



Red Rocks Reporter

NOVEMBER 2012

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FROM THE GOVERNORS

PUEBLO OF JEMEZ WINS THREE DEPARTMENT OF JUSTICE AWARDS

The Pueblo of Jemez received three awards from the U.S. Department of Justice (USDOJ) under the Coordinated Tribal Assistance Solicitation (CTAS) process. The award of \$732,519 is allocated as follows:

- A \$282,058 three-year Community Oriented Policing Services (COPS) award to the Jemez Police Department is designated to replace aging vehicles and equipment for patrol officers and the Pueblo of Jemez traditional officials.
- A \$375,461 three-year Bureau of Justice Assistance (BJA) award goes to the JHHS Behavioral Health Program to support the Jail Diversion and Alcohol and Substance Abuse Planning Projects.
- A \$75,000 18-month BJA award goes to Tribal Administration to support design of a comprehensive justice plan, including interfaces with other allied agencies, for services such as victim services, substance abuse and behavioral health, and address various age and gender needs.

Since 2010, the Pueblo has received 11 awards of the 15 CTAS applications submitted, averaging \$522,534 annually and totaling \$4,180,274. These awards have enabled the Pueblo to pay salaries and benefits, increase services and operations, and make program and policy improvements. The Pueblo relies on these and other federal grants to sustain needed services.

“We will continue to seek opportunities for funding for needed projects,” says Governor Joshua Madalena. “Our goal is always to do what needs to be done to improve our Jemez community.”

For more information about the programs, please contact the respective program managers and directors. For an overview of the CTAS initiatives, contact Ada Pecos Melton at (505) 842-1122.



Governor Joshua Madalena and Congressman Ben Ray Lujan (*behind at right*) meet often to discuss issues of importance to the Jemez community. Gov. Madalena's daughter Alex and Lujan aide Chris Garcia joined this meeting. "As a long-time friend to Jemez, Congressman Lujan is in a position to be very helpful to our people."



2012 TRIBAL GOVERNORS

Joshua Madalena
Governor

Larry Chinana
First Lt. Governor
Juan Toya
Second Lt. Governor

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Vincent A. Toya, Sr.

Red Rocks Reporter

November 2012 Edition

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FROM THE GOVERNORS

Road Repairs Improve Access



(Left) An example of the debris and erosion issues on SP 94.

(Center) The crew at work.

(Right) Road repair makes access easier and safer. *Photos by Paul Chinana.*

Pueblo of Jemez Transportation and Natural Resources Departments initiated much-needed maintenance and repairs to Forest Road SP 94. The road leads to Bear Springs from Thompson Springs Canyon on the Holy Ghost Unit off US 550 near Cuba.

Three crew members worked on the project to clear boulders, address erosion and level surfaces. Some areas had been impassable in bad weather. The maintenance project will allow four-wheel drive vehicle access for traditional hunting and gathering activities as well as forest management, wildland fire emergency response teams. "This is a large, ongoing project that takes a lot of work," says Assistant Tribal Administrator Anthony Armijo. "We are very grateful to be getting this road back in shape."

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed.

Oct. 15, 2012. Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya proposed the following resolutions which were approved by the Tribal Council:

Requested the US Secretary of the Interior to approve and accept the conveyance of the Anthony property to the United States of America in trust for the Pueblo of Jemez. The Tribal Council has determined that an off-reservation gaming establishment is in the best interest of the Pueblo as an economic development project that would best meet the financial needs of the Pueblo while protecting and preserving the Pueblo's traditions and customs. The PoJ has entered into a purchase option transaction by which it will acquire title in fee simple to lands known as the Anthony property. There are no anticipated jurisdictional problems or potential conflicts of land use. The Pueblo would exercise jurisdiction over this property and has negotiated for law enforcement for the site.

NOTICE TO PATIENTS

If you are covered by Lovelace Health Insurance, and have been receiving physician services from ABQ Health Partners, you must find a new doctor if you want to receive "in network" benefits from Lovelace.

The providers at the Jemez Health Clinic are Lovelace providers. If you need to find a new primary care physician, please consider one of the Jemez Clinic medical professionals. It's very important to have a primary care physician who is familiar with your health care needs.

NEWS YOU CAN USE

Energy-Efficient Appliance Project

Submitted by Ray Ashley, Environmental Health Specialist

The Natural Resources Department (NRD) received a grant from the Department of Energy to replace woodstoves and refrigerators for qualified community households. The project replaced existing appliances with energy efficient refrigerators and EPA-certified woodstoves that burn more efficiently and produce less emissions.

The project was implemented with a team effort between NRD staff members, temporary employees and the Pueblo of Jemez Housing Department. Participants submitted applications to the Housing Department with proof that they met HUD income qualifications as well as all necessary paperwork. Applications for the project were accepted from June to August.

Forty homes received new energy star-rated refrigerators and 21 homes received EPA-certified woodstoves. In addition, a new washing machine was purchased for the Head Start Program.

Meeting the project completion deadline of Sept. 24, the recycled refrigerators were delivered to Albuquerque where a certified technician removed the refrigerant. All retrieved appliances were recycled in compliance with state and federal laws.



Library Hosts Book Fair

The Pueblo of Jemez Community Library hosted more than 150 visitors to the Scholastic Book Fair where books for

children of all ages were available for sale. The Library earned \$300 in Scholastic rewards from \$823.55 in total sales. The Library will use the reward dollars for books and incentives for literacy programs.

"A big thank-you to the community members who came to visit our Scholastic Book Fair!" says Assistant Librarian Maureen Wacondo.

Amy Tang and Christian Tang-Rasmussen explore book selections at the Community Library Scholastic Book Fair.



Burn Permits

The Pueblo of Jemez has implemented a burn permit policy within the community. This permit authorizes a designated adult to burn "foliage" only, such as weeds, leaves, grass, branches and limbs at a specific, designated site. The permit describes the dates and times the burn is to be conducted, and the planned means of suppression. Permits are non-transferable and subject to cancellation by tribal officials, representatives or law enforcement.

Permittees are held accountable for any property damage resulting from negligent burning. Burns are permitted only during calm weather conditions. The permit must be in the possession of the permittees during the fire.

The Natural Resources Department is issuing the permits. Permits are valid for one week. There is no cost.

Violators will be prosecuted in Tribal Court and will be jailed and/or have fines imposed.

For more information, contact the Natural Resources Department (NRD) at (575) 834-7696.

SAFE AGRICULTURAL AND DITCH BURNING

Check the weather forecast. Weather fluctuations such as sudden gusts of wind or changes in direction could quickly turn an agriculture/ditch fire into a wildfire.

Burn permits are required and must be at the site.

Prepare the site correctly. The ground around the burn site should be surrounded by gravel or minimal soil (dirt) for at least five feet in all directions. Clear all vegetation prior to burning.

Safe burning sites are far away from power lines, gas lines, telephone boxes, buildings, automobiles, equipment and overhanging tree limbs. It should have vertical clearance at least three times the height of the pile, as heat from the fire extends far past the actual flames. For larger areas, disk around the field to create a fire break before burning.

Stay with your burn. Watch the direction of your smoke. Smoke can create a hazard when blowing across roads or highways by limiting driver's visibility, which could cause a vehicle accident.

Make sure the fire is completely out. Stay with your burn until it is completely out. To ensure the fire has been completely extinguished, douse the fire with water or turn over the ashes with a shovel. Repeat several times. Check the burn area regularly over the next several days, especially if the weather is warm, dry and windy.

IF THE FIRE ESCAPES OR SPREADS, IMMEDIATELY CALL 911.

NEWS YOU CAN USE

JVR Plans Events

The Jemez Vocational Rehabilitation Program (JVR) will host several free educational events in the coming months:

Free Finance Class on Wednesday, December 5.

The next **Employability Skills Training** will be offered in January 2013.

The **Disability Awareness Conference** will be held Wednesday, March 20, 2013. The JVR will be looking for volunteers to help with the planning committee.

Welcome Mat

Larnell Sando has joined the Pueblo of Jemez Finance Department as the new Travel Clerk. She brings several years of travel and customer service experience to meet tribal employees' travel needs. In addition, Larnell is familiar with Pueblo of Jemez operations from her time working as an intern with the Human Resources Department.



Bingo!

The Pueblo Church Committee will have a Turkey Bingo on Sunday, Nov. 18 from 1:30. to 8 p.m. at the Youth Center.

Walatowa Charter High School ninth graders will hold a Holiday Bingo on Sunday, Dec. 2, noon to 7 p.m. at the Youth Center to raise funds for on an educational trip to Washington, DC.

SPECIAL ROOM RATES FOR PUEBLO

The Nativo Lodge in Albuquerque is offering special discounted rates of \$65 per night for Pueblo of Jemez tribal members and employees. You must have your CIB or employee badge with you. Please note that the special rates are not available during Balloon Fiesta or the Gathering of Nations.

WALATOWA TIMBER INDUSTRIES

Firewood, Animal Bedding, Mulch, Vigas, Rough Lumber and more!
(575) 834-0204

Native Busine\$\$: Tools for Financial Health and Prosperity

Submitted by Jim Stanley

To make sound decisions, it's essential to keep accurate financial data. The most basic are income statements and balance sheets. The income (profit and loss statement) statement records revenue coming in, cost of goods sold, operating costs, and net income. This information is useful to link the company's activities to profitability. A balance sheet illustrates the overall health of an organization by describing the company's assets (like cash and equipment), liabilities (whom the company owes), and equity.

Equity is determined by simple arithmetic: assets - liabilities = equity. Generally, positive equity is good and negative equity is usually less than good. The income statement and balance sheet should be reconciled (produced) at least monthly.

Negotiate With Vendors

Well-run companies adjust the operating costs of their businesses when the economy cycles down. There are many tactics to survive a difficult economy. For instance, businesses may negotiate with vendors to lower the cost of goods sold (COGS). Vendors are better able to work with customers that can demonstrate their needs, *in numbers*, for specific products. With this information, vendors can quantify and calculate profits from relationships and make decisions based on those figures. Without good information, decisions may be deferred, take too long or not happen at all. Balance sheets helps business owners know if they have enough cash to buy supplies at the beginning of the year or if they need terms for payment at a later time, another critical component to negotiating a better deal.

Increasing Sales

The life blood of a company is cash. The best way to generate cash is to increase sales. Increasing the sales force's commissions and adjusting salaries are useful tactics to reduce fixed operations carrying costs and grow sales by aligning employee financial incentives with company objectives. Increasing commissions gives employees opportunities to make more money than they would on salary only, while providing benefits to the company: everybody makes more money. Generally, a sales force produces better results if financial incentives are aligned with outcomes. Sales staff with a 10% commission are less motivated than salespeople with a 20% commission. In addition, aligning sales force compensation with company objectives by adjusting salaries is often a positive move to help companies survive a tough economy; conversely, taking no corrective action continued losses will consume cash and result in insolvency: everybody loses because the company fails. Some organizations with designated sales forces are "commission only" or offer a base salary to cover essential living costs, providing stability during fluctuations in production.

Income statements allow organizations to determine appropriate compensation strategies so sales staff and the organization split profits. The balance sheet helps determine when salespeople get paid for their production based on how revenues are collected and funds are available to pay commissions.

Jim Stanley is a tribal member of the Quinault Nation and board member of the Northwest Native American Chamber. Send comments to sovereigndevelopment@hotmail.com.

SOCIAL SERVICES

Surviving Violence Through Traditional Healing

The Jemez Health & Human Services Social Services Program honored Violence Prevention Month in October with events designed to increase community awareness and understanding of violence issues in our community. On Oct. 18, guests watched the movie *Precious*, which describes the life of an abused teen. The Violence Prevention Conference was held at the Walatowa Youth Center on Thursday, Oct. 25 with more than 110 participants.

Governor Joshua Madalena gave the opening invocation. After welcoming the group, he thanked Desiree Casiquito and her catering team for a delicious dinner.

"No one wants to talk about family violence," the Governor said. "But we do have issues here in Jemez. We have abuse here. We have domestic violence here. We need to find out more about what happens here so we can learn better ways of handling challenges at home. We need more men to participate and learn better coping skills."

"As Governors, we serve as judges in Tribal Court. We see too many cases. The community should know that we have a zero tolerance policy for abuse," the Governor added.

Social Services Program Manager Henrietta Gachupin announced that a new three-year grant from the Department of Justice enlarges the program's focus. "It goes beyond domestic abuse," Etta said. "We are focusing on violence prevention. That includes all forms of violence: domestic abuse, stalking, dating violence and lesbian/gay/bisexual/transgender (LGBT) issues."

Etta then introduced her staff, including new staff members Farrell Shortman, outreach coordinator, who organized the conference and Danielle Tosa, education coordinator; Carol D. Vigil, family advocate; Christine Waquie, social services worker; Annette Gachupin, child advocate; Joline Cruz Madalena, prevention coordinator; and Carla Sandia, administrative assistant, complete the staff roster. The organizing committee included Fran Chinana, Charmaine Chinana, Joyce Gachupin, Audrey Magdalena, Matilda Shendo and Melesia Toya.

Surviving Violence Through Traditional Healing

Guest speaker Corinne Sanchez of San Ildefonso helped found Tewa Women United, an organization dedicated to empowering women and men for individual, family and community healing.

She opened her presentation with a quote from Dr. Martin Luther King: *"Cowardice asks the question: is it safe? Expediency asks the question: is it politic? Vanity asks the question: is it popular. Conscience asks the question: is it right?"*

And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but because Conscience says that it is right."

Corinne challenged the audience to find the courage to do what's right when dealing with violence within families and communities.

Beginning With the End in Mind

Corinne noted that Native cultures honor the power of thought and the vision to dream. "Tewa Women United creates a safe space for positive change that we can bring back to our homes and families," Corinne explained. The process weaves together economics, health, education, tradition and social justice issues to give strength people in crisis. "I want something different for my nieces and nephews." She also stressed the concept of "body sovereignty:" no one has the right to harm or violate the body of another.

A compelling video explored genocide and cultural trauma as a root cause of violence in native communities today. "We didn't get here by ourselves," Corinne said.

An exercise with five audience participants graphically demonstrated how unresolved issues and conflicts are compounded from one generation to the next. She used the exercise to describe some of her own family history, including loss of language and cultural identity, substance and alcohol abuse, sexual abuse and assaults, suicides, alcohol-related deaths and the deaths of family members killed by drunk drivers. "I had to open the heavy burden passed down through the generations so I could face the guilt, anger and shame I carried," Corinne said of her own journey. "It's not easy. It's hard work. It's necessary. One way to prevent violence is to heal ourselves for our ancestors and for future generations."

An audience member observed that "You feel the burden you pass on. I don't want to do that to anyone, ever."

A Tai Chi exercise was used as a physical representation of bringing the past forward and pushing it away, then turning to a new way of being.

"We must reach out to our men," Corinne said. "We cannot heal alone, without our sons, brothers, fathers, husbands." She recommended a group called A Call to Men (www.acalltomen.org) that is exploring new definitions of masculinity and power. She then described seven principles of Spirit-Rooted Action.

Corinne also offered an observation about the strength of Jemez language and culture. "It's precious. Don't lose it. It's wonderful to see your nation teaching language and tradition to the children," she said. She then opened the session to questions and comments from the audience.

Farrell Shortman closed the session with her own story that includes loss of language in her home tribe in Montana. "My hope for Jemez is that you realize you have a voice. Everyone is worthy. You have your language. Keep it strong. It keeps you together as a people. The traditional culture here is very strong and very rich—and very precious," Farrell said.



HEALTH AND HUMAN SERVICES

Physical Therapy Clinic to Open at Senior Center

Jemez Health & Human Services will partner with Lovelace Health Systems to offer physical therapy treatment at the Senior Center starting in early November. The clinic will initially be open once a week, with the ability to expand to three times per week as needed to meet patients' needs. Referrals will continue to be processed through Contract Health Services (CHS.)

An open house is planned for November 19. Representatives from Lovelace will be available to answer questions and concerns.

If you have immediate questions, you may contact Dave Panana at the Health Center at (575) 834-3026.

What is physical therapy?

Physical therapy is a type of treatment that can help improve mobility and reduce pain. It also helps improve or restore physical function and fitness levels. The goal of physical therapy is to make daily tasks and activities easier. For example, it may help with walking, going up stairs, or getting in and out of bed.

Physical therapists also work with children who have major injuries or health conditions such as cerebral palsy, brain injuries, muscular dystrophy or arthritis. They address issues of range of motion, strength, endurance and mobility as well as consideration of the child's special growth and developmental needs

What does a physical therapist do?

The physical therapist will examine you and create a treatment plan in collaboration with your provider. Depending on your health problem, the therapist will address any pain and swelling and help with flexibility, strength, endurance, coordination and/or balance.

Physical therapy usually includes exercise, including stretching, core exercises, weight lifting and walking. The physical therapist

may teach you an exercise program you can do at home. The therapist also may use manual therapy, massage and modalities such as heat, cold, water, ultrasound or electrical stimulation.

Physical therapy and recovery from injuries.

Physical therapy can help people recover from injuries and avoid future injury by reducing pain in the soft tissues (muscles, tendons and ligaments,) improving flexibility and function, and building muscle strength. Physical therapists can also evaluate how you perform an activity (such as lifting) and suggest ways that are less likely to cause injury. Physical therapy can be helpful for plantar fasciitis, back pain and knee injuries.

Physical therapy and chronic health conditions.

Physical therapy can help with recovery after some surgeries and help people live more easily with some chronic health conditions. Your health care provider may suggest physical therapy for long-term health problems such as:

- Chronic back pain.
- Tendon or ligament problems.
- Osteoarthritis and rheumatoid arthritis.
- Chronic obstructive pulmonary disease (COPD.)
- Parkinson's disease.
- Multiple sclerosis.

The physical therapist will work with you to establish goals and create a program of educational, range-of-motion, strengthening and endurance activities. Physical therapy may be used alone or with other treatments. Physical therapists may also help you get equipment you need, such as a walker or wheelchair, and make sure you can use the equipment correctly.

ELDER ASSESSMENT CLINICS

Starting in December 2012, Elder Assessment Clinics will resume at the Jemez Health Center. These clinics will be held on the fourth Thursday of every month **by appointment only.**

What will the Elder Assessment Clinic offer?

- Complete physical exam, including laboratory tests (drawn ahead of time in the clinic or on a home visit if the elder prefers.)
- Medication reviews
- Falls risk assessments
- Nutritional assessments
- Home safety assessments, scheduled at the elders' convenience.
- Immunizations when needed

- Referrals to health maintenance services (such as optometry, audiology, dental, mammography, colonoscopy,) when needed

Referrals to specialty care when needed

Who should be seen at the Elder Assessment Clinic?

- Elders who are 65 or over, enrolling in Medicare for the first time, or due for their yearly check-ups.
- Elders who need initial or yearly

assessments to receive home caregiver services.

- Any elder who might benefit from a comprehensive exam.

How do you schedule an appointment with the Elder Assessment Clinic?

Call the Jemez Health Center at (575) 834-7413 to schedule an appointment.

For more information, call Paul Gooris, PA-C, at (575) 834-3029; leave a message and he will return your call.

BEHAVIORAL HEALTH

Al Anon Offers Strength and Hope

Al-Anon is an international association offering support for anyone who is troubled by another person's drinking, whether that person is a parent, spouse, partner, child or friend; an adult or a teenager. The most important issue from the Al-Anon perspective is: *does the drinking trouble you?*

Al-Anon is a safe place for people to talk about their experiences without fear of having them shared with others outside the group. ***Al Anon is completely anonymous; everything said in the program with the group stays within the group.*** There are no dues or fees, and it's not necessary to sign up in advance.

"I'm learning to trust and know that Al-Anon is a safe place to share. I know I won't be judged or criticized, or told that I shouldn't feel what I feel," says K., an Al-Anon member.

Al-Anon members say the program helps them improve their lives in many ways. Members say their mental and physical health improved since attending family group meetings.

The Behavioral Health Program sponsors an Al-Anon group open to anyone who is affected by another person's drinking. The group is free and meets every Tuesday at 7 p.m. Call (575) 834-7258 for the location. ***Participants are anonymous and all interactions are strictly confidential.***

"Al Anon doesn't promise specific results, but they do promise a safe haven where you can talk about your experiences, either current or past," says Bill Fragua, Behavioral Health Program After-care Counselor.

How do I know if Al-Anon could help me?

- Do you worry about someone else's drinking?*
- Do you tell lies to cover up for someone else's drinking?*
- Have you been hurt or embarrassed by a drinker's behavior?*
- Have you refused social invitations out of fear or anxiety?*
- Are plans frequently upset or canceled because of the drinker?*
- Are you afraid to upset someone for fear it will set off a drinking bout?*
- Do you feel like a failure because you can't control the drinking?*
- Do you think that if the drinker stopped drinking, your other problems would be solved?*

If you need help, or if you know someone who does, please contact the Behavioral Health Program at (575) 834-7258.

NEWS YOU CAN USE

Medicaid Expansion In New Mexico: Please Make a Call

New federal laws will enable the state of New Mexico to make Medicaid available to most low-income adults who earn less than 138% of the poverty level (under \$15,400 a year for single adults or \$26,300 per year for families of three) starting in 2014. Currently, Medicaid is available only to pregnant women, families with children, or people with qualifying disabilities. More than 200,000 New Mexicans are without health insurance. Many work at jobs that don't provide insurance and can't afford insurance on their own. People without health insurance tend to avoid needed preventive care and delay treatment for health conditions, resulting in more serious and expensive health care needs in the future. Most of these people will not qualify for federal financial help to buy private health insurance under the Affordable Care Act.

Governor Susana Martinez has the option of accepting federal funds to expand Medicaid in our state. However, at press time, she had not made a decision to do so.

This expansion is fully funded by the federal government for the first three years. After that, they pay up to 90% of the costs; the state will then pay an average of only four percent of the costs, an expense that will be covered by a tax that managed care companies pay on insurance premiums. The state will also benefit because adults currently under the SCI program and the state's high risk pool will be transferred into Medicaid. The economy will benefit with increased gross receipts and income taxes from the creation of an estimated 7,000 new jobs.

Why should I care?

By law, Native Americans are entitled to health care through Indian Health Services at no cost to themselves. But health care is not free. Individual tribes pay the cost of care through Indian Health Services contracts and compacts and Contract Health Services.

When tribal members have insurance, either through Medicaid, Medicare or privately through their employers, these entities pay the costs of examinations, treatments, pharmaceuticals and other care. Tribes save scarce, precious funds that can be allocated to help others who do not have these resources.

What can I do?

Tribal leadership and the Governors are joining JHHS in encouraging tribal members to contact Governor Martinez and ask her to support Medicaid expansion in the state. This expansion will increase revenues to the Health Center for patient care and benefit our community by conserving limited CHS resources.

Call the Governor's office at (505) 476-2200 and tell the receptionist that you want to get a message to Governor Martinez about Medicaid. Be polite and speak clearly. Ask Governor Martinez to close the healthcare gap in New Mexico by providing Medicaid to every low-income family. If you get voice mail, leave your name, your telephone number, your zip code and your message. For example I am calling to ask the Governor to say "yes" to Medicaid Expansion for New Mexicans.

For more information, contact the tribal administration office.

PUBLIC HEALTH

Small Steps to a Healthier You!

Submitted by Mara Mannarino, RN, Public Health Programs School Nurse

Making small adjustments or substitutions in your diet can lead to a healthier lifestyle and prolong your life and quality of life. Every motion your body makes burns calories! *Small changes count* and become bigger changes that produce big results over time. Believing that you CAN do it and that every healthy effort you make counts will get you closer to your health goals!

Here are some tips on small changes that make a big difference.

Quick and Easy Tips

- ❖ **Skip buffets.** Make eating out a *social event*, not an all-you-can eat event!
- ❖ **Grill, steam or bake** instead of frying.
- ❖ **Choose fruit** for dessert.
- ❖ **Share an entrée** at restaurants
- ❖ **Remove skin from chicken** for less fat.
- ❖ **Replace sugar-sweetened drinks** with water and add a twist of lemon or lime.
- ❖ **Bring healthy, low-calorie lunches** to work instead of eating out.
- ❖ **Don't skip meals.**
- ❖ **Plan healthy snacks.**

Did you know?

Eating more fruits and vegetables will help prevent and manage many health conditions. Your risk for heart disease, diabetes, high blood pressure, some cancers, and weight issues can be lowered just by increasing fruits and vegetables.

Resource: http://healthvermont.gov/eatforhealth/healthy_hints.aspx

Use these easy, healthy ingredient substitutions to boost the nutrition and lower the calories in your favorite recipes.

IF YOUR RECIPE CALLS FOR: USE A HEALTHIER ALTERNATIVE

MILK GROUP

- Condensed whole milk or evaporated milk Evaporated skim milk
- Cream for soups Mashed potato flakes, pureed starchy vegetable or silken tofu
- Creamed soups Fat-free milk-based soups
- Eggnog Sparkling cider or reduced-fat eggnog
- Full-fat cream cheese Fat-free or low-fat cream cheese; low-fat cottage cheese puréed until smooth
- Full-fat sour cream Fat-free or low-fat sour cream; plain fat-free or low-fat yogurt
- Ice cream Low-fat whipped cream or frozen low-fat yogurt
- Whole milk Reduced fat or fat-free milk, soy milk, rice milk or almond milk

PROTEIN GROUP (MEAT AND DRY BANS)

- Bacon Canadian bacon, turkey bacon or lean prosciutto
- Eggs Two egg whites or 1/4 C. egg substitute for each whole egg
- Ground beef Extra lean or lean ground beef, chicken or turkey breast
- Meat Add vegetables and mix in with meat
- Meat Tofu or soy-based meat substitutes
- Turkey, dark meat Turkey, white meat
- Turkey with skin Turkey without skin

GRAINS GROUP

- All-purpose flour Whole wheat flour (you may need less)
- Dry bread crumbs Rolled oats, whole wheat bread crumbs or crushed bran cereal
- Enriched pasta Whole wheat or brown rice pasta
- Traditional pie crust Graham cracker crust
- Traditional stuffing Add chopped vegetables to stuffing: celery, carrots, corn and peas add extra taste and nutrition. *Resource: Nourish Interactive*

HEALTHY HOLIDAY PUMPKIN BREAD

- 1 C. (packed) light brown sugar
- 2 large egg whites
- 1 C. pure pumpkin (canned or fresh)
- ¼ C. canola oil
- 1/3 C. low-fat plain yogurt
- 1 t. vanilla extract
- 1 C. all-purpose flour
- ¾ C. whole wheat flour
- 1½ t. baking powder
- 1 t. **each** ground cinnamon and nutmeg
- 1 t. **each** baking soda and salt

Preheat oven to 350° F. Spray 8 1/2" by 4 1/2" metal loaf pan with nonstick cooking spray with flour. In a large bowl, use a wire whisk to combine brown sugar and egg whites. Add pumpkin, oil, yogurt and vanilla extract; stir to combine.

In a medium bowl, combine all-purpose flour, whole wheat flour, baking powder, cinnamon, nutmeg, baking soda and salt. Add flour mixture to pumpkin mixture; stir until just combined. Do not overmix.

Pour batter into prepared pan. Bake 45 to 50 minutes or until toothpick inserted in center of loaf comes out clean. Cool in pan 10 minutes. Invert pumpkin bread onto wire rack; cool completely.

PUBLIC HEALTH

November is Diabetes Month: Know Your Numbers

Submitted by Anita Toya, Diabetes Management Program

November is Diabetes Month, so it's a good time to remind yourself to know your important numbers and understand what they mean.

What's the big deal with numbers? Numbers show the levels of certain substances in your blood: sugars, cholesterol and triglycerides. They also describe blood pressure, which is the rate your heart is pumping blood through your body.

Blood Sugar Numbers

The blood sugar number records your blood sugar level at the time you check. Your number may be different every time you check. It's very important to check your blood sugar daily and make it a habit.

Your number may be low if you don't eat or if you take your medication without eating. To avoid low results (blood sugar less than 70,) you may want to eat breakfast every day; it's the most important meal of the day. It doesn't have to be a big meal: it can be as simple as a slice of whole wheat toast with a small piece of fruit.

To avoid high blood sugar (higher than 160), be careful with your carbohydrate food choices. Carbohydrates, like tortillas, pasta, cereal and rice, make your blood sugar higher. All food may raise your blood sugar except meats, cheese and eggs. It's also important to monitor the fat content in the foods you eat.

A1C Numbers

The A1C number is your average blood sugar for three months. It's very important to have these levels checked regularly at the clinic to get a more accurate indication of how well you are managing your diabetes over time. Aim for A1C levels of less than 7%. A1C less than 7% means you are preventing complications of diabetes.

Blood Pressure Numbers

Another important number is your blood pressure number. A normal blood pressure reading is 120/80. People with diabetes should have a blood pressure reading of 130/80 or less and 120/75 if you have kidney disease.

Cholesterol Numbers

High levels of the "bad" cholesterol with diabetes will increase your risk for heart disease and stroke. It's also important to know your cholesterol numbers (also known as fasting lipid panel.) Your goals should be:

- Cholesterol: under 200 Triglycerides: under 150
- HDL: over 40 in men, over 50 in women
- LDL: under 100 (under 70 if the patient has cardiac disease).

The Good News about Diabetes

You can avoid diabetes complications by:

- ✓ Keeping blood glucose as near normal as possible.
- ✓ Learning self-care skills.
- ✓ Getting support from family and the diabetes care team.
- ✓ Taking medication as prescribed.
- ✓ Exercise.

People with diabetes can lead full, productive lives! For more information, call the Public Health Programs at (575) 834-7207.

KNOW YOUR BLOOD SUGAR NUMBERS

Tired			300	
Sleepy	Very High		250	Can damage:
Thirsty	High		200	Blood vessels and nerves
Dry Mouth			180	Kidneys
Frequent Urination	High		160	Eyes
Blurry Vision			140	Brain
→			120	Heart
	Target Range		100	Feet
			80	Protection for:
Shaky			70	Blood vessels and nerves
Sweaty				Kidneys
Hungry				Eyes
Confused	Low			Brain
				Heart
				Feet

I will test my blood sugar times a day days a week.

I will test my blood sugar:

<input type="text"/> when I wake up	<input type="text"/> after dinner	<input type="text"/> before exercise
<input type="text"/> after breakfast	<input type="text"/> at bedtime	<input type="text"/> after exercise
<input type="text"/> after lunch	<input type="text"/> other _____	

GET THE SUPPORT YOU NEED!

- For support in living a healthier lifestyle, contact one of the Public Health Program Health Advocates: Vernon Tosa, Gorman Romero or Alva Gachupin.
- For support with pregnancy and information on Prenatal Childbirth Education Classes, contact Mildred Baca, CHR/Maternal Child Health Specialist.
- For support with diabetes education, contact the CHRs who specialize in diabetes education: Anita Toya, CHR/Diabetes Liaison; Felipita Loretto, CHR/Fitness & Nutrition Technician; or Sheila Toya, CHR/Activities Coordinator.

Contact the Public Health Programs Diabetes Management Team, Health Advocates and CHRs at (575) 834-7207.

PUBLIC HEALTH

GESTATIONAL DIABETES

Submitted by Mildred Baca, CHR/Maternal Child Health Specialist.

What is *gestational diabetes*? *Gestation* is a term used to describe the nine months when the baby is growing inside the mother. *Diabetes* is having too much sugar in the blood. Put them together and you have high blood sugar during pregnancy.

Blood sugar comes from the food we eat. The body changes food into blood sugar that cells and muscles use for energy. Some people cannot get blood sugar into their cells and muscles. The blood sugar builds up, creating high blood sugar.

During pregnancy, some women don't produce enough insulin to keep their blood sugar at normal levels. When a fetus develops, the placenta makes several hormones that can block insulin and lead to insulin resistance, causing high blood sugar.

High blood sugar can cause problems for the woman and her unborn baby. It's very important for a woman with gestational diabetes to have support to control her blood sugars and prevent complications.

Women are more likely to get high blood sugar during pregnancy if they have the following risk factors:

- Being overweight
- Having had babies bigger than nine pounds
- Having had high blood sugar with other pregnancies
- Having a family history of diabetes.

All pregnant women should have a blood sugar (glucose tolerance) test done during pregnancy to measure the amount of sugar in the blood. This test may be done after the first prenatal visit and again between 24 to 28 weeks of pregnancy. High blood sugar results in gestational diabetes.

Gestational diabetes usually disappears after the baby's birth. Women who have had gestational diabetes have a 40 to 60 percent chance of developing Type 2 diabetes within five to ten years. So it's very important to begin making changes for living a healthier lifestyle after having your baby.

Exercise will help control high blood sugar, but must be done with caution and with the doctor's approval. It's important to always check blood sugar before and after any physical activity. Note the baby's movement before and after exercise. Do not exercise for longer than 30 minutes at a time. If you develop shortness of breath, slow down and rest.

Resource: American Diabetes Association

Healthy Tips to Avoid Holiday Weight Gain

Submitted by Alva Gachupin, Health Advocate

With the holidays just around the corner, it's the time of year when the temptation to eat all the delicious high calorie foods is at an all-time high! Here are some tips to help avoid temptations and maintain your weight.

- 1** *Never attend a family gathering without eating.* Plan ahead and try to have a nutritious snack before the gathering. This will help you avoid all the unneeded calories. If you do arrive hungry, drink some water to help you fill-up before you fill your plate.
- 2** *Remember that holiday family gatherings are not all about food.* Enjoy the company of your family and friends.
- 3** *Pace yourself to help control how much you eat.* Put your fork down in between bites.
- 4** *Outsmart the buffet.* Use the smallest plate available and don't pack on the food.
- 5** *Be selective about sweets.* Limit your indulgences and eat small portions of desserts. Savor each bite and you won't feel deprived.
- 6** *Take your own low calorie treats.*
- 7** *Crack down on tasting.* Try not to taste your cooking every few minutes. Each bite counts.
- 8** *Go for walks.* Get the family off the couch and moving by going for a walk before or after a delicious meal. Walking helps you be more cautious of what you eat.

Enjoy this holiday season with your family and friends!

Did you know?

Just a little holiday weight gain, even just one pound, is a pound most Americans never lose. We want to help you maintain your weight during the holidays because we know you can do it!



NEW! The MOGRO Truck is now at the SENIOR CENTER

TUESDAYS 10 A.M. TO 7 P.M.

Feed your family with natural, fresh produce without the expensive drive to Albuquerque. Save the money you would spend on gas for fresh vegetables, fruits, organic dairy products and quality meats. You and your family deserve high quality foods to stay healthy!

SENIOR CITIZENS CENTER

Senior Center Hosts Education Day

The Jemez Senior Center sponsored a full day of education and fun for seniors on Wednesday, Oct. 10. Several guest speakers gave presentations on topics of interest to senior citizens. The day opened with an ice-breaker that tested seniors' Towa vocabulary skills and prompted a discussion of the importance of saving the language for the future.

Helen Martinez from the Sandoval County Extension Service gave a presentation on good nutrition. She emphasized the importance of maintaining the right balance of proteins, fats and carbohydrates. "Read it before you eat it!" she said. She also noted the importance of proper portion control. "Too often, we eat healthy foods but in quantities much larger than we need," she said. She answered several questions from the group as participants learned about the value of a good breakfast, how much is "too much," and other factors. "It may seem expensive to eat right, but it's a lot cheaper than a trip to the hospital," she advised.

The group then moved to the fitness area to learn about the ancient Chinese art of Tai Chi with Sifu Dug Corpolano. He coached the group into gentle movements designed to calm, stretch and balance the body, and promised to return if participants were interested.

Lunch included a digital storytelling session. Then Medical Social Worker Lisa Maves gave a presentation on upcoming changes in Medicare. (*See article on page 15.*) Physician's Assistant Dawn Dozhier discussed the importance of good self-care and hygiene habits for seniors. (*See article below.*) The day ended with a chair volleyball competition followed by (healthy!) banana splits for all.



Above: Seniors try Tai Chi movements.

Right: Chair volleyball!

Far right: Helen Martinez demonstrates a serving size fitting into the palm of your hand.



Staying Golden Through The Golden Years: *A Head-to-Toe Guide to Self Care*

Submitted by Dawn Dozhier, PA-C

The Importance of Good Hygiene

Maintaining good hygiene and self-care keeps us feeling better about ourselves. Good hygiene helps prevent health problems such as infections, pneumonia, injury and gives us better quality of life. A loss of interest in hygiene can signal other health problems that need attention. Some obstacles older adults may experience when taking care of themselves include:

- ❖ Pain or disability. Arthritis can make it hard to comb hair, get dressed or reach certain areas.
- ❖ Memory loss: "I forgot"... "I think I just did that..."
- ❖ Fear of falling.
- ❖ Discomfort with water or soaps.
- ❖ Depression.
- ❖ Financial concerns over the cost of soaps and supplies.
- ❖ Older adults may lose their sense of smell.

Overcoming Obstacles

- ❖ Get help from family members when you need it, and don't be afraid to ask for outside help.
- ❖ Talk with your healthcare provider about pain medications, depression and necessary supplies such as adult diapers.
- ❖ Consider aids like shower chairs, hand-held shower heads, or grab bars if your shower feels unsafe or difficult. Medical Social Worker Lisa Maves or Benefits Coordinator Thelma Shendo can help.
- ❖ Use memory aids like calendars or phone alarms to remind yourself of the days you are scheduled to shower.
- ❖ Be prepared. Have everything you need ready: towel, soap, washcloths, lotion, clothes, etc.

Continued on page 13

SENIOR CITIZENS CENTER

Staying Golden Through The Golden Years, *continued*

Continued from page 12

- ❖ Be active, get out, and stay involved with your family and community.

Bathing

- ❖ Daily: Clean face, skin folds, under breasts, groin and arm pits. More than once daily, clean private areas. Dry these areas completely to prevent rashes and fungal infections.
- ❖ How often you need a full bath depends on each individual. Some people need or want a daily bath. For some, a full bath is necessary only a few times per week. Excessive bathing can cause dry skin.
- ❖ Use gentle liquid soap and pat dry.
- ❖ Apply moisturizer daily.

Hair Care

- ❖ Women might consider styles that are easier to manage.
- ❖ Use baby shampoo if shampoo burns your eyes. Try diluting shampoo.
- ❖ Dry shampoos are handy when you're not going to wash your hair. Dry shampoos come in foams or powders and often just need to be applied and brushed through your hair.

Teeth

- ❖ Better oral hygiene can reduce some respiratory infections like pneumonia.
- ❖ Brush and floss daily.
- ❖ Rinse your dentures under running water after every meal. Use a nightly cleanser.
- ❖ See the dentist every six months, even if you don't have all your teeth. The dentist will make sure your dentures fit properly, identify and treat any mouth sores, and diagnose dry mouth that can lead to rapid tooth decay.

Hand Washing

- ❖ To prevent spreading germs, wash hands with soap as often as possible: after using the bathroom; before, during and after meal preparations; after sneezing or blowing your nose; and whenever you think of it.
- ❖ Encourage children to wash hands often.

Caring for Down There

- ❖ There is nothing to be ashamed of *down there*; we all have a *down there*.
- ❖ This is a high maintenance area that should be cleaned at least once daily, usually more.
- ❖ Urinary incontinence is fairly common, but it does need to be evaluated by your doctor.



- ❖ Change adult diapers when they become wet or soiled to prevent odor, rashes and skin sores. People often need a quick sponge bath after each change. Dry completely.
- ❖ Change into clean underwear daily.

Feet

- ❖ Check your feet every day for sores or areas where your shoes are rubbing.
- ❖ Avoid walking around barefoot; use house shoes or slippers with hard soles.
- ❖ Make sure shoes are comfortable, and wide enough to accommodate changing feet.
- ❖ Do not trim your calluses with a blade of any kind; gently rub these areas with a pumice stone.

Nail Care

- ❖ Nails should not rub against your shoes.
- ❖ Do not trim your nails if you can't see well enough; ask for help from your health care provider, podiatrist or a family member.
- ❖ Trim nails straight across the top, not curving down.
- ❖ Avoid cutting nails too short.
- ❖ If you have pain around your nails, see your healthcare provider. Do not try to dig it out yourself

Medical Care

- ❖ Get medical care if you are not interested in maintaining hygiene, if it seems too difficult, if you have new trouble with incontinence, or if you have any falls.
- ❖ Get a check-up at least once a year, more often if you take medications for any health problems.
- ❖ Good preventive health care includes:
 - ✓ Colonoscopies as prescribed.
 - ✓ Mammograms yearly
 - ✓ Shingles vaccination
 - ✓ Pneumonia vaccination.
 - ✓ Booster vaccinations for tetanus, diphtheria and pertussis (TDAP.)

Stay Active!

Staying as active and engaged as you can helps you stay strong. The Senior Center offers exercise sessions, Senior Olympics practice, walking, trips, Tai Chi, classes and other activities. Keep regular contact with family and friends.

Do things to keep your mind working: puzzles (crosswords, sudoku, word search, jigsaws,) or teaching your grandchildren a craft, skill, traditions or language, or helping with homework.

Do what you love to do! This is your time to enjoy life!

SENIOR CITIZENS CENTER

Intergenerational Program Open House

Participants in the Senior Center's Intergenerational Program celebrated their creations at an Open House at the Senior Center on Thursday, Oct. 18. Under the direction of Rose Shendo, the program offered monthly classes, events and workshops, including traditional crafts, storytelling, youth outreach and other activities activities. The program has received additional funding to continue next year.



(At left) Severiano and Karen Toya get a closer look at crochet work with Vernida Chosa.
 (Above) Patrina and Brianna Chinana make piki bread.

(Above) Mary Jo Armijo and a friend view some of the medals won by Jemez Senior Olympians.
 (Abt left) Leonard Shendo arranges a display of crafts made in his classes.

New Staff

Five Sandoval Pueblos, Inc., WIA Employment & Training Project and the Jemez Senior Citizens Center partnered to place three temporary work experience support staff with the Senior Program. Joceyln Loretto, administrative/receptionist aide; Byron Toya, receptionist aide, and Triston Toya, kitchen/cook aide will work 30 hours per week between Oct. 8 and Dec. 14. The Employment and Training support staff will receive on-the-job training. Five Sandoval provides their hourly wages.

"We value all the available assistance here at the Senior Center," says Program Manager Margaret Garcia.

Welcome Mat

MEDICAL SOCIAL WORK



Chalisa Glenn is the new personal trainer on staff at the Community Wellness Program. "I'm here to help people get healthy, reduce stress and have fun!" Chalisa says. Her background includes several years as an activities director, where she worked with senior citizens on health and wellness issues. She also worked with NM Sports and Wellness for more than a decade. Contact Chalisa for your own personal training session at (575) 834-7059.



Dr. Chadwyck Bradley, DMD, is now seeing dental at the Jemez Dental Clinic. "After being in a private practice in Tucson, I really wanted to come back to a community health center setting like I experienced during my residency," Dr. Bradley says. He intends to help the clinic focus on increasing patient compliance to improve their oral health.

Wilma Baca, RN, brings her nursing skills home to the Jemez Health Clinic after working in both inpatient and outpatient care at Presbyterian Hospital in Albuquerque and the Indian Health Service. "The tribe helped me with scholarships when I was in nursing school," Wilma says. "This is my way of giving back to the community that supported me. One of my goals was to come back and work here."



Social Security Increases Monthly Payments

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 62 million Americans will increase 1.7 percent in 2013. The cost-of-living adjustment (COLA) will begin with benefits that over 56 million Social Security beneficiaries receive in January 2013. Increased payments to more than 8 million SSI beneficiaries begin Dec. 31, 2012. The Social Security Act mandates how the COLA is calculated.

Some other changes taking effect in January of each year are based on the increase in average wages. Based on that figure, the maximum amount of earnings subject to the Social Security tax will increase to \$113,700 from \$110,100. The change affects nearly 10 million taxpayers.

Information about Medicare changes for 2013 is available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

To read more, go to www.socialsecurity.gov/cola.

MEDICAL SOCIAL WORK

Medicare Open Enrollment

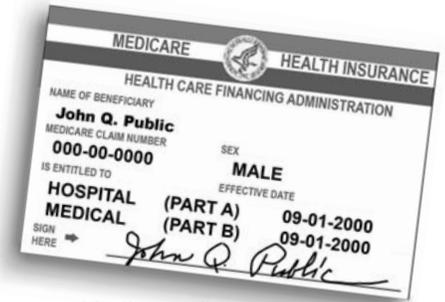
Open Enrollment For Medicare is October 15 to December 7

Submitted by Lisa Maves, LCSW

During the Medicare Open Enrollment period, recipients can make changes to their current Medicare plans.

This is the only time people enrolled in Medicare can make changes to their Part A (hospital) and Part D (pharmacy) plans.

You can make changes to your Part B plan between Jan. 1 and March 31, 2013.



What can I change?

You can:

- ▶ Switch from original (A&B) to a Medicare advantage plan or vice versa.
- ▶ Switch from one advantage plan to another.
- ▶ Join a prescription drug plan or switch plans.
- ▶ Changes you make now will be effective Jan. 1, 2013.

If you only have Medicare Part A and want to add Part B:

- ▶ You can add Part B between Jan. 1 and March 31, 2013.
- ▶ Changes will be effective July 1, 2013.

If you have private health insurance:

Open enrollment dates vary. Most plans require enrollment changes in December to be effective Jan. 1, 2013. Check with your insurance plan.

Why would I make changes?

- ▶ Your current plan restricts where you can get care.
- ▶ You have original A&B but want more options.

Medicare Advantage Plans offer “extras” in exchange for staying within their networks. You may want to make changes if:

- ▶ Your current plan is going out of business.
- ▶ Your current plan is going to raise or start charging fees.
- ▶ Watch for letters in your mailbox about 2013 changes!

Do I have to make changes?

No. If you are happy with your current insurance coverage and your benefits are not being changed **you do not have to make any changes.**

What's new for 2013?

- ▶ Part B premiums may change. At press time, no announcement had been made. Premiums may not change at all.
- ▶ Medicare has added coverage for “preventive care” medical visits, including alcohol “misuse” counseling, cardiovascular disease behavioral therapy, depression screening, obesity screening and counseling, and STD screening.
- ▶ Social Security Cost of Living increase is expected to be 1.7%, about half of what it was last year.

Medicare Part D (Prescription Drug Coverage)

To help conserve tribal health care funds, the Pueblo of Jemez

administration and JHHS encourage all tribal members to enroll for Medicare prescription drug coverage. If you have Medicare and don't have prescription coverage, please see Lisa Maves or Thelma Shendo at the Health Center for help enrolling now.

These plans change every year. If you do have Part D, watch for a **brown** letter from your current provider in the mail. This letter will describe if there will be changes to your plan. You may want to change plans if the changes do not meet your needs.

\$0 Drug Plans for 2013

- ▶ AARP Medicare Rx Saver Plus.
- ▶ EnvisionRxPlus Silver.
- ▶ First Health Part D Premier
- ▶ Humana Walmart-Preferred*
- ▶ SilverScript Basic *
- ▶ United American-Select
- ▶ WellCare Classic*

*Plans contracted with your JHHS Pharmacy.

Private Insurance

If you have private health insurance, check to see whether prescriptions are included (usually on the back of your card.)

“Dual Eligibles”

“Dual eligibles” are people who are eligible for both Medicare and Medicaid. People who are dual eligible:

- ▶ Are automatically enrolled in a Medicare Drug Plan (Part D.) You will receive a letter asking you to choose a plan. If you don't choose, a plan will be chosen for you.
- ▶ Usually do not have to pay monthly premiums, co-pays, etc. Currently, the lowest premium is about \$15 per month.
- ▶ May have to renew Medicaid once a year.

Extra Help

Even if you don't qualify for Medicaid, you can get help for premiums if:

- ▶ Resources are less than \$13,070 for an individual or \$26,120 for a married couple.
- ▶ "Resources" include bank accounts, stocks and bonds. They **do not** include your home, car and any life insurance policy; **and** annual income is less than \$16,755 (\$1,396 per month) for an individual or \$22,695 (\$1,891 per month) for a married couple *living together*.

You can apply online or with a paper application. Visit Thelma Shendo or Lisa Maves if you need help or have questions.

If you have any questions or need help, contact Benefits Coordinator Thelma Shendo at (575) 834-3040 or Medical Social Worker Lisa Maves at (575) 834-3059, or stop by their offices in the Jemez Health Center.

PUBLIC HEALTH

GREAT AMERICAN SMOKE-OUT: THURSDAY, NOV. 15

The American Cancer Society marks the 37th Great American Smokeout on Nov. 15 by encouraging smokers to quit smoking or at least make a plan to quit. Smokers who quit will be taking an important step toward a healthier life and reducing cancer risk. **Tobacco use remains the single largest preventable cause of disease and premature death in the US.** Quitting is hard, but you can increase your chances of success with help. Talk to your health care provider about the steps you can take to quit smoking. There are many resources that can increase your chances of quitting successfully.

WHEN SMOKERS QUIT: SOME BENEFITS OVER TIME

- ❖ **20 minutes after quitting:** Your heart rate and blood pressure drop.
- ❖ **12 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- ❖ **Two weeks to three months after quitting:** Your circulation improves and your lung function increases.
- ❖ **One to nine months after quitting:** Coughing and shortness of breath decrease. The cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- ❖ **One year after quitting:** The excess risk of coronary heart disease is half that of a continuing smoker's.
- ❖ **Five years after quitting:** Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- ❖ **10 years after quitting:** The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas also decreases.
- ❖ **15 years after quitting:** The risk of coronary heart disease is the same as a non-smoker's.
- ❖ **Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs.**

**Quitting while you are younger will reduce your health risks more,
but quitting at any age can give back years of life that would be lost by continuing to smoke.**



INJURY PREVENTION

Walk or Bike to School Days

To celebrate national Walk or Bike to School Day, the Injury Prevention Program sponsored three events for Jemez students. Walk or Bike to School Day is a national initiative to change community cultures and offer more inviting travel options for all. Children, parents and teachers gathered at the Pueblo Church for the trips to their respective schools: Jemez Day School on Oct. 3, San Diego Riverside on Oct. 4 and Head Start on Oct. 5. A total of 148 students participated, along with numerous parents and grandparents. The kindergartners and first graders won the contest for the most participants from the Jemez Day School. Fourth and fifth graders took the prize for San Diego Riverside Charter School. Injury Prevention staff monitored the walks. Children were encouraged to report concerns about their routes, such as traffic and loose or aggressive dogs. After a brisk walk or ride, children are more ready to settle down and concentrate on learning. Walking or biking to school is a great way for students to start their days!

WHY WALK OR BIKE?

- More Fun!** Walking and bicycling bring a sense of joy and independence.
- Be Healthier!** The trip to school is a chance for children (and adults!) to get the physical activity they need.
- Protect Our Environment!** Replacing car trips to school with walking or bicycling can reduce congestion and air-polluting emissions.
- Promote Safety!** Building sidewalks, providing education programs and adding traffic calming measures are some of the ways to improve safety. Encouraging walking and bicycling to school can help build support for infrastructure improvements in the broader community.
- Improve Our Community!** Reducing traffic and improving neighborhood connections benefit our community.





EXPLORING OUR HISTORY AT THE VALLES CALDERA

Walatowa High Charter School students visited an ancestral site on the edge of the modern boundary of the Valles Caldera National Preserve to see physical evidence that their ancestors used the sacred land long before Europeans. They shared stories with each other in Towa about the significance of the location. This experience helped them write essays for the Pueblo of Jemez Valles Caldera Recovery Project.

We Were Here First

By Brandi Sandia

Standing at the site of *Say-Shun-Kwa*, overlooking the Valles Caldera where eleven hundred of my ancestors once lived, I could feel the presence of their spirits walking, talking and going about their lives.

As my friend and I climbed up a trail that was once used by the people of *Say-Shun-Kwa*, we heard footsteps run by. We thought it was one of our classmates. But when we looked around, there was no one there. We both felt shocked, and strangely happy. We turned to each other and said, "At least we know they're watching over us."

Governor Joshua Madalena recently announced an effort to reclaim the Valles Caldera, which once belonged to the Jemez people until it was taken from us by Spain, then Mexico, and finally the United States government. This is very great issue for us Jemez people, because we still use the Caldera for many religious purposes and getting it back permanently would mean we would have access to it when we need it.

We have known the Valles Caldera has been our land since long before we first settled in this region. It is where the spirits of our ancestors reside and it is our most important spiritual place. That is why we never built major villages in the Caldera.

The histories of the Caldera are told about in the traditional songs we sing. They tell a lot about where we came from, our way of life, and how it was for our ancestors. The people who came before us left behind many traditional, sacred and important artifacts such as obsidian, which was used to make spears to hunt for game, the pieces of pottery and jugs that were once used to carry water from the stream, and the ruins that were once walls to hold up our ancestors' homes.

We Jemez people need to become one and to fight for what's ours. We deserve to take back our ancestral site, the Valles Caldera, to use it like our ancestors once did, to continue practicing our religious beliefs. We people have the power to take back the land from the United States government and our people before us. Our ancestors will be alongside, helping us get back what's ours. They will make Jemez Pueblo powerful to fight for the land.

We Were Here First

By Carmen Magdalena

The Valles Caldera is our land. This sacred land we cherish belongs to the people of Jemez Pueblo and we are fighting to get it back.

The Valles Caldera has been our spiritual mother since long before we first settled in the region. The Valles Caldera is why we migrated to the area long before the arrival of Europeans in the Americas. The Valles Caldera is our cathedral. It is where the spirits of our ancestors reside and it is our most important spiritual place. That is why we never built major villages in the Caldera and why we have maintained an uninterrupted spiritual relationship with the Caldera. Our Jemez name for the tallest mountain in the Caldera Redondo Peak is *Wavema*. *Wavema* is the mother peak of the Valles Caldera. The Jemez Nation originated from a place called *Hua-na-tota* in the Four-Corner area.

Our ancestors migrated to the Jemez Mountains in the late 13th century, and by the time of the first European contact in 1541, the Jemez nation was one of the largest and most powerful pueblos in the Caldera.

Jemez Pueblo holds an Indian title to the Valles Caldera. Indian title is the right of use held by American Indian tribes

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Walatowa High Charter School juniors at the Valles Caldera.

Photo by Kathleen Phelan, WHCS teacher.

EDUCATION

Exploring Our History

Continued from page 17

to their ancestral homelands. Jemez Pueblo people have the right to take back the Valles Caldera. It is our spiritual land we cherish. We deserve to get back our ancestral sites and use the Caldera like we did in the beginning.

We Were Here First

By Teran Villa

As I stand at the top of Redondo Peak, I imagine that it is summer, seven hundred years ago. I see Hemish villages surrounding the Valles Caldera, and see field houses amongst the prairie. It is a nation, strong, with thirty thousand men, women and children. I know that it is a very sacred place to my people, and other pueblos, even in modern times. That is why Governor Joshua Madalena has taken the United States government to court, to reclaim our unrelinquished lands for Jemez Pueblo.

The Hemish first settled in the Jemez mountains in the early 1200s, and they established 30 large and small villages surrounding the Valles Caldera. The most northern of these villages was *Say-Shin-Kiöh-Qwah* which is just a couple miles away from the Valle and at the peak of its inhabitants held 1,100 people. While walking through the remnants of the great village, I saw sherds of broken pottery, kivas, and walls from homes of my people.

Kurt Anschuetz, an archeologist and anthropologist for more than 30 years in New Mexico, states: *"During the warm season they would leave their villages, and move into the caldera. There they would gather native plants, hunt game, and accumulate obsidian. Having gathered enough resources to last the winter, they would return to their large villages."*

This is a very crucial piece of information: that the Jemez people were using this land well before the Spanish and the American ranchers who followed.

Most of the tribes that surround the Valles Caldera today view it as a sacred ground, of much cultural importance. One final look over the immense valley and across the mountains, I pray that this land can be once again shared amongst us native peoples. Over countless threats, assimilations and genocide, we have an argument that we have the right to take back what is rightfully ours.

This battle for Pueblo control of the Valles Caldera could be viewed as the "new" pueblo revolt. Only as strong pueblo peoples uniting as one, we could win this clash. We are the 'David' in this battle against the giant 'Goliath', the United States. By joining together we would not only stand stronger in our fight, but also have a victory.

Bibliography: Anschuetz, Kurt F, "Valles Caldera, National Preserve Land Use History; More Than a Scenic Landscape;" www.f.s.fed.us/2007.

Art in the Raw



Walatowa High Charter School has a dual-enrollment agreement with the Institute of Indian Arts (IAIA) in Santa Fe. Art teacher Jaymes Dudding is currently teaching three-dimensional design as a dual-enrollment class to WHCS juniors. Students earn three hours of college credit and half a high school credit per semester. Recently the junior class participated in IAIA's annual "Art In The Raw" student show on the school's campus. On Wednesday, Oct. 10, the group visited the campus as part of the Gear-Up college readiness program. In addition to touring the campus, they were "blown away" by a special showing of IAIA's new state-of-the-art "Digital Dome." They also visited the "Art in the Raw" show to see their own work professionally installed.

"I think these student artists should be very proud of their artworks in the show. I am!" Mr. Dudding says.

USATF Cross-Country Nationals

The USA Track and Field (USATF) holds a National Junior Olympics Cross Country Championship each December. This year the national meet will be hosted at Albuquerque's Balloon Fiesta Park on Saturday Dec. 8, 2012. In addition to making it easier for local athletes to travel, changes in the qualifying process make it easier for athletes from the host state participate. This is our year to get as many youth as possible to the national race!

To support young Native athletes, Wings of America and the Native Health Initiative (NHI) want to talk with athletes and their families to answer questions. Both organizations will help individual athletes and teams through the registration process, and will work to help athletes pay their USATF fees. For more information, contact Dustin Martin, Wings Program Director, at wingsprgmdir@aol.com or (505) 977-5057 or Anthony Fleg, NHI Coordinator at afleg@salud.unm.edu or (505) 340.5658. More information about the USATF National Junior Olympics Cross Country Championship is at www.usatf.org/Events--Calendar/2012/2012-USATF-Natl-Jr-Olympic-Cross-Country-Champs.aspx.



EDUCATION

RezRIDERS Come to Jemez

Submitted by Janice Tosa, Department of Education

The Jemez Department of Education, in partnership with the University of New Mexico Center for Participatory Research, was awarded a three-year grant from the National Institute on Drug Abuse (NIDA) to implement the RezRIDERS curriculum in the Pueblo of Jemez. RezRIDERS (Reducing Risk through Interpersonal Development, Empowerment, Resiliency and Self Determination) is a year-round intervention/prevention program designed for tribal students in tenth grade.

RezRIDERS uses a culturally-centered curriculum aimed at reducing substance abuse among Native American youth. Greg Tafoya, of Santa Clara Pueblo, who also works with the implementation of the program here in Jemez, authored the program. The curriculum was created to engage youth in extreme sports activities (snowboarding, white-water rafting and rock climbing) directly linked to the sacred cycle of water. This positive youth development program provides opportunities for participants to experience extreme sports while receiving cultural mentorship. In conjunction with extreme sports, student participants conduct Community Action Projects (CAPs), giving them the opportunity to give back to their communities. All activities within RezRIDERS are under the leadership/mentorship of the RezRIDERS Tribal Research Team (TRT).

Program Mentors

TRT members serve as program mentors who work directly with students during the activities. The TRT's additional responsibilities include oversight of grant activities, culturally refining the curriculum, data analysis and interpretation, along with program dissemination in the community. The TRT includes Sherwin Sando, Jemez Tribal Youth Project; Kaitlyn Yepa, UNM undergraduate researcher; Brophy Toledo, traditional representative; Estevan Sando, Community Wellness Program; Loveinia Romero, CNM student; Bethany Garcia, New Mexico Highlands University student; and Janice Tosa, Jemez Department of Education, TRT leader.



Each year from 2012 to 2015, two students who complete the program will be invited to join the TRT as youth mentors for the following year. In addition, TRT members are gaining experience and training that support RezRIDERS sustainability and intertribal collaborations.



The RezRIDERS Program

The program is currently in its first year of implementation and has completed two extreme sport activities since May 2012: white-water rafting and rock climbing. All activities have been fun and challenging in ways that are unique to each student as well as mentors. An essential part of the program are the Community Action Projects (CAPs) that students are now working on. They have chosen to focus their CAPs on strengthening their traditional Jemez ties. CAPs are youth-driven, giving students the responsibility to implement these projects from start to finish, with mentors present to facilitate completion and learn alongside the youth participants. We believe that, through these experiences, youth gain a better perspective of their community and learn to serve in more proactive roles.

"Throughout the activities we've done, I have come to realize that every student has the ability to accomplish the things they want," says TRT member Kaitlyn Yepa. "RezRIDERS has brought out the best out in the students, by challenging them to take part in activities beyond their comfort zones. I believe that RezRIDERS is helping them realize that there is a lot to experience out there and not to be afraid to take on a task, no matter how hard it may seem".

All RezRIDERS activities provide the context for experiential curriculum lessons in core values, optimism, self-determination and empowerment. With this program, we hope to reduce alcohol use and depression and to enhance optimism and hope for the future, self-determination (recognition of, and building upon tribal strengths and capacities), self-esteem (belief in self values and principles) and self-efficacy (belief in ability to accomplish own goals).

Recruitment of current tenth graders is now taking place and will continue until December 2012 for the next program implementation. Space is limited. If you are interested, please contact Janice Tosa at (575) 834-9102 for more information or to sign up.



PUEBLO of JEMEZ

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Albuquerque NM
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Election Information

**The 2012 Presidential Election is Tuesday, Nov. 6
7 a.m. to 7 p.m. at the Jemez Civic Center
Remember to bring your voters' registration card
or proper identification when you vote!**

Important Ballot Change: New Mexico's new ballots require voting **for each individual candidate**. There is no longer the option to choose a single political party.

If you have questions, call the Native American Voting Rights Office at (505) 934-8826 or (505) 238-7164.

**Exercise your right to vote and let your voices be heard!
Support your community and children – it counts to vote!**

Library Bond Issue B

Bond Issue B on the November general election ballot will provide critical funding for our state's libraries, including the Pueblo of Jemez Community Library and 17 other tribal libraries. A YES vote will provide \$9,700,000 that will be shared between academic, public, school and tribal libraries in the state. New Mexico Bond B can make a big difference to our community without a significant hit to our wallets. The New Mexico State Board of Finance estimates that for owners of properties worth \$100,000, the average cost over a 10-year period for Bond B will be 56 cents.

Utilities Tax Exemptions for Native Americans

Native American tribal members and their spouses who live on tribal lands may be eligible to be exempt from certain taxes and charges that may appear on your phone, cable and utility (natural gas, propane, electricity, water) bills. **You may be exempt from state, city and county gross receipts taxes, 911 fees, municipal and county franchise fees, telecommunication relay service charges, and New Mexico Universal Service Charges.** This tax exemption does not apply to taxes imposed by tribal governments and collected by the utility, phone and cable companies on behalf of the tribe.

To apply to have these taxes taken off your bills, complete a request form available at the tribal office. Give a copy to each of your utility, phone and cable companies.

For questions or more information on Native American tax exemptions, please contact the tribal office or the New Mexico Public Regulation Commission Commissioner Theresa Becenti-Aguilar at (505) 827-8019) or Native American Liaison Lisa Ortiz at (505) 827-6967).