



Isleta Pueblo News

Volume 15 Issue 11

Pueblo of Isleta website: www.isletapueblo.com

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Facebook

November 2020

Governor's Report

Ma gu wam,

Good day to you all. I sincerely hope that this issue of the newsletter finds you in good health and spirits. More than ever we must come together and stop the spread of this dangerous virus in its tracks. In recent weeks we have all seen the number of positive COVID-19 cases spike across New Mexico. Now we find rising case numbers right here in our community. We all have a responsibility to protect one another, our elders and our children. Please review the following information carefully so that we may work together to contain COVID-19.

Circulating reports from all governmental levels indicate an alarming rise in the number of COVID-19 cases that have emerged since the Labor Day weekend. The Pueblo of Isleta is included in this reality, as we too are experiencing a spike in confirmed positive cases. In this month alone, we are receiving notification almost daily. I am sincerely concerned about this situation and implore your help.

It is apparent that we have let our guard down, and as a result, the COVID-19 virus has crept into our community and is spreading quickly. The Health Center has kept me informed of the recent case investigations and has reported that families continue to host and participate in social gatherings. These activities are primary sources of COVID-19 infection spread and are not COVID Safe Practices. It is only a matter of time before someone in our community gets severely ill or dies. I understand that we are all tired and anxious to return to the normalcy we knew ten (10) months ago, however, the fact remains that the disease is still alive and present and we must continue to adhere to the mandates established throughout this pandemic.

Elections:

This is a challenging election year with the tribal election and the US General Election taking place. By the time you receive this newsletter you will already know the results of the US General Election. Thank you for enduring the voting changes in order for you to cast your ballots.

The tribal election information is included in this issue of the newsletter as provided by the Isleta Tribal Council. Just a reminder that Early Voting for the Tribal General Election will be held on Monday, November 23rd and Tuesday, November 24th, 2020 from 8:00 am to 7:00pm at the Isleta Recreation Center Gymnasium. Final voting for the Tribal General Election for Governor and Tribal Council will be on Saturday, November 28, 2020 from 8:00am to 7:00pm at the Isleta Recreation Center Gymnasium (one day only). If you participate in Early Voting, you do not have to return to vote on November 28, 2020. Again, I want to thank you for taking the time and making the commitment to cast your vote.

Recently, we have lost several community members and I want to offer my condolences to the families and friends of the deceased. It is never easy to endure such a loss, however, fond memories help to ease the pain. May god bless us all, grant us patience and keep us safe.

Hur kem.

Governor Max A. Zuni

Turkey & Ham Distribution One Time Only

DATES: Tuesday, November 17, 2020
Wednesday, November 18, 2020

**Distribution only on November 17 &
November 18, 2020 NO EXCEPTIONS**

WHERE: Isleta Pueblo Reception Center
2 Tribal Road Bldg. 191
Bosque Farms, NM 87068

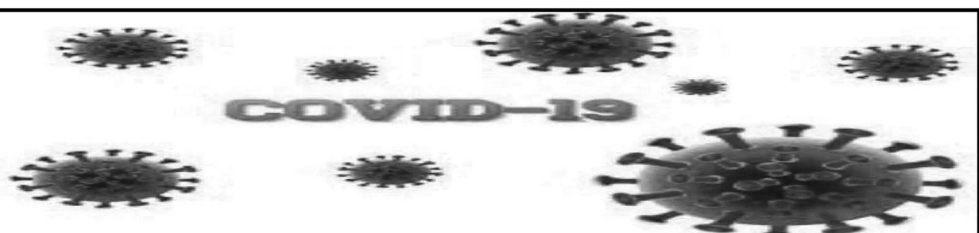
Facemask required at all times, inside/outside.

TIME: 8:00 a.m. to 6:00 p.m.

FOR: Tribal members living in Isleta Pueblo,
Los Lunas, Belen, Bosque Farms, Albuquerque,
Rio Rancho and Bernalillo ONLY

**Individuals must provide proof of tribal membership.
Only one turkey & ham per household 18 yrs. & over, Head of Household your cooperation will be appreciated. Thank you.**


Max Zuni, Governor



FREE DRIVE-THRU COVID-19 TESTING EVENT

THURSDAY, November 19, 2020

9:00AM-11:00AM

Main Recreation Center

- * For Isleta Tribal Community Members
- * Must call 869-4595 to Pre-Register
- * Only 100 Slots Available

Deadline to Pre-Register is:

Tuesday, November 17, 2020 @ 4:00pm

LETTER FROM THE EDITOR

DEADLINE for December Newsletter articles is set for Wednesday, November 18, 2020, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you,
Nathaniel Lujan

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


The fifteen Newsletter distribution locations are:

- 1. 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)



NAME CHANGE

First NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner **Joylene Hope Campos** has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from **Cyenna Zaiyah Marsay Hawley** to **Zaiyah Treasure Marsay Cyenna Hawley**. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **Friday, November 20, 2020 at 10:45 a.m.** Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.



**IN THE TRIBAL COURT
PUEBLO OF ISLETA
ISLETA, NEW MEXICO**

ISLETA SOCIAL SERVICES
Petitioner,

v.

JARED CORIZ
Respondent.

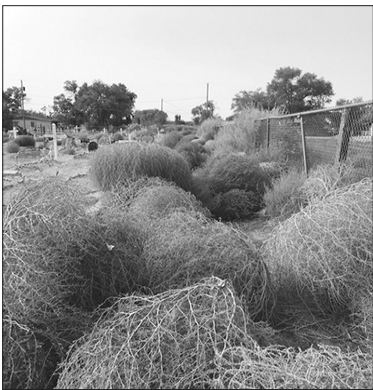
Case No. CV-CH-0053-2020

NOTICE OF HEARING

You are ORDERED to appear before the Isleta Tribal Court located at 3950 Hwy 47 SE, Albuquerque NM 87105 on **Monday, November 16, 2020 at 9:30 AM** for a **Fact Finding Hearing.**

ISLETA TRIBAL COURT
PROBATION DEPARTMENT

Greetings! Due to the Coronavirus Pandemic, community service has been somewhat restricted, although, we have been diligently working outside at the Health Center cutting and helping to maintain the weeds. We have also been cleaning the cemetery since September.



Governor issued a statement in October's newsletter regarding cemetery maintenance. My community service workers have been cleaning the pathways and have removed the larger weeds, like tumbleweeds, throughout the cemetery. We humbly ask that you help us maintain your family's graves as we will continue to maintain the pathways. Thank you to all for your help in this matter and thank you to all my workers for doing a great job at these locations.

Christine Abeita
Community Service Work Supervisor

Health Beat
Telemedicine

Now Available at the Isleta Health Center

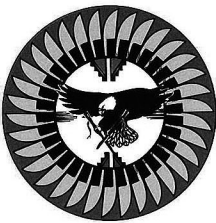
Health Educator: Stephanie Barela, BS CHES CSST

Due to the COVID-19 Pandemic the Isleta Health Center is working hard at keeping the Isleta community healthy and safe by offering Telemedicine. Telemedicine is a pre-scheduled appointment that allows patients and healthcare providers to communicate via phone call. These appointments will allow you to speak with your provider and ask basic medical questions. Based on your medical needs your provider may schedule an in-office appointment. Patients are still being required to schedule an in-office visit for Well Child Visits and Sports Physicals. The Diabetes program will continue to offer Patients A1C screens by drive-thru testing. The provider will follow up by a Telemedicine appointment to discuss your condition.

With this new technology and in the interest of keeping our patients safe, the Isleta Health Center is working toward offering video visits that will allow Providers to see the patient over a cell phone, tablet or computer.

**Please contact the Isleta Health Center at
(505) 869-3200 to find out more.**

TRIBAL COUNCIL OFFICE



PHONE: 505-869-9746
FAX: 505-869-5276

PUEBLO OF ISLETA

P.O. BOX 1270
ISLETA, NM 87022

**CERTIFICATION OF THE 2020
REGISTRATION/NOMINATIONS
OF THE GENERAL ELECTION
FOR THE 2021-2022 TERM**

The following are the results of the Registration and Nominations of the General Election (Primary) held on **October 24 and 25, 2020.**

Total Number of 2020 Eligible Voters	3817
Total Number of 2020 Registered Voters	1290
Total Number of 2020 Nominations for Governor	1226
Total Number of 2020 Nominations for Tribal Council	1233
Total Number of 2020 Registered Tribal Members Who DID NOT Nominate for Governor	63
Total Number of 2020 Registered Tribal Members Who DID NOT Nominate for Tribal Council	56
Total Number of 2020 SPOILED Nomination Ballots for Governor	1
Total Number of 2020 SPOILED Nomination Ballots for Tribal Council	0

NUMBER OF CANDIDATE VOTES FOR GOVERNOR

Rupert A. Abeita (289)	Vernon B. Abeita (407)
Joseph R. Lucero (324)	Max Zuni (206)

NUMBER OF CANDIDATE VOTES FOR TRIBAL COUNCIL

Fernando Abeita (44)	Phillip J. Jojola(21)	Lawrence “Larry” Lucero(96)
Marcus A. Baca (9)	M. Rodney Jones (131)	Joe Padilla(235)
Edward B. Calabaza (31)	David A. Lente (100)	Diane L. Peigler (87)
Edward T. Chiwewe Jr. (40)	Herman Lente(74)	Charlene F. Seidl (91)
Chris Jiron (59)	Kevin R. Lente Sr (50)	
Joyce A. Jojola (114)	Michael Allen Lente (52)	

We, the undersigned, being all of the Poll Clerks for the Registration/Nomination of the General Election held on the October 24th and 25th day of October 2020, do hereby certify that this Signature Roster contains all the qualified voters who registered and nominated during this General Election.

Poll Clerk

Poll Clerk

Poll Clerk

Poll Clerk

Sheriff

ATTEST:
Tribal Council Secretary

CERTIFICATION

At a duly called meeting of the Isleta Tribal Council held on the 26th day of October 2020, the General Election Results are hereby certified with -6- voting in favor, -0- opposing and -0- abstaining.

APPROVED:
Tribal Council President

Governor

ATTEST:
Tribal Council Secretary



PUEBLO OF ISLETA
Workforce Innovation & Opportunity Act (WIOA) Program

CALLING ALL APPLICANTS FOR THE WIOA ADULT PROGRAM!

APPLY NOW

Funded by the U.S. Department of Labor

- **250 HOURS OF PAID WORK EXPERIENCE AT A POI DEPARTMENT**
- **FREE CAREERSCOPE ASSESSMENT**
- **JOB SEARCH ASSISTANCE**
- **REFERRALS TO LOCAL PROGRAMS AND RESOURCES**

Eligibility Criteria:

- **Must be 18 years or older.**
- **Must be Native American, Alaskan, or Hawaiian Native.**
- **Must be a resident of Bernalillo or Valencia County.**
- **Must be low-income, unemployed, or underemployed.**
- **If born after the year 1960, male, and 18 years or older, must be registered for the selective services.**

Call (505) 869-9792 for more information. Go to <https://www.isletapueblo.com/careers/wioa/> for an application

PLEASE GET A FLU SHOT THIS YEAR!!

Isleta Health Center
Stephanie Barela 869-4479
<https://www.cdc.gov/flu/prevent/keyfacts.htm>

Why should people get vaccinated against the flu?

The flu is an illness, also called influenza, which many people get during November to April. It can cause fever, chills, body aches, and a cough. The flu affects people differently, with some people affected for 2-3 weeks, while according to the CDC;

“Millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the BEST WAY to help protect against the flu.”

Those having to be hospitalized can overwhelm our Health Care System, especially now, with having to also deal with COVID-19. This is one reason why getting your flu vaccination this year is so important. It has been shown to have many benefits, which include reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death. The people at high risk for complications from the flu are:

- Babies and kids under 5
- People older than 65
- Adults and kids who have health problems, such as diabetes or asthma

These individuals definitely need a flu shot, but it is also important for **everyone** to get a flu shot so they are less likely to get the flu and less likely to transfer it to someone who is more at risk.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are used to make the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

DO I NEED A FLU SHOT EVERY YEAR?

Yes, even if you got a flu shot last flu season, you will need to get a new shot this season because every year the flu virus changes and a new vaccine will be helpful in fighting the new strain.

WHAT IF I GET THE FLU?

If you start to feel the symptoms of the flu (fever, chills, body aches, cough), and are in a high-risk category, then you should contact your Medical Provider for advice. You can also start taking these steps to feel better:

- Get a lot of rest
- Drink lots of liquids (water, chicken broth, and other clear fluids)
- Take medicine your doctor may have prescribed you, or just take certain over the counter drugs to help ease your fever, aches, and pains
- You may need to see a doctor if you have trouble breathing, your muscles hurt, or you feel confused

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

Happy Thanksgiving!

whiteeagleelectricalservices.com



Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department-Open Space	Open Until Filled
ANIMAL CRUELTY INVESTIGATOR	Police Department-Open Space	Open Until Filled
BUS DRIVER	Isleta Elementary School	Open Until Filled
BUS DRIVER- PART TIME	Head Start	Open Until Filled
CAREGIVER I	Assisted Living	Open Until Filled
CHILD CARE PROVIDER	Head Start	Open Until Filled
CHR VAN DRIVER (Part Time)	Health Center Within Only	Open Until Filled
CLINICAL THERAPIST	Health Services	Open Until Filled
COMPUTER LAB INSTRUCTOR	Department of Education	Open Until Filled
COVID-19 CONTACT TRACER - Reposted	Health Center	Open Until Filled
COVID-19 MEDICAL ASSISTANT	Health Center	Open Until Filled
COVID-19 TEST COLLECTOR	Health Center	Open Until Filled
CUSTODIAN	Public Works	Open Until Filled
ELEMENTARY SPECIAL EDUCATION TEACHER	Isleta Elementary School	Open Until Filled
EMT-INTERMEDIATE	Health Services	Open Until Filled
FEDERAL PROJECT MANAGER	Isleta Pueblo Housing Authority	Open Until Filled
FILE CLERK	Census	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HELP DESK TECHNICIAN	Treasury-MIS	Open Until Filled
HOME CARE ATTENDANT-PART TIME	Elder Center Within Only	Open Until Filled
HOME OWNERSHIP COUNSELOR	Isleta Pueblo Housing Authority	Open Until Filled
HR WIOA WORKER ADULT (7 Positions)	Human Resources	Open Until Filled
INTERNAL AUDITOR	Gaming Regulatory	Open Until Filled
LANGUAGE TEACHER	Language Directory	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
MEDICAL ASSISTANT	Health Services	Open Until Filled
MIS JUNIOR SYSTEMS ADMINISTRATOR	Treasury-MIS	Open Until Filled
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center Within Only	Open Until Filled
PHYSICIAN-AMENDED	Health Center	Open Until Filled
PHYSICIAN/PEDIATRICIAN	Health Center	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
PAINTER	Housing Authority	Open Until Filled
POLICE CADET	Police Department Within Only	Open Until Filled
POLICE OFFICER-CERTIFIED	Police Department	Open Until Filled
PRINCIPAL / EPA	Isleta Elementary School	Open Until Filled
PUBLIC HEALTH & SAFETY SUPERVISOR	Health Center	Open Until Filled
REGISTERED NURSE	Health Center	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SCHOOL COUNSELOR	Elementary School	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
SYSTEMS TECHNICIAN	Isleta Elementary	Open Until Filled
UTILITY WORKER	Public Works	Open Until Filled



62A Tribal Road 90 SW
Albuquerque, NM 87105
Phone: (505) 916-0695
Fax: (505) 916-5243
www.cfpadillallc.com

CURRENT JOB OPENINGS as of October 2020

- Heavy Equipment Operators
 - Pipe Layers
- Utility Superintendent
 - Laborers

EMPLOYMENT PROCESS
Indian Preference Applies

1. Complete New Hire Application

a. Application available for pick up at CF Padilla Office located at: 62A Tribal Road 90 SW, Albuquerque NM 87105

b. Application available upon request via email to Felicia Padilla, Office Manager at: felicia@cfpadillallc.com
2. Pass a pre-employment drug screen
3. Must have a valid drivers license

*Once hired, employee must have the ability to travel.

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, by continuing to cancel all of our programs until further notice:

The IHC Programs below are canceled:


- All IBHC Prevention activities
- ICAP Sewing Class on Thursday evenings
- ICAP Moccasin Making Class on Tuesday evenings
- Isleta Diabetes Prevention Exercise Classes (Eagle HIIT) held Mondays and Wednesdays
- Isleta Diabetes Weight Training held Tuesdays and Thursdays
- Isleta Health Support Group, 2nd Tuesday of the month, 11/10/20
CANCELED

Isleta Pueblo Wi-Fi/Hotspot Access Locations


Isleta Elementary School
1000 Moon Light Dr
Albuquerque, NM 87105
8:00 am - 2:30 pm M-F




Library/DOE
950 Moonlight Dr.
Albuquerque, NM 87105
6:00 am - 9:00 pm
Sunday - Saturday




Church (CCD Building)
#3 Tribal Road 32
Isleta, NM 87022
(Times to TBD)




Isleta Head Start & Child Care Center
10 Sagebrush St.
Albuquerque, NM 87105
8:00 am - 4:30 pm M-F




Recreation Center
Tribal Road 40
Isleta, NM 87022
8:00 am-6:30 pm M-F



Census
123 Tribal Road 40
Isleta, NM 87022
6:00 am - 8:30 pm M-F




Chical Reception Hall
191 Tribal Road 2
Bosque Farms, NM 87068
(Times to TBD)




Available for Distance Learning for all grades.

Access Points provided by:
NMPED

Available:
October 6th, 2020 – December 30th, 2020
(Dates subject to change)





Attention Isleta Tribal Member Students/ Parents & Grades K-12 COVID-19 Assistance


Applications for students new distance learning expenses are available for your benefit

Expenses may include but are not limited to technological devices and additional incurred costs including:

- Smart devices/tablets
- Reliable internet/wifi access-hotspots
- Speakers, headphones, earbuds
- Additional traditional school supplies
- Increased food costs
- Personal protective equipment

Applications will be available online @ www.isletapueblo.com/cares-act/ Starting 10/2/2020

All applications must be filled entirely online
NO EXCEPTIONS
Deadline 12/30/20 midnight



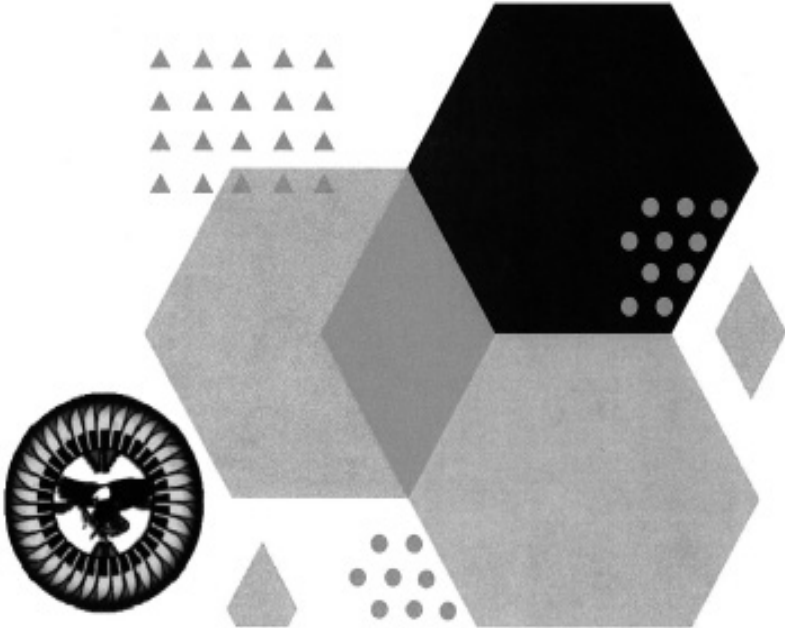
PUEBLO OF ISLETA ADULT EDUCATION PROGRAM

EVER WONDER WHAT CAREER BEST COMPLIMENTS YOUR ABILITIES?

Careerscope is an assessment that helps you determine what career fits you the best.

YOU CAN DO IT IN THE COMFORT OF YOUR HOME.

For more information contact:
Valerie Keryte - Adult Education Coordinator
Phone: (505) 869-9790



ENVIRONMENTAL

Protect Your Home from Mold

With the winter season right around the corner, it is important to keep your pipes from freezing in order to prevent water damage and potential mold contamination in your home. Here is some information you need to know in order to prevent mold from growing in your home.

What is mold? Mold is a type of fungus comprised of small organisms found almost everywhere. Molds thrive on moisture and reproduce tiny, lightweight spores that travel through the air. People are exposed to small amounts of mold every day. Mold spores are usually harmless, but when they land on damp areas in your home, they can start to grow and release large number of spores into the air where they can be easily inhaled.

Where does mold grow? Molds are common in buildings and homes and will grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes. Mold growth is most commonly found in bathrooms, kitchens, basements, laundry areas, attics, and crawlspaces.

How does mold affect your health? Exposure to damp and moldy environments may cause a variety of health effects. People who are sensitive to molds or who are exposed to it for a long period of time may develop symptoms such as stuffy nose, wheezing, and red or itchy eyes or skin. People with allergies to molds or with asthma may have more intense reactions.

Preventing mold indoors

Realistically, mold problems can occur at any time of year, so long as the mold spores have three things: moisture, oxygen and a source suitable on which to grow. Here are a few tasks that may significantly reduce the risk of mold in your home:

- Keep indoor humidity levels low.
- Clean and repair roof gutters.
- Promptly fix leaky roofs, windows, and pipes.
- Ventilate shower, laundry, and cooking areas.
- Dry wet materials quickly.
- Avoid placing carpeting in bathrooms

If you can see or smell mold in your home, a health risk may be present. It is always best to call in mold removal and remediation experts to eliminate and prevent mold. If you have any questions regarding mold, you may contact Pueblo of Isleta Environment Department at 505-869-7565.

ISLETA HEALTH CENTER
Reminder from the
Health Information Department



Medical Record requests need to be completed in writing, a release of information form needs to be completely filled out and turned in

- ▶ A Release of Information form can picked up at the drive-thru tent at the front of the clinic or can emailed to the patient requesting Medical Records.
- ▶ Completed record requests will be mailed to the patient or can be picked up at Isleta Health Center.
- ▶ A signed consent is required for each communication.

If you are requesting Medical Records to be sent to a Provider, please list the Provider’s information to include Name of Facility, Address and Fax number. Providers may also contact the Health Information Department and request information directly.

8 TIPS TO CLEAN UP MOLD

**Protect Yourself**

Put on personal protective equipment (gloves, mask, goggles) to protect your eyes, nose, mouth, and skin.

**Toss!**

Take it out! Anything that was wet with flood water and can't be cleaned and dried completely within 24 to 48 hours should be taken outside. Take photos of discarded items for filing insurance claims.

**Air it out**

Open all doors and windows when you are working, and leave as many open as you safely can when you leave.

**Circulate**

When electricity is safe to use, use fans and dehumidifiers to remove moisture.

**Don't mix cleaners**

If you use cleaning products, do not mix cleaning products together. **DO NOT** mix bleach and ammonia because it can create toxic vapors.

**Scrub surfaces**

Clean with water and a detergent. Remove all mold you can see. Dry right away.

**Don't cover it, remove it**

Painting or caulking over mold will not prevent mold from growing. Fix the water problem completely and clean up all the mold before you paint or caulk.

**Dry it up**

Dry your home and everything in it as quickly as possible – within 24 to 48 hours if you can.

<http://www.cdc.gov/mold/cleanup.htm>

Fight THE FLU

Flu shots are now available for all Pueblo of Isleta Employees and their family members who are currently covered by the Pueblo of Isleta Health Benefits Plan.

FREE FOR ALL QUALIFIED PUEBLO OF ISLETA EMPLOYEES
EVERY TUESDAY & THURSDAY FROM 8AM - 12PM
THE CLINIC AT ISLETA RESORT & CASINO

Get Your Flu Shot Today!

POI Employees must call The Clinic and make an appointment at 505.244.8117

Consent forms are located at The Clinic and **must** be filled out prior and submitted at your appointment time.

Flu Vaccinations are limited.

Flu Vaccine is free and available for any POI Employee and dependents currently covered on Pueblo of Isleta Health Benefits Plan. Vaccinations are in the form of Flu Shots and will be administered through a Drive-Through Process located at the back entrance of the Clinic. We are entering a time of year where 2 viruses will be circulating at the same time and the most effective tool we can utilize to avoid one of them is the flu vaccine. If you are interested in a flu vaccination, please call The Clinic to schedule your appointment at 505.244.8116 or 505.244.8117.



PUEBLO OF ISLETA

November Newsletter



Pueblo of Isleta
Elementary

Betty Lovato,
Acting Principal

Dates to Remember:

- *11/03/20 - Election Day
- *11/11/20 Veterans Day
- *11/23-24 Conferences
- *11/25-26-27 Thanksgiving Break

November Birthdays

- Crystal Perea – 11/04
- Elijah Garcia – 11/13
- Aidan Blevins – 11/16
- Jonah Jojola -11/20
- Triston Kasero – 11/20
- Makhaila Peshlakai – 11/21
- Anthony Flores 11/24



Ms. Sanchez's 2nd. Grade
Animal Habitat dioramas.



Acting Principals Message:

Progress Reports were distributed on Wednesday, October 7th. Teachers reported that the conservations held with parents were very informative. Report cards and conferences are scheduled for November 23 – 24. Teachers should be reaching out to parents to schedule a conference time.

Some ideas that may help with virtual learning:

- Be ready to log on by 8:00 a.m.
1. Get up and get dressed just like when school is in session.
 2. Dedicate a specific space for learning.
 3. Find a distraction-free zone that has excellent light, low noise, and a comfortable temperature.
 4. Be prepared. Have your school supplies and materials ready for the day's instruction. You might want to keep them in your backpack so that they are readily available.
 5. Tech issues - If you are still having issues with your devises, please know that we are here to help! Call the office and we will offer assistance by phone and/ or ask that you bring your devise in so that Jared can have a look at what the issue may be.

**Ms. Ana Otero's Art Classes
Rock Art Creations**



NOT ALL MASKS ARE MADE THE SAME

How do I know if my mask fits correctly or if I am wearing my mask correctly?

1. It should fit over your nose and mouth and secure it under your chin
2. Try to fit it snugly against the sides of your face
3. Make sure you can breathe easily
4. CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent


DO choose masks that



DO NOT choose masks that


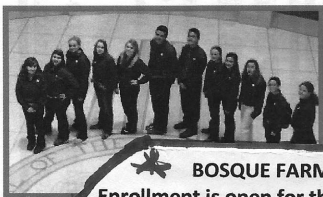


Join Today!



JOIN 4-H TODAY!

With over 100 adult volunteers and more than 400 youth members, the Valencia County 4-H Program supports young people from elementary school through high school with programs designed to grow confident, capable, and caring youth with the life skills to thrive in today's world and succeed in their boldest dreams for tomorrow. Working in partnership with New Mexico State University, 4-H programs are research backed and offer life changing experiences to youth in Valencia County and around the world!



BOSQUE FARMS 4-H CLUB

Enrollment is open for the 2020-2021 4-H Year

Contact: Toma Shaver (505)307-2273

toma.l.shaver@gmail.com

or



For more information contact:

Valencia County CES Office

404 Courthouse Road | Los Lunas, NM 87031

valencia@nmsu.edu

505-565-3002



BE BOLD. Shape the Future.

College of Agricultural, Consumer and Environmental Sciences

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

To Join 4-H in Valencia County:

1. Enrollment is completed at the club level. Review the club list and choose a club that meets your family's schedule. Contact the volunteer club leader and attend the meetings. Open Enrollment period is October 1st through January 15th for youth ages 9-19. Children 5-8 years of age are encouraged to enroll in a special introductory program called Cloverbuds.


2. Next, select your 4-H Projects. We require all new members to take the "Welcome to NM 4-H" project. A wide variety of projects are available to youth of all ages. Review the 4-H Project Short List: https://aces.nmsu.edu/4h/projects/documents/nm-4-h-proj-and-lit-materials-short-list-2017-2018_200b-3b.pdf.

3. Club leaders will have enrollment and combined release forms available at club meetings. Forms can also be found: <https://aces.nmsu.edu/4h/forms.html>.

4. Turn in your filled out forms to your club leader.

5. Congratulations! You are now a Valencia County 4-H member!

Staying home is the best way to protect yourself and others from COVID-19



• Having a small dinner with only people who live in your household




• Having a virtual dinner and sharing recipes with friends and family

• Shopping online rather than in person on the day after Thanksgiving or the next Monday

• Watching sports events, parades, and movies from home

• Reference: CDC.gov

-Isleta Health Center







BOSQUE FARMS 4-H CLUB

Toma Shaver, Organizational Leader 505-307-2273 or toma.l.shaver@gmail.com

This awesome 4-H Club meets the 2nd Wednesday of every month (ZOOM until further notice) at the Bosque Farms Community Center. Bosque Farms 4-H is a family oriented club and encourages participation from parents. We welcome Cloverbuds !

LIVESTOCK~BAKING~ARTS & CRAFTS~SHOOTING SPORTS~WELDING~ROCKETRY~DOG TRAINING. and more

This club chooses to participate in many community service activities ranging from food baskets during holiday seasons to preparing cards and care packages for deployed servicemen. We visit with residents (and decorate for the season) at Sierra Vista Assisted Living Center throughout the year.



What to Expect if You Receive a COVID-19 Contact Tracer Phone Call

www.healthline.com
Stephanie Barela, BS CHES CSST, 869-4479

Contact tracing is a public health strategy that involves identifying everyone who may have been in contact with a person who has the coronavirus; this also includes the positive person. Contact tracers collect information and provide guidance to help contain the transmission of disease. It starts when the Health Center or local department of health gets a report of a confirmed case of the coronavirus in its community and gives that person a call. It is crucial during this time to answer your phone. You may not recognize the number, it might be a contact tracer calling to let you know that someone you have been near has tested positive for the coronavirus. Ignoring calls from contact tracers could put you at risk of unknowingly transmitting the virus to your loved ones and others.

The contact tracer usually provides information on how to isolate, when to get tested, signs and symptoms. During your conversation with a contact tracer, you will be asked an array of questions. For example, family, employment, places and people you have been around. This helps identify people that may have been exposed to the virus. The interview can take anywhere from 30 minutes to a few hours, depending on how complex it is.

If you are the person who tested positive for COVID-19 you will be asked who you have been in contact with two days prior to the onset of symptoms. This is because the infectious time is believed to be 2 days before symptom onset. The Contact tracer will ask the person if they are socially distancing and other precautionary measures, wearing a face mask, staying 6 feet away, and hand hygiene. Socially distancing and places they have been. It's a relatively straightforward process,


If the Positive person has not been adhering to the prevention guidelines and has been getting together with others, not wearing a mask, traveling, working close to others and not washing their hands, the interview can get a lot more involved. The person might need to review their calendar, create a timeline of everywhere they have been, and figure out how long they spent with different individuals.

After the case interview, the contact tracers will call the people who have been around and potentially exposed to the coronavirus by the person who tested positive. They are given recommendations on how to safely quarantine or isolate, where to get tested, and what to do if they become sick. If they're not already sick, we still need to self-quarantine to prevent the spread of COVID. Just because you feel fine, you can still spread the virus to others.

Reaching contacts of positive cases can be difficult:

- 1. People do not answer their phone,
- 2. Return messages
- 3. Contact information is incorrect.
- 4. The number of contacts they have had.
- 5. Fear of getting in trouble

Please help keep Isleta healthy, thank you.



Isleta Pueblo News

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**NEWSLETTER
ISLETA POLICE DEPARTMENT
November – 2020**



Hard to believe ten months of 2020 have come and gone and we are now in the last two months of the year. Thanksgiving and Christmas are just around the corner and it certainly will be different than past years.

CORRECTION

First and foremost I must send out a correction and apology to our newest graduate of the Federal Law Enforcement Academy (Artesia, NM). The brain and fingers were out of sync and I inadvertently recognized Leon Abeita of the Police Department as the graduate when I should have recognized Leon Martin. A thousand apologies to you young man!

CONGRATULATIONS

Congratulations to Kathleen Lucero who has been promoted to Sergeant of the Criminal Investigations Division filling the vacancy left by Denise Billy.

Sgt. Lucero joined the department in March 2006 as part of the Patrol Division and served in that capacity until 2014 when she was promoted to detective in the Criminal Investigations Division. She served as Acting/Sergeant for the Division when the position was vacated.

Sgt. Lucero is community minded serving in various capacities actively promoting and coordinating “Reaching for a Star” and in past years the “Camp Courage” (formerly “Camp Triumph”) program. She has worked diligently for the youth and families of the community and received national recognition for her efforts in 2019 during the Attorney General’s Awards for Distinguished Service in Policing which acknowledges exceptional work of law enforcement officers, deputies and troopers from jurisdictions across the country.

The following was taken from the press release:

**Detective Kathleen Lucero of the
Isleta Tribal Police Department, New Mexico**

Isleta Tribal Police Department Detective Kathleen Lucero is recognized for community policing initiatives that provide resources to impoverished youth and build connections between law enforcement and the community. Through the annual Reaching for A Star initiative, Detective Lucero provides gifts and food to more than 150 children and their families during the holiday season. Through her Camp Courage program, 60 children participate in a youth camp every summer. Detective Lucero’s on and off-duty dedication cannot be overstated and has made a true impact on the community.

Sgt. Lucero now takes over the reins of supervision of the Criminal Investigations Division and there is no doubt she will have the same dedication to excellence in this position.

Congratulations Detective Sergeant Kathleen Lucero!

**INDIAN HIGHWAY SAFETY PROGRAM
Traffic Division**

As always the IHSP officers are patrolling the roadways of Isleta Pueblo ensuring the safety of all who travel within it and through it. They will also be looking out for seatbelt violations as the “Click It or Ticket” mobilization will be initiated November 16 through 29, 2020. Normally this mobilization occurs in the late spring/summer time but due to COVID-19 was pushed to the November dates.

A reminder to all that seatbelts/child restraints are always required not just during the mobilization. Ensure that all occupants of a vehicle are buckled up and children are in appropriate car seats, booster seats, etc. Compliance with this law ensures the safety of all who travel in a motor vehicle so be aware and

CLICK IT OR TICKET!

COVID-19

Unfortunately COVID-19 is still with us and has made 2020 a roller-coaster of a year. It appears the State of New Mexico is having a second wave of the virus causing some restrictions within the State.

As a reminder, the curfew is still in effect and the Pueblo is closed to non-Tribal individuals who are not officially recognized residents. The Isleta Police Department will continue to patrol and monitor those individuals who are out during the scheduled curfew hours of 9:00 p.m. to 6:00 a.m. seven days a week. We are looking for compliance to ensure the safety, health and well-being of community members so please assist us by staying home during these hours.

Please continue taking safety measures of wearing masks, washing hands, safe distancing, staying home, and refraining from gatherings. We must work together to maintain safety and good health for the members of the Pueblo.



Pueblo of Isleta Public Library

Greetings, Pueblo of Isleta readers! We hope you have been enjoying these autumn months and are ready to set the time back and prepare for shorter days and longer nights and of course that extra hour of sleep. We would like to wish everyone a Happy Thanksgiving! The end of the year is approaching fast and the Library has been planning programs to finish up the year.

News

The Library will be CLOSED on the following dates during the month of November.

Wednesday, November 11th in observance of Veteran’s Day. We would like to thank all that have served our country past and present. All Library media checked out on the 9th will be due on the 12th.

Thursday, November 26th, Friday November 27th, and Saturday, November 28th in observance of the Thanksgiving Holiday. All Library media checked out on Wednesday, November 25th will be due on Monday, November 30th. Don’t forget that the library has a variety of cookbooks to try something new alongside your turkey dinner.

Please keep in mind with the Holiday Season and unpredictable weather, unexpected closures may occur. Notices will be posted and up to minute notices will be posted on the Library’s Facebook page, Instagram, and Snapchat. With the Holidays approaching comes the start of all the Holiday eating from left over Halloween candy, Thanksgiving to Christmas and everything in between. To help you stay on track or if you want a jump-start to those New Year’s resolutions the library has fitness bags and workout videos available for check out.

The library now has Student Hours available for students that are in middle school and up. Student hours will be independent based; however help is available upon student request. Student hours are Monday-Friday from 8am to 3pm daily. Transportation or lunch will not be provided during this time. The library has Wi-Fi access, computer lab, and printing. Students must wear a mask and their temperature will be taken upon arrival and COVID policies and procedures will be implemented. Please call the library in advance to schedule an appointment.

The After School Program currently has spots available for elementary aged students. The Tuesday/Thursday session currently has 5 spots available. The After School Program is from 3pm to 5:30 pm in person where students come in and work on homework as well as participate in reading, crafts and activities. If you would like to sign up, please call the library at 505.869.9808 and talk to a library staff member.

Join us for our Virtual Family Story Time every Wednesday at 10:30 am. Story time will take place over Zoom and is open for ages 16 months - 5 years old. For each month a calendar will be available with the schedule of books and crafts. Supplies for the crafts will have to be picked up prior to the Story time through our curbside service. If you would like to sign up, please call the library at 505-869-9808 or email Cheyenne at Cheyenne.Castillo@isletapueblo.com.

Library information is posted at the front of the library with COVID-19 business Hours of Operation, library Wi-Fi and Library Mobile Apps.

The Library is offering a contactless curbside service as well as computer use by appointment only for essential use. Curbside services will be Monday-Thursday from 10am to 5pm, and Friday 10am to 4pm. To check out material please download our mobile app Librista.



To make a computer appointment please call the library to set up a time, as space is limited. Appointments will be based on one-hour increments so please come prepared. When visiting the library please remember to wear a mask at all times, patrons’ temperature will be taken before entering the library. Sanitation stations have been set up throughout the library, and computer workstations must be disinfected before and after use. Patrons will enter at the front entrance of the library and will exit on the north side of the library. We greatly appreciate your patience at this time as we are adjusting to a new normal. If you have any questions or concerns feel free to contact the library at 505-869-9808. To drop off any library materials please use our drop off box, which is located in the front of the library. Drop off material will be quarantined for three days, disinfected and then checked in.

With things changing daily library staff is closely monitoring the COVID-19 situation and as a result library programs and services are being impacted. We will continue to keep you updated and informed about upcoming programs and services as more information comes along. Below is a list of our new hours of operation.

Library Temporary Covid-19 Hours of Operation

Monday –Thursday: 8am-5:30 pm
Friday: 8am-4:30 pm
Saturday: Closed
Curbside Hours
Elderly: 10am-11am
General: 11am-5pm

Library staff members are on site to answer any questions or address any concerns you may have and we are always open to any suggestions you might have to helps us better serve the community. Please don’t hesitate to give us a call at 505-869-9808.

Library Access from Home

During this time we encourage the use of our digital services. If you ever have questions or need help accessing our online services. Please call us at the library at 869-9808 during regular business hours or message us on social media (FB, Snapchat, & Instagram).

The Library’s digital services give cardholders 24/7 free access to eBooks, audiobooks, music, and periodicals (NY Times). 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, Android and Kindle devices. This feature will let you see what library material is available, let you search our library collection and view your account.

New York Times online is now available to our library patrons for FREE. Find breaking news, multimedia, reviews & opinions on Washington, business, sports, movies, travel and so much more. New York Times will be available on library computers, library Wi-Fi or if you are at home you can access through the library website and click on the icon located on the general library section.

The library now has Lynda.com, which is FREE online training on various computer software and programs. The Lynda.com Online Training Library is a massive online training resource. Using their thousands of videos, members are able to learn – self-paced and on-demand – topics ranging from Google, Zoom and so much more. Members must have a Library card in order to utilize the Lynda.com site. The link to Lynda.com may be found on our Library website at <http://isletapueblo.com/library.html>. Just click on the “Start Learning Click Here” button to start your digital continuing education.

Download the mobile app Libby to start borrowing and reading ebooks and audiobooks for FREE. Put your library in your pocket with Libby to access this app you will need your library barcode and password.

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

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.

Upcoming

Library staff members are currently working on a College program for the month of November. Some of the ideas we had are how to help student’s distress and how to take proper notes on tablets and devices with tricks and tips. More details to come so stay tuned!

Also in the works for the month of November is an Adult virtual craft night, where participants will join via Zoom to get together and create DIY crafts. All supplies will be provided and sign up will be announced soon. Please check our social media accounts for up to the minute announcements.

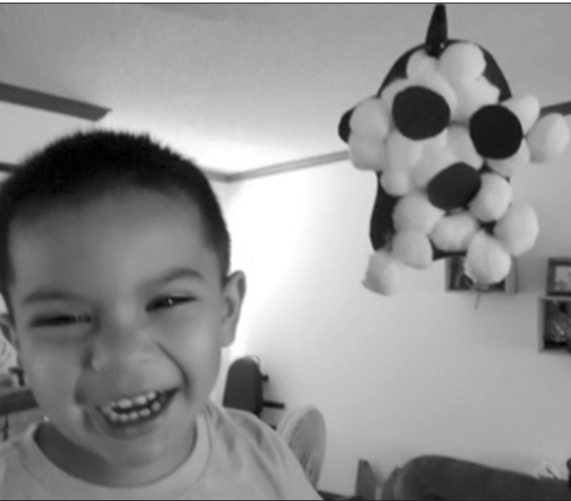
More library programs will be announced soon. Please keep up to date on programs and events we are having by visiting the Library’s Facebook page, Instagram and Snapchat. All flyers and information will be posted on bulletin boards throughout the community. If you have any questions you can give us a call at the Library at 505-869-9808.

Recap

For the month of October the Library held a Scary Story Program where participants shared their Scary Stories. This program was open to teens and adults and the first 10 sign ups received a special Spooky Snack Basket to enjoy while listening to the Scary Stories. Library staff set up the library to be spooky and scary with telling the Scary Stories in the dark. We would like to thank everyone who participated and shared their Scary Stories with us.



Virtual Family Story Time with Spooky Ghost Craft!



Virtual Family Story Time participant excited to hang his Spooky Ghost!

The library wrapped up it’s first ever Podcast Club for the month of October. Last month’s podcast selection was Missing and Murdered: Finding Cleo. Participants were given a schedule and we would meet every Wednesday via Zoom to discuss the episodes that we listen to that week. We would like to thank everyone who participated and we plan on having a different Podcast each month. Please keep a look out for our next Podcast selection for the month of November. If you have any suggestions or would like to recommend a good Podcast, please feel free to let us know!



Things got a little messy with our Skull Science Experiment!



Watch out!! Don’t drop the pumpkin!

The Afterschool Program has been staying busy with homework and daily crafts. For the month of October students got to do a Halloween skull experiment, carved pumpkins and had a movie day. Students also made a variety of Creepy Snacks that included rice crispy mummies, a Halloween snack mix and pizza skulls. The library staff looks forward to planning activities for the kids and we are happy they are back. If you would like to sign up your child for the After School Program please call the Library at 505-869-9808.



It’s not Halloween without a little pumpkin carving.



There’s a smile under that mask! Happy to show off her pumpkin.



**Isleta Heath Center
Pharmacy**

As the Holidays are quickly approaching, we would like to remind everyone that the IHC Pharmacy will be closed:

- **Wednesday, November 11, 2020 - Observance of Veterans Day**
- **Thursday, November 26, 2020- Thanksgiving Day**
- **Friday, November - 27, 2020 - Day After Thanksgiving**

**Please remember you can use the refill line for your refills by calling
869-4590**

If you have any questions or concerns please do not hesitate to call us at 869-4473 and we will be happy to answer them.

THANK YOU



Isleta Historical Society

Protect the Land · Preserve the Culture · Honor the Ancestors

This continues a monthly series of articles about historic Isletans and significant happenings at Isleta. The Isleta Historical Society is interested in your reaction to these stories and encourages you to contact us with ideas for future publications. Visit us on Facebook and Instagram @isletahistoricalsociety or email us at isletahistoricalsociety@gmail.com. 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

The “Spanish Flu” Pandemic of 1918-1920 and Other Epidemics and Isleta Pueblo - Part 1

The Spanish flu pandemic of 1918-1920 was the deadliest in history, killing five times as many people that died in World War I. Compared to the current totals for COVID-19 deaths worldwide, the Spanish flu was fifty times as deadly. In New Mexico, deaths from the Spanish flu were seven times the current death toll of COVID. Both diseases have similarities as well as differences, and there may be lessons we can learn from this episode in history. Then as now, the Spanish flu hit Native communities particularly hard. In some pueblos like San Ildefonso the mortality rate was as high as 40%. Isleta suffered a lower mortality rate, and with its strong resiliency, the pueblo recovered fairly rapidly.

On October 26, 1918 Dr. D.A. Richardson arrived at Isleta on an inspection visit, accompanied by Indian Agent Phillip Lonergan. He noted that just about everyone at Isleta had the flu, including the children. Most people had a fever which ranged from 102 to 105 and were sitting or lying down in their homes. Dr. Richardson’s instructions for treating the Spanish flu were simple: “maintaining a horizontal position, eating fluid food (soups, etc.), and drinking abundantly of hot water.” When people followed these recommendations, he said, they recovered in a few days. Richardson had already visited Zia, Santa Ana, Santo Domingo, San Juan (Ohkay Owingeh), Santa Clara, San Ildefonso, Nambe, and Jemez. He reported eighty-nine deaths at Isleta in December 1918. The population decrease between the 1910 and 1920 census was 150, but not all of the deaths can be attributed to the Spanish flu.

The 1918 influenza pandemic did not originate in Spain but was called the Spanish flu because Spain, unlike other European countries, did not censor its press and reported on the pandemic freely. Spain was not a participant in WWI, but the other European countries censored their press because they did not want to “depress sagging morale in the waning months of the war.” One likely source of the flu was the French seaport of Brest, often cited as the birthplace of the European outbreak with the first cases reported in April 1918. Soon thereafter when the war ended in November, US troops, including some from New Mexico, passed through this and the other port of Etaples, making transmission of influenza quite easy. Experts cannot agree on the origin of the flu, but then as now there was no shortage of countries to blame. In Senegal it was named “the Brazilian Flu,” in Brazil, “the German Flu,” while in Spain it was named the “Naples Soldier” after a tune in an operetta that was said to be as catchy as the flu.

As mentioned, deaths caused by the Spanish flu exceeded the deaths from WWI. War

casualties were ten million soldiers and seven million civilians, whereas worldwide deaths from the Spanish flu were between 50 to 100 million. In the US deaths from the flu were between 650,000 to 700,000, and in New Mexico more than 5,000 died from the flu or its complications (usually pneumonia). Of the roughly 17,000 New Mexicans who enlisted to fight in the war 502 died. As of mid-October 2020, there are 39 and half million cases of Covid-19 virus worldwide and over 1 million deaths; cases in the US are over 8 million with 219,129 deaths, and cases in New Mexico are over 34,000 with 921 deaths.

The pandemic hit Native communities particularly hard. It wiped out many Alaska villages as well as Pacific Island communities. The Navajos and Pueblos suffered great losses. At San Ildefonso only eighty-five people survived from a pre-flu population of about 140. The Spanish flu inordinately affected the young and healthy because these younger victims’ immune systems over-reacted and killed them. The most susceptible were pregnant women. And these patients often succumbed within a few days. Others developed bacterial pneumonia even after they had apparently recovered from the flu.



Crescencio Martínez

Among the deaths at San Ildefonso was Crescencio Martínez who was only 28 years old. He was married to the sister of the famous potter, María Martínez. Crescencio, who would often paint designs on María’s pots, was commissioned by Edgar Lee Hewett to paint a series of twenty-four watercolors depicting pueblo dances. He had finished twenty-three and was working on the twenty-fourth when he succumbed in June 1918 to the Spanish flu, the first case in New Mexico.

Edgar Lee Hewett wrote an article eulogizing Martínez as the leading Pueblo watercolor artist of his time who was at the height of his artistic career. The deaths from the Spanish flu at San Ildefonso hit members of the Winter People especially hard, almost wiping them out. This caused a change in the ceremonial structure from winter and summer people to a new division between north and south. Thus, the Spanish flu not only took Crescencio



Crescencio Martínez, Mountain Goat Dance

Martínez’s life, it transformed the cultural structure of San Ildefonso.

The Spanish flu pandemic spread across the globe in three waves, the first during the first half of 1918 was relatively mild, attacking mainly the elderly, the sick, and the very young. The second wave was much deadlier than the first with the twenty to thirty age group the most vulnerable. The second wave began in the second half of August 1918, and the third wave hit in January 1919. In 1918 public health measures available for controlling the spread of the flu were limited to quarantine and isolation, washing hands, curtailing large gatherings, and wearing masks. Even these measures were not followed as strictly as we see today. For example, the Philadelphia Liberty Loans Parade, held on September 28, 1918 to promote government bonds for World War I resulted in 12,000 deaths after a major outbreak spread among people who attended the parade. In Santa Fe, schools and churches were closed during the height of the pandemic, but in October the city health physician saw no cause for alarm His recommendation was to be outdoors, “living in as pure air as possible.” Edgar Lee Hewett did his part in getting the word out about what to do if you get the Spanish flu by collaborating with Secretary of State Antonio Lucero to produce a one-page flyer titled, “Lo que debe hacerse cuando se crea que se tiene la influeze.”

At Isleta, an examination of the burial records from 1918 to 1920 reveals that the following people were a few who died of the Spanish flu or complications from the flu, such as pneumonia: Reyes Lucero (22), son of Juan Lucero and Juana Casilda; Guadalupe Juancho (25), daughter of Juan Rey Juancho and Barbara Torres; Juana Montoya (30), wife of Jose Chiiwiwi; Lupe Lucero (23), son of San Juan Lucero; Maria Prudencia Abeita (30), wife of Francisco Jiron; Guadalupe Lucero (20), daughter of San Juan and Ana Maria Lucero; Jose Remijio Marrujo (30), son of Manuel

Marrujo and Josefa Jiron; Maria Torres (40), daughter of Santiago and Maria Paulina Torres; Maria Placida Lujan (40), daughter of Juan Lujan and Marcelina Chiwiwi; and Emilia Abeita (47), daughter of Juan Abeita and Juana Abeita.

These are just some of the Isletans who died of the Spanish flu. If Dr. Richardson was correct that there were eighty-nine deaths by December 1918, and we know that a third wave struck in January 1919, it is likely that more died. The population of Isleta Pueblo dropped by 150 between 1910 and 1920, and though all of the decrease was not due to the Spanish flu, most of them probably were. Overall, the impact of the 1918-1919 pandemic was severe. The 1920 census lists sixty-eight widows and widowers, eighteen more than are found in the 1910 census. It is likely that the cause of death for most of their spouses was the Spanish flu. As a result, many parents had to raise their children without a spouse and chose to send some of them to be raised by their grandparents or other relatives. Some sent their children to boarding school to lessen the cost of raising and feeding a child. In 1920, the 49-year-old railroad laborer, José Jiron, was raising three children on his own. His youngest, Teresita, was eight years old. The young widower, Dolores Jojola, age 32, had to manage a household with his four children while he pursued his living as a shepherd. Josefita A. Olguín also had to juggle her duties as a farmer while rearing four children, all under the age of eight. The Spanish flu struck and left many in Isleta without a mother or father. It was a devastating pandemic. Eventually, the Spanish flu virus calmed down and became commonplace, like the regular flu.



Seattle Streetcar
(the man without a mask is refused access)

One of the lessons of the Spanish flu pandemic for today’s COVID-19 world is the importance of wearing masks. In places where mask-wearing was enforced, the impact of the Spanish flu was reduced significantly. When author John Barry was recently asked to compare the Spanish flu to today’s COVID-19 pandemic, he noted that the 1918 flu had a higher mortality rate, but COVID-19 is more contagious. Also, the Spanish flu moved quickly through a community in six to ten weeks, partly because of its short incubation period (the

time between infection and the onset of symptoms). COVID-19 in contrast, has a longer incubation period of two to fourteen days, and there are more asymptomatic people, so as we know, it lingers longer. The biggest difference is that in 1918 medical science did not know about viruses, so it was impossible to develop a flu vaccine. Today experts tell us an immunization vaccine against COVID-19 is in development and should be available in the new year.

An expert on the history of pandemics compared COVID-19 to the plague that swept through Europe seven centuries ago, called the Black Death. She said, “after the Black Death, nothing was the same ... what I expect now is something as dramatic is going to happen. ... Because of danger there is this wonderful human response, which is to think in a new way.”

Next month we will discuss other epidemics that have affected Isleta and other Native Americans tribes.

We want to thank everyone who has been reading these articles. We are grateful for all of our readers and have been receiving feedback from the community. Some of you have even reached out with ideas about what topics to cover next or areas of interest for the Historical Society to dig deeper into. We thank you for your interest in the stories we are telling about the Pueblo and the people and encourage you to reach out to us with any information, ideas or comments that you feel would be helpful to us. We will soon be publishing on our social media platforms so be on the lookout for that content. Again, any information is greatly appreciated and will not be used without your permission. Thank you!



Wear a Mask When You Are in Public

It is Very Important to reduce your Risk of COVID-19

Mask Tips: How to Select

DO choose masks that

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators or surgical masks

Special Situations: Children

- If you are able, find a mask that is made for children
- If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin
- Do NOT put on children younger than 2 years old

Special Situations: Glasses

If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Caution: Gaiters & Face Shields

Evaluation is on-going but effectiveness is unknown at this time

Evaluation is on-going but effectiveness is unknown at this time

Do NOT wear a mask

- Around your neck
- On your forehead
- Under your nose
- Only on your nose
- On your chin
- Dangling from one ear
- On your arm

How to take off a mask

- Carefully, untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

ISLETA PARKS AND RECREATION CENTER

Happy November everyone from the Parks & Recreation Department!

The Holiday season is upon us, the weather is starting to get a little cooler finally, but unfortunately we are all still battling the Covid virus and trying our best to keep it at bay for our own safety as well as the safety of others around us. **Please, Please, Please** continue to practice social distancing, frequent hand washing and wearing your mask, those things seem to really help keep the covid positive numbers down and those things are all really simple things that each and every one of us can do to make sure we are doing our part to help fight this virus.

IMPORTANT REMINDER – It is supposed to be mandatory for all of us to wear our mask outdoors as well, so please make sure that you have yours on anytime you are outside as well. Unfortunately, we have a group of mid-school and early high school students that frequent our park here at the recreation center and we are constantly having to go outside and remind them to put on their masks. We would appreciate everyones help in supporting this mandate. Thank you for your help with this!

Once again the Holiday season is upon us and many of our normal planned events here at the recreation center had to be canceled for safety reasons. I know it’s unfortunate, but our events draw many participants so we had to do the right thing and cancel these events for this year to make sure that we comply with the mandate to discourage gatherings of more than 5 people. Hopefully the new year will be better for all of us and we all adjust to the new norm. This way we can plan and schedule our normal events once again.

PARKS MAINTENANCE UPDATE – Unfortunately most of our parks are still closed and the playgrounds at those parks are still roped off in hopes that no one is using them. The reason for doing this is to try and keep everyone safe; unfortunately we don’t not have the staff or the equipment to constantly disinfect any tables or playground equipment in our parks to keep those items virus free, so we decided to close the parks and their amenities. Right now only the walking track and the grass areas here at the recreation center are the only parks that are open, and we have seen many tribal members out there using the walking track. Our parks crew continues to do a great job maintaining all our parks and they will continue to do so throughout the winter as well. **GREAT JOB PARKS CREW. KEEP UP THE GREAT WORK!**

RECREATION PROGRAM UPDATE – Our education / recreation program that we started to help parents and children is doing well. My staff is constantly engaged with the children, especially with the education portion. They continue to plan projects and activities for the students once they finish their education portion. I hope this program is giving the parents of the children that attend a peace of mind and opportunity to go to work comfortably knowing their child/ren are here attending their online classes and doing the work they are supposed to do. Please remember that our staff here at the recreation center are not teachers and all we can do is encourage the children to stay

focused, so parents please make sure you check their work when they get home at the end of the day. Parents, please thank our recreation staff. They are wonderful with your children. **GREAT JOB RECREATION STAFF AND EVERYONE ELSE IN THE FACILITY THAT HELPS WITH THE CHILDREN!**

FITNESS PROGRAM UPDATE – Our numbers at both Old Rec and New Rec have picked up slightly. This is good because that means people here in the pueblo are still trying to stay fit and healthy. The staff at both facilities do an outstanding job of keeping the facility clean and sanitized for the safety of the participants that use our facilities. We recently started up some fitness classes that are doing ok as far as participation, but unfortunately we need to postpone those classes as a safety precaution. We will open those classes up again as soon as we are able to do so. Thank you for your understanding and patience. Please see flyers announcing that the classes are being postponed.

SWIMMING POOL UPDATE – We should have a contractor selected very soon to start the re-plastering of the swimming pool. I am hoping that we will be able to reopen the swimming pool very early in the new year, that is if everything gets completed on time. When I say everything that includes the needed construction on the pool and also the hiring of the appropriate staff to operate and run the pool. Please keep in mind that our pool is a Red Cross Certified

pool/facility. This means we need to follow and meet all Red Cross regulations and guidelines for safety. Hiring the appropriate staff is huge, without having the appropriate staff in place we will not be able to open the pool. If any of you are interested or if you know anyone that might be interested in becoming a Lifeguard at our facility, please have them contact me at the recreation center at (505) 869-9777. We are having a hard time finding certified Lifeguards, but we are hoping to hire a Certified Pool Operator/Aquatics Coordinator with credentials to teach Lifeguarding and certify individuals that want to become Lifeguards. I would love to certify pueblo members to be Lifeguards for our pool. Once again if you are interested or if you know anyone that might be interested in becoming a certified Lifeguard please have them contact me at (505) 869-9777.

SPORTS PROGRAMS (FROM COACH George Waquie) – Hope everyone is doing well. We had started the Pueblo Harvest Challenge on September 21st which ended on October 23rd, 2020. The categories were 100 miles, 75 miles and the 50 mile run/walk. It was our first time we hosted a virtual event and we had many POI and Tribal members participate. It was exciting to see all the participants challenge one another. I know for me it was fun to get back to running as well as getting in better shape. To all the runners and walkers Ha-Wu, it was nice to see a lot of people using the park trail next to the rec as well as the

Isleta Recreation Center
Spaces are limited
SPINNING CLASS



THURSDAY'S | Starting October 8, 2020
Time 5:45pm TO 6:30pm

Pueblo itself. All who participated in the Pueblo Harvest can pick up their incentives on November 5th and 6th at the New Rec from 9am to 5:30pm. I would like to encourage everyone to keep staying active and safe. Here are the Top Male and Female finishers for each category.

- 100 miles:
 - Michael Toya – 9 days finished
 - Jerrica Trujillo – 9 days finished
- 75 miles:
 - Roshanna Toya – 17 days finished
- 50 mile:
 - Blaine Trujillo – 10 days finished
 - Kaycee Montoya- 11 days

Here are the rest of the participants:

- 100 miles:

- Octavia Trujillo, Vanessa Martin, Jovon Jojola, Summer Jones, Denise Lucero, Christina Lente, Felicity Waquie, Daryl Lucero, Audrey Lucero, Pauline Lucero, Alyssa Jojola, Cassandra Smith.
- 75 mile:
 - Diane Abeita, Janelle Esquibel, Isidor Lujan, Aaron Wade, Nicole Jaramillo, Brandi Lucero.
 - 50 mile:
 - Constance Olguin, Cubathee Montoya, Rachel Salvador, Krystal Lucero, Merlin Gachupin, Rochelle Zuni, Jacqueline Waquie, Colleen Lujan, Laura Edaakie, Kendra Lente, Janelle Jaramillo, Alexis Scalese, Spenser Waquie, Sheryl Jiron, Amanda Abeita, Sara Zuni, Aliyah Zuni, Grace Jojola.

Thanks to our sponsors for supporting the Pueblo Harvest Challenge: QUEEN FEENS CRAFTS AND DAVID’S LIL ISLAND

ANOTHER QUICK REMINDER – We have changed our hours of operation at both facilities (New Rec and Old Rec) recently, so please make note of this change. New Rec hours of operation are now 7am to 6pm Monday through Friday and Old Rec hours of operation are now 6am to 5pm. As soon as we are able we will expand our hours of operations again. I am very sorry if this is an inconvenience, as I mentioned we will expand our hours of operation again as soon as we are able to do so. Thank you for your patience, support and continued patronage.

Attention

**EFFECTIVE
OCTOBER 20TH,
2020**

ATTENTION:
EFFECTIVE TUESDAY,
OCTOBER 20TH, 2020 OUR
HOURS HAVE CHANGED
FOR BOTH FITNESS WEST
AND MAIN RECREATION
CENTER. THIS IS FOR THE
SAFETY AND WELL BEING
FOR EVERYONE. THANK
YOU FOR YOUR
UNDERSTANDING.

**Face masks remain
mandatory for all fitness
activities.**

**MAIN
RECREATION
CENTER**

(505) 869-9777

New Hours

Monday -Friday
7:00am – 6:00pm

Fitness West

(505) 869-5741

New Hours
6:00am – 5:00pm

**MORNINGS & EVENINGS
FITNESS
HOURS**

***ALL GROUP
CLASSES ARE
POSTPONED
UNTIL FURTHER
NOTICE.**

THANK YOU

EXERCISE WITH US!

**ISLETA RECREATION
AEROBICS**

Spaces are limited
Tuesday's at 7:30am to 10:00am
Starting October 6th, 2020

QUESTIONS PLEASE CALL
ISLETA RECREATION CENTER
869-9777

FACE MASK will be
REQUIRED and
SOCIAL
DISTANCING will
be ENFORCED !

**BOOT
CAMP**

Isleta Recreation Center
Starting October 7th, 2020
Tuesdays Only
5:45pm to 6:45pm

SPACES LIMITED
QUESTIONS PLEASE CALL
869-9777

Seniors *guide*

A Step-by-Step Guide to a Zoom Meeting

6/29/2020 | By Seniors Guide Staff

If you haven’t already received an email inviting you to a Zoom meeting, you probably will soon. In this age of social distancing, many groups are choosing to meet virtually, and Zoom is one of the most popular ways to do this. It might be your book club, your volunteer group, or your Sunday school class, but chances are you’re going to be part of a Zoom meeting.



Zoom is a computer program used to hold online virtual meetings. You can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone). It uses your computer’s or phone’s camera to show live video of all attendees (if you don’t want to be on camera, that’s fine, too. You can just display your name). Zoom uses your computer’s or phone’s microphone to let you talk to other meeting participants. If you do not have access to a computer, tablet, or smartphone, you can use a phone to dial into a meeting.

This article only covers joining and participating in a Zoom meeting that you’ve been invited to. If you want to know more about more advanced Zoom features like changing your background, raising your hand in a meeting, sharing your screen, and hosting your own meeting go to Zoom’s Support Center support.zoom.us/hc/en-us

DOWNLOAD ZOOM

Zoom is a program that runs on your computer, phone, or tablet. You must download this program from the Zoom website. The free version of Zoom should meet all of your needs.

If you’ve received an email invitation to a Zoom meeting, click the link that says, “Join Zoom Meeting.” If this is the first time you’ve used Zoom, this link will take you to a website where you can download the Zoom program or app, depending on what device you’re using.

JOIN A MEETING

After you install Zoom, there are a few different ways to join a Zoom meeting. You can click the link in your invitation email, go to the Zoom website and enter the meeting ID, or dial into the meeting on a phone.

Click the link in an invitation email: If you have an email invitation, click “Join Zoom Meeting” in that email. This takes you to the Zoom website.

Go to the Zoom website: Go to zoom.us/join, and enter the 9-digit meeting ID from your invitation email. If the meeting requires a password, that will be in your email, too.

Join a Meeting

Meeting ID or Personal Link Name

Join

When you are on the Zoom website, if you are asked if you want to open Zoom, click “Open zoom.us.” Zoom opens, showing you a preview of your camera image. Then click either “Join with Video” or “Join without Video.” If you use video, other people in the meeting will see you. If not, they will just see your name. Next, Zoom asks about audio. Click “Join with Computer Audio” so you can hear and be heard in the meeting.

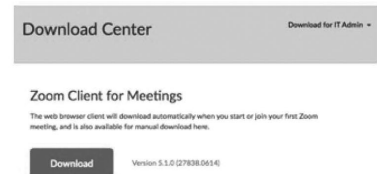
Dial into the meeting on a phone: If you don’t have access to a computer, tablet, or smartphone, you can use a phone to dial into the meeting. The phone number to use will be in your invitation email, or you can find the number to use in the Zoom International Dial-in Numbers list zoom.us/join

On an iPhone or iPad: Go to the Apple App Store and search for “ZOOM Cloud Meetings.” Click “Get” to download and install the Zoom app.



On an Android phone or tablet: Go to the Google Play App Store and search for “Zoom Cloud Meetings.” Click “Install.”

On a computer: On the Download Center website zoom.us/download, click “Download” in the “Zoom Client for Meetings” section.



Click the blue Download button to download Zoom from the website zoom.us/download

After Zoom is downloaded, you must install it onto your computer.

If you have an Apple computer, like a MacBook: Double-click the file called *Zoom.pkg*, which is typically saved to your Downloads folder. The installer program opens and guides you through the process.

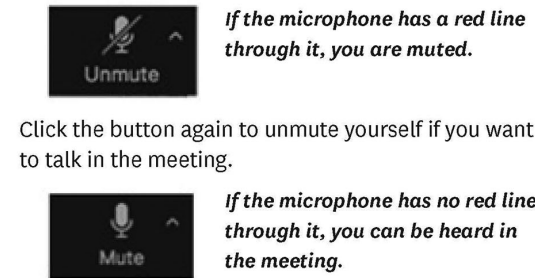
If you have a PC: Double-click the file called *ZoomInstaller.exe* file to install the program.



PARTICIPATE IN A MEETING

Once you’ve joined the meeting, you can see and hear other participants. Each participant is represented by a square that displays their face (if they’ve chosen to join with video) or just their name.

If you’re in a large meeting, make sure your microphone is muted. Your computer microphone is pretty sensitive, and if you’re unmuted, it can pick up a lot of background noise. The mute button, which looks like a microphone, is in the bottom left corner of the Zoom screen. If the microphone has a red line through it, you’re muted, and no one in the meeting can hear you.



Click the button again to unmute yourself if you want to talk in the meeting.

Only one person in the meeting can talk at a time. Zoom indicates who is speaking by highlighting their image with a yellow square.

There is also a chat feature in Zoom, where you can type messages to other participants. Participants can send messages to everyone in the meeting, or just certain participants. However, after the meeting, the host can view the transcript of all chats, so it’s not entirely private. If there is a message for you in the chat, a notification appears on the Chat button, which looks like a speech bubble. Click that button to open the chat window.

LEAVE A ZOOM MEETING

Click “Leave Meeting” on the bottom right corner to leave the meeting.

Isleta Health Center

Optometry Department



Eye Health for Adults Over 60

See your eye doctor regularly!
First and most important, it is recommended that you have your eyes examined by an optometrist or ophthalmologist at least once per year. You will be screened for eye diseases such as glaucoma or macular degeneration. If these are identified early, you can work with your eye doctor to preserve your vision for many years to come.

Maintain a healthy lifestyle!
Conditions such as Diabetes and High Blood Pressure can affect your eyes. It is very important to work with your Primary Care Doctor to maintain healthy blood sugar and blood pressure. A healthy lifestyle not only helps the body, but also helps the eyes.

Use the right eye drops!
Dryness of the eyes is very common with age. It is recommended that you use eye drops for lubrication, also known as “artificial tears”. Avoid drops that say, “get the red out” as these can actually make the eyes feel more dry. Instead, look for drops that say “lubricating” or “moisturizing”. If you are not getting sufficient relief, talk to your eye doctor about other options.

Be aware of normal aging changes to your vision!
The eyes change with time. Driving at night and moving from dimly lit to well-lit areas become more difficult. Be extra cautious while driving, especially at night. You may also find that good quality lighting will improve your ability to read and do other near tasks.

Wear Sunglasses!
Good sunglasses with UVA/UVB protection will help to slow the progression of cataracts and other eye damage that can be caused by UV light. Wide-brimmed hats can also help to decrease the UV light that enters the eyes.

If you would like to schedule your routine eye exam appointment please give us a call at (505) 869-4080

Infection Prevention

Infection prevention and control has always been an important part of public health and safety. But as the global fight against COVID-19 rages on, the world’s communities are reminded just how important. Help us celebrate all the infections prevented and lives saved by our IPs this year!

Clean Hands

Stop the spread of germs

Do these 6 things if you're quarantined at home

Stephanie Barela, Isleta Health Center, 869-4479
<https://wexnermedical.osu.edu/blog/do-these-6-things-if-youre-quarantined-at-home>

Self-quarantine is a preventive measure to keep someone who may have been exposed to COVID-19 from transmitting it to others. Quarantine is a method used for patients who are not sick but may become sick. COVID-19 Symptoms usually appear within 2 weeks or less after exposure or infection. Some people never experience any symptoms so they are asked to self-quarantine for at least 14-days to allow time to confirm that they are not infected and to prevent the possibility of spreading it to others.

During self-quarantine you should:

- Stay home unless you absolutely must leave, such as for essential medical appointments
- Separate yourself from other household members and pets
- Use a separate bedroom and bathroom if possible
- Do not share utensils, dishes, cups/glasses, bedding, towels, and other personal items

If you have been advised by a health care provider to go into quarantine or if you are opting to do it on your own, below are some things you can do to care for yourself at home.

1. Meals and Household Items

Make sure you have everything you need to go about your daily life during the recommended quarantine period.

- Food
- Medication
- Toiletries
- Other household items

If you need assistance, ask a friend or family member who may be able to help. Any items should be left at your front door to prevent exposure to the person assisting. If you do not have someone that can help you, contact the Isleta Health Center COVID Line at 869-7920. You should avoid leaving quarantine to grocery shop, refill medications or purchase necessities. The Isleta Health Center is here to help.

2. Keep a Diary

Write down how you feel every day to help identify subtle trends that we would not be aware of if you were not logging them. In the case of COVID-19, look for basic cold and flu symptoms such as runny nose, congestion, cough, shortness of breath, fever and occasionally gastrointestinal issues.

3. Stay Active and Busy

Quarantine can be a lonely place, so you want to make sure you have ways to keep yourself busy. This could be with a few good books, movies or streaming services. There are so many opportunities to interact with people virtually through social media channels, video messaging or simply just picking up the phone and calling someone. Be sure to exercise, eat a healthy diet and stay well hydrated. Watch your sleep habits also, do not stay up all night and sleep through the day.

4. Practice Social Distancing at Home

Remember to wash your hands for 20 seconds with soap and water or use hand sanitizer when necessary. You should stay in a separate room from others in your home and wear a mask if you have to be near them; Avoid sneezing or coughing around each other and make sure you are not sharing food or drinks.

5. Clean High-Touch Surfaces

It is important to keep high-touch surfaces clean by wiping down items such as doorknobs, light switches, sink & toilet handles. Other high touch items like your cell phone, TV remote and other devices should also be wiped down frequently to help prevent the spread of germs.

6. Call Your Health Care Provider

If you believe you have had a significant exposure to COVID-19, you are advised to contact your healthcare provider. If you are a patient at the Isleta Health Center, call our COVID Line at (505) 869-7920. They can provide recommendations to keep you and your loved ones safe, especially if at any time you become uncomfortable with your symptoms. If you are in distress and experiencing difficulty breathing, chest pain or confusion, call 911 immediately.

Head Start, Early Head Start, and Child Care

P.O. Box 579
Isleta, NM 87022



Due to the COVID-19, program services for Head Start, Early Head Start, and Child Care are currently providing remote services and in some instances virtual learning. Teachers and providers are working hard at preparing daily activities, according to lesson plans for children to complete during the week while at home. Some teachers also are meeting with children individually and as a classroom throughout the week using Zoom video chat. To ensure the health and nutrition of our children, kitchen staff will continue to prepare and cook meals to be distributed to families each week. Meals

provided by the center are freshly prepared and frozen, along with grains, milk, snacks, fresh fruits and vegetables. Providing services to our families is our main priority and we are doing what we can to ensure we are meeting our families' needs on a daily basis. We would like to thank all our families for their cooperation during these trying times.



Reminder:

We will continue accepting new applications throughout the school year! Prenatal women - 3 years old are eligible to apply for Early Head Start home-based and center-based programs. Children within the ages 3-5 years old are eligible to apply for Head Start. Child care is also accepting applications with an age eligibility from 16 months-5 years old and criteria is based on family household income.

If you are interested in applying for any of our programs or have questions and would like more information, please call the center at 869-9796.



**Isleta Health Support Group
November Meeting Canceled**

During these difficult times I want you to know that you are not forgotten. I really miss seeing the group and although the group has not met it is my hope that we can start meeting again in 2021, either over the internet, the phone, or in person. Please reach out to me if you have any questions, concerns, or just to let me know how best the group can support you.

We are working hard to determine ways to stay connected, we hope to continue with the group as soon as possible.
Please call 869-4479 if you are interested in being contacted once decisions are made.

**ISLETA HEALTH SUPPORT GROUP
HAPPY 10 YEAR ANNIVERSARY
OCTOBER 2010**

OCTOBER 2020

Thank you for those who have been
a part of the
Isleta Health Support Group
(Formerly the Isleta Cancer Support)
Over these 10 years.

**Contact
Stephanie
Barela
869-4479**

Isleta Community Health Needs Assessment
Physical Activity/Exercise

Resource: www.cdc.org
Andrea Wilson, B.S., CPT, 505-869-4595

In 2019, the Isleta Health Center conducted a Community Health Needs Assessment Survey to provide information on our community’s health. Based on the survey results, 73.6% of respondents stated they had participated in physical activity and/or exercise in the past month. This is great to hear and we encourage our community to continue exercising.

What are the benefits?

- Physical activity/exercise improves your health.
- It can lower your risk for type 2 diabetes, heart disease, strokes, depression, and some cancers.
- Helps to improve your mental health, your mood, and your chances of living longer.

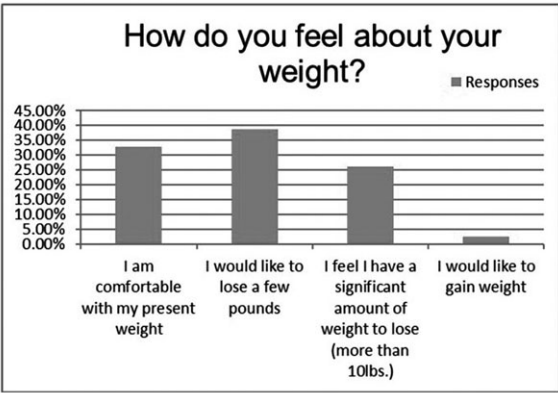
How often should I exercise?

According to the CDC, it is recommended that we exercise at least 5 days per week for at least 30 minutes or 150 minutes weekly. Only 22.13% of survey respondents reported that they exercise 5-7 days per week. Let’s get moving and work on exercising a few more days out of the week.

Exercising without a gym?

- Walking is excellent exercise, no equipment needed and the whole family can do this together.
- Walking, lunges or air squats also require no equipment.
- Body weight exercises such as push-ups and sit ups are effective as well.
- Park farther from your destination in a parking lot to get some extra steps in.

Graph from 2019 Assessment Survey



Graph from 2019 Assessment Survey



Well Child Visits

A Key to Healthy Kids

Naturally, we bring our kids to the clinic when they’re sick. Did you know it’s important to bring them in when they are well, too?

Well child visits help:

PREVENT PROBLEMS

- The clinic team will:
- ❖ Find health problems early
 - ❖ Make sure shots are current
 - ❖ Review healthy eating
 - ❖ Check on the child’s safety

TRACK GROWTH AND DEVELOPMENT

- The doctor will measure:
- ❖ Height and weight
 - ❖ How your child learns and grows
 - ❖ Milestones
 - ❖ Mental and social health

BRING UP CONCERNS

- You can talk to your doctor about your child’s:
- ❖ Behavior
 - ❖ Sleep
 - ❖ Eating
 - ❖ Growth
 - ❖ Ability to get along with others
 - ❖ Learning, thinking and problem solving
 - ❖ Physical activity

CREATE A TEAM APPROACH

- You and the clinic team can:
- ❖ Build trust in each other
 - ❖ Help when well and help when sick
 - ❖ Work together for your child and family needs
 - ❖ Find other resources to help your child

Source: www.healthychildren.org

“Well child visits help give your child the best chance to grow into a healthy adult.”



WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD				
2—5 DAYS OLD	1 mo.	2 mo.	4 mo.	
	6 mo.	9 mo.	12 mo.	15mo.
18 MONTHS to 3 YEARS OLD				
3 to 6 YEARS OLD				
3 yr.	4 yr.	5 yr.	6 yr.	8 yr.
PRETEEN AND TEEN				
9—12 yr.	13—16 yr.	17—20 yr.		
CONTINUE YEARLY WELL VISITS INTO ADULTHOOD				



We are Here to Serve
Isleta Health Center Team
(505) 869-3200

VIRTUAL FAMILY STORY TIME

Join the Pueblo of Isleta Public Library for weekly Virtual Family Story Time!

FAMILY STORY TIME IS A FUN OPPORTUNITY FOR PARENTS, GRANDPARENTS, AND CAREGIVERS TO INTRODUCE THEIR CHILDREN TO READING AND LANGUAGE.

OPEN FOR AGES 16 MONTHS-5 YEARS OLD!
STARTING SEPTEMBER 16TH AND WILL BE EVERY WEDNESDAY AT 10:30AM!
CONDUCTED OVER ZOOM!
SIGN UPS ARE REQUIRED

FOR MORE INFORMATION OR QUESTIONS PLEASE CONTACT CHEYENNE AT THE LIBRARY AT 869-9808 OR BY EMAIL AT CHEYENNE.CASTILLO@ISLETAPUEBLO.COM

KEEP ISLETA HEALTHY

Prevent COVID-19

Isleta Health Center
505-869-3200



1. AVOID GROUPS
Stay 6 Feet Away from Others



#KeepIsletaHealthy



2. WEAR A FACE MASK
When Around Others



3. PRACTICE GOOD HYGIENE
Don't Touch Your
Eyes, Nose and Mouth

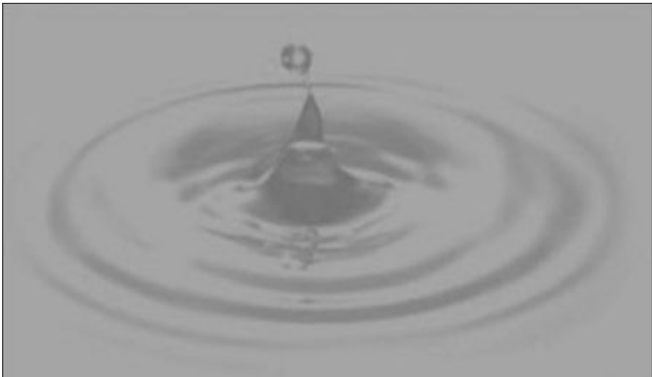


4. STAY HOME
Only Leave if Necessary



5. WASH YOUR HANDS OFTEN
Use Soap and Water/
Hand Sanitizer

If Nothing Changes...
Nothing Changes!



“One small change has an enormous impact”

Just as most problems don't happen overnight but usually take a long time and seem to grow even more serious with time, recovery from problems does not happen overnight...Wellness begins with a single step...

The Ripple Effect

Intensive Outpatient Program

If you or someone you know has a problem with alcohol or drugs...there is help...space is limited in the Ripple Effect IOP and it is full right now - call and schedule an assessment to get on the waiting list... Covid safety protocols followed.

Isleta Health Center Behavioral Health Clinic
505-869-5475

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



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

Isleta Health Center

CDC Cleaning and Disinfection Practices

CDC has great information available for cleaning and disinfection practices. The framework is based on doing the following:

1. Normal routine cleaning with soap and water will decrease how much of the virus is on surfaces and objects, which reduces the risk of exposure.
2. Disinfection using EPA-approved disinfectants against COVID-19 can also help reduce the risk. Frequent disinfection of surfaces and objects touched by multiple people is important.
3. When EPA-approved disinfectants external are not available, alternative disinfectants can be used (for example, 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions). Do not mix bleach or other cleaning and disinfection products together. This can cause fumes that may be very dangerous to breathe in. Keep all disinfectants out of the reach of children. Store and use disinfectants in a responsible and appropriate manner according to the label. Do not mix bleach or other cleaning and disinfection products together–this can cause fumes that may be very dangerous to breathe in. Keep all disinfectants out of the reach of children.
4. Always wear gloves appropriate for the chemicals being used when you are cleaning and disinfecting. Additional personal protective equipment (PPE) may be needed based on setting and product.

<https://www.cdc.gov/infectioncontrol/pdf/guidelines/environmental-guidelines-P.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing-infographic.html>

Contact Tracing: Do your part to keep your family, friends, and community safe.

WHAT YOU CAN EXPECT TO HAPPEN DURING CONTACT TRACING IF YOU HAVE BEEN DIAGNOSED WITH COVID-19.

1

If you have been diagnosed with COVID-19, a public health worker will call you to check on your health.



Health Department

They will ask you who you've been in contact with and where you spent time while you were sick and may have spread COVID-19 to others.



Any information you share with public health workers is **CONFIDENTIAL**.

This means that your personal and medical information will be kept private.

2



You will also be asked to **stay at home and self-isolate**, if you are not doing so already.

Self-isolation means **staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible**.

Self-isolation helps slow the spread of COVID-19 and can keep your family, friends, and community safe.

3



If you need support or assistance while self-isolating, the health department or a local community organization may be able to provide assistance.

Continue to monitor your health. **If your symptoms worsen or become severe, you should seek medical care.** Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

cdc.gov/COVID19



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS317837-A

COVID-19: Why is Testing So Important?

Isleta Health Center, Stephanie Barela, 869-4479

TESTING IS THE BEST WAY TO HELP PREVENT THE SPREAD OF COVID-19

- Testing lets you know your status of COVID-19 at the time of testing although results may take longer.
- It identifies positive COVID-19 cases quickly. This allows people to get treatment early and inform the person they must stay away from others and isolate in order to reduce the risk of spreading the virus.
- It helps investigators determine who might be a close contact of the infected person so that those people can quarantine and get tested to potentially prevent the spread.

PLEASE ANSWER ALL CONTACT TRACER PHONE CALLS AND ANSWER QUESTIONS HONESTLY.

20% OF CORONAVIRUS INFECTIONS ARE ASYMPTOMATIC, BUT ARE STILL CONTAGIOUS.

- That is, 1 in 5 people with COVID19 have no symptoms at all, but can infect others. So, even though you might feel completely fine, you could still be getting others sick, which is why it is important to get tested even if you feel normal.
- You could also spread the virus if you are pre-symptomatic, meaning that you might feel fine right now, but you could be COVID19 positive and still spread the virus before you start to feel any symptoms. Because of this, it is very important to always wear a mask when around others, wash your hands often, not touch your eyes, nose, or mouth, and stay at least 6 feet away from others. Simply being near someone who is COVID19 positive can infect you with the virus, even if the person feels normal!

Help Keep Isleta Healthy, get tested for COVID19!

CONTACT TRACING: WHAT TO EXPECT IF YOU MAY HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

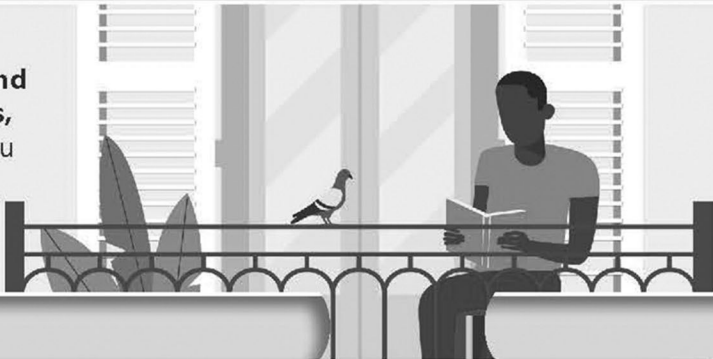
1

If you have been in close contact with someone who has COVID-19, a public health worker will call you to inform you that you may have been exposed to COVID-19.



2

You should stay at home and self-quarantine for 14 days, starting from the last day you were possibly exposed to COVID-19.



Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times.

3

The public health worker can provide information about COVID-19 testing in your area. If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.



4

You should take your temperature twice a day, watch for fever and other symptoms of COVID-19, and notify your health department if you develop symptoms.



5

If you become ill during the 14 days of self-quarantine, you should notify the health department and seek medical care if your symptoms worsen or become severe. Emergency warning signs include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.



We can all work together to help slow the spread of COVID-19.

Do your part to keep your family and your community safe: Answer the call to slow the spread.



ISLETA HEALTH CENTER DENTAL CLINIC






Greetings Isleta Dental Patients,

The Dental team at the IHC is concerned about your safety. We are making changes in the Dental Screening process during the COVID pandemic and the approaching Flu season. If you have visited the dental clinic in the past few months, you will have seen the many changes, such as face covering requirements, temperature check stations and screening questions. As COVID cases are increasing in our state, it is time to buckle down with extra precautions to make the clinic as safe as possible for the patients, employees, and the Isleta Pueblo as a whole.

We want you to be able to trust that when you come into the Health Center for your visits, you are coming to a safe environment. We are initiating a pre-testing for all high-risk dental procedures. These procedures are including but not limited to fillings, crowns and other restorative procedures, root

canals and even some cleanings. This means that if you have a scheduled dental visit, you will be receiving a confirmation phone call 3 days before your dental visit in which you will be given instructions on how and when to come to the clinic for your required COVID test. After your test is collected, it is recommended that you self-quarantine before your dental visit, to ensure that the test results are as accurate as possible. Thank you for your understanding and cooperation in this crucial extra step, and we want to express to you that this testing allows us to continue giving you the best and safest dental care while keeping you safe. It is a joint effort to reduce the risk of COVID spreading among patients and employees in the Isleta Health Center.

Thank you
-The Isleta Health Center Dental Team

NOVEMBER ²⁰²⁰ ISLETA HEALTH CENTER Questions? Call 869-3200					
SAT/	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Podiatry Clinic: 12:30-4:30 pm The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	3 The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	4 Wellbriety Group: 4:00pm @IHC Training Center > Virtual option will also be available, For more Information please call: 869-5475 The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	5 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm	6
7/8	9 Podiatry Clinic: 8:00-4:30 pm The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	10 The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	11 Clinic Closed VETERANS DAY 	12 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm	13
14/15	16 Podiatry Clinic: 12:30-4:30 pm The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	17 The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	18 Wellbriety Group: 4:00pm @IHC Training Center > Virtual option will also be available, For more Information please call: 869-5475 The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	19 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm 	20
21/22	23 Podiatry Clinic: 8:00-4:30 pm The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	24 The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	25 Wellbriety Group: 4:00pm @IHC Training Center > Virtual option will also be available, For more Information please call: 869-5475 The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	26 Clinic Closed National Family Health History Day 	27 Clinic Closed 
28/29	30 Podiatry Clinic: 12:30-4:30 pm The Ripple Effect : 9:00 - 12:00pm @IHC Training Center	 <div>NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH "Finding the Cure Starts with Identifying the Cause"</div>		DP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475P	


Isleta Health Center

WELCOMES YOU BACK!

PATIENTS CAN NOW SCHEDULE
APPOINTMENTS WITH THEIR PROVIDER

ALL ISLETA Health Center Providers
are offering either Telemedicine
(Over the Phone) or in Person Visits,
CALL NOW to learn more
and to schedule an
Appointment
(505) 869-3200

• Most General Health Appointments
can be Done Over the Telephone



HEALTHY, SIMPLE, DELISH!

ONLINE
COOKING
CLASS

Join us on Wednesday, November 18, 2020
5:00pm-7:00pm
For more information or the link
call: 869-4595