

A:shiwi A:wan Messenger



Special Issue 20 • February 9, 2022

Zuni Health Initiative Leads on Prevention of Elderly Falls

Researchers at the University of New Mexico, in collaboration with the Pueblo of Zuni Tribal leaders, Senior Center, Wellness Center and the Zuni Health Initiative program, are conducting a study to prevent Elderly Falls. The Standing Strong: Elder Falls Prevention is a 5-year project to train Community Health Representatives (CHRs) to help elders reduce their chances of falling.

In 2018, Principal Investigator Dr. Vallabh Shah and CHRs from the Zuni Health Initiative program conducted a pilot study of 50 elders ages 65 and older. CHRs drafted flyers and promoted the study by distributing the flyers within the community. CHRs explained the study to elders using Zuni language, conducted interviews and asked questions. Most elders have concerns about falls. They found that 75% of elders felt they were at risk for a fall, and more than half reported experiencing a fall in the past year. Falls are not a normal part of aging, and many can be prevented. However, there are reasons a fall can take place:

- Having diabetes, heart disease, kidney disease or any other challenging diseases can contribute to risk of falls.
- Vision and hearing difficulties can affect an elder's balance.
- Nerve problems in the feet and weak leg muscles.
- Obstacles or trip hazards such as objects laying around on the floor, tripping over rugs or having pets get in the way, can increase the chances of losing balance.
- Lack of bathroom grab bars that help keep an elder steady when their feet are wet

With this in mind, the Zuni/UNM partnership will have a physical therapist train CHRs in falls prevention. CHRs will learn how to screen elders

for falls risk and inspect homes for trip hazards. CHRs will learn a specific exercise program taught to elders in their homes. This falls prevention program, called Otago Exercise Program, was developed as a physical therapy intervention. The study will determine whether a CHR can be trained by a physical therapist to teach this program and help elders improve their strength and balance.

The research team will identify 200 elders who are at risk for falls. This is a randomized controlled trial, which means that 100 will receive falls prevention education and home modification. The other 100 will receive an at-home exercise program in addition to education and home modification. Home visits will be made to determine adequate indoor lighting and nightlights, and if grab bars are needed in the bathroom. The grant will cover the recommended home modifications.

The first step for our community will be focus groups. CHRs will organize and lead focus groups with elders to understand their preferences for the educational materials, adapt falls risk screening and the exercise program for cultural appropriateness, and continue to engage with tribal leaders, the Senior Center, the Wellness Center, and Zuni IHS.

This project is based on concern or the safety of our elders within the Pueblo of Zuni. Our dedication and diligence to this project will be a success with teamwork and communication.

For more information, please contact Donica Ghahate, Jeanette Bobelu or Evelyn Mahkee at the Zuni Health Initiative office: 505-782-2578.

Thank you!

To Support Personnel: **THANK YOU!**

Believe it or not, some employees go unnoticed simply because they work behind the scenes. It is time to acknowledge those who keep our programs operating. In Public Safety, we have support staff ranging from Telecommunicators, Control Operators, Administrative Assistants, Cooks, Nurses, and Maintenance personnel who complete the daily operations to support our Police Officers, EMT's, Fire Fighters, Tribal Rangers, and Corrections Officers.

Telecommunicators receive and relay important calls for service to the Police Officers, EMT's or Fire personnel. They are the first line of assistance. They need to gather critical information and are often responding to several calls, so please be patient. Control Operators at the Detention Center monitor Officers and inmates through cameras, relay messages via radio, and respond to phone calls after duty hours. They provide limited information, and you will be required to visit in person to get further information on incarcerated personnel. Please bring a photo ID.

Administrative Service Managers and Administrative Assistants provide the public with information on their respective programs. They deal with vendors, order supplies, pay the bills, keep track of our spending, and more importantly, they ensure our timesheets are submitted. We all know we cannot function without them.

Inside the Detention facility, the Cooks prepare meals, keep track of their food supplies, and maintain their areas for daily inspections. Nurses conduct medical screenings, sick calls, administer medication, and take care of all medical related issues. They work closely with the Indian Health

Thank You continues on page 2

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**Daily new Omicron cases still challenge
2020 and 2021 COVID records
pandemics thrive on complacency**

Stay Safe – Keep Zuni Open!

Delapna:we (traditional winter stories) – Hon' A:wan Productions

Service. With the COVID-19 pandemic, cleaning has become an increased daily activity, and we have to recognize all our maintenance personnel for keeping these buildings sanitized and safe.

It is very important for the community to understand that in any organization, it is critical to have a strong support system. Our men and women serving as First Responders - Police, Emergency Medical Technicians, Fire Fighters, and Tribal Rangers have this support, thanks to the dedicated staff serving in these roles.

As we continue to address the unforeseen issues with the COVID 19 pandemic. Please take time to thank your support personnel.

Elahkwa and stay safe.

On Guard for Zuni: the Office of Emergency Management

The Pueblo of Zuni's Office of Emergency Management is a tribal government agency that is responsible for planning, coordinating, and protecting the citizens of the Zuni Community before, during, and after a disaster.

The Zuni OEM coordinates with various entities such as McKinley County Office of Emergency Management, State of New Mexico Emergency Operations Center, local hospitals, schools and neighboring counties and individuals to plan and prepare for a major incident or a disaster. This includes the emergency operations manager, who is usually delegated.

Zuni OEM plays a key role during this Coronavirus Pandemic in assisting the Zuni Hospital with Covid Vaccinations and offering various resources for the community's needs. During the summer monsoon season Zuni OEM is affiliated with the Flood Plan committee to plan strategies and coordinate with other tribal, county and state resources.

More information will be made available in the very near future!

Zuni Utility Department Requests Members to Update Account Information

We at ZUD are asking that all Account Holders update your information by stopping by our office or Finance and filling out a membership form. This would help us in keeping all accounts up to date with the most accurate information.

A friendly reminder to pay your water bills. Payments are due each month on the 25th.

As it is stated on the water bills "Failure to receive a bill does not exempt you from a monthly payment or from being disconnected."

Pueblo of Zuni Utility Department
143 Route 301 South
(505)782-5654

For Phone Payments Call: (505) 782-7146
Online Payments are accepted now at
www.ashiwi.org

Delapna:we, traditional Zuni stories, are shared during the winter. This important winter activity, as we have heard from our elders, was eagerly anticipated by many family members. These stories, like other important pieces of knowledge in Zuni, are passed down from generation to generation. From the heart and mind of the storyteller, an audience's mind vividly starts to imagine the details of the words echoing around them. The linguistic isolate known as Zunian, or what we call Shiwima benna:we, brings the story to life and a higher understanding of why we must preserve everything that makes us Shiji.

In our Fourth year, we are happy to announce we have been working on a project that is focused on a Delapnane that is commonly referred to as "Turkey Girl". Our efforts to revive winter stories started in the winter of 2019. The A:shiwí A:wán Museum and Heritage Center and the Zuni Youth Enrichment Project started a conversation on how recordings from the 1960's could be utilized. We are using these audio files in a unique and innovative way to help the conversations of Delapnawe continue in Zuni homes.

The possibilities of radio skits, animation, and other ideas were brainstormed. After various community

gatherings and discussions, the idea of a theater play was decided upon. The inaugural "Coyote and Eyeball Race" was brought to life by youth, parents, grandparents, artists, educators, the amazing Shiji Sun Productions, and many more. Past and current productions in the community by other amazing groups are helping pave the way, as we aim to keep Delapna:we alive in the community. Our hope is to increase the awareness of family bonding, Zuni values and morals, and the importance of Zuni language in today's modern world.

We have worked hard to honor our culture and engage in the ever-changing modern world that surrounds us. Through this production, we can experience the memories our elders talked about so fondly for ourselves.

Many community members have worked hard to bring this play to life. A live virtual premiere will be held on February 11th and 12th through the Zuni Youth Enrichment Project's Facebook page, [@zuniyouthenrichmentproject](https://www.facebook.com/zuniyouthenrichmentproject). We hope you can join us for an evening of Delapna:we.

Stay tuned for more details!

Elahkwa.

4TH ANNUAL WINTER STORYTELLING PRODUCTION
DELAPNA:WE PRESENTS

Turkey Girl

Join us for 2 Virtual Shows!
Friday February 11th @ 6:00pm
Saturday February 12th @ 6:00pm
<https://www.facebook.com/zuniyouthenrichmentproject/>

For Your Service and Achievement, *Elahkwa*

Longtime Fire Chief Aldred Cheama retired from his position after serving 34 years with the Pueblo of Zuni, Fire and EMS Program.

Under his leadership, the department has gained fire equipment and training through his rapport and outstanding working relationships with the McKinley County Fire and Emergency Services and the New Mexico State Fire Marshal's Office. Fire Chief Cheama lead the mitigation efforts during the COVID-19 through the Pueblo of Zuni Incident Command System. He worked diligently along with many of our front-line emergency personal.

Governor Panteah stated that "on behalf of the Zuni People and the Zuni Community, we appreciate and express our sincerest gratitude for your Outstanding leadership and dedicated service and countless contributions to the Zuni People."

Chief Cheama's supervisor, Tyler Lastiyano expressed his appreciation by stating that "on behalf of the Division of Public Safety, I announce the retirement of Fire/EMS Chief Aldred Cheama effective today January 21, 2022. Chief Cheama served honorably for the past 34 years as a Fire Fighter, EMT, Lieutenant, and reached the Chief's position in 2016."

Chief Cheama earned many accomplishments in his career as an advocate for his program and served a vital role as the Incident Commander during the onset of the COVID-19 pandemic.

We also want to extend our appreciation to Chief Cheama's family for allowing him to serve these 34 years within the Fire/EMS program in the many demanding positions that he proudly held.

Chief Cheama, it has been our pleasure to serve with you, and on behalf of the Division of Public Safety and the Pueblo of Zuni organization, thank you for service as a First Responder and as a leader in Public Safety.

The Pueblo of Zuni thanks Delbert Quam for 20 years of his dedicated service to the Pueblo of Zuni Recovery Center/DWI Program. Mr. Quam was a Certified Peer Support Worker who worked as a Substance Abuse Counselor.

After achieving success in his battle with addiction, and having 32 years of sobriety, he dedicated his career to helping others with addictions. He began working for the Pueblo of Zuni in 2001 as a Substance Abuse Counselor. He left for a few years for another opportunity in the community of Gallup, where he worked for the McKinley County DWI Program. He then returned home to help his people in 2005 and continued his career until his retirement in December of 2021. His daily work life included counseling clients who were referred from tribal courts, self-referrals, and referrals to in-patient treatment. The majority of clientele were through the DWI program, where he provided educational sessions four Mondays of each month. Mr. Quam also assisted his clientele in seeking resources to better their lives through continuing education, employment, and housing.

His accomplishments include having helped each referred client to complete the program and continue on the road toward further treatment services and recovery. Highlights of his career included the gratitude of those he served for their sobriety and working with the great staff of Zuni Recovery Center. Mr. Quam extends his appreciation for the guidance and support the ZRC staff provided him through his tenure. Mr. Quam is thankful for the Pueblo of Zuni and the Zuni Recovery Center for providing him a great opportunity where he was able to help serve his people who are struggling with addictions.

"Sobriety is a life-long process in order to maintain sobriety. It does not end with one session, but with continued services and support, one can change their life for the better."

After 37 years of dedicated service to the Pueblo of Zuni community, Pearson Lanyate has retired as of November 30, 2021. He is setting his sights on a well-deserved retirement, spending more time with his family, and doing what he wants in his personal life.

Pearson began his career in April of 1985 in what was then known as the Zuni Water Department, which at the time was combined with the Solid Waste Program. He worked as a Solid waste employee where he drove a trash truck for the Zuni community.

The Solid Waste program was phased into a separate program in 1996, when Pearson transferred to the Zuni Water Department. Pearson continued as a Plumber and Maintenance Worker for the Zuni Water Department through to his retirement.

The entire Pueblo of Zuni Community benefitted from Pearson's hard-working ethics and dedication to his job. There were countless hours of work beyond his regular daily workloads that he contributed. Often he worked late at night and into the early morning hours through rain or snow, and in the coldest times, just so the community would have uninterrupted water and sewer services.

One of Pearson's greatest accomplishments was his assistance in mapping the Zuni water and sewer systems. His knowledge of the location of all the main water and sewer lines – some of the most important assets in Zuni infrastructure – has been invaluable to the Pueblo for all major construction projects. Pearson's contribution will help the program to provide more improvements for the community.

Pearson Lanyate will be missed, and we wish him all the best in his well-deserved retirement.

Audiology and Optical Services Update

Appointment Information

Appointments are a must so we can ensure each person's safety as well as our own. We are only able to accommodate one patient/client in the office at a time until further notice. If you are feeling unwell or caring for someone who is unwell, please do not come into the building. Please call or email us so that we may discuss alternate options.

Program Requirements

- ✓ Temperature Screening, use of Face Mask and Hand Sanitizer, Social Distancing, and one Entrance/Exit for all patients.
- ✓ The Entrance/Exit is located on the south side (main entrance) of the Tribal Building.
- ✓ All Staff will be required to wear all proper personal protective equipment when conducting 1:1 patient care.
- Service Delivery Method: All Services are by appointments only for both programs except for repairs. Please call (505) 782-7232 to schedule an appointment. For Optical repairs/dispensing, call (505) 782-7197-7199. Scheduled patients will enter the main entrance and exit on the east side by our office unless if making a payment at finance for eyewear, then exit through the main entrance. Please refrain from conducting other business within the Tribal Building.
- Curbside Eyewear Repairs/Dispensing: No appointments necessary. Please park on the eastside parking lot and call the above number.
- Absolutely no walk-ins.

Audiology and Optical Programs will continue to monitor COVID-19 developments and will further amend the requirements as deemed necessary and appropriate.

Thank you for understanding and cooperation!



Free Antigen Rapid Test Kits

**Self-Test At Home Results
In 15 minutes and simple to
use!**

FDA Approved

**Call COVID CALL
CENTER @ 782-7114**

A:shiwi College & Career Readiness Center Grows Toward Independent Accreditation

Greetings to all of our students, friends, supporters and relatives. We offer our best wishes for you and families to maintain good health and safety in this time of continued COVID Pandemic. Please be sure to mask up, maintain social distance, wash your hands with soap frequently and get vaccinated.

At A:shiwi College we maintain safe learning environments by deep cleansing with foggers and disinfecting daily those areas and equipment frequently used by students and visitors. All staff & contractors are vaccinated and practice COVID protocols and precautions.

Academic classes at ACCRC

It is never too late to work toward a degree or enhance skills by enrolling in a class or program. We have an excellent Student Services Department, and the staff are welcoming to all community members, knowledgeable of financial aid opportunities and procedures, and can assist with registration or just respond to questions. Dr. Luis Rile or Laura Leekela may be reached at: (505) 782-6020, or 505-782-6022. Check it out for the Fall 2022 Semester.

We have experienced an increase in FT local enrollment. 73 students are registered with additional students taking on-line courses along with Dual Credit high school students. A:shiwi College is a Certified Accuplacer testing site for students who are just starting or those who want to resume studies after an absence. 28 separate classes are being offered for the Spring Semester, including courses in:

English and Communications; all levels of Math; Humanities; Physical Sciences; Physical Education; Zuni Language and Culture; Information Technology; Early Childhood Multicultural Studies; Culinary Arts and Accounting.

Major accomplishments for 2021

A:shiwi College is an Instructional Site of Navajo Technical University (NTU) while we prepare for Independent Accreditation as A:shiwi Tribal College. NTU accredits all classes provided at the Zuni site under policies and requirements of the Higher Learning Commission (HLC). We meet those HLC requirements as an Instructional Site. The Agreement with NTU has been very engaging and positive, with cooperative and professional relationships between the two institutions. The panel below is part of our 2021 year-end report presented to the NTU Board of Trustees on January 28, 2022.

This type of summary report is an accreditation requirement for all colleges and universities offering instructional services at locations throughout the instruction service areas. While we have made great progress, all communities and instructional sites have been impacted by COVID, and like the K-12 educational systems, we have lost some enrollment and students have faced many challenges due to lack of WIFI or broadband services. COVID has caused hardship for all students and those providing services.

Agricultural Initiatives

A:shiwi College is very appreciative of the strong advocacy of Governor Panteah and the Zuni Tribal Council, as well as Superintendent Alvin Whitehair and the staff of the Zuni BIA Agency, for support of the agricultural initiatives at ACCRC. We will continue to offer workshops on Bees and Bee keeping, garden development, small plot farming, soil regeneration, hoop house building, planting and grafting techniques and care for our Earth Mother. Presently we are rescheduling the soap making workshop and will soon start delivering the five free back-yard hoop houses for the five lucky participants from the community. We will be asking interested community

members to assist us to plan and design the community garden on the north side of our facility. We have fenced the site, built a small hoop house, and constructed an outdoor classroom which may be used for classes, presentations, demonstrations, and public gatherings.



Angela Yatsayte, ACCRC staff member, has been assigned to lead the garden development and will be sending out invitations to persons interested in assisting in design of the garden. This Spring, we will complete the outdoor classroom by installing WIFI nodes, lighting, and solar panels.

Video Academy

Nat Stone has been contracted to work in collaboration with principals and students attending Zuni Mid, TB Cyber Academy and Zuni High School to provide video production workshops for students. The students will be documenting issues concerning challenges the community has faced with the COVID pandemic, and how the challenges were overcome using personal, cultural, and family strengths. This project is supportive of the on-going Social Emotional Wellness Learning activities that the Zuni Public School District is implementing.

Early Childhood Agreement

The leadership of A:shiwi College and the Zuni Public School District recently met and approved an MOU to allow Early Childhood Multicultural students enrolled in the NTU/ACCRC ECEM degree program to observe regular teachers at Shiwi T'sana

A:shiwi College continues on page 5

5.3. Zuni: offers certificate and associate degree programs in construction technology, counseling, culinary arts, IT, pre-nursing, welding, and CEU courses

Accomplished

- Organized a faculty of educators to provide course instruction for our students
- Provided funding support to students through the ZETAC & other supplemental scholarship programs
- Provided WIFI and Chromebooks to our students at no cost
- Maintained student enrollment
- Obtained grants for Creative Arts, Entrepreneurship, Agriculture, wireless broadband network deployment & ECE Zuni language Immersion program
- Obtained capital construction grants to build ECE micro-school and expansion of creative arts facility
- Provide Math and English tutors for our students
- Appointed an ACCRC Advisory Council of community & student members to advise local programming, accreditation, and educational needs
- New Director of Student Services hired to expand outreach & strengthen services
- Developed expanded multi-media approach to recruitment & outreach locally & regionally
- Purchased fogger and supplies to assure safety of employees and students

Annually

- Maintain student enrollment
- Coordinate closely with NTU leadership for support, training and HLC compliance
- Maintain partnerships locally, regionally and nationally with Indigenous HE institutions, TCU's, universities & tribal programs
- 46 students currently enrolled
- 16 ZHS Dual Credit Students (6-NTU)
- Providing General Education classes
- Certified Accuplacer assessment center
- Collaboration with Zuni tribe and school district to expand services & opportunity
- Strengthen the A:shiwi College WIFI network to provide free, equitable access to students in community
- Continue yearly strategic planning process to address financial, operational and educational priorities
- Continue to prioritize campus infrastructure development
- Continue with tribal college consortiums on NSF projects
- Spring 2022, Intersession and Fall 2022 schedules drafted and sent to the main campus

In Progress

- Culinary Arts classroom passed environmental health inspection and ready for spring 2022 classes.
- contracted certified, NTU authorized Chef to implement culinary arts program
- Coordinating with NTU staff & students to complete construct outdoor classroom at community garden site
- 26 individuals are registered for the ECE training with NTU under the National Project-Navajo Nation
- Signed an MOU with Zuni School District to allow ECE student observations of regular classrooms
- Installed and testing new antennas, radios and CPE units to provide free wireless to students
- Developing a holistic (creative arts, entrepreneurship, vocational/technical programs and strengthening basic skills) college & career readiness component
- Increasing instructional capacity by recruiting more local, qualified instructors
- Increasing student enrollment through recruitment and outreach
- Development of courses in the Zuni Studies Program
- A film academy for high school students & community
- Partnership with NTU and ACCRC educators working together in providing the Early Childhood Program
- Development of a E-center to support artists and family businesses with skills & entrepreneurship training
- Recruiting Ramah and Pinehill High School & community members to enroll in programs
- Developing courses and workshops for CEU and extended lifelong learning and professional development

Elementary School to fulfill their program requirements. The agreement will allow student teachers to observe positive classroom teaching and ways of engaging students. The agreement was forwarded to the tribe and Governor Panteah approved the agreement. We look forward to continued partnership and collaboration with the district to support community educators and students, and to continued development of partnership opportunities with the ZPSD. 23 students are enrolled, with 16 from the Zuni community.

Legislative Action to Support Tribal Education

The ACCRC and Zuni Division of Education & Training program staff, tribal leadership and other Pueblo of Zuni staff, have been supporting several legislative bills introduced by Representative Derrick Lente (Sandia Pueblo) to address the legally mandated "Martinez Remedies." These aim to increase educational and funding equity for Native students in New Mexico served by the Public Education Department. We have provided comment on:

- HB-60, 61, Tribal languages Support
- HB-87, Tribal Education Fund Distribution,
- HB-88, Community Based Education Opportunities,
- HB-89-Tribal Education Capital Projects,
- HB-90, Teacher/Administrative Training,

The passage of these legislative initiatives and others would allow the tribe to construct educational facilities, enhance library services, improve academic opportunity, collaborate with local districts, and upgrade salaries and standards for tribal 520 certified language and cultural instructors.

Employment Opportunities

The following position(s) have been posted on <http://www.ashiwi.org/Careers.html>. Applicants must apply online. At the bottom of the page you can enter your email address to receive notifications of future career opportunities.

For any questions please contact the Human Resources Department at (505) 782-7086, or email at hr@ashiwi.org or Kimberly.Kaamasee@ashiwi.org.

Openings current as of February 8; open until filled

Craft Worker

Facility Maintenance Worker - Healthy Lifestyle/WIC

Labor and Helper

Facility Maintenance Worker - Elderly Services
Facility Maintenance Worker - A:shiwi College

Management

Program Manager - Pantry
Clinical Program Manager - Zuni Recovery Center
Realty Officer - Real Estate Services

Other

Family Service Worker - Social Services
Community Health Representative
Veterinary Technician - Zuni Veterinary Clinic

Service Worker

Shelter Assistant - New Beginnings

Technician

Land Surveyor - Planning and Development

Emergency Rental Assistance (ERA) Continues to be offered by Zuni Housing Authority (ZHA)

Applications available in ZHA's office lobby area
(104 D Avenue in Blackrock)

or can be downloaded from ZHA's website at

<https://www.pozha.org>

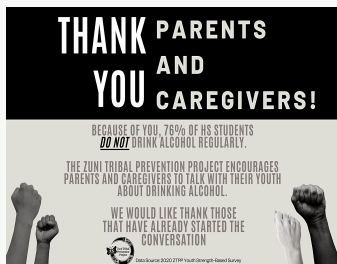
Eligibility Criteria:

- Open to ALL Zuni Tribal members and other Native American's **on AND off the Zuni** Reservation. (Must provide proof of tribal membership)
- Open to Non-Native heads of household (with Zuni tribal family members)
- Open to **Non-Natives residing ON** the Zuni reservation.
- Be renting or a Lease Purchase Homebuyer
- Financial burden is directly or indirectly due to COVID-19.
- Applicant must meet household local median income guidelines of their county.

What does this assistance cover?

- Prospective rent / Past due rental arrears
- Prospective utility bills /past due utility arrears (electric, gas, water)
- Propane (submit a picture showing % of tank IF you don't receive monthly billing)
- Other expenses: Such as hotel/motel costs (must provide receipts)
- Internet costs (Verification of installation date was **after** March 13, 2020)

For more information about this assistance program, please contact the Housing Management staff at 505-782-4550.



POSITIVE MESSAGES FOR POSITIVE CHANGE

Want to create positive messages like these for the community?

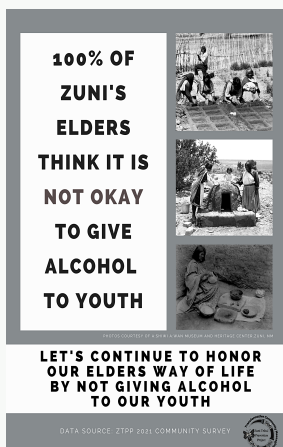
TCM is a positive norms campaign that aims to change negative behaviors with positive messages. This training will give you the tools and knowledge you need to implement messages in our community.

ZTPP is currently looking for High School-age youth and Community Members age 21+ to help create messages.

Contact us if you are interested.

Contact info:

Email: ZTPP@ashiwi.org
Phone: (505) 782-7186/7187
Office Hours: 8am to 5pm
Monday to Friday





New Mexico Indian Affairs Department

How to Use the iHealth COVID-19 Self-Test

Please read the directions or watch the instructional video on ihealthlabs.com before starting.

YOU SHOULD HAVE THESE ITEMS



Swab is found inside of packaging!



Test tube with liquid



STEP ONE: SWAB YOUR NOSE



Remove the swab from the packaging and hold on the opposite end from the round part.



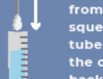
5x Move the swab around the inside of your nose (about 1/2 inch deep). 5 circles in each nostril.

STEP TWO: MIX THE SAMPLE

Remove the orange cap from the tube.



Place the swab in the liquid. Stir it around 15 times.

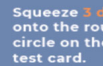


Remove the swab from liquid while squeezing the tube. Then put the orange cap back on.



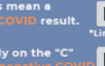
STEP THREE: TEST THE SAMPLE

Remove the clear cover on the orange cap.



Squeeze 3 drops onto the round circle on the test card.

Wait 15 minutes.



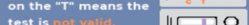
Two lines mean a positive COVID result. *Lines may be faint.



A line only on the "C" means a negative COVID result.



No line or a line only on the "T" means the test is not valid.



If you have any questions, please visit cv.nmhealth.org/selftest or call the Coronavirus Hotline: 1-855-600-3453



Albuquerque Area Southwest Tribal Epidemiology Center Native American COVID-19 Vaccine Hotline



Got questions about the COVID-19 vaccine?

Call: 1-833-VAX-AIAN

We are here to help answer your questions

Monday – Friday, 8am-8pm
Saturday 9am-2pm



86% OF MIDDLE SCHOOL STUDENTS WHO NEVER HAD A DRINK OF ALCOHOL, REPORTED FEELING CONNECTED TO THEIR FAMILY.

LET'S CONTINUE TO PROMOTE HEALTHY CONNECTIONS WITH OUR CHILDREN.

Ways to Build Healthy Connections

- Spend quality time
 - Family dinners
 - Family game nights
- Have open conversations
 - Exchange stories
 - Validate others feelings
- Be supportive and encourage one another
 - Attend child's sports games and extra-curricular activities
 - Praise your child for healthy behaviors
- Set boundaries
 - Treat everyone with respect
- Create fun family traditions

STRONGER TOGETHER



Data Source: 2020 ZTPP Youth Strength-Based Survey

ZUNI TRIBAL COURT ANNOUNCEMENT:

The Zuni Tribal Court wishes to announce free weddings on Monday, February 14, 2022.

Valentine's Day
Weddings



Save the Date:
Applications Due: 2/10/2022

Please come to the Zuni Tribal Courts to pick up an application. Each couple will have a limit of four guests who can attend the Wedding Ceremony. All COVID Safety Precautions will be enforced. Masks are required.

For more information, please contact the Zuni Tribal Courts at 505-782-7047 or 7044.

Zuni Public Schools Professional and Curricular Updates

Professional Development

K - 5 Teachers

LETRS® (Language Essentials for Teachers of Reading and Spelling) is a professional learning suite that provides educators and administrators with deep knowledge to become literacy and language experts in the science of reading. **LETRS** teaches the skills needed to master the fundamentals of reading instruction: phonological awareness; phonics; fluency; vocabulary; comprehension; writing; and language.

Professional Learning Communities (PLCs) - K-12 Teachers participated in PLC growth and development. Strong PLCs support educators working together interdependently in collaborative grade level/content teams to achieve common goals for which they are mutually accountable.

The structure of ZPSD schools is aligned to ensure teams are provided the time and support essential to adult learning. "Collaboration is a systematic process in which we work together, interdependently, to analyze and impact professional practice in order to improve our individual and collective results."

ZHS

Communities of Practices - ZHS continues to participate with other schools from around the state in defining and piloting a new project-based graduation pathway that culminates in senior exhibitions to demonstrate learning as an alternative to graduation options that require traditional testing. This option will be made available statewide for Graduation Cohort 2023.

Instructional Coaching

Instructional coaches continue to provide ongoing support to classroom teachers in the use of instructional models and strategies. Additionally, coaches support assessment of students and actively participate in grade level and content area PLCs.

Middle of Year Assessment (MOY)

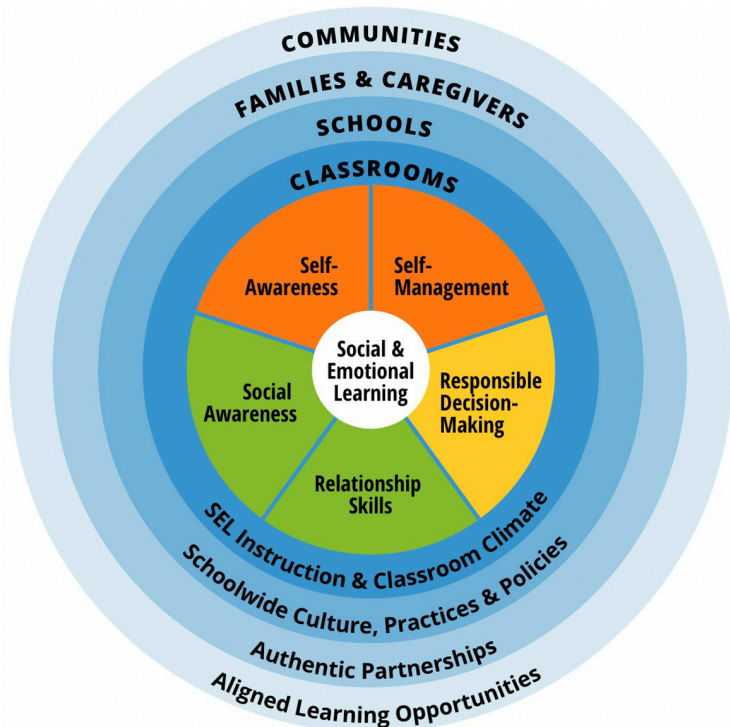
January 10 - 24

i-Ready Reading and Math Diagnostic was administered to students in grades 3-8
i-Ready Math Diagnostic was administered to students in grades K-2
ISTation Reading MOY grades K-2

January 20/24 - Curriculum Based Measure (CBMs) K- 2 Math, 3rd - 8th ELA/Math

January 26 - March 11

K-12
WIDA ACCESS and ALT ACCESS



Social and Emotional Learning

ZPSD continues its ongoing work in the area of Social and Emotional Learning. Teachers continue to engage in professional development around the understanding of student needs post-remote learning, and in helping students reacquaint with social norms and building relationships. For reference see the circle graph at the bottom left of this page.

Waterford K-3 Elementary Program

K-2 Instructional software that guides students while "Learning to Read" and "Reading to Learn" in a single platform while supporting teachers, students, and parents.
3rd/4th grade Targeted support

Instructional Resources Adoption

February 14, 2022 - March 25, 2022

You are invited to join ZPSD in reviewing Core Instructional ELA Resources for the 2022-2027 Reading/ELA K-8 adoption cycle. Feedback cards will be available with each program for parent and community input.

K-8 Instructional Resources considered for adoption are available for public review in the Parent Resource Center located at ZPSD Central Office.

Booster Celebrations

The New Mexico Public Education Department celebrated the success of the top five PED districts in getting staff boosted against COVID-19 and reporting those figures to the PED.

- Zuni
- Lordsburg
- Vaughn
- Hatch
- Cobre Consolidated

Family Wellness Kits



2 ways to register:

1) Scan the QR Code



Or

2) Call to register!

Registrations being accepted!! Register to receive **FREE** monthly kits with activities for families and siblings to do together!

SPENDING TIME TOGETHER AS A FAMILY IS IMPORTANT.


These kits are curated each month to provide fun family time together. Kits include activities, directions and talking prompts. Register today!!





For questions, please call 782-7186/7187

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8am—4:30pm ZHA Pick up School Pick up	2 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	3 8am—4:30pm School Pickup Community Herbie Pick up	4	5
6 CLOSED	7 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	8 8am—4:30pm ZHA Pick up School Pick up	9 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	10 8am—4:30pm School Pickup Community Herbie Pick up	11 8am—4:30 pm Business Pickup Dialysis Pick up School Pick up	12 Open 8am—4:30pm
13 CLOSED	14 Valentine's Day 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	15 8am—4:30pm ZHA Pick up School Pick up	16 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	17 8am—4:30pm School Pickup Community Herbie Pick up	18 8am—4:30 pm Business Pickup Dialysis Pick up School Pick up	19 Open 8am—4:30pm
20 CLOSED	21 CLOSED	22 CLOSED	23 CLOSED	24 8am—4:30pm School Pickup Community Herbie Pick up	25 8am—4:30 pm Business Pickup Dialysis Pick up School Pick up	26 Open 8am—4:30pm
27 CLOSED	28 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	1 MARCH 8am—4:30pm ZHA Pick up School Pick up	2 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	3 8am—4:30pm School Pickup Community Herbie Pick up	4 8am—4:30 pm Business Pickup Dialysis Pick up School Pick up	5 Open 8am—4:30pm
6 CLOSED	7 8am—4:30pm Business Pickup Dialysis Pick up School Pick up	February 21 will be closed for President's Day February 22nd & 23rd will be closed for compactor replacement **Please wear a mask, covering your nose and mouth when bringing your trash** For further information, please contact the Transfer Station at (505)782-4986 / 7163				



Identity Theft

Here's how it works:

Someone gets your personal information and runs up bills in your name. They might use your Social Security or Medicare number, your credit card, or your medical insurance – along with your good name.

How would you know? You could get bills for things you didn't buy or services you didn't get. Your bank account might have withdrawals you didn't make. You might not get bills you expect. Or, you could check your credit report and find accounts you never knew about.

Here's what you can do:

- 1. Protect your information.** Put yourself in another person's shoes. Where would they find your credit card or Social Security number? Protect your personal information by shredding documents before you throw them out, by giving your Social Security number only when you must, and by using strong passwords online.
- 2. Read your monthly statements and check your credit.** When you get your account statements and explanations of benefits, read them for accuracy. You should recognize what's there. Once a year, get your credit report for free from AnnualCreditReport.com or 1-877-322-8228. The law entitles you to one free report each year from each credit reporting company. If you see something you don't recognize, you will be able to deal with it.

MOST ZUNI YOUTH WHO PARTICIPATE IN TRADITIONAL ACTIVITIES ARE LESS LIKELY TO START DRINKING ALCOHOL.



AS A COMMUNITY, LET'S ENCOURAGE OUR YOUTH TO PARTICIPATE IN OUR TRADITIONAL ACTIVITIES.

