



Red Rocks Reporter

JANUARY 2010

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Jemez Welcomes New Tribal Leaders

GOVERNOR *Joshua Madalena*
FIRST LT. GOVERNOR *Aaron B. Cajero, Sr.*
SECOND LT. GOVERNOR *Larry M. Chinana*

SHERIFF
Isaac Romero
GOVERNOR'S AIDES

Everett Romero
Michael Phillip Romero
Douglas Romero

HEAD FISCALE
Stuart Loretto

FISCAL AIDES
Uly Casiquito
Winfred Chinana
David Panana

PUMPKIN WAR CAPTAIN
Joseph Leonard Loretto, Jr.

PUMPKIN WAR CAPTAIN AIDES
Todd Loretto
Darren Toya
Aldrick Toya
Ray Toya
Paulo Yepa

Peter Tafoya
Delvin Toya

ASSISTANT FISCALE
Alex Tosa

Eric Tafoya
Branson Yepa

TURQUOISE WAR CAPTAIN
Matthew Armijo

TURQUOISE WAR CAPTAIN AIDES
Anthony Armijo
Corey Baca
Harold Chosa
Dennis Madalena
Chester Romero



Governor Joshua Madalena
(center) with Second Lt. Governor
Larry M. Chinana (left.)
and First Lt. Governor Aaron
B. Cajero, Sr. (right.)



2010 TRIBAL GOVERNORS

Joshua Madalena
Governor
Aaron B. Cajero, Sr.
First Lt. Governor
Larry M. Chinana
Second Lt. Governor

TRIBAL COUNCIL

Candido Armijo
Joe Cajero
Paul S. Chinana
Raymond Gachupin
Frank Loretto
J. Leonard Loretto
Raymond Loretto, DVM
José E. Madalena
J. Roger Madalena
Arthur Sandia
José Pecos
David M. Toledo
José Toledo
Michael Toledo, Jr.
Paul Tosa
Vincent A. Toya, Sr.
Augustine Waquie

TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

January 2010 Edition

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FROM THE GOVERNORS

Dear Community Members,

The Pueblo of Jemez Governors for 2010 look forward to working with our community as we start a new decade.

We are Hemish Native Americans first. We need to emphasize the fundamentals of our culture and practices. These fundamentals are the core of our identity as a people. We must reinforce our nation's sovereignty and self-determination as we set our priorities. The Elders are who we are; the children are our future. As we honor this heritage, we must believe the Great Spirits will bless us, our community and our endeavors.

We want you to know that we are looking forward to a time of collaboration. This is a team effort. We have many wise, knowledgeable people here in Walatowa. We welcome your suggestions and comments. We want to hear all sides of an issue so we can make educated decisions based on all the facts we have available to us.

Please feel free to stop in to visit. Our doors are always open and we will make time to listen to your concerns.

Sincerely,

Joshua Madalena
Governor

Aaron B. Cajero, Sr.
First Lt. Governor

Larry M. Chinana
Second Lt. Governor

COMMUNITY NOTICE

Be aware that no drugs of any kind, including marijuana, will be tolerated on Jemez tribal lands.

There will be no drugs or alcohol in or around the schools.

Anyone caught with illegal substances will be prosecuted and will face jail time.

Protect our community!

Protect our children!

NO TOLERANCE! NO EXCUSES!



Gerald Romero returns to Jemez to be sworn in as a Pueblo of Jemez Law Enforcement officer by First Lt. Governor Aaron B. Cajero, Sr.

GOVERNMENT AFFAIRS

Jemez Hosts Congressman Ben Ray Lujan

Congressman Ben Ray Lujan visited the Pueblo of Jemez to discuss issues of concern to the Governors, Tribal Council, tribal administration and department directors who attended the meeting.

Congressman Lujan has requested that Jemez, along with other pueblos in the state, submit a list of especially pertinent problems for him to address in Washington. He said he understood that a primary concern was the delay in receiving money for approved projects for which funding has been promised. First Lt. Benny Shendo, Jr. reminded the Congressman that 95% of tribal programs are grant-driven and dependent on federal and state funds.

Tribal leaders noted two additional areas of particular concern. First, the

ongoing water rights litigation negotiations continue with the Pueblos of Santa Ana and Zia. Although a judge has mandated monthly meetings to explore options for resolution, the Department of the Interior has not allocated funds to pay attorneys' fees and other costs associated with the directive.

The other significant issue regards economic development and the still-pending proposal for a gaming facility in Anthony, NM, tribal leaders requested Lujan to write a letter of support to the



Secretary of the Interior for the project. Tribal Administrator Vincent Toya added that Governor Richardson and the Department of the Interior are currently waiting for each other's decision. The Congressman indicated he would look into the current status of the gaming facility proposal.

Notice to Native American Veterans: State Tax Refunds

Native American veterans of the US armed services may be eligible for refunds of state income taxes that were improperly withheld from their paychecks. Eligible veterans are those who were legal residents of tribal lands while they served in the military. On Dec. 1, 2009, the state of New Mexico started the process of refunding any state income taxes withheld from their paychecks.

Governor Bill Richardson signed the *Native American Veterans' Income Tax Settlement Fund* law to pay for any refunds to eligible Native American soldiers or veterans. These refunds will be made on a "first come, first served" basis and will continue until the Fund is exhausted, until no further claims are received, or until the Fund expires on Jan. 1, 2013. The last day to file claims is Dec. 31, 2012.

Native American veterans or soldiers, their widows, or the legally recognized executors/administrators of deceased Native American veterans' estates who believe they qualify for a Native American Veterans' Income Tax settlement may file claims.

The process starts by completing a claim form with the New Mexico Department of Veterans' Services (NMDVS). You can find this claim form online at www.tax.state.nm.us.

Each form must be completed, signed and accompanied by a copy of a Veteran's DD-214 form or other official Department of Defense form proving an applicant's veteran status. Mail this packet to:

New Mexico Department of Veterans' Services
 Alan Martinez, Deputy Secretary
 PO Box 2324
 Santa Fe, NM 87504-2324

All applications MUST be mailed. No submissions by fax or e-mail will be accepted. The NMDVS will verify the applications and then send it to the New Mexico Department of Taxation and Revenue for processing and delivery of the approved refund.

If You Need Help

The Pueblo of Jemez Community Library has Internet access available for tribal members. The staff can help you locate and print the application.

2010 ELECTION CALENDAR

Filing Date for Write-In Candidates	March 9
Filing Date for All Other Offices	March 16
Voter Registration Closes	May 4
Absentee Voting Begins	May 4
Early In-Person Voting	Begins May 15
Early In-Person Voting	Ends May 29
Absentee Voting	Ends May 29
Election Day	Tuesday, June 1, 7 a.m. to 7 p.m.

REGISTER AND VOTE!

For information please contact the NAEIP Office at (575) 834-8826 or the Sandoval County Clerk at (800) 898-2124.

TRIBAL PLANNING

Highway 4 Corridor Study

On Dec. 21, Jemez community members had the opportunity to review the NM 4 Corridor Study and present comments. Representatives from New Mexico Department of Transportation (NMDOT) and HDR Engineering were at the Community Resource Center to field questions and collect comments from the public. The study was initiated to explore options that would provide a safer roadway for travelers, protect the Walatowa community and respect the privacy of Jemez Pueblo residents, especially during cultural ceremonies.

The Corridor Study has three phases. Phase A was an initial evaluation of alternatives, Phase B was a more detailed evaluation, and Phase C includes environmental documentation and processing.

The initial corridor study began in 1999. The alternatives developed included “no-action,” enhancement of existing NM 4, and bypass alternatives

that considered several possible routes.

A Detailed Evaluation of Alternatives (Phase B) was completed in 2001 and the Corridor Study was placed on hold. The study resumed in 2008. In February of 2008, Tribal Council passed a resolution in favor of the bypass alternative.

Recently, a study team performed a “fatal flaw analysis” to evaluate previous documents against current 2009 standards. As a result, the Phase B Evaluation was refined and completed in 2009. The options were evaluated according to purpose and need, impact to traffic, impact to drainage, and protection of cultural resources. The team recommends further evaluation of the no-action alternative and the bypass alternative with three possible route options.

Currently, the study team is progress-



Tribal Councilman Paul S. Chinana (left) and tribal attorney David Yepa review one of the possible routes for the proposed Highway 4 bypass.

ing though the Environmental Documentation and Processing Phase, (Phase C.) A draft environmental assessment will be finalized and made available for public review and comment. Then NMDOT will submit a final environmental assessment to the Federal Highway Administration (FHWA) for its approval. The plans must be reviewed to ensure compliance with the National Environmental Policy Act (NEPA) to ensure that action does not significantly impact the human or natural environment. Factors to be considered include vegetation, soils, water, wildlife, air quality, hazardous materials and cultural resources. If FHWA determines that the project will not result in significant environmental impact, it will issue a Finding of No Significant Impact (FONSI) and NEPA requirements will be satisfied. FHWA and NMDOT anticipate that a FONSI will be issued.

After the plans are accepted, preliminary design will begin. In the meantime, the Pueblo of Jemez will continue its efforts to obtain construction funding.

If you have questions or comments, please contact Vincent A. Toya, Sr., Tribal Administrator, at (575) 834-0094 or HDR Engineering, Inc. at NM4@hdrinc.com. Comments will be accepted through Jan. 18, 2010.

Getting Where You Need to Go

Jemez Pueblo is conducting a Transit Planning Study to improve transportation options for Walatowa residents and employees. As part of this effort, focus groups and meetings will be held at the Senior Center, schools and community events to get feedback and distribute surveys. The surveys also will be available at the Jemez Health Clinic lobby, tribal administration building and other locations. You can also complete the survey online by going to www.surveymonkey.com/s/jemezpuerlotransportationsurvey. **Your feedback is very important and will help tribal and county planners improve transportation services for the Pueblo.**

The survey asks about how easy or difficult it is for Pueblo residents to make trips for shopping, errands, work, school, medical appointments and other destinations; whether transportation problems have affected your ability to work, go to school or get medical attention; carpooling habits, how well the Sandoval Easy Express (SEE) bus meets your current needs and what services or schedule changes would serve you better.

Surveys should be available in January and focus group meetings will be announced as they are scheduled. If you have any questions about this project, please call Margaret Garcia at the Senior Center at (575) 834-9168 or Jan-Jay Moolenijzer, Tribal Planner, at (575) 834-0094.

HEALTH & HUMAN SERVICES

Hemoglobin A1c: What it Means for You

The hemoglobin A1c (HgA1c) blood test measures the sugars that attach to red blood cells. Doctors use it to monitor blood sugar levels in people who have diabetes. The test shows average blood sugar levels over time, usually about every three months. The HgA1c test gives a better picture of a person's overall diabetes management than daily blood sugar readings that can vary with changes in diet and exercise.

We know diabetes is a serious chronic disease affecting many Jemez community members. If not managed properly, it can lead to life-threatening complications, including blindness, stroke, heart attack, depression, amputation and kidney disease.

Know Your Numbers

People who don't have diabetes generally have HgA1c levels of 4.4 to 5.8. People with HgA1c numbers over 7 are at risk for serious problems. "We want our diabetic patients to have HgA1c levels under 7," says Dr. Gregory Darrow, Medical Director.

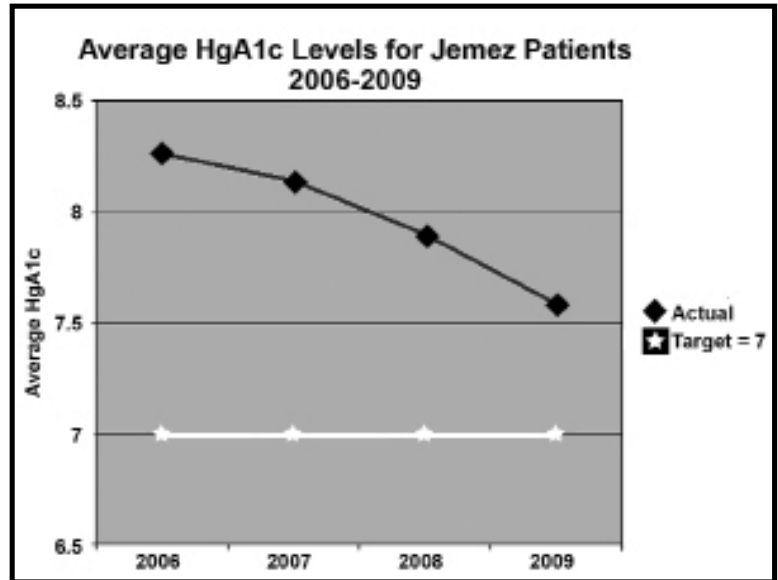
In 2006, the average A1c of patients with diabetes at the Jemez Health Clinic was just under 8.3. In 2007, the HgA1c average was 8.1. But in the first half of 2008, the A1c climbed to nearly 9.7. By the end of the year, it had improved to 7.9. The JHHS clinical team continues to work diligently to help patients control their diabetes. The year-end number for 2009 seems to be down to 7.5. We are clearly making progress!

What the Numbers Mean For You

It may help to put these numbers into a more personal perspective. **For every point they lower their HgA1c levels (from 8.5 down to 7.5, for example), people with diabetes can see benefits such as:**

- ▶ rate of kidney and eye problems 35% lower
- ▶ the rate of heart attack 18-25% lower
- ▶ the risk of limb amputation nearly 50% lower

Considering the number of people with diabetes at Jemez



Pueblo, these numbers mean that if patients control their blood sugar better, at least 10 more people would not lose their sight, or risk a heart attack or need to lose a limb. If people reach the goal of 7, we could dramatically reduce the terrible complications that destroy families and ruin lives.

What Will YOU Do?

Diabetes is a condition that is largely managed by the individual patient. The nurses, diabetes team, Public Health Program diabetes staff and providers can make recommendations and give examinations, but at the end of the day, each patient is responsible for the overall control of his or her diabetes.

- Will you take your medication?*
- Will you exercise and try to keep a good body weight?*
- Will you make good food choices?*
- Will you come to the Jemez Health Clinic for follow-up visits and laboratory studies?*
- It's up to you! Lets work together to live healthier, stronger, happier lives!**

Did You Know?

Diabetes is the fifth leading cause of death in the United States.

Diabetes is the leading cause of blindness in working-age adults.

Over 24,000 people will become blind in 2010 as a result of poorly controlled diabetes.

Diabetes is the leading cause of end-stage kidney disease and accounts for 43% of all new cases.

More than 114,000 people with diabetes had surgery for a kidney transplant or started dialysis last year.

People with uncontrolled diabetes are two to four times more likely to have a stroke or die of a heart attack or other heart disease than people who control their diabetes well.

HEALTH & HUMAN SERVICES

JHHS: A YEAR OF SERVICE TO THE COMMUNITY

MISSION: *To provide community health and human services in a professional manner, always placing the needs of the community as first priority and within the context of Jemez culture.*

Jemez Health & Human Services (JHHS) serves the Walatowa community through a broad range of programs: Health Clinic, Dental Clinic, Pharmacy, Public Health, Behavioral Health, Medical Social Work, Social Services, Community Wellness, Vocational Rehabilitation, Senior Program, Transportation and Injury Prevention. In November 2009, 122 employees worked in 12 programs, as well as in support roles such as patient registration, medical records and billing. Eight contractors provide audiology, nutrition, optometry, podiatry, primary care, fitness, behavioral health and pharmacy services. Regular interdisciplinary meetings bring together staff from various programs to coordinate and integrate patient care and services.

Serving the Community in 2009

- There were 23,100 patient care visits to the Health Center in fiscal year (FY) 2009, up 20.6% from FY 2008.
- Dr. Gregory L. Darrow, Medical Director, joined two full-time physicians' assistants on the medical staff. Dr. David Tempest came on board at the end of December to further improve patient care and service. (See page 7.)
- An open access model (appointments not required for routine visits) increased visits and eliminated a high rate of no-shows.
- Providers now make home visits.
- 776 patients were referred for X-rays.
- **The Dental Clinic** had 3,976 visits. A fluoride varnish program for Head Start children is successfully decreasing the need for dental treatment in these children; only 8% needed extensive treatment in 2009, half as many as in 2007. There were 27 dental health presentations in the community, including all grades in all schools, Head Start and other groups.
- **The Pharmacy** filled 42,787 prescriptions (about 171 a day.) This is about a 12% increase from 2008.
- **Contract Health Services** staff handled 1,345 referrals to specialty care in Albuquerque (up 45%), and 291 emergency referrals (down 22%).
- **Public Health Program** staff made 705 home visits and had nearly 7,000 contacts in the community. For specialty care, the optometrist had 828 visits, the podiatrist had 828 visits, and the audiologist had 518 visits. Program activities include diabetes screening, management and education in collaboration with medical staff; community exercise activities in coordination with Community Wellness; immunizations; health education, fitness testing, nursing and nutrition services for community schools; and support for optometry, podiatry, footwear and audiology clinics.
- **The Community Wellness Program Fitness Center** had 18,200 visits, with an average of 50 visits per day, a significant increase from FY 2008. The Summer Recreation Program saw 200 youth participants (up 25%), with an average of 105 youth per day; 70 youngsters a day used the Youth Center for basketball practices and games; and a basketball camp with Native Visions hosted over 100 youth.
- **The First Annual Spirit of the Mountain Run/Walk** at Valles Caldera in August had over 350 community participants.
- **The Behavioral Health (BH) Program** served 290 patients with 2,543 visits; 65% are court-ordered, with 35% self-referred or referred by providers, schools and others. BH offers a classroom-based prevention curriculum for grades 1 to 5, and an adult relapse prevention program. Contract psychiatrist Joseph Luzius, MD, is available one day a week.
- **Vocational Rehabilitation** worked with 108 consumers; 24 met their education or employment goals. The Disabilities Awareness Conference included current and former clients, and the program held its annual Job/Career Fair.
- **The Transportation Program** provided 3,357 transports for JHHS patients and clients to medical appointments, schools or jobs. The program now has four drivers plus the program manager.
- **Social Services** had 31 open cases (up 63%) with 105 individuals (up 59%). Nine General Assistance cases involved 27 clients. Twenty clients were served in the Domestic Violence Program and 111 attended two 24-week classes for perpetrators; 73 attended 12-week Parent Education Classes. The program hosted a Child Abuse Prevention Fair, Child Abuse Conference and Domestic Violence Prevention Conference.
- **Medical Social Work** helped 392 clients with Social Security, Medicare, VA benefits, durable medical equipment, care coordination, Medicaid, State Coverage Insurance (SCI), and other needs. The staff's benefits coordination saves tens of thousands of Contract Health Services (CHS) dollars that would otherwise be paid for patients who do not have insurance. Nine home caregivers serve clients who need help at home pending enrollment in an insurance program.
- **The Senior Citizens Program** served community elders 55 and older with 4,338 congregate meals; 5,051 home-delivered meals; 4,144 transports; and 2,528 chore services. Design has started for a Senior Center expansion and renovation project.
- **The Injury Prevention (IP) Program** presented various safety topics to Head Start children in eight sessions; 308 youth participated in education sessions and a Youth IP Conference; 283 community members attended classes. IP conducted home assessments for 23 elders and provided fall prevention devices as needed. Fifty children received car seats.
- **Tribal Enrollment** enrolled 577 children, up 679% from 2008; 16 deaths were reported, the same as last year; 1,590 requests were made for Certificates of Indian Blood (CIBs)

Continued on page 7

JHHS Serves the Community

Continued from page 6

for documentation purposes, a 249% increase over last year; assistance was provided in obtaining 73 birth certificates. This year's increases in enrollments and CIB requests are due to the new Membership Ordinance passed by Tribal Council in 2009.

Future Funding

The ongoing debate over national health care reform creates an environment of uncertainty for tribal programs. At this time, it appears that current draft legislation includes provisions to protect Native American interests and reauthorizes the Indian Health Care Improvement Act.

The national recession creates potential reductions in state budgets that may impact JHHS programs, including Medicaid collections, Vocational Rehabilitation, the Senior Center, and Social Services. "However, information from the Obama administration and IHS about possible budget increases looks promising," adds Bob Newcombe, JHHS Deputy CEO.

Comprehensive Elder Assessments

Age bring with it many things...Respect for the knowledge and wisdom that come with a lifetime of experiences ... Satisfaction with the accomplishments and contributions made to community and family ... Joy from watching family and children grow and learn.

Age also brings concerns and worries...About being able to take care of oneself ... About being able to live independently ... About being able to stay in one's own home.

The JHHS Comprehensive Health Center will hold Comprehensive Elder Assessment Clinics in 2010. The Health Center's intent is to include as many as 50 community elders in this project.

These clinics will include vision, hearing, nutrition, physical therapy, mental health, medical and home safety screenings. The sessions will be scheduled monthly by appointment only. Elders will receive educational information and specific recommendations that will support their ability to continue living independently in the community.

Clinic staff will contact community elders and their caregivers to ask about their interest in participating in these clinics and to get their consent to schedule an appointment.

For more information, call Social Worker Lisa Maves at (575) 834-3059.

Jemez Clinic Welcomes Dr. David Tempest

Family practice physician David Tempest, MD, has joined Jemez Health and Human Services Health Clinic as the staff physician. He comes to New Mexico after 20 years heading a community health clinic in North Carolina.

"I heard Dr. Darrow on National Public Radio talking about health care reform," Dr. Tempest recalls. "I phoned to thank him for his stance on universal health coverage and he invited me to visit Jemez. I was very impressed with the level of service here, and I wanted to be a part of the Clinic's future." Dr. Tempest noted that the Jemez community has access to high quality medical care that is generally without cost to patients.

"I'm curious to see how this model affects access to care," he says. "The clinic I came from focused on an underserved population who often had no health insurance and very limited financial resources. Patients often had to postpone care until their health problems became more serious than they might have been if they'd come to the clinic sooner. I'm curious to see how this community uses the health care opportunities we

have here."

A graduate of the University of California – Los Angeles Medical School, Dr. Tempest is no stranger to New Mexico. He's made frequent visits to his brother who is a retired physician with the Indian Health Service serving the Navajo community in Gallup. Dr. Tempest's wife is a long-time collector of Native American crafts, particularly baskets and pottery, and was already very familiar with Jemez potters' unique style.

"You can feel the commitment that the staff here has," Dr. Tempest says. "I'm very happy to be part of what people are doing for this community."



HEALTH & HUMAN SERVICES

JHHS Patient Satisfaction Survey Results: Fall 2009

Since Spring of 2008, Jemez Health & Human Services (JHHS) has conducted surveys to get patients' feedback about their care. Four surveys were done in the spring and fall of 2008 and 2009. Providers gave the surveys to patients at the end of their visits.

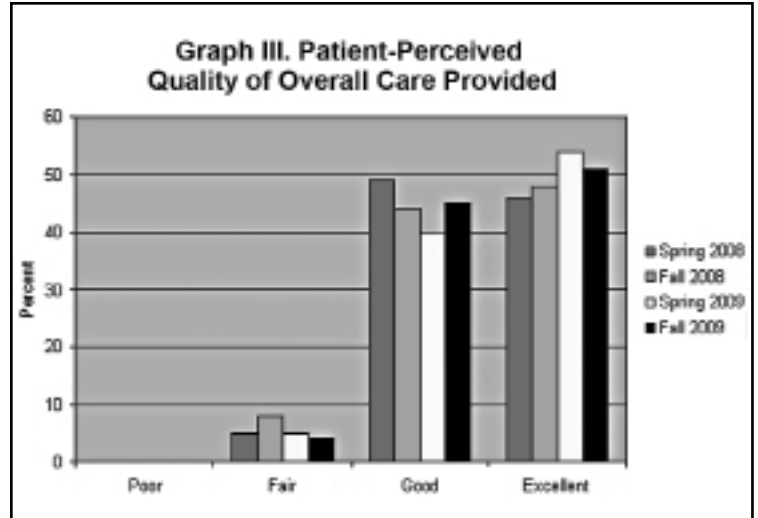
Last fall, a total of 244 surveys were returned from the Medical Clinic, Dental Clinic and Behavioral Health Program. Together, these programs represent about 83% of JHHS patient visits.

Survey Highlights: Medical Clinic

- 100% of patients say that their needs were met on their visit.
- 96% of patients rate the overall quality of care and services received as good or excellent. The other 4% rate it as fair.
- Two areas show significant improvement: Ease of Getting Emergency Care and Reminders for Preventive Care.
- Graph I below shows the percent of good or excellent ratings for each survey question. Areas that continue to show strong performance include Providers Listening to You; Availability of Educational Materials; Ease of Getting Hospital Care or Referral to a Medical Specialist; Medical Staff Listening to You; Explanation of Medications and Ease of Getting Prescription Filled; Needs Met at Visit and Patients Plan to (not) Switch to Different Clinic.

There are three areas where improvement is needed:

- Ease of Reaching Medical Staff by Phone** continues to be a challenge.
- Continuity of Care.** A full-time physician joining the staff (see page X) should help establish trusting relationships between providers and patients to encourage ongoing care, which will in turn continue to improve clinical outcomes.
- Advice about Avoiding Illness and Staying Healthy.** Good and excellent ratings were down 22% from Spring 2009. This could be influenced by the prevalence of seasonal and H1N1 flu and flu-like illness in the community.



Survey Highlights: Dental Clinic

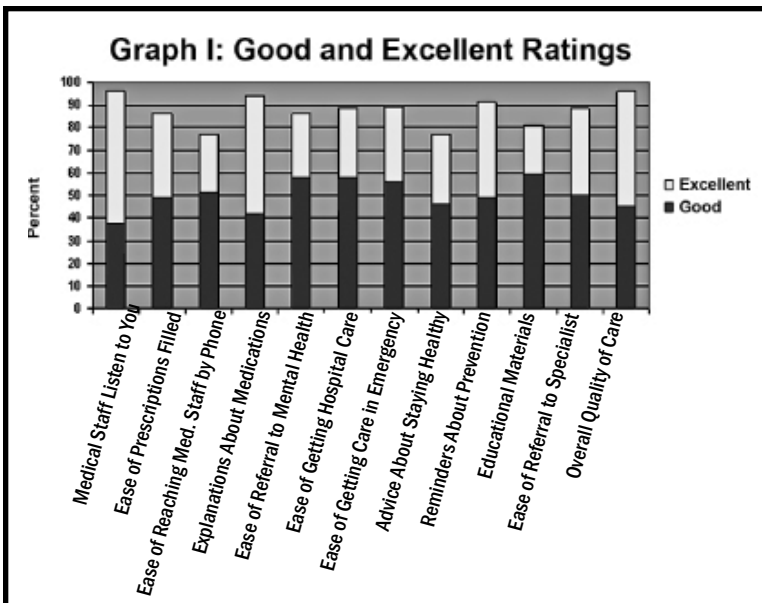
During the year since the last survey, Dr. Angela Torres came on board to replace Dr. Strohschein. Part-time hygienist Angela Janke joined the staff mid-year to ease delays in access.

- Access to Care:** 30% of patients reported waiting 15-30 days for routine appointments; 15% wait longer than 31 days, 12% only wait 1-3 days; 8% wait 8-14 days, 6% wait 4-7 days, and 30% are seen the same day, an increase of 11%.
- Overall Quality of Care and Service:** 100% of patients rate the overall quality of care and service as good or excellent. (See Graph II.)
- Customer service:** Keeping patients informed of delays has improved considerably.

Survey Highlights: Behavioral Health Program

This is the first patient survey to be completed by Behavioral Health Program (BH) clients. The survey asked about access to care, customer service, courtesy of staff, quality of care, amount of time spent with therapists, helpfulness of treatment, therapists' skills and concern and likelihood of recommending the program:

- Most clients are referred from Tribal Court (59%).
- 97% rate the overall quality of care as good or excellent.
- 93% say the likelihood of their recommending JHHS BH services is good or excellent.
- 97% rate the overall quality of care as good or excellent.
- Perhaps most important, 49% of clients think their conditions have improved a lot as a result of treatment; another 33% report they have improved quite a bit. (See Graph III on page 10.)
- Clients generally report individual therapy to be more helpful than group or family therapy that is offered in conjunction with individual therapy or as after-treatment support.
- An area for improvement is the low referral rate (36%) to other services or programs that clients believe might be helpful.



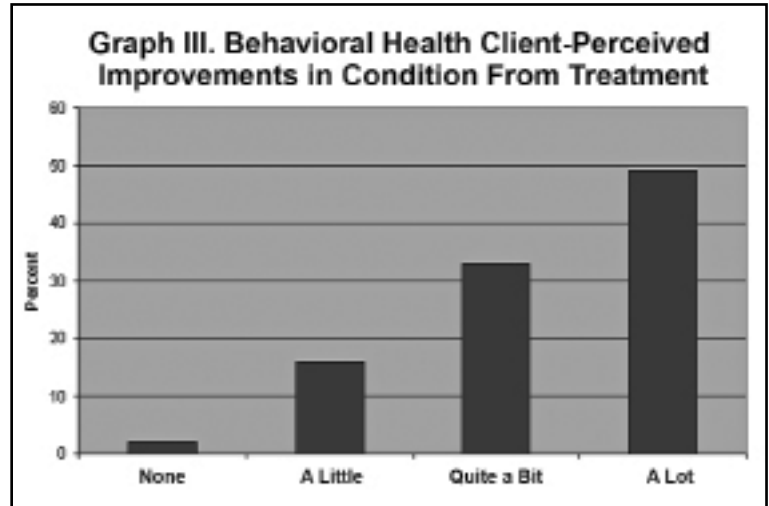
JHHS Patient Satisfaction Survey

Continued from page 8.

Overall Conclusions

1. Across all three programs, the vast majority of patients are pleased with their care and the services provided.
2. Patients' comments are mostly favorable, with 82% being positive. Some negative comments were related to long wait times during flu season.
3. Areas that were weak in earlier surveys have shown improvement as results were shared with staff.
4. There is a growing sense of pride in the work done at JHHS among staff members.

If you have questions or comments, please contact Penelope Ott, Executive Director for Clinical Programs, at (575) 834-3197.



INJURY PREVENTION

Buckle Up! It's OUR Law!

Pueblo of Jemez ordinance and state laws require all motor vehicle passengers to be properly restrained, including children. All occupants of a motor vehicle must have safety belts properly fastened around their bodies at all times when the vehicle is in motion. Anyone who violates this ordinance may be assessed a fine up to \$100.

- Children under one year old must be properly buckled into a rear-facing child car seat that meets federal standards.
- Children up to age 12 must be in the vehicle's rear seat if it has one. If the vehicle does not have a rear seat, the child may ride in the front seat if the passenger-side air bag is deactivated if the vehicle has a deactivation switch for the passenger-side air bag;
- Children one through four years old must be properly secured in a child passenger restraint device that meets federal standards;
- Children five and six years old must be properly secured in either a child booster seat or a child restraint device that meets federal standards.
- Children seven through 12 years old must be properly secured in a child passenger restraint or by a seat belt.
- Children 13 through 18 years old must wear seat belts.

Using Adult Seat Belts

A child is properly secured in an adult seat belt when the lap belt properly fits across the child's thighs and hips and not the abdomen. The shoulder strap should cross the center of the child's chest and not the neck, allowing the child to sit all the way back against the vehicle seat with knees bent over the seat edge.

To decide if your child is ready for the seat belt, check that the seat belt fits. Have your child sit with her back right against the car's seat back.

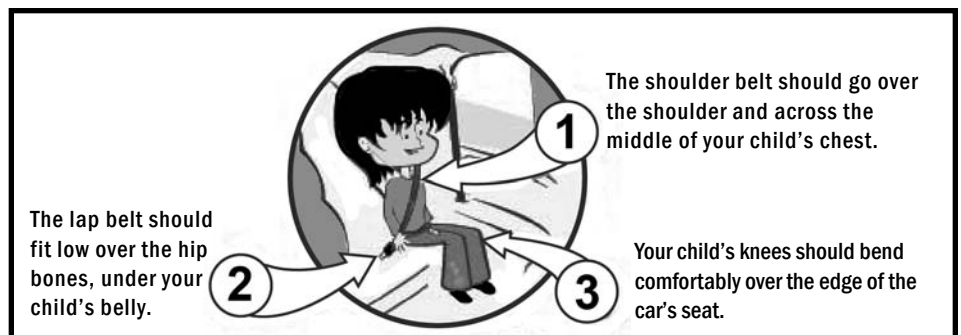
- ❶ The shoulder belt should go over the shoulder and across the middle of

your child's chest.

- ❷ The lap belt should fit low over the hip bones under the belly.
- ❸ The knees should bend comfortably over the edge of the car's seat.

Your child needs a booster seat if:

- ❶ the shoulder belt touches her neck, or
- ❷ the lap belt rides up over her belly, or
- ❸ she can't bend her legs comfortably over the edge of the seat, or
- ❹ she tucks the shoulder belt under her arm or behind her back, or slouches to be comfortable.



SOCIAL SERVICES

Why Do Men Stay?

Submitted by Carol Vigil, Family Advocate, Domestic Violence Prevention Program

If a man feels so hostile to his chosen woman that he regularly hits her, why doesn't he leave? If pressed for an explanation, he might say that "love" has him locked helplessly in its grip, although he's more likely to mask his feelings with indignant complaints about the woman. He's not likely to confess that he feels the need of a woman, and that life without an intimate partner would be intolerable. He may not even be willing to admit to himself the importance of the relationship, because emotional dependency runs counter to the accepted image of masculinity.

Often the man is as dependent on his woman as she is on him, though he rarely admits it. In their mutual addiction, they tend to shut out the rest of the world: she because she's ashamed of her bruises and because he demands that she cut off other relationships, he because he doesn't know how to form relationships and is jealous and fearful of her involvement with others. The more isolated they are, the more dependent they become, and the more addicted they become to a relationship they expect to fulfill all their needs. Since no one can fulfill all of another person's needs, the continued disappointment leads to increased stress, depression and hostility.

Many men who batter are immature and emotionally dependent, though some successfully hide it in their work and social lives outside the home. They're often addicted to the women they abuse, and they batter in hopes of frightening

the women so much that they won't dare "abandon" them. The fear of abandonment often leads to extreme jealousy and to suspicion that a woman will betray her partner with other men, a jealousy often interpreted by both partners as "love."

The batterer believes he can force change by frightening the woman into submission and fidelity, and he, like the woman he victimizes, perpetually renews his hope for change.

What Can Be Done?

Since abuse of women is a problem that seems to have been with us always and seems to be tolerated by all of our institutions, it may seem impossible for you to break out of it.

But that isn't so. Today, women are saying "NO!" to battering, are helping each other get free of dangerous men and are working together to create better lives with and without men. So far, they have changed laws, police procedures and attitudes of medical and counseling professionals, as well as maintaining shelters. There's a lot more to be done, but it's easier now for a woman who wants to get out of an abusive situation to get help than at any time in history.

Individual women, with each others' help, are finding their own ways to protect themselves from violence, usually by separating from dangerous men. The decision to make a plan to be relatively safe, whether she leaves or stays, is the first hard step in the process of change.

Resource: *Getting Free* by Ginny Nicarchy, MSW

January is Stalking Awareness Month

Submitted by Dominic Gachupin, Family Advocate, Social Services Program

Definition of Stalking: a series of actions that make you feel afraid or in danger. Stalking is serious, often violent, and can escalate over time.

It's not a joke. It's not romantic. It's not OK. STOP STALKING

Some Things A Stalker Does:

- ▶ Repeatedly calls you, including hang-ups.
- ▶ Follows you and shows up wherever you are.
- ▶ Sends unwanted gifts, letters, cards or e-mails.
- ▶ Damages your home, car or other property.
- ▶ Monitors your phone calls or computer use.
- ▶ Uses technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- ▶ Drives by or hangs out at your home, school or work.
- ▶ Threatens to hurt you, your family, friends or pets.
- ▶ Finds out about you by using public records or on-line services, hiring investigators, going through your garbage, or contacting friends, family, neighbors or co-workers.

Resource: www.ncvc.org/src

IF YOU ARE IN DANGER, CALL 911!
If you need help, call the Pueblo of Jemez Domestic Violence Program at (575) 834-7117.

Call 911 For Any Emergency/Crisis Situation!

"STOP THE VIOLENCE, BREAK THE SILENCE!"

If you are in an abusive relationship or if you know someone who is being abused, GET HELP! No one deserves to be abused.

There are many resources that can help. If you have questions, contact the Social Services Program at (575) 834-7117.

REMINDER: The Community Intervention Response Team (CIRT) needs caring volunteers. If you are interested or if you have any questions, contact the Social Services Program at (575) 834-7117 for more information.

MEDICARE PART B ENROLLMENT

If you have Medicare Part A insurance and want to add Medicare Part B, **you must sign up between Jan. 1 and March 31.** Medicare Part B covers outpatient and medical services such as diagnostic tests like X-rays and laboratory tests, doctors' visits, ambulance services, some rehabilitation therapy, outpatient surgeries, some types of health screenings and other services. Medicare Part A covers hospital costs; Medicare Part D covers prescription medications.

For people enrolling in Medicare Part B for the first time, the cost in 2010 is \$110 per month. Coverage will begin in July of 2010. For people already enrolled in Medicare Part B, the cost will remain at \$96.40 per month.

If you do not enroll in Medicare Part B during this enrollment period, you will have to wait until the next general enrollment period, which is January 1 through March 31 of every year. **You will have to pay a higher Medicare Part B premium** if you do not enroll in Medicare Part B when you are first eligible. The penalty for waiting is 10% per year for every year you wait.

Are You Having a Birthday?

If you will turn 65 years old in 2010, you will probably be eligible for Medicare.

- 1) If you already receive Social Security Administration (SSA) benefits, you should receive a card any time between three months before and three months after your 65th birthday.
- 2) If you are not yet receiving benefits, you must apply for Medicare coverage. You have seven months in which to enroll: the month of your birthday and three months before and three months after your birthday.
- 3) If you are still working and are covered by private health insurance through your employer, you should sign up for Medicare Part A. You don't have to enroll in Part B until right before you lose your health insurance benefits or retire.

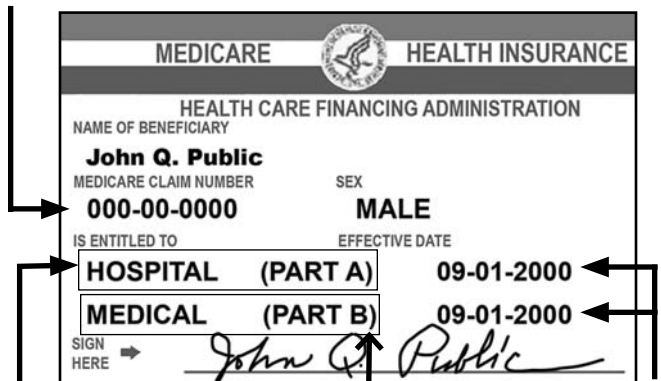
"We encourage all tribal members to enroll in Medicare as soon as they are eligible," says Social Worker Lisa Maves. "When Medicare covers the cost of health care, more funds are available to help other tribal members who do not have insurance."

If you have any questions or need help with your application, contact Lisa Maves at (575) 834-3059 or Thelma Shendo, Benefits Coordinator, at (575) 834-3040, or stop by their offices at the Health Center.

"Please don't wait until the last minute to start the enrollment process," Lisa adds. "Filing applications takes time and it's important to submit applications on time."

Understand Your Medicare Card

Medicare Claim Number (usually your Social Security number plus a letter or your spouse's Social Security number.)



Medicare Part A

1. Covers inpatient hospitalization only.
2. Eligible if you have worked long enough and paid taxes to the FICA (Social Security) system, or if you were married to someone who did.
3. No cost/no monthly premiums.

Medicare Part C

1. Medicare "Advantage Plans."
2. Sign up separately with private health plans.
3. Usually you must pay premiums.
4. "Extra" health insurance.
5. Separate insurance identification card issued by provider.

Medicare Part B

1. Covers other medical services such as doctor visits, X-rays, laboratory tests, medical equipment, rehabilitation therapy.
2. Monthly fee, unless you have Medicaid coverage.
3. You must enroll when you are eligible (usually at age 65) or you must pay a 10% per year penalty.
4. Enrollment open season is Jan. 1 through March 31 of each year. Coverage starts in July.

Medicare Part D

1. Prescription drugs only.
2. May have monthly premiums.
3. Enroll separately with your choice of providers.
4. Separate insurance identification card issued by provider.
5. Optional program, but good to have if premiums are low or not required.

Health Clinic News and Notes

The Public Health Program Audiology Clinic is now open the **second Monday of every month** (instead of the second Thursday.)

Pediatrician William Green, MD, starts a new schedule and will be at the Jemez Health Clinic **every second and fourth Tuesday of the month.**



Our Running Tradition Continues...

By Michael Sando

After being part of the winning 2009 AAA NM State Cross Country Championship for Santa Fe Indian School (SFIS,) our Jemez runners continued with their running. SFIS was one of six New Mexico schools invited to the Nike Cross Country Southwest Regional Championships in Tempe, AZ on Nov. 21, 2009.

Thirty top schools from five states competed in the boys' division. Of 225 runners, Steven Mora finished in 89th place at 17:21.222; Jesse Madalena finished in 17:25.324 at 98th place. The Braves Running Club finished in 20th place overall.

In the girls' open race, Marlinda Pecos represented the Lady Braves Running Club to win the race in 19:34.028. This was her second win in a row. The other supportive runner, Nicolette Sandia, finished at 103rd in 22:46.035. They lead their team to a sixth place finish out of 30 teams. They also lead their team to a second place finish at the state meet.



Steven Mora (left) and Jesse Madalena (right) were winners for the Santa Fe Indian School team at the State Cross Country Championships.

Also in the girls' open, Kiana Gachupin finished 62nd in 21:39.918 for Rio Rancho Running Club.

In the boys' open, Troy Madalena, representing the Madalena XC Club, finished in second place at 16:23.393 out of 285 runners.

Julia Foster of Albuquerque Academy, granddaughter of Juanita Yepa Foster, finished in third place at the Tempe meet after an undefeated season. This qualified her to go to the National Finals in Portland, OR on Dec. 5, where she placed third.

On Dec. 5, 2009, the Braves Running Club competed at the prestigious Foot Locker Western Regions Championships in Walnut, CA. In the Fresh-Soph Division, Jesse Madalena finished 12th out of 321 runners. In the Junior Division, Steven Mora finished in 42nd place. In the Girls Senior Division, Marlinda Pecos completed her outstanding high school career by finishing in fifth place. Nicolette Sandia finished in the top 80 in the Girls' Junior Division.

It has been an outstanding cross country season for all our Jemez runners, from elementary through middle school and all our high schools. Remember that these are OUR Jemez student-athletes, no matter which schools they represent. Encourage them to show respect and



Marlinda Pecos (left) and Nicolette Sandia (second from right) lead the Santa Fe Indian School Lady Braves to a sixth place finish at the Nike Cross Country Southwest Regional Championships

discipline, study hard with their schoolwork, and participate in athletic activities for a long and healthy life. Also, keep in mind that Jemez has been known for our outstanding runners, so let's continue with our tradition. Last, but not least, *love and support your child.*

College Entrance Exam Testing Schedule

ACT TESTS

Test date	Registration Deadline	Registration With Late Fee
February 6	January 5	January 6 - 15
April 10	March 5	March 6 - 19
June 12	May 7	May 8 - 21

SAT TESTS

Test date	Registration Deadline
March 13	SAT only February 4
May 1	SAT & Subject Tests March 25
June 5	SAT & Subject Tests April 29

EDUCATION

College Mentors Reach Out to High School Seniors

By Leander Loretto

The Department of Education makes monthly visits to Jemez Valley High School, Walatowa High Charter School and the Santa Fe Indian School to present college information to students from the Pueblos of Jemez and Zia. Staff asked current seniors about interest in a mentorship program. "The intent is to pair Jemez college students or alumni with high school seniors to ensure college and career readiness," says Odessa Waquiu, Higher Education Coordinator.

Currently, 18 seniors participate with 21 college and graduate students taking mentorship roles. The mentors come from University of New Mexico (UNM), New Mexico State University, Central New Mexico Community College, Institute of American Indian Arts, Emmanuel College, University of Colorado at Boulder, and Haskell Indian Nations University.

Mentors and mentees were paired based on their areas of study and interest. "The program is run on a volunteer basis," says Odessa. "Our vision is to guide and encourage current high school seniors as they prepare for college. The program gives seniors role models to look up to and go to in times of need during the process of getting a higher education."

The Mentorship Program held its first gathering at the Santa Ana Star Casino on Dec. 23. After communicating by phone and e-mail, mentors and mentees met for the first time,

then got to know each other while sharing pizza and drinks.

"I want to help the seniors with any preparation as they look toward the future," explained UNM student mentor Brittney Waquie. "The program gives seniors the advantage of being able to look up to a college student and ask what to expect. As a mentor, I feel I can offer the help my mentees may need." Brittney is mentoring Mary Beth Toya and Ursula Toribio, both seniors at the Walatowa High Charter School.

The mentorship program is open to current high school seniors from the Pueblos of Jemez and Zia. If you are interested, contact Odessa by e-mail at odessa.waquiu@jemezpuablo.org or phone at (575) 834-9102, weekdays from 9 a.m. to 6 p.m.



Higher Education Center

Financial Aid Applications

Parents, if you claim a student on your income taxes who plans to attend college next year, please complete your tax returns as soon as you receive your W2 forms from your employer. Your son or daughter will need your tax returns to complete the Free Application for Federal Student Aid (FAFSA), which is required by all schools. Filling out the FAFSA promptly will give you and your student more to explore financial aid and scholarship options. **A student MUST complete a FAFSA before a college application is complete.**

Pueblo of Jemez Scholarship

The deadline for applying for tribal scholarships for the spring semester is Friday, Jan. 15. All applications and all supporting documents MUST be in the Department of Education office no later 6 p.m. on January 15.

College Road Trips

The Higher Education Center will take juniors and seniors from Santa Fe Indian School (SFIS), Jemez Valley High School and Walatowa High Charter School to Fort Lewis College on Jan. 22 to meet with admissions, financial aid, scholarship, registration and minority outreach programs.

On Jan. 29, New Mexico Highlands University and the Institute of American Indian Arts will host Jemez Valley and SFIS juniors and seniors to meet with admissions, financial aid, scholarship, registration and minority outreach programs.

All students who attend the Higher Education Department's monthly visits have made their top four college choices. Based on their choices, students with high interest in specific schools will be the first selected to join the trip to that school. Student participation will depend on academic status and permission from teachers, principals

and parents. Travel to other colleges and universities in New Mexico and Arizona will follow.

GED Classes

If you need a class to prepare for the high school Graduate Equivalency Diploma (GED) test or refresh your language arts, English and math skills, open enrollment is being held at the Higher Education Center.

Classes are held Tuesdays and Thursdays from 3-5 p.m. and 6-7 p.m. Sign up at the Higher Education Center Monday through Friday from 9 a.m. to 6 p.m. Note: The Higher Education Center will pay the GED test registration fee for any enrolled student. GED tests are held monthly at Central New Mexico Community College (CNM) and the University of New Mexico (UNM) for a fee ranging from \$25 to \$45.

If you have any questions or concerns, please contact the Higher Education Center at (575) 834-9102 or by e-mail to odessa.waquiu@jemezpuablo.org.

EDUCATION

Honor Students at SDRCS Jemez Valley Public Schools

San Diego Riverside Charter School (SDRCS) is proud to announce the Honor Roll Mustangs for the semester's first nine weeks. Three Golden Honor Rollees had grade point averages (GPAs) of 4.0!

Marley Rae Perea	6th Grade
Hunter Fragua	8th Grade
Tenika Toya	8th Grade

Student Honor Roll

Second Grade	GPA	MIDDLE SCHOOL	GPA
Jillian Kelly Casiquito	3.7	6th Grade	
S'Mya Gachupin	3.7	Chrishelda Baca	3.8
Ava Grace Loretto	3.2	Tyler Davis	3.0
Kyann Loretto	3.7	Keilani Gachupin	3.5
Ariel Reano	3.7	Emmarie Madalena	3.0
Ethan Romero	3.5	Marcus Magdalena	3.2
Diandra Jo Toya	3.7	Maxine Sabado	3.2
Elias Vigil	3.5	Joel Smith	3.0
		7th Grade	
Third Grade		Raelyn Toya	3.8
Temeya Gachupin	3.4	Eric James Mahan	3.3
Chenae Henderson	3.4	Kaylanah Shendo	3.2
Ethan Smith	3.8	Donovan Scott Toledo	3.3
Isaac Toledo	3.7	Kalei Yepa	3.0
Lyndsey Tosa	3.5		
		8th Grade	
Fourth Grade		Anthony Reano	3.6
Kaydyn Baca	3.8	Zachary Toledo	3.8
		Christina Fragua	3.0
Fifth Grade		Makayla Madalena	3.3
Meredith Yepa	3.8	Keanan Mora	3.5
Jonathan Fragua	3.5	Preston Panana	3.3
Samantha Gachupin	3.3	Lorenzo Toya	3.2
William Billy Chinana	3.2		
Cynthia Reano	3.0		

PAPA Awards

PAPA stands for **Positive Attitude, Powerful Attendance.** Awards are given every nine weeks. Principal Dolores Aguilar seeks out these individuals daily and rewards them at monthly assemblies.

Kindergarten	Alice Wilkinson
1st Grade	Caili Mora and Christopher Toledo
2nd Grade	Diandra Jo Toya and Temeya Gachupin
3rd Grade	Taina Toya and Lyndsey Tosa
4th Grade	Kaydyn Baca and Alicia Toya
5th Grade	Mia Gachupin and Samantha Gachupin
6th Grade	Joel Smith and Emmarie Madalena
7th Grade	Raelyn Toya and Kalei Yepa
8th Grade	Richard DeVore and Keanan Mora

Jemez Valley Elementary and Middle Schools

By Brad Parker, Principal

Happy New Year! I want to let you know about some of the things planned in the next month.

Events and Activities

Monday, Jan. 18. Schools will be out for Martin Luther King Day.

Monday, Jan. 25. JVPS Middle School basketball team hosts San Diego Riverside Charter School.

Tuesday, Jan. 26. JVPS Middle School basketball team at Cochiti.

The PTA will sponsor a free Karate Club that any JVPS elementary and middle school student can attend. There will be some cost associated with the club because students may have to purchase their own Gi. Some details need to be confirmed, but at this time we are looking at a couple of times a week after school.

I wish you all a wonderful, safe and prosperous new year. I look forward to the work that still needs to be done in our schools and feel privileged to be a part of the community.

Day After Day Marvels From Jemez Valley High

By Larry DeWees, Principal

GO WARRIORS!

The Jemez Valley High School Warriors' basketball teams include:

Girls

1. Danyelle Martinez
2. Teeah Toya
3. Towanda Pecos
4. Ivana Lucero
5. Cassie Sando
6. Meranda Pino
7. Julie Pecos
8. Dominique Casiquito
9. Jasmine Loretto
10. Falisha Trujillo
11. Jesirae Lucero
12. Brianna Chinana
13. Kraiglyn Sando
14. Dellynn Chinana

Boys

1. Bryson Yepa
2. Darian Sando
3. Fred Shendo
4. Jordan Loretto
5. Jonathan Romero
6. Michael (Fox) Gachupin
7. Jay Calabaza
8. Raymond Gachupin
9. Jarren Gachupin
10. Chris Lucero



NEWS YOU CAN USE

A Journey of Many Voices To Define Who We Are as American Indian People

Census 2010: What You Need to Know

About the Census

What: The census is a count of everyone living in the United States on April 1, 2010.

Who: All US residents must be counted; this includes people of all races and ethnic groups, citizens and non-citizens.

When: Census Day is April 1, 2010. Questionnaire responses should represent your household as it exists on this day. The American Community Survey collects more detailed information yearly from a small selection of the population.

Why: The US Constitution requires a national census once every 10 years. The census provides state population counts used to determine representation in the US House of Representatives.

How: Census questionnaires will be delivered or mailed to homes in March 2010. Depending on the area, census takers will visit households and conduct interviews to complete the questionnaires starting in March. Census takers will also visit households that do not return their delivered or mailed questionnaires starting in May.

Why is the Census Important?

Every year, the federal government allocates more than \$400 billion to states and communities based, in part, on census data.

Businesses use census data to gain insight into tribal members living in urban and rural areas and determine the need for new housing, roads and educational programs.

Census data guide local American Indian and Alaska Native decision makers in their grant proposals and business plans for the construction of new roads, housing, hospitals, child-care and senior citizens' centers, schools and more.

2010 Census Questionnaire: It's Easy, It's Important, and It's Safe

With only 10 questions, the 2010 Census questionnaire is one of the shortest questionnaires in history and takes just 10 minutes to complete for the average household.

By law, the Census Bureau cannot share any respondents' answers with anyone, including tribal housing authorities,



immigration officials, other federal agencies or law enforcement entities.

Frequently Asked Questions

1. *Who should fill out the census questionnaire?*

The person in whose name the housing unit is owned or rented should complete the questionnaire on behalf of every person living in the residence, including relatives and non-relatives.

2. *How do I fill out the race question correctly?*

If you identify yourself as an American Indian or Alaska Native, check the American Indian or Alaska Native race box. Print the name of the enrolled or principal tribe in the write-in area.

3. *Can I write in more than one tribe?*

Yes; a maximum of 30 characters and two tribal names can be entered.

4. *How are census data used?*

Census data determine the number of seats each state will have in the U.S. House of Representatives. Census data also can help determine the allocation of federal funds for community services, such as school lunch programs and senior citizen centers, housing, and new construction, such as highways and hospitals.

5. *What kind of help is available to help people complete the questionnaire?*

Questionnaire Assistance Centers (QAC) will help those who cannot read or understand the questionnaire. Large-print questionnaires are available to the visually impaired, and a Teletext Device for the Deaf (TDD) program will help the hearing impaired. Contact Matilda Shendo at the Tribal Enrollment Office at (575) 834- for more information.

6. *How does the Census Bureau count people who don't have a permanent place to live?*

Census Bureau workers visit group living quarters, like school dormitories, military barracks, nursing homes and shelters, to count the people living there. They also make in-person counts of people who are homeless or who have been displaced by natural disasters.

April 1, 2010 is Census Day

For more information about the 2010 Census, go to www.2010census.gov



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NEWS YOU CAN USE

Fitness Center Renovation

The Fitness Center will be undergoing locker room renovation for approximately four weeks. The project is expected to be complete by Feb. 12, 2010. Fitness Center users should expect:

- **The fitness area will remain open for the duration of the project.**
- The locker rooms will not be accessible during the project.
- The bathrooms will not be accessible during the project.
- One set of lockers will be available in the fitness area for personal items. Bring your own lock if you will store valuables as you work out.
- The EMS program has been gracious enough to allow bathroom access between 8 a.m. and 5 p.m., Monday through Friday, for the duration of the project.
- Expect some noise during the project.

If you have questions, please contact Charles Sandia, Community Wellness Program Manager, at (575) 834-3071.

2010 CENSUS: KEY DATES

January - April 2010. Remote Alaska operations in sparsely settled areas of Alaska. March 2010: Census questionnaires are mailed or delivered to households.

March - May 2010. Update/Enumerate operation which includes selected American Indian reservations. In some areas, census takers will visit each household to update address lists and collect information on the questionnaire.

April 1, 2010 Census Day. This is the official date on which all US residents are counted, including citizens, non-citizens, and people who do not have permanent homes. Babies born today are counted; babies born on April 2 and after are not counted.

May - July 2010. Census takers visit households that did not return a questionnaire by mail.

Dec. 31, 2010. By law, Census Bureau delivers population counts to the President for apportionment.

March 2011. By law, Census Bureau completes delivery of redistricting data to states.