



Isleta Pueblo News

Volume 11 Issue 2

Pueblo of Isleta website: www.isletapueblo.com

February 2016

FROM THE OFFICE OF THE GOVERNOR

Ma Gu Wam

Comanche Ranch Officially Becomes Part of Isleta Reservation

By Edward Calabaza

ISLETA PUEBLO --- January 15, 2016 - In just a matter of seconds our reservation nearly doubled in size when Governor E. Paul Torres and Interior Secretary Sally Jewell signed paperwork placing the Comanche Ranch into trust and officially adding it to our reservation boundary.

Isleta purchased the land for \$7.3 million in 1997 and since then has been asking the federal government to place it in trust on behalf of the tribe.

"It's been a long time coming and it has finally happened," said an elated Gov. Torres shortly after the signing. "When we put land into trust that land will stay part of the reservation for future generations to come."

The 90-thousand acres represents the largest transfer of land back to a tribe's control in U.S. history and is a significant addition to the Obama Administration's goal of placing 500-thousand acres into trust for tribes. Sec. Jewell says the transfer takes the total so far to more than 400-thousand acres.

"This is vastly different than the U.S. government-to-government relationship with tribes that took place for several hundreds of years, which was one of assimilation of Native people, killing of the culture, allocating lands to the individuals." The Isleta Veterans Association posted the colors at the signing ceremony which was held at the "old courthouse," and was witnessed by dozens of tribal members as well as current and past council members and governors who played a role in acquiring the property.

Past governors included: Robert Benavidez; Alvino Lucero; Fred Lujan; Frank Lujan and Verna Teller. Current and former council members in attendance included: Fernando Abeita; Ulysses Abeita; Robert Benavidez; Beatrice Lente; Michael A. Lente; Diane Peigler; Charlene Seidl and Verna Teller. Current Lieutenant Governors Antonio Chewiwi and Isidor Abeita were also in attendance.

The historic event was also witnessed by local, state and federal dignitaries, including: Larry Roberts, the Interior Department's acting assistant secretary of Indian Affairs; Senator Tom Udall; Congresswoman Michelle Lujan-Grisham and state Senator Michael Sanchez.

The property will continue to operate as a ranch with approximately 15-hundred head of cattle. It will also serve as a sanctuary of sorts for the hundreds of antelope, deer and bird species found there.

The signing ceremony made headlines in local, state, national and international news as well. It was mentioned during several broadcasts on KOAT (Ch. 7), KRQE (Ch. 13), KUNM-FM and the nationally syndicated radio program, National Native



Governor Eddie P. Torres and Interior Secretary Sally Jewell signing the Fee to Trust acquisition of the COMANCHE RANCH.

News. The Albuquerque Journal, Socorro Chieftain and the Valencia County News-Bulletin carried the story in their papers locally while the Associated Press sent the story worldwide. At last count, the story was found on nearly 300 media sites worldwide as far away as Hawaii and New Zealand.

ALL PUEBLO GOVERNOR COUNCIL (APGC)

December 17, 2015 – Indian Pueblo Cultural Center, Albuquerque, NM - The Nineteen New Mexico Pueblo Governors and Governor of the Pueblo of Ysleta Del Sur from Texas all convened at the Indian Pueblo Cultural Center to appoint new APGC officers for the 2016 – 2017 term. By a unanimous vote of APCG Governors, Governor Eddie P. Torres was reappointed as Chairman of APGC, and Governor Val Panteah, Sr., from the Pueblo of Zuni was appointed as Vice Chairman of APGC. Congratulations to Governor Torres and Governor Panteah on their appointments.

SOUTHERN PUEBLOS COUNCIL OF GOVERNORS

January 14, 2016–Southern Pueblo Agency, Albuquerque NM – In the first meeting of newly elected Pueblo Governors new SPCG Officers were appointed for 2016. Governor Michael T. Sandoval, of San Felipe Pueblo was appointed as Chairman, Governor David Yepa of Jemez Pueblo was elected as Vice Chairman and Governor Nicholas Garcia of Cochiti Pueblo was elected as Secretary of the Southern Pueblos Council of Governors.

Isleta Business Corporation names CHIEF EXECUTIVE OFFICER

Isleta Pueblo - The Board of Directors of the Isleta Business Corporation (IBC), after a formal meeting on January 9, 2016, announced the appointment of Andrew Teller to the position of IBC Chief Executive Officer following the resignation of Robert "Chip" Martin from this position on January 8, 2016.

This step is in accordance with the succession plan developed earlier this year where all key personnel were directed to identify and train a potential successor for their own position to permit a ready transition in case they should be unable



Governor Eddie P. Torres and Interior Secretary Sally Jewell commemorating the approval of the acquisition of the COMANCHE RANCH.

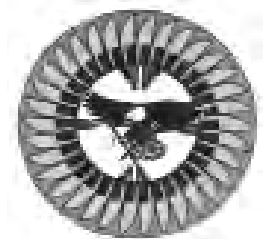
to continue in that position for any reason. Mr. Martin will be working with Mr. Teller until February 5, 2016, the effective date of Mr. Martin's resignation, to assure stability and continuity for the Isleta Business Corporation.

The Board of Directors looks forward to having Mr. Teller as the Corporation's Chief Executive Officer. Mr. Teller, in his role as Treasurer for the Pueblo of Isleta, was instrumental in the formation of the Isleta Business Corporation and, in his role as Treasurer, provided contract financial services to the Corporation through the Treasurer's Office during its early years. Since becoming Chief Financial Officer of the Corporation, Mr. Teller has become thoroughly familiar with not only the finances but the entire business operations of the Isleta Business Corporation. The Board is certain that Mr. Teller will be able to provide the leadership and program continuity that is needed at such a time of leadership transition. Our congratulations to Mr. Andrew Teller on his appointment.

Message from Governor Eddie Paul Torres

As we welcome the beginning of a new year let us create a shared vision of a healthy and desirable future for all our people, a vision of life we all want in a world which provides wellness for all of humanity, to all other species, and to our future generations. May the Great Spirit always guide you and look over you.

Isleta Pueblo News



Editor:
Nathaniel Lujan
Asst. Editor:
Tara Abeita
Published By:
Valencia Express

News from Comanche Ranch

“Our mission is to protect, preserve and enhance the natural resources in accordance with the core values, customs and traditions of the Pueblo of Isleta while improving the quality of life for tribal members by providing economic and educational opportunities with a profitable cow/calf operation”.

For those of you who do not know me, my father was Benjamin Romero Jr. from the Pueblo of Laguna and my mother was Sophie (Lucero) Romero from the Pueblo of Isleta. I was the Realty department manager for Isleta for 18 plus years and now I am grateful and humbled to have taken the position as manager for the ranch. The statement above is the Mission Statement for the ranch and with those words we hope to begin a new chapter for the ranch operations.

As we begin this new chapter I would like to thank all the previous managers of the ranch for their hard work and efforts to improve the infrastructure of the ranch as well as improving the quality and quantity of the cow herd. They have laid a great foundation and I wish to carry on this tradition. Some of the improvements that I wish to make include cross-fencing of the pastures; expanding the water distribution system; increasing water storage facilities and capabilities; implementing a range monitoring program. These improvements will increase our ability to manage the range in a more productive manner as well as manage and increase the cow herd in a more efficient manner. I also plan on making changes to the genetics of the herd and I hope to bring educational opportunities to the livestock producers at the Pueblo. I will keep you informed of our activities and plans in future editions of the newsletter.

I would like to invite you all to come and visit with us whenever you have a chance. The ranch is a beautiful place with many sights to see and share. I'm sure you'll find the trip worth the drive. If you have any questions please do not hesitate to contact me at 505-917-4217.

Sincerely,
John M. Romero, Manager
Comanche Ranch

PROBATE NEWS

First Notice – A petition to Probate the Estate of Juan F. Zuni, deceased October 06, 2003. Case No. CV-15-PRO-00145, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 24, 2016 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

First Notice – A petition to Probate the Estate of Joseph Gabriel Lujan, deceased October 17, 2015. Case No. CV-15-PRO-00147, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 24, 2016 at 11:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

First Notice – A petition to Probate the Estate of Maria Olguin, deceased June 06, 1991. Case No. CV-15-PRO-00148, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, March 30, 2016 at 10:30 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Juan P. Lucero, deceased April 09, 2012. Case No. CV-15-PRO-00150, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Thursday, February 25, 2016 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Juan B Montoya, deceased February 10, 1990. Case No. CV-15-PRO-00149, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, March 30, 2016 at 1:30 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Probates need to be published in the Newsletter for two consecutive months. Probates are considered court documents therefore all submitters must provide: 1) Name of Deceased, 2) Date of Deceased 3) Court Case # and 4) Date of Court Date. A Probate form can be found on the Newsletter Archive page at <http://www.isletapueblo.com/newsletters.html> Should you have additional questions regarding the Probate process, please call the Library at 505.869.9808 and speak with Nathaniel Lujan.

TRIBAL COUNCIL ACTION 2016

The Tribal Council will begin informing the Community about all official actions taken during each month. The following is a list of Resolutions passed beginning January 5, 2016. We will continue to provide you with monthly updates in the spirit of promoting transparency within tribal government. Tribal members are invited to attend Tribal Council Meetings regularly scheduled for every Monday and Wednesday starting at 9 a.m. Meetings are not held on federal and tribal holidays. You may call the Council Administrative Office at 869-9695 to confirm that a council meeting is scheduled.

Thank You, and hope to see you at the meetings.

2016 Approved Resolutions


January, 2016

- 2016-001** Amendment to Resolution 2015-096 Approval of Isleta Casino & Resort 2016 Fiscal Year Budget.
- 2016-002** "Creation and Implementation of IR&C Wellness Program “Greatest Loser” for Isleta Resort & Casino Employees.
- 2016-003** Authorizing and Supporting the POI- Division of Natural Resources Grant Application Submission to the Bureau of Indian Affairs- SPA for the Agricultural and Ranch Project Proposal Funding.
- 2016-004** Approving an Amendment to the Lease with the USPS to continue to House a Post Office within the POI and Authorizing Submission of the Lease to the BIA for Approval.
- 2016-005** Adopting POI Amended and Restated Gaming Ordinance of 2016.
- 2016-006** Resolution Approving the Accept for Indian Highway Safety Program Grant Funds.
- 2016-007** Resolution Authorizing Application to Convert the Education Departments Higher Education Program from Bureau of Indian Education (BIE) Funding to Bureau of Indian Affairs (BIA) P.L. 93-638 Contract Program Funding.

The new mailing address for Isleta Appellate Court is:


Post Office Box 122
Isleta, New Mexico 87022

The phone numbers are:
(505) 869-9692 and (505) 869-9693



United States Department of the Interior

BUREAU OF INDIAN AFFAIRS
Southern Pueblos Agency
1001 Indian School Road, NW
Albuquerque, New Mexico 87104



IN REPLY REFER TO:
Office of the Superintendent

JAN 19 2016

The Honorable E. Paul Torres
Governor, Pueblo of Isleta
Post Office Box 1270
Isleta, New Mexico 87022

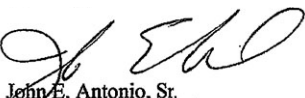
Dear Governor Torres:
I write to inform you that I have been instructed to call and conduct a Secretarial Election in accordance with 25 CFR §§ 81.19 through 81.45 of subpart D.

According to 25 CFR §81.19(b)(1)(i), the election shall be called and conducted within 90 days of the receipt of the request. The petition was validated by the Authorizing Official on January 7, 2016, and per §81.62(b)(2)(i), the petition is therefore considered a “tribal request,” and an election shall be called and conducted within 90 days from January 7, 2016.

Because the Secretarial Election is a result of a petition process, you are hereby notified that you need to appoint one tribal member, who is at least 18 years of age, to the Secretarial Election Board (Board). Please note that you have 10 days after the date of this notice letter to make an appointment. So please ensure you notify me and Raymond Fry, Chair of the Board, of the name of your appointee to the Board by close of business on January 29, 2016. If this appointment is not done, the Chair of the Board must appoint the representative who is a tribal member, on the 11th day after the notice letter is issued.

If you have any questions, please contact Raymond Fry, Chair, Secretarial Election Board, at (505) 753-1400, or myself, at (505) 563-3601.

Sincerely,


John E. Antonio, Sr.
Superintendent

cc: Ms. Verna Teller, President, Pueblo of Isleta Tribal Council
Mr. Raymond Fry, Superintendent, Northern Pueblos Agency

LETTER FROM THE EDITOR

Deadline for March Newsletter articles is set for Thursday, February 18, 2016 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

People whom wish to submit an article or flyer are responsible for generating their own article or flyer. Should you need help, please call the Library at 505.869.9808 and set up a date and time to sit down with a Library staff member whom will help you throughout the process. The Library will NOT accept notes dropped off at the Library or information over the phone to generate your article.

Probates need to be published in the Newsletter for two consecutive months. Probates are considered court documents therefore all submitters must provide: 1) Name of Deceased, 2) Date of Deceased 3) Court Case # and 4) Date of Court Date. A Probate form can be found on the Newsletter Archive page at <http://www.isletapueblo.com/newsletters.html>

It was brought to my attention that the dates and times of the Diabetes Program Events were wrong on the Isleta Health Center calendar. I have spoken to those affiliated with the programs and apologized for the mistakes. Therefore, I would also like to take this time to apologize for any inconveniences which the misprint might have caused you our readers. The Health Center, Diabetes Program, and the Newsletter staff will work harder to provide you with correct news, dates, and times.

Thank you,
Nathaniel Lujan

Newsletters may be found at the sixteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at <http://www.isletapueblo.com/newsletters.html>

The sixteen Newsletter distribution locations are:

- 1) The Administration Building Governor's Office): Receptionist Desk
- 2) Census Office: Receptionist Desk
- 3) Health Center: Receptionist Desk
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk
- 8) Tribal Service Complex: Receptionist Desk
- 9) Tribal Service Complex: I.P.D. Dispatch Window
- 10) Tribal Service Complex: Tribal Courts Window
- 11) Elders Center: Receptionist Desk & Lunch Delivery
- 12) Head Start: Receptionist Desk
- 13) Library: Newsletter Stand
- 14) Ranchitos Park: Blue Box (see picture for example)
- 15) Old Head Start Complex:Blue Box (see picture for example)
- 16) Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)




Inspiring Romance...

Rustic Charm

Whether you've dreamt of a sunset ceremony, a small intimate gathering or a grand affair, let Isleta Resort & Casino help you create and plan the wedding of your dreams.

Choose any two: Crudite Display, Chef's assortment of butler passed hors d'oeuvres, House made chips, salsa & guacamole, Domestic Cheese display

Book your wedding reception by March 30, 2016 and receive a complimentary cocktail reception for your guests.
Offer valid on all new bookings. Must mention this flyer. Must meet food and beverage minimums.

ISLETA
resort + casino

11000 Broadway SE Albuquerque, NM 87105 | Isleta.com | 505.244.8200

Couples Cooking Class

Tuesday, February 9th

5:30pm-7:00pm

Pueblo of Isleta Public Library Art Room

Enjoy a romantic night out with your significant other while you learn how to make a Japanese inspired dinner. We will have romantic music playing to set the mood. Open to the first 5 couples.





To sign up call the Pueblo of Isleta Public Library at 505.869.9808 and speak with Tara or Valeri.

The Menu

Each Couple will make:

*California Sushi Roll (crab,cucumber,avocado)

*Salmon Sushi Roll

*Tuna Sushi Roll

*2 Fruit Spring Rolls

*Complimentary sparkling water



Join the Pueblo of Isleta Workforce!



The Pueblo of Isleta offers a wide range of career opportunities with competitive salaries and excellent benefits. Search the current career opportunities and apply today!

(505) 869-7584 Office
(505) 869-7579 Fax
poiemployment@isletapueblo.com

Pueblo of Isleta
Human Resources
P.O. Box 1270
Isleta, NM 87022

Career Opportunities

Location	Position Posting	Closing Date
Administration	Administrative Assistant II - NEW	INTERNAL ONLY - 01/26/2016
Administration	Paralegal - NEW	INTERNAL ONLY - 01/26/2016
Comanche Ranch	Ranch Hand (Seasonal)	INTERNAL -Continuously Accepting Applications
Elder Center	In -Home Care Attendant - NEW	IN PUEBLO ONLY - 01/27/2016
Elder Center	Personal Care Service Aide	Continuously Accepting Applications
Elder Center	Veteran Support Service Program Member	Open Until Filled
Headstart	Bus Driver (PART TIME-25hrs Week) -NEW	IN PUEBLO ONLY - 01/27/2016
Headstart	Child Care Provider	Open Until Filled
Headstart	Data Clerk	Open Until Filled
Headstart	Health Coordinator	Open Until Filled
Headstart	Nutritionist Coordinator	Open Until Filled
Health Center	CHR Van Driver (Occasional)-RE-ADVERTISED	Open Until Filled
Health Center	Dental Assistant	Open Until Filled
Health Center	Dental Hygienist	01/22/2016
Health Center	EMT Paramedic (3-Positions)	Open Until Filled
Health Center	EMT Intermediate (4 Positions)	Open Until Filled
Health Center	Fitness Instructor	01/25/2016
Health Center	Fitness Instructor (Part-time) - NEW	Open Until Filled
Health Center	Nurse Educator - RE-ADVERTISED	Open Until Filled
Health Center	Patient Registration Clerk - NEW	02/02/2016
Health Center	Physical Therapist	Open Until Filled
Health Center	Physician	Open Until Filled
Health Center	Registered Nurse	Open Until Filled
Housing Authority	HVAC Technician	Open Until Filled
Housing Authority	Plumber	Open Until Filled
Isleta Business Corporation	IBC Board Member	Open Until Filled
Isleta Business Corporation	Line Cook	Open Until Filled
Isleta Business Corporation	Sales Associate	Open Until Filled
Police Department	Police Officer	Continuously Accepting Applications
POI Elementary School	Elementary Teacher	Continuously Accepting Applications
POI Elementary School	School Nurse (Part-Time)	Open Until Filled
POI Elementary School	Teacher — Computer	Open Until Filled
Public Services	Irrigation Technician - NEW	IN PUEBLO ONLY-Open Until Filled
Public Services	Septic Truck Driver	Open Until Filled
Public Services	Wildland Fire Crew Member(4 temp/occasion)	Open Until Filled
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting Applications
Treasury	Grants Coordinator	Open Until Filled
Tribal Council	File Clerk (Part-Time 30-hrs Week) - NEW	IN PUEBLO ONLY - 01/27/2016
Tribal Court	Court Clerk	01/22/2016
Truancy	Administrative Assistant I - NEW	01/28/2016

Pueblo of Isleta Application Process



Interested persons who meet the minimum qualifications must submit a completed signed Pueblo of Isleta Employment Application. A resume may be submitted with the application but not in lieu of.

Contact A POI Recruiter Today!

Pattie Jojola
(505) 869-7587
poi70106@isletapueblo.com

Myra Garro
(505) 869-9792
poi07001@isletapueblo.com

Up to the minute Position Postings and Employment Applications may be obtained from the Career Opportunity Webpage at: <http://www.isletapueblo.com/careers.html>



Reservation Party Rentals

3511 Highway 47, Bosque Farms, NM 87068
Chris (Jerome) 270-8453 Sharon 235-7967
WEB: reservationparty.rentals

Graduation Packages Available



BANQUET HALL NOW AVAILABLE!

Graduation, Birthday Party, Reception, Retirement,
Baby Shower, Bridal Shower, Wedding Reception, Retirement
Company Meetings, Company Parties, Holiday Parties

Free Delivery and Pick Up on Isleta Reservation

- Credit Cards Accepted
- Active and Retired Military Discounts

Book Early, Book Now!!!!
270-8453



Holy Baptism
Sunday Special \$300



Find us on:
facebook

<https://www.facebook.com/reservationpartyrentals>

Health Beat

Health Educator:
Stephanie Barela @ 869-4479

WHAT is a STROKE?

Did you know that Stroke is a leading cause of death in the U.S.? It is a medical emergency that occurs when a blood vessel in the brain bursts, or, more commonly, when a blockage develops. If you don't get treatment, the cells in your brain will begin to die. You should seek medical attention right away!!

WHAT are the SIGNS of a STROKE?

- Sudden numbness or weakness of the body, especially on one side.
- Sudden vision changes in one or both eyes, or difficulty swallowing.
- Sudden, severe headache with unknown cause.
- Sudden problems with dizziness, walking, or balance.
- Sudden confusion, difficulty speaking or understanding others.

IF YOU NOTICE ANY OF THESE, SEEK IMMEDIATE CARE:

Face: Ask for a smile. Does one side droop?

Arms: When raised, does one side wqdrift down?

Speech: Can the person repeat a simple sentence? Does he or she have trouble or slur words?

Time: Time is critical. Call 911 immediately if any symptoms are present.

HOW do you REDUCE YOUR RISK FOR A STROKE:

Take steps to control certain Chronic Conditions (high blood pressure, high cholesterol, diabetes, obesity)

- Quit Smoking! Call 869-4479 to sign up for Freedom From Smoking or Thinking About Quitting.
- Eat Healthier! Call 869-4093 to speak with the Nutritionist.
- Get Active! Call 869-4595 to sign up for the Diabetes programs or go to the Isleta Rec.
- Manage Your Chronic Disease! Call 869-4479 to sign up for the MYCD 6 Session program Starting 2/24/2016.
- Limit your Alcohol Intake! Call 869-5475 to help manage your drinking.

<div><div>Isleta Career Opportunities</div><div>ISLETA resort + casino</div></div>			
<div><div><div>**PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED**</div><div>PLEASE SUBMIT TRANSFER REQUEST TO HUMAN RESOURCES</div><div>Staffing Specialist: Mari Valenzuela 724-3920 or Vickie Carrion 244-8206 www.isleta.com</div><div>Updated: January 14, 2016 (Internal Posting In BOLD)</div></div></div>			
Auto req ID	TITLE	DEPARTMENT	DIVISION
618BR	BAKER-F&B MAIN	F&B BAKERY	FOOD & BEVERAGE
616BR	COOK - PREP KITCHEN	F&B PREP KITCHEN	FOOD & BEVERAGE
615BR	COOK-EDR	F&B EMPLOYEE DINING	FOOD & BEVERAGE
607BR	AGENT-CALL CENTER	HOTEL CALL CENTER	HOTEL
606BR	MAINTENANCE TECHNICIAN	LAKES	AMENITIES
605BR	SCORE PORTER	FUN CONNECTION	AMENITIES
603BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
602BR	BARTENDER-BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE
601BR	SERVER - BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE
599BR	SUPERVISOR FLOOR TABLE GAMES	TABLE GAMES	GAMING
588BR	SUPERVISOR CENTER BAR	F&B CENTER BAR	FOOD & BEVERAGE
497BR	AGENT-CALL CENTER	HOTEL CALL CENTER	HOTEL
483BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE
332BR	HVAC TECHNICIAN	FACILITIES MAINTENANCE	FACILITIES
594BR	ATTENDENT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE
585BR	PUBLIC RELATIONS MANAGER	MARKETING MANAGEMENT	MARKETING
541BR	MULTIMEDIA SPECIALIST	MARKETING ADVERTISING	MARKETING
511BR	REPRESENTATIVE GUEST SERVICE	MARKETING PLAYERS CLUB	MARKETING
577BR	CASHIER - CAGE	CAGE	GENERAL & ADMINISTRATION
399BR	MANAGER SALES CATERING	HOTEL SALES	HOTEL
558BR	ATTENDANT VALET	VALET	HOTEL
592BR	IT SPECIALIST II	IT	GENERAL & ADMINISTRATION
595BR	HOUSEMAN-HOUSEKEEPING	HOTEL HOUSEKEEPING	HOTEL
593BR	ATTENDANT 505 EXPRESS RETAIL	RETAIL MAIN	HOTEL
596BR	SUPERVISOR PREVENTION MAINT	FACILITIES MAINTENANCE	FACILITIES
597BR	SUPERVISOR HOUSEKEEPING	HOTEL HOUSEKEEPING	HOTEL
600BR	SERVER - BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE
598BR	OUTSIDE SERVICE POSITION	GOLF COURSE OPERATIONS	AMENITIES
604BR	SERVER - TIWA	F&B TIWA	FOOD & BEVERAGE
590BR	TECHNICIAN - IRRIGATION/SPRAY	GOLF COURSE MAINTENANCE	AMENITIES
559BR	ATTENDANT VALET	VALET	HOTEL
617BR	COOK-DELI	F&B DELI	FOOD & BEVERAGE
499BR	TRAINING SPECIALIST	TRAINING	GENERAL & ADMINISTRATION
245BR	BANKER(VAULT) – MAIN CAGE	CAGE	GENERAL & ADMINISTRATION
575BR	CFO	ACCOUNTING	GENERAL & ADMINISTRATION

PLEASE NOTE, the **INTERNAL ONLY & IN PUEBLO ONLY** terms have the same definition of those already employed within the Pueblo of Isleta (POI) or are POI Tribal Members. The Human Resources Department apologizes for any confusion caused by the dual terminology and were unaware of this error on the Pueblo’s Career Opportunity Page. The error will be addressed as soon as possible.



Pueblo of Isleta Public Library

Greetings to all! February has arrived and “Love is in the air”. For the Pueblo of Isleta Public Library, we have fallen in love with programming. We have a lot of exciting programs to share with you for the month of February as well as sharing our ideas for our 2016 Summer Reading Program.

News

The Library will be closed on February 3rd for our monthly staff meeting. Just a friendly reminder that Library staff meetings are the first Wednesday of each month.

The Library will also be closed on Monday, February 15th in observance of President’s Day. All Library media checked out on Thursday, February 11 will be due on February 16th.

The Library has purchased new furniture for the General Area of the Library. Technology is constantly running our day like clockwork and before you know you are running low on a battery charge. The Library has a solution to your dilemma. We have purchased couches and chairs that have a power strip on them for your convenience. Please keep in mind that the Library does not provide any charging cords nor are we responsible for any items that are left there charging unattended. We also have purchased a charging station which will be in the Teen Room for teens that visit the Library or decide to stay longer than expected.

Do you love cooking? Good news! The Library is now offering FREE cooking classes every last Wednesday of the month for adults. The Library staff will be conducting different classes on various dishes throughout the year so keep a look out for our flyers on Facebook and flyers posted in the Library for complete details of each program. Every class is open to 10 adults and classes run from 5:00-6:30pm in the Library Art Room. When signing up for classes please mention any food allergies you may have so we can do our best to accommodate your needs.

The Library staff will be visiting the state capital for Library Legislation day on January 28th and February 5th for American Indian day. We will meet and greet with our Bernalillo and Valencia County Legislators.

Upcoming

The Library is now offering Family Story Time on Mondays at 10:30am. This is open to the community and to the public! Library staff member Diane will have a new story each week along with activities such as finger puppets, finger plays, songs, and crafts. Family Story Time is designed for parents or caregivers to participate with their children. No need to sign up. Any questions or concerns please call the Library and speak with Diane 505-869-9808.

Looking for something to do with your sweetheart on Valentine’s Day? On Tuesday February 9th the Library will be hosting a Couples Cooking Class from 5:30-7:00pm. Library staff members Tara and Valeri will teach you how to make a Japanese inspired dish consisting of 3 types of sushi rolls: California Roll, Tuna Roll, and Salmon Roll. We will also be making fruit spring rolls and a complimentary sparkling water. This is open to the first 5 couples. Food classes fill up quick but please do not be discouraged to put your name on the waiting list. Library staff makes reminder



The Library Staff learning how to make sushi from Christina Lujan, Sous Chef.

calls to all participants. If someone is unable to attend we go straight to our waiting list. If you have any questions or would like to sign up please call 505.869.9808 and speak with Tara or Valeri. The Library staff would like to thank Christina Lujan for conducting a sushi workshop for us. This was a great experience learning from a sous chef of Isleta Resort & Casino, Banquet. We learned the *need to knows* about sushi and the process of making it. This just adds another new food technique to share with our community.

Our next cooking class will be on February 24th from 5:00pm-6:30pm. We will prepare you for College Basketball March Madness with some easy appetizers to whip up for your game days. Library staff members Tara and Valeri will teach you how to make stuffed mushrooms and mozzarella sticks. We will also share our book collection of appetizers and have them available for the class to check out. This class is open to the first 10 adults to sign up with us. Sign ups will start February 1st.

Recap

On January 12th and 14th the Library was closed for our Summer Reading Program Planning. Each year we start extra early on our planning so we can get the information and calendar to you so you may review and make the best decision on where your child/children will go for the summer. We will release the calendars during the Social Services Child Abuse Prevention Fair and Parade on Saturday April 2nd.

This year our Juniors (3-6 years old) will have a curriculum based on sports and wellness, which is the National Library Summer Reading Program theme. The Juniors will be introduced to different sports and learn sportsmanship. They will also learn why it is healthy to incorporate physical activity in our daily lives.

The Youth (7-18 years old) will have a curriculum based on Newscasting. Youth will learn how to research news, and search for newsworthy stories to report on. Some of the possible news stories the staff came up with was Per Capita Distribution, School Supplies Distribution, Tax Free Weekend, Feast Time, Haircuts, GO Bond, Elections

and much more. Of course just like the news on TV we will also incorporate sports news and the weather. Along with learning how to develop a story, youth will learn how to use video cameras, recorders, learn to interview, learn about stage presence and much more. Once we prepare our calendars and get our daily schedules set, we will let the public know in future newsletters about the registration date and time. If you have any questions or concerns, please give us a call at the Library and speak with a Library staff member at 505-869-9808.



Countdown to Noon Dec.31st.

The Manga Club is a wrap for the months of January and February. Library staff member Cheyenne met with 10 patrons twice a week on Tuesdays and Thursdays. Both days’ participants discussed Manga books and Tuesdays was an activity night and Thursdays was food night. Participants enjoyed eating Mochi and noodles and playing jeopardy with quizzes on Manga books. In the future we hope to continue this Manga Club and bring in new faces to the Library.



Mochi time with our Manga Club.

The Library held a Coloring Contest for Adults which will end on February 4th. We had a good amount of submissions and tough competition. Who would have known that adults like to color too! But little did you know that coloring can also help with stress and anxiety. Library staff member Diane noticed the popularity of this coloring trend and wanted to try it out with our Library Patrons. Prizes were given for 1st, 2nd and 3rd place to Starbuck's.

Our first food program of the year was a success. With a full class of 10 adults on January 27th, Tara and Valeri shared smoothie recipes and infused water recipes. All participants prepped the fruit and were able to taste and compare the different smoothies and infused waters. They also received a water bottle and made their own infused waters to try at home. Books on these topics were also on display for information purposes and available for patrons to check out from the Library. There are many health benefits from drinking smoothies and infused waters, plus you can get your daily intake of vegetable greens by adding a handful of any leafy greens to your smoothies. Thank you to all who were able to attend and enjoyed the tasty smoothies.

Pueblo of Isleta Public Library
Hours of Operation:

Mon-Thurs - 8:00 a.m. - 6:30 p.m.
Friday- 8:00 a.m. - 4:30 p.m.
Saturday- 9:00 a.m. - 1:00 p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional Holidays.

Please contact library for more information on closures.

Mailing and Physical Address:

950 Moonlight Drive
Albuquerque, NM 87105

Phone: (505)-869-9808
Fax: 505-869-8119

Email:
poi02002@isletapueblo.com

Facebook Page:
www.facebook.com/IsletaPuebloLibrary

Web Address:
www.isletapueblo.com/library2.html

YouTube:
www.youtube.com/user/poibrary

FAMILY STORY TIME

The Pueblo of Isleta Public Library invites the Whole Family to join us for weekly Family Story Time.

Aimed at children ages 16months– 5 years!

Family Story Time is a free service of the Pueblo of Isleta Public Library. It's a fun opportunity for parents and caregivers to introduce their children to reading and language. At our Family Story Time, children will do activities (puppets, fingerplays, songs, and crafts) that promote development and learning. Family Story Time is designed for parents or caregivers to participate with their children.

No sign up required! See you there!

EVERY MONDAY AT 10:30AM

Questions? Please call Diane at the Library 505-869-9808

PURCHASED/REFERRED CARE

Please present your PRC referral when you check in for your appointment. Failure to do so may result in billing errors. If you receive a bill, bring it to PRC immediately.

For more information, Call PRC at 869-4488.

Game Day Appetizers

Pueblo of Isleta Public Library

February 24th

5:00pm-6:30pm

SIGN UP STARTING FEBRUARY 1ST.

OPEN TO THE FIRST 10 ADULTS.

LEARN HOW TO MAKE:

- STUFFED MUSHROOMS
- MOZZERELLA STICKS

ALL SUPPLIES PROVIDED

FREE AND OPEN TO THE PUBLIC


For more information please call the Library at 505.869.9808 and speak with Tara or Valeri or email Tara at poi02005@isletapueblo.com

CORRECTION:



In December's newsletter, we misidentified Sylvia Abeita, who nominated her son, William Abeita, as our first *Isleta Cancer Caregiver of the Year* recipient. Please accept our sincerest apologies.

Thank you.



ISLETA HEAD START AND CHILD CARE PROGRAM

Openings in Child Care Program

The Isleta Child Care program supports low-income working families through child care assistance. Our program serves children from the **ages of 20 months to 5 years old**. We operate yearly from September to July. We are currently seeking applications for **Full Day child care**. The Full Day child care operates from 7:30 a.m. to 5:00 p.m.

To be eligible:

- The child is between the ages of 20 months to 5 years old.
- The parents are required to be working and/or attending school. Income is verified for eligibility to determine co-payment to be paid on the first of each month.
- The children and their family are required to be living within the boundaries of the Isleta Reservation and near reservation areas of Valencia or Bernalillo County in which Native Isleta families reside.


For enrollment, we will need:

- The parents' proof of 30 days of income
- The parents' school schedule and/or work schedule
- The child's birth certificate, census number, immunization record, and physical exam.

To apply, call the Head Start center at 869-9796. Ask for Elthia to set up an enrollment appointment. We hope to hear from you soon!!!

Isleta Head Start and Child Care

Phone: 505-869-9796
Fax: 505-869-7578



PEUBLO OF ISLETA

Youth Hunt

Isleta held its first Youth rifle big game hunt and I am happy to report that it was a success. The Success was not measured in deer harvested but measured in quality of services offered for our youth. A successful harvest is just a bonus. In Preparation for the Hunt the youth were exposed to several exercises and experiences to minimize any issues such as incidents and dangers that may arise for such an experience.

Agencies that participated in this event were the Truancy, Behavioral Health, Tribal Court and some of our Tribal leaders. Truancy provided our lunches and direction while Behavioral Health held team building and problem solving exercises. These exercises were not only fun but very positive. The youth encouraged one another with the assistance of our adult Mentors who monitored their actions and experience along with positive reinforcement

Prior to the youths going on this hunt they were told stories in Tiwa and encouraged to speak Tiwa challenging them to learn new words. They were exposed to cultural traditions, and practices that should be performed during and after the hunt. Thank you to our Whe- la- wes for allowing this hunt to take place along with the Natural Resources Dept. who regulate the proper use of our lands. I would also like to thank the NM certified Hunter instructors who came out and reinforced the most important aspect of these events which is safety. Special thanks go out to our adult Mentor Volunteers who are at the heart of this endeavor: Dennis Jojola, Marlo Martin, Ta Ta shirpoyo (Edwin Jaramillo), and Ta Ta Kuff-Tu (Bernard Lujan) and all the other families that participated. It is this community participation that we need in order to thrive.

I want to thank everyone who participated in this experience. This endeavor was a huge success because not only were there no accidents and violations from our youth, but because we brought them back to the center and first. They followed direction, listened, and most importantly participated. I can only contribute this success to all who participated and their vision. Thank you for your efforts. I had a lot of fun and I'm sure you built some great memories. I hope we can continue to build success such as these. Ha-wuu.
Rodney Jones



START TODAY

NEW ISLETA RECREATION CENTER



Find your Fitness Journey

Get personal one on one coaching or attend a group training session

Need help getting a head start on your goals? Come to a Training Session in the gym at the new recreation center Monday thru Friday at 5am or 12pm. Session are an hour long. For more one on one help contact Derrick Jiron to schedule an appointment or any further questions 505.869.9777

1

KETTLE BELL

Improve cardiovascular health, increase strength and muscle mass

2

MOBILITY

Restoring lost ranges of motion and returning your muscles to their natural length

3

STRETCHING

Preventive maintenance, improve flexibility, calm your mind, and relieve stress



Kettle Bell



Cardio



Stretching

Isleta Health Center

Community Health Representatives
Phone: 869-4485



Child Safety Car Seats: A Parent/Guardian Responsibility

The Community Health Representative (CHR) office at the Pueblo of Isleta Health Center would like to clear up some misinformation regarding the availability of child safety car seats. CHR does not carry an inventory of child car seats and does not give away car seats.

What we do provide for parents and guardians are child car seat clinics at least twice a year, at which time you may receive a replacement seat (these are state sponsored events with guidelines on when a seat may be provided to an attendee depending on availability of seats). Child car seat clinics are free and open to the public and can provide you with proper child car seat installation and answer any questions you may have about child car seat safety. Trained car seat technicians can also help to identify car seats that may be on a manufacturer recall and they can help determine if your child's seat has expired. Keep in mind that when you attend a child car seat clinic you must arrive in a vehicle with all children secure in car safety seats; furthermore, you should have your vehicle's Operator's Manual on hand.

The Isleta Health Center has two certified Child Passenger Safety Technicians on staff. You can call us at any time if you have any questions or concerns about child safety car seats. At this time, we don't know when the next car seat clinic will be, but as soon as we have one scheduled we will inform you via posters around the community and an article in an upcoming Pueblo of Isleta newsletter. As always, we encourage you to buckle up yourself and your child every time you travel in your vehicle, even if you're 'just going down the street'. Be safe and have a wonderful summer!

Frances Anchondo, CHR Coordinator
Child Passenger Safety Technician
Phone: 869-4482

Stephanie Barela, Health Educator
Child Passenger Safety Technician
Phone: 869-4479

Animal Control News!

Hello to the community, and your pets. As of this printing Isleta Animal Control along with Spay Neuter NM and Rocky Mountain Puppy Rescue will have hosted yet again another spay and Neuter clinic. The January clinic, which was held at Valencia Animal Shelter, allowed another 30 animals from the Pueblo to get spayed and/or neutered. We are excited to see so many pet owners interested in the program. Since 2014 approximately 150 pets have been surgically sterilized through these clinics. This year we plan on almost doubling the number of sterilized animals by hosting 6 clinics this year. If you are interested in getting your pet spayed or neutered call our office at 869-7564 for more information. Let us all do our part as responsible pet owners to keep the population of unwanted pets to a minimum.

Like having a human child, pet ownership comes with many responsibilities, expenses and time. Remember once we make a commitment to become pet owners we automatically take on that responsibility. Pets and other animals such as livestock need our constant attention. We must provide that sustenance for them in order to survive. Many people are caught up in everyday life and as a result owners in many instances neglect our pets. No one wants to see any child neglected and on the same token we do not want any pet to be neglected. If an owner is found guilty of neglect or cruelty of one animal, that owner could face up to 6 months in prison and up to \$1,000 in fines. If more than one animal is involved the fines and jail time increase with each victim. With this in mind as owners of pets let us take that responsibility seriously.

Animal Control- 505-869-7564

ANIMAL CONTROL

Pet owners, now that the weather is colder, please keep your pets warm and safe from the freezing weather. Animals that are kept outside should be provided with a shelter to get out of the elements. Old bales of hay are great for making a shelter for your pet in the winter. Straw or similar hay can be used as bedding in dog houses. Blankets are also good but once they become wet, they do not insulate very well. Animals also need more calories to keep warm. A small increase in food intake will help your outside pet stay warm. Animals kept indoors should not need extra food. Dehydration is also a concern during winter months. Water easily freezes in water bowls limiting water consumption. So always remove ice from water bowls and replace with fresh water.

Isleta Animal Control would like to remind pet owners of the Pueblo of Isleta Animal Ordinance. Here are a few sections of the Pueblo of Isleta Animal Control Ordinance and some of the violations that are being seen and reported. Please remember these ordinances are in place to protect visitors, family, friends and pets. They read as follows:

Sec.3E: Proper Care and Maintenance- It is the responsibility of the owner to provide adequate shelter, fresh food, and water to their animals at all times and a clean living environment. Clean water must be available and accessible at all times. Owners are also responsible to provide adequate veterinary care for an injured or sick animal. Depending on the severity or condition of an animal, could lead to criminal charges being filed for Animal Neglect and or Cruelty under this ordinance.

Sec.3F: Running at Large- No animal is allowed to run at large, roam or create a nuisance on another person's property or public areas of the Pueblo. All animals must be within the control of their owner, confined

or physically restrained in a manner that it cannot escape. First offense for an animal running at large will result in a \$25.00 fine. Second offense will result in a \$50.00 fine. Third offense will result in a \$100.00 fine. Four or more violations will result in being cited for "Nuisance Animals" as well as a petition will be filed in court to have the animal removed from its owner.

Sec.3G: Animals Must be on a Leash: All animals accompanying/following their owners off their property must remain on a leash at all times. The leash must be affixed to the animal by a properly fitted collar or body harness. It must in control of their owner at all times. The first violation will result in a warning. A fine of \$50.00 will be assessed for a second violation. A \$100.00 fine will be assessed for third violation. Subsequent violations will result in criminal charges under Section 8B of this Ordinance.

The Pueblo of Isleta Animal Control Ordinance can be viewed at www.isletapueblo.com/animal-control.html or if you would like a copy of the Pueblo of Isleta Animal Control Ordinance feel free to come by the Isleta Animal Control office at 06 Sagebrush St. or contact the office at (505) 869-7564.



If you are receiving bills for medical services, bring them to PRC.

RED FLAG....if you are receiving the bill, then PRC is not being billed!

**Call 869-4488
for more information.**



Spay & Neuter
Clinic!

March 12 & 13, 2016

Sponsored by Rocky Mountain Puppy Rescue, Spay
Neuter NM & Isleta Animal Control

Spots will Fill Quickly!
Call 869-7564
To Sign Up Your Pet!



⇒ PRC will assist with
payment for medical
services only.

⇒ PRC does not cover
Durable Medical Equip-
ment like Orthopedic
braces, crutches, wheel-
chairs, hospital beds.

⇒ PRC does not cover
Labs at other facilities.

⇒ PRC does not cover
pharmacy, rehab ser-
vices or long term care
facilities.

**Call PRC for more
information.**

869-4488



FROM THE DESK OF THE PARKS & RECREATION DIRECTOR

(Arnold Sena):

Wow it’s February 2016 already, time sure does seem to be flying by, and can you believe how quickly this year is moving? As I gradually make my way into another month I can see, smell and feel the subtle changes in the air around me every day. With each passing day I notice that the days are starting to get a little bit longer and the weather is starting to warm up nicely. Every day as I drive from my office to the complex to take paperwork or for meetings I tend to see more tribal members take to the beautiful outdoors walking around the pueblo, going for a brisk run in the pueblo or just sitting outside on their front porches enjoying the sun light and the warmer days, that’s a sure sign that the seasons are starting to change.

With change comes new ideas, openness and the concept of getting better at what we do, this is always a good thing. As the New Director of the Parks & Recreation Department here at the Pueblo, I want all of you to know that I am very open to change and everything it has to offer. **The idea of change for us here at the Parks & Recreation Department means that we want to find better ways to serve our tribal members** and I’m very interested in hearing your ideas on how we can make this happen. Your input on this matter is important to me for the future and your input is welcomed. Currently the Parks & Recreation Department does some wonderful things for the Pueblo and we want to make sure that we continue doing those things, but we want and need your help. We want to be open to change and the concept of getting better at what we do.

I’m very interested in hearing from you, I want to hear your suggestions for future programing, any new programming ideas that you may have, any issues you may have (good or bad, preferably good) concerning the Department, and what you think we can do to better serve the tribal members here at Isleta. As I mentioned earlier your input is valuable to me, I am very interested in hearing what you have to say.

Here’re a few ways you can use to get your input to me:

- Contact me at 869-9777 and give your input directly.
- Email your input to me at poi91001@isletapueblo.com
- Mail your input directly to me at: *Parks & Rec. Director (Arnold Sena)*
P.O. Box 808
Isleta Pueblo, NM 87022
- Stop by my office at the New Recreation Center to personally meet with me.

I’m really looking forward to hearing from you!

RECREATION CENTER PROGRAMS

The Isleta Pueblo Parks & Recreation Department hosts a multitude of programs that our tribal members and tribal employees can take advantage of to enhance their health and daily living. Daily programs start as early as 5am at the new recreation center and 3:30am at the old recreation center.

Our After School Recreation program is available for all school age children Monday through Friday after school until 5:30pm. It’s a great program for the youth

to participant in where they can have fun in a safe and friendly environment. For more information on this program please contact Antonio Garcia at 869-9777.

For those of you who like to work out before going to work in the morning. A Cross Training Class is offered at 5 am and 12 noon every Monday through Friday at the new rec center. The Cross Training Class introduces form and technique for Olympic lifts, kettle bell training and body weight for balance, strength and flexibility. Contact Derrick Jiron at the new rec center for more information or to join the Cross Training Program. You can reach him at 869-9777.

A newer program that is being offered at the new rec center is a Purifying Program; this program is offered throughout the day and is very flexible to your scheduling needs between the hours 9am and 8pm, Monday through Friday. This program promotes purification through wet sauna, Jacuzzi and stretching in and out of the pool, this is a gentle beginning to starting your fitness journey. If you’re interested in stress relief, purifying the body of toxins and flexibility by relaxing the muscles, then this is the program for you. We currently have two instructors available for this program Derrick Jiron and Vanessa Martin. If you’re interested in getting additional information about this program or joining the program contact Derrick or Vanessa at 869-9777.

These are just a few of the many programs that the Parks & Recreation Department offers to our tribal members and tribal employees. For more information contact the new rec center at 869-9777 or the old rec center (Pickle Heights) at 869-5741.

Joke of the Day:

*Why can’t bicycles go as fast as cars?
Because they are two tired.*

AQUATICS

We here at the new rec center want to make sure that the tribal members and tribal employees are able to take advantage of our beautiful swimming pool, to help ensure that we are working to make that happen we have made adjustments to our current swim activities to free up different time slots throughout the week which should help make it more convenient for tribal members and tribal employees to use the pool. The immediate change that has been made will free up time from 3:30pm to 6:30pm on Tuesdays and Thursday for use. Those days and times will be open anyone to come in and take advantage of. Please keep in mind that in most cases, if you come in while some of the current pool activities are taking place, our pool staff will do their best to free up a lane or two to accommodate your request to swim. We will continue to make adjustments to our schedule as needed in hopes that we are able to accommodate all current activities and any future request.

We are also in the process of filling some vacant Lifeguard positions. For safety reasons it’s imperative that we get these vacant positions filled as quickly as possible. Getting these positions filled will also help us with the proper coverage to help ensure maximum usage by tribal members and tribal employees that want to use the pool for recreation and health reason alike.

If you want more information about the pool or if you are interested in becoming a Lifeguard here at the Isleta Pool and you meet the job requirements, please apply online and/or contact our Aquatics Coordinator Lindred Onsaе or our Assistant Aquatics Coordinator LeeAnn Lente at 869—9783.

ISLETA BASKETBALL SCHEDULE 2016

Wednesday January 20th San Felipe @ Isleta

Friday January 22nd Santa Clara @ Isleta

Saturday January 30th Laguna @ Isleta

Friday February 5th Isleta @ To’hajiilee

Saturday February 6th Isleta @ San Felipe

Friday February 12th To’hajiilee @ Isleta

Saturday February 13th Isleta @ Jemez Day School

Wednesday February 17th Isleta @ Jemez Riverside

Saturday February 20th Jemez Day School @ Isleta

Wednesday February 24th Jemez Riverside @ Isleta

Saturday February 27th Isleta @ Laguna

March 3rd, 4th, & 5th EAGLE CLASSIC TOURNEY @ Jemez Day School TBA

March 17th, 18th & 19th FINALS @ To’hajiilee TBA

WEEKDAY GAMES:

3&4 Girls @ 4:00PM

3&4 Boys @ 5:00PM

5&6 Boys @ 6:00PM

WEEKEND GAMES:

3&4 Girls @ 10:00AM

3&4 Boys @ 11:00AM

5&6 Boys @ 12:00AM

Call Coach Matt Jojola or Coach Keenan Gurule @ 869-9777 for more info.

Transportation will be provided for away games.

** Schedule is subject to change**

Thought of the Day:

“Creative minds are like parachutes...
they work only when they are open.”
-Anonymous

Congratulations Orion Zuni!

We would like to congratulate him for posting a qualifying time in the men’s 100 Butterfly. His time of 58.15 is also the Los Lunas men’s new school record. Orion is also a team member in the qualifying 200 Medley and 200 free relays which will participate at the NMAA high school state swimming championships to be held Feb 19-20th at Albuquerque Academy. Great job Orion keep up the great work.

Random Fact of the Day:

The copper that covers the Statue of Liberty is worth about \$200,000.

PARKS MAINTENANCE

Our Parks Maintenance crew is busy as usual getting ready for the season change. I’m sure that many of you know that we have some really nice parks here in the pueblo and we want to make sure that our parks are well kept for all the tribal members that use them. To keep our parks in such good shape our guys really have to put in work and they definitely put in the work. Right now our crew is in the process of getting the parks ready for the warmer weather, by starting now our parks should be some of the greenest and prettiest parks around when the warmer weather hits. I’m sure that many of you have also seen the Parks crew out in the pueblo picking up left over luminarias, cleaning leaves, working on tree wells and general doing what they can to make sure the parks and the pueblo look good for all of us.

I want everyone to know the crew works really hard for all of us here in the pueblo. If any of you are out in the pueblo and see any of our guys working out there, take a minute to tell them hi and to thank them for the great work that they do.

YOUTH BASKETBALL

Our youth basketball program for the elementary school age children is in full swing again. The goal of this program is to teach our children the fundamentals of the game and good sportsmanship. It’s very important that our youth learn fair play and have fun playing the game and our staff (John Matt, Keenan, Vanessa, Antonio and all our staff) here at the rec center are doing a great job at teaching and promoting the game and all its positive benefits. Please stop in and catch a game, I know our youth would love to see you there. For more information about the Youth Basketball please feel free to contact the center at 869-9777 and speak to John Matt, Keenan or Vanessa.

NANA UPDATE

The Nanas are once again gearing up for the upcoming Holiday (Valentine’s Day) with arts projects and activities for the youth depicting that eventful day and other special days this month.

LAST WORDS

I know many of us have resolved to start exercising or to exercise more for this New Year, that’s a great resolution to make, but it’s also a hard one to keep, so let’s all do our best to stay true to our resolutions. Here are a few tips for beginners to get you started in exercising:

1. Set an attainable goal.
2. Stay positive.
3. Wear comfortable attire.
4. Start slowly.
5. Stay focused
6. Don’t overdo it.
7. Did I say STAY POSITIVE!

Please come by the center and take full advantage of the center, its amenities, the programs offered and the helpful staff. We would love to see you here!

Remember - Stay fit, healthy, happy and safe!



RELAX, PURIFY & STRETCH

Isleta Recreation Pool

Enjoy up to an hour of stretching, relaxing, and purifying with the use of the jacuzzi, sauna, and pool. It will help destroy toxic properties, improves skin & sleep, increase circulation, burn calories, rid of fat, poisons, aches and pains. Let the tension fade, muscles unwind, relax, and rejuvenate. Schedule an appointment and check for availability. Open to all tribal members, come in, take advantage and use your facility.

CALL DERRICK OR VANESSA MORE INFORMATION
869.9777



2016 ISLETA LITTLE LEAGUE BASEBALL AND SOFTBALL SEASON
REGISTRATION

Early registration Dates/Times:

- Saturday January 16, 2016
10:00am-4:00pm
- Wednesday January 20, 2016
5:00pm-7:00pm
- Saturday January 23, 2016
10:00am-4:00pm
- Wednesday January 27, 2016
5:00pm-7:00pm

Early Registration Fee: \$40.00 per child CASH/CREDITCARD (\$1.00 SERVICE FEE)
ONLY

No refunds-1/10/2016

Late registration Dates/Times:

- Saturday February 6, 2016
10:00am-4:00pm

Late Registration Fee: \$100.00 per child CASH/CREDITCARD (\$1.00 SERVICE FEE)
ONLY

No refunds-1/10/2016

DIVISION/AGES:

- T-BALL 4-6YRS ROOKIES 6-8YRS MINORS 9-10YRS MAJORS 11-12YRS JUNIORS
13-14YRS BIG LEAGUE 15-18YRS

Location: Isleta Little League Trailer. Across from New
Recreation Center

What to bring: All Parents/Guardians must bring a birth certificate and 3
documents proving residency

FOR MORE INFO CONTACT 505-730-6504OR IsletaLL@gmail.com



“Baseball is a lot like life.
It’s a day-to-day existence,
full of ups and downs. You make the
most of your opportunities in baseball
as you do in life.”
Tommy Lasorda

WIC NOTES

February is Children’s Dental Health Month. Good news... tooth decay is preventable!

Nutrition and Your Child’s Teeth

Begin cleaning your baby’s mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby’s front four teeth usually push through the gums at about 6 months of age, although some children don’t have their first tooth until 12 or 14 months. *Infants should see the dentist within 6 months of cutting his first tooth and no later than age 12 months.*

What your child eats affects his or her teeth. Too many carbohydrates, sugar (for example, cake, cookies, candies, milk, and other sugary foods and beverages), and starches (for example, pretzels and potato chips) can cause tooth decay. How long carbohydrates remain on the teeth is the main culprit that leads to tooth decay.

The best thing you can do as a parent is to teach your child to make healthy food choices.

- Avoid sticky, chewy foods.
- Serve sugary treats with meals, not as snacks.
- Get your children in the habit of eating as few snacks as possible.
- Avoid sugary foods that stay on the teeth.
- Buy foods that are sugar-free or unsweetened.
- Never put your baby to bed with a bottle filled with milk, formula, juice, or soda.
- Include good sources of calcium in your child’s diet to build strong teeth.
- If your child chews gum buy xylitol-sweetened or sugar-free gum.
- Use fluoride-containing toothpastes and brush and floss your child’s teeth daily.
- Brush your child’s teeth after giving him or her medicine.
- Visit the dentist regularly.

The best way to prevent tooth decay is to use fluoride-containing toothpaste every day. (Fluoride toothpaste should only be used in children old enough to spit out the remaining toothpaste.) Floss your child’s teeth at least once a day to help remove particles between teeth and below the gum line.

WIC Nutrition

PRC

Patients are responsible for notifying PRC of any follow up appointments, continued or referred care, or any additional procedures the specialist may recommend.

Please provide as much notice as possible to allow us to enter the information, request the orders, and mail out to you prior to your appointment.

Questions? Please call 869-4488

PUEBLO OF ISLETA

ARTISAN

M A R K E T



Isleta Resort & Casino is proud to feature the

Pueblo of Isleta Artisans

Artists from the Isleta Pueblo will be in the Resort Lobby showcasing their unique hand-crafted goods and tasty bites

Wednesday, February 24 | 10am - 3pm

For more information, please contact
Ron Martinez Looking Elk at rmartinezlookingelk@gmail.com



ISLETA
resort + casino

WIC

Pueblo of Isleta WIC 505 869-2662

Have a Happy and Healthy Valentines Day!

Chocolate Covered Strawberries

- 6 oz semi sweet chocolate chips
- 3 oz white chocolate chips
- 1 lb (about 20) strawberries with stems, washed and dried well

Directions

Put the semisweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted).

Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries.

Set the strawberries aside until the chocolate sets, about 30 minutes.

Find recipe at: <http://www.foodnetwork.com/recipes/food-network-kitchens/chocolate-covered-strawberries-recipe.html>



Healthy Ways to Satisfy Your Sweet Tooth

1. Fruit with real whipped cream
2. Frozen chocolate banana-cut banana in half and freeze, when frozen roll in melted chocolate and sprinkles, nuts or granola
3. Yogurt parfait
4. Dark chocolate
5. Chocolate milk
6. Fruit smoothie
7. PB&J sandwich
8. Cereal and milk
9. Frozen grapes
10. Graham cracker with peanut butter

Get creative!

Isleta Health Center

Behavioral Health Services Prevention Program

Phone: 505.869.5475

Methamphetamine and Suicide Prevention Initiative (MSPI) QUARTER 1 UPDATES

The first quarter (October – December 2015) under a newly funded Methamphetamine and Suicide Prevention Initiative Grant awarded through the Indian Health Services, has been a successful one. The first quarter included many community collaborations, in-school prevention, after school prevention and service learning projects.

The collaborations throughout the community included many of the community service providers and departments through the Pueblo of Isleta as well as some outside resources. Such collaboration includes Isleta Police Department, Isleta Recreation, Isleta Social Services, Isleta Diabetes Prevention Program, MIS, Treasury, Courts, and much more. Some notable community events from Quarter 1 include: Domestic Violence Awareness Month Activities, Annual Memorial Walk, and Reaching for the Stars. With valiant efforts from community and department collaboration, these events were successful and reflected the open hearts and minds of this community.

Annual Memorial Walk

The ICAT spent months of planning and preparation for the event date. With dedicated service providers and POI Employee's input, we put another year in the books. On December 19th we celebrated the 6th Annual Memorial Walk, which turned out to be another huge success. With approximately 2,500 luminaries lighting several village tribal roads and Rio Grande River Bridge, nearly 200 community members participated in the event held at the Recreation Center on that clear, calm, and slightly chilly evening. Community members came together to walk in memory of those who have passed and also attended a memorial service provided by Father George with songs performed by the St. Augustine Church choir.

Upon return to the Recreation Center, the participants shared a warm home cooked meal that featured steaming posole and fresh oven bread. There were also wonderful side dishes, desserts, and warm beverages after which community members enjoyed a memorial slideshow. The Valencia High School ROTC Program presented the Colors prior to the evening's activities and Governor Eddie Paul Torres, Sr. opened with a blessing and prayer of encouragement. There was also an added message from many Native American communities: "we are only here on earth on borrowed time, so don't regret losing anyone. Cherish moments with them, forgive one another, care for one another, and love one another. We don't want to be stuck missing someone when they are gone, when in fact we had that chance when they were here on earth."

Everyone seemed to appreciate and enjoy the event as they were touched by the memorial slide show, dazzled with the door prizes and returned to their homes with full tummies.

Thank you to all that make this such a special "annual" event and to all the participants.

The in-school and after school prevention programs included curriculum instructions, hands-on experiential activities, service learning projects, life skills development, awareness building and youth development.

The in-school prevention program works with the Isleta Elementary School under the direction of the Pueblo of Isleta. The Elementary School has been gracious and allowed for curriculum instructions as well as hands on experiential and life skills building to be introduced to the students.

IHS Youth Best Practices <https://www.ihs.gov/mspi/bppinuse/youthbp/>: "American Indian Life Skills Development". The course teaches life skills in communication, problem solving, depression, stress management, anger regulation, and goal setting. Aimed at American Indian adolescents 10 to 19 years old, the curriculum includes from 28 to 56 lesson plans that cover topics such as building self-esteem, identifying emotions and stress, increasing communication and problem-solving skills, recognizing and eliminating self-destructive behavior, and setting personal and community goals. The IHS Youth Best Practices: "Keepin' It REAL: Drug Resistance" is included in this curriculum.. The curriculum is a multicultural, school-based substance use prevention program for students 10-14 years old. There is emphasis on resistance strategies represented in the acronym "REAL: Refuse offers to use substances, Explain why you do not want to use substances, Avoid situations in which substances are used, and Leave situations in which substances are used". In addition to the Elementary School activities an after-school program is offered for the IES Students on their half-days. Activities include outings, hands on activities i.e. team building, ice breakers and much more. One notable outing that everyone enjoyed was an Equine Assisted Therapy from the IHS Youth Best Practices. The youth engaged in a session with horses, and discussed Historical Trauma topics that included loss of tribal lands, loss of tribal language, and cultural identity.

The IBHS after-school prevention program has been working with Isleta community youth ages 10-15 years. Although the program is open to ages, 8 – 17 year olds, the age range we serve is primarily in the ages indicated. The youth engage in prevention programming that includes increased awareness building through focus groups, community service/service learning projects, experiential outings, hands-on experiential activities, positive youth development, leadership development, and much more. Some notable activities in quarter 1 include youth attendance at council meetings with "Honoring Native Life" (HNL), the NM Statewide Clearinghouse for Native American Suicide Prevention to support prevention, intervention and post-vention initiatives. HNL is located at the University of New Mexico's Department of Psychiatry and Behavioral Sciences, Division of Community Behavioral Health, located at the Center for Rural and Community Behavioral Health. The after-school

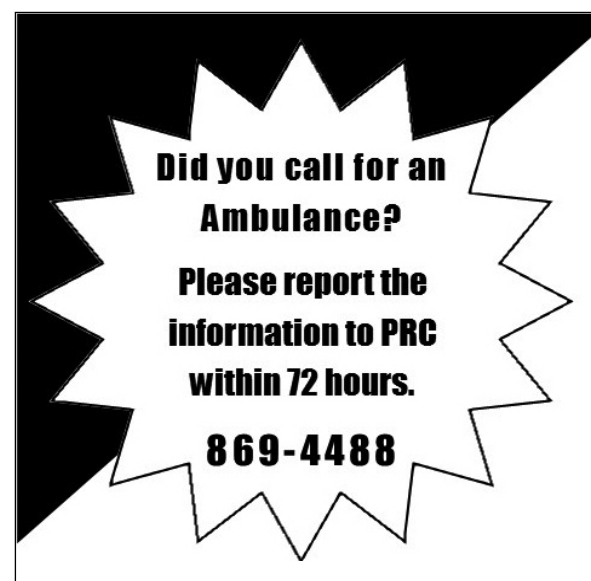
program has 4 Isleta Youth who serve on the HNL Youth Council. Other noteworthy activities are the active role in the October Domestic Violence Prevention Month Activities and a Service Learning Project with the Governors/Lt. Governors Office. The annual Christmas Celebration included a luminaria display for the people of Isleta as well as the St. Augustine Church. The Luminaria Project spanned over two days and required over 10 hours of hard work. With the collaborative help with IPD, the task was completed for Christmas Eve. The IBHS Prevention Program is open to Native American Youth ages 8-17 years old. The weekly group meetings are held primarily on Monday and Wednesday evenings, 4:30-6:30 and sometimes feature weekend outings, and/or different scheduled days and times. The program offers transportation services and youth interested are directed to contact IBHS @ 505.869.5475. We invite you to join the Isleta Community Action Team where we brainstorm, plan, and implement for the community.

MSPI Quarter 2 Planning and Implementations

In the MSPI Quarter 2 (January – March), we continue to plan activities for the youth of the community. We ask the youth to help plan the activities that we can offer for them. Part of the planning happens around the Spring Break session for the Local Schools. We take into consideration the different school breaks and offer available outings and activities. All activities are under the MSPI Funded Grant Purpose Area #4, Generation Indigenous (GEN-I) Youth Support Initiative and we seek to meet 3 broad objectives:

- Implement evidenced-based and practice-based approaches to build resiliency, promote positive development, and increase self-sufficiency behaviors among native youth;
- Promote family engagement; and
- Increase access to prevention activities for youth to prevent methamphetamine use and other substance use disorder that contribute to suicidal behaviors in culturally appropriate ways.

In order to meet an overall MSPI Goal, we promote early intervention strategies and implement positive youth programming aimed at reducing risk factors for suicidal behavior and substance abuse.



Senior Companion Program
“Seniors Helping Seniors”

Senior Companions:

- * Are 55 years of age or older
- * Volunteer 20-40 hours a week
- * Work with frail, at-risk, and/or isolated/homebound elderly
- * Agree to a background check



Benefits include:

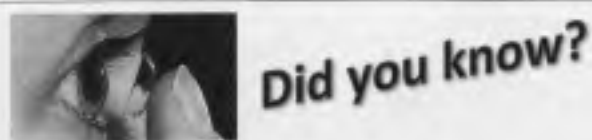
- * Stipend for those who are income eligible
- * Mileage reimbursement
- * Meal reimbursement
- * Supplemental accident and liability coverage while on duty
- * Annual recognition event
- * Initial and monthly trainings
- * Paid Holidays

Senior companion volunteers provide friendly visits, companionship and develop friendships with their clients; volunteers assist with paying bills, light housekeeping & provide limited transportation for grocery shopping, errands & medical appointments.

Senior Companions also provide respite service to family caregivers, giving them a much needed break.

You don’t need special skills or training to be a Senior Companion Volunteer; all you need to know is how to be a friend.

Contact Information: Rebecca Gonzales
Sr. Companion Coordinator
Isleta Elder Center
(505) 869-9770



Isleta Health Center
Optometry Clinic
Phone: 869-4080

Six common mistakes made
by patients when handling
contact lenses

1. Not washing and drying hands. Washing your hands may seem like common sense, but the American Eye-Q® survey found that 35 percent of contact lens wearers skipped this important step. Drying is also an important part of the process since tap water can contain harmful microorganisms that can be transferred onto the lens and onto the eye.
2. Wearing lenses longer than recommended. Many contact lens wearers will try to make their lenses last longer by waiting to change them until the lenses become bothersome. According to the American Eye-Q® survey, 57 percent of contact lens wearers admitted to wearing disposable contact lenses longer than directed. Not following an eye doctor’s recommended changing schedule can cause preventable eye irritation or even lead to permanent eye damage from bacterial infections.
3. Not replacing contact lens cases regularly. Eye doctors recommend that lens cases be replaced at least every three months, and cases should be cleaned and disinfected periodically in between. Yet, only 41 percent of contact lens wearers follow this rule.
4. Sleeping in contacts overnight. The American Eye-Q® survey revealed 21 percent of contact lens wearers are guilty of this bad habit. Sleeping in contacts puts consumers at risk for an eye infection. Only do so when wearing lenses specifically designed for day and night wear and when closely monitored by your doctor.
5. Reusing old contact lens solution. Only fresh solution should be used to clean and store contact lenses. Stick to products recommended by your eye doctor to clean and disinfect lenses, and remember, saline solution and re-wetting drops are not designed to disinfect lenses.
6. Wearing contact lenses while swimming or in a hot tub. Approximately 26 percent of contact lens wearers swim in their contact lenses. This routine can lead to serious sight-threatening eye infections and irritation. According to the FDA and the American Optometric Association, contact lenses should not be exposed to any kind of water, including tap water and water in swimming pools, oceans, lakes, hot tubs and showers.



SAT. MARCH 19TH
WOMENS SELF
DEFENSE CLASS

Domestic violence- is a pattern of abusive or coercive behaviors that may include, but are not limited to:

- * Physical assaults
- * Verbal abuse
- * Emotional abuse
- * Sexual abuse
- * Harassment
- * Threat or harm



AGES 10 & UP

LOOSE FIT
CLOTHING
REQUIRED.

1 IN 4 AMERICAN
WOMEN WILL BE
ASSULTED
WITHIN HER
LIFETIME.

FEE: FREE

Isleta Rec. Center
Aerobics Room
Saturday March 19,
2016
@
9:00a-12:30p



Isleta Elder Center

Title VI Notice to Public Notifying the Public of Rights under Title VI - English

- The New Mexico Department of Transportation operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with The New Mexico Department of Transportation.
- For more information on the New Mexico Department of Transportation’s civil rights program, and the procedures to file a complaint, please call 1-800-554-0936 or (505) 827-1774, email: damian.segura@state.nm.us; or visit our administrative offices at 1596 Pacheco St., Santa Fe, NM 87505. For more information, visit www.dot.state.nm.us.
- A complainant may file a complaint directly with the Federal Transit Administration (FTA), Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE, Washington, DC 20590. Phone: (202)366-4043.
- If information is needed in another language, please contact 1-800-554-0936 or (505) 827-1774.

Notificación al Público de los Derechos Garantizados por Título VI - Español

- El Departamento de Transporte del estado de Nuevo México opera sus programas y servicios, sin distinción de raza, color y origen nacional, según el Título VI de la Ley de Derechos Civiles. Cualquier persona que cree o que ha sido perjudicada por una práctica discriminatoria ilegal bajo el Título VI, puede presentar una queja con el Departamento de Transporte de Nuevo México.
- Para obtener más información sobre el programa de derechos civiles del Departamento de Transporte de Nuevo México o para obtener más información sobre los procedimientos para presentar una queja, llame al 1-800-554-0936 o al (505) 827-1774. Email: damian.segura@state.nm.us, o visite nuestras oficinas administrativas en 1596 Pacheco St., Santa Fe, NM 87505. Para obtener más información, visite www.dot.state.nm.us
- Un demandante puede presentar una queja directamente a la Administración Federal de Tránsito (FTA), Oficina de Derechos Civiles, Atención: Coordinador del Programa de Título VI, East Building, 5th Floor TCR, 1200 New Jersey Ave, SE, Washington. , DC 20590. Teléfono: (202) 366-4043
- Si se necesita información en otro idioma, por favor póngase en contacto con 1-800-554-0936 or (505) 827-1774.

St. Augustine Parish Isleta Pueblo Ministry of Consolation

MISSION STATEMENT

We are a ministry of consolation at St. Augustine Parish to offer spiritual comfort and support to families who have experienced the loss of a loved one. We will continue to honor and respect our traditional teachings.

OBJECTIVES:

1. To assist our spiritual leader in Christ with his duties to render pastoral care and/or services.
2. To assist families with hospitality and Christian fellowship after the liturgy and burial services when requested.
3. The bereavement group will offer informal continuing support.

*With Sympathy "In times of sorrow
God's quiet waters of hope
and courage flow"*



Elder Center Transportation Services

The Elder Center provides transportation services to elders 60+ years of age for the following (please call the Elder Center to be placed on schedule):

- Grocery Shopping (Wal-Mart, Smith’s, Albertson’s, etc.) – **1st Friday of each month**
- Retail Shopping (Wal-Mart, JC Penney, Sears, etc.) – **2nd Friday of each month**
- Mail, Banking, and Bill Paying – **Every Monday**
- Pick-up for elders who would like to have lunch at the Elder Center (pick-up will begin at 11:00 am and return after lunch around 1:00 pm)

Transportation services will be provided as a back-up for families that are unable to transport for the following or are unable to schedule with Isleta Health Center’s CHR Program:

(Elders need to make sure they have their referrals from Isleta Health Center for scheduled appointments to locations such as Presbyterian, Lovelace, Eye Associates, etc.)


- Doctor’s Appointments (Isleta Health Center, Presbyterian, Lovelace, etc.)
- Eye Appointments (Isleta Health Center, Eye Associates, etc.)
- Dental Appointments (Isleta Health Center, etc.)
- Podiatry Appointments (Isleta Health Center, etc.)
- Prescription Pick-Up – Staff **will not** pick up medications (narcotics) that require an ID for pick up at the Isleta Health Center Pharmacy

Other types of transportation services needed (pick-up/drop-off) from those listed will be considered based on scheduling/vehicle availability.

Policies and Procedures for transportation services that involve clients expending their personal funds will be utilized to protect both client and staff. Transporter **will not** be allowed to conduct any type of transaction on behalf of the elder.

If you are in need of transportation services, we ask that you **“Please provide a minimum of a 24-hour notice for scheduling purposes.”**

If you have any questions on the Elder Center Transportation Services, or if you need to schedule please call the Operations Department at 869-9770.



Refresh your driving skills with the AARP SMART DRIVER™ COURSE!

You will learn:

- Defensive driving techniques
- Proven safety strategies
- New traffic laws and rules of the road

Plus, there are no tests to pass. You simply sign up and learn. Upon completion you could receive a multi-year discount on your car insurance.*

DATE(S) & TIME(S)

February 22, 2016
1:00 to 5pm.

LOCATION

Isleta Elder Center

TO REGISTER

Call-(505)869-9770
50 years & Older


CLASSROOM COURSE:

\$15 for AARP members • \$20 for non-members

For more information visit www.aarp.org/drive

TOYOTA

This program is supported by a generous grant from Toyota to AARP Foundation.



DRIVER SAFETY

Real Possibilities

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

D17174(314)

HOME SERVICES PROGRAM

Wishing all our Elders a Prosperous New Year with the Blessings of Health and Happiness.

With the start of a New Year begins a time to consider how our program can help you or your elder.

Home Services provides a range of services to elders who meet the minimal criteria: 60 years or older with 2 or more ADLs (Activities of Daily Living Limitations). Public Assistance Services – for elders 60 years and above; with no ADLs required. Lastly, the eligibility criteria is that the elder lives and resides within the Pueblo of Isleta.

Home Services Program (Non-Medical)

Qualifying Criteria: Elders 60 years of age or older with two (2) or more ADLs; or a younger disabled person under the age of 60 who has two (2) or more ADLs, lives with their elder parents who are responsible for providing support services.

Attendants provide 3 - 4 hours of service per week to clients in the comfort of their home. Light housekeeping: mopping, sweeping, vacuuming, dusting, dish washing, laundry and meal preparation, etc.

Personal Care services: bathing, showering, dressing, grooming and medication reminders.

Transportation: available to assist clients with errands and outings.

Advocacy: referrals for Public Assistance or providing information and assistance.

Respite Care: provides relief to a full-time caregiver of a frail homebound elder 60 years or older who are unable to perform two (2) or more ADLs. Services are the same as described above.

Home Chores

Provides services to frail elders who request home repairs, yard work, window & ceiling cleaning, chopping wood, and minor home modifications. Referrals for home repairs and handicap modifications are submitted to Director, then referred to Housing Authority. Work Orders can be submitted by calling the Isleta Elder Center.

Benefits Assistance

Application and referral for Public Resources. Again, this is for elders 60 years and above. Resources includes: Commodities, EBT Food stamps, Low Energy Assistance Program, New Mexico Weatherization Program on Tribal Lands, PNM Good Neighbor Fund, PNM Home Check Program, POI Housing, POI Tribal Programs, Social Security, SSI, etc....

For more information and/or appointment for discuss any of our services, please contact:

Patricia L. Lucero,
Home Services Manager at 869-9770
Extension: 9338.

Is Home Care For You?

The need to provide care for a loved one arises for many reasons. A sudden illness or hospital stay may dictate the need for help, or a person may gradually find the job of caring for a home and personal care too taxing. Often, the person who needs care does not realize it and family members step in to help with decisions that need to be made.

One of those decisions involves who the caregiver will be where care will be provided. The choices can be difficult unless you know the factors to consider.

Knowing What Level of Care Is Needed

Before you take on the demanding job of home care, decide what level of care you must provide. Do you need to give:

Minimum assistance? Person is basically independent, can handle most household chores and personal care, and needs help with only one or two ADLs.

Moderate assistance? Person needs help with three or more ADLs, such as bathing, cooking, or shopping.

Maximum assistance? Person unable to care for themselves, requires total assistance, and must require 24/7 care. This type of care giving is often undertaken by professionals, either in the home assisted living facilities, or nursing homes.

Care for someone who is terminally ill?

To determine the level of care, you must understand the person's condition and needs in the areas of daily hygiene and health. Generally, these needs fall into two broad categories.

Activities of Daily Living like eating, bathing, dressing, taking medicine, and going to the toilet.

Activities Important to Independence like cooking, shopping, housekeeping, getting to the doctor, paying bills, and managing money.

Characteristics to look for in assessing the overall level of care needed are the person's:

- Ability to transfer independently from bed to wheelchair

- Ability to move independently in wheelchair or walker
- Ability to control bladder and bowel movements
- Ability to carry out the basic activities of daily living
- Ability to call for help
- Degree of sight and hearing impairment
- Degree of confusion

Also consider emotional conditions that might require advanced or special levels of care:


- Depression
- A need for socializing or privacy
- Homesickness

After giving some thought to these characteristics, try to place the person you might care for in one of these categories: Minimum Assistance, Moderate Assistance or Maximum Assistance.

*Information provided to you from your Home Services Program.

**Purchased/Referred
Care provides a
referral for 1 visit
at a time.**

**Questions?
Call PRC at
869-4488**



Pueblo of Isleta Community Cancer Support Group


*Support the health of your family.
Educate yourself on cancer.
REDUCE YOUR RISK!*

In place of our monthly meeting, you are invited to the

**3rd Annual Go Red for
Native Women
Heart Health Summit**

**Friday, February 5, 2016
8:00am – 1:00pm
@ the Hyatt Regency
Downtown, ABQ**

REGISTRATION: contact
Savanna Bridgewater at the
American Heart Association
at 485-1330.



"Drum to the Beat of a Healthy Heart"

You are cordially invited to our 3rd Annual Go Red For Native Women Heart Health Summit to learn more about heart disease and its impact on our community.

**FRIDAY, FEBRUARY 5, 2016
8:00 AM - 1:00 PM
HYATT REGENCY DOWNTOWN ABQ**

American Heart Association
Go Red for Women
Sponsored by
Lovelace Health System
To register call 505-485-1330 or click the link below

For information call Stephanie Barela @ 869-4479.

WEAR RED AND YOUR ISLETA CANCER SUPPORT HAT

Isleta Elder Center:

The Isleta Elder Center Program is off to a great start this year with many new additions throughout our facility. The center is honored and blessed to display our facility’s beautiful new statue “Greeting the New Dawn” by our pueblo’s own Caroline Carpio. The statue, historic photo project, mural, & outdoor lighting were part of an art project intended for display at the new Isleta Elder Center. These beautiful pieces of art and history of our community can be viewed throughout the interior & exterior of the building. We are very proud of everyone who was involved in this project; your hard work and skill have given the entire community a beautiful gift for future generations to have. In addition, the Isleta Elder Center has beautiful new furniture throughout the building for our community’s elders to enjoy. So if you are curious to see what is new in our building or you have not had the chance to visit us, please stop by our facility and any one of our available staff will be happy to give you a tour.

Isleta Elder Center: Activities

2016 All Indian Game Day – March 16 & 17, 2016

We are excited to announce that the Pueblo of Isleta will be working closely with the New Mexico Senior Olympic office in hosting the 2016 All Indian Game Day events at various venues throughout the pueblo. All Indian Game Day is a 50+ event that happens every two years, giving all Native American elder communities an opportunity to unite and enjoy 14 competitive Senior Olympic events together. Communities are awarded tribal points during the course of the event and are presented a special award at the end of the event. All 19 pueblos, 2 Apache tribes, & Navajo Nation are among the communities that are anticipated to participate in this year’s event. We hope to have 200+ participants visiting our community this year. All Indian Game Day also offers various Sports Clinics, a Health Fair, Arts & Crafts Fair, and so much more. The competition sports include:

Archery	Hauchas(Washers Game)
Bowling	5k – Road Race
Basketball Free Throw	Shuffleboard
8 – ball Pool	Soccer Accuracy Kick
Frisbee Accuracy Throw	Softball Distance Throw
Frisbee Distance Throw	400m Est. Run/Walk
Golf	800m Est. Run/walk

Registration packets & information for All Indian Game Day is located at the Isleta Elder Center and both Isleta Recreation Centers. **All Registrations must be submitted by February 16, 2016. No Exceptions. If you interested in more information about A.I.G.D. or you like to volunteer during the event please contact Eugene Jojola (505)869-9770 or Rochelle Zuni (505)869-9777.** Both the Isleta Elder Program & Recreation would like the help of our community in making this a great event for our community.


2016 Senior Olympics: Team Isleta Meeting: February 3 & 10, 2016

The Isleta Senior Olympic team is open to individuals of our community ages 50 & older. Throughout the years, Senior Olympians of our community have competed from the local level to the National level of senior games. These athletes are a great example to anyone looking to stay active and keeping the competitive spirit alive. These individuals are recognized as true inspirations for community through their hard work and continuous dedication in senior games. We are open to anyone in our community interested in competing in various Senior Olympic Events throughout the year. Our goal is to compete in all areas of senior competition events for 2016 such as participating in the ABQ 50+ games, AIGD, & 2016 NM State Senior Olympic Games, just to name a few. Team Isleta has begun our 2016 practice schedule in setting dates for various practices during February. If you are interested in being part of the Team Isleta during this year’s Senior Olympic season, please contact Eugene Jojola (505) 869-9770 for more information.

Important February Event Dates:

- February 4, 2016: Natural Healing Presentation by Alfred Kaye (Hopi/Navajo)
- February 9, 2016: Belen Senior Center Trip – Valentine’s Day Luncheon
- February 12, 2016: Senior Sweetheart’s Day – Elder Center

Volunteers Needed: The Isleta Elder Center is looking for community members who are Hair Stylists, Barbers, Make-up artists, Massage Therapists, and anyone wanting to volunteer their talent to the elders of our community. We would like to give elders 60 and older a chance to be pampered and styled for Valentine’s Day. If you are interested or know anyone who may be interested in this event please contact Eugene Jojola (505) 869-9770 for more details.



ISLETA HEALTH CENTER
“Did you know?”

Do you know about the 24-hour Nurse Advice Line?

- Have you ever wondered what to do when the Health Center is closed and you aren’t feeling well?
- Have you ever wondered if you were in an emergency situation and should call 911?
- Have you been unsure if you needed to visit the walk-in clinic or make an appointment?

If you need answers to health related concerns and aren’t sure if you need to visit the walk-in clinic or call 911, use the toll-free **NURSE ADVICE LINE***. When you speak with a Registered Nurse, please follow the nurse recommendations for home care or the need for health facility care.

NURSE ADVICE LINE
1-877-752-2552

This line is available 24 Hours A Day, 7 Days A Week, 365 Days A Year and is available for FREE to ALL Isleta Health Center patients!

*** CALL 911 FOR LIFE THREATENING EMERGENCIES**
This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

NOTE: You must notify Purchased/Referred Care staff (formerly CHS) within 72 hours if you are seen at any facility other than the Isleta Health Center.



Thinking About Quitting



NOT READY TO COMMIT TO A FULL Quit Smoking PROGRAM?

Take this *1 time, 1 on 1, 90 minute session* to increase your motivation to quit!

Call Stephanie, Health Educator
@ 869-4479 to Sign Up
Isleta Health Center



PLEASE READ YOUR APPOINTMENT LETTER ATTACHED TO YOUR REFERRAL CAREFULLY. IT HAS A LOT OF GOOD INFORMATION TO GET YOU TO YOUR APPOINTMENT ON TIME.

QUESTIONS? CALL 869-4488.

February 2016 Elder Center Menu				
2/1/2016	2/2/2016	2/3/2016	2/4/2016	2/5/2016
Beef Stew with Carrots, Celery, Potato, Stewed Tomato Tossed Salad Biscuit Fruit cocktail	Turkey Sandwich WW Bread Cream of Broccoli Soup California Veggies Steamed Spinach Banana	Split Pea w/Ham Soup Beets Italian Vegetables WW Crackers Baked Pineapple w/oatmeal	Chicken and Rice Soup Green Beans Tossed Salad WW Roll Cinnamon Applesauce	Beef Potato Stew Key West Veggie Tortilla Apricot
2/8/2016	2/9/2016	2/10/2016	2/11/2016	2/12/2016
Pork Loin Roasted Red Potato Steamed Cabbage Bread Fresh Orange	Southwest Chicken Stew 3 Bean Salad Brussels Sprouts Tortilla Plums	Tamale w/Red Chile Mexican Corn Squash/Zucchini WW Crackers Banana Vanilla Pudding	Indian Tacos Lettuce/Tomato Tossed Salad Fresh apple Fry Bread	Roast Beef Mashed Potato w/brown gravy Sweet and Sour Carrots WW Roll Gelitan w/Fruit
2/15/2016	2/16/2016	2/17/2016	2/18/2016	2/19/2016
Closed for Holiday	Green Chile Cheeseburger WW Bun Lettuce, Tomato, Onion Corn on cob Coleslaw Fresh Apple	Fish Sticks Yellow Squash Spinach w/ onion Rice Pilaf Banana Tartar sauce	Chicken Posole Red chile Stewed Tomato Tossed Salad Bread Fresh Orange	Grilled Cheese WW Bread Tomato Soup Snap Peas Fresh Fruit
2/22/2016	2/23/2016	2/24/2016	2/25/2016	2/26/2016
Sweet & Sour Pork Oriental Vegetables Steamed Broccoli Steamed Rice Mandarin Oranges	Baked Pasta Green Beans Beets Garlic Bread Tropical Fruit Salad	Soft Beef Taco WW Tortilla Lettuce/Tomato Spanish Rice Spinach w/ onion Brussels Sprouts Salasa Pear	Glazed Baked Ham Peas/Carrots Garlic Mashed Potato Sweet Rice w/Raisins WW Crackers Pineapple	Bean/cheese burrito Tortilla Tomato Wedges Steamed Carrots Fruit Cup
2/29/2016				
Macaroni Stew w/ground beef Green Beans Steamed Carrots WW Crackers Fruit cup		CONGREGATE MEALS Salad Bar Offered Daily	Homebound Deliveries PLEASE call day before to CANCEL meals	** Menus Subject to change based on availability.

Calendar Notes:

February 4, 2016

Natural Healing Presentation
Location: Elder Center
Time: 10:00 am - 12:00pm

February 9, 2016

Valentine's Day Luncheon
Location: Belen Senior Center
Time: 9:00 am - 1:30pm
Transportation Provided

February 12, 2016

Senior Spa Day
Location: Elder Center
For Men & Women 60+
Time: 10:00am - 3:00pm

February 17, 2016

All Indian Game Day
Registration forms Due
Location: Elder Center
Time:8:00am - 4:00pm

2016 Isleta Senior Olympic Meeting:

February 3 & 10, 2016
Location: Elder Center
Activities Room
Time: 10:00 am - 12:00pm
Time: 6:00 pm - 7:00pm

Open Registration for 2016 Isleta Senior Olympic Athletes.

Discussion Topics Include:
2016 Practice Sceduling
All Indian Game Day
2016 State Senior Games
and more.

February 2016				
Activities Calendar Isleta Elderly Center (505) 869-9770				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m.	2 Group Exercise 10:00am - 12:00pm Afternoon Estimated Walk/Run 1:30pm - 2:00pm New Rec Center	3 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m. 2016 Senior Olympics Meeting 1:00pm - 2:00pm	4 Natural Healing Presentation: Alfred Kaye (Hopi/Navajo) 10:00am - 12:00pm	5 Lunch/Archery Practice S&J Indoor Archery 11:00am - 3:00pm
8 BOSQUE FARMS SENIOR CENTER VISITORS TOUR/ACTIVITY/LUNCH 9:30AM - 1:00PM	9 Senior Valentine's Day Luncheon Belen Senior Center 9:00am - 1:00pm	10 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m. 2016 Senior Olympics Meeting 6:00pm - 7:00pm	11 Mass @ Elderly Center Activities Room 11:00a.m. Open Activities Room 1:00pm - 4:00pm	12 Valentine's Day His/Her Spa Day Hair cuts & Styling for Senior Men & Women 10:00am - 3:00pm
15 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m.	16 Shuffleboard Scrimage Monzano Mesa Center 10:30am - 4:00pm NO OTHER PRACTICES COMMODITY DAY: 8:30AM - 4:30PM	17 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m. AIGD Registrations Due Elder Center 8:00am - 4:00pm	18 Morning Walk/Run 9:00am - 10:00am New Rec. Center Zumba Gold Class Alan Sandoval (San Felipe) 2:00pm - 3:00pm	19 Lunch/Archery Practice S&J Indoor Archery 11:00am - 3:00pm
22 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m.	23 Group Exercise 10:00am - 12:00pm Afternoon Estimated Walk/Run 1:30pm - 2:00pm New Rec Center COMMODITY DAY: 8:30AM - 4:30PM	24 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m. Open Activities Room 1:00pm - 4:00pm	25 Advisory Board Meeting Isleta Elder Center 9:00am - 11:30am Afternoon Estimated Walk/Run 1:30pm - 2:00pm New Rec Center	26 Afternoon Movie Power of the Canes Pueblo Indians 1:30pm - 3:00pm
29 FISHING TRIP/LUNCH TINGLEY BEACH 10:00a.m. - 3:00p.m.				

Head Start & Early Head Start



Head Start promotes the school readiness of young children from low-income families through agencies in their local community. The Head Start program is authorized by the Improving Head Start for School Readiness Act of 2007.

Head Start and Early Head Start programs support the comprehensive development of children from birth to age 5, in centers, child care partner locations, and in their own homes. Comprehensive development services include:

- Early Childhood Teachers (Early Head Start & Head Start) - facilitate individualized learning experiences to promote children’s readiness for school and beyond. Through planned and spontaneous instruction, relationships with adults, and play, children grow in language and literacy, early math and science concepts, and social and emotional development.
- Health- Children receive health and development screenings, nutritious meals, oral health and mental health support. Programs connect families with medical, dental, and mental health services, and ensure that children are receiving the services they need.
- Family well-being- Parents and families are supported in achieving their own goals, such as housing stability, continued education, and financial security. Programs support and strengthen parent-child relationships and engage families around children’s learning and development.

Family members must apply directly with the **Isleta Head Start & Child Care Program**.

Early Head Start & Head Start Programs provide services to over a million children a year in every U.S. state, territory and in over 155 tribal communities. Programs prioritize enrollment for children in foster care, children with disabilities, and children whose families are homeless.

Head Start agencies design services for children and families that meet the needs of their local community and follow the Head Start Program Performance Standards. These agencies receive grants from the U.S. Department of Health and Human Services (HHS), Administration for Children and Families (ACF) and are administered by the Office of Head Start (OHS). Some local communities and states contribute additional funding to expand Head Start and Early Head Start to include more children within their communities. Isleta Pueblo provides the Head Start & Early Head Start Programs with close to 20% of the program’s total budget.

What programs are offered by Head Start?

Head Start began as a program for preschoolers. Three- and 4-year-old preschoolers made up over 80 percent of the children served by Head Start programs across the U.S. last year.

Early Head Start serves pregnant women, infants, and toddlers. Early Head Start programs are available to the family until the child turns 3 years old and is ready to transition into Head Start or another pre-K program. Early Head Start helps families care for their infants and toddlers through early, continuous, intensive, and comprehensive services.

Both Head Start and Early Head Start programs offer a variety of service models, depending on the needs of the local community. Early Head Start & Head Start services are provided for six hours per day. Another program option is home-based services, in which a home visitor visits children/families once a week in their own home and works with the parent as the child's primary teacher. Children and families who receive home-based services also meet twice monthly with other enrolled families for a group learning experience facilitated by the home visiting staff.

What is school readiness?

The Office of Head Start (OHS) defines school readiness as children being ready for school, families ready to support their children's learning, and schools ready for the children who enter their doors. Children's school readiness is measured by the skills set out in the five domains of the **Head Start Early Learning Outcomes Framework**:

- Language and Literacy
- Cognition and General Knowledge
- Approaches to Learning
- Physical Development and Health
- Social and Emotional Development

Families are engaged in their children's learning and development and are poised to support the lifelong success of their child. Head Start recognizes that parents are their children's primary teachers and advocates.

Schools become ready for children when Head Start programs, parents, and schools work together to promote school readiness and engage families as their children make the transition to kindergarten.

What are comprehensive services?

Head Start comprehensive services include:

- Early Learning
- Screenings and follow-up for health, development, and behavior
- Health and safety
- Social and emotional development
- Nutrition
- Family goal-setting
- Social services
- Transition services
- Services for children with disabilities

Comprehensive services are delivered in a learning environment that is individualized to support children's growth in the five essential domains. A minimum of 10 percent of a program's total enrollment must be children with disabilities. Additionally, Head Start services are designed to be responsive to each child and family's ethnic, cultural, and linguistic heritage.

If you are interested in participating in the Early Head Start or Head Start Programs, please call **869-9796** to schedule an appointment to fill out your application!

Are you or someone you know having a baby?

It’s important to take very good care of yourself so that both you and your baby are healthy. Regular prenatal care helps you and your health care provider monitor how your pregnancy is going. It also helps your provider spot any potential health problems before they become serious. Some pregnant women may experience complications like gestational diabetes or preeclampsia. But with regular prenatal care, you can better manage any health issues that may come up.

Going through a pregnancy is not easy. The Isleta Early Head Start Program can help provide support to expectant mothers and families by offering the services of a Home Visitor. Home Visitors provide prenatal and parenting education, support during doctor visits and ultra sounds, and postnatal support for the first three months.

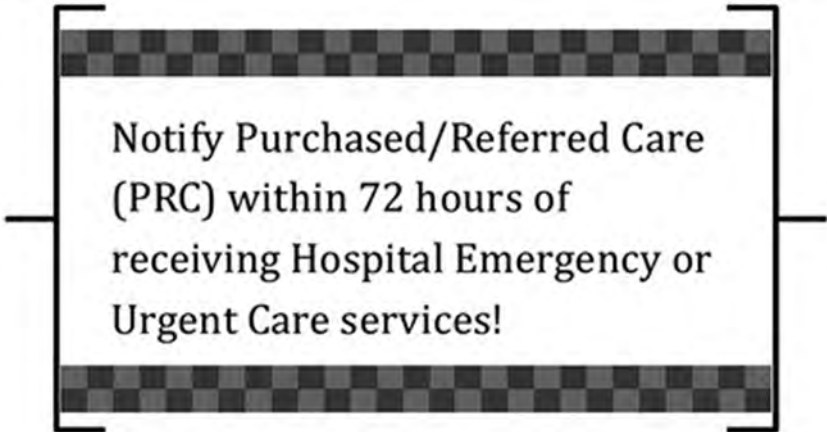
If you are an expecting mother that would like extra support, the Isleta Early Head Start program would love to have you join us in the program! The program still has some slots available. Call today to schedule your appointment to complete an application.

The Early Head Start Prenatal option is for pregnant mothers:

- Who is Isleta Native/Descendant **OR**
- Who reside on the reservation **OR**
- Who are expectant mothers of Isleta children

For more information or to schedule an appointment to complete an application, call us immediately at 869-9796.

We also have slots available in the Home-Based option for children ages birth to thirty-six months.



ISLETA HEALTH CENTER

February

Questions? Call 869-3200

2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	2 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	3 Circle of Spirit Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Str8 Rez: 4:30-6:30p @ BHS.	4 Grief Group: 1-2p @ BHS. Circle of Spirit Parenting: 2-4p @ BHS. Express Endurance Class/EDU: 5:30-7:30p @ DPP Wellness Ctr.	5 POI Cancer Support GO RED FOR WOMEN HEART HEALTH @ Hyatt Regency ABQ, 8:30am - 1:00pm; call Stephanie to register at 869-4479. Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	6
7	8 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	9 Women's Support Group: 10-11a @ BHS. DPP Community Screening: 12-4p @ POI Police Dept. All community members welcome! Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS.	10 DPP Community Screening: 8-12p @ POI Police Department. All community members welcome! Circle of Spirit Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Str8 Rez: 4:30-6:30p @ BHS.	11 Grief Group: 1-2p @ BHS. Circle of Spirit Parenting: 2-4p @ BHS. Express Endurance Class/EDU: 5:30-7:30p @ DPP Wellness Ctr.	12 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	13
14	15 <i>PRESIDENT'S DAY</i> Health Center CLOSED	16 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	17 Circle of Spirit Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Str8 Rez: 4:30-6:30p @ BHS. Healthy Cooking Class (DPP): 5:30-7:30p @ Health Center Kitchen.	18 Grief Group: 1-2p @ BHS. Circle of Spirit Parenting: 2-4p @ BHS. Express Endurance Class/EDU: 5:30-7:30p @ DPP Wellness Ctr.	19 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	20
21	22 Early Recovery Skills: 9-11a @ BHS. Destination Health Premeasurements: 9a-5:30p @ DPP Wellness. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	23 Women's Support Group: 10-11a @ BHS. Destination Health Premeasurements: 11a-7:30p @ DPP Wellness Ctr. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	24 Circle of Spirit Parenting: 9-11a @ BHS. Diabetes Alliance Group/Rez Café: 10-11:30a. Call 869-4595 for more info. Destination Health Premeasurements: 11a-7:30p @ DPP Wellness Center. Anger Management Skills: 1-2p @ BHS. DPP Community Screening: 4:30-7:30p @ POI Library. All community members welcome! Str8 Rez: 4:30-6:30p @ BHS.	25 Destination Health Premeasurements: 11a-7:30p @ DPP Wellness Center. Grief Group: 1-2p @ BHS. Circle of Spirit Parenting: 2-4p @ BHS. Express Endurance Class/EDU: 5:30-7:30p @ DPP Wellness Ctr.	26 Destination Health Premeasurements: 9a-5:30p @ DPP Wellness Center. Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	27
28	29 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	Destination Health Begins the week of February 29th! Call the Diabetes Prevention Program for more details @ 869-4595.				



Freedom From Smoking

NEED HELP STOPPING SMOKING?

SIGN UP FOR THE ISLETA HEALTH CENTER'S

Freedom From Smoking

PROGRAM NOW!

STARTING APRIL 6, 2016
5:30PM @ ISLETA HEALTH CENTER

98% OF THE PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION, QUIT SMOKING!!



Weekly Prizes!

➔ Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!

➔ Get support from others that are going through the same thing.

CONTACT:
Stephanie Barela @ 505-869-4479
for more information or to reserve your spot in this class!



Sponsored by the Isleta Health Center



Put Life Back In Your Life!

Manage Your Chronic Disease (MyCD)

Chronic Disease Self-Management Program (CDSMP)

A FREE Chronic Disease Self-Management Workshop

Week 1 - Session Activities:

- Introduction to workshop
- Group Introductions
- The Mind-Body Connection / Distraction
- Getting a Good Night's Sleep
- Introduction to Action Plans

Week 2 - Session Activities:

- Feedback and Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity
- Preventing Falls / Improving Balance
- Making an Action Plan

Week 3 - Session Activities:

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Exercise
- Relaxation: Body Scan
- Making an Action Plan

Week 4 - Session Activities:

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Week 5 - Session Activities:

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Treatment Decisions
- Dealing with Depression
- Positive Thinking
- Making an Action Plan

Week 6 - Session Activities:

- Feedback
- Working with Your Health Care Professional and Organization
- Weight Management
- Looking Back and Planning for Future

Days: Wednesdays

Dates: February 24 through March 30, 2016

Time: 1:00 p.m. to 3:30 p.m.

Location: Isleta Health Center, Small Conference Room
1 Sagebrush Street, Isleta, NM 87022.

SPACES ARE LIMITED! SIGN UP TODAY!

CALL or E-MAIL: Stephanie R. Barela, Isleta Health Center
Health Educator at **869-4479** or sbarela@isclclinic.net

