everyone who lives in your home as of April 1. Responding to the 2020 Census

### What’s in it for me?

Your responses inform where over \$675 billion is distributed each year to communities nationwide for clinics, schools, roads, and more.

Census data gives community leaders vital information to make decisions about building community centers, opening businesses, and planning for the future.

Responding also fulfills your civic duty because it’s mandated by the U.S. Constitution. The United States has counted its population every 10 years since 1790.

Your responses are used to redraw legislative districts and determine the number of seats your state has in the U.S. House of Representatives.

### Is my information safe?

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency or court in any way—not by the FBI, not by the CIA, not by the DHS, and not by ICE.

### When can I respond to the census?

In early 2020, every household in America will receive a notice to complete the census online, by phone, or by mail. In May, the U.S. Census Bureau will begin following up in person with households that have yet to respond.

### What will I be asked?

You will be asked a few simple questions, like age, sex, and the number of people who live in your home, including children.

### What won’t be asked?

The census will never ask for Social Security numbers, bank or credit card numbers, money or donations, or anything related to political parties.

For more information, visit: 2020CENSUS.GOV

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2020

### Isleta Pueblo News



**Editor:**  
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Diane Abeita  
**Published By:**  
Valencia Express



Job posting on the POI Career's Page. Applications available at <https://www.isletapueblo.com/careers/>

*POI is hiring  
Summer Interns*

Get work experience in your field of study at a POI Department.  
Apply by March 31, 2020.

Must be an Isleta tribal member. Must be a junior or senior in high school or enrolled in an accredited college.

Contact Natasha Jiron for more information.  
3950 NM-47 Albuquerque, NM 87105 / (505) 869-7584  
3950 NM-47 Albuquerque, NM 87105



## Information Regarding the Pueblo of Isleta State of Emergency

POI Tribal Council declared a state of emergency on March 13, 2020 because of the coronavirus situation.

Information on the coronavirus pandemic is being published in the April 2020 Newsletter as a means to keep our community updated.

An all-clear date is not known at this time. We are pleading, even begging everyone to be responsible and do everything they can to prevent the spread of coronavirus.

Coronavirus is affecting the world in many ways. We must follow strict measures to protect everyone. The Isleta tribal government is focused on protecting the health and safety of our community and employees. There are important things we must do until the coronavirus situation no longer a threat, namely:

1. Stay home.
2. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
3. Avoid close contact with others.
4. Do not go into crowded places. Maintain a distance of at least 6 feet between yourself and others.
5. Avoid touching your eyes, nose, and mouth with unwashed hands.
6. Cough or sneeze into your elbow or cover with a tissue and throw the tissue away afterward. Wash your hands after discarding tissue.
7. Disinfect objects and surfaces frequently.
8. Do not visit people in hospitals.

### List of Key Closures

- Isleta Resort & Casino is closed
- Palace West is closed
- Isleta Golf Course is closed
- Housing areas are closed to non-residents

All persons who do not lawfully reside within the exterior boundaries of the Isleta Indian Reservation will be denied access into and through Isleta Pueblo Housing Districts. Home health care providers, delivery trucks, emergency home repair services, and public utilities are exempt from Governor’s Order.

### Agriculture burns

Burn permits are not being issued. Tribal members that have a valid burn permit must follow all permit requirements. No-burn days will be strictly enforced due to lack of resources available for response.

### POI Employees May Be Working As-Needed

Managers for both essential and non-essential POI departments determine which of their staff are needed to operate their departments. Some department operations have been reduced and are functioning with a skeleton crew. All employees are either

on-call or considered essential and are required to work as deemed necessary.

### Catholic Church

The Archdiocese of Santa Fe closed all churches.

Religious education classes are cancelled. Santuario de Chimayo and Tome Hill pilgrimages are postponed due to the coronavirus (COVID-19) pandemic.

### Scam Alert

Scammers are taking advantage of fears surrounding coronavirus. Some consumer tips provided by the Federal Trade Commission are:

Hang up on robocalls. Do not press any numbers.

Ignore online offers for vaccinations and home test kits. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19). At this time there are also no FDA-authorized home test kits for coronavirus.

**If it sounds too good to be true, it probably is.** If you receive an offer, please call Isleta Command Center at 869-9720 and someone will verify the information.

### Travel beyond a 50-mile radius from Isleta

Gatherings of more than 10 people are not allowed

All personal travel outside a 50-mile radius from Isleta is strongly discouraged.

Tribal employees were notified on March 20th that they are required to self-disclose any travel and/or participation in events or large gatherings that are greater than 10 people. A special “Travel Self-Disclosure Form” was created for this purpose. The form is available from the employee’s supervisor or in the Human Resource office.

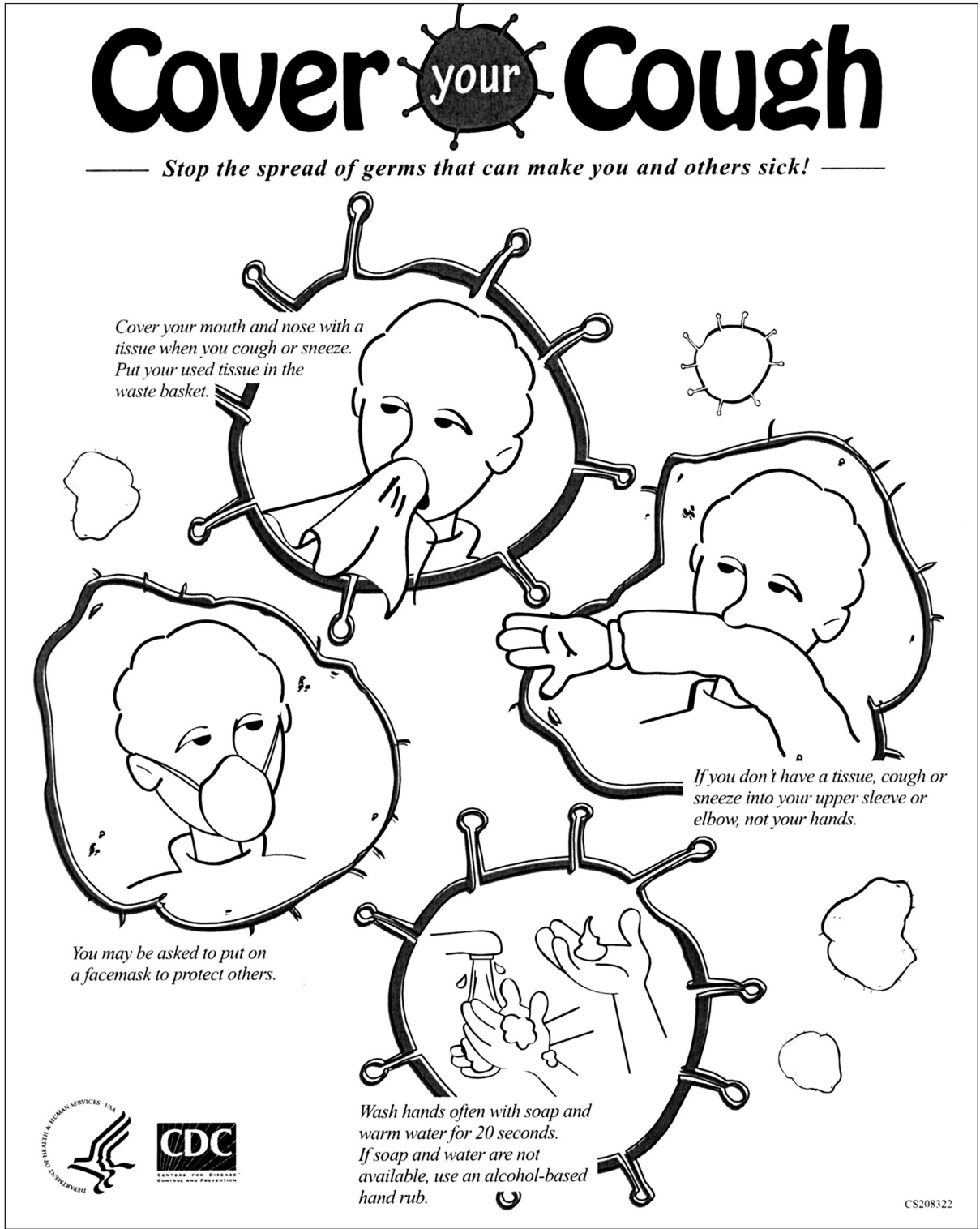
A similar form is being used to keep track of travel by community members.

### POI Incident Command Post Hotline

869-9720

The POI Incident Command Post Hotline is answered 24/7 at this time. When staff assigned to the Incident Command Post is off duty, calls to the Hotline are forwarded to POI Dispatch.

Please understand that individual requests for resources or necessities **cannot** be customized. All requests require assessment and are **subject to availability**.





Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known. When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

- **If you are sick** you should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least seconds. If soap and water are not available, clean your hands with an alcohol based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This

is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all "high touch" surfaces everyday

Clean high touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high touch surfaces in other areas of the home.

- **Clean and disinfect:** Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  - If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household (cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA registered household disinfectants should be effective. A full list of disinfectants can be found here external icon.

Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
- **Call your doctor before going in:** Before going to the doctor's office or

emergency room, call ahead and tell them your symptoms. They will tell you what to do.

- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911 , notify the operator that you have or think you might have. COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People with **COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
    - at least 7 days have passed since your symptoms first appeared

**If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use of medicine that reduces fevers) AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
- you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

**In all cases, follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.



HAPPY LAB WEEK 2020

Medical Laboratory Professionals Week, April 19-25, 2020, is an annual celebration of medical laboratory professionals and pathologists who play a vital role in health care and patient advocacy!

Thank Isleta Health Center Laboratory Staff for all your hard work! Our lab staff have the ability to run some rapid tests in the clinic. They collect blood and urine samples and send them to TriCore for further testing.

What are these tests and why do we need them?

**Complete Blood Count:** This test, also known as a CBC, is the most common blood test performed. It measures the types and numbers of cells in the blood, including red and white blood cells and platelets. It can help evaluate symptoms such as weakness, fatigue and bruising, and can help diagnose conditions such as anemia, leukemia, malaria and infection.

**Prothrombin Time:** Also known as PT and Pro Time, this test measures how long it takes blood to clot. This test can screen for bleeding abnormalities, and may also be used to monitor medication treatments that prevent the formation of blood clots.

**Basic Metabolic Panel (BMP):** This test measures glucose, sodium, potassium, calcium, chloride, carbon dioxide, blood urea nitrogen and creatinine which can help determine blood sugar level, electrolyte and fluid balance as well as kidney function. The Basic Metabolic Panel can help your doctor monitor the effects of medications you are taking, such as high blood pressure medicines, can help diagnose certain conditions, or can be part of a routine health screening.

**Lipid Panel:** The lipid panel is a group of tests used to evaluate cardiac risk. It includes cholesterol and triglyceride levels.

**Liver Panel:** The liver panel is a combination of tests used to assess liver function.

**Thyroid Stimulating Hormone (TSH):** This test screens and monitors the function of the thyroid.

**Hemoglobin A1C:** This test is used to diagnose and monitor diabetes.

**Urinalysis:** Is a general screening test used to check for infections, it may also be used to monitor diabetes, or kidney disease.

Isleta Health Center  
Laboratory

St. Augustine Parish  
Isleta Pueblo  
Ministry of Consolation



MISSION STATEMENT

We are a ministry of consolation at St. Augustine Parish to offer spiritual comfort and support to families who have experienced the loss of a loved one. We will continue to honor and respect our traditional teachings.

OBJECTIVES:

- 1. To assist our spiritual leader in Christ with his duties to render pastoral care and/or services.
- 2. To assist families with hospitality and Christian fellowship after the liturgy and burial services when requested.
- 3. The bereavement group will offer informal continuing support.

Ready, Set, Safe!  
ISOLATION & QUARANTINE

What does Isolation mean?

Isolation means keeping sick people away from well people. When people are isolated they have to stay home in their rooms until they get better and can't spread the sickness to someone else. They cannot leave home to go to work or school.



What does Quarantine mean?

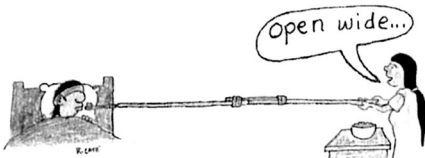
Quarantine means keeping healthy people who have been near sick people away from others to wait and see if they get sick.

If they get sick, then they go into isolation. If they don't get sick, they can come out of quarantine and go back to work and school.



How do I care for someone in isolation?

Take care of yourself. Get enough to eat, drink lots of water and get plenty of rest. Wash your hands often.



You will need:

- A room or separate area in your house where you can keep sick people away from the rest of your family
- To open a window for fresh air in the room or area at least once a day for 10 minutes
- To explain to family members how to isolate:
  - Caregivers should wash their hands immediately before they go into the sick person's room and immediately after they come out.
  - Other family members should not enter the sick person's room or area
  - One family member should take care of the isolated person
- The right supplies to take care of a person in isolation – thermometer, tissues, masks, and gloves
- To use your supplies the right way:
  - Don't share the sick person's supplies with anyone else
  - Place used supplies and trash from the sick room or area in a

Why do we isolate and quarantine?

People are isolated and quarantined when there is a bad sickness that spreads easily from one person to another by coughing, sneezing, or sharing belongings and medicine cannot stop it from spreading.

Isolation and quarantine slow the sickness from spreading and can keep healthy people from getting sick.



How will we know if we have to isolate and quarantine?

Tribal and public health officials will tell you if you need to isolate or quarantine someone in your family or community.

As fewer people get sick, tribal and public health officials will tell you when you can stop isolation and quarantine.

plastic trash bag and throw them away

- To know when someone needs to be isolated to protect others

How do I care for my family if they are in quarantine?

Explain to family members that they are protecting others by staying home.



Keep family members busy with activities at home:

- Doing chores
- Traditional crafts
- Indoor physical activities, like stretching
- Reading
- Board games
- Baking and cooking
- Caring for pets



Where can I get more information about Isolation & Quarantine?



<http://www.health.state.nm.us/ohem/>



CORONAVIRUS 2019 (COVID-19)

INFORMATION FOR PEOPLE WHO HAVE HAD CLOSE CONTACT WITH SOMEONE WITH COVID-19

THIS INFORMATION IS BEING PROVIDED TO YOU BECAUSE YOU HAVE BEEN IDENTIFIED AS HAVING HAD CLOSE CONTACT WITH SOMEONE DIAGNOSED WITH CORONAVIRUS DISEASE (COVID-19).

There is a possibility that the virus could have been passed on to you. This fact sheet provides some basic information on COVID-19 and precautions you can take to keep yourself and your loved ones safe. It is important to note that **most people who have had close contact with someone confirmed as having COVID-19 have not been infected or become ill**, but taking precautions is essential!

**What is COVID-19?**  
COVID-19 stands for Coronavirus Disease 2019. It is a respiratory disease caused by a new virus called coronavirus 2019.

**What is a close contact?**  
A close contact is anyone who has had one of the following contacts with a person who has been diagnosed with COVID-19:

- living in the same household as someone with COVID-19
- having spent two hours or longer in the same room or vehicle as someone with COVID-19
- having been face-to-face within six feet or less of someone with COVID-19 for more than 15 minutes in any other setting not listed above

**How serious is it?**  
Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly. The people at most risk the of serious infection are:

- elderly people
- people with chronic medical conditions like heart disease, lung disease, diabetes, and cancer
- people with weak immune systems
- anyone who had direct contact with infectious secretions of a person with COVID-19 (e.g., being coughed on).

**There is no vaccine or cure for COVID-19.**

**How is it spread?**

- COVID-19 is spread mainly between people in close contact with one another through droplets from coughs or sneezes.
- It may also be spread when you touch a surface or object with the virus on it, then touch your mouth, nose, or eyes.

**What are the symptoms?**  
The most common symptoms of COVID-19 are:

- fever
- cough
- shortness of breath.

However, some infections have no symptoms, and some lead to more serious illness like pneumonia.

**What do I need to do?**  
As you have been identified as having contact with a person suspected of having COVID-19, it is important that you are monitored, so that any early symptoms can be detected.  
You will need to:


- Take your temperature twice a day for all 14 days, and avoid the use of fever reducing medications (e.g. acetamophen, ibuprofen, Tylenol, Advil) as much as possible. Report a fever to your health care provider. These medicines could hide an early symptom of COVID-19.
- Stay at home for 14 days (self-isolate) and avoid crowds and gatherings.
- Wash your hands often with soap and water for at least 20 seconds – or use a hand sanitizer that has at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid sharing household items like cups, dishes, eating utensils, towels and bedding.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs, countertops, handrails, phones, computer keyboards, etc.

**What does isolate yourself in your home mean?**  
People who are recommended to be isolated should not attend public places such as work, school, childcare, church, or stores. Only people who usually live in the household should be in the home. It is best not to allow visitors into the home. Where possible, get others such as friends or family, who are not required to be isolated, to get food or other necessities for you. If you must leave the home, such as to seek medical care, call the clinic or hospital to tell them you are coming and are a close contact of someone who was diagnosed with COVID-19.


**Should I wear a face mask?**  
You do not need to wear a mask if you are healthy, and do not have a cough, fever, or shortness of breath. Masks are not currently recommended for use by healthy members of the public for the prevention of infections like coronavirus.

**What do I do if I develop symptoms?**  
If you develop symptoms (fever, cough, or shortness of breath) within 14 days of last contact with the person who has COVID-19, you should seek medical care. **Call the health clinic or hospital before you arrive** and tell them you may have been in contact with a potential case of coronavirus.


**How can I find out more?**




www.cdc.gov/coronavirus




www.coronavirus.gov



www.ihs.gov




Coronavirus Hotline  
1-855-600-3453



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

WWW.AASTEC.NET



ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER

How to make your own Hand Sanitizer!

(If you have these ingredients at home)

Ingredients:

- 2/3 cup of isopropyl alcohol (91 % or higher)
- 1/3 cup of aloe vera gel
- 10 drops of your favorite essential oil (optional) • 10 drops of Vitamin E Oil (optional)

Instructions:

- pour the mixture into 20z spray bottle.

Your mixture may have more of a gel consistency, which may work better in pump bottles.

- Mix alcohol and aloe vera gel into a cup with a spout and pour the mixture into your bottle. Add your preferred essential oil and Vitamin E oil (optional). Shake well before each use.

Tips:

- The key for an effective hand sanitizer is to use a two-to-one ratio of 91% isopropyl alcohol to aloe vera gel. You can change the amounts listed in the ingredients above as long as it is two parts alcohol and one part gel. Also, remember that hand sanitizer should not be a replacement for handwashing, and it is only effective if you spray your hands thoroughly and let them dry completely.

What is the difference between cleaning, disinfecting, and sanitizing?

Cleaning is the process of removing any unwanted substances, such as dirt, infectious agents, and other impurities from an object or environment. They can be visibly seen. Cleaning occurs in many different contexts and uses many different methods.

Disinfecting uses chemical substances to kill bacteria and other infecting agents. Disinfecting requires a stronger solution.

Sanitizing is a chemical process that lessens and even kills germs on surfaces to make them safe for contact.

To sanitize or disinfect in your home, you generally start with bleach and cool water in a bucket (*hot water decreases effectiveness*). Wear rubber gloves to protect your hands. Make sure that you're using a bleach concentration appropriate for household rather than industrial use. Concentrations of 5.25 percent or 6 percent hypochlorite are safe for use in the house.

If you're *sanitizing, use* 1 tablespoon of bleach to 1 gallon of water (or 1 teaspoon to 1 quart). Transfer the solution to a spray bottle and spray the item you want to sanitize (or dip from the bucket and wipe the item with paper towels). Leave the solution on the area for at least one minute before rinsing. This solution can be used on toys, eating utensils and objects that will come into contact with mouths.

*Remember to never mix bleach and ammonia. The combination releases toxic fumes.*

-Isleta Health Center



WE ARE HERE TO SERVE

Isleta Health Center Team  
(505)869-3200

What does flatten the Curve Mean?

Stephanie Barela, Health Educator 869-4479  
www.ourworlddata.com www.flattenthecurve.com

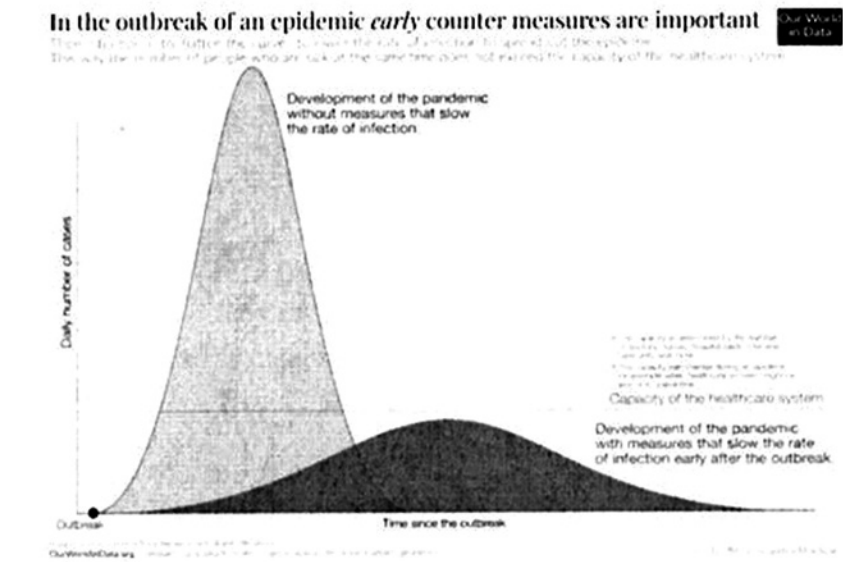
You are probably aware of the new epidemic, Covid-19. This name comes from the virus called, Corona Virus Disease (COVID) and the year it was first discovered, 2019. People who are infected with this virus may cough or sneeze and the respiratory droplets that is produced could then land in the mouths or noses or possibly can be inhaled into the lungs of someone who is nearby, which could spread the infection. So as a way to slow the spread of this disease, communities are being urged to practice social distancing, this is a step the community can take to help reduce the spread of this highly contagious outbreak.

This involves restricting large public gatherings, closing certain buildings, such as schools; and cancelling events, such as concerts and sports, in order to slow the spread of this disease. Many companies are asking employees to work from home - even if they are not experiencing coronavirus symptoms. Many people wonder why we are asking them to self-quarantine, even if they are not sick. The reason why people are asked to do all of these things is a way to social distance ourselves, in order to "flatten the curve"

Flattening the curve means to spread out the cases of Covid-19 by using preventative measures, so the number of coronavirus cases does not overwhelm the health care system and cases are staggered, so hospitals will be able to test everyone who needs to be and then be able to treat those with the virus appropriately. If people don't adhere to these preventive measures, the number of cases could dramatically spike, which could cause there to not be enough doctors or clinicians to assist, and may also cause there to not be enough ventilators or other medical equipment needed.

Please partake in these social distancing tips, to help spread out the cases and therefore not devastate the health care system:

- **Do not hug, shake hands, or high five:** These actions can transmit a virus from person-to-person.
- **Maintain a distance of approximately six feet from others when possible:** An important way we can prevent the spread is by distancing from one another, by remaining home except for essential or emergency travel can we limit the spread of this virus to the point that it does not overwhelm New Mexico.



- **Avoid mass gatherings:** The CDC defines this as crowded public places where close contact with others may occur, such as shopping centers, movie theaters and stadiums. On March 23, State Governor Lujan-Grisham’s order advises that New Mexicans "must stay at home and undertake only those outings absolutely necessary for their health, safety or welfare" and further restricts "mass gatherings" of five or more individuals in outdoor spaces.
- Those who are at risk for more severe COVID-19 illness, such as **older adults and persons with compromised immunity**, should limit contact with others and be rigorous about social distancing and other protective measures
- **Use good protective behaviors:** wash your hands frequently using soap and hot water for at least 20 seconds; cover coughs and sneezes; stay away from others if you're ill, and disinfect high-touch surfaces

The graphs, from [www.ourworlddata.com](http://www.ourworlddata.com), show that although the epidemic may last longer, it will not cause so much stress on the system at one time and therefore hospitals will be more likely to have what they need to address those smaller number of cases, rather than being bombarded all at once. So let's all do our part to limit transmission and follow to the social distancing strategies that are recommended.

How to Cope With Anxiety about  
Coronavirus (COVID-19)

Learn strategies for managing stress  
during a pandemic

It is terrifying to learn that an illness such as coronavirus (COVID-19) is spreading across the globe. The early stages of a pandemic can be especially anxiety provoking. During this time, you do not know how widespread or deadly the illness is going to end up being. Feelings of fear, anxiety, sadness, and uncertainty are normal during a pandemic. Fortunately, being proactive about your mental health can help to keep both your mind and body stronger.

Ways to take care of yourself include:

- Reading the news from reliable sources (and take breaks from the news)
- Recognizing the things you can control, like having good hygiene
- Taking measures only if recommended by the CDC
- Practicing self-care

Ways to Manage Stress:

Here are ways to help you ease anxiety-surrounding coronavirus.

- **Read news from trustworthy sources:** Avoid media outlets that build hype or dwell on things that cannot

be controlled. Instead, turn to sources that give reliable information about how to protect yourself, such as the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov).

- **Set limits on your media consumption:** Limit your media consumption to a certain time frame or a certain number of articles. While it is helpful to stay informed, it is also important you do not allow yourself to be bombarded with anxiety-provoking news all day.
- **Avoid the herd mentality:** Do not jump on a bandwagon just because other people are wearing masks or performing specific cleaning rituals (unless the CDC recommends those things). Otherwise, your actions could prove to be unhelpful—or perhaps even destructive.
- **Practice good self-care:** Eating a balanced diet, getting plenty of sleep, and engaging in leisure activities are always key to helping you stay as physically and psychologically healthy as possible during stressful times. Good self-care also keeps your immune system robust.

NM Crises Text Line available 24/7 for people in crises.  
Text message to 741741  
or call 1-855-662-7474





Sponsored by Isleta Diabetes Prevention Program "Total Body Health."

# How to Stay Active at Home

## 30-Minute HIIT Workout

- \*No equipment needed
- \*Exercises & reps. can be modified
- 1. Jump Squats— 25 reps.
- 2. Forearm Plank— 1 min.
- 3. Alternating Lunges— 20 reps. per leg
- 4. Mtn. Climbers— 1 min.
- 5. Jumping Jacks— 50 reps.
- 6. Pushups— 25 reps.
- 7. Glute Bridges— 25 reps.
- \*Repeat exercises 1-7, three times

## 30-Minute Dumbbell Workout

- \*Full Body Resistance Training
- \*Exercises & reps. can be modified
- \*DB = Dumbbell
- 1. DB Bicep Curls— 20 reps. per arm
- 2. DB Bent Over Rows— 20 reps.
- 3. DB Front + Lateral Raises— 20 reps.
- 4. DB Kickbacks— 20 reps. per arm
- 5. DB Standing Chest Fly— 20 reps.
- \*Repeat exercises 1-5, four times



## 10 Tips for Staying Healthy at Home

1. Exercise for at least 30 min. per day.
2. Stand up and move around throughout the day.
3. Eat healthy snacks.
4. Stay hydrated. Drink lots of water.
5. Avoid excessive snacking.
6. Plan out your meals and snacks for the week.
7. Eat plenty of fruits and vegetables.
8. Avoid high-fat and high-sugar foods.
9. Try stretching both in the morning and evening.
10. Try yoga and/or meditation.



For more information, contact Andrea Wilson: 869-4595

## ISLETA HEALTH CENTER UPDATES

(Subject to change as updates are received)  
**CLINIC IS OPEN**

Isleta Health Center's priority is to keep our community healthy and safe by minimizing social contact and we have temporarily modified our services:

**Pharmacy Pick-up —** A drive-thru service is available on the north side of the clinic. Please follow the signs. For refills, please call our Refill Line at (505) 869-4590. For pharmacy, questions please call (505) 869-4473.

**ALL OTHER SERVICES -** Patients are recommended to call first for clinic information, as services are limited. Please call the main clinic number at 869-3200 for instructions prior to arriving to the facility.

Services are available as follows:

- **Medical** — Urgent Walk-In's & Scheduled Medication Injections Only.
- **Dental** — Urgent Visits Only
- **Optometry** — Closed (Emergency repair available, please call for service)
- **Audiology** — Closed (Forms for repair and battery replacement will be at the main clinic entrance on the east side. There will be someone available to assist you).
- **Diabetes & Wellness Center** — Closed
- **Physical Therapy** — Services available case-by-case, please call for information
- **Podiatry** — Services available case-by-case, please call for information
- **Behavioral Health** — Available by phone, please call 869-5475 for information

- **CHR** — Limited services - Dialysis transports available, all other transports and/or deliveries are suspended until further notice. Available by phone for any questions.
- **PRC** — Referrals can be picked up and/or dropped off at the main clinic entrance on the east side. There will be someone available to assist you.

For questions pertaining to COVID-19, please call the Coronavirus Hotline or the Isleta Health Center's Nurse Advice Line.

24 Hour Coronavirus  
Hotline  
1-855-600-3453  
www.nmhealth.org

Isleta Health Center's  
Nurse Advice Line  
505-869-3200

Monday - Friday  
8:00am - 4:30pm



## What you need to know about coronavirus disease 2019 (COVID-19)

### What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

### Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

### How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

### What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

### How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

### What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

### Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

### Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



CS114937-A 03/03/2020

For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)



PUEBLO OF ISLETA ELDER  
CENTER UPDATES 869-9770

Elder Center Activities -  
First Week of Center Closure 3/16-3/20

- Called approximately 120, 80+ years of age elders to inquire about their safety and welfare, and to offer meals.
- Made home visits and/or called Adult Day Service clients to inquire about their safety and welfare. We are providing meals to all ADS clients.
- Continued homemaker services to existing clients only (who require in-home service support)
- Continued Personal Care services to existing and new clients per State eligibility and approvals Answered calls throughout the day to support our elders and assisting them in answering various questions, obtaining information or accessing resources for food, supplies, etc. Contacted 23 commodity recipients to complete food order forms for the Month of March, and picked up their commodities from the Bernalillo warehouse and delivered food orders to their homes.
- Participated in conference calls with the POI Incident Command Center (505) 869-9720 Participated in conference calls daily with the Aging and Long Term Services Department to discuss the changing situations across the state regarding the delivery of services and/or needs, to include discussion regarding safety of clients \ and staff
- Arranged to obtain a meal truck on loan to accommodate the added deliveries from the City of Albuquerque, Sr. Affairs Department.
- Delivered approximately 250 meals per day, this includes approximately 50 meals for children staying with grandparents. These numbers will fluctuate each day.

Client/Staff Safety in the Delivery of Meals - for your protection and for the protection of our staff we want to make sure we are using every precautionary measure to keep a safe distance as we are encountering many homes per day/per route:

- Please have a box or cooler located at the front door placed above ground where the driver can place your meals
- When the driver is at your home, they will honk to let you know that the meals are being placed in the container
- The driver will return to the vehicle and you can take the box into your home, the driver will wait until they see someone come out for the meal(s) (calls to the client will be made when needed if no one is coming out)
- Please be prepared to come out for the meals, as we do not want to leave your meal unattended. Please keep in mind, your promptness to the door means that we can deliver meals to others in a timely manner.
- Once you take the meals into the home, un-wrap meals transfer from containers to a clean dish, throw tray/ container away and wash hands for 20 seconds.
- To accommodate the growing number of meals that are requested, there may be substitutions to our meals and/or smaller portions at times. Please understand that our delivery of foods and supplies will vary, thus at times causing delays and/or menu changes.

We ask in advance for your understanding and cooperation in these trying times.

Remember, call this number if you feel you may have COVID-19 1(855) 600-3453

Call this number for non-medical questions or assistance 1(833) 551-0518

### To Our Beloved Elders

*The Pueblo of Isleta Elder Center Staff sends our heartfelt love in these trying times. We miss all of you and we are keeping you in our prayers. Although our doors are closed to the public we are continuing to provide support and assistance to the extent possible. Please be safe, we hope that you consider limiting the number of people coming into your homes avoiding more than 4 people at a time, and listening to all the information on how to keep safe. If you have any questions or need assistance please call us at 869-9770.*

COVID  
CORONAVIRUS  
DISEASE  
19

## SYMPTOMS OF CORONAVIRUS DISEASE 2019

### Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

FEVER

COUGH

SHORTNESS OF BREATH

\*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: [www.cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)

As you may recall, in 2019, the Isleta Health Center prepared, disseminated and collected 549 Community Health Assessment Surveys at over 21 different program sites throughout Isleta. In reviewing all of the responses, the Isleta Health Center (IHC) learned there was a need for more education on the Isleta Health Center and our services.

In March, we offered our 1<sup>st</sup> Quarterly Newsletter and disseminated it throughout the community. We plan to offer another newsletter in May, to provide more information to the community on our services, along with different information on health.

If you would like this Quarterly Newsletter mailed directly to you, please contact Lorraine Lucero at (505) 869-4595 and specify that you would like to be on the Isleta Health Center Newsletter list. Also, please contact us if you have any suggestions on Health Education topics.

The Isleta Health Center hopes to increase the community's awareness of our programs and services. If you have any thoughts or suggestions, please contact Stephanie Barela at (505) 869-4479.

Thank you.



Health Beat: Medication Safety Week

Stephanie Barela, Health Educator  
Phone: 505-869-4479

1st week of April is Medication Safety Week:

● April 1: Clean Out Your Medicine Cabinet

Get rid of outdated medicines and old prescriptions. Many drugs lose their potency over time. Store medicines in their original containers and in a cool, dry place. Place medicines away from children and pets and from those who do not understand. For more information on getting rid of prescriptions, please see the Isleta Health Center for a brochure.

● April 2: Know Your Medicines

Make a list of your medicines with the size, shape and color, purpose of the medication and times you should take it, as well as possible reactions and any side effects. Also note the generic and trade names of your medicines and what each is for, in order to keep from accidentally double-dosing. Include in your list over-the-counter medicines, birth control pills, patches and supplements. Keep the list updated and with you at all times. Make sure you inform your doctors and pharmacist of any dietary supplements before you take them, because herbal medicines and other dietary supplements can react with medicines and have an unknown effect. Also, do not mix alcohol with any medication, as the combination can be deadly.

● April 3: Read Medicine Labels Carefully

Make sure you are taking your medication the way your doctor intended. Note precautionary stickers on the label. Note the route, dose and frequency of your medicines. Keep medicines in their original containers. Pay attention to warnings. Note that some medicines can react with foods. Others have to be taken on an empty stomach. Some lose potency quickly and must be kept in an air-tight container. The effectiveness of many medicines is dependent upon taking them at the correct times. How the medicine is to be taken — the route — is also important (e.g. by mouth, through the skin, under the tongue, inhaling, rectal or vaginal suppository, enema or douche).

● April 4: Organize Your Medicines

Keep an updated record listing all medicines and supplements you are taking. Use of a medicine organizer box may be helpful, especially for those taking more than one pill several times a day; however, a medicine organizer box requires close monitoring, especially when there is a change in medicines. Be aware that use of an organizer box violates the rule of keeping medicines in their original containers. Managing pills with a medicine organizer box, while convenient, is not without risk. Also, certain drugs (i.e. chemotherapy agents) should not be mixed into a medicine box with other pills.

● April 5: Transitional Care Aware

Changes in care (i.e. being moved from one hospital floor to another, being transferred from one care facility to another, being discharged home) all need to make sure that your services are coordinated and there is good communication between your providers. When you are discharged, make sure you understand your medicines and how you are to take them. Ask for written instructions of your entire medical regimen and follow-up care. When picking up your medicines from the pharmacy, double check all prescriptions are correct. Ask that the generic and brand

names of each drug be listed on the label, as well as what the medicine is for.

● April 6: Know Your Individual Risk before Starting a New Rx

Talk to your pharmacist. Discuss your possible risk of a serious side effect to occur. Learn if the new medicine is one known to adversely affect heart rhythm and increase chance of sudden cardiac arrest. Report serious side effects to your doctor and pharmacist promptly.

● April 7: Better Communication with Health Professionals is Key

Share information with all your prescribing practitioners and with your pharmacist about every medicine and supplement you are taking. Discuss all risks and benefits with your prescribing practitioner. Discuss expected effects and possible side effects and any side effects you should inform your doctor of right away. Report adverse drug effects promptly and never hesitate to ask questions when it comes to your health and the use of medicines and supplements.

Please take all Expired or Unused Medications to the Isleta Police Department to be properly disposed.

ISLETA HEALTH CENTER  
BENEFITS COORDINATOR

During this difficult time the Benefits Coordinator will be conducting appointments via phone. If you have any questions regarding benefits please call 505-869-4469.

Listed below are phone numbers and websites available to assist with benefits.

- YES NM (ONLINE APPLICATION): [Yes.State.nm.us](http://Yes.State.nm.us)
- MEDICAID APPLICATION ONLY : 1-855-637-6574
- For LIHEAP, SNAP, AND TANF: 1-800-283-4465
- ISD CUSTOMER SERVICE LINE: 1-800-283-4465
- MEDICARE: 1-800-772-1213
- SOCIAL SECURITY: 1-800-772-1213
- BE WELL NM: 1-855-241-8137
- ROAD RUNNER FOOD BANK: 505-247-2052 (Albuquerque)
- COMMODITY FOOD DISTRIBUTION INFORMATION  
505-869-9770 (Isleta Elderly Center)
- ISLETA EMERGENCY RESOURCES: 505-869-9720

Isleta Health Center  
Benefits Coordinator  
Theresa Bridge



Remember to  
count \_\_\_\_\_!

Congratulations on welcoming your new bundle of joy! If your baby was born on or before **April 1, 2020**, remember to count them on the 2020 Census.

The census informs decisions about funding for things like health insurance, hospitals, child care, food assistance, schools, and early childhood education for the next 10 years—basically an entire childhood!

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Don't miss this opportunity to shape the future for your baby and your community!



**Isleta Health Center  
Clinic's Temporary Modifications in  
Wake of COVID-19**

Stephanie Barela, 869-3200

The Isleta Health Center's priority is to keep our community healthy and safe by minimizing social contact. There have been several temporary modifications made in light of the current COVID-19 situation. With the need to social distance ourselves, instead of going inside to pick up your prescription from Pharmacy, we have established a drive-thru service on the north side of the clinic. Please follow the signs. For refills, please call our Refill Line at (505) 869-4900.

For any other services, patients are encouraged to call the clinic first for information, as services are limited. Please call the main clinic number (505-869-3200) for instructions prior to arriving to the facility.

**Modifications made to our services are as follows:**


- ▶ **Medical Department** — Only seeing urgent walk-ins and scheduled medication injections.
- ▶ **Dental Department** — Only seeing urgent visits.
- ▶ **Optometry Department** — Closed; however, emergency repair is available, please call ahead for services.
- ▶ **Audiology Department** — Closed; however, if you need repair or battery replacement, you can complete a form that will be located at the main clinic entrance on the east side of the building; someone will be available to assist you.
- ▶ **Diabetes and Wellness Center** — Closed.
- ▶ **Physical Therapy** — Case by case, please call for information.
- ▶ **Podiatry** — Case by case, please call for information.
- ▶ **Behavioral Health** — Available by phone, please call 869-5475 for more information.
- ▶ **Community Health Representative (CHR) Department** - Only offering Dialysis transports at this time. All other CHR transports and/or deliveries are suspended. Available by phone for any questions.
- ▶ **Purchased Referred Care (PRC)** - Referrals can be picked up and/or dropped off at the main clinic entrance on the east side of the building, someone will be available to assist you.

**For questions pertaining to COVID-19, please call the Coronavirus Hotline or the Isleta Health Center's Nurse Advice Line.**

**24 Hour Coronavirus Hotline  
1-855-600-3453  
www.nmhealth.org**


**Isleta Health Center's Nurse  
Advice Line  
869-3200**

**Monday-Friday  
8 am- 4:30 pm**





# Cancer Awareness FUN RUN WALK

**Tuesday, May 5, 2020**  
**(DATE SUBJECT TO CHANGE)**  
**Registration-5:00 PM**  
**Run Walk Begins– 5:30 PM**  
**Located-Diabetes Wellness Center**  
**For more Information Call: 869-4595**


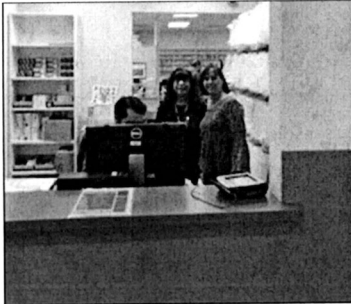




## The Isleta Health Center

Working hard to keep the Isleta Community healthy by:



Offering drive through Pharmaceutical Services





Providing PRC referrals, as well as, triage for symptoms prior to entry into the clinic for those with scheduled appointments.

Screening people for COVID 19 symptoms, (temperature, dry cough and shortness of breath), then testing them for the virus, if warranted.



APRIL 2020 ISLETA HEALTH CENTER					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Medication Safety Week</b> 4/1 - 4/7 4/1 - Clean out your medicine cabinet 4/2 - Know your medicines 4/3 - Read your medicine labels carefully 4/4 - Organize your medications 4/5 - Transition your medications carefully 4/6 - Know your individual risk before starting a new Rx 4/7 - Better communication with health professionals is the key	<b>Cancer Awareness FUN RUN WALK</b>  Tuesday, May 5, 2020 Registration - 5:00pm Run/Walk Begins - 5:30pm Located - Diabetes Wellness Center For more information call 869-4595	1	2 <div>CLINIC OPENS AT 9:50am</div>	3
4/5	6 Podiatry Clinic: 12:30-4:30 pm	7	8 Ctr.	9 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm	10
11/12	13 Podiatry Clinic: 12:00-4:30 pm Eagle HIIT: 5-6:30pm @DPP Wellness Ctr.	14 Weight Training: 5-6:30pm @DPP Wellness Ctr.  <b>Isleta Health Support Group</b> Mission Nutrition 10:30 - noon Isleta Health Center Kitchen (Subject to change)	15 Eagle HIIT: 5-6:30pm @DPP Wellness Ctr. Healthy Cooking Class: 5-7pm @Health Center Kitchen	16 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Ctr.	17
18/19	20 Podiatry Clinic: 12:30-4:30 pm Youth Life Skills 4:30-6:30pm @BHS Eagle HIIT: 5-6:30pm @DPP Wellness Ctr.	21 Weight Training: 5-6:30pm @DPP Wellness Ctr.	22 Eagle HIIT: 5-6:30pm @DPP Wellness Ctr.	23 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Ctr.	24
25/26	27 Podiatry Clinic: 8:00-4:30 pm Eagle HIIT: 5-6:30pm @DPP Wellness Ctr.	28 Weight Training: 5-6:30pm @DPP Wellness Ctr.	29 Eagle HIIT: 5-6:30pm @DPP Wellness Ctr.	30 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Ctr.	<b>DPP=Diabetes Prevention Program: 869-4595</b> <b>BHS=Behavioral Health Services : 869-5475</b>




6th Annual

Isleta Cancer Survivor's Day Event

MAY 12, 2020 ♦ 5:00 - 7:30 p.m.

(Date Subject to Change)

Chical Reception Hall



COME CELEBRATE OUR CANCER SURVIVORS

Call Stephanie Barela for more information 869-4479.

NEEDED:

We are looking for cancer survivors and/or cancer caregivers to participate on a speaker's panel. Please call if interested!

ALL ISLETA COMMUNITY WELCOME!!

Music, Presentation, Remembering those who've Passed, Dinner, Door Prizes, Activities & More!


Isleta Health Support Group

FORMERLY KNOWN AS THE CANCER SUPPORT GROUP

4/14/2020 10:30am – Noon  SUBJECT TO CHANGE	Mission Nutrition	Ernestine Trujillo, MS, RD, LD	Isleta Health Center Kitchen	DATE SUBJECT To CHANGE
5/5/20 5pm  SUBJECT TO CHANGE	EVENING ACTIVITY	Cancer Awareness Walk/Run	Isleta Health Center Diabetes Program	DATE SUBJECT To CHANGE
5/12/2020 5-7:30pm  SUBJECT To CHANGE	EVENING SESSION 6th Annual Cancer Survivor's Day Event	Presentations, Activity and Balloon Release Cancer Survivor's Needed	TBD Call to be in Cancer Survivor Panel.	DATE SUBJECT TO CHANGE

\*During Business Hours, please enter in the front doors and sign in a the front desk.

\*After Hours, enter on the south side of bldg. and enter in the black fenced area through the gate, near the red tables, and enter in the 2nd door on your right.



Contact Stephanie Barela 869-4479

ALL WELCOME