



# Isleta Pueblo News

Volume 15 Issue 6

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

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June 2020

## Governor's Report

Ma gu wam,

We at tribal administration hope that you and your families are doing well and continue to keep safe. As a continued safety practice, let us all keep following the Stay at Home order, observing curfew, Social Distancing, hand washing and use of protective wear as appropriate. As the State of New Mexico begins to open businesses, yes many of us want to take advantage of these openings, but remember the continued risk of contracting the COVID-19.

The Governor's office will begin seeing community members starting June 1, 2020 by calling 505 869-3111 for an appointment. All persons entering the Governor's Office must wear personal protection equipment. Other Pueblo of Isleta departments are currently working on their reopening plans and we hope to have these in place by next week. Unfortunately, we are not able to provide this program information in time for inclusion in the June newsletter. We will be sending updates, by notice, in the informational boxes which are placed through the reservation. One can always call the individual programs for update information. Please see POI directory within this issue.

A note worthy of mention. We are proud to announce that 200 Pueblo of Isleta employees were tested for the COVID-19 virus, all 200 tests were negative readings. Great results. We encourage voluntary testing for all Pueblo of Isleta employees.

Saint Augustine Church is also working on their guidelines for holding mass. There will be restrictions on the number of people who can be present in church and everyone attending must wear personal protection equipment. This information is hoped to be completed by the end of May, and Saint Augustine Church will send notice to parishioners.

Another item, relative to the church, are the upcoming feast days. These details are not complete, however, we hope that mass can be celebrated and the procession can be done for the Governor's Feast which is

usually scheduled towards the end of June. The Traditional Feast and dances will NOT be a part of the celebration. Here again, we hope to have additional information by next week and will place notices in the informational boxes around the community.

Typically, summer is the time for celebrations especially for those who have accomplished graduation. Congratulations to our Head Start Students who will continue on to attend Kindergarten. Congratulations to our Kindergarten students who will attend first grade next school year. Congratulations to our Sixth Grade Students who have earned their rights of Passage and will soon attend Jr. High School. Congratulations to our High School Graduates who hopefully move on to attend College or other advanced education. To our college graduates, may you succeed in life prepared with the knowledge you gained and sacrificed for. The very best in life for your continued success. Parents and family members – may you also share in the pride and success of your graduates.

The 2020 Election is upon us and we have been informed of changes to Early Voting, Voting processes and Voter Locations.

**BERNALILLO COUNTY** – Has encouraged everyone to vote by absentee ballot. Voting on Election day, June 2, 2020 will be at Bernalillo County Visitors Center in the Five Points Area, 6080 Isleta Boulevard, SW, or Polk Middle School or Rio Grande High School from 7:00am to 7:00pm. Unfortunately, the Isleta Elders Center will not be a voter site for this Primary Election.

**VALENCIA COUNTY** - Election Day voting on June 2, 2020 at the Pueblo of Isleta Veterans Center (in Los Charcos) will be from 7:00am to 7:00pm.

In closing, my administration and I extend our condolences to the families who recently lost their loved ones. Experiencing loss of a family member or friend is heartfelt. With restrictions due to the COVID-19, customary nor traditional burial rites could not be observed. We wish you strength and healing.

## Native American communities hit hard by COVID-19

By Teresa Gomez, Member of the beWellnm Board of Directors

COVID-19 has hit Native American communities harder than most. As a member of Isleta Pueblo, I am deeply concerned. Currently, the New Mexico Department of Health's website reports that Native Americans account for nearly 50 percent of our state's COVID-19 cases, and there is no telling what that number could be by the time you read this.

To make matters even worse, the Native population also has the highest uninsured rate in New Mexico.

As a lifelong advocate for the health and well-being of Native Americans, I worry that many of our community members will not have access to the healthcare they may need during this pandemic. At BeWellnm, we want to make sure Native Americans have appropriate health insurance that covers the ten essential health benefits required by the federal government.

No matter what, every Native American in New Mexico qualifies for health coverage, either through Medicaid or beWellnm, the New Mexico Health Insurance Exchange. Both options are a great complement to care provided by Indian Health Service.

Depending upon income and family size, Native Americans may be able to qualify for Medicaid through the New Mexico Human Services Department. Generally, individuals who make \$1,468 a month or less will qualify for Medicaid, but that amount could be higher based on family size.

For those who don't qualify for Medicaid, there is the opportunity to enroll in a qualified health plan through beWellnm, today. Unlike the rest of the population, Native Americans can enroll in coverage all year long. Native Americans also have access to free and low-cost plans and can visit any in-network doctor throughout the state.

Furthermore, no one with a health plan through beWellnm has to worry about being covered during COVID-19. New Mexico's Superintendent of Insurance issued a rule in March that mandates any insurance carrier to cover testing and treatment for COVID-19.

As a cancer survivor, I cannot stress enough the importance of having health coverage. I know that if I had not been on a health insurance plan, when I became sick, I would not have been able to pay for the care I needed. I encourage every uninsured Native American to contact either Medicaid or beWellnm to find out which option is best for them. It's more important than ever for our communities to get covered.

## Community Health Representative (CHR Department)

CHR Transportation Services are limited at this time and we will be serving the community in phases following the NM Department of Health Guidelines. Currently, there is not a set date when we will be fully available for medical transports.

All patients are required to wear a mask or face covering when picked-up for transport. Please call (505) 869-4482 with any questions you may have.

***Please be safe, take care, stay home and thank you for your patience.***

-CHR Department

## LETTER FROM THE EDITOR

**DEADLINE for July Newsletter articles is set for Tuesday, June 23, 2020, at 4:30 pm.** Articles may be dropped off at the Library or emailed to [Isleta.Library@gmail.com](mailto:Isleta.Library@gmail.com) or [Nathaniel.Lujan@isletapueblo.com](mailto: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 Reservation 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)



## IMPORTANT INFORMATION FOR ISLETA IRRIGATORS

On April 27th, 2020, the US Bureau of Reclamation (BOR) released the Annual Operating Plan for the Middle Rio Grande Valley. This plan is based on the Natural Resources Conservation Services runoff forecast. Some of the variables included in the forecast includes snowpack, snow/water equivalent, and soil moisture. The winter snowpack was average throughout the entire state, but due to the lack of a decent monsoon last summer most of the surface runoff has been replenishing soil moisture and riverbank storage.

The runoff in the San Juans in Colorado and Sangre de Cristos in New Mexico is over, with no snow left. The Chama River inflow to El Vado reservoir is only 36% of average. El Vado reservoir is used to store Prior and Paramount (P&P) water for the Six Middle Rio Grande Pueblos (Cochiti, Santo Domingo, San Felipe, Santa Ana, Sandia, and Isleta). The BOR will store approximately 20,000 acre feet of P&P water this year and this is expected to be released for the Tribes in July, August, and September unless there is an above normal monsoon.

The Pueblo of Isleta Water Resources Department (WRD) will be working closely with the BOR and Middle Rio Grande Conservancy District (District) to ensure an adequate water supply is delivered to the canal headings on Isleta. Deliveries will be regulated closely so that both Indian and non-Indian farmers have an adequate supply of water for their crops.

During this very dry year it will be especially important to work with your mayordomo to schedule irrigation water. Farmers should plan on taking delivery of water throughout the week days and at night, especially as we move into the hot summer months. Even when the Pueblo ditches are flowing at full capacity, everyone irrigating on the weekend will result in inadequate application of water to the crop. Farmers must all work together with the mayordomos so that everyone has a successful year during this time of severe drought.

Chical Mayordomos:

Leon Chiwewe- 261-0007  
Leonard Abeita- 908-5101

Cacique Mayordomos:

Ben Garcia- 389-0429  
Calvin Jiron- 307-3825

Acequia Madre Mayordomos:

Daniel Waseta Jr-433-8229  
Jonathon Piro- 259-4178 or 917-6933

## Masks for the Elders

The Isleta Elder Advisory Committee is making masks for the Elders of our community. We are asking for donations of fabric or bandanas and ¼ inch elastic to help with this effort. Any size fabric and any amount are needed. A basket will be placed outside the Elder Center and will be emptied daily. Please drop off donations on the front of the Center (east side). Thank you very much for your generosity.

Isleta Elder Advisory Committee

## Update on Isleta’s 2020 Environmental Fair

This year’s Environmental Fair is cancelled due to the coronavirus pandemic.

The one-day event usually scheduled in July will not happen this year and we will miss it. Still, environmental education and outreach can take place in other ways. Environment Department is exploring a range of ideas for environmental education that can be done on your own or with your household members, that is, groups of 5 people or less. Do you have any ideas to share? Would you like a series of coloring book pages?

Please call the Environment office at 869-7565 or 869-9814 with your suggestions for activities for all ages.



Best ways to clean & disinfect Cloth Masks

**Boiling.**  
This is an easy way to sanitize your face masks, let them sit in boiling water for five minutes, no more than 10 minutes. There is a downside, depending on the cloth of your mask, a few rounds of boiling could damage it or affect breathability. To ensure your mask remains functional after boiling, you'll need to inspect it closely.



**Washing machine.**  
You can toss your face mask along with all clothes worn outside in hot water laundry cycle. This is a great way to sanitize them. Using your detergent will be enough to leave your face masks ready for another use. Pay special attention to the temperature. Water heated to 140 degrees Fahrenheit has proven effective at degrading most viruses. It is recommended to use this temperature for treating contaminated clothes and fabrics. No matter what your machine is capable of, you should still continue to wash your mask. Make sure you load your machine with appropriate amount of soap and complement it with your laundry booster of choice: Chlorine, color-safe bleach, or OxiClean.

**Hot water and bleach solution.**  
Soak your face masks for five minutes in a solution of one teaspoon of bleach for every quart of hot water. You do not need to worry about the temperature, the bleach is doing the sanitation work. To make sure you get rid of any leftover bleach, take the mask out of the solution and rinse it under a tap for 10 to 15 seconds-any temperature. After that, soak it in clean water for another five minutes. You can hang your masks or dry or put them in the dryer at high temperature. You'll want to make sure your mask is clear of bleach when you put it on. Inhaling any residual fumes from it could damage your airways or worsen any respiratory condition.

**Storage is everything.**  
Sanitizing your mask won't change a thing if you don't store it properly. Once you have a clean mask, put it in a closed plastic container or a new zip-close bag by itself. If you want to go the extra mile, write on the bag or stick a note to the container with details about when you last sanitized the mask and the method you used. This will prevent cross-contamination and you'll be able to tell for sure if the mask is safe to use or not.

**Wash Your Hands!**  
Remember that social (or physical) distancing, washing your hands, and staying home if you are sick are the best ways to help slow the spread of coronavirus.  
Wearing and using homemade cloth face mask covers is another way you members can help support our health. As we work together as a community, we can help prevent the spread of COVID-19.

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.

Pueblo of Isleta Department Directory	
Department	Phone #
Governors Office	869-3111
Assisted Living Facility	869-5560
Census	869-9766
Conservation	382-8138
Court - Tribal	869-9699
Court - Appellate	869-9692
Cultural Affairs	869-9767
Dept. of Education ( Adult Education, Higher Education, JOM, & Language)	869-9790
Elder Center	869-9770
Elementary School	869-2321
Emergency Service (Medical or Police)	911
Head Start & Child Care Program	869-9796
Health Center	869-3200
Behavioral Health	869-5475
CHR	869-4482 / 869-4485
Dental	869-4499
Diabetes	869-4595
Pharmacy	869-4473 / 3200
Pharmacy Refill Line	869-4590
Housing Authority	869-4153
Human Resources	869-7584
Gaming Commission	244-8139
Isleta Business Corporation	869-9729
OneStop	869-5425
Travel Center	869-9686
Isleta Resort & Casino	724-3800
Fun Connection	724-3866
Golf Course	848-1900
Hotel (1-877-747-5382)	848-1999
Lakes	244-8102
Library	869-9808
Natural Resources	869-9817
Police Department	869-9704 / 869-9705
Police Dispatch	869-3030 / 911
Police Community Anonymous Hotline	264-7258
Post Office - Isleta	869-3907
Public Defender	869-9825
Public Services Department	869-9782
Design & Construction	869-9684
Environment	869-7565
Survey & Mapping	869-0710
Transportation	869-9683
Waste Management - transfer station	869-4106
Utilities / Septic Plumbing	869-5170
Prosecutor Office	869-9710
Recreation and Fitness	869-9777
Recreation (Pickle Heights)	869-5741
Social Services	869-2772
St. Augustine Church	869-3398
TIWA Lending	916-0556
Treasury	869-1808
Procurement	869-7569
MIS	869-5261
Tribal Council	869-9746
Tribal Services Complex	869-5295
Truancy	869-3870
Victim Services	869-9838
Water Resources	869-5564
Wildland Enforcement Law Officers	869-7561
RangePatrol /Wildland Officers	869-7562
Animal Control (Isleta)	869-7564
Animal Control (Valencia Co.)	866-2479
WIC	869-2662

Updated: 01/13/2020

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

- ▶ All IBHS Prevention activities
- ▶ ICAP Sewing Class on Thursday evenings
- ▶ ICAP Moccasin Making Class on Tuesday evenings
- ▶ 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

Opportunity for Public Comment  
June 1, 2020

Notice that the Pueblo of Isleta Environment Department is reviewing a request for use of Dredge and Fill Permits and preparing a Tribal Certification or Denial Pursuant to Section 401 of the Federal Clean Water Act

The Federal Clean Water Act (CWA) Section 404 authorizes discharges of dredged or fill material into waters of the United States, including wetlands, and/or work or structures in navigable waters of the United States. The US Army Corps of Engineers (Corps) has issued nationwide permits (NWP) for specific types of projects. More information on nationwide permits is available online at:

<http://www.spa.usace.army.mil/Missions/Regulatory-Program-and-Permits/NWP/>

Pursuant to the Federal Clean Water Act Section 401, the Environment Department is reviewing a request for Tribal water quality certification for use of nationwide permits within the exterior boundaries of the Pueblo of Isleta. The proposed activity would be conducted under nationwide permit 12, utility line activities and nationwide permit 33, temporary construction, access, and dewatering.

Brief summary of the proposed project known as Western Spirit Transmission Line	
	<ul style="list-style-type: none"><li>Western Spirit Transmission LLC plans to build a new electric transmission line to bring wind-generated power from central New Mexico to the Albuquerque area.</li><li>Transmission line construction will be on Isleta's west range.</li><li>It is expected that all disturbed areas will be restored to pre-project conditions following construction.</li><li>Floodplain permits are expected to be issued for the project by Bernalillo County and Valencia County. Floodplain permits from other counties are not required.</li><li>Potential for adverse effects on cultural resources is not expected</li><li>The project has been designed to avoid and minimize impacts to wetlands and other water bodies to the extent practicable</li></ul>

This notice serves to notify the public that the Environment Department will be preparing a recommendation to Governor for his signature regarding the request for certification under Section 401 of the Clean Water Act. Environment Department's recommendation will be reviewed by the Pueblo's General Counsel. The purpose of the certification is to reasonably ensure that the permitted activities would comply with Pueblo of Isleta Surface Water Quality Standards, including the antidegradation policy.

The Environment Department will accept written comments regarding the Tribal certification for use of Nationwide Permits 12 and 33 until 4:30 p.m. on Friday, June 12, 2020. The Environment Department will consider all comments received in its preparation of the recommendation to Governor. Comments may be submitted electronically or by hard copy (mailed or hand-delivered) to:

Ramona M. Montoya  
PUEBLO OF ISLETA  
Environment Department

**Physical address:**  
6 Sagebrush St  
Albuquerque NM 87105  
(505) 869-7565 office  
(505) 869-7594 fax  
Ramona.Montoya@isletapueblo.com

**Mailing address:**  
PO Box 1270  
Isleta NM 87022  
*Environment Department  
office location is east of Isleta  
Health Center*

**Department of Natural Resources**

#6 Sagebrush St. (Across from Clinic)  
(505) 869-9817

Permits will be issued on Mondays and Fridays ONLY from 7:00 am and 11:00 am. Face masks are required and there will be limited access into the building. One person at a time during these times.

**Other notices:**

Mountains are closed at this time, until further notice.

For other services with Rangeland, Irrigation or Forestry please call to make an appointment and/or to submit a work order.

Are moths  
bugging you?

Environment Department reached out to Amanda Skidmore, PhD, who is the Extension Integrated Pest Management Specialist at the Los Lunas Agricultural Science Center. She provided the following points of information about moths which are currently in abundance:

1. The vast majority of the moths we are seeing right now (mid-May 2020) are not going to be indoor pests. Mothballs and cedar chips, which are designed to help control a different species of moth and indoor pests in small spaces, are not recommended for helping with the species that are active right now (mid-May 2020). Be advised that mothballs can also be dangerous to children, pets, and wildlife because they often look like candy, so using them incorrectly can be very dangerous.
2. The large number of moths everyone is seeing are called "Miller Moths".

•Miller Moths are frequently seen in the late spring as they migrate from lower altitudes to higher altitudes. These moths are making the news in central New Mexico this year because weather conditions are perfect for them right now. We have seen a slightly more humid spring, which helps to increase their survival. Over the years, this area has seen 'outbreaks' of these moths pretty regularly. As our daily temperatures increase and the air becomes dryer their numbers will decrease. The adults are more active at night because there is higher humidity, and will be hiding in sheltered areas during the day. The adults don't bite or sting, but can be startling or alarming when there are so many.

•The best advice to keep them out of the house is to check that there are no holes in your window and door screens and turn off outdoor lights that are near entry ways.

•An electric bug zapper placed away from the house might help to draw moths away, but will need to be checked regularly since they can get full quickly.

•If you are cleaning large numbers of dead moths from in and around the home or from a vacuum, a dust mask will help to decrease any irritation that might be created from the dust created by the moths' wing scales.

•One good thing about them is that Miller moths are a great food resource for our bat populations!

3. Although there is no guarantee, the Los Lunas Ag Science Center is estimating (as of mid-May 2020) that it will be 1-2 weeks before the temperatures will be warm enough that we will see a massive decrease in current moth numbers.

4. The best advice is to turn off lights near entryways and make sure window and door screens are secured.

5. A helpful article prepared by the Colorado State University Extension is available online at: <https://extension.colostate.edu/topic-areas/insects/miller-moths-5-597/>

Contact the Environment Department at 869-7565 or 869-9814 if you have additional questions about moths.

## Isleta Historical Society

This continues a monthly series of articles about historic Isletans. The Isleta Historical Society is interested in your reaction to these stories, and we encourage you to contact us with ideas for future publications. Please email us at [isletahistoricalsociety@gmail.com](mailto:isletahistoricalsociety@gmail.com) or call the Governor’s office at (505) 869-3111 (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



Antonio “Tuyo” Abeita, 1900

Antonio Abeita was the youngest son of Juan Rey Abeita. At a young age he attended the Albuquerque Indian School, then run by Superintendent William Craeger, a strong believer in strict assimilation and separation of students from their families. In 1892 Juan Rey, concerned that his three sons, Antonio, Louis, and Vicente, had not been allowed to leave the school during summer vacations, tried to visit them himself. Juan Rey was summarily ejected from the school grounds and threatened with prison if he ever came back. With the help of the photographer and newspaperman Charles Lummis, Juan Rey hired a lawyer and obtained the release of his children, along with the thirty-three other Isletan students. Juan Rey and his wife were pleased to get their sons back and to reacquaint themselves with Antonio (Tuyo), who they barely knew. This was a life-changing experience for Antonio (Tuyo) and signaled the beginning of a lifetime relationship with Lummis who died in 1928. Antonio (Tuyo) Abeita first started working for Lummis in 1900. Lummis hired Isletan youth to work as servants in the Lummis household and as workers to help in the construction of his house, called El Alisal. During his 1902 visit, Lummis returned three workers only one of whom returned to L.A., and hired two new ones: Felicita and Antonio (Tuyo) Abeita. Abeita worked on the foundations of the house and eventually ended up managing the kitchen. Although outwardly obedient and content working for Lummis, he complained to his friend Marcelino that working for Lummis was like being in hell.

After a few years in Los Angeles, Antonio Abeita returned to Isleta and to the home of his parents, Juan Rey and Rita. By September 1902, Tuyo wished to return to Los Angeles in hopes of finding a more lucrative job. He wrote to Lummis asking for assistance, but it was all for naught. Instead Tuyo decided to apply to Hampton Institute in Virginia and asked Lummis to support his application. Lummis complied even though he had railed against Indian boarding schools ever since the confrontation at the Albuquerque Indian School.

Hampton Institute, on the banks of the Chesapeake Bay in Hampton, Virginia, had a more relaxed policy of assimilation than did its successor Carlisle Institute. Hampton emphasized leadership training envisioning the return of many students to their tribal communities. The goal was to train “pupils to set examples and to teach their people.” Established in 1875 as a school for African Americans, the educational program for Indians began in 1878. Initially funded by private donations, an annual government grant of \$167 per student paid for room, board, and clothing and was in place by the time Antonio Abeita attended in the early 1900s. Scholarships or parents paid the tuition and industrial training costs.

Antonio Abeita loved Hampton, especially the program that placed Native American students with Anglo farming families. In March 1904 Tuyo wrote Lummis, “I like this school very much, there are lots of nice people here,” and in February 1905 he said, “I am getting along very well in school.” Apparently, Antonio was enrolled in the academic division at Hampton whose requirements for admission included “elementary knowledge of fractions and decimals.” In addition, “they were expected to write correct sentences ... and to write ‘a credible letter’.” Indeed, Antonio Abeita’s letter-writing skills improved markedly while he was at Hampton. In February 1905 Antonio told Lummis, “I was working on a farm in Sheffield, Mass. ... Mr. and Mrs. Brown [owners of the farm] are good friends to me. They often invite me to their cabin to sing Indian songs.” It seems that Tuyo was being encouraged, at least during the summer outings, to practice his culture, not to deny it.

Antonio Abeita returned to New Mexico around 1905 and for the next ten years spent time at Isleta Pueblo and Albuquerque, moving around and trying different jobs. He worked at a hardware store in Albuquerque and kept up a correspondence with his old employer, Lummis. Lummis sent Antonio a stream of requests for things such as amole (yucca root) that was hard to find in Los Angeles and for rare reptiles for Lummis's Southwest Museum. In March 1909, Lummis offered to pay Tuyo \$5.00 for sending him a live pichucuate, a poisonous, slate-colored snake with a copper-colored belly. Tuyo thought he had found the snake, but Lummis informed him that it was not and sent him \$2.00 for his trouble.

By February of 1917, Antonio had married a woman named Eva, and they had an eight-month-old son named Lummis. He was working for his father-in-law doing

carpentry work and living in Silver City. Antonio sent Lummis photos of his tocayo (person with the same name). Two months later Antonio was back in Albuquerque where he eventually settled on a fruit ranch in Old Town near the San Felipe Church. He continued working at a hardware store, but confessed to Lummis that, “pay is so meager here that it's hard to make ends meet.” Antonio thought he would go back to Isleta and open a business and perhaps farm.

In October of 1922 Antonio received a visit from none other than John Collier, the future Commissioner of Indian Affairs. Collier, who became a strong ally to the pueblos in their fight for reform, carried a letter of introduction from Lummis. The letter commended Collier to assist Isleta and the other pueblos in their fight against the Bursum Bill, noting “he is on a great and important errand and every Indian should help him in every possible way.” Antonio informed Governor Remijo Lucero who called a meeting of the council where Collier explained “the danger we were in should the outrageous Bursum Bill become law.” The council decided to send a delegation to the general meeting of all the pueblos at Santo Domingo. This was the beginning of a long successful campaign to defeat the Bursum Bill. Though Antonio helped get it started, it was Pablo Abeita who, with his letter-writing and trips to Washington, brought the Anti-Bursum Bill campaign to a successful conclusion.

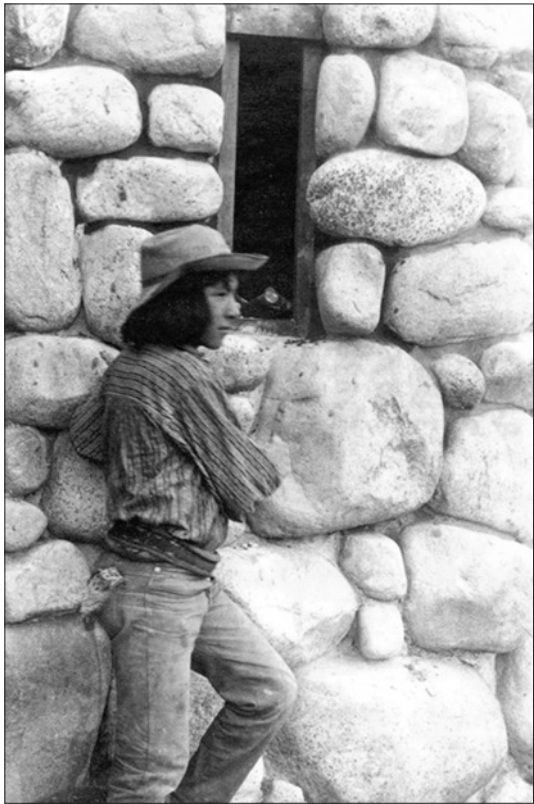
Antonio Abeita was conflicted about whether to get involved in pueblo politics and asked Lummis for advice. When Antonio expressed his dislike for politics in general and for Pablo Abeita in particular, Lummis told him, “I always taught you to think of the Cause and not of yourself.” The cause of the advancement of Isleta and the pueblo people is what mattered. Lummis went on to say, “I have to work with people I dislike, they only have to agree with me on that one matter [the cause].”

In the end, Antonio Abeita chose to enter pueblo politics, serving as treasurer, lieutenant governor, and secretary to the governor. Antonio typed the governors’ letters, and it seems he also helped shape the policy expressed in those letters. Antonio often feuded with Pablo Abeita; at one time when Tuyo served as treasurer, he refused to sign a check that funded one of Pablo’s projects. He also became involved in some of the more contentious cases that came before Judge Abeita that pitted the conservative faction against the progressives. As one Indian Affairs commissioner said regarding the two, “what one suggests, the other opposes.”

Antonio Abeita and his wife raised a family of three boys—Lummis, William, and Raymond—and three girls—Antoinette, Evelyn and Gladys. Antonio Abeita was a good cook, a skill he learned as a boy in Los Angeles at El Alisal. Tuyo and his brother Vicente Abeita ran a restaurant next to the Isleta train depot in a pitched-roof house. Antonio was the cook. He also cooked for

( Continued Next Page )

large groups like the apple-pickers on his son Lummis’s apple orchard. As did many Isletans of the period, Antonio Abeita followed two paths: one as part of the pueblo, the other in the outside world. His daughter, Evelyn, married a son of the well-known Tesuque leader, Martín Vigil.



“Tuyo” at El Alisal, 1900

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!

PUEBLO OF ISLETA

SOLID WASTE

DIVISION

The Transfer Station is now open. We please ask you to practice social distancing when at the Transfer Station. Please be patient, there is a 2 vehicle max limit allowed inside the Transfer Station. We also ask you to keep trash collection safe and bag all trash for curbside pickup. Have all carts out by 7AM for pickup service.

**HOURS OF OPERATION:**  
**Monday - Saturday**  
**7AM – 3PM**  
**CLOSED SUNDAYS**

869-4964 / 869-4106



KEEP ISLETA BEAUTIFUL!

Tips for Safe Grocery Shopping During COVID-19









Before Leaving the Home

- Write down a shopping list on paper to avoid touching your phone in the store.
- **Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, or sore throat.**
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.
- **Go alone** to the store to reduce risk to others in the home.
- Go when store is less crowded.
- **Contact store about new hours, and if there are special times for seniors or other groups.**

Before Entering the Store

- **Wear a mask or bandana**, and make sure that it **covers both the mouth and nose.**
- **Wipe down shopping cart or basket handles** with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.

When Inside the Store

- **Do not touch your eyes, nose, or mouth.**
- **Keep a distance of 6 feet from others at all times**, especially in the aisles and at checkout. Stores may also have additional distancing rules.
- **Cough or sneeze into a tissue or the inside of your elbow.**
- Use a debit card instead of cash when at the register.
- Clean your hands with hand sanitizer after paying at the register.

When Entering Home

- Remove shoes and leave outside.
- **Wash your hands immediately upon returning home.**
- **Wipe down phone, wallet, debit card, and other objects touched** while in store with disinfectant wipes or cleaning solution.
- **Wipe down countertops** with disinfectant wipes or cleaning solution after unpacking food.
- Put empty grocery bags in the trash.
- **Wash hands again after unpacking food.**
- Do not use disinfectant wipes or cleaning solution to clean food. Instead, rinse fruits and vegetables with water before eating.

Tips in bold are the most important steps for staying safe from COVID-19 in public.

For more information, visit [CDC.gov/coronavirus](https://www.CDC.gov/coronavirus).

This publication was supported by Cooperative Agreement U254IH50001-01-00, funded by the Indian Health Service.

Effective May 1, 2020  
Source: CDC, FDA

JOHNS HOPKINS  
CENTER FOR AMERICAN  
INDIAN HEALTH



## Pueblo of Isleta Public Library

As circumstances change daily for us, the library staff has been working on ideas to find creative ways to serve everyone from toddlers, elders and community members. Staff members are brainstorming on ways to shift popular programs online, sharing information and resources, and continuing to connect with community members by chat, text, social media and email. We continue to wish everyone good health and we miss our patrons and look forward to seeing you soon!

### News

As you're well aware the library has been closed temporarily to the public as a public health precaution due to the COVID-19 (coronavirus). Which is part of the larger effort by state government, as well as the Tribal Administration to minimize public exposure.

Currently library staff members have been working on a plan to open back up with a tentative date of June 1st. It still remains difficult to predict how and when those plans might be implemented. Plans and phases may change as updated information about the virus becomes available.

The library will remain closed to the public and will open in phases as the New Mexico Department of Health reduces restrictions. Some things to expect will be continued social-distancing measures through such steps as rearranging furniture, cleaning computers between uses, disinfecting books, other materials, and the library is also considering providing special hours for the elderly. Along with NM State regulations library staff and patrons are required to wear a mask or face covering when entering the library.

The library is also considering a curbside pickup service that will be implemented in one of our phases. Patrons can put library material on hold using our mobile app and there will be a scheduled time to pick up or drop off library material. Library staff members will be set up in front of the library and will continue to practice social distancing.

The library is also aware of a great need in the community for assistance with job seeking or filing for unemployment. For that reason, library staff is considering options to provide those services. Given social-distancing concerns the library is looking into setting up computer lab time by appointment only so that patrons can come in and work on their resume, online job searches and unemployment assistance. Remember even though the library is closed WIFI is still available from the parking lot. Signs are posted with information on how to access our WIFI.

### Library Access from Home

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

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

The library online services will ask you to enter your library barcode number which

is located on the back of your library card and a pin or password. If you do not have a pin or password set up with us you can call the library during business hours and a staff member can help you set that up over the phone.

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

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

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

Free Music! Take advantage of our Freegal Music service. Log on with your library card number and pin to start downloading and streaming music. Library patrons receive 3 free downloads each week and UNLIMITED streaming of music with NO AD interruptions. Log on to [freegalmusic.com](https://freegalmusic.com) or download the Freegal Music app. If you have any questions about this service or would like to set up a password please give the library a call at 505-869-9808.

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

### Upcoming

The Pueblo of Isleta Public Library's annual Summer Reading Program is a beloved tradition for community members of all ages. It's fun, helps kids keep their reading skills strong and promotes the joy and love of reading.

That's why it is so important that we keep continuing this program. The library's Summer Reading Program will look a little different this year. Our hopes are for everyone to participate in a way that helps maintain the safety and health of our community.

This year's program will be offered primarily online and will feature virtual events like DIY crafts, cooking videos, art, learning activities to try at home and more. We still want to implement groups with curriculum as well as our daily reading groups. Groups will be based on child's interest and reading groups will be based on level or age. Staff members our currently working on ideas on how to meet up with their groups possibly using ZOOM or a Social media outlet.

This year's Summer Reading Program will be 3 weeks staring July 6th through July 24th. Children will engage with their group leader a minimum of twice a week maybe more. Interactions will include reading, discussion, activities, crafts and more.

Registration will be broken down into two parts. Starting June 8th through the 11th parents or guardians can call the library at 505-869-9808 to enter their child/children's name, which will be placed into a drawing. On June 12th library staff members will do a live feed of the drawing and announce the children that have been selected for the summer reading program. Finally after the live feed we will contact the parents by phone and let them know that their child was selected for a spot in the Summer Reading Program.

For more information please call the library at 505-869-9808

### Recap

Library staff members are currently preparing the library to open back up. As mentioned before, we are rearranging furniture, disinfecting the library, planning our curbside pickup and SRP programs.

Staff members have been participating in webinars like virtual story times and daily drop in's with the State Library via Zoom. With an open conversation about libraries and COVID-19 issues. Such topics covered are re-opening of libraries, safety precautions for staff/patrons, services, and programs.

The administration has 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)

ISLETA HEALTH CENTER  
UPDATES

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

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.

Changes in Service effective:  
Monday, June 1, 2020.

- ▶ Medical and Lab Clinic will now be scheduling same day appointments, patients will be required to call the clinic at (505) 869-4089 to speak to a nurse for prescreening and to schedule appointment.
- ▶ Dental: Please call (505) 869-4499 to schedule.
- ▶ Optometry: Please call (505) 869-4080 to schedule an appointment to pick-up/and or look at eyeglasses.

What you need to know before your appointment:

1. Please arrive 15 minutes early prior to your scheduled appointment.
2. Please wear a mask or face covering
3. Drive up to the main entrance of the clinic and **please stay in your vehicle.**
4. A staff member will instruct you on how to proceed.
5. Your temperature will be taken and you will then be directed to the designated area where a staff member will walk you into the clinic.
6. Patients will be escorted to their appointment, if patient is a minor or needs assistance then one person can accompany them to their appointment.

Other Services

- Pharmacy Drive-thru services are still in effect: 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 Line.**

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

Isleta Health Center’s Nurse Advice Line  
505-869-3200  
Monday - Friday  
8:00am - 4:30pm



# LOVE



My heart speaks to your heart, even though we are far apart. We will be together again.



We still need to stay home & away from crowded spaces to keep COVID-19 from spreading & harming our Peoples.



ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER  
[WWW.AASTEC.NET](http://WWW.AASTEC.NET)

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

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

[1-855-600-3453](tel:1-855-600-3453)  
Coronavirus Hotline

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

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

Stop the Spread:  
Protect yourself, family,  
and community

Life during the coronavirus (COVID-19) outbreak can feel stressful. There are ways to practice traditional ceremonies while keeping a social distance.

Protect families, traditional healers and spiritual leaders

- Consult tribal guidance for ceremonial support
- Keep 6 feet of distance from other people
- Follow tribal guidance to pause in attending large gatherings

Stay at home

- Smudge/burn sacred medicines at home
- Sing ceremonial songs or hymns at home
- Step out on the porch to do a traditional dance
- Collect tea, herbs, and plants to use at home
- Share seasonal traditional stories or recipes
- Practice Indigenous crafts such as beadwork, sewing, or leather tanning
- Sit in silence—practice meditation or open a window to listen to Mother Nature

Connect using the phone, radio and internet  
(messaging apps, social media, video chat)

- Share prayers through social media messaging
- Pray with loved ones over the phone or through video chat
- Drumming—consider drumming with others over video chat
- Attend a spiritual service through Facebook or online streaming
- Listen to the local radio station to stay connected to community

Is there a medicine or vaccine?

There is currently no vaccine or medicine to protect against COVID-19. The best way to reduce the risk of getting COVID-19 is to take everyday actions, like staying home, practicing social distancing (stay 6 ft. from others) and washing hands often with soap.

This publication was supported by Cooperative Agreement U254IHS0001-01-00, funded by the Indian Health Service.



# Talking With Children About COVID-19

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children.

- Be **patient**; children and youth do not always talk about their concerns readily.
- **Watch for clues** that they may want to talk, such as hovering around while you do the dishes or yard work. Younger children may ask a few questions, return to playing, then come back to ask more questions.
- **Information is rapidly changing** about this new virus—to have the most correct and current information go to the CDC COVID-19 website.

## How to Help Your Kids

- **Don't be afraid to discuss the coronavirus.** Most children will have already heard about the virus. Not talking about it can actually make kids worry more.
- **Make time to talk.** Give children information that is honest and accurate. Talk to children about how some stories on the Internet and social media may be based on rumors and inaccurate information.
- **Be developmentally appropriate.** Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them opportunities to ask questions. It's okay if you can't answer everything; being available to your child is what matters.
- **Remain calm and reassuring.** Remember that children will react to both what you say and how you say it. Reassure your child or teen that they are safe. Let them know it is ok if they feel upset.
- **Deal with your own anxiety.** Limit your family's exposure to news coverage of the event, including social media. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- **Stick to routine.** Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.
- **Focus on what you're doing to stay safe.** An important way to reassure kids is to emphasize the safety precautions that you are taking. Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.



Practice these healthy habits with your kids:



Avoid close contact with people who are sick



Avoid touching your eyes, nose, and mouth



Stay at home when you are sick



Cover your cough or sneeze with a tissue



Clean and disinfect frequently touched objects



Wash your hands often with soap and water for at least 20 seconds

Children can respond to stress in different ways. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pains
- Use of alcohol, tobacco, or other drugs

Fun Activities to Try At Home

**Set aside time to spend with each child**

It can be for just 20 minutes, or longer – it’s up to us. It can be at the same time each day so children or teenagers can look forward to it.

**Ask your child what they would like to do**

Choosing builds their self confidence. If they want to do something that isn’t OK with physical distancing, then this is a chance to talk with them about this.

**Switch off the TV and phone. This is virus-free time**

**Ideas with your baby/toddler**

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

**Ideas with your teenager**

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

**Ideas with your young child**

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

**Listen to them, look at them. Give them your full attention. Have fun!**

More Helpful Resources for Kids and COVID-19


- Click the following links:
- [SAMHSA Talking With Children](#)
  - [World Health Organization Parenting in the time of COVID-19](#)
  - [CDC Caring for Children](#)
  - [Explaining Social Distancing to the Littlest Kids](#)
  - [BRAINPOP Short Video on Coronavirus](#)

Source: WHO Fact Sheet <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>




ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER  
[WWW.AASTEC.NET](http://WWW.AASTEC.NET)


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

  
CENTERS FOR DISEASE CONTROL AND PREVENTION

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

  
U.S. HOUSE OF REPRESENTATIVES

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

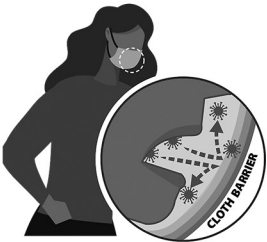
  
INDIAN HEALTH SERVICE  
IHS - 1955

1-855-600-3453  
Coronavirus Hotline  
[www.ihs.gov](http://www.ihs.gov)

How to Safely Wear and Take Off a Cloth Face Covering

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO PROTECT OTHERS

- Wear a face covering to protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

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

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



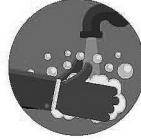
5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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

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 the ERS Group Facilitator; or as to when the ERS group will be re-opening for open invitation to talking with others about your sobriety goals and recovery steps at Isleta Behavioral Health Clinic.

Isleta Pueblo News



**Editor:**  
Nathaniel Lujan  
**Asst. Editor:**  
Diane Abeita  
**Published By:**  
Valencia Express

Isleta Health Center  
Preparing for the 2020-2021 School Year

Please call (505) 869-4089 to schedule an appointment for your child’s immunizations.  
Do you need a copy of your child’s immunizations? Go to VaxViewNM.org. You will need the following information available:

- First and last name
- Date of birth
- Gender
- Relationship to the patient
- Phone number and/or email address

If you are unable to access your record, please contact the NMSIIS help desk at (505) 827-2356, you will need to have a phone number or email on file.

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](http://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.

Isleta Health Center  
Coronavirus Rumor Control

Do your part to the 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](http://coronavirus.gov). 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

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>



NMSIIS: Access My Immunization Records

HOME | HELP

Patients and their Legal Guardians can use this screen to view and print an official record of their immunizations. The patient's First Name, Last Name, Date of Birth, and Gender are required before proceeding.

Who is the Patient?

First Name

Last Name

Date Of Birth (mm/dd/yyyy)

Gender

MM/DD/YYYY

Who are you?

What is your relationship to the Patient?

How would you like to receive a code to access the immunization record?

☐ Text ☐ Email

Immunization records printed from this site may not be complete. The records represent only the data reported to and entered in the system.

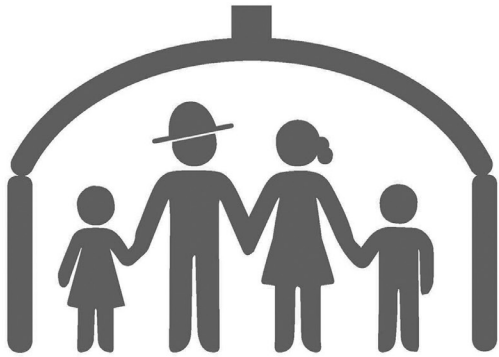
Clear

Search


NEW MEXICO  
DEPARTMENT OF  
HEALTH


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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)

The D’S of masks

Donning

- 1. Hand Hygiene (Hand sanitize or wash hands 20 seconds)
- 2. Make sure there are no obvious tears or holes in either side of the mask.
- 3. Colored or printed side facing out, and the nose wire at the top, put your fingers through the ear loops; position the mask over your nose and mouth. Place the ear loops securely around the ears.
- 4. Do not touch the inside with your hands.
- 5. Pull the mask from the top and bottom to fully open the folds of the mask and adjust the mask around the face.
- 6. Gently form (do not pinch) the nose wire. Properly secure over the bridge of the nose and make any final adjustment.
- 7. Properly secured ear loop mask:



Doffing

- 1. Hand Hygiene (Hand sanitize or wash hands 20 seconds)
- 2. Face Mask with Ear loops: Hold both of the ear loops and gently lift and remove the mask.
- 3. Clean your hands with soap and water or hand sanitizer.
- 4. If reusing store mask in paper bag in secure area.
- 5. If soiled or damaged discard in trash.
- 6. Hand Hygiene.

Do Not (Don’ts)

- 1. Don’t wear it if it is wet or soiled.
- 2. Don’t wear it under your chin.
- 3. Don’t wear on your head.
- 4. Don’t wear it hanging from one ear.
- 5. Don’t wear it under your nose.



Source: HEALTH PROMOTION BOARD





COVID-19  
PREVENTION

### How to wash your hands properly

Washing your hands is the most important step to stay safe from COVID-19. But it's important to do it right!



1

Wet hands



2

Use liquid soap



3

Rub Palms & fingers



4

Base of thumbs



5

Clean wrists



6

Rinse well



7

Use a clean towel



8

Dry Hands

Help prevent Coronavirus transmission. Visit [www.website.com](#)



# Health Beat

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

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

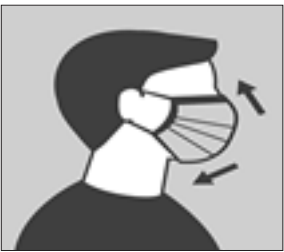
The CDC recommends everyone wear a cloth face coverings in public settings where social distancing is difficult, such as the grocery store or pharmacy. Not only is this to help reduce the chances of you getting the virus from someone, but it also is to keep those who do not know they have the virus from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

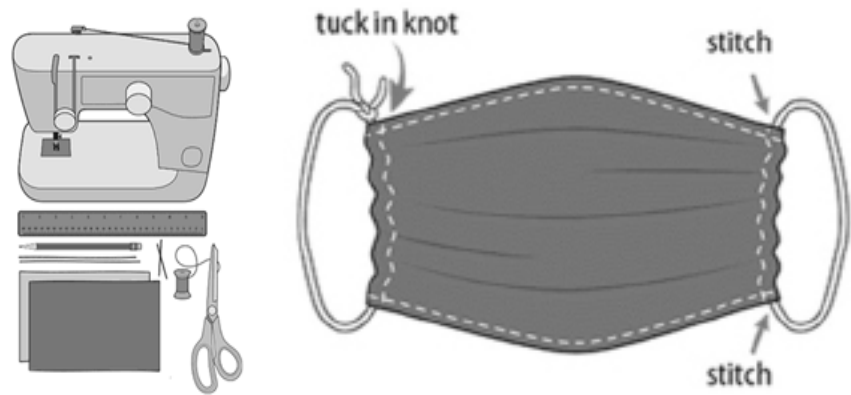


- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to

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:

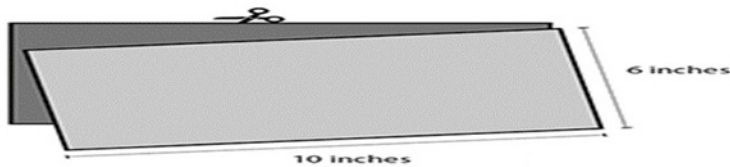


#### Materials

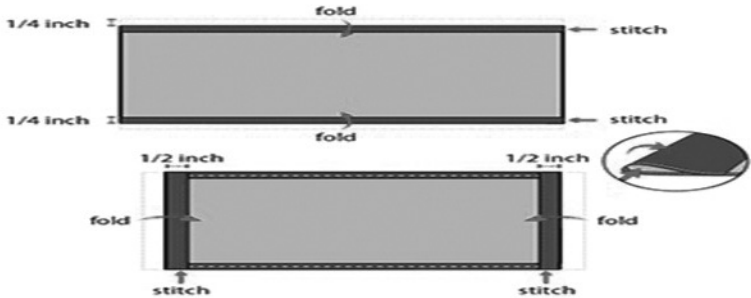
- Two 10”x 6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

#### 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.



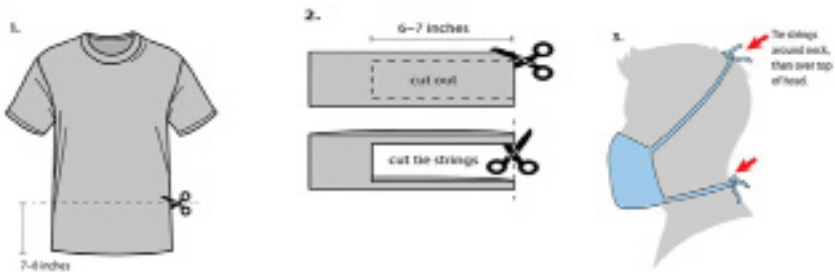
3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don’t have elastic? Use hair ties or elastic headbands. If you only have string, you can make the ties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

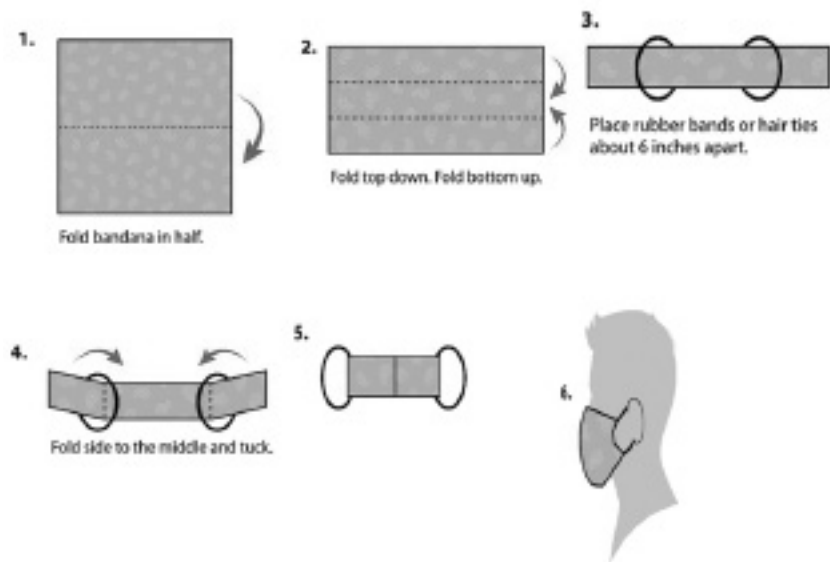


### Bandana Face Covering (no sew method)

#### Materials

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

#### Tutorial



<div><div>JUNE<sup>2020</sup></div><div>ISLETA HEALTH CENTER</div></div> <div>Questions? Call 869-3200</div>					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>1</div> <div>Podiatry Clinic: 12:30-4:30 pm</div> <div>New Isleta Health Center</div> <div>Open 18 Years</div> <div>TODAY 6/1/2020!!</div>	<div>2</div> <div>National CPR &amp; AED</div> <div>week:</div> <div>June 1-5, 2020</div>	<div>3</div>	<div>4</div> <div>CLINIC OPENS AT 9:50am</div> <div>Podiatry Clinic: 8:00-4:30pm</div>	<div>5</div>
<div>6/7</div>	<div>8</div> <div>Podiatry Clinic: 8:00-4:30 pm</div>	<div>9</div> <div>Isleta Health Support Group</div> <div>Virtual Meeting/Conference Call</div> <div>10:30am</div> <div>Call 869-4479 to learn more</div>	<div>10</div>	<div>11</div> <div>CLINIC OPENS AT 9:50am</div> <div>Podiatry Clinic: 8:00-4:30pm</div>	<div>12</div>
<div>13/14</div>	<div>15</div> <div>Podiatry Clinic: 12:30-4:30 pm</div>	<div>16</div>	<div>17</div>	<div>18</div> <div>CLINIC OPENS AT 9:50am</div> <div>Podiatry Clinic: 8:00-4:30pm</div>	<div>19</div>
<div>20/21</div>	<div>22</div> <div>Podiatry Clinic:: 8:00-4:30 pm</div>	<div>23</div>	<div>24</div>	<div>25</div> <div>CLINIC OPENS AT 9:50am</div> <div>Podiatry Clinic: 8:00-4:30pm</div>	<div>26</div>
<div>27/28</div>	<div>29</div> <div>Podiatry Clinic:: 8:00-4:30 pm</div>	<div>30</div>	<div>Program Cancellations:</div> <div><div>◆ ALL BHS Prevention activities</div><div>◆ BHS ICAP Sewing Class</div><div>◆ BHS ICAP Moccasin Making Class</div><div>◆ Isleta Community Health Fair scheduled for 8/8/20200</div></div> <div><div>◆ BHS Wellbriety</div><div>◆ DPP Eagle HIIT Class</div><div>◆ DPP Weight Training Class</div><div>◆ Healthy Cooking Class</div></div>		<div>DPP=Diabetes Prevention Program: 869-4595</div> <div>BHS=Behavioral Health Services :869-5475</div>



Isleta Health Support Group

CONFERENCE CALL

June 9, 2020 10:30am

FORMALLY KNOWN AS THE CANCER SUPPORT GROUP

Due to Social Distancing, the Isleta Health Support Group will not be able to meet face to face in June, however, we plan to schedule a conference call/video conference for June 9, 2020 at 10:30am on the telephone/internet. If you are interested in participating in this, please contact Stephanie Barela, 869-4479 to find out more.

Staying connected even through the pandemic!



Contact Stephanie Barela

ALL WELCOME

ISLETA HEALTH CENTER

THANKS YOU

♥ Volunteers that helped make cloth masks

♥ Anonymous community member doner who had pizza delivered for IHC Staff

Isleta Health Center's

Community Health Fair 2020

@ the Isleta Rec Center

CANCELED

August 8, 2020

10am-1 pm