Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19.

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

**What Can You Do to Stop COVID-19 Fraud?**

- Do not give out your Medicare number to anyone other than your doctor or other health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don’t click on links from sources you don’t know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or by wire transfer.
- Be alert to “investment opportunities.” The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.
What Does Medicare Cover in Relation to COVID-19?

- Medicare Part B (Medical Insurance) covers COVID-19 tests when ordered by your doctor or health care provider on or after February 4, 2020.
- Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- There is no vaccine for COVID-19 at this time; however, if one becomes available, Medicare will cover it.
- Medicare also recently expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their providers without having to travel to a facility.
  - This includes access to doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers.
  - During this emergency, there are also more options for the ways your providers can talk with you under this provision.
- For Medicare coverage questions, contact your local State Health Insurance Assistance Program (SHIP) at SHIPTAcenter.org or 1-877-839-2675.

Other COVID-19 Resources

- Administration for Community Living (ACL): ACL.gov/COVID-19
- Senior Medicare Patrol National Resource Center (SMPNRC): www.smpresource.org/Content/Medicare-Fraud-Schemes/COVID-19-Fraud
- Centers for Disease Control and Prevention (CDC): CDC.gov/coronavirus/2019-ncov
- Federal Trade Commission (FTC): FTC.gov/coronavirus
- Medicare: Medicare.gov/medicare-coronavirus

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.

To locate your state Senior Medicare Patrol (SMP):
Visit www.smpresource.org or call 1-877-808-2468.

Supported by a grant (No. 90MPRC0001) from the Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS).
ATTENTION!

Lunch/Food Delivery

In order to assist with making lunch/food deliveries, please make sure your dogs are properly restrained to eliminate any interference with the delivery process. The failure to do so could impact the ability to make the delivery.

NOTICE TO ALL PET OWNERS

The Pueblo’s Animal Ordinance prohibits animals from roaming at large. We have had reports of animals running at large around the village. Although the Pueblo is closed, the Rangers are still able to write citations to individuals that are not complying with the ordinance. With the closure, we potentially have more people out walking. We are asking that you comply with the ordinance and not allow your animal to roam at large. If you have questions, please contact the Tribal Rangers.

Thank you,
Tribal Rangers

Jerome Martinez, (505) 470-7338
Jose Aguilar, (505) 219-7552

APPLICATION FOR THE ABSENT/EARLY VOTER BALLOT

San Ildefonso will not have a Polling place for the Primary Elections due to Covid-19. Instead we are strongly encouraged to use absenteeism ballots.

Application to receive an Absent/Early voting Ballot was sent out last week in the May Bulletin, the forms are also available at the Governor’s Office

THE PUEBLO WILL PAY POSTAGE FOR ANY MAILINGS RELATED TO VOTING
PUEBLO DE SAN ILDEFONSO
Human Resources Office
02 Tunyo Po
Santa Fe, NM 87506

EMPLOYMENT OPPORTUNITIES
Re-advertisement
April 28, 2020

Facilities Manager

Health and Human Services Director

ICWA Manager/Family Advocate

Please Contact Human Resources for additional information by position.

APPLICATION: A job description and application are available in the Human Resources office. Downloadable applications are available on our web site at www.sanipueblo.org. Submit your resume and application to the Human Resources office in person, or via e-mail to karquero@sanipueblo.org or FAX: 455-4149. Call 455-4112 with questions regarding this position.
What is Mental Health?
Mental health includes our emotional, psychological social, and spiritual well-being; it affects how we think, act, and feel. It also determines how we handle stress, relate to others, and make choices.

Early Warning Signs of a Mental Health Concern
What to recognize when a relative is developing a mental health issue

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Inability to perform daily routine tasks
- Feeling helpless or hopeless
- Having unexplained aches and pains
- Smoking, drinking or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Thinking of harming yourself or others

Ways to Maintain Positive Mental Health:
- Connect with others via phone, text, facetime, or other platforms
- Get professional help
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Practice healthy coping skills

Promoting Positive Mental Health Allows People to:
- Walk in balance and harmony
- Reclaim our strength
- Think about our next 7 generations
- Build our resiliency

7 Ways To Be a Good Relative During COVID-19
1. Be mindful of others: Follow CDC guidelines on physical distancing to keep our families and our elders safe
2. Connect together and share cultural values, storytelling, and teachings while at home with our families
3. Offer and give thanks
4. Show compassion and kindness to one another
5. Our self-care helps us to care for others
6. Laughter is the best medicine
7. Strengthen our connection to mother nature

If you are in immediate need, please call these New Mexico Hotlines:

This document was developed in part under grant numbers S95515650 and S95515663 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) and the Center for Substance Abuse Prevention. This document was created with the guidance of https://www.cdc.gov/mental-health

www.cdc.gov/coronavirus
1-855-600-3453 Coronavirus Hotline
www.coronavirus.gov
www.ihs.gov

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?
Wishing the mothers of our community a
Happy Mother's Day.

Governor Perry Martinez,
Lt. Governor Christopher Moquino,
Tribal Council and Staff

HAPPY
Mother's Day
ACF Supported Hotlines/Helplines Providing Help for Youth and Families

The Department of Health and Human Services’ Administration for Children and Families has an important role in supporting domestic violence survivors, runaway and homeless youth, and trafficking survivors. The four primary hotlines/helplines supported by ACF are included below and can be referenced on our website.

Help for Domestic Violence Survivors

National Domestic Violence Hotline is a 24/7 confidential service that supports victims and survivors of domestic violence. The hotline can be reached:

- By phone: 1-800-799-7233 (SAFE)
- By text: text LOVEIS to 22522
- Online chat: https://www.thehotline.org/ and select “Chat Now”

Highly trained, experienced advocates offer support, crisis intervention information, educational services and referral services in more than 200 languages. The website provides information about domestic violence, online instructional materials, safety planning, and local resources.

StrongHearts Native Helpline is a culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

- By phone: 1-844-7NATIVE / 1-844-762-8483

Services include peer support and advocacy; information and education about domestic and dating violence; safety planning; crisis intervention; and referrals to Native or Tribal-based domestic violence service providers.

Help for Runaway and Homeless Youth

National Runaway Safeline is a 24/7 hotline that serves as the national communication system for runaway and homeless youth (RHY) providing crisis intervention, information and referrals, and other resources. The RHY hotline can be reached:

- By phone: 1-800-RUNAWAY / 1-800-786-2929
- By email: https://www.1800runaway.org/crisis-online-services/
- Online chat: https://www.1800runaway.org/ and select “Chat Now”
- Forum: https://bulletinboards.1800runaway.org/forum

Help for Trafficking Survivors

National Human Trafficking Hotline is a 24/7, confidential, multilingual hotline for victims, survivors, and witnesses of human trafficking. The hotline can be reached:

- By phone: 1-888-373-7888
- By text: text HELP to 233733 (BEFREET)
- By email: help@humantraffickinghotline.org
- Online chat: https://humantraffickinghotline.org/chat

The hotline also has an online Referral Directory made up of anti-trafficking organizations and programs that offer emergency, transitional, or long-term services to victims and survivors of human trafficking.
NOTICE to COMMUNITY

Tribal members have been cleaning and dragging yards and roadways. Some have gone onto paved roads and do not remove debris they leave behind. Dragging on paved road can also damage the asphalt. If you drag onto the paved roads, the Transportation Department is requesting you clean/sweep the debris left on road.

In addition, Community members need to check bulletin tubes at driveways as some are not taking their notices. These notices are being picked up on roads. Also, if you post a notice at mailbox bulletin boards, please be sure and take down after your event. Children have also been seen removing notices from board and bulletin boxes.

Let's all help to keep our community clean. Thank you.
ENROLLMENT OPEN TO EVERYONE

Eight Northern Indian Pueblos Council (ENIPC)

Ages 3 to 5 at San Ildefonso and Nambe Pueblo Sites

- Email: enipc.org
- ENIPC Head Start Office: 327 Eagle Drive
  Ohkay Owingeh, NM 87566

Phone: 505-747-1593, Ext. 100