

## Let's Vote for Seven Generations Beyond COVID

Keshhi Hom A:ho'i. Hello to the Pueblo of Zuni. As the days go slowly by during the Coronavirus Pandemic, the topic of voting may be one of the last things on people's minds. But amid true uncertainty, one thing that could bring us together as a community is voting.

Coronavirus does not discriminate, and the impacts are dire in every direction, from healthcare access to economic distress and educational shutdown. As the pandemic reaches and passes its peak, we will need to give back to our community to rebuild from the devastation. We will need strong legislative representation to protect our best interests as a people and for our pueblo's future.

Let's all do our part through civic engagement, and by exercising our right to vote. The A:shiwi are a resilient people whose customs and traditional religion have instilled in us strong core values that have enabled us to persevere and adapt in the face of foreign threats. Pedro Piño was the first Governor of Zuni. His history too is one of resilience and perseverance. His belief in education, adaptability, and diplomatic leadership are largely responsible for our recognition today as A:shiwi, as New Mexicans, and as United States citizens.

Still, American Indians continue to face political barriers like rural address redistricting, photo ID requirements for voting, and resulting low voter turnouts. Protection of the voting process from manipulation by special interests, like those that threatened Salt Lake with strip mining, requires

Vote continues on page 6

# Seven best-known practices to stop the spread of COVID-19 in Zuni

- 1. Stay at home as much as possible
- 2. Practice physical distancing maintain a personal fire line in public and at home
- 3. Avoid touching your face before washing your hands, especially when you've been in public places
- 4. Wash your hands often and completely for at least 20 seconds
- 5. When you cough or sneeze, cover your nose and mouth with a tissue or flexed elbow
- 6. Clean and disinfect frequently touched surfaces in your home
- 7. Keep learning about best practices to stop COVID-19

## **Post Office Boxholder**

**Zuni, New Mexico** 

87327

## **Facemask Safety Alert**

With the increasing number of COVID-19 cases in McKinley County, and the Gallup metropolitan area now identified as a "HOT ZONE," the Zuni Incident Management Team is releasing this Safety Alert to the community for immediate implementation:

- The use of a facemask is required when conducting essential shopping at local stores and when traveling to Gallup, Grants or Albuquerque.
- Local stores have the right to implement the measures outlined with a No Shoes, No Shirt, No Mask, No Service policy for customers.
- Local business employees will be required to wear facemasks.
- Limit travel outside of Zuni to limit exposure.

These measures are being implemented for the safety of the community to reduce the spread of COVID-19.

## **POZ Testing Results**

The following COVID-19 test data in blue from Zuni-IHS include both non-tribal and tribal members as of April 27:

374
302
48
24

Total positive for Zuni only: 31

For the latest updates, visit the new <u>COVID-19 Dashboard for the Pueblo of</u> Zuni.

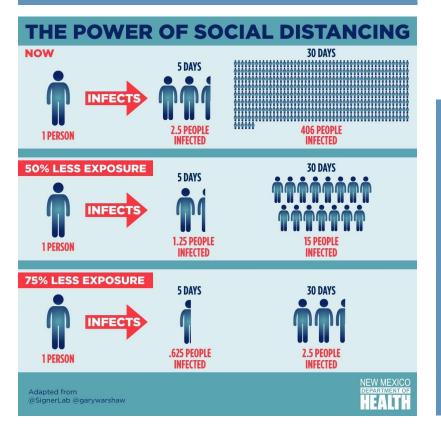


# STAY HOME STOP the STAY SAFE STOP the SAVE LIVES SPREAD of COVID-19 of COVID-19 Zuni Emergency Management Incident Response \* COVID-19 Information Center: (505) 782-3368|3370|3372 #I:wechemanp'she \*Zuni IHS COVID -19 Hotline for Questions about Coronavirus: PLEASE AVOID: (505) 782-7591 Image: Cover 10 to 1

To reach the Pueblo of Zuni COVID-19 information center, open every day from 8:00 am to 5:00 pm, call: (505) 782-3368, 3370, or 3372.

PARKS & PLAYGROUNDS GROUP

SOCIAL



## New Mexico Unveils App for Behavioral Health Support

The state of New Mexico has launched NMConnect, a phone app that provides free 24-hour crisis and noncrisis support and access to behavioral health professionals who can text or talk via phone with individuals needing a listening ear or referrals to longer-term support. The app links users to the New Mexico Crisis Access Line (NMCAL), which provides safety net services statewide. NMCAL is still available via phone 24/7 toll-free by calling 1-855-NMCRISIS (1-855-662-7474).

"As the COVID-19 pandemic continues to force physical isolation," said Bryce Pittenger, CEO of the New Mexico Behavioral Health Collaborative, "many people may experience challenging behavioral health symptoms, some perhaps for the first time."

The NMConnect app helps to close gaps in access to behavioral health services by providing direct contact to professionals. NMConnect also provides resources including self-care tips for people in recovery from substance use and other behavioral health challenges, and information on COVID-19.

The NMConnect app, available now for iPhone and Android, includes a "one touch" button for connection to a mental health professional on the State of New Mexico's 24-hour crisis and access hotline. For noncrisis support, including help finding a therapist or support group, or to just to engage with someone that has been there, the "Text Warmline" option connects people to a certified peer support specialist for nonemergency support (available from 6 p.m. to 11 p.m.) and a "Call Warmline" option is available for peer to peer phone conversations with someone in recovery from their own mental health diagnosis, (available from 3:30 p.m. to 11:30 p.m.). All are accessible via the app from any cellular smartphone.

The Six-Foot Fire Line is guided by core community values. To each, add "...to stop COVID-19."

- We will live accordingly
- We will respect one another
- We will think before we act and consider the consequences
- We will help one another
- We will give advice and counsel one another
- We will be honest and trust one another
- We will love one another
- We will be kind and generous to one another
- We will listen and pay attention to one another
- We will be empathetic to one another...to stop COVID-19.

## Pueblo of Zuni COVID-19 Mental Health & Substance Abuse Warmline Information

The Teen Health & Family Wellness Center and the Zuni Recovery Center will be opening warmlines for Zuni Community Residents who may need someone to talk to during this pandemic. A warmline is a phone number people can call to get support and learn about available mental health and substance abuse prevention resources relevant to the individual or a loved one. Zuni Community Residents do not need to be a patient or client, only to seek someone to talk to for reasons specific to each program, as listed below. Licensed Mental Health Counselors and Licensed Alcohol and Drug Abuse Counselors will be available.

#### TEEN HEALTH & FAMILY WELLNESS CENTER

#### Warmline: 505-870-7663

Hours of Operation: Monday 9-12pm, Wednesday 1-5pm, Friday 9-12pm

Behavioral Health Services are available to individuals <u>ages 9 years and</u> older

Darrow Peynetsa, Licensed Mental Health Counselor (LMHC)

- List of possible reasons to call a Behavioral Health Counselor:
- General Anxiety
- Loss of security
- Shock, worry, stigma
- · Bereavement/unresolved grief/loss of loved one
- · Effects of social isolation (self-imposed)
- ✓ Caller will be screened during the process.
- All services will be done telephonically (by phone). Mobile cellphone minutes will apply.
- Caller may provide their Medicaid or health insurance information, but neither is required.

#### ZUNI RECOVERY CENTER

#### Warmline: 505-862-2126

Hours of Operation: Monday, Wednesday, Friday: 9-4pm

Substance Abuse services will be provided by Licensed Alcohol & Drug Abuse Counselors (LADAC): Kenny Sanchez, Kathlin Panteah, Olivia Eriacho.

List of possible reasons to call a Licensed Alcohol & Substance Abuse Counselors:

- For Individual and/or family substance use. (for example: drugs and/or alcohol use)
- For an individual who is trying to maintain their sobriety or relapse prevention during COVID-19
- · Dealing or coping with a family member's addiction or abuse
- ✓ Caller will be screened during the process.
- All services will be done telephonically. Mobile cellphone minutes will apply.
- Caller may provide their Medicaid or health insurance information, but neither is required.

## PLEASE CALL 911 OR VISIT THE ZUNI INDIAN HEALTH EMERGENCY SERVICES FOR:

- Suicidal ideation
- Severe depression
- Extreme anxiety
- Multiple stressors
- High level of distress
- COVID-19 symptom calls

## Local and State Mental Health Hotline Information

## Zuni Teen Health & Family Wellness Center

#20 Rt. 301 N. | Zuni, NM Primary line: 505-870-7663 (Mon.-Fri. during COVID-19) Office Tel: 505-782-5719

#### Zuni Recovery Center

101 D. Avenue | Zuni, NM Primary Tel: 505-862-2126 (Mon. – Fri. during COVID-19) Office Tel: 505-782-4717

#### **Zuni Tribal Social Services**

Primary Tele: 505-728-1693 (Mon.-Fri. during COVID-19) Office Tel: 505-782-7166 After 5pm: Please call 911 or Zuni Police Dispatch 505-782-4493 or 4494

Zuni Indian Health Service- Behavioral Health Department Rt. 301 North 21 B. Avenue | Zuni, NM 505-782-4431 - Monday -Friday

#### Gallup Indian Medical Center- Behavioral Health Services

516 E. Nizhoni Blvd. | Gallup, NM Main Tel: 505-722-1000 Intake Tel: 505-722-1571 Intake Tel: 505-722-1122 Intakes are on Wednesday – call to schedule from 9-11am. \*Must be accompanied by a parent or legal guardian.

#### Rehoboth McKinley Christian Health Care Services Out-Patient Mental Health Services

College Clinic, 2111 College Drive | Gallup, NM Tel: 505-726-6910

#### Gallup Child & Family Counseling

213 W. Mesa Ave. | Gallup, NM Tel: 505-862-9776 \*Must be accompanied by a legal parent or guardian.

#### **NEW MEXICO HOTLINES**

New Mexico Crisis and Access Line: 1-855-662-7474

Kids Talk: 1-575-636-3636

The Trevor Project: 1-866-488-7386 The Trevor Project offers services for LGBTQ Youth. There are also specialized hotlines for LGBTQIA Individuals.

- <u>http://www.thetrevorproject.org</u>- for online chat
- If you prefer next, you can text START to 678678
- The LGBT National Hotline is 1-888-843-4546
- The Trans Lifeline is: 1-877-565-8860

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

- http://www.suicidepreventionlifeline.org/ for online chat option
- If you prefer to text, you can text HOME to 741741

#### AGORA Crisis Center: 1-505-277-3013

• www.AgoraCares.org - for online chat

Tired of hearing, reading, and thinking about COVID-19? Put down this newsletter! Off with the TV! Take a walk. Plant a seed. Get that to-do done. Hold faith. Learn more. Carefully do what you love.

## My Rez Dog and COVID-19

#### How can I keep my pets safe during the COVID-19 outbreak?

If you or a family member have confirmed or suspected coronavirus disease (COVID-19) here are some helpful tips to keep care of yourself and your pets:

- · You should restrict contact with pets and other animals while sick.
- When possible, have another person care for your animals while you are sick.
- If you must care for your pet, wash your hands before and after you interact with pets
- and wear a facemask
- · Have your pet sleep at least 6 feet away

#### Everyday healthy pet care suggestions



Feed pets on a set schedule and make sure they have access to water, shelter, and exercise



Clean pet food and water bowls daily

Health care services for people living homeless. (2019, December).

https://www.kingcounty.gov/depts/health/locations/homeless-health.aspx

Prenared by Urban Indian Health Institute, a division of Seattle Indian Health Board



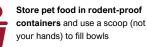
Information from

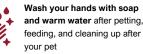
Do not allow pets in food preparation or eating areas





Do not feed pets human food, raw pet food, or treats that aren't fully cooked (e.g. pig ears)





Environmental Health Services Division of Seattle & King County Public Health Department. Stay Safe & Healthy, Toolbox for Facilities & Communities That Serve People Experiencing Homelessness.

Published March 19, 2020

## **Frontline Support**

Are you working on the front lines to stop COVID-19?

The New Mexico Healthcare Worker and First Responder Support line has your back. Call 1-855-507-5509 to talk.

## COVID-19 **Symptoms Update**

The Centers for Disease Control and Prevention (CDC) has officially added new symptoms for COVID-19:



These symptoms can range from mild to severe, and may appear 2-14 days after exposure to the virus. If you think you may be sick with COVID-19, please call: 1-855-600-3453 or visit: cv.nmhealth.org/should-I-get-tested/

## Pueblo of Zuni COVID-19 Travel **Restrictions Remain in Force**

Travel to and from Zuni is now restricted by the Zuni Police Department according to the following quidelines:

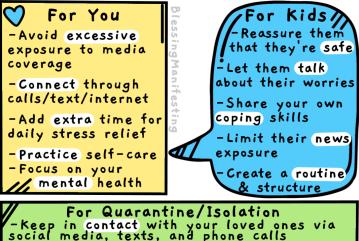
### Leaving the Reservation:

- Only two community members per vehicle are allowed to leave the reservation between the hours of 5:00 am and 7:00 pm to conduct essential business. Restrictions on the elderly and children are emphasized.
- Travelers and non-tribal members may leave.

### Arriving to the Reservation:

- Travelers will not be allowed into the community, and may be diverted via North Highway 602, East Highway 53 or South Highway 36.
- Tribal members will be allowed access into the community. State ID with address, or census card or work ID may be requested.
- Essential non-tribal members who reside outside of • the Zuni community and who are employed within the Zuni community are allowed with proper work identification.
- Non-tribal members residing with tribal members ٠ are provided access with verification.
- Non-tribal members who reside in the Zuni community and who are employed within the Zuni community are allowed in with proper work identification.
- Non-tribal members requesting entrance for medical care are granted access, and will be provided with a copy of the Declaration of Closure outlining restrictions from entering Zuni for goods and non-medical services.

## MANAGING CORONA VIRUS (COVID-19) ANXIETY



-Keep in contact with your loved ones via social media, texts, and phone calls -Create a daily self-care routine -Keep yourself busy: games, books, movies Focus on new relaxation techniques



## **Community Bulletin Board**

Send COVID-related announcements and updates from your tribal program, community organization or business, to *sixfootfireline@ashiwi.org*.

#### New Beginning Program

The New Beginning domestic crisis shelter is currently closed but will reopen if victims need shelter.

The shelter will reopen 24/7 as soon as safely possible once the COVID-19 situation eases.

In the meantime, program staff monitor a Crisis Hotline 24/7, at 505-782-4600.

#### The Zuni Education & Career Development Center (ZECDC)



- Are you an essential worker in need of Child Care Services?
- Are you having difficulties paying your electric bill?
- Are you facing financial hardship due to reduced Self-Employment Sales, or ineligible for unemployment benefits? Has the COVID-19 pandemic affected your income in some other way?

The Zuni Education & Career Development Center may be able to help.

Send your inquiry to zecdc@ashiwi.org, and the appropriate application will be sent to you (TANF, General Assistance, LIHEAP or Child Care). Once a complete application is received, a phone interview will be conducted to determine your eligibility.

Seatbelts are for...

Wear eyepro when...

Steel toes protect against...

To prevent hearing loss when hauling wood...

#### **Zuni Tribal Courts**

The Zuni Tribal Courts have limited program operations until (tentatively) Monday, May 18, 2020. The Zuni Tribal Courthouse has closed its doors and has limited the number of people who can enter the Courthouse.

#### HEARINGS

A Court Clerk and Probation Officer will be at the Courthouse from 8:30 am to 11:30 am only on Monday, Wednesday, and Friday.

- Video arraignments and Hearings are being held for those housed at the Zuni Correctional Facility.
- The Zuni Tribal Courhouse is only open to those named to appear.
- Children's Court and Juvenile Probation are open only on Wednesdays from 8:30 am to 11:30 am

#### QUESTIONS, REQUESTS, ETC.

If you have any questions, requests, or need to reschedule a matter, please call or e-mail the Court before coming into the Courthouse. If no contact is made, leave a phone message that includes your full name, a contact phone number, and a detailed message.

The Zuni Courthouse phone numbers:

Zuni Tribal Courts: (505) 782-7042, 7045, or 7044. Zuni Children's Courts: (505) 782-7127.

Send email-only to zunitribal.courts@ashiwi.org and not to individual court clerks to ensure that your message is received.

#### PAYMENTS

Payments to the Court - court fines and traffic citations - can be made by money order. The money order should be made payable to the Pueblo of Zuni, and please, print your name and address along with your traffic citation or judgment number. The payment can be submitted by mail or at the Finance Department in the Zuni Tribal Building. Money orders can be mailed to:

Zuni Tribal Courts, P.O. Box 339, Zuni, NM 87327.

Money orders within an envelope can be dropped off at the Finance drop box located at the front of the Zuni Tribal Building. The Finance drop box is open Monday through Friday from 8:00 am to 12:00 pm.

#### **PROBATION DEPARTMENT**

Clients on probation terms and release conditions are still mandated to report in as ordered by the Court, either through phone or video communication. Interstate, State, and Federal Probation clients will need to continue mandated report-ins. Zuni Probation Department phone numbers and e-mail:

- Probation: (505) 782-7041 or 7121
- Juvenile Probation: (505) 782-7126
- donovan.tsadiasi@ashiwi.org

#### CHILD SUPPORT PROGRAM

The program will follow the schedule of the courts.

Office number: (505) 782-2249 or Cellular number: (505) 495-9896

## PUBLIC DEFENDER AND PROSECUTOR

The Public Defender can be reached at (505) 862-1275. The Prosecutor can be reached at (505) 782-7153.

# To help defend against the invisible COVID-19

a lethal human hunter

wear a \_\_\_\_\_ to

protect yourself and the ones you love.

## **COVID-19 FAQ**

A broad range of COVID-19 FAQs can be found by searching for "COVID-19 FAQ" online. Note that people around the world are learning more about COVID-19 each day. What are considered best prevention practices today, including those you read about in this newsletter, may soon be updated or even outdated. For example, just weeks ago the general public was advised to not wear protective masks when near others, especially in public - a recommendation now widely reversed.

Keeping up to date with COVID-19 news is one of the most important things we can all do to stop the spread of this disease, and the information in these pages should be thought of as a prompt to learn more about COVID-19, not as a complete guide to COVID-19 prevention and response.

The following questions and answers – some answers only partial because of limited space – are copied from cdc.gov.

#### How does the virus spread?

The virus that causes COVID-19 is thought to spread mainly from person to person, and mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet). COVID-19 seems to be spreading easily and sustainably in the community ("community spread"), in many affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

## Can mosquitoes or ticks spread the virus that causes COVID-19?

At this time, CDC has no data to suggest that this new coronavirus or other similar coronaviruses are spread by mosquitoes or ticks.

#### Should children wear masks?

CDC recommends that everyone 2 years and older wear a cloth face covering that covers their nose and mouth when they are out in the community. Cloth face coverings should NOT be put on babies or children younger than 2 because of the danger of suffocation.

Wearing cloth face coverings is a public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning, and other everyday preventative actions. A cloth face covering is not intended to protect the wearer but may prevent the spread of the virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms (is asymptomatic).

## Community knowledge is community power to help stop the spread of COVID-19

Vote continued from page 1

our civic engagement for the benefit of the Pueblo of Zuni and all who live here. Hon A:ho'i A:dehya: We are a valuable people. Through voting, Don Dehwan illaba: You have a space, a purpose.

To vote is a hard-earned right. To vote is our community's right.

Zuni Pueblo is the largest of the 19 pueblos in New Mexico. It is also a split district, which means that it elects two seats for representation in Santa Fe. First, on June 2, in the New Mexico Primary Election we'll vote among Republican, Democrat, and Libertarian candidates for the President of the United States, for the United States House of Representatives, for the United States Senate, and for New Mexico State Senators, local judges, and sheriffs.

On November 3, we'll vote again to fill those seats.

For New Mexico natives, the right to vote was achieved just 70 years ago by a modern day hero, Miguel Trujillo, Sr., of Isleta Pueblo. Mr. Trujillo was a sergeant in the Marines during World War II. But having fought for our country, upon returning home in 1948 Mr. Trujillo was denied his vote because the New Mexico constitution barred American Indians living on reservations from voting because they did not pay land taxes. Mr. Trujillo challenged the Valencia County Clerk in U.S. District Court, which judged that American Indians in New Mexico, regardless of whether they live on reservations, pay their part in state and local taxes and have the right to vote.

Mr. Trujillo went on to gain a degree from the University of New Mexico and become a school teacher. Like Pedro Piño, his commitment to education and community earned him a place in New Mexico history as a modern-day political warrior who fought for and won rights for many.

Especially now, as the COVID-19 threat already is being manipulated for political and economic gain, let's bridge the gap between politics and community by registering to vote for seven generations and beyond. It's free. It's anonymous. And Pedro Piño, Miguel Trujillo, and many who gave their lives, made it possible for us.

- The deadline to register to vote, or to update voter registration, is May 5.
- The deadline to request an Absentee Ballot because of COVID-19, now the safest way to vote – is May 28.
- The Primary Election is June 2.

Nearly 1500 Zuni voters have recently been purged from previous voter registration dockets. Please take a few minutes to update your voter registration information. For more information, visit <u>NMVOTE.ORG</u>.

## Sewn Cloth Face Covering

## Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

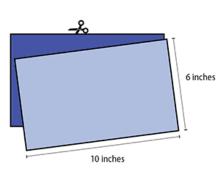
## Make Your Own Mask

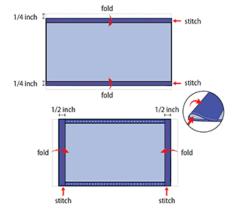
Protective masks can help to prevent the transmission of COVID-19, and you can make your own. The following directions are approved and published by the CDC, and can be found also on their site: <u>cdc.gov</u>

Note that wearing a mask when near other people, while helpful, does not guarantee that you will not contract COVID-19 from someone who is infected.

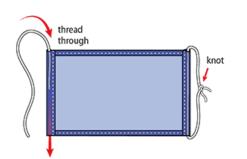
## Tutorial

 Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets.
T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric. 2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

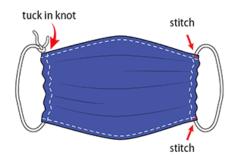




**3.** Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the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



**4.** Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.





These COVID-19 masks were made last week in Zuni. If you would like your mask included in next week's issue, send a photo (no faces) to:

sixfootfireline@ashiwi.org.



## How Quiet It Is

Last week's issue posed the question of what people like about curfew. Here's one answer:

"What I like about the curfew is how quiet it is living by the street, no cars zooming by at all hours of the night. And my dogs are quieter too because there's no foot traffic by our house. They should keep the curfew, even after the restrictions are lifted."

And another:

"It feels safer at night with the curfew. I won't miss COVID-19, but I'll miss the curfew when it's over. It makes me think of how things used to be."

Is there something you like about curfew, or something you'd miss without it? Reply to <u>sixfootfireline@ashiwi.org</u>. Answers will be included anonymously in the next issue.

If you'd like to suggest a following question that relates to COVID-19, and which you think would be of interest to other readers, send that too.



Donated food and other necessities arrive at the reservation line on the way to the Zuni Incident Command Structure's Receiving and Distribution Center

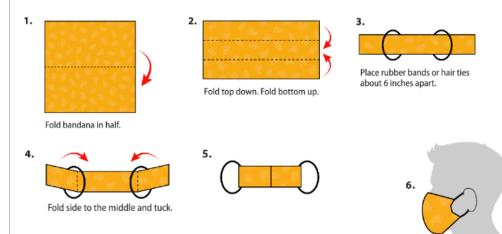


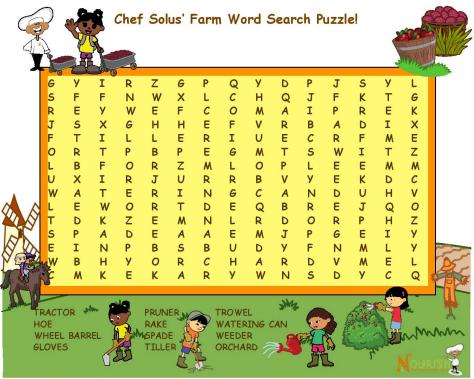
## Bandana Face Covering (no sew method)

## Materials

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

## Tutorial





Visit us for more free kids holiday printables and healthy classroom worksheets www.ChefSolus.com free nutrition games, interactive puzzles and healthy food printables! Copyright © Nourish Interactive, All Rights Reserved

Zuni Youth Enrichment Project's Garden Word Search of the Week, care of <a href="http://www.nourishinteractive.com">http://www.nourishinteractive.com</a>)