



THE

Walatowan

JUNE 2021

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Office of the Governor

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PUEBLO OF JEMEZ HOUSING AUTHORITY RECEIVES \$5 MILLION GRANT FROM HUD

The Pueblo of Jemez Housing Authority (POJHA), a Tribally Designated Housing Entity (TDHE) for the Pueblo of Jemez, is pleased to announce they have been awarded \$5,000,000 from the U.S. Department of Housing and Urban Development’s FY2020 Competitive Indian Housing Block Grant (IHBG).

This much-needed funding will be used over the next several years to complete a portion of Phase I of the Pueblo Place Subdivision and build lease purchase homes for community members to address the severe lack of affordable housing within the Pueblo of Jemez.

“We are truly thankful for this award and HUDs’ support within our tribal communities,” says Greta Armijo, POJHA Executive Director. She is responsible for overseeing the daily operations of the authority and will lead the subdivision project. “Lack of housing in our Tribal Communities has been an issue for a long time, and this was more evident during this pandemic. This new funding will allow the Pueblo of Jemez to build much-needed homes to ensure that our families have a safe place to live,” says Pueblo of Jemez Governor Michael Toledo, Jr.

About the Pueblo of Jemez Housing Authority

The Pueblo of Jemez Housing Authority was established in December 2019 by the Pueblo of Jemez Tribal Council pursuant to the Native American Housing Assistance and Self-Determination Act of 1996 and is governed by a five-member board, all from the Pueblo of Jemez. They are dedicated to addressing the housing needs of our community members.

CONTACT:

Greta Armijo, Executive Director
Pueblo of Jemez Housing Authority
4773 Highway 4
Jemez Pueblo, New Mexico 87024

For more information on the application process for Pueblo Place Housing Subdivision,

Please contact us at (575) 834-0305 or email us at applications@pojha.org.

You can also find more information on the website at:

<https://www.pojha.org/>



PUEBLO OF JEMEZ HOUSING AUTHORITY



2021 Tribal Governors

Governor
Governor Michael Toledo, Jr.

1st. Lt. Governor
Michael Chinana

2nd. Lt. Governor
Kurt Mora

Tribal Council

Joe Cajero
Paul S. Chinana
Raymond Gachupin
Frank Loretto
J. Leonard Loretto
Raymond Loretto, DVM
Joshua Madalena
J. Roger Madalena
David M. Toledo
José Toledo
Michael Toledo, Jr.
Paul Tosa
Joseph A. Toya
Vincent A. Toya, Sr.
David R. Yepa

The Walatowan 2021 June Edition

All photos and images are used with permission. Editorial content is intended for informational purposes only. Every effort has been made to ensure that the information in this publication is as current as possible at press time.

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LAW ENFORCEMENT TEAM

Pueblo of Jemez Police Department Swearing-In Ceremony



Pueblo of Jemez Tribal Leadership teamed up with the Police Department to host Swearing-In Ceremony.

The Pueblo of Jemez tribal leadership and Jemez Police Department recently joined together to host a Swearing-In Ceremony for three police officers.

- **Marlinda Pecos**
- **Pilar Gachupin**
- **Joseph Martinez**

While following social distancing protocols, family members of the officers were able to attend to honor and celebrate the accomplishments of the Police Department.



The Police Department and the officers' families provided food and beverages to celebrate the newly sworn-in officers.



Joseph Martinez has his badge pinned by his wife, Janelle Martinez.



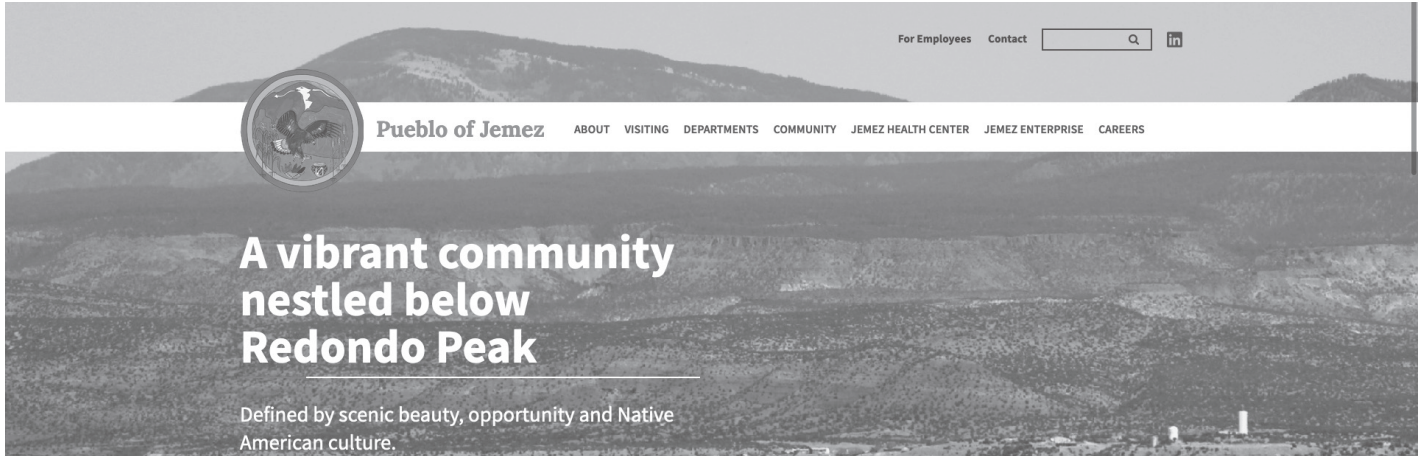
Officer Pilar Gachupin has his badge pinned by his grandfather, James Gachupin.



Brandon Pecos brother to Marlinda Pecos honorably pins badge on his sister.

TRIBAL ADMINISTRATION

Pueblo of Jemez Website Design



The Pueblo of Jemez (POJ) Administration has launched a new user-friendly website for online access to essential data and services offered by the Pueblo's Departments and the Programs. The new site permits user access to forms, applications, and current information.

The site also features visitors' information, access to current and past Walatowan newsletters, events, local enterprises, and spotlights for crucial communications and featured events.

The website is live and can be used to search and apply for employment within the POJ Departments. The Information Technology Department updates the site as needed to ensure users are receiving the most up-to-date information. Anyone who visits the Pueblo of Jemez website can explore news, events, history, and information about its' Tribal Government and Leadership.

When developing the new website, the POJ website developers kept several goals in mind:

- Represent the Walatowa Community and Departments with great respect.
- Brand and showcase the Pueblo of Jemez, highlighting its qualities, including why it is a great place to work, visit and do business.
- Serve the needs of all users by letting them easily find information that will allow them to access critical services, share information and interact with staff.
- Provide a pleasant experience to all users by making it easy to complete their tasks or find what they want straightforwardly.
- Focus on making content that is useful, interactive, and engaging.
- Allow for migrating and updating content and training our web editors to contribute to and maintain the website.
- Provide information to outside entities, partners, and anyone interested in learning about the Pueblo of Jemez.
- Allow users easy access to pertinent information.

Discussion of the project began in the late summer of 2019. A significant amount of time was spent on the process of gathering, vetting, and editing information to meet the tribe's procurement processes. The challenges of the COVID-19 pandemic set back the tribe's initial launch date. However, that did not stop the overall goal. The process was officially completed in Spring of 2020, and the new website is actively running. Community members interested in any further information or questions can call the Pueblo of Jemez IT department to provide general guidance. However, it is best to contact each department for anticipated data not located on the website. The front desk is very resourceful in routing calls or providing contact information for each department.

Full details of the services available can be found by visiting <https://www.jemezpueblo.org>

TRIBAL ADMINISTRATION

Pueblo of Jemez New Phase 3 Lockdown

Jemez Pueblo continues to have zero active COVID-19 cases and zero households in quarantine. The Pueblo of Jemez Governors have decided to move into Phase 3 of the Community Lockdown until July 31, 2021. Phase 3 Community Lockdown is detailed below.

Phase 3 Lockdown: Effective Monday, June 1, 2021, essential days for fully immunized individuals ONLY will be Sunday - Saturday (7 days/week). Essential days for partial/non-vaccinated individuals will be Monday - Wednesday:

Last Name (Beginning Initial)	Designated Day
All	Monday
All	Tuesday
All	Wednesday
Fully immunized only!	Thursday
Fully immunized only!	Friday
Fully immunized only!	Saturday
Fully immunized only!	Sunday

The following Revised guidance is to be followed:

- Lockdown on Thursday, Friday, Saturday, and Sunday will be very strict for partially/non-vaccinated individuals, and the only exceptions will be by permission granted in advance by Governors.
- Each person must show proof of vaccination status (card) of full immunization. Failure to do so will eliminate permissible access. Partially/non-vaccinated children will be allowed access ONLY on Monday, Tuesday, Wednesday.
- Checkpoints will be checking dates for each person.
- If you have lost your vaccination card and you received your COVID-19 vaccine at the Jemez Comprehensive Health Center, you may call 575-834-7413 to request a certificate/proof of vaccination.
- Out-of-state travel: Out-of-state travel will be allowed in Phase 3 community lockdown. Below are quarantine guidelines for Pueblo of Jemez employees and all tribal/community members to follow:
- Fully immunized individuals will NOT be ordered to quarantine upon return from travel out-of-state but will be required to test 5 days after returning from travel. Pueblo of Jemez employees will be mandated to self-report travel to the JHHS Response Team to receive further guidance. All tribal community members are encouraged to self-report travel to the JHHS Response Team to receive further guidance.
- Partially/non-vaccinated individuals will be ordered to quarantine upon return from travel for seven days and will be required to test 5 days after returning from travel. All Pueblo of Jemez employees will be mandated to self-report travel to the JHHS Response Team to receive further guidance. All tribal/community members are encouraged to self-report travel to the JHHS Response Team to receive further guidance.
- Non-resident Tribal members: Non-residents will not be allowed in the Pueblo unless an approved pass is obtained from the Governor's office. Having a vaccination card does not grant "permissible" access into the Pueblo for non-residents members.
- Friends of family, boyfriends, or girlfriends who are not Jemez tribal members will not be allowed to visit or reside. Such persons will be removed by order of the Governors.
- ALL vehicles will be required to stop at each checkpoint to state the person's case even if the worker is busy. Each checkpoint worker is also required to stop each vehicle to hear each person's case.
- You will be turned around and not allowed to leave the Pueblo if your travel is determined to be unnecessary/non-essential.
- Checkpoint passes for partially/non-vaccinated individuals will be required for non-essential days and will be approved/disapproved by the Governors on a case by case basis. Passes can be requested at 575-834-7359.
- If you are an essential employee who is partially/nonvaccinated, working for the Pueblo of Jemez, or outside,

TRIBAL ADMINISTRATION

Pueblo of Jemez New Phase 3 Lockdown Continued....

- we request a signed letter from your employer to show at the checkpoint. Bring your work ID.
- Wood hauling/hunting will be allowed on your designated essential day and weekend with proof of permit.
- Trash hauling through Green Acres Road will cease after June 1st. All trash hauling will then be allowed through the checkpoints based on allowed essential days.
- Entry/exit for farming, ranching, or related activities will be allowed. If gas/diesel is needed, proof of gas can or vehicle low fuel status must be provided.
- As athletes continue for high school and summer leagues, players will be allowed to participate if proof of registration or schedule is provided.
- Parking at road closures or barricade areas is now allowed. Citations or boots on vehicles will be assessed for such actions.
- Funerals - The process and guidance for funerals remain unchanged until the Death/Funeral guidance is further amended.
- Local Food Sales - Food sales by community members are currently prohibited; however, there are now being considered by the Governors and could be allowed in the near future.
- The new curfew is 9:00 PM - 5:00 AM, seven days a week. Be at home within this time period.
- **Vaccination status:** Based on the fully immunized percentage of enrolled tribal members.

Enrolled Tribal Members (16 years and older)

	<u>Red</u>	<u>Yellow</u>	<u>Green</u>
% Vaccination	70% and below	71%-80%	81%-90%
Current status		<u>X</u>	

Enrolled Tribal Members (12-15 years old)

	<u>Red</u>	<u>Yellow</u>	<u>Green</u>
% Vaccination	70% and below	71%-80%	81%-90%
Current status	<u>X</u>		

The Jemez COVID-19 Response Team is working diligently to vaccinate the community and to fight the spread of the COVID-19 pandemic. For tribally enrolled members, 16 years or older, we are in the Yellow status.

Considering that the Pueblo of Jemez community has moved into the yellow status and with zero (0) active COVID-19 cases, this has prompted Leadership to move into Phase 3 of the Community Lockdown. JHHS has also begun vaccinating 12-to 15-year-olds tribal enrolled members/community members. If you or your child age 12 or older and are interested in receiving the COVID-19 vaccine, please call 575-834-7207 to schedule your appointment.

Tribal leadership asks for the community's support and asks individuals to consider receiving a vaccine as it will help maintain the impact of COVID-19 in the Jemez community. The Jemez Health and Human services team is doing its best to gather data on vaccination status for community members residing in Jemez. If you have received a COVID-19 vaccination at another site, please contact JHHS at 575-834-7413, so we can update your records.

Conditions: By authority of the Governors, the below-listed requirements must be followed for the community to remain in Phase 3 Lockdown. Any broken condition listed below will reinforce Phase 2 Lockdown. Obeying said conditions will prompt Phase 4 of lockdown to be implemented.

Masks must always be worn! No one is exempt from not wearing a mask. Receiving a vaccination shot does not “earn” one the right to no longer wear a mask.

If the Pueblo of Jemez has five active COVID-19 cases or ten households in quarantine, the Pueblo of Jemez will immediately revert to Phase 2 Lockdown.

Excessive disrespect and disobedience of checkpoint workers by community members.

Community members who abuse set conditions and revised guidelines.

TRIBAL ADMINISTRATION

Pueblo of Jemez New Phase 3 Lockdown Continued....

Surveillance Testing:

The Pueblo of Jemez has implemented surveillance testing for households in the Jemez community. Pueblo of Jemez intends to test at least 70% of households in the Pueblo monthly. In lessening restrictions for the Pueblo of Jemez, we ask for your support and cooperation when your household is randomly selected to be tested for COVID-19. The surveillance testing will allow for the pueblo of Jemez and JHHS to monitor COVID-19 activity within the Jemez community.

Please continued to do your part to protect and ensure the well-being of the Jemez community. With your support and following proactive measures as provided, together, we can reduce the impact of COVID-19 in our community. Please respect our Checkpoint Personnel for their dedication to keeping our community safe, and remember they have authority on behalf of the Governors. Community members violating lockdown rules are subject to fines of \$100 per violation.

Tribal Council Resolutions

2021-13: Adopting the Pueblo of Jemez Pedestrian trails and bikeways master plan, September 2020.

2021-14: Approving the appointment of a new member to the Jemez Health Board and term of service - Dominic Gachupin.

2021-15: Approving attorney fee request for Fiscal Year 2021.

2021-16: Authorizing renewal of grant for the Jemez Vocational Rehabilitation (JVR) Program.

2021-17: Authorizing the Pueblo of Jemez Fiscal Year 2021-2025 Tribal Transportation improvement program (TTIP) and submitting TTP Priorities to the office of federal lands highway, U.S. Department of Transportation, federal highway administration.

2021-18: Approving a resolution of sponsorship for a transportation project fund and project match commitment for the Walatowa Fitness Center Parking lot and Bear Head Canyon Road improvement project.

2021-19: Approving a resolution of sponsorship for a transportation project fund and project match commitment for the Owl Springs Way Bridge Replacement project.

Pueblo of Jemez Job Opportunities

Health and Human Services

Physician Assistant	Full-Time	Risk Manager	Full-Time
Security Guard	Part-Time	Nurse Manager	Full-Time
Patient Referred Care (PRC) Supervisor	Full-Time	Assistant Nurse Manager	Full-Time
Surveying Technician	Full-Time	Personal Care Attendant	Full-Time
Behavioral Health Therapist	Full-Time	Customer Service Specialist	Full-Time
Van Driver	Full-Time	Supervisory Public Health Nurse	Full-Time
Customer Service Specialist (COVID Response)	Full-Time	Medical Assistant (COVID testing floating position)	
(Temp)	Full-Time	PRN-As Needed	
Summer Recreation Assistant (Temp)	Full-Time	EMT - Paramedic	PRN-As Needed
Health Promotion Supervisor	Full-Time	Education	
Patient Registrar II	Full-Time	Child Care Provider	Full-Time
Patient Registrar, I	Full-Time		

PUBLIC WORKS

Water Conservation Tips



2020/2021 winter has been the driest calendar year in many of New Mexico rainfall records. The Pueblo of Jemez Public Works Department is asking community members to reduce their water usage during the spring/summer months.

What can you do to conserve

- Stop leaks! Check your facets, toilets, irrigation and any other water using appliance for leaks.
- Run water only when using it- not while brushing your teeth or shaving. Keep showers short.
- Use a broom instead of a hose to clean your driveway, patio or other hardscape.
- Replace your washing machine with an Energy Star rated washer.
- Replace your old toilet with a water efficient low flow toilet.
- Water plants only when you need.
- The use of hoses with spring loaded shut-off nozzles for washing of vehicles, so long as only minimum amount of potable water is used.
- The use of potable water for livestock tanks are strictly prohibited. All ranchers are highly encouraged to utilize the fill up station on Owl Springs.

Public Works Department THANKS you for your Water Conservation Efforts!
If you have questions please call the office at (575)834-7942

SCAM WARNING!

According to the Jemez Pueblo Police Department and Social Services, criminals target residents, especially senior citizens, using phone scams. Please call Sandoval County Regional Dispatch Center at (505) 891-7226 if you receive any suspicious calls.

Scams include:

- Government Agencies – Internal Revenue Service & Social Security
- Utility Companies
- Prize Winners
- Kidnapped or arrested family members
- Mortgage Loans Modifications
- And a host of other calls asking you to send money

THESE PHONE CALLS ARE ILLEGAL

LAW ENFORCEMENT TEAM

Please Spread the Word!
The Police Department Needs Your Help!

For an Emergencies

Please call:

911

For Non-Emergencies

Please call:

Sandoval County Dispatch Center at:

505-891-7226

Calling the Officers, Sheriff, or Tribal Officials will delay the response time.

JEMEZ SENIOR CITIZEN CENTER

Pueblo of Jemez Senior Citizens Program gives thanks to Local Paparazzi Consultants

Submitted by: Rose Shendo, Senior Citizens Activity Coordinator



The Pueblo of Jemez Senior Citizens Program would like to give a BIG Shout-Out and a massive recognition to the Beautiful, Kind Hearted Paparazzi Consultants and their customers for the jewelry they donated to the program. One hundred and fifteen elders were gifted beautiful paparazzi jewelry on Mother's Day! Two hundred and twenty-nine jewelry pieces were donated to the program to give out to the Elders in Jemez Pueblo. Two different pieces of jewelry pieces and necklaces. It all worked out just perfectly! Blue cornmeal flour and two recipes to use with the flour and a Mother's Day card was added from the Senior Center to make up the gift!

The Senior Center Program received calls from the elders and their family members to give their appreciation. They were so happy and said they loved the gift. One family shared that their mother was so touched by the jewelry that she did not want to let it go, as she held onto it. This was a fantastic collaboration, and it exemplifies how we can all work together to bloom beauty into our village. I appreciate every one of you that was able to donate!

Donations by:

Consultants: Malorie Toya, Leora Tosa, Shevonne Romero, Vera Toya, Perfilia Gachupin, Lana T. Garcia, Jessica Charlie, and Suzanne Saiz.

Customers: Michele Tafoya, Amanda Tsosie, Marlena Toledo, Louie Madalena, Amanda Gachupin, M. Dell Norah, Christine W. Toya, Sherice Lucero, Marsha Sandia, Monica Madalena, Anita L. Loretto, Pauline Pecos, Rose Shendo and Jacquelyn Shendo.

Thank you so much, and may you all be showered with many blessings in return.

PLANNING, DEVELOPMENT & TRANSPORTATION

Planning, Development and Transportation Department Project Updates

Submitted by Sheri Bozic, Department Director



The Planning Development and Transportation Department (PDTD) is working on numerous infrastructure improvement projects. Below are the project status updates. If you have questions or would like to schedule a meeting for more information, please contact Sheri Bozic, Director, at (505)382-3299.

NM-4 Multi-use Pedestrian Trail – Officially Named “Hemish Path to Wellness”

The Pueblo received a \$4.7 million grant award to design and construct a multi-use pedestrian trail along the NM-4. The project entails planning, designing, and constructing a paved pedestrian trail between the Pueblo Place Housing Subdivision and Bear Head Canyon Road. This project will provide safe pedestrian passage between many community service buildings and homes located along the NM-4. The engineers have completed the 60% design and are working on the 100% design. Construction is scheduled to begin in early 2022.

NM-4 Bypass

Tribal leadership and staff from the PDTD, Realty Department, Public Works Department, and Natural Resources Department are currently working with the NMDOT and their engineering firm to complete the planning and design for the project. After the procedure is completed, the Pueblo will seek funding to construct the NM-4 bypass.

NM-4 Traffic-Calming Project

The project will design and construct a gateway treatment sign along the NM-4 at each entrance to the Pueblo. The signs will be installed on the east side of the NM-4 at approximate milepost 2 and on the west side of the NM-4 at approximate milepost 8. The purpose of gateway treatment signs is to notify drivers that they are entering a community and promote safe driving and respectful behavior.

Emergency Modular Buildings

The project will design and construct seven emergency

modular buildings west of the Jemez Community Wellness Center to conduct COVID-19 testing, facilitate distance learning, and improve telework capabilities for employees during a public health emergency. The project will be completed in summer 2021.

Walatowa Early Childhood Learning Center

The PDTD is working closely with the Education and Public Works Departments to construct the new early childhood learning center. The project entails demolishing the existing head start building and constructing a new early childhood learning center. The project is expected to begin in fall 2021.

Childcare Center Expansion

The PDTD is working closely with the Education and Public Works Departments to design and construct an addition to the south side of the Childcare Center. The project entails the expansion of classroom, office, and storage space.

Road Maintenance

The road maintenance program staff works diligently to improve roadway and parking lot conditions throughout the Pueblo. The program has completed or is currently working on the following projects:

- Re-paving the asphalt entrances at the C-store
- Installing road signs and mile markers on the west side of the Pueblo
- Routine road maintenance
- Replacing damaged signs
- Installing new gates at Chamisa Rd. & Day School (at the intersections of the NM-4)

For questions regarding road maintenance, please contact Vincent Toya, Heavy Equipment Supervisor, at (505)500-5336.

FREE Vehicle Removal!

Do you have an abandoned or unwanted vehicle on your property that you want permanently removed? Atlas Towing will take all vehicles damaged, wrecked,

PLANNING, DEVELOPMENT & TRANSPORTATION

Planning Development and Transportation Department Project Updates Continued....

totaled, salvaged, or scrapped, running or not, FREE of charge. Call Atlas for more information or to schedule a pickup at (505)445-9104. Atlas Towing staff will be cautious, wear PPE, and practice social distancing when entering the village.

Construction Tip – Call Before You Dig

Please call 811 or 1-800-321-2537 at least two working days in advance before you start any digging project. Whether yo'u plan to do it yourself or hire a contractor, smart digging means calling 811 before each job. The 811 representatives will record the location and other information about your project and notify the appropriate utility companies to mark all buried lines so you can dig safely around them! For more information, visit <http://call811.com/map-page/>

Tribal Administrative Complex Parking Lots/Sheep Springs Way Project Update

Parking lot project continues to progress and is near completion, below are some before and after pictures of the project.

Jemez Clinic North Parking Lot



North Tribal Administration Parking Lot



Sheep Springs Way Road



Nurses Week at Jemez Health Clinic



On behalf of Jemez Health and Human Services, the Kuddos Committee would like to recognize the amazing Nursing team!

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. The JHHS Kudos Committee conducts celebrations on these dates and months to recognize the many contributions that nurses make to the community and the team at JHHS.

Nursing is a caring, compassionate profession as we know you not only perform tasks or provide services, you develop an empathy for the needs of others and a connection with all our patients. Study after study has shown that when there are more nurses on the floor, patients fare better. To us, those differences alone show our incredible value to individual patients and o society. At around 3 million strong, nurses are the backbone of the U.S. healthcare industry, as well as and consistently ranked the most trusted profession in America year after year.

Thank you, nurses, as you play an increasingly significant role not just in providing care but in the administrative side of JHHS. We appreciate you!!!

One Year Anniversary for the New XRAY room and equipment at Jemez Health Clinic



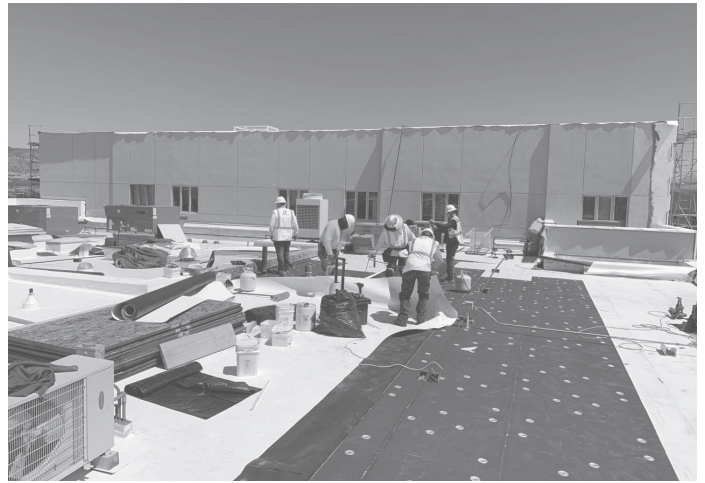
June 1, 2021, was the one-year anniversary of the new X-Ray room and equipment. The Jemez health clinic was without an x-ray for about a year and a half before they installed this new equipment. The new equipment is digital, takes better images, has a smaller footprint, and gives lower radiation to patients. The Jemez Health Team wants to encourage the community to come to see the new radiology room!

**For more information please contact
Annette Aguilar, RT (R)
Jemez Health Center Radiology
from Mon-Fri 8 am-3 pm
at phone: (575) 834-3196
Fax: (575) 834-3005**

JHHS

Jemez Health and Human Services Construction and Parking Updates

Submitted by Patrick Aspaas, Architectural Designer



Construction Progress to Date:

The Jemez Health and Human Services Construction is halfway to completion. All construction work is proceeding on the west side of JHHS inside and outside. The west lot of the JHHS is still close to completion of construction.

New Exterior stucco finishes on the west side of JHHS have been complete. North Stucco has begun and will soon be completed. Exterior Sidewalks and Landscapes around the north, west and south of JHHS has been poured and completed. New Additions are completed with stucco and interior finishes are almost complete for move in. Roofing in the middle section of JHHS has been completed. Minor touch ups and finishes will still need completing.

The Interior Work of the Health Center has been steadily busy with 7 areas construction is working in. The North section in dental has been completed and construction has moved to the south side. Pharmacy is close to complete and they will be moving in soon. Medical records will soon be complete. Clinical will be moving into new areas adjacent to current work areas. 2nd floor construction is almost completed for staff to move in and construction to move into new areas.

Department Areas Completed in South wing of JHHS- Behavioral Health, Optometry, Audiology, Dental. All have moved into new offices.

Announcements:

- East, South and North Parking Lots to open for parking.
- The West Entrance is still shut down until further notice. (Construction entrance and exit)

Safety:

All please be aware of the construction and construction zones. Heavy machinery and vehicles will be around the clinic. Areas marked and fenced off are not to be entered by non-construction personnel. Admin Security will be on site to help direct any patients and traffic. Please keep from coming into the JHHS parking areas if you are not going to be seen or do not have appointments at the clinic. The lots are for patients needing to be seen. Please do not overflow the parking areas. If there are no spaces, please contact or look for security to help guide you.

The next upcoming editions of the Walatowan will continue to provide updates on the next phases of construction.

The Jemez Pueblo Comprehensive Health Team thanks the community for their patience and understanding during this construction and transition time.

Continued on page 12

JHHS Construction and Parking Updates Continued...

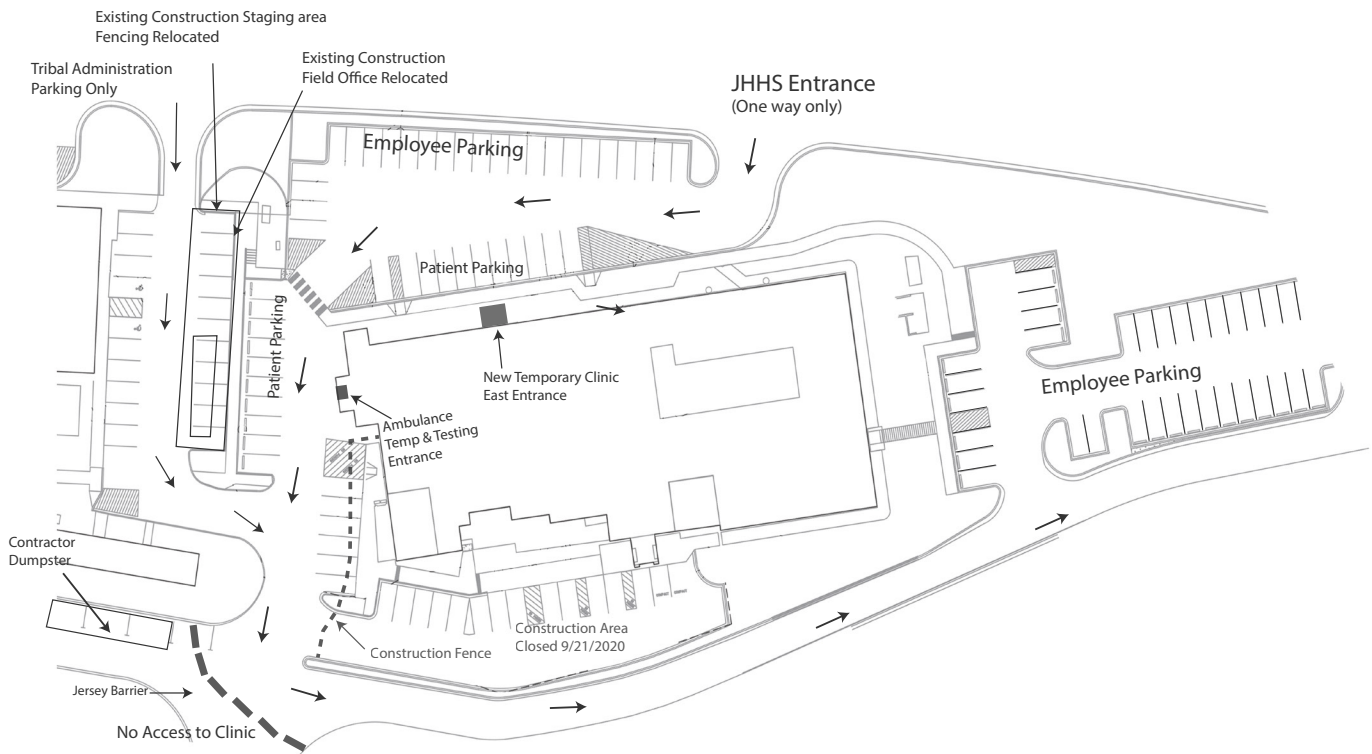


Parking:

JHHS will mark New Designated parking for patients with signs, and parking spaces will be on the east side of the clinic. Temporary entrance for patients to visit the clinic will be from the east Parking Lot (Refer to Map on page _ for directions)

- Employee parking will be on the east lot (east parking spots) and south lot of JHHS.
- The Ambulance EMS will have one reserved spot in front of the temporary door on the North side of the building. They are marked with signs.
- Pharmacy pick-ups will be on the Eastside of the building. The Pharmacy will deliver meds to patients waiting in parking areas on the east lot against the building. (Please call Pharmacy once arrived at clinic.)

If you have any questions or concerns, please contact Melissa Stone at (575) 834-3055, Hilario Armijo at (575) 834-3028, (505) 692-5568, or Patrick Aspaas at (505) 635-0652.



JHHS**JHHS Transportation Program***Submitted by: Anita Cajero*

Summer is just around the corner, and we at the JHHS Transportation Program are here to provide you with your non-emergent medical appointment transportation.

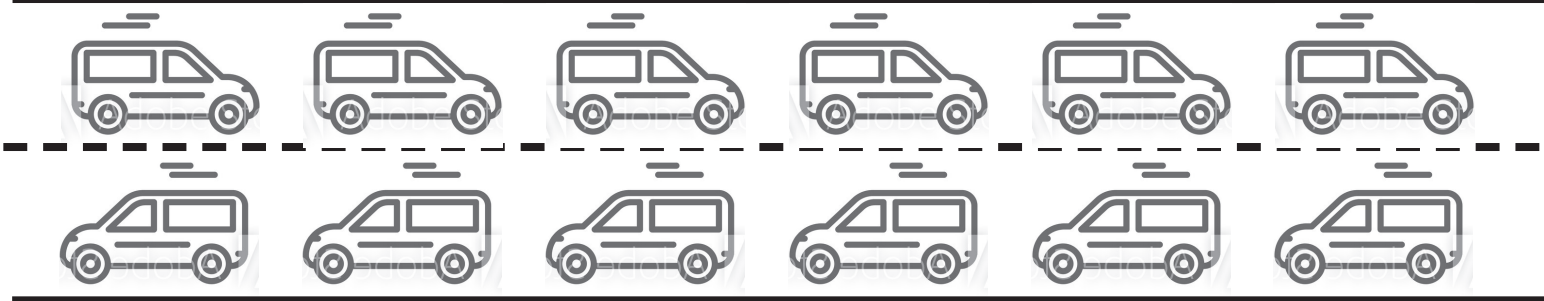
Our office hours are 8:00am – 12:00pm and 1:00pm – 5:00pm. However, one of our drivers is always on call during the lunch hour.

Our service includes Bernalillo, Rio Rancho, and Albuquerque. We also provide local transports to the Jemez Clinic and Senior Center.

Our services include Doctor Visits, Dental visits, dialysis Appointments, and Therapy Appointments. We are sorry, but we currently do not provide services to the Social Security or Medicaid Offices.

To utilize our services, please call the Purchased Referred Care (PRC) office at the clinic (575)834-7413. One of the ladies in the department will be happy to assist you. For services outside the community, we require 24 hours advanced notice. For local transports to the Clinic or Senior Center, please call the Transportation office at least 1 hour prior to your appointment. Transportation Schedules get busier every day, so please do not wait until the last minute to submit your request for transportation services.

Should you have any questions, please call (575)834-1001, or you may contact our Program Manager, Anita Cajero, directly at (505)264-5225.

**Jemez Health Clinic Hours**

Monday through Friday

8 am - 5 pm

Saturday

8 am - 2 pm



JEMEZ HEALTH SERVICES

How to recognize and treat headaches during these stressful days

Submitted by Tamara Taylor, Physician Assistant JHHS

What are common reasons for headaches? There are many causes for headaches, anywhere from stress to hormone changes. They can be bothersome up to debilitating. Many headaches are more treatable if intervention starts early in the course. Sometimes if you are treating headaches too much, you can get rebound headaches. Two of the most common headaches are tension-type headaches and migraine headaches.

What are the symptoms of tension-type headaches? — Symptoms of tension-type headaches include:

- Pressure or tightness around both sides of the head or neck
- Mild to moderate pain that is steady and does not throb
- Pain gets worse by activity
- Pain can increase or decrease in severity throughout the headache
- There may be tenderness in the muscles of the head, neck, or shoulders

People with tension-type headaches often feel stress or tension before their headaches. Unlike migraines, tension headaches occur without other symptoms such as nausea, vomiting, sensitivity to lights and sounds, or an aura.

What are migraines? Vascular tone changes in the head cause—Migraine headaches. They cause moderate to severe pain that gets worse by light, noise, and motion. Some people also experience nausea and vomiting. Migraine headaches typically last for a few hours but may stay for as long as three days. When a person has a migraine, it usually is soothing to rest with the lights off in a quiet room. Women are affected more commonly than men and often have new onset of migraine during puberty or childbearing years. Some women note a change in their headaches around menopause. Some children are prone to migraines, and they may run into families.

What are the symptoms of migraines? — Symptoms can include:

- Headache – The headache gets worse over several hours and is usually throbbing. It often affects one side of the head.
- Nausea and sometimes vomiting
- Feeling sensitive to light and noise – Lying down in a quiet, dark room often helps.
- Aura – Some people have something called a migraine "aura." An aura is a symptom or feeling that happens before or during a migraine headache. Each person's aura is different, but in most cases, the aura affects the vision. You might see flashing lights, bright spots, or zig-zag lines or lose part of your vision. Or you might have numbness and tingling of the lips, lower face, and fingers of 1 hand. Some people hear sounds or have ringing in their ears as part of their aura. The aura usually lasts a few minutes to an hour and then goes away, but most often lasts 15 to 30 minutes. Women who get migraines with aura usually cannot take birth control pills. That's because they might increase the risk of stroke.

Is there anything I can do to prevent migraines? — Yes. Some people find that certain things trigger their migraines. You can find out if there is anything you should avoid eating or doing. You can also write down what medicine you took and whether or not it helped.

Common migraine triggers include:

- Stress
- Hormonal changes
- Skipping meals or not eating enough
- Changes in the weather
- Sleeping too much or too little
- Bright or flashing lights
- Drinking alcohol
- Certain drinks or foods, such as red wine, aged cheese, and hot dogs

How are headaches treated? — Many different medicines can help with headaches. Your doctor can help you find the best treatment for your situation.

For mild headaches, your doctor might suggest an over-the-counter medicine such as acetaminophen (sample

JEMEZ HEALTH SERVICES

How to recognize and treat headaches during these stressful days continued...

brand name: Tylenol), ibuprofen (sample brand names: Advil, Motrin), or naproxen (sample brand name: Aleve). There is also a medicine that combines acetaminophen, aspirin, and caffeine (sample brand name: Excedrin). For more severe headaches, there are prescription medicines that can help. Treatments including learning relaxation techniques and ways to manage stress are also beneficial.

Warning: Do not try to treat frequent headaches on your own with non-prescription pain medicines. Taking non-prescription pain medicines too often can cause more headaches, later called rebound headaches. If you have headaches that you have to treat more than ten days a month, you need to see your doctor for evaluation. You may need preventive therapy and possible preventative medication.

HEADACHE DANGER SIGNS — The vast majority of headaches are not life-threatening. However, headache can be a symptom of severe conditions affecting the brain, such as infection, inflammation, or bleeding within or around the brain. You should seek medical attention immediately if your headache:

- It comes on suddenly, becomes severe within a few seconds or minutes, or could be described as "the worst headache of your life."
- It is extreme and occurs with a fever or stiff neck.
- It happens with a seizure, personality changes, confusion, or passing out.
- Begins quickly after strenuous exercise or minor injury.
- It is new and occurs with weakness, numbness, or difficulty seeing. While migraine headaches can sometimes cause these symptoms, you should be evaluated urgently when these symptoms appear.

Headaches can make life miserable. With stress from the pandemic and lockdown, we are seeing more patients in the clinic for headaches. If you are suffering from headaches either acutely or chronically, there is help. Acute care clinic is for immediate treatment for severe headaches, while PCP appointments are for general care and prevention.

Make an appointment with JHHS at (575) 834-3022 for appointment scheduling or (575) 834-7413 for more information. The Jemez Health Clinic staff look forward to helping you.

SOCIAL SERVICES

What We Should Know About Our MMIW

Submitted by: Terese Thorton

Missing and Murdered Indigenous Women (MMIW) is a grassroots movement that began with First Nations women and families in Canada and compelled the Canadian government to initiate a national inquiry.

Indigenous communities are experiencing alarming missing and murdered women, girls, and LGBTQ2S individuals throughout the United States and Canada.

MMIW – an acronym for Missing and Murdered Indigenous Women, is used to bring the thousands of missing person cases to the forefront. Most cases go primarily unnoticed outside tribal communities, and the justice system has been of little help to the victims and their loved ones. The red hand symbolizes the voices of these women being silenced.

May 5th was the National Day of Awareness for Missing and Murdered Native Women and Girls. Social distancing and “shelter-in-place” prevented in-person MMIW activities, but Native communities and programs were encouraged to participate in this year’s National Day of Awareness creatively. Find more information on the National Indigenous Women’s Resource Center on Facebook, Twitter, and Instagram to raise awareness for MMIWG.

The following organizations, both Tribal and non-Tribal, are doing important work to combat violence against Native American people and the Missing and Murdered Indigenous person crisis. You may visit their website to view all of their resources, reports, and other information. Please feel free to reach out to Terese Thornton, The Pueblo of Jemez Victims Services Coordinator, (575) 834-7117 if you have any questions or would like more information on this movement.

SOCIAL SERVICES**Coalition to Stop Violence Against Native Women**

Local leaders with the Coalition to Stop Violence Against Native Women in New Mexico are calling for state and federal authorities to take real, concrete action to put an end to the ongoing violence and disappearance of Indigenous women and girls nationwide. The call-to-action comes on National Day of Awareness of MMIWG. A day after, the White House published a proclamation making May 5th, MMIP Awareness Day.

As a tribal coalition, CSVANW does not provide emergency or directs services. If you are in an unsafe situation or need immediate assistance, please dial 911.

For a safe, confidential way to talk with someone right now, please call:

Abuse National Network: 1-800-656-4673 (HOPE) www.rainn.org

National Domestic Violence Hotline: 1-800-799-7233 (SAFE) www.ndvh.org

Strong Hearts Native Helpline: 1-844-762-8483 www.strongheartshelpline.org

Email: info@strongheartshelpline.org

MMIW USA

Phone: (503) 891-0040

Email: mmiwusa@gmail.com

Coalition to Stop Violence Against Native Women

Albuquerque, NM

For more information please Contact: Curtison Badonie, cbadonie@csvanw.org or 505-243-9199.

DEPARTMENT OF EDUCATION**2021 Graduates Headstart and Pre-K through 12th Grade****Walatowa Head Start****Language Immersion Program**

Xavier Baca

Francisco Brown

Bradley Casiquito

Eliana Chinana

Liam Fragua

Delicia Gachupin

Karissa Gachupin

Maya Gachupin

Bailey Lovato

Micca Madalena

Aaiden Romero

Karina Romero

Riley Romero

Rylie Romero

McKenna Saiz

Lyla Sando

Lileia Shendo

McCabe Shendo

Leticia Tafoya

Davin Toledo

Caiden Toya

Jenika Toya

Lena Toya

Noah Toya

Addison Tosa

Kellen Vigil

Natalia Yepa

San Diego Riverside Charter School

Anneka Casiquito

Edmund Chinana Jr.

Elijah Fragua

Kailan Gachupin

Natalyn Rose Loretto

Brooklynn Manyribs

Araeya Sando

Aria Smith

Camila Smith

Brayden Toledo

Jay B. Toya

Kiowa Wall

Jemez Day School

Taylon Armijo

Hailey Baca

Jaiden Baca

Lanae Casiquito

D'alan Chinana

Jonnah Fragua

Adam Gachupin

Clayden Gachupin

Kale Loretto

Brayden Magdalena

Amy Romero

Lelani Romero

DEPARTMENT OF EDUCATION

Congratulations Class of 2021 Continued...

Marleyna Romero
Hayden Sandia
Lawrence Sando
Levi Sando
Merlynn Shendo
Sloane Tafoya
Jayden Tosa
Garrin Toya
Ellysse Vigil

San Diego Riverside Charter School

Celestynne Baca
Arlis Casiquito
Justine Chinana
Ella Gachupin
Alana Lucero
Vincent Madalena Jr.
Leenah Romero
Jordan Sandia
Jacinda Sarracino - Valedictorian
Jaime Lynn Shendo
Keziah Shendo - Salutatorian
Nuhkon Shendo-Smith
Danielle Smith
Logan Tafoya
Asia Yepa
Taft Middle School
Leilene A. Chinana

Jemez Valley High School

Lawrence Aragon
Dale Benavidez
Marisa Gachupin
Iriel Lourdes Galvan
Isabella Jaramillo
D'Yanni Medina - Salutatorian
Manuel Patino
Jazmine Pohl
Joseph Ramsey
Louis Shije - Valedictorian
Janessa Tafoya
Adrianna Trujillo-Garcia
Staci Witt

Walatowa High Charter School

Tyrese E. Armijo
Kelauni C. Chinana
Melaila K. Chinana
Albert N. Rael-Collateta
Brandice Cambree Gachupin
Kiara T. Gachupin
Simona E. Galvan
Untivia P. Garcia
Chelsea E. Hardy
Julian Lucero
Caili M. Mora
Kimberly M. Ortiz
Janeya Pino
Kiara L. Secatero
Sefora A. Tosa
Danielle C. Toya - Valedictorian
Jelayne C. Yepa - Salutatorian

Santa Fe Indian School 8th Grade

Cohen Baca
Jarren Chino
Dominic Fragua
Krista Romero
Carmelo Tenorio
Shelby Tosa
Morgan Toya
K'Lesha Tsosie
Wynn Tsosie

Santa Fe Indian School High School

Colin Madalena - Salutatorian
Jason Mora
D'kota Potter
Iesha Tafoya
Kymani Toya
Demaris Vigil
Devry Vigil

Freedom High School

Kateri Shendo

V. Sue Cleveland High School

Jonathan Fragua Jr.
Leilani Gachupin
Brenna Gchachu
Brandon Howell
Christopher Romero
Nancy Rosson
Michael Sandoval
Ailana Toya
Anaiyla Toya
Derek Vidal

Rio Rancho High School

Melena C. Sando

Socorro High School

Joshua Lee Armijo

Dulce High School

Samuel L. Mescal
Jaiden Toya

Window Rock High School

Tristan M. Waqui

DEPARTMENT OF EDUCATION

**Pueblo of Jemez Fall 2020 and Spring/Summer
2021 College Graduations**

Southwestern Indian Polytechnic Institute

Allen Baca, AAS in Natural Resource Management
(Summer 2021)

Bertha Gachupin, AA in Early Childhood Education
(Fall 2020)

Valene Gachupin, AAS in Culinary Arts (Summer
2021)

Jacqueline Magdalena, AA in Early Childhood
Education (Fall 2020)

Pima Medical Institute

Graduation: October, 2020

Tenise Toya, Bachelor of Science in Health Care
Administration

University of Colorado at Boulder

Spencer Garcia, Bachelor of Arts in Philosophy

University of Arizona

Alva Gachupin, Masters in Public Health

New Mexico State University

Byran Shendo, Bachelor of Science in Engineering
Technology

University of New Mexico

Alesandra Candelaria, Bachelor of Business
Administration

Kailey Fragua, Bachelor of Arts

Jordan Martinez, Bachelor of Arts in Psychology

Teran Villa, Master of Public Administration

Anastasia Yepa, Bachelor of Arts in Native American
Studies

Kalei Yepa, Bachelor of Arts in Psychology

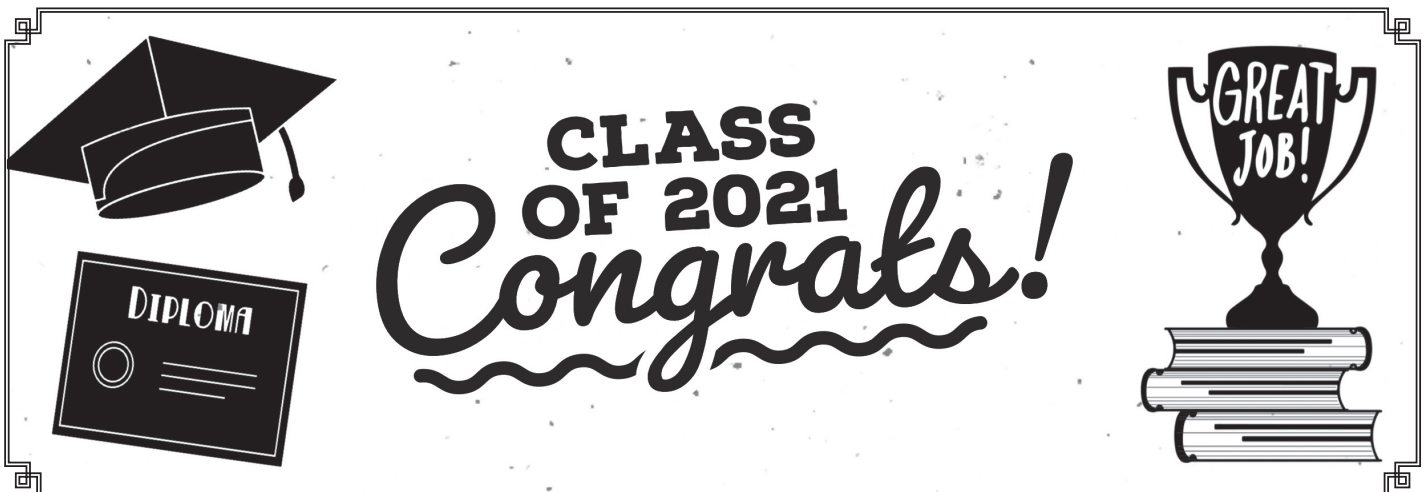
New Mexico Highlands University

Taunisha Garviso, Bachelor of Arts in Early
Childhood Multicultural Education

Northern New Mexico College

Graduation: September, 2021

Hailey Gonzales, Bachelor of Arts in Early Childhood
Education





PUEBLO of JEMEZ

Pueblo of Jemez
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Jemez Pueblo, NM 87024

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Jemez Department of Education Updates

The Pueblo of Jemez Department of Education continues to work for and help native youth in the community by creating new opportunities to become successful and contributing members. Please continue to stay safe and healthy as we continue to navigate through the current pandemic.

Pre College Opportunity:

College Horizons is a pre-college program for Native American, Alaska Native, and Native Hawaiian high school sophomores and juniors. Students work with college admissions officers, college counselors, and our educators in six-day admissions “crash course” focused on understanding the college admissions applications process.

Please use the link provided: <https://collegehorizons.org/programs/college-horizons/>

Scholarship Opportunities:

- American Indian Science and Engineering Society (AISES) helps students move forward with their education by providing a variety of programs and scholarship opportunities, there are currently seven Open Scholarships for both undergraduate and graduate students. Please be advised the deadline for these scholarships are May 31st, 2021. Please use the link provided: <https://www.aises.org/students/scholarships>
- American Indian College Fund is offering the ‘Full Circle Scholarship’ for students seeking technical, undergraduate and graduate degrees at tribal colleges and other nonprofit, accredited schools. Please be advised the deadline to apply is May 31st, 2021. Please use the link provided: <https://collegefund.org/students/scholarships/>
- American Indian Graduate Center offers more than 30 scholarships and fellowships that fund undergraduate, graduate and professional degrees. Please use the link provided: <https://www.aigcs.org/scholarships-fellowships/graduate-students/>

Research Assistant Positions:

- University of New Mexico Department of Anthropology and Pueblo of Jemez are recruiting for UNM undergraduate students from the Pueblo of Jemez to fill two paid research assistant positions. If you are interested in applying for one of the positions, contact Professor Ian Wallace at iwallace@unm.edu. Information on the project and job description can be found at <https://youtu.be/Ap9fP55cuGY>