Santiago Day

In the past years the Pueblo de Ildefonso has conducted Santiago Day Celebrations. Unfortunately, this year Santiago Day Activities will be cancelled and Throwing from Homes Will Not Be Allowed, as per the Executive Order due to the COVID-19. These precautions are in place for the protection of community.
COVID-19 TRIBAL ASSISTANCE FUND

CARES Act funding is intended to assist with unexpected hardships experienced under COVID-19 pandemic conditions. This funding cannot address all inequities—only hardships that have occurred under COVID-19 emergency.

Assistance to tribal members under CARES Act are designated to support immediate needs in order to help families that experience income loss due to furloughs/layoffs as a result of the COVID crisis. Such support is specifically to help pay for utilities, medical bills and rent or mortgage until the recipient is called back to work or until December 30, 2020, whichever occurs first.

Assistance for internet access is also available for tribal members who currently do not have access and have an at-risk member of the family and/or child(ren) who need remote educational access to continue schooling.

Question: I have been furloughed from my job. What do I need to provide in order to apply for assistance?

Answer: To apply for assistance, you will need to provide your letter of determination from New Mexico Workforce Solutions that indicates the beginning date of your unemployment eligibility. You will also need to provide a letter from your employer indicating your layoff was due to the COVID-19 pandemic. Please also see the Assistance Application Form for additional information needed.

Question: I am a self employed member of the Pueblo and have lost income due to the Pueblo and statewide closures and am not receiving unemployment benefits. Am I eligible for assistance?

Answer: Yes. In your case, the documentation for applying for assistance necessary will be for the last 6 months of monthly income from your business until March 2020 and the monthly income you are currently earning to determine that you have experienced a loss of income.

Question: What assistance can I receive?

Answer: You will receive reimbursements for bills received after your date of unemployment eligibility or, if you are self employed, March 15th, 2020. You may receive reimbursements for electric, gas, rent or mortgage, and medical bills. You will be expected to provide copies of the bills and a copy of your lease or mortgage statement for reimbursement. You will also be expected to provide copies of unemployment payments received to validate that you are still on furlough due to the pandemic.

Question: How long can I receive assistance?

Answer: Until you are recalled back to work or until December 30, 2020, whichever comes first.

Question: Why is a blanket welfare assistance not available to all tribal members?

Answer: The CARES Act specifies assistance to provide aid in preventing eviction and homelessness due to the COVID-19 pandemic. The Act also specifies assistance to provide emergency communications and
remote learning access for students. The Assistance Fund was created to provide aid under those allowable parameters.

Question: I am not the head of household but one of the utilities is in my name. How will it be reimbursed?

Answer: All Financial Assistance reimbursements will be made to the head of household in the application. All eligible reimbursement bills must be in the name of the head of household or list the household address as the place of service. In the case of medical bills, the patient must be a listed member of the household in the application.
SAN ILDEFONSO CARES ACT TRIBAL ASSISTANCE FUND

APPLICATION

This fund is per household for assistance in utilities, rent/mortgage, medical bills and, for households with students and/or health compromised family members, internet access. All assistance checks will be mailed to the address below.

Head of Household: ______________________

Mailing Address: ______________________

____________________________________

____________________________________

Telephone: ____________________________

Please list head of household first, then spouse, then other members of the household

<table>
<thead>
<tr>
<th>Name</th>
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<th>Is this a student?</th>
<th>Is this a health compromised person?</th>
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If you have a student or health compromised member of the household, do you have internet? _____

If no, do you wish to request temporary assistance? _____

REQUIRED DOCUMENTS: (check one)

- Copy of Dept of Workforce Solutions determination letter and letter from employer
- Copies of monthly business income from September 2019 to present
SAN ILDEFONSO CARES ACT TRIBAL ASSISTANCE FUND

REIMBURSEMENT REQUEST

This fund is per household for assistance in utilities, rent/mortgage, medical bills and, for households with students and/or health compromised family members, internet access. All assistance checks will be mailed to the address below.

Head of Household: __________________________

Mailing Address: ____________________________

________________________________________

________________________________________

Telephone: ________________________________

REQUIRED DOCUMENTS:

☐ Copies of weekly unemployment certifications, or monthly income for self employed members

☐ Copy of mortgage statement or lease showing amount due

☐ Copy of electric bill

☐ Copy of telephone bill

☐ Copy of gas bill

☐ Copy of medical bill
TIME CHANGE OF FOOD DISTRIBUTION

Due to the extreme heat, the food distributions scheduled for this Thursday, July 9th and Thursday, July 23rd will be moved to the morning from 9am to 12pm at the gym. Please be safe and hydrated.

TOURISTS and OTHERS

Reports have been received of unauthorized individuals ignoring the Pueblo closure signs including tourists and others. Kindly ask them to leave and call the Pojoaque Police dispatch to report your encounters. Be safe.
Trees will be given out in pre packaged bundles and limited to only one per person on a first come, first serve basis until all distributed.

Pick up your Seedlings on

THURSDAY, JULY 09, 2020
9:00 am to 12:00 pm
during the next Food Distribution
at the Gym

DO NOT GET OF OUT OF YOUR VEHICLE!
DECP Staff will delivery to your car.

Bundles will include: Sky poplar (tree), Wax currant (shrub), Sumac (shrub)
Community Blessing with Father Jose

On Sunday, July 12, 2020, 11:30 a.m.

There will be a short church service with Father Jose and the church helpers only, followed by a procession through the plaza.

Community members that would like to receive a blessing may stand around the plaza.

Please practice social distancing and wear a face mask!
FOR IMMEDIATE RELEASE

Contact: Ashley Espinoza
Public Relations Coordinator, Human Services Department
ashley.espinoza2@state.nm.us
505-670-3264

July 7, 2020

$67 million in Pandemic EBT Cards to be issued this week
Supplements for school-age children receiving free or reduced-price lunches

SANTA FE – About 168,000 New Mexico families whose children receive free or reduced-price lunch at school will receive $67 million in Supplemental Nutrition Assistance Program (SNAP) benefits, or food stamps, this week, the Human Services Department announced today.

The benefits will be issued on Pandemic Electronic Benefit Transfer cards in the name of the oldest child in each household and mailed out this week.

More than 250,000 school-age children in New Mexico qualify for the P-EBT program, authorized by the federal Families First Coronavirus Response Act, which provides assistance to families with children who are eligible for free or reduced-price school meals.

The families of over 87,000 New Mexico school children have already received nearly $35 million in food benefits that were issued in May. The benefit is calculated monthly for each eligible student in the household equal to the daily reimbursement for free breakfast and lunch ($5.70), multiplied by the average number of days school was canceled in the month. It equates to a dollar amount of approximately $399 per student covering the period from March 16, to June 19, 2020.

The Human Services Department partnered with the New Mexico Public Education Department to validate the physical addresses school districts have on file to ensure the P-EBT cards get to the households where the children reside.

The Human Services Department has two hotlines for individuals to inquire about the status of their P-EBT benefits. The P-EBT Hotline is 505-660-4822, or they can call the Human Services Department Customer Service Center at 1-800-283-4465.
The P-EBT program provides a supplemental food-purchasing benefit to current Supplemental Nutrition Assistance Program households and a new electronic benefit to other eligible households to offset the cost of meals that otherwise would have been available at school.

Under the Families First Coronavirus Response Act, states may submit a plan to the U.S. Secretary of Agriculture for providing P-EBT benefits to SNAP and non-SNAP households with children who have temporarily lost access to free or reduced-price school meals due to pandemic-related school closures.

State agencies may operate P-EBT when a school is closed for at least five consecutive days during a public health emergency designation during which the school would otherwise be in session.

"The Pandemic Electronic Benefit Transfer program is an important way to ensure that children will get the nutrition they need, especially when schools are closed during the COVID-19 pandemic," said Karmela Martinez, New Mexico Income Support Division director. "We have been working hard with the Public Education Department to get these benefits out to the right families as quickly as possible."

The Human Services Department provides services and benefits to more than 1 million New Mexicans through several programs including: the Medicaid Program, Temporary Assistance for Needy Families (TANF) Program, Supplemental Nutrition Assistance Program (SNAP), Child Support Program, and several Behavioral Health Services.
FOR IMMEDIATE RELEASE
July 6, 2020

New Mexico travel restrictions in effect

SANTA FE – The state of New Mexico is under a mandatory health advisory issued by Governor Michelle Lujan Grisham to protect against the spread of COVID-19.

Anyone crossing a border into the state must adhere to the New Mexico public health travel restrictions as outlined in Executive Order 2020-054, seen here, until further notice.

Be aware: Businesses and law enforcement agencies are strictly enforcing the following restrictions for in and out of state travelers.

Below you will find some frequently asked questions and answers.

Are the borders closed in New Mexico?

No. The surrounding borders are not closed. State roads remain open.

Will travelers with out of state plates be stopped by law enforcement or turned away at the borders?

No. Unless law enforcement has reason to believe you are breaking the law or not adhering to the health advisory, you will not be stopped or forced to leave the state.

Does everyone in New Mexico have to wear a mask?

Yes. Mask-wearing is mandatory in public for all individuals over the age of two, except when eating, drinking or exercising.

Is there a punishment if I choose not to wear a mask?

Yes. If caught without a mask in public, you are subject to a $100 fine.
What if I live in New Mexico and I want to travel out of state? Do I have to self-quarantine when I return?

The mandatory health advisory is very clear. If you cross over the borders of New Mexico, you must self-quarantine for 14 days when you return home.

Are there any exceptions to the quarantine order?
Yes. Persons who are employed or contracted by an essential business traveling into the state to conduct business activities, persons employed by airlines, those performing public safety or public health functions, military personnel, federal employees, those employed by a federal agency or national defense contractor, emergency first responders, health care workers, those arriving in the state pursuant to a court order do not have to quarantine for 14 days or for the duration of their time in the state, whichever is shorter, though all should follow COVID-safe best practices: Wear a face-covering in public and keep physical distance from others and limit travel outside of the home or place of lodging to only the essentials.

What if I take my family camping in a different state and we spend our time outdoors, away from other people, adhering to social distancing? Do we all have to self-quarantine when we return?

Yes. Even if you spend time outdoors, wearing masks and social distancing in another state, you must self-quarantine when you return to New Mexico for 14 days.

Do out of state visitors have to self-quarantine even if they own a home in New Mexico?

Yes. If visitors or part-time residents plan to stay in New Mexico longer than two weeks for any reason, you must self-quarantine for the first 14 days when coming in from another state.

If you are staying in New Mexico for fewer than two weeks, you also must self-quarantine for the duration of your stay or up to 14 days, whichever is shorter. (For example, if you plan to stay at a hotel for two nights before leaving the state, you must self-quarantine for the duration of your stay.)

Does that apply to people in RV’s as well?

Yes. Travelers must self-quarantine wherever they are staying.

What if travelers are simply passing through New Mexico to get to another destination in a different state?

This is not a time to shop for souvenirs, visit state parks or sightsee. Please recognize that if you are traveling amid a global pandemic you are bringing the risk of a highly contagious and lethal virus with you and taking it with you as you go. You must wear a
face-covering if you are in public while in the state. Please limit your activities to only the essentials.

**What if I’m a trucker and have to make deliveries in New Mexico?**

Most trucking services fall under the logistical transporting functions incorporated in the essential businesses of the state’s operative emergency public health order and are exempt from the quarantine requirement. But all visitors in the state are still required to wear face-coverings and follow COVID-safe best practices.

The NMDOT sincerely appreciates your cooperation.
LOVE

Self-Care is community care for OUR collective wellness

HOLISTIC SELF-CARE TIPS - Self-care is more than bubble baths, it is about how you approach all aspects of your life - mind, body, spirit, and heart. Here are some tips to try:

MIND/MENTAL
- Talk to someone you trust
- Write down what is bothering you
- Join a support group
- Practice journaling
- Practice meditation

BODY/PHYSICAL
- Be physically active
- Drink water
- Stretch
- Get enough sleep
- Practice self-care
- Go for a walk
- Take a bath
- Do yoga
- Practice holistic

HEART/EMOTIONAL
- Practice Self-Love
- Practice the 5 love languages
- Offer love to others
- Share kind words
- Make time for your friends
- Share your emotions
- Let others know how much you care
- Connect with others
- Spend time with people you love
- Express gratitude
- Pray
- Sing

SPIRIT/SPRITUAL
- Pray
- Meditate
- Spend time in nature
- Offer and give thanks
- Offer thanks with gratitude
- Spend time with others

BREATHE FOR SELF-CARE - Simple breathing exercises daily can strengthen and soothe the mind, body, spirit, and heart, and can increase your immunity. Try this exercise:

1. When doing your regular daily activities, be aware of breathing through your nose.
2. Next, try and expand your stomach outward on the inhale breath, then on the exhale push your stomach in gently.
3. Practice a few times a day in your favorite relaxed position. Try it standing, or try sitting down on the edge of a chair with your back straight and with slightly open legs.
WORKPLACE SELF-CARE TIPS

1. Set and keep professional boundaries
2. Balance your work schedule and life demands so you are not overwhelmed
3. Make time throughout the workday for self-care breaks (i.e. lunchtime or afternoon walk; social time with co-workers; listening to relaxing music)
4. Create a healthy workspace for yourself
5. Make a short list of top priorities for each day
6. Minimize procrastination and maximize sense of control
7. Before saying yes to a project or assignment, first think about your needs and available resources, and if it will lead to overextending yourself

MENTAL SELF-CARE QUESTIONS

Take time to see where you are with your mental self-care by answering the following questions:

• Do you regularly learn new things?
• Do you have a way to be creative?
• Can you make a mistake without being hard on yourself?
• Do you know healthy ways to help yourself with stress and how to use them?

WORKPLACE SELF-CARE QUESTIONS

Take time to see where you are with your workplace self-care by answering the following questions:

• Am I in touch with my feelings? Do I recognize and see them?
• Do I affirm my right to experience all my feelings?
• Do I know how to express my feelings in a healthy way?
• Do I “numb out” uncomfortable feelings?
• Do I have a plan for when I feel overwhelmed with my feelings?
• Do I practice self-compassion?

RESOURCES

• Stop Fighting Your Negative Thoughts
  https://www.psychologytoday.com/us/blog/shyness-is-nice/201305/stop-fighting-your-negative-thoughts

• 50 Strategies to Beat Anxiety

• Learn Mindfulness of Breathing
  https://g gia.berkeley.edu/practice/mindful_breathing

• 50 Self-Care and Workplace Wellness Ideas for You, Your Team, and Your Company
  https://www.in hersight.com/blog/insight-commentary/self-care-and-workplace-wellness-ideas?_n=93815906#

• Self-Care Tips When Working from Home During an Emergency

• Your Work-From-Home Survival Guide for Self-Care

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?

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

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET
NOTICE to COMMUNITY

Community members need to check bulletin tubes at driveways as some are not taking their notices. These notices are continuously 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.
New Mexico ADRC – REAL PEOPLE, REAL ANSWERS, REAL OPTIONS

The New Mexico Aging and Disability Resource Center is part of the State’s Aging and Long Term Services Department, and serves all of New Mexico, connecting people with resources to maximize personal choice and independence.

ADRC staff can help provide short-term assistance in connecting individuals to available services and supports and help obtain benefits for which they are eligible.

Among the services offered are:

- **INFORMATION AND ASSISTANCE**
  ADRC staff can provide information on community services and supports throughout the state.

- **HEALTHY AND INDEPENDENT LIVING**
  Options Counselors provide information and education on understanding and living with disabilities, connecting to wellness programs, and staying healthy and independent.

- **MEDICAID CHOICE COUNSELING**
  Staff provide assistance in applying for Medicaid benefits as well as educate callers on Medicaid benefits and services, assist in selection of a Managed Care Organization and educate callers on Self-Directed Community Benefit.

- **BENEFIT COUNSELING**
  The ADRC’s State Health Insurance Programs (SHIP) can provide answers to questions and concerns regarding private and government benefit programs. SHIP staff offers one-on-one benefit counseling and assistance to people with Medicare and their families ensuring that New Mexicans receive accurate, unbiased information about health care options and other entitlements.

- **HEALTH CARE FRAUD PREVENTION**
  The NM ADRC Senior Medicare Patrol (SMP) helps Medicare and Medicaid beneficiaries avoid, detect, and report health care fraud.

- **PRESCRIPTION DRUG ASSISTANCE (PDA)**
  The NM ADRC PDA program assists uninsured and under-insured individuals obtain the medications they need at a cost they can afford.

- **NETWORK OF CARE**
  The New Mexico Network of Care social services resource directory is the online pathway to social service providers.

Call 1-800-432-2080 to speak with a counselor, or live web chat to easily access information quickly by methods which include popular mobile devices at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us).
6 Surprising reasons your Blood Pressure Spikes

By Christa Sgobha

Seemingly harmless situations can temporarily raise your blood pressure. Here’s how to make sure your reading is accurate.

You probably know someone with high blood pressure. Among people 65 and older, at least 75 percent meet the criteria for hypertension or high blood pressure, defined as a blood pressure reading greater than 130/80 mmHg, according to the American Heart Association.

Uncontrolled high blood pressure can lead to serious health issues throughout your whole body, including heart attack, stroke, kidney disease, vision loss, and diabetes complications. So if your blood pressure begins to run high, it’s vital to work with your doctor to get it under control.

But how do you know if your blood pressure is actually a problem?

If you get a higher-than-normal reading, the first thing you should do is make sure it’s actually indicative of what your blood pressure really is, since there are some behaviors and situations that can elevate it temporarily, says John Bisognano, M.D., Ph.D., director of the University of Rochester Comprehensive Hypertension Center.

You can do that by doing two things:

**Make sure the reading is taken properly and accurately.**

Sit with your legs uncrossed and feet flat on the floor, and take your reading after sitting and resting quietly for five minutes.

**Check your blood pressure regularly at home.** By recording all of the readings, not just the highs or lows, you’ll get a more complete picture of your blood pressure to share with your doctor.

Regularly checking your blood pressure at home also means you’ll be more likely to spot an anomaly that may be due to factors that can temporarily cause blood pressure spikes. Here are six such examples.

**Blood-Pressure Booster #1: You Drank a Lot of Caffeine**

A big cup of coffee can bring a wake-up-now jolt, so it’s not surprising that caffeine can give your blood pressure a boost too. What you may not know is that the type of coffee you’re drinking can play a role in upping your readings.

Caffeine levels vary widely in different kinds of coffees and with different roasting techniques, Dr. Bisognano says, and blood pressure can spike up to 20 mmHg after drinking kinds with more caffeine. For instance, take Starbucks coffee. A tall size of brewed dark roast contains 193 milligrams of caffeine, but the same size of blonde roast has 270 milligrams.

Also, pay attention to the sizes you’re drinking. A regular mug you brew at your house may be just eight ounces, but if you’re grabbing coffee on the run, you may pick up one that’s twice as large—which means twice as much caffeine.

To be safe, finish your coffee more than one hour before you’re set to take your blood pressure.

**Blood-Pressure Booster #2: You Have to Pee**

According to a 2017 review in the *Journal of Hypertension*, getting your blood pressure taken with a full bladder can lead to an inaccurate reading. Drinking large amounts of fluids within an hour of a test can lead to a 33 mmHg bump in systolic pressure or the top number, and a 19 mmHg bump in diastolic pressure or the bottom number.

“First of all, it’s uncomfortable, and whenever someone is uncomfortable, their blood pressure goes up,” Dr. Bisognano says. “There are also nerves in the bladder that, when activated, can raise blood pressure.”

Play it safe and make a pit stop at the bathroom before you get a reading done.

*continued on page 3*
**TOP TIPS TO BEAT THE HEAT**

- **H₂O to go**: Take a bottle of cold water with you when you're out and about.
- **Avoid**: Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.
- **Be cool**: Make use of fans or air conditioners set to cool.
- **Rest**: Make sure you get enough sleep and rest if you feel tired.
- **Dress down**: Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.
- **Enjoy**: Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.
- **Soak**: Take a cool shower or bath to help you cool down when you feel hot.
- **Shade**: Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

### 7 TIPS and FACTS

**Sunscreen**

1. Apply one ounce of sunscreen (enough to fill a shot glass).
2. Apply 15 minutes before going outdoors.
3. Reapply every two hours or after swimming or sweating heavily.
4. Use broad-spectrum protection, SPF of 30 or greater.
5. UVA rays can prematurely age your skin, causing wrinkles and age spots.
6. UVB rays are the primary cause of sunburn.
7. Apply on cloudy days as harmful rays can still harm skin.

*Source: American Academy of Dermatology*

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**Stay Healthy**

**Wear a mask!**

Diabetes Program
Blood-Pressure Booster #3: You Ate a Salty Meal
An overall high-salt diet can lead to the development of hypertension. But even one high-salt meal can cause a temporary jump in blood pressure, says Karen Alexander, M.D., a professor of cardiology at Duke University School of Medicine. “A high-salt meal causes you to hold on to more water,” she explains. That can be a problem, since blood vessels tend to get stiffer and less flexible with age. These “stiff pipes” can’t stretch as well to accommodate the extra volume, and your blood pressure can increase. Restaurant meals tend to be high in sodium and can lead to a reading about 10 mmHg higher than normal, Dr. Alexander says. This may last between 24 to 48 hours and should go back to baseline after you start eating a more normal diet—preferably one high in fruits and vegetables.

Blood-Pressure Booster #4: Your Arthritis Is Flaring
Any kind of pain can lead to an increase in blood pressure—and the more intense the pain, the more your blood pressure can rise, Dr. Alexander says. It all comes down to something called catecholamines, which are a type of stress hormone. “When you are in pain, your catecholamines and stress hormones are high, and that acts on blood vessels and raises blood pressure,” she explains. Depending on the amount of pain, you can see increases in your blood pressure of 10 to 20 mmHg. If you have an acute injury and your blood pressure is running high, your doctor should work with you to get the pain under control and then check your blood pressure again to get a more accurate reading.

Blood-Pressure Booster #5: You’re Stressed
“White coat hypertension” refers to blood pressure that runs high at the doctor’s office—think of a doctor’s white coat—but normal outside of it. In fact, white coat hypertension can cause an older person’s reading to spike by as much as 30 to 40 points, Dr. Bisognano says. “Some people think of coming to the doctor’s office like taking a standardized test or an evaluation,” he says. “They get anxious.” That anxiety can lead to the release of stress hormones. Combine that with other stressors, like rushing in from the parking lot or worrying about something in your personal life, and you can be talking about a pretty substantial spike, Dr. Alexander says. If your blood pressure is unexpectedly high at the beginning of your appointment, your doctor may retake it at the end of the visit to see if it leveled off. If it stays elevated throughout your visit, your doctor may suspect white coat hypertension and ask you to start checking your blood pressure at home to get a more accurate representation. Important note: If your blood pressure measures fine at the doctor’s office but consistently runs high at home, that’s not something to shrug off. That describes a condition called “masked hypertension,” Dr. Bisognano explains. In this case, chronic home or work stress leads to an increase in blood pressure during your everyday hours, while the relative “calm” of the doctor’s office can cause it to drop. “People with masked hypertension are actually at higher risk than those with white coat hypertension, since their blood pressure is high for 23 hours of the day,” he says.

Blood-Pressure Booster #6: You Crossed Your Legs
If you’re at a doctor’s office, the doctor or nurse taking your reading will probably instruct you not to sit this way, but if you’re taking it yourself at home, it can be easy to revert to this habit. “Crossing your legs compresses an artery in your leg, so there is less blood flow,” Dr. Bisognano says. “When you compress the arteries, the pressure goes up.” For an accurate reading, sit comfortably with your legs uncrossed and feet flat on the floor.

So, When Should You Worry?
If your doctor has given you any instructions for measuring your blood pressure at home, follow those exactly, including when you might need to call for an appointment or get emergency care. In general, for people who haven’t yet been diagnosed with hypertension, blood pressure readings of 130/80 mmHg on more than two occasions should call for an appointment with your doctor, Dr. Alexander says. In some cases, one-off readings may mean you need to get medical care sooner. If your systolic pressure or top number is 180 mmHg or higher, or your diastolic pressure or bottom number is 100 mmHg or higher:

- **But you are not experiencing any symptoms**: Call your doctor for a same- or next-day visit.
- **And you are experiencing symptoms like shortness of breath, chest pain, or numbness**: Go to the emergency room.

And in the long term, while any of the factors above can elevate your blood pressure temporarily, you shouldn’t use them to explain away consistently high readings, Dr. Bisognano says. If your blood pressure is regularly coming back high, even after taking your readings accurately and avoiding behaviors that can spike it, you need to loop in your doctor. Controlling high blood pressure with lifestyle changes like diet and exercise, medication, or a combination of both is vital to reducing your risk of health complications.

Source: https://www.silversneakers.com/blog/blood-pressure-spike-surprising-causes/
Summer Fun Word Search

Find all the words!

G F I J R T I I I P E C G R V G L Z P O C
V L K E T T O R F V V W C T I Q J N Q A W
W A T T V Q K C C X O H I D S C M W K G
E A I J S P R H V S B L K M K F G A I K
W C C S L E N B A G C C L Y I E Z T S Z
H P E K A P G N V L N U S E T I K E K A
D O G M G I D H P X U G Y B Y R X R K Y
O P F T F C F N B H C A E B A B A X M E T
T S A Y A N P Y P V D Q N P B P A E N K
H I F S C I F N X E N F V X O S J L I T
J C T I P C X G M L F Z D O V E X O L D
M L Q W T B O S N O O L A B L C N O O
E E Y J B L L A B E S A B C Q B V J P E
Q D T B F F I R E F L I E S S I K W L M E
N M V D Z N K U X I S N O T N I M D A B
J T E Z I F B U T T E R F L I E S J R S
G D U M I A L R P K Y Y H J K B D M T I
A P W M X N C O S X A Y B O V U A V C R
G E F D F Z Z H Y I T L A L Z Q M D X F
D S J A X Y E D A N O M E L T K M M Y U

VOLLEYBALL
WATER
CREAM
LEMONADE
BUTTERFLIES
MINI
FIREFLIES
POOL

FRISBEE:
BALLOONS
BEACH
WATERMELON
BADMINTON
GOLF
POPSICLE:

KITES
ICE
SANDCASTLE
PICNIC
PARK
BASEBALL
TRAMPOLINE:
ATTEND A COLLEGE AND CAREER READINESS ONLINE CLASS

Prepare to earn your New Mexico High School Equivalency Credential (GED®)

OR

If you have your high school diploma...
ATTEND CLASS TO IMPROVE YOUR READING, WRITING AND MATH SKILLS

Attending this Class can help you:
- Obtain an HSE Credential
- Enter a degree or certificate program
- Strengthen your resume

All Classes and Books are FREE!

Classes Begin: July 13, 2020

Afternoon and Evening Classes in English and Spanish are Available!

For More Information Email: janec181@unm.edu or cress@unm.edu

LOS ALAMOS

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FOR IMMEDIATE RELEASE

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July 7, 2020

New Mexico Department of Health issues alert for heat-stress into weekend
New Mexicans encouraged to get rest, water, and shade.

SANTA FE — The New Mexico Department of Health (NMDOH) encourages everyone statewide to be mindful of heat-related illness and know the signs to watch for during this period of extreme heat. It is forecast that most of the state with exceptions of high mountain regions (over 7,000 feet above sea level) will experience temperatures approaching or even above 100 degrees Fahrenheit lasting through the upcoming weekend.

Outdoor recreation and activities should be avoided between 11 a.m. and 6 p.m. during these high-temperature days. The Department of Health reminds New Mexicans to never leave children or pets in a parked car even for a few minutes.

“While for many, warnings about leaving children and pets in hot cars may seem like common sense, these accidents happen, with a record number of children (53) dying in hot cars in the U.S. in 2018,” said Department of Health Cabinet Secretary Kathy Kunkel. “We’re all vulnerable to extreme heat at one point or another, so please do your best to seek out cool indoor places and stay well-hydrated even in these difficult times with COVID-19.”

Heat stress can have many symptoms like dizziness, nausea, cramping, and weakness and can progress to heat stroke and death, if left unchecked. To help New Mexicans and visitors spot the signs of heat-related illnesses, NMDOH offers tips at: https://nmtracking.org/health/heatstress/Heat.html.
NMDOH has also recently launched its *Stay Hydrated New Mexico* Social Media Campaign, and has partnered with the National Weather Service Albuquerque to produce this video about high heat and preventing heat-related illness: https://www.youtube.com/watch?v=wsgrn5zDoG8.

Local entities should consider deploying plans for ensuring people have access to drinking water and checking on those who are home-bound. People with disabilities are especially vulnerable to extreme heat events. The combination of physical and social factors means that people with disabilities are, on average, more vulnerable to heat stress, heat exhaustion or death during extreme heat events.

If communities provide cool places for their constituents, assure that facilities comply with CDC guidance on COVID-19 and cooling centers. Full CDC guidance may be found at: https://www.cdc.gov/coronavirus/2019-ncov/php/cooling-center.html.

For more information about heat-related illnesses and much more, please visit https://www.nmhealth.org/.

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The New Mexico Department of Health issued an alert for heat-stress into the weekend. The NNDOH encourages us all to be mindful of heat-related illness and know the signs to watch for during this period of extreme heat.

**Avoid Heat Induced Illness**
Excerpt from the NMDOH

*Heat stress is a heat-related illness that with inadequate fluid replacement and continued exposure to high temperatures, can progress to more serious conditions such as heat exhaustion and heat stroke. To protect yourself from the heat, take the following steps:*

- Stay cool indoors; do not rely on a fan as your primary cooling device.
- Drink more water than usual but avoid alcohol or liquids containing high amounts of sugar.
- When going out, wear lightweight, light-colored clothing.
- Do not leave children or pets in cars.

The NMDOH suggests outdoor recreation and activities should be avoided between 11 a.m. and 6 p.m. during the high-temperature days.

NMDOH has also recently launched its Stay Hydrated New Mexico Social Media Campaign, and has partnered with the National Weather Service Albuquerque to produce this video about high heat and preventing heat-related illness: Dealing.

For more information visit [https://www.nmhealth.org/news/awareness/2020/7/?view=1042](https://www.nmhealth.org/news/awareness/2020/7/?view=1042)

**Heat stress is a heat-related illness which can have many symptoms.**
- Heat exhaustion can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Its main sign include heavy sweating, muscle cramps, as well as feeling tired, weak and/or dizzy.
- Heat stroke is the most serious heat-related illness and happens when the body loses its ability to sweat. Dehydration and over exposure to the sun can cause heat stroke. The main sign of heat stroke is an elevated body temperature of greater than 104 degrees and changes in mental status such as confusion.

Who is at risk?
Anyone can be affected.

**More health tips**
The Department of Health and U.S. Centers for Disease Control and Prevention advises you to take these steps to prevent heat-related illnesses during hot weather:
- Stay cool indoors; do not rely on a fan as your primary cooling device.
- Drink more water than usual
- Avoid alcohol or liquids containing high amounts of sugar
• Replace salt and minerals.
• Wear lightweight, light-colored clothing.
• Schedule outdoor activities carefully.
• Pace yourself.
• Monitor people at high risk. Check on the elderly and the very young.
• Do not leave children or pets in cars.
Breath of my Heart Birthplace: Espanola’s Community Birth Center 505-753-0505

How do I know if Home Birth or Birth Center Birth is an option for me?
A home or Birth center birth is a safe option for people who are having a low risk pregnancy (call us to find out more specifics about what this means). Birthing at home or in the Birth center means that you have more control over your environment during your birth while being cared for by qualified professional midwives. These settings prioritize a focus on the familial, cultural, spiritual, and relationship aspects of your birth experience.

Why is midwifery care a good option in the time of COVID-19?
During this time our healthcare system is carrying a greater burden than usual and we are all concerned with conserving space for those patients that are most in need of medical care. Breath of My Heart Birthplace provides a safe well-person space for clients who are interested in birthing with midwives. We do not see sick patients in our facility and we follow very careful measures to protect our staff and clients from possible spread of the COVID-19 virus. Our birth center can accommodate a maximum of 2 birthing families at a time and our clinic has been slowed down so that there is no overlap between clients. We offer clients a combination of in-person and telehealth prenatal visits and we are continuing to provide in-home visits postpartum to support families with breastfeeding and well newborn checks. This type of comprehensive care is especially important right now to help keep well people out of medical settings here they could accidentally be exposed to the virus.

Why would I choose to birth with midwives instead of at the hospital?
Midwives are experts in natural birth, our entire training and practice is designed around supporting you to have a healthy pregnancy and birth with as little intervention as possible, respecting the intelligence of your body. Midwives view pregnancy and birth as safe normal functions of the body and can help you to navigate these changes in your life by working with lifestyle tools and natural remedies. Midwives are integrated into the larger health care system and we refer to specialists for any services or health conditions that are outside of our scope of practice.

VISION: To attain greater community wellness through the growth and reclamation of birth traditions and practices in Northern New Mexico, by cultivating a nurturing environment that welcomes all families’ cultural strengths, and Ways of Knowing.

MISSION
To bring to reality a sustainable birthing place that celebrates pregnancy and birth as a sacred rite of passage through midwifery care. To raise awareness and promote wellness, growth, and healing in our multicultural communities by honoring woman as the first environment.