

HALLOWEEN



**PUEBLO OF SANTA ANA
NEWSLETTER ISSUE No. 7**



IN THIS ISSUE

**SANTA ANA
PUEBLO LIBRARY**

HIGHER EDUCATION

TAMAYA VINEYARD

ANNOUNCEMENTS



**SANTA ANA
PUEBLO LIBRARY**



SANTA ANA LIBRARY

SANTA ANA PUEBLO COMMUNITY LIBRARY PRESENTS

AT-HOME SENIOR PROGRAMMING

BEGINNING OCTOBER 5TH

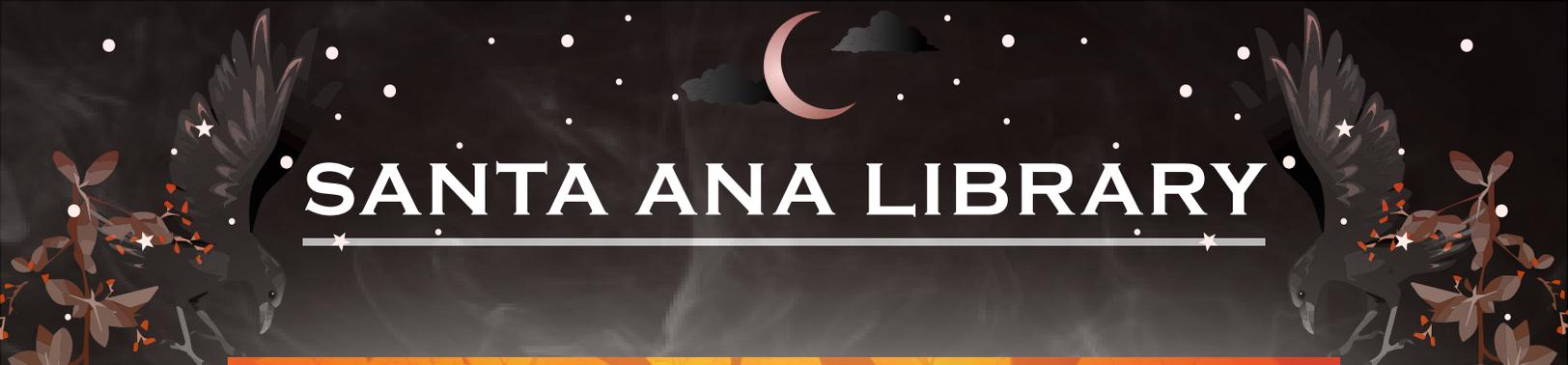
PLEASE CALL THE LIBRARY AT
771-6736 TO REGISTER

CRAFT KITS WILL BE
PROVIDED EACH WEEK

OPEN TO ALL AGES 55+



Coming Soon
**CURBSIDE
CHECKOUT**



SANTA ANA LIBRARY

HELP KEEP THE LIBRARY SAFE
PLEASE CALL 771-6736
TO SCHEDULE AN APPOINTMENT
SO WE CAN CONTINUE TO SOCIAL DISTANCE
AND PROVIDE LIMITED SERVICE HOURS

LIBRARY HOURS:

M, W, F
9 AM- 2PM

*REMOTE LEARNING PROGRAM IN SESSION M-F,
ENTRANCE WILL BE LOCKED.
PLEASE KNOCK UPON ARRIVAL AND A STAFF MEMBER
WILL DIRECT YOU TO THE TEMPERATURE CHECK IN KIOSK.

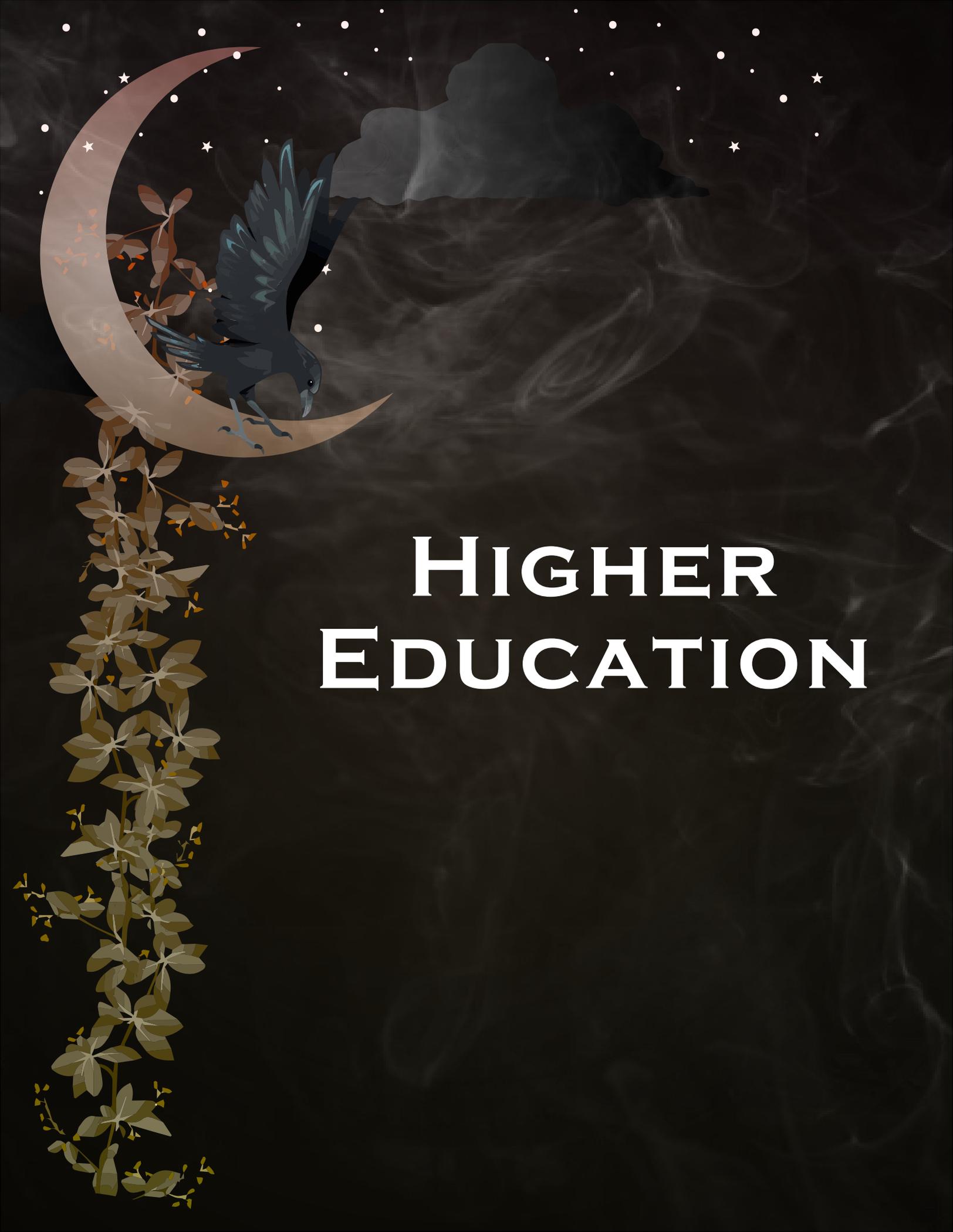
YOU CAN STILL OBTAIN A LIBRARY CARD!!
YOUR LIBRARY CARD IS FREE AND WILL ALLOW YOU TO...
ENJOY OUR COLLECTION OF BOOKS, DVDS, SEWING MACHINES AND MORE;
ACCESS OUR DIGITAL COLLECTION (EBOOKS)

PATRONS 17 YEARS AND UNDER MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN WITH A VALID LIBRARY CARD IN ORDER TO OBTAIN THEIR OWN CARD. THESE CARDS CAN BE ISSUED AT THE SAME TIME.

A LIBRARY CARD MAY ONLY BE USED BY THE PATRON IN WHOSE NAME THE CARD IS ISSUED OR THE RESPONSIBLE ADULT IN THE CASE OF MINORS WITH LINKED CARDS.

YOU ARE RESPONSIBLE FOR ALL MATERIALS BORROWED ON YOUR CARD.

IF YOU LOSE YOUR LIBRARY CARD, PLEASE REPORT IT SO WE CAN PREVENT ANYONE ELSE FROM USING IT.



HIGHER EDUCATION

HIGHER EDUCATION

**Monday Oct 19th
6:00 PM**

Learn about
money for college or
trade schools



**Financial Aid (FAFSA/FSA ID)
Presentation**

Log in at:

<https://us02web.zoom.us/j/86108670974>

Meeting ID: 861 0867 0974

Passcode: 629330



Please contact:

Ms. Dawn Begay - dawn.begay@santaana-nsn.gov
College/Career Liaison

HIGHER EDUCATION



NEW MEXICO HIGHLANDS UNIVERSITY
METRO CENTERS
Located in Albuquerque & Rio Rancho

UNDERGRADUATE DEGREE PROGRAMS:

Business, Criminal Justice, Psychology, Social Work, Software Systems Design, and Education

GRADUATE DEGREE PROGRAMS:

Business, Social Work, and Education

Advantages of taking NMHU courses:

- Affordable tuition
- Conveniently located in Rio Rancho west of Hwy. 528 from Intel, and ABQ near San Mateo & Indian School Rd. NE
- Flexible course schschedules (face-face, online, & evening)
- Sstudent servicesvia Zoom, email, and phone
- Tribal MOU tuition waiver applicable to courses taken at NMHU Centers

For more info, email us at riorancho@nmhu.edu or albuquerque@nmhu.edu, or call:
(505) 891-6900 (Rio Rancho), or
(505) 260-6181 (Albuquerque Center)



**HEARD IT
THROUGH
THE GRAPEVINE**

TAMAYA VINEYARD



GRUET

The Tamaya Vineyard

PUEBLO OF SANTA ANA



HEARD IT THROUGH THE GRAPEVINE

FROM THE VINEYARD, WELL IT IS NOW SEPT. AND THE VINEYARD IS STARTING TO GO TO SLEEP FOR THE YEAR. WE HAD A NICE HARVEST THIS DESPITE A FROST IN APRIL THAT DESTROYED THE BIG CROP WE WERE HOPING FOR. BUT WE STILL PICKED OVER 50 TONS OF GRAPES. . THIS YEAR THE WINERY BROUGHT IN A MACHINE AND WE WERE ABLE TO PICK THE ENTIRE VINEYARD IN 3 LONG NIGHTS. WITH THE HELP OF RON MASAWIESTEWA, BRIAN ABEITA, BENNETT ARMIJO, AUSTIN ARMIJO, JEREMY ARMIJO AND MY BOSS JOSEPH BRONK. WHILE WE WERE PICKING WE DID HAVE A VISITOR SHOW A STRAY COW . WE ARE NOW IN CRUISE CONTROL CLEANING UP THE VINEYARD WAITING FOR WINTER TO ARRIVE. WE PLANTED OVER 300 PUMPKIN PLANTS WITH DNR AND NOW WAITING FOR MID OCTOBER TO HAVE THE KIDS OVER TO PICK THEM.

TAMAYA VINEYARD

Tamaya Vineyard Pumpkin Patch

Department of Natural Resources (DNR) Water Division in collaboration with the Tamaya Vineyard would like to invite community members to come and enjoy this fun day with us. Each family will pick one pumpkin and learn more about DNR programs while visiting and enjoying the scenery at Tamaya Vineyard! COVID-safe practices, masks wearing and social distancing, are required to attend the event.

Where: Tamaya Vineyard (see map attached)

When: Saturday, October 17th

Time: 11am – 4pm



Questions? Call DNR @ 505-771-6446



ANNOUCEMENTS



ANNOUNCEMENTS

TAMAYA DNR, CHR,
SOCIAL SERVICES, SAPD
AND HELPING PAWS
ACROSS BORDERS
BRINGS YOU...

UPCOMING PET SERVICES

Important Dates:

Rabies Clinic

Friday 10/9 from 9am-3pm
Tamaya Wellness Center
Drive-Thru

Vaccination & Spay/Neuter Clinic

Sat 10/10 & Sun 10/11 from
7am - 5pm
Santa Ana DNR Courtyard



**FACE MASKS AND SOCIAL
DISTANCING WILL BE
REQUIRED AT ALL EVENTS**



**You MUST sign up your
pets to receive these
services by 10/6, please
contact:**

Kim Toya, CHR

Kim.Toya@santaana-nsn.gov
(505) 771-6747 or (505) 318-7544

Victoria Atencio, SADNR

Victoria.Atencio@santaana-
nsn.gov
(505) 771-6711 or (505) 401-4980

ANNOUNCEMENTS

Diabetes & Depression

What is Depression?

Depression is a common and serious illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is treatable. Depression causes feeling of sadness and or loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work or at home.

How can depression affect my diabetes?

Managing a chronic disease such as type 2 diabetes may lead to depression. Depression may make it difficult for you to manage your diabetes physically, mentally, and emotionally. It can affect all levels of self-care including diet, exercise and other lifestyle choices. This may result in high and low blood sugars. Having hyperglycemia (high blood sugar) can damage the vessels that supply blood to vital organs, which can increase the risk of heart disease and stroke, kidney disease, vision problems and nerve problems.

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest in activities
- Changes in appetite—weight loss or gain
- Loss of energy or increased fatigue
- Trouble sleeping or sleeping too much
- Feeling worthless and powerless to change your situation
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

Self-help and Coping

There are some things you can do to help reduce the symptoms of depression. For many people, regular exercise helps create positive feelings and improves mood. Getting enough sleep, eating a healthy diet and avoiding alcohol are also helpful. Talking with your health care provider, family members or friends can also help reduce symptoms of depression.

Depression is a real illness and help is available. If you think you might be depressed, seek help right away.

Resources available:

Your primary provider

<https://www.cdc.gov/diabetes/managing/mental-health.html>

Five Sandoval Indian Pueblos Inc. 505-867-3351 ext. 120

NM CRISIS LINE 1-855-NMCRISIS (662-7474) Call toll free anytime 24/7/365

SPONSORED BY THE TAMAYA WELLNESS PROGRAM

ANNOUNCEMENTS

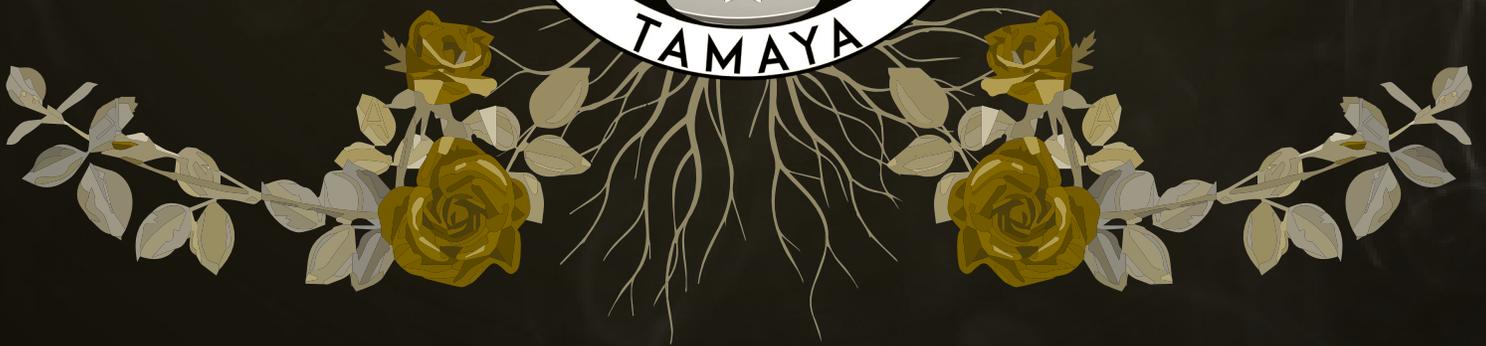


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7 NO PROGRAM for RRPS students Staff Inservice - NO SCHOOL	8 NO PROGRAM for APS students: Fall Break- NO SCHOOL RRPS students: Staff Inservice- NO SCHOOL	9 NO PROGRAM FOR ALL SCHOOLS FALL BREAK
12	13	14	15	16
19	20	21	22	23
26 	27	28	29	30 NO PROGRAM for: RRPS Elementary Students- (Parent Teacher Conferences) *Middle/High School still in session.

APS– Albuquerque Public Schools
BPS– Bernalillo Public Schools
RRPS– Rio Rancho Public Schools

Monthly schedules regarding no program days are based on district school schedules.





**PUEBLO OF SANTA ANA
NEWSLETTER ISSUE No. 7**