



Isleta Pueblo News

Volume 15 Issue 5

Pueblo of Isleta website: www.isletapueblo.co

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May 2020

Governor's Report

Ma Gu Wam,

Greetings to all and hope you are all safe and well. These past few months have been most challenging with the COVID-19 pandemic. Thank you to everyone who has complied with the directives issued with regard to road closures, curfew and limited access to residential areas of the reservation. I strongly believe that this directive has curtailed further contamination by the virus. I would personally like to thank the federal government agencies, state administration, NM Department of Health, Indian Health Service, FEMA, the City of Albuquerque, Bureau of Indian Affairs and NM Indian Affairs Department, for all their assistance and support to the pueblo. I am also thankful for all the employees who have followed the stay at home policy.

Please read the April 13, 2020 letter issued by me to update you. The two confirmed cases within the reservation are no longer contagious and are doing well. Therefore, at this time, there are no new positive cases within the Pueblo of Isleta Reservation. Also, please read additional information provided by the Isleta Health Center, Command Center and the Public Services Departments within this issue of the newsletter.

I encourage our students to keep up with their studies while at home. I realize that this is more challenging for many as they are used to learning in a classroom setting. It is very important that the students strive on passing this year's class assignments so they are not hindered next year.

At this time I would like to take this opportunity to thank the community for your patience and for abiding with the orders issued. I hope that we will soon over-come the virus and be able to return to our daily routines. May God Bless You and I pray that Our Spirits keep you well.

Hawoo,

Governor Max A. Zuni



OFFICE OF THE GOVERNOR



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

PUEBLO OF ISLETA

P. O. BOX 1270, ISLETA, NM 87022

April 13, 2020

Dear Pueblo of Isleta Community:

I hope this letter finds you safe and staying home. This letter is to provide you an update on the status of the Coronavirus in our community, as I am sure you are very concerned about your safety.

I had previously announced in my letter to you on March 30, 2020, that we had a confirmed case of the Coronavirus within the Pueblo of Isleta. The Health Center has since notified other people who were identified as close contacts of the person who tested positive for COVID-19. All of these individuals have been tested and all but one person's result was "negative". This means there were a total of two (2) people who tested "positive" for the COVID-19, which are from the same household. Their primary care provider has been monitoring their symptoms and they have followed all instructions in effort to prevent the virus from spreading further. Currently these individuals are determined safe per the Department of Health guidelines, which means they are no longer contagious. I am thankful they have recovered and are now safe.

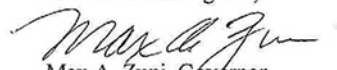
In my daily conversations with each person I encounter, I say "stay home" and "stay safe". Simply translated, I am saying:

- ✓ Stay home and avoid contact with people outside of your normal household unit
- ✓ Practice social distancing (6 feet apart from others), no more than 5 people in a group
- ✓ Wash your hands regularly and thoroughly for at least 20 seconds
- ✓ Cover your cough, and wear a clean non-medical face covering at all times possible
- ✓ Disinfect and clean high touch surface areas regularly
- ✓ Contact your healthcare provider immediately if you have fever, cough, or shortness of breath

It is our social responsibility to hold to these practices, as they are our greatest weapon in combatting this virus. Furthermore, spring weather is upon us and I want to remind you there should be no family cookouts or gatherings during this time. It is my hope that you postpone all your gatherings for a time well after the state of emergency has been lifted.

In closing, I want to thank you for your cooperation in keeping all healthy and safe. Together we can reduce the spread of the Coronavirus in our community. I will continue to pray for the health and safety of our people.

With sincerest regards,


Max A. Zuni, Governor

Isleta Health Center Program Cancellations

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

The Isleta Health Center (IHC) is doing our part to encourage social distancing, and will therefore cancel all of our programs until further notice:

The following IHC Programs are canceled:

- ▶ All IBHS Prevention activities
- ▶ ICAP Sewing Class on Thursday evenings
- ▶ ICAP Moccasin Making Class on Tuesday evenings
- ▶ Isleta Cancer Awareness Run, scheduled for May 5, 2020.
- ▶ 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) held Mondays and Wednesdays
- ▶ Isleta Diabetes Weight Training held Tuesdays and Thursdays
- ▶ Healthy Cooking Classes
- ▶ Wellbriety on Wednesday evenings

LETTER FROM THE EDITOR

DEADLINE for June Newsletter articles is set for Tuesday, May 19, 2020, at 4:30 pm. Articles may be dropped off at the Library or emailed to Isleta.Library@gmail.com or 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.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

TR 1 & TR 5 – Ranchitos / Bosque Farms Reservations Line

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library - Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

TR 12 - 47 & 147 intersection (Old Smoke & Save)

14.

TR 71 & TR 54 @ Y - Holiday Robot / Paved Road / Railroad Tracks

15.

TR 45 & TR 40 @ Y - Tata Mel (POI Signage)
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PROBATE NEWS

SECOND 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.

Isleta Tribal Court

The Isleta Tribal Court remains closed through the remainder of April by Order of the Governor or until further notice. All hearings for the month of April have been postponed. Once normal business hours resume, hearings will be reset accordingly. Phone calls are being accepted, for inquiries regarding a court case please call 505-869-9699. Thank you for your patience and understanding during this temporary closure.

Notice of Los Lunas Schools
Public Hearing for Part II
of the Application for the Title VI Formula Grant

Los Lunas Schools will hold a public hearing on Wednesday, May 6th beginning at 5:30pm. The meeting will be held via Zoom. The purpose of the meeting will be to discuss and obtain public input regarding the content of Part II of the application of the Title VI Formula Grant (supporting Indian Education). If further information is needed, including the Zoom link, please contact Cathy Chavez at (505) 866-2440.

If you are an individual with a disability who is in need of a reader, amplifier, qualified sign language interpreter, or any other form of auxiliary aid or service to attend or participate in the hearing, please contact the Special Services Office at 505-866-2440 at least one week prior to the hearing.

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, June 5, 2020.

Thank you, Nate



PVT. Brandon Abeita, USMC

The family of Brandon Abeita is proud to announce his graduation from the United States Marine Corps Boot Camp. Brandon Abeita is the son of Janelle Jojola and the grandson of Pauline Lente. Brandon graduated with the 3rd Battalion, India Company. PVT. Abeita has since returned to Camp Pendleton, California where he will be completing his infantry training and from there will be sent to his permanent duty station. Brandon, your family is very proud of your hard work & dedication in serving your country! We all love you very much!



White Eagle Electrical
Services LLC
(505)917-6933
(505)259-4178
Jpirowees@gmail.com

100% NATIVE OWNED
Licensed and Bonded Electrical Contractor EE-98
License #397349
Licensed and qualified local electricians
New Commercial, Retail, and Office estimates
Property Management maintenance agreements
Troubleshooting
Sign repair including neon
Code upgrades
Office and exterior lighting including parking lot lighting
Energy saving
Solar energy
Hookups for appliances and air conditioner units
Ceiling fan and lighting repair
24-hour service



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]
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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].

- 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.

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.

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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

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

THE DEPT. OF EDUCATION OFFICE
● WILL REMAIN CLOSED UNTIL
FURTHER NOTICE!!

PLEASE NOTE ALL DOE EVENTS
SCHEDULED FOR APRIL AND MAY
HAVE BEEN CANCELLED UNTIL
FURTHER NOTICE!! WE ARE SO
SORRY FOR THE INCONVIEMANCE
DUE TO COVID-19. SHOULD YOU
● HAVE ANY QUESTIONS PLEASE
DON'T HESITATE TO CONTACT
● MARIAN SERNA, DOE DIRECTOR AT
(505) 226-3405! BE SAFE!!

Cover your Cough

— Stop the spread of germs that can make you and others sick! —

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

Thinking About Quitting

Cooped up at home? Maybe this is the right time to Quit Smoking.

Take this **1 time, 1 on 1, 90 minute session** over the phone, to increase your motivation to quit and give you some Tips and Tricks to help you do this!

Call **Stephanie, Health Educator**
@ 869-4479 learn more

Isleta Health Center



PUEBLO OF ISLETA PUBLIC LIBRARY

Happy Cinco de Mayo, People of the Island. Hopefully, things on your end are good and everyone is in good spirits. May your new garden, yard, and housework be the best work you have ever done.

NEWS:

On March 15, 2020 the Pueblo of Isleta (POI) Public Library was deemed a “Non-Essential Department” and our services were reduced. Library staff still reported to work and conducted in-house tasks before being sent home as part of the statewide self-isolation initiative.

We would like to remind you that the Library’s Wi-Fi is still functional and is available to the general public without having to be inside the library. The Wi-Fi may be accessed from inside your vehicle while parked in the handicap parking on the northeast side of the Library / Education Complex. The password and instructions are posted on the complex door and various windows. Wi-Fi may also be accessed at the front door to the complex or along the north wall (window section) of the library.

The Wi-Fi may be used for your personal daily needs, schoolwork, work, downloading of movies (via Netflix & Disney+), updating gaming consoles, and streaming. The library would also like to remind you that we offer online services such as eBooks, downloadable audiobooks through our OverDrive / Libby apps and music streaming through our Freegal app. These services are FREE to the general public. However, you do need a POI Public Library card and must have created a four (4) digit password on your account.

If you have not created a four-digit password, please call the library at 505.869.9808 and a library staff member may help you create your four digit password over the phone. If you need a Library card, please call the number provided so we may work on a solution for your library needs.

Instructions for the apps are posted on the front door and windows throughout the complex and the library staff have created “instructional video tutorials” for you to follow along. Instructional video tutorial may be found on our YouTube Channel at <https://www.youtube.com/user/poiLibrary/> featured

UPCOMING:

Due to the Coronavirus (COVID-19) the Library will have to temporarily cancel many of our programs such as the reading incentive to Disney’s Mulan & Black Widow. Hopefully, we can open sometime in the near future or at least offer minimal services to the community. However, that kind of approval would need to come from the POI Incident Commander and POI Governor M. Zuni. In the meantime, the library staff has been meeting and brain storming ideas of how we may alter our Summer Reading Program and services to better serve the community during these challenging times. We are currently discussing how the “stay-at-home” initiative has changed life and how we can adapt our services to meet these new changes. Some online services that we are looking into is a reliable newspaper online service, magazine subscriptions, streaming

services, and some possible internet hot spots for check out. However, we cannot move forward until the POI network is back online.

Some of those services are already offered by neighboring off reservation libraries such as the Los Lunas and Albuquerque Public Libraries. Community members may call those libraries to get a temporary library card to take advantage of those services. Be advised that the Albuquerque Public Library may reject you based on your home address so be creative.

RECAP:

Before being ordered to stay-at-home, library staff members gave out activity kits and books to the youth of Isleta at the three meal sites (Isleta Elementary, Isleta New Rec. Center, and Chical Community Hall). We also offered movies to the families for entertainment purposes. We also planned a few online bingo games for some family movie entertainment gift baskets, where we would pass out the Bingo cards at the meal sites. But COVID-19 got stronger and interrupted those plans. We would still like to make this happen, perhaps, when the Pueblo slowly reopens.

Diane and Nate have been working, editing, fact checking, and distributing the Isleta Pueblo Newsletters during these past two months. The administration has created an additional fifteen (15) Blue Box locations throughout the community for weekly POI News and monthly newsletters. The locations are:

1. TR 2 & TR 22 - Chical SE of Community Hall
2. TR 10 - Behind the old 47 Sales
3. TR 1 & TR 5 – Ranchitos / Bosque Farms Reservations Line
4. Ranchitos Park
5. Post Office - Big Tree
6. TR 82 & TR 84 - Teller Road
7. TR 78 & TR 82 - Carlos Trujillo Sr.
8. TR 90 @ Y - CF Padilla
9. Mouse Town Park –
10. Health Center – South end of Health Center Parking lot
11. Library - Sunlight & Moonlight Intersection
12. TR 6 - 47 Intersection
13. TR 12 - 47 & 147 intersection (Old Smoke & Save)
14. TR 71 & TR 54 @ Y - Holiday Robot/ Paved Road / Railroad Tracks
15. TR 45 & TR 40 @ Y - Tata Mel (POI Signage)

Pueblo of Isleta Public Library

SUMMER READING PROGRAM

2020

Registration May 8th at 7am

Juniors

3yrs-6yrs

Exploring the World Around Us!

9am to 12pm

Open to 20 students

Youth

7yrs-6yrs

Multiple Curriculum!

1pm to 4pm

Open to 25 Students

REGISTRATION MUST BE COMPLETED BY PARENT OR GUARDIAN. THERE WILL BE NO EXCEPTIONS!

FOR MORE INFORMATION PLEASE CALL THE LIBRARY AT 505.869.9808

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 or call the Governor’s office at (505) 869-3111 (please 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



Agnes Shattuck Dill
(1913- 2012)

Agnes Shattuck Dill was a leading advocate of civil rights for Native women, making female leadership visible in New Mexico and throughout the United States. She paved the way for other Pueblo women like Verna Williamson who became the first woman governor of Isleta Pueblo in 1987. Shattuck Dill served as president of many organizations such as the Native American Women’s Association and the New Mexico Indian Council on Aging and was appointed by U.S. presidents and New Mexico governors to many committees and appeared often at conferences as a delegate or speaker. She believed strongly in education, and like last month’s Isletan, Miguel Trujillo, Agnes Dill taught in BIA schools for part of her life. Dill was active even in her later years; when she died at age 98, she was called the matriarch of Isleta Pueblo.

Agnes Shattuck Dill was born at Isleta Pueblo on June 23, 1913, the daughter of Isletan Maria Beatrice (Bea) Abeita and Paul Shattuck of Paquate on the Laguna Reservation. Although Shattuck’s family was Laguna, Paul spent time in Isleta, playing for the Isleta baseball team in the early 1900s. When Dill was still a young child, she moved with her parents to Winslow, Arizona where her father had a job with the Santa Fe Railroad as a boilermaker. At Winslow, she met other Native children—Acoma, Laguna, Hopis, and Navajos—as well as other neighboring ethnic groups. When she was six years old in 1919, her parents sent her to Paquate

to live with her grandparents and attend school there.

At Laguna Day School, Agnes had two teachers—Susie R. Marmon and Rachel Paisano—who became her role models and influenced her later decision to become a teacher. She also gained an appreciation for the importance of education and teaching from her father Paul Shattuck who attended Carlisle in his youth. Paul had a positive experience at Carlisle (unlike many others who suffered cultural trauma) and was disappointed when he had to leave school to help his father and grandfather on their ranch at Paquate. He vowed then that if he had children, he would be sure they all had the best education; all of Shattuck’s six children, of whom Agnes Mary was the oldest, gained a college education.

Agnes Mary’s education continued with her enrollment at the Albuquerque Indian School where she had a positive experience. AIS was less strict than Carlisle but still, “it seemed like an army post,” Dill said later. “One of the activities was to drill for the Sunday parades . . . By the time I became a sophomore, I was captain of Company B.” During her senior year in 1932, Dill’s company won the grand prize in the competitive drills. Dill’s leadership qualities were already apparent at age 19.

Upon her graduation from AIS, where she was on the honor roll, Dill obtained a student loan of \$700 (there were no scholarships in those days) to attend New Mexico Highlands Normal University; she graduated with a Bachelor of Arts in education in 1937. Dill’s career as a teacher began when she started working for the BIA teaching in Oklahoma, first at the Cheyenne-Arapaho Indian School at Concho, then at the Fox Sill Indian School at Lawton. During her teaching career in Oklahoma, “Grandma Agnes,” as the students called her, formed lasting friendships with both the students and their parents. Dill’s brother, Paul Shattuck, Jr., met one of her former students many years later at Marine boot camp who “still remembered her fondly.”

In 1948 Agnes married Clarence Arvin Dill of Huntington, Tennessee, whose grandmother was a Powhattan Indian from Virginia. The couple opened a trading

post at Edmund, Oklahoma called the Fort Cherokee Indian Museum and Trading Post. The two entrepreneurs were curators of the museum as well as wholesalers and retailers. This was a big change from teaching, but Agnes Dill thrived in her new role, gaining valuable experience that would stand her in good stead later in life. In 1963 Clarence Dill became ill, and the couple sold their business and moved back to Isleta in 1965. Five years later, Clarence Dill died, and Agnes began a new life in community affairs.

Agnes Dill began her new career as soon as she arrived back at Isleta, teaching at the day school, serving as assistant director of the Community Action Program (CAP), and organizing a tutorial program for day school children that were having difficulty. It was in her capacity as assistant CAP director that Dill hired a young high school student named Ted Jojola as an intern. Now a professor at UNM and a former director of Native American Studies, Jojola credits Dill with changing his life: “She provided me with a tremendous opportunity that I wouldn’t otherwise have been able to gain.” Inspired by Dill, Jojola remained close to her throughout her life. He said, “She spent so much energy on her activism and ‘when you do that it’s going to change the world.’”

Agnes Dill was a busy woman during her years at Isleta. In 1971 she was appointed tribal court clerk and worked in this position to amend tribal voting rights. The following year she formed a state chapter of the North American Indian Women’s Association, an organization focused on the unique problems that confront Indian women throughout the country; she later served as the organization’s president. Dill noted that Indian women “are a specialized minority. Many of us lack the training necessary to find employment suited to our individual interests and abilities.”

Besides her work at Isleta and on numerous organizations, committees, and commissions, Dill volunteered for nine years as the announcer at the Indian Village at the New Mexico State Fair, explaining Indian culture to those in attendance. In much of her work, she focused on increasing opportunities for Native America women. Dill recalled that much of her motivation



Agnes Dill with her sisters Veronica Chapman and Isadora Sarracino

began with a job as a domestic worker that she had as a teenager. “It was such a dreary way of earning a living,” she said, “I made a vow to myself to do something for women’s betterment in education and employment.” Her work was validated in 1987 when Verna Williamson was elected governor of Isleta Pueblo; one among many Isleta and other pueblo women to embark on successful professional careers. Other examples include: Isletan Christine Zuni, president of the New Mexico Indian Bar Association, and Debra Haaland, elected to congress in 2018 as the first Native American from New Mexico.

When asked what advice she would give young people who want to become leaders, she said that that they should search for careers and activities that they wished to be involved in and always try to do a bit more than was expected. In her life she said that she liked people and got along with them regardless of color, creed, or race. She tried hard to be herself—friendly, courteous, polite, and honest with everyone she met, sharing her God-given talents and knowledge with her fellow man. Summing up at age 91, she said, “I’m very optimistic about life, I accept things as they happen and make them better if I can. Most days, I don’t feel my age. I just feel pretty happy.”

Agnes Mary Shattuck Dill died March 17, 2012 at age 98 after a life well-lived, the Matriarch of Isleta Pueblo and much more. Dill's descendants include two sisters, Isadora Sarracino and Veronica Chapman; brother, Paul Shattuck, Jr.; nieces and nephews Woodrow, Paula and Beatrice Shattuck and Johnnie Wardlow. A video of Agnes Dill (Shattuck) on YouTube can be found at the following link: https://youtu.be/rYj0P_hQXpA. Edited by Ted Jojola using 2011 interview.

Again, 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? Any information is greatly appreciated.

Thank you!

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.

POI Veterans Association

Each year, the Pueblo of Isleta Veterans Association (POIVA) awards two academic scholarships to POI graduating seniors. The scholarship award is at \$1000 per student.

In normal years, POIVA scholarship information would have been provided in the POI Tribal Newsletter in early March; however, due to the coronavirus pandemic, and with everything closing down, including schools and cancellation of graduation ceremonies, release of information was not possible. But thanks to Nate Lujan and his hard-working staff who are willing to work and publish the POI Newsletter, we are now able to provide POIVA scholarship information. POIVA will collaborate with the POI Department of Higher Education Program by providing POIVA scholarship information to students and school counselors.

Preference will be given to:

- Students attending accredited post-secondary educational institutions, including vocational schools, in-state or out-of-state;
- Pueblo of Isleta Tribal members;
- Dependents of honorably discharged veterans of US Armed Forces;

High school graduating seniors endeavoring to pursue a scholarship from POIVA should follow the below process:

- Provide letter of interest summarizing school extracurricular participation, leadership in their school and community, and a copy of their high school transcript showing a minimum GPA of 3.0;
- Submit two (2) letters of recommendation/support;
- Submit letter of acceptance from the institution he/she plans to attend.
- Student must agree with POIVA to provide copy of transcript at end of each quarter/semester to assure that student is in good standing.

NOTE: Due to the closing of schools, we realize that some acceptance letters or school transcripts may not be available, and if there should be other circumstances which may be preventing student from receiving a letter or other documents, please call us as soon as possible, and we will evaluate students’ circumstances.

Please provide the below information:

Personal Information:

Name _____
(Last) (First) (Middle)

Mailing Address _____

e-mail address _____

Enrolled POI Member Yes ____ No ____

Educational Information:

High School Name, City, State_____

Graduation Date (Month/Year)_____

Major_____

Minor_____


Scholarship will be used for tuition purposes only. The award will be made out to the name of the institution and the student.

Any questions on POIVA scholarship should be made by email to: uly2238mc@gmail.com, or by mail, POIVA, P.O. Box 338, Isleta, NM 87022, Attn: Adjutant, or call Ulysses Abeita, Adjutant at 505-264-4110.

POIVA Meetings

Like everyone else, POIVA is limited to having no more than five people in a group, so therefore we are not planning on having any meetings in the near future. Looking at the overall situation, maybe by June...we may have a meeting.

For any questions on POIVA, you may call 264-4110 or 573-3733.
Stay Safe!!!!



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.

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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 questions 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. ☐

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

☐ 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. ☐

☐ Chinese

☐ Vietnamese

☐ Native Hawaiian

☐ Filipino

☐ Korean

☐ Samoan

☐ Asian Indian

☐ Japanese

☐ Chamorro

☐ Other Asian – Print, for example, Pakistani, Cambodian, Hmong, etc. ☐

☐ Other Pacific Islander – Print, for example, Tongan, Fijian, Marshallese, etc. ☐

☐ Some other race – Print race or origin. ☐

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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.

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United States Census 2020

For more information, visit:
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D-OP-AI-EN-055

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

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



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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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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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
Self-Response Phase 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
Update Leave 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
Update Enumerate 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

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For more information:
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D-FS-GP-EN-018 March 21, 2020

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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

STATUS OF CURRENT OPERATIONS—Con.

Activity/Operation	Planned Schedule	Adjustment	Revised Schedule
Mobile Questionnaire Assistance 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
Early Nonresponse Followup (NRFU) 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
Nonresponse Followup (NRFU) and NRFU Reinterview 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
Group Quarters Enumeration 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
Service-Based Enumeration 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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United States
Census
2020



STATUS OF CURRENT OPERATIONS—Con.

Activity/Operation	Planned Schedule	Adjustment	Revised Schedule
Census counts people experiencing homelessness outdoors Census takers will count people under bridges, in parks, in all-night businesses, etc.	April 1	Delayed	May 1
Enumeration of Transitory Locations 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
Deliver apportionment counts to the President 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
Deliver redistricting counts to states 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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United States
Census
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]
--	---

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




The 2020 Census

4 Ways to Respond




1. Secure Internet

my2020census.gov
New and Quick, Respond Online.




2. Respond by Phone

1 (844) 330 - 2020



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

Phone & Internet	Paper Mailer	In-Person Interview
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 your future
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United States
Census
2020

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

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



CS315446-A 03/16/2020

NEW MEXICO
DEPARTMENT OF
HEALTH

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough

• Shortness of breath

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.

cdc.gov/COVID-19

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 is a chance to shape your future.

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.

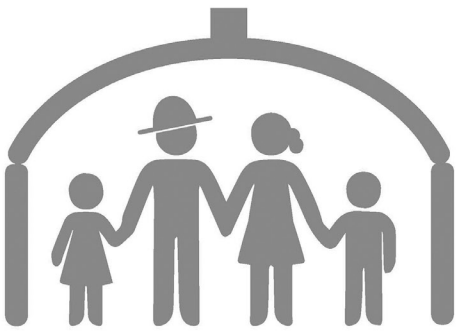
For more information, visit: 2020CENSUS.GOV

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United States
Census
2020

STAY HOME

TO PROTECT FAMILIES AGAINST COVID-19



Everyone should stay at home, except to do the following:



TO GET MEDICAL CARE—Call ahead, send 1 person, & wear a mask.

Before Arriving at the Isleta Health Center, Please CALL 869-3200 for

instructions. This is for your safety and ours.



TO GET PRESCRIPTIONS—Send 1 person, & wear a mask.

To follow Social Distancing Guidelines, please refill all medications at one



time. Also, please allow a 48hr turn around time for your prescriptions.

TO SHOP FOR FOOD—Plan ahead, send 1 person, wear a mask.



TO CHECK ON FAMILY—Call, or send 1 person if needed.

STAYING HOME SLOWS THE SPREAD OF CORONAVIRUS (COVID-19)

#coronavirus

#StayHomeHeroes

caih.jhu.edu



JOHNS HOPKINS

CENTER FOR AMERICAN

INDIAN HEALTH

Isleta Pueblo News



Editor:

Nathaniel Lujan

Asst. Editor:


Diane Abeita

Published By:

Valencia Express

ABSENTEE VOTING

BY MAIL



YOU CAN VOTE BY “MAIL” BY REQUESTING A BALLOT THROUGH AN ABSENTEE APPLICATION

GET AN ABSENTEE APPLICATION FROM YOUR LOCAL COUNTY CLERK’S OFFICE, MAIL BALLOTS WILL START BEING SENT BY COUNTY CLERKS ON MAY 5, 2020
LAST DAY TO REQUEST A MAIL BALLOT IS THURS. MAY 28, 2020

Attached is an example of an Absentee Ballot Application and instructions on how to fill-out the form.

Box 1: Fill-out Return Address.

Box 2: Fill-In the County you reside-in.

Box 3: Check off the Election type.

Box 4: Print your Name as registered.

Box 5: Fill-in address your Ballot to be send to, or might be same as registered.

Box 6: Fill-in Street Address as registered, or Mailing Address as registered.

Box 7: Fill-in City, State, Zip Code.

Box 8: Year of Birth.

Box 9: Sign your Name.

Box 10: Fill-in date.

Box 11: Don’t forget to put stamp

Fold over sheet and secure with tape or staples, send in mail.

... VOTING IS YOUR VOICE ...

Native American Election Information Program ♦ Secretary of State Office

APPLICATION FOR ABSENT VOTER BALLOT

SOLICITUD PARA BOLETA DE VOTANTE AUSENTE

COUNTY / CONDADO

STATE OF NEW MEXICO / ESTADO DE NUEVO MÉXICO

ELECTION / ELECCIÓN

☐ GENERAL / GENERAL

☐ PRIMARY / PRIMARIA

☐ LOCAL / LOCAL

☐ MUNICIPAL / MUNICIPAL

I am a registered voter of New Mexico and hereby make application for an absentee ballot for the offices and/or questions on which I may vote under the Absentee Voter Act. If you move to another address you must notify the County Clerk.

Soy un votante registrado de Nuevo México y hago una solicitud para boleta de votante ausente para los puestos y/o preguntas por las cuales yo puedo votar conforme a la Acta del Votante Ausente. Si usted se muda a otra residencia, favor de notificar al Escribano del Condado.

Print or type voter's name as registered /
Con letra de molde, escriba el nombre del votante según su registro

Street Address as registered / Dirección según su registro

City - State - Zip /
Ciudad - Estado - Zona Postal

Year of Birth /
Año del nacimiento

Mail ballot to address below / Envíe la boleta a esta dirección
See Instruction #2 on Reverse / Lea Instrucción #2 en reversa

SIGNATURE of registered voter / FIRMA del votante registrado

DATE/FECHA

X

/

INSTRUCTIONS – INSTRUCCIONES

1. Type or print your name, your STREET ADDRESS (no P.O. Boxes) and your year of birth in the spaces provided.
En letra de molde, escriba su nombre, SU DIRECCIÓN (no use apartado postal) y su año de nacimiento en el espacio apropiado.

2. Only fill in the area under “Mail ballot to address below” if you want your absentee ballot sent to an address other than the street address you indicated in step 1 above.
Complete la parte “Envíe boleta a esta dirección” solamente si desea que su boleta sea enviada a otra dirección que no es la indicada en el paso 1 arriba.

3. Sign and date your application.
Firme e indique la fecha de su solicitud.

4. Return this application in person or by mail to the County Clerk within 48 hours after completion.
Regrese la solicitud por correo o en persona al Escribano del Condado dentro de 48 horas de ser completada.

If all steps are not properly completed, your application will be rejected, causing a delay in the mailing of your ballot.
Si todos los pasos no se han completado correctamente, su solicitud será rechazada, causando un retraso en el envío de su boleta.

If you have any questions concerning these instructions, please call the County Clerk’s office.
Si tiene alguna pregunta acerca de estas instrucciones, favor de llamar a su oficina del Escribano de Condado.

Fold, seal and mail this application card to the Office of the County Clerk.
Doble, selle y envíe esta tarjeta de solicitud a la Oficina del Escribano de Condado.

APPLICATION FOR ABSENT VOTER BALLOT

SOLICITUD PARA BOLETA DE VOTANTE AUSENTE

NMAV-1 (Rev. 9/2019)

OFFICE OF THE COUNTY CLERK

BERNALILLO COUNTY

PO BOX 542

ALBUQUERQUE, NM 87103-0542

Hello Elders from the Pueblo of Isleta Elder Center Advisory Committee

We the Isleta Elder Center Advisory Committee members are praying every day for our community and hope that you all are staying home to keep healthy and safe. We would like to send our gratitude to the POI Incident Command Center and all essential workers supporting the delivery of food boxes to our elders. The help is important to elders at this time of need, and it is important that we acknowledge that these workers are out there in our time of need taking a risk to do the right thing. There are many of you, and we appreciate all the work and collaboration that these efforts require. May you and your families experience the true meaning of love, faith and hope during these difficult times.

Reyes Padilla, Chair;
Phillip Jojola, V-Chair;
Edwina Abeita, Treasurer;
Rita Price, Member and Terry Salazar, Member.

Pueblo of Isleta Elder Center Updates:

- The Isleta Elder Center staff continues to keep up with making assigned weekly calls to check in with our elders. Everyone with God’s help have reported that they are well and safe
- Staff assisted the POI Incident Command Center in the delivery of 350 food boxes to elders which were supplied by the NM State Aging and Long Term Services Department.
- The staff continues to participate in various conference calls to learn about available resources and opportunities for elders in these hard and difficult times. Due to such efforts we are currently exploring options to home delivered and congregate meals, more specifically for those elders in the most need. More work towards this effort and information will be forthcoming.
- We continue with our communications with our funding agencies to ensure that all services we are providing are documented and available for reporting monthly and/or annually. In some cases, these agencies require the Elder Center to identify our response plans pertaining to the Coronavirus. In these instances, we have worked with the Isleta Health Center and the Incident Command Center to provide protocols to the agencies requiring such information.
- Assisting Tribal Administration in responding to the needs of our elders by providing the required follow-up to calls that they receive, working with Governor Zuni to provide support on various efforts in support of elders as he is receiving information via his communications with Federal and State Agencies.
- We continue to hold Elder Center Conference Calls with the Advisory Committee to seek input on Elder Center efforts and to provide them an opportunity to share their concerns regarding the needs and concerns for our elders.

As always, we are happy to know that our elders are safe, healthy, and staying out of harm’s way. Every day we look for a glimpse of hope for the entire nation and the news about the recovery and/or alarming numbers reported daily on the Coronavirus should be taken seriously. There is much to learn from watching credible sources via TV and/or if possible utilizing the internet (e.g. cdc.gov)

If you must go out and into public places, please wear a mask and gloves and wash your hands as soon as you return. That includes washing all items off before you bring them into the home (you can use water and dish detergent). These types of practices are never too much if your commitment is to keep yourself safe and you are committed to protecting everyone else you encounter. On behalf of the Elder Center Administration and Staff, be safe-we miss you!

WORDS OF ENCOURAGEMENT:

- Request for your grandchildren/relative to help you register for an Absentee Voter Ballot for US Presidential/General Elections, this will eliminate the need to leave your safe place of residence to vote (look for mail regarding this opportunity in your mailbox).
- Request that your grandchildren/relative help you access and enter your data for the 2020 Census at census.gov to avoid one-on-one contact with anyone. If you have any questions or need support and/or clarification call the Isleta Elder Center at 869-9770.



INCIDENT COMMAND *NEWS*

HOPE YOU AND YOUR FAMILIES ARE DOING WELL AND EVERYONE IS SAFE. WE JUST WANT TO LET EVERYONE KNOW THAT THE INCIDENT COMMAND TEAM IS STILL WORKING HARD TO ADDRESS THE NEEDS OF OUR COMMUNITY DURING THIS TIME OF UNCERTAINTY. WE ARE GRATEFUL THAT SO FAR THE PUEBLO OF ISLETA HAS NOT BEEN GREATLY IMPACTED. HOWEVER, THIS DOES NOT MEAN THAT WE STOP WHAT WE ARE DOING.

IN ORDER TO KEEP THIS FROM EXPLODING HERE IN THE PUEBLO, WE NEED TO CONTINUE WITH THE FOLLOWING:

- AVOID SOCIAL GATHERINGS, SUCH AS BBQ’S, DINNERS, PARTIES, AND PARADES
- AVOID GOING OUT INTO LARGE CROWDS
- IF YOU MUST GO TO THE STORE, PLEASE WEAR PERSONAL PROTECTIVE GEAR (MASKS & GLOVES)
- WASH HANDS FREQUENTLY FOR AT LEAST 20 SECONDS

WE ARE CONTINUING TO TAKE CHILDRENS NAMES RANGING IN AGE FROM 1 – 18. IF YOU HAVEN’T CALLED IN YOUR CHILD’S NAME, PLEASE DO SO BY CALLING 869-9720. TO DATE, WE HAVE DELIVERED 601 CHILDRENS FOOD BOXES. WE TRIED DELIVERING A BOX TO EVERY ELDER HOME AND OUR GOAL IS TO GET EVERY HOUSEHOLD A CARE PACKAGE. WE ALSO HAVE BABY CARE PRODUCTS AND INFANT NUTRITIONAL ITEMS. WE ARE CONTINUING TAKING REQUESTS FOR ITEMS AND SOMEONE FROM OUR TEAM WILL FOLLOW-UP BY CONDUCTING A PHONE ASSESSMENT.
THE PUEBLO’S INCIDENT COMMAND LINE IS **869-9720**.



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!

2020CENSUS.GOV

Shape
your future
START HERE >

United States®
**Census
2020**

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.

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.

Health Beat

Help Slow the Spread of Covid-19: Wear Cloth Face Coverings

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

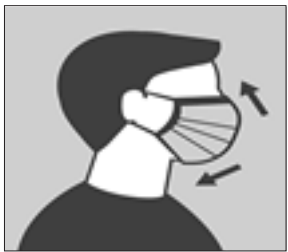
The CDC recommends everyone wear a cloth face coverings in public settings where social distancing is difficult, such as the grocery store or pharmacy. Not only is this to help reduce the chances of you getting the virus from someone, but it also is to keep those who do not know they have the virus from spreading it to others

Everyone over the age of 2 years should takes these steps to reduce the spread:

- Routinely wash the face coverings in a washing machine, as a way to protect yourself.
- Wash your hands before and after you put on and take off your face covering.
- Be careful to not to touch your eyes, nose or mouth.

How to Wear a Cloth Face Covering

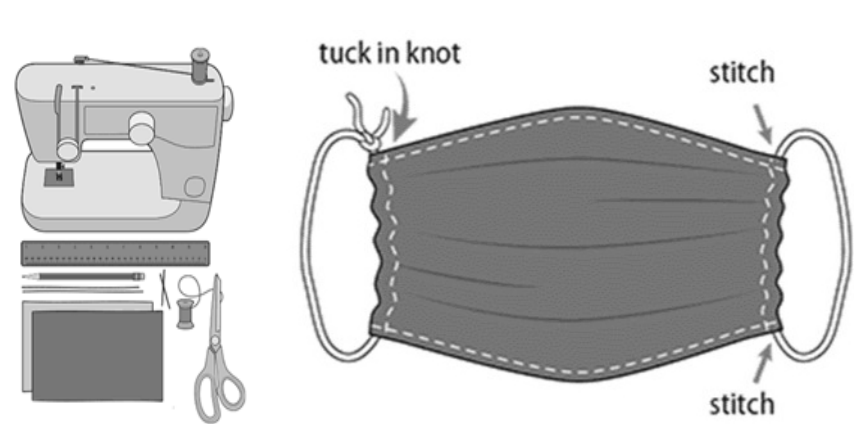
Cloth face coverings should—



- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Since there is a shortage on surgical and N95 masks that are vital for medical staff to wear, the Isleta Health Center is unable to provide them to the public. Below are CDC instructions on how you can make your own face coverings, to do so is simple so let us all do our part in this voluntary public health measure to help reduce the spread.

Sewn Cloth Face Covering instructions:

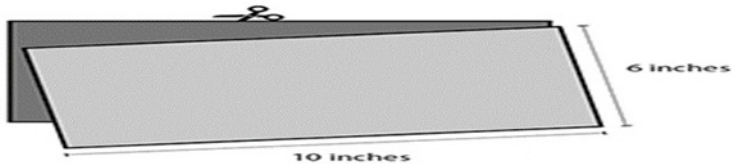


Materials

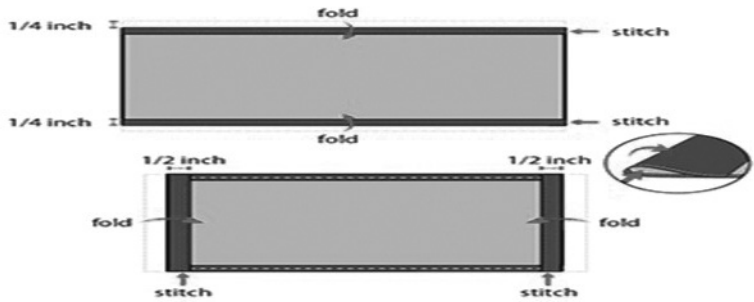
- Two 10"x 6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.



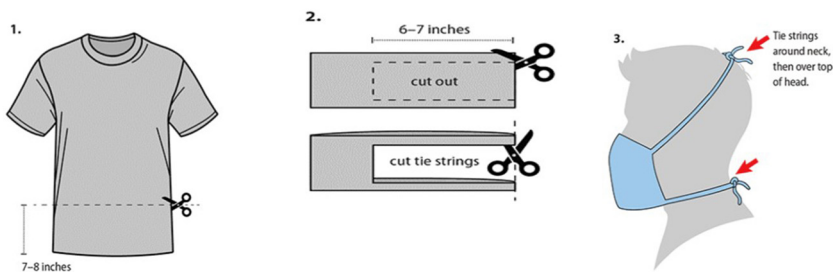
3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic headbands. If you only have string, you can make the ties longer and tie the mask behind your head.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping

Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors

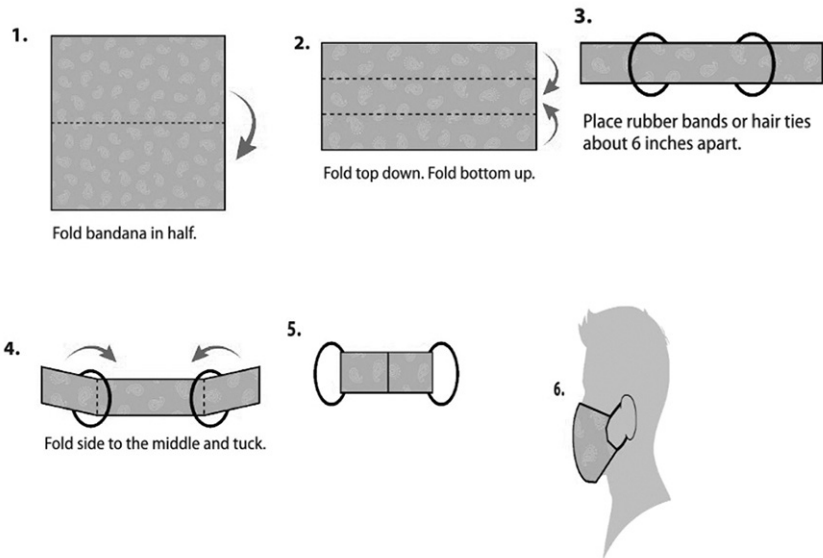


Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



Indian Health Service
National Pharmacy and Therapeutics Committee
Pharmacovigilance Drug Safety Alert



March 3, 2020

Use of NSAIDs for COVID-19

The FDA released a statement regarding the use of non-steroidal anti-inflammatory drugs (NSAIDs) for COVID-19. The FDA would like the public to know that there is currently no scientific evidence that NSAIDs worsen coronavirus disease.

The Issue:

- March 11 2020

In a letter published in the Lancet, it was noted that the SARS-CoV and SARS-CoV-2 virus binds to angiotensin-converting enzyme 2 (ACE2). Some medications such as ACE-Inhibitors, Angiotensin Receptor Blockers, thiazolidinediones, and ibuprofen may upregulate and increase the amount of ACE2 in the body. In *theory* this increase in ACE2 could enable the virus to more easily bind to lung, intestinal, blood, and kidney tissue.
- March 14 2020

A tweet from French Health Minister Veran was disseminated across social medial platforms resulting in widespread concern. *“The taking of anti-inflammatories (ibuprofen, cortisone ...) could be a factor in aggravating the infection,”* he wrote. *“In case of fever, take paracetamol. If you are already taking anti-inflammatory drugs, or if you are in doubt, ask your doctor’s advice.”*
- March 17 2020

The World Health Organization released a recommendation that patients who are self-medicating should avoid ibuprofen if they have COVID-19 symptoms.
- March 18 2020

A number of organizations cautioned that there is no scientific evidence to indicate ibuprofen increases the risk of severe COVID-19. The WHO modified their recommendation “based on current available information, WHO does not recommend against the use of ibuprofen.” The FDA will continue to investigate this issue.

Recommendations:

- Ibuprofen should always be used cautiously in patients. All NSAIDs can increase the risk of kidney and gastrointestinal injury in susceptible patients. If ibuprofen is to be used, it should be used at the lowest effective dose and for the shortest period of time.
- Consider other treatment options for fever if desired such as acetaminophen.
- FDA encourages health care professionals to to report adverse events or quality problems experienced with the use of any medication to FDA’s MedWatch Adverse Event Reporting program. Instructions for documenting and reporting Adverse Drug Events can be found on the [IHS Pharmacovigilance website](#).

Follow this link to view the FDA [dug.safety.alert](#) in its entirety.

WE ARE HERE TO SERVE

Isleta Health Center Team
(505)869-3200

Covid19 Glossary

Stephanie Barela, Health Educator 869-4479
[www.diffen.com](#) [www.dictionary.com](#) [www.cdc.com](#)

Have you been hearing several words lately in regards to the Covid19 outbreak that are confusing? Several words have been used interchangeably, which is not always accurate. Medical terminology can be confusing and overwhelming, but using the words properly is important during this time, so let’s break them down for you:

Pandemic vs. Epidemic:

An epidemic occurs when new cases of a certain disease in a given human population, during a given period, substantially exceed what is expected, based on recent experience. It is an outbreak of a disease that is concentrated in a particular region, whereas, a pandemic is an epidemic of an infectious disease that spreads through human populations across a large region, such as, through a whole continent. A pandemic is an epidemic that gets out of hand and becomes a pandemic. Many times it spreads because the virus is new, there is no previous immunity against this and therefore it can spread worldwide. In the past century, there have been four pandemics caused by the new influenza virus, but Covid19 is the first caused by a new corona virus.

Respirator vs. Ventilator:

A respirator is a device, usually made of special material that is worn over the mouth or nose and mouth, like a mask, to prevent inhaling certain substances. Lately, “healthy professionals wear respirators to filter out virus particles as they breathe in so they don’t get infected with Covid-19, while helping people and patients.” CDC recommends that health professionals wear an N95 respirator, which fits tightly around the nose and mouth in order to prevent the spread of a disease, more easily when regular medical and surgical masks. On the other hand, a ventilator is a machine that helps a patient breathe. It pumps oxygen into the lungs and removes carbon dioxide through a tube.

Quarantine vs. Isolation:

Generally, a quarantine is “a strict isolation imposed to prevent the spread of disease.” Even though it may sound similar to isolation, it is not exactly the same thing. According to the CDC, quarantine involves “the separation of a person or group of people reasonably believed to have been exposed to a communicable disease, but not yet symptomatic, from others who have not been exposed, to prevent the possible spread of the communicable disease. So people are put into quarantine when they are not yet sick, but have possibly been exposed to someone with the disease. This is a way to stop the spread of the disease. On the other hand, isolation is “when someone or something is set apart or separated from other persons or things...(this) entails “the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent the spread of the communicable disease.” Isolation is when a person is infected with a disease, whereas, quarantine is when someone might possibly have the disease.

Social Distancing:

Lastly, as a way to help limit the spread of Covid19, a new term was introduced to the public, Social Distancing. This term generally refers to steps taken to reduce close contact between large groups of people in order to reduce the spread of an infectious disease. Social Distancing means to physically distance yourself and keep space between you and others outside of the home. Stay at least 6 feet away from others. Do not gather in groups and stay out of crowded places and avoid gatherings with others outside your home. If you must go somewhere, wear a face covering, see the Health Beat Article on making your own face covering.

WORKOUTS YOU CAN DO AT HOME

Resistance Band Full Body

- *Exercises & Reps. can be modified
- *Repeat exercises 1-6, 3 times
- *Estimated Time: 45 mins.

- 1.Concentration Curls- 20 reps. per arm
- 2.Lat. Pulldown- 20 reps.
- 3.Squats- 20 reps.
- 4.Chest Press- 20 reps.
- 5.Reverse Single-Arm Pushdowns- 20 reps. per arm
- 6.Internal & External Rotation Pulls- 20 reps. per arm

Ab Attack

- *Exercises & Reps. can be modified
- *Repeat exercises 1-5, 3 times
- *Estimated Time: 20 mins.

- 1.Bicycle Kicks- 1 min.
- 2.Russian Twists- 1 min.
- 3.Leg Lifts- 25 reps.
- 4.Flutter Kicks- 1 min.
- 5.V-Ups- 25 reps.

Sponsored By
Isleta Diabetes Prevention Program



COVID-19 INFORMATION FOR FAMILIES

for parents/guardians

- STAY INFORMED FROM RELIABLE OFFICIALS / SOURCES
- AVOID EXCESSIVE MEDIA COVERAGE
- TAKE CARE OF YOUR BODY BY GETTING PLENTY OF SLEEP, EATING HEALTHY, & EXERCISING REGULARLY
- CONNECT WITH EMOTIONAL SUPPORT SYSTEM - SHARE YOUR FEELINGS WITH A FRIEND OR FAMILY MEMBER
- PRACTICE SELF-CARE; MAKE TIME TO UNWIND & PROTECT YOUR MENTAL HEALTH
- ASK FOR HELP :
 - ISLETA RESOURCE - 505-869-9720
 - CHILDCARE, FOOD, SUPPLIES, LOSS OF INCOME - 1-833-551-0518

For Kids

- REASSURE YOUR CHILD THAT THEY'RE SAFE & LOVED
- LET THEM EXPRESS THEIR THOUGHTS & FEELINGS
- LIMIT THEIR EXPOSURE OF NEWS / MEDIA COVERAGE
- ANSWER ANY QUESTIONS THEY MAY HAVE WITH AGE-APPROPRIATE INFO
- CREATE A DAILY ROUTINE & STRUCTURE
- END ALL CONVERSATIONS & DAYS ON A POSITIVE NOTE

for Quarantine/Isolation

- KEEP IN CONTACT WITH YOUR LOVED ONES WHILE PRACTICING SOCIAL DISTANCING THROUGH SOCIAL MEDIA, TEXT & PHONE CALL
- PRACTICE BASIC HYGIENE & DAILY SELF-CARE ROUTINE

ISLETA HEALTH CENTER
Hours of Service:
Monday, Tuesday, Wednesday, and Friday (8:00am to 4:30pm)
Thursday (10:00am to 4:30pm)
Main Phone Line: 505-869-3200

- Walk-in Medical Care: Due to the COVID-19 pandemic, please call ahead for any changes or instructions on how to access care. For medical emergencies or after hours, call 911.
- Prescriptions: Please call refill line @869-4590 for all medications at one time. Allow 48hr turnaround time for your prescriptions.
- Behavioral Health: Please call 505-869-5475 or 505-869-5477, if you need information on services, or if you need someone to talk to.
- ALL other Services: Call 505-869-3200

Covid -19 is a rapidly evolving situation. (The Isleta Health Center (IHC) will provide updated information and guidance as it becomes available.) The IHC is taking all precautions and following New Mexico Department of Health. The federal government is working closely with state, local, tribal, and territorial partners, as well as public health partners, to respond to this situation.

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

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

ISLETA HEALTH CENTER
DENTAL TIPS

Merel Hancock, Dental Hygienist

Tip 1
Do you experience dry mouth? Wake up at night from dry mouth and need to drink water?
Saliva plays a big role in digestion and neutralizing dental plaque.
We can have dry mouth from prescription medicines we take, or simple from aging, as a result we develop more cavities or can have burning sensations on our oral mucosa. Which in return makes it hard to eat spicy foods.
One product that is most helpful it is called oracoat xylomelts, you can order them online at: www.homesteadmarket.com/oracoat priced at \$8.99.
You simply place a tablet every night in your cheeks by your upper molars and it stimulates your saliva glands. You will get 2-8 hours relieve from this.
This product is a natural sugar from the birch trees, it is safe to take with your prescriptions.

Tip 2
Did you know that flossing or using toothpicks or proxybrushes every day reduces many diseases in the body and increases your lifespan by 5-10 years. It will reduce a chronic gum infection called periodontitis. In return your heart health will be better, less chance of strokes and dementia.
Having your teeth cleaned and checked twice a year is a necessity and we love to help you with your smile.

Cleaning And Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.

High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.**

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.



- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** These disinfectants meet EPA's criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, and remote controls.**
- Consider putting a **wipeable cover** on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.

Launder

For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can be washed with other people's items.**
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Remove gloves**, and wash hands right away.
 - Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants. If they feel up to it, the person who is sick can clean their own space.
- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- See precautions for household members and caregivers for more information. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**

Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.

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

Clean hands often

- **Wash your hands** often with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

When Someone is Sick

Bedroom and Bathroom

Keep **separate bedroom and bathroom for a person who is sick** (if possible)

- The person who is sick should stay separated from other people in the home (as much as possible).
- **If you have a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.

Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- **Clean hands** after taking off gloves or handling used items.

Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

Early Recovery Skills ... What's Happening?

The Early Recovery Group Skills (ERS) group has been at a stopping point for the past month and, sadly to say, I know it has not been easy for individuals to continue the "One day at a time" for maintaining sobriety especially during our community crisis. However, this does not give the excuse to continue with a relapse with giving in to substance abuse. Today's topic is on "Making the Most of Recovery Strategies". So, follow along and write your answers to the questions.



Write your thoughts, on how do you stay sober or drug free during this crisis as you continue your recovery?

Write about, what do you think you should be doing for your goal of sobriety instead of giving in to the feeling of relapse?

Write down all the recovery slogans you know.

You are on your way to gaining control of your life "One day at a time." When you write down your thoughts, you are telling your rational brain that you can maintain sobriety. Writing down a daily recovery slogan is a useful reminder to post everywhere in the home and talk about what that means to you in reaching your goal "Just for today."

Then if you suffer from being stuck with boredom that might allow you permission to think it is okay for a relapse. "Stop that thought"! You know thinking this way will only get you to a relapse. Say "Stop that thought" 3 times out-loud to let your rational brain take control to prevent a relapse. Renew your commitment.

The ERS is a 6-week substance abuse prevention group that provides weekly psycho-education topics for discussion and recovery assignments to review for practicing steps towards sobriety. The group meets weekly to allow participants to share about their personal struggles in recovery as to receive support from others for positive feedback. Please call (505) 869-5475, if you need help with the response questions to talk to ERS Group Facilitator; or as to when the ERS group will be re-open for open invitation to talking with others about your sobriety goals and recovery steps at Isleta Behavioral Health Clinic.

Isleta Health Center

Coronavirus Rumor Control

Do your part to stop the spread of rumors by doing three easy things:

1. Find trusted sources of information.
2. Share information from trusted sources.
3. Discourage others from sharing information from unverified sources.

To find trusted sources, look for information from official public health and safety authorities. You can find many official sources at [coronavirus.gov](https://www.cdc.gov/coronavirus). Check your state and local government or emergency management websites and social media accounts for trusted information specific to your area.

On social media, be sure to check for a blue verified badge next to the account name. This tells you it is an official account.

Website: [CDC.GOV](https://www.cdc.gov)

NMDOH New Mexico Department of Health:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>


FEMA:

<https://www.fema.gov/coronavirus/rumor-control>

6th Annual

Isleta Cancer Survivor's Day Event is **CANCELED**

MAY 12, 2020 ♦ 5:00 - 7:30 p.m.



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.

ALL ISLETA COMMUNITY WELCOME!!

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

Mental Health Awareness for Native Communities During COVID-19

What is Mental Health?

Mental health includes our emotional, psychological social, and spiritual well-being; it affects how we think, act, and feel. It also determines how we handle stress, relate to others, and make choices.

SAD

IRRITABLE

NERVOUS

HELPLESS



COMMON FEELINGS DURING A CRISIS



Early Warning Signs of a Mental Health Concern

What to recognize when a relative is developing a mental health issue

Eating or sleeping too much or too little

Pulling away from people and usual activities

Having low or no energy

Feeling numb or like nothing matters

Inability to perform daily routine tasks

Feeling helpless or hopeless

Having unexplained aches and pains

Smoking, drinking or using drugs more than usual

Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared

Yelling or fighting with family and friends

Experiencing severe mood swings that cause problems in relationships

Having persistent thoughts and memories you can't get out of your head

Thinking of harming yourself or others

Ways to Maintain Positive Mental Health:

Connect with others via phone, text, facetime, or other platforms

Get professional help

Stay positive

Get physically active

Help others

Get enough sleep

Practice healthy coping skills



Promoting Positive Mental Health Allows People to:



Walk in balance and harmony



Reclaim our strength



Think about our next 7 generations



Build our resiliency

7 Ways To Be a Good Relative During COVID-19

1 BE MINDFUL OF OTHERS: FOLLOW CDC GUIDELINES ON PHYSICAL DISTANCING TO KEEP OUR FAMILIES AND OUR ELDERS SAFE

2 CONNECT TOGETHER AND SHARE CULTURAL VALUES, STORYTELLING, AND TEACHINGS WHILE AT HOME WITH OUR FAMILIES

3 OFFER AND GIVE THANKS

4 SHOW COMPASSION AND KINDNESS TO ONE ANOTHER

5 OUR SELF CARE HELPS US TO CARE FOR OTHERS

6 LAUGHTER IS THE BEST MEDICINE

7 STRENGTHEN OUR CONNECTION TO MOTHER NATURE

If you are in immediate need, please call these New Mexico Hotlines:

Crisis and Access Line: 1-855-662-7474 Peer to Peer Warmline: 1-855-466-7100

This document was developed in part under grant numbers 5N000500 and 5P000005 from the Substance Abuse and Mental Health Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) and the Center for Substance Abuse Prevention. This document was created with the guidance of https://www.mentalhealth.gov/basics/what-is-mental-health



ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

WWW.AASTEC.NET

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



www.cdc.gov/coronavirus



www.coronavirus.gov



1-855-600-3453
Coronavirus Hotline



www.ihs.gov



National Nurses Week

May 6-12, 2020

Let us thank all the nurses who care for us.

Nurses and other health care professionals are the heroes right now. The greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel.” – **Florence Nightingale**

National Nurses Week **May 6-12**, 2020. National Nurses Week is celebrated annually from May 6 through May 12th, Florence Nightingale the founder of modern nursing birthday was May 12th. Nightingale is best known for her pioneering work in the field of nursing. She tended to wounded soldiers during the Crimean War. She became known as the “Lady with the Lamp” because of her night rounds. While nursing soldiers during the war, Nightingale worked to improve nutrition and conditions in the wards.

For many Catholics, Saint Agatha of Sicily is the patron saint of nurses. She lived from 231 AD to 251 AD. **Saint Agatha** became the nurses’ patron saint because of her remarkable resilience. Just like Saint Agatha, nurses are known to be resilient to hardships.

Nurses can withstand or recover quickly from hard situations in the name of quality patient care. The nurses at the Isleta Health Center are resilient and strong while battling wind, rain, cold weather, and heat, to sit in a tent outside the clinic to care for the patients in drive through make shift clinic.

Thank you Isleta Health Center Nurses!

Isleta Health Center
-Medical Department

Isleta Health Center’s Community Health Fair 2020 @ the Isleta Rec Center **CANCELED** August 8, 2020 10am-1pm

Isleta Elder Center Benefits Assistance

Over the phone Benefits Assistance is being provided to anyone over the age of 60 for the following:

Human Services Department (HSD)

Medicaid

SNAP

LIHEAP

Cash Assistance

Medicare Saving Program

Personal Care Services

Social Security

Medicare


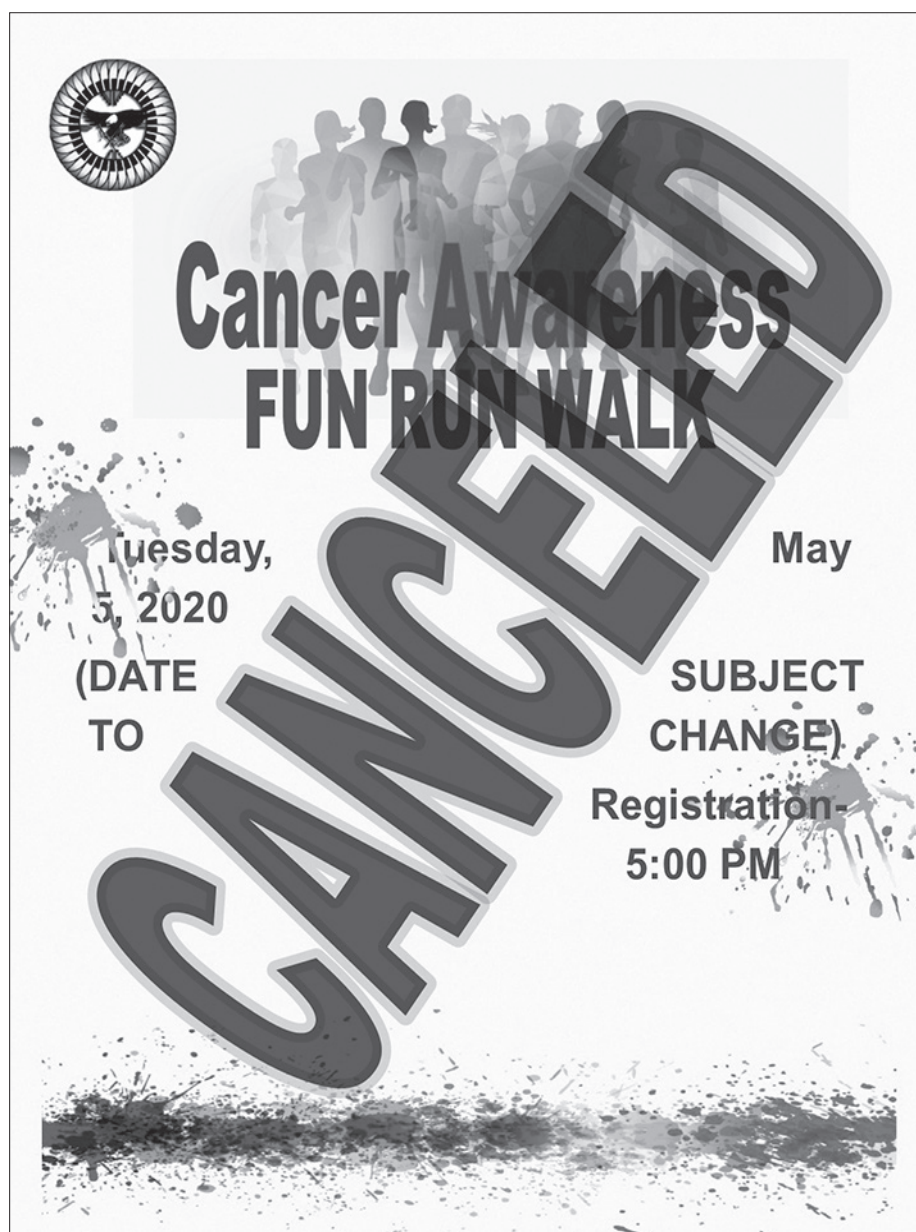
Commodities

If you are in need of assistance, please call our main number at 869-9770. If your call is not answered, please leave a detailed message with your name & phone number so we can reach out to you. All benefits service requests will be forwarded to the Isleta Elder Center Benefits & Billing Manager, Pauline Lucero. This over the phone service is being provided to ensure you remain safely in your home.

ISLETA HEALTH CENTER

Questions? Call 869-3200

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<h2 style="text-align: center;">Program Cancellations:</h2> <ul style="list-style-type: none"> ◆ ALL IBS Prevention activities ◆ ICAP Sewing Class ◆ ICAP Moccasin Making Class ◆ Cancer Awareness Run - 5/5/2020 ◆ Cancer Survivors Day Event - 5/12/2020 ◆ Community Health Fair - 8/8/2020 ◆ DPP Exercise Class - Eagle HIIT ◆ DPP Weight Training ◆ Healthy Cooking Class ◆ IBS Wellbriety 		<div>CLINIC OPENS AT 9:50am</div>	1
2/3	4 Podiatry Clinic: 12:30-4:30 pm	5	6	7 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm	8
9/10	11 Podiatry Clinic: 8:00-4:30 pm	12	13	14 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm	15
16/17	18 Podiatry Clinic: 12:30-4:30 pm	19	20	21 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm	22
23/24 30/31	25 <div style="text-align: center;"> <h3>Clinic Closed</h3>  <p><i>Memorial Day</i></p> <p>REMEMBER AND HONOR</p> </div>	26	27	28 <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm	29 DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475



**Cancer Awareness
FUN RUN WALK**

Tuesday, May 5, 2020
(DATE TO

SUBJECT CHANGE)
Registration- 5:00 PM