

# Isleta Pueblo News

Volume 13 Issue 3

Pueblo of Isleta website: www.isletapueblo.com

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March 2018

#### Governor's Report

Ma-Gu-wam

As the New Mexico Legislation winds down Isleta received some Capital outlay monies not quite what we were hoping for. However, the money we will receive will be used for pending projects, Sewer line upgrades, Transportation and the Veterans Center. Other capital outlay requests throughout the state are in high demand, Thanks to Drew Setter and his associates and Tribal Directors we managed to receive some funding.

Tribal Council and Administration are still searching for ideas to create businesses that will bring money and jobs to the community. If you have any ideas on economic development, please share them with Tribal Council so that we can research your ideas. We hired a consulting firm through Tribal Council to help with economic development. Although ideas of finding companies that would like to venture into Indian Country Federal and State regulations prevent not only companies, but the tribes from entering into negotiations. Bluestone consulting firm is requesting ideas from tribal members and have a form to fill out on any suggestions you may have. All you are required to do is to drop the form in a box next to the questioner located in the administrative building.

The community of Isleta is raising questions on a very tragic incident that has occurred in our community this month. A young man was murdered, and another seriously wounded from a gunshot. As Native Americans (Pueblo People) this is not us as native people, this is not our teaching for our children. I realize that an investigation is being conducted, however, without the discussion of this particular incident how do we as a community get together to prevent future incidents of this magnitude. The influencing of new technology cell phones, social media, and other outside influences are coming into our community and destroying our kids and the community. I realize that technology is needed and beneficial if used as it was intended for, however, it is also used by people with bad intentions. On the day of this tragedy a picture message via Facebook, of a pistol appeared with a message blaming the Isleta Police Department, which is totally false and very irresponsible for the individual or individuals whom posted this message. Tribal Council and I have discussed this incident as well as other issues such as drugs, theft and various other crimes reported by the police department and quite frankly they are very alarming. Once the tribal functions conclude, we will have a public meeting to discuss this matter. I am asking for a constructive meeting without finger pointing. Tribal Police, Social Services, Behavioral Health and other resources we will be invited to attend to answer any questions you may have. The meeting will be held in the later part of March following traditional activities. Please attend as we want your input.

#### **Tribal Council Update**

Secretary Edward Calabaza and Councilman Juan Rey Abeita attended the National Congress of American Indians (NCAI) in Washington D.C. February 12 – 15, 2018. The National Congress of American Indians, founded in 1944, is the oldest, largest and most representative American Indian and Alaska Native organization serving the broad interests of tribal governments and communities.

While in Washington, the two met with Congressional leaders and federal agency officials to bring the tribe's issues of concern to their attention and try to reach possible solutions.

#### **FEMA Flood Mapping**

Several years ago, FEMA officials came onto the reservation, uninvited, and did a comprehensive survey of tribal lands. A majority of property near the Rio Grande was deemed to be in a flood plain. As a result, tribal members with homes in these areas have received notices from banks or mortgage lenders requiring them to purchase flood insurance. In some cases, the insurance is as high as \$500/month.

Secretary Calabaza and Councilman Abeita met with Senators Tom Udall and Martin Heinrich as well as staff members from Representatives Michelle Lujan-Grisham (Dist. 1) and Steve Pearce to alert them of the issue. Each of them admitted that the issue is one that needs to be addressed immediately, more than likely in the form of a tribal exemption.

Councilman Abeita met with FEMA representative Milo Booth and his assistant Margeau Valteau. Both promised to look into an exemption for tribes similar to the one given to states.

#### Sandia Mixed Waste Landfill

Back in the 1950's and early 1960's radioactive waste from Sandia National Laboratories was dumped in various pits near the northern Isleta reservation line. The issue is that the material produces a hyperactive chemical reaction when exposed to moisture. In fact, a few years ago, the same type of radioactive material exploded near Beatty, NV after coming into contact with rainwater.

Experts studying the material at the Sandia site have told tribal council that it is not a matter of if a similar explosion might happen, but when. Government officials monitoring the Beatty site have detected radioactive waste in the atmosphere and are currently studying its effects on residents living in and around the area.

Congressional leaders have assured tribal officials that they will look into the matter and will seek EPA funding to get the site cleaned up as soon as possible to avert a similar disaster.

#### New I-25 Interchange

Many of you have read about recent discussions with the Village of Los Lunas and Valencia County officials regarding a possible new exit along I-25. The idea is to create an alternative route to ease rush hour congestion in Los Lunas, while creating an economic hub for the pueblo with a possible truck stop, hotel, casino and retail space.

At best, the new exit is at least five years away.

While Congressional leaders are in favor of the idea, they recommended that the tribe conduct a feasibility study to determine best location(s) for the exit and an estimated cost. They recommended several contacts within the Department of Transportation who could secure grants to pay for the study.

#### **Land into Trust**

The Trump Administration has placed a moratorium on placing land into trust. The idea is that land into trust cannot be mined or drilled for natural resources. Isleta has had applications to have lands placed into trust for several years now.

The most recent is the Brown Property located between the road to The Lakes and I-25. Congressional leaders assured tribal officials that Isleta's applications will not be affected because they were in place before the moratorium went into effect.

#### **Opioid Crisis**

A heightened emphasis was placed on the ongoing opioid crisis. More people are becoming addicted. More people have access to these drugs, whether they are prescribed or made illegally. Lastly, more and more Native Americans are trafficking the drugs on reservations for non-Indians.

Department of Interior Secretary Ryan Zinke would like to crack down on drug dealers by conducting sting operations across the country. However, tribal leaders made it known that they are concerned about jurisdictional issues and would like more emphasis placed on treatment.

Pharmaceutical opiates, primarily pain killers, have been referred to as "gateway" drugs leading to heroin and methamphetamine use. Tribal leaders would like to see more emphasis placed on the health issue vs. the criminal issue. And, there are pending lawsuits by tribes against the major pharmaceutical companies who produce these opiates and make them readily available with just a prescription.

#### LETTER FROM THE EDITOR

**DEADLINE** for April Newsletter articles is set for Tuesday, March 20, 2018 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.

**CLASSIFIED ADS:** The new administration has requested that the Newsletter start a Classified Ad section for Tribal members selling land, houses, mobile homes, vehicles, and farm equipment. Leasing of houses and mobile homes will be accepted. Smaller items which can be sold at the local flea markets or weekly yard sales will NOT be accepted.

Currently, this service is FREE to Tribal members. Land, houses, and mobile homes must be within the reservation boundaries. Ads must meet the 160 character limit. Ads that exceed the 160 characters will NOT be submitted into the Newsletter. A single picture may be submitted with the ad. Submitters of classified ads are responsible for generating their own ads as this is a FREE service.

As a reminder, Tribal business owners may submit a small flyer at no charge. Like the classified ads, business owners are responsible for generating their own flyers as this is a FREE service.

Classified ads and business flyers will be posted no more than two consecutive months. In the event where the Newsletter may exceed the 24 page limit, classified ads and business flyers will be "bumped" for newsletter articles. Again, this is a FREE service for Tribal members.

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter. For additional questions, you may call the Library and speak with Nate or Tara at 505.869.9808.

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: Lobby(Newsletter Stand)
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk & Breakroom (Newsletter Stand)
- 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)

#### **GENERAL PUBLIC NOTICE**

The Isleta Pueblo Housing Authority (IPHA) provides services in the form of housing and other related services, such as our Repayment Program. Many of our clients honor their commitments and make timely payments on their accounts.

There are others who have not been making payments. This has created a delinquency back log which has become unacceptable.

The IPHA's only recourse is to adopt an assertive legal strategy to rectify the problem. This approach will begin in the very near future.

You are encouraged to contact your IPHA account representative and to begin constructive dialogue to help bring a solution to the problem. IPHA's phone number is 505-869-4153.

#### **PROBATE NEWS**

First Notice – A petition to Probate the Estate of Richard D. Olguin, deceased August 17, 2017. Case No. CV-17-PRO-00023, 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, April 25, 2018 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.

#### For Sale by St Augustine Church

St. Augustine Church is selling the items below. Call the Parish Office (869-3398) for further information.



Chest Freezer - \$70 OBO. Height: 35" Width: 51" Depth: 24"



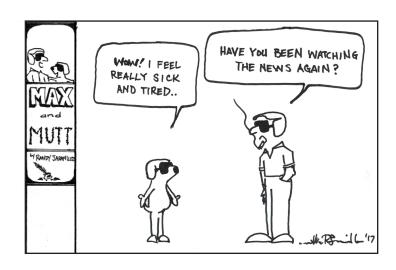
Solid Wood Decorative Doors (2) - \$180 per door OBO. Color: Medium-Brown, Stained / Height: 80", Width: 36", Thickness: 1 3/4"



Refrigerator - \$60 OBO.



Armoire - \$800 OBO. Color: Dark Brown / Height 69 3/4", Width 102", Depth 33"



# 2018 Next Generation Water Summit

Beautiful Santa Fe, New Mexico will reprise its role as host of the Next Generation Water Summit (NGWS) April 29 – May 1, 2018. The inaugural NGWS, held last year, was conceived to be the first of its kind, an event directed to three distinct professional cohorts: the building, design, and architectural community; water policy and delivery professionals; water harvesting, water conservation, and re-use experts, all connected through the issue of water scarcity in the West.

Protecting, reusing and conserving water, our most precious natural resource, is vital to sustaining our quality of life and economic growth in the southwestern United States. This is the goal of the NGWS. It brings together industry experts to collaborate and share in this volatile, growing environment.

The issue of water scarcity generates big questions, which is why our keynote presenter at the 2018 NGWS, a three-day event with over 40 breakout sessions, features a global authority on water. Jonathan Overpeck, a water expert from the University of Michigan and co-recipient of the Nobel Peace Prize for his work with the Intergovernmental Panel on Climate Change in 2007, will speak on Monday, April 30. He will focus specifically on the threats facing the Colorado River Watershed.

In addition to Overpeck, this year's NGWS has an unbelievable speaker lineup, including: Bill Hoffman, the father of commercial water audits; Peter Mayer, Founder of WaterDM; Dr. Robert Mace, Chief Water Policy Officer of The Meadows Center for Water and the Environment at Texas State University; as well as water professionals from Arizona, California, Colorado, New Mexico, Nevada, Texas, and Utah to discuss and collaborate on unique initiatives within their state. This year also features a pair of professionally facilitated charrettes. The intent of these workshops is to learn, leverage, record and plan. Both charrettes will generate whitepapers that will be given out to all attendees.

This unique event brings together developers, builders and water professionals from around the southwest to network and leverage shared experiences. Mary Ann Dickinson, the Executive Director of the Alliance for Water Efficiency, keynoted last year and is a partner of the NGWS this year. "We are proud partners of the 2018 Next Generation Water Summit," Dickinson said. "This unique event is a must attend for those interested in building sustainable communities in the arid southwest."

Before and after the NGWS, the Santa Fe Community College will feature a variety of water certification courses. These courses include: Greywater Basics, Commercial Water Auditing, Water Efficiency Rating Verifier, and American Rainwater Catchment Systems Association Accredited Professional. These courses offer attendees the ability to attend the NGWS and obtain valuable water certifications at the same time. More information about these courses, along with NGWS registration, can be found at www.nextgenerationwatersummit.com.

The Next Generation Water Summit is hosted by the City of Santa Fe and is produced by The Santa Fe Area Home Builders Association; KuelWater.org, a non-profit focused on water reuse and recycling; the Santa Fe Green Chamber of Commerce; and the Green Builder® Coalition, the national nonprofit administrator of the Water Efficiency Rating Score (WERS)®.





## **Isleta Career Opportunities**



#### \*\*PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED\*\*

Vickie Carrion 244-8206 www.isleta.com

Updated: February 15, 2018 (Internal Postings in BOLD)

| REQ    | <u>TITLE</u>                            | <b>DEPARTMENT</b>        | REMOVAL DATE                            |
|--------|---|--------------------------|---|
| 1522BR | RESTAURANT CHEF                         | F&B EMPLOYEE DINING      | Internal 02/16/2018 External 02/23/2018 |
| 1523BR | PORTER LOBBY EVENING-HOUSEKEEPING       | HOTEL HOUSEKEEPING       | Internal 02/16/2018 External 02/23/2018 |
| 1524BR | COOK - BANQUET                          | BANQUET                  | Internal 02/22/2018 External 02/29/2018 |
| 1526BR | COOK – EDR                              | EMPLOYEE DINING ROOM     | Internal 02/23/2018 External 03/02/2018 |
| 759BR  | 2ND MECHANIC                            | FUN CONNECTION           | 10/20/2018 or until filled              |
| 1298BR | SUPERVISOR SHIFT - PALACE WEST SLOTS    | PALACE WEST              | 11/10/2018 or until filled              |
| 1311BR | ATTENDANT VALET                         | VALET                    | 02/16/2018                              |
| 1312BR | ATTENDANT VALET                         | VALET                    | 02/16/2018                              |
| 1324BR | SERVER - STEAKHOUSE                     | F&B STEAKHOUSE           | 08/03/2018 or until filled              |
| 1325BR | CASHIER -F&B STEAKHOUSE                 | F&B STEAKHOUSE           | 08/03/2018 or until filled              |
| 1328BR | ATTENDANT VALET                         | VALET                    | 02/16/2018                              |
| 1333BR | ATTENDANT VALET                         | VALET                    | 02/16/2018                              |
| 1371BR | AGENT-CALL CENTER                       | HOTEL CALL CENTER        | 02/22/2018                              |
| 1377BR | HEAVY DUTY TECHNICIAN-HOUSEKEEPING      | HOTEL HOUSEKEEPING       | 02/23/2018                              |
| 1380BR | PORTER-CUSTODIAL (Graveyard)            | CUSTODIAL                | 12/20/2018 or until filled              |
| 1386BR | PORTER-CUSTODIAL (Graveyard)            | CUSTODIAL                | 12/20/2018 or until filled              |
| 1387BR | PORTER-CUSTODIAL (Graveyard)            | CUSTODIAL                | 12/20/2018 or until filled              |
| 1393BR | TIWA LINE COOK                          | F&B TIWA                 | 10/26/2018 or until filled              |
| 1395BR | ATTENDANT ROOM                          | HOTEL HOUSEKEEPING       | 02/23/2018                              |
| 1402BR | SERVER BEVERAGE                         | F&B BEVERAGE SERVICES    | 03/01/2018                              |
| 1404BR | SECURITY OFFICER I                      | SECURITY                 | 03/01/2018                              |
| 1405BR | SECURITY OFFICER I                      | SECURITY                 | 03/01/2018                              |
| 1406BR | SECURITY OFFICER I                      | SECURITY                 | 03/01/2018                              |
| 1407BR | SECURITY OFFICER I                      | SECURITY                 | 03/01/2018                              |
| 1416BR | ATTENDANT CONCESSIONS - DAUBERS         | F&B BINGO SNACK BAR      | 01/12/2019 or until filled              |
| 1418BR | SECURITY OFFICER II                     | SECURITY                 | 03/01/2018                              |
| 1419BR | SECURITY OFFICER II                     | SECURITY                 | 03/01/2018                              |
| 1420BR | SECURITY OFFICER II                     | SECURITY                 | 03/01/2018                              |
| 1423BR | DEALER TABLE GAMESPart Time             | TABLE GAMES              | 02/22/2018                              |
| 1425BR | HOUSEMAN-HOUSEKEEPING                   | HOTEL HOUSEKEEPING       | 02/23/2018                              |
| 1429BR | BAKER – F & B                           | F & B BAKERY             | 03/02/2018                              |
| 1449BR | COOK – DELI                             | F&B                      | 03/02/2018                              |
| 1452BR | ATTENDANT VALET (GRAVEYARD)             | VALET                    | 12/29/2018 or until filled              |
| 1453BR | FLOOR TECHNICIAN-SLOTS                  | SLOTS                    | 02/22/2018                              |
| 1454BR | TECHNICIAN LAB - SLOTS                  | SLOTS                    | 02/22/2018                              |
| 1460BR | REPRESENTATIVE GUEST SERVICE            | MARKETING PLAYERS CLUB   | 02/23/208                               |
| 1472BR | SUPERVISOR BINGO                        | BINGO                    | 12/29/2018 or until filled              |
| 1492BR | CLERK GOLF SHOP                         | GOLF COURSE OPERATIONS   | 02/15/2018                              |
| 1493BR | LABORER-GOLF COURSE                     | FACILITIES MAINTENANCE   | 02/15/2018                              |
| 1499BR | UTILITY-F&B                             | F&B UTILITY              | 02/22/2018                              |
| 1508BR | EXECUTIVE HOST                          | MARKETING PLAYERS CLUB   | 03/02/2018                              |
| 1511BR | HOUSEMAN-HOUSEKEEPING                   | HOTEL HOUSEKEEPING       | 02/23/2018                              |
| 1512BR | HOUSEMAN-HOUSEKEEPING                   | HOTEL HOUSEKEEPING       | 02/23/2018                              |
| 1514BR | BUYER - PURCHASING                      | PURCHASING               | 02/16/2018                              |
| 1515BR | SUPERVISOR CAGE                         | CAGE                     | 02/19/2018                              |
| 1516BR | COORDINATOR PROMOTIONS-MARKETING        | MARKETING SPECIAL EVENTS | 02/19/2018                              |
| 1517BR | TEAM MEMBER-COUNT                       | COUNT                    | 02/20/2018                              |
| 1518BR | SUPERVISOR FUN CONNECT FB               | F&B FUN CONNECTION       | 02/20/2018                              |
| 1519BR | COOK LINE – PALACE WEST                 | F & B PW                 | 03/02/2018                              |
| 1520BR | ATTENDANT CONCESSIONS - CHILE RISTA 2 - | F&B PALACE WEST          | 02/20/2018                              |
| 450455 | PW                                      | CLIDVEILLANCE            | 00/00/0040                              |
| 1521BR | Surveillance Network Technician         | SURVEILLANCE             | 02/20/2018                              |
| -      |   |                          |   |

## Pueblo of Isleta Career Opportunities

| Position Posting                         | Location                        | Closing Date                        |
|--|---------------------------------|-------------------------------------|
| ACADEMIC COACH,                          | Department of Education,        | Open Until Filled                   |
| NEW - ANIMAL CONTROL OFFICER,            | Wildland Open Space Dept.,      | Open Until Filled                   |
| RE-ADVERTISE - BUS DRIVER (2-PART-TIME), | Head Start & Child Care,        | Open Until Filled                   |
| ARCHITECTURAL TECHNICIAN,                | Housing Authority,              | Open Until Filled                   |
| ASSOCIATE JUDGE,                         | Tribal Courts,                  | Open Until Filled                   |
| CHILD CARE PROVIDER,                     | Head Start & Child Care,        | Open Until Filled                   |
| COOK,                                    | Head Start & Child Care,        | Open Until Filled                   |
| DENTIST,                                 | Health Center,                  | Open Until Filled                   |
| DISABILITIES COORDINATOR,                | Head Start & Child Care,        | Open Until Filled                   |
| EDUCATION ASSISTANT,                     | Elementary School,              | Continuously Accepting Applications |
| NEW - FACILITIES WORKER,                 | Head Start & Child Care,        | Open Until Filled                   |
| FAMILY SERVICE WORKER,                   | Head Start & Child Care,        | Open Until Filled                   |
| FENCE CREW FOREMAN,                      | Natural Resources, WITHIN ONLY- | Open Until Filled                   |

**Position Posting** Location **Closing Date** HOME SERVICES MANAGER, Elder Center, WITHIN ONLY-Open Until Filled IN-HOME CARE ATTENDANT, Elder Center, WITHIN ONLY-Open Until Filled NUTRITIONIST, Health Center, Open Until Filled Open Until Filled Health Center, NURSE MANAGER, PAINTER, Open Until Filled Housing Authority, **NEW-** PARK MAINTENANCE (Occasional), Recreation Center, Open Until Filled PERSONAL CARE SERVICE AIDE (Occasional), Continuously Accepting Applications Elder Center, PHYSICAL THERAPIST, Health Center, Open Until Filled PHYSICIAN, Health Center, Open Until Filled PLUMBER, Housing Authority, Open Until Filled RE-ADVERTISE - POLICE OFFICER-CERTIFIED, Police Department, Open Until Filled Health Center, REGISTERED NURSE (PT-20hpw), Open Until Filled SENIOR MAINTENANCE TECHNICIAN, Health Center, Open Until Filled SPECIAL EDUCATION TEACHER, POI Elementary School, **Continuously Accepting Applications NEW-SUMMER RECREATION AIDE (15-Positions)**, Recreation Center, WITHIN ONLY-Open Until Filled **NEW-SUMMER WEED & LITTER CREW (6-Positions)**, Recreation Center, WITHIN ONLY-Open Until Filled TEACHER-ELEMENTARY SCHOOL, POI Elementary School, **Continuously Accepting Applications** TEACHER-HEAD START, Head Start & Child Care, Open Until Filled SPECIAL EDUCATION TEACHER I or II, Head Start & Child Care, Open Until Filled TIWA LANGUAGE TEACHER (2 positions), Department of Education, WITHIN ONLY-Open Until Filled TIWA LANGUAGE TEACHER, Elementary School, Open Until Filled



VETERAN SUPPORT SERVICE PROGRAM MEMBER, Elder Center,

62A Tribal Road 90 SW Albuquerque, NM 87105 Phone: (505) 916-0695 Fax: (505) 916-5243 www.cfpadillallc.com

#### **CURRENT JOB OPENINGS as of February, 2018**

- $\circ \quad \text{Heavy Equipment Operators} \\$
- Pipe Layers

- Water Truck Drivers
- Laborers

## **EMPLOYMENT PROCESS Indian Preference Applies**

- 1. Contact Nick Padilla, Superintendent: (505) 269-7987 to schedule mini-interview and short field test
- 2. Complete New Hire Application
  - a. Application available for pick up at CF Padilla Office located at: 62A Tribal Road 90, Albuquerque NM 87105
  - b. Application available upon request via email to Felicia Padilla, Office Manager at: <a href="mailto:felicia@cfpadillallc.com">felicia@cfpadillallc.com</a>
- 3. Provide proof of passing pre-employment drug screen
- 4. Contact Foreman for start date



To apply for IBC positions click on application link at http://www.isletapueblo.com/careers.html, complete application, and submit to IBC. Or call Isleta Business Corporation at 505-869-7568.

#### **Current Open IBC Positions:**

Chief Executive Officer.

Open Until Filled

Open Until Filled

Chief Operations Officer, Open Until Filled

<u>C-Store Assistant Manager,</u> Open Until Filled

C-Store Shift Manager

WITHIN ONLY Open Until Filled

<u>Sales Associate</u>, Open Until Filled

#### **ISLETA PUEBLO HOUSING AUTHORITY**

Is seeking homeowners from the 'Mouse town' area (Tribal Roads 70, 71, 72 & 73) & other scattered sites to fill out a Renovation application no later than April 1st. Specifically, HUD homes built in the late 1960's & early 1970's and the majority are made with cinder block. IPHA will be offering to those applicants the Plumbing Rehabilitation Project consisting of the scope of work below:

- 1. Cut and remove concrete (approximately 6'x5');
- 2. Excavate to expose area of plumbing (drain lines) to be replaced;
- 3. Remove existing plumbing and reinstall new piping to plan;
- 4. Test to ensure no leaks;
- 5. Cover after inspection and replace fill and concrete (Standard compaction required); and
- 6. Repair sheet rock, flooring, and paint to match existing.

You must complete the entire application for the application to be valid.

Do not submit more than one application. Do not submit a new application to report a change. Completing more than one application may slow down the process. Before you submit an application, you must have all supporting documentation attached listed below:

- Household Income Statements (2017 Income Tax Return AND 2 months of all Income Statements);
- 2. Doctor's Notes/Statements (listing if a permanent disability);
- Certificate of Indian Blood (CIB) cards/Census Office notarized statements;
- 4. Property/Land Assignments;
- 5. HUD Form 9886 (attached to application); and
- 6. Public Assistance Verification Form (attached to application).

You should also know that we would need tax returns for each adult household member.

Applicants with disabilities who require an accommodation to complete this application may contact the Isleta Pueblo Housing Authority at (505) 869-4153 for assistance.

If you have any questions, you may contact us:

Email: poi40009@Isletapueblo.com

Fax: (505) 869-7595

Mail: P. O. Box 760, Isleta, NM 87022



JUNE 3-15, 2018

The Summer Policy Academy contributes to the development of future Native American leaders and policy makers among New Mexico students



Tel: 505-989-6303/216-7361

#### Faculty

The selection of faculty is premised on the idea that leadership in tribal communities is broadly defined to include everyone from teachers, crafts people, cultural practitioners, tribal government officials, and caretakers of others. As such, we draw on experts form these diverse areas of experience for instructors. Our faculty has years of experience educating Indian youth and serving as leaders in their communities. Faculty support students personal and intellectual development through interactive lessons throughout the two week program.



#### For more information about the program call:

505-989-6303/216-7361 or email Dalene Coriz at: daecoriz@sfis.k12.nm.us

You can also visit www.lisfis.org

#### The Summer Policy Academy

The Summer Policy Academy contributes to the development of future Native American leaders and policy makers among New Mexico students.



Each year, the Summer Policy Academy brings together a pool of outstanding New Mexico Sophomores, Juniors and Seniors who have demonstrated a commitment to their tribal communities. The high school students participate in a two-week on campus program designed by and for Indian people. The mission of the Academy is to develop and promote students' capabilities in leadership, policy, community service and critical thinking.

#### **Course Sessions & Location:**

June 3-15, 2018

Santa Fe Indian School campus

#### **Independent Projects:**

The courses are followed by a two-week independent project during which students implement a community service activity of their choice.

#### Students also enjoy...

Community visits in the local area

#### SESSION

Students will be introduced to community issues at the local tribal, state, national and world indigenous levels. Each section consists of two days of lessons and an activity related to the subject area studied. Subject areas include: language and culture, environment, community and economic development, health and sovereignty.

#### **Independent Projects:**

During the two-week session students will be asked to create a community service project related to an area of study that interests them. Following the on-campus program, students will have two-weeks to implement, introduce or present their project to an appropriate contact within their community. After two weeks, all students will be required to provide a brief presentation on the experience and/or outcome of their project.

#### Students of the Summer Policy Academy will:

- Create a personal vision about what leadership means within his/her tribal community and consider ways that vision may direct choices about their fu-
- Develop an understanding of how current state and federal policy issues affect our respective tribal communities.
- Collaborate with
- Develop critical thinking skills by researching and analyzing findings on a contemporary issue of his or her tribal community.
- Develop public speaking skills through delivering presentations, interacting with peers and faculty, and participating in group presentations.



#### **Curriculum and Community Leadership**

Our curriculum exposes students to issues facing indigenous communities, from local-tribal, state, national and international perspectives. A critical aspect of this training will involve teaching students how to effectively research, analyze and present contemporary issues of their respective tribal communities. During this process, the students begin to understand how current policies affect their tribal communities.

Through facilitated discussions, students identify core values that strengthen their tribal communities. These often are the same values that empower and direct the students in their future educational and professional

Students begin to realize their potential role as community leaders through a deeper understanding of core values, tribal history and current events.

#### Participation

Enrollment is limited, students will be chosen from current Sophomores, Juniors and Seniors of N.M. tribes Selection criteria is based on the candidates demonstrated commitment to their tribal community . Students will be expected to fully participate in the curriculum and activities of the Academy. Housing and meals will be provided free of charge. Students will receive an incentive upon community service project completion.



"The confidence I gained spurred from the strong feelings that many of the issues raised in me. This was the first time I was able to speak out so strongly about issues like this and have an audience willing and open to hearing the issues. The confidence was also due in part to the encouragement and confidence that each of the mentors had in all of us. Thank you all!" Lia A. Pueblos of Isleta/ Acoma

"I have more confidence in myself because now all these opportunities that were presented to us, gave me more confidence in what I want to do in life. It helped me become a better leader." Anonymous

"When I have first arrived at SPA I looked at it as an opportunity to get away from home, but as I got more involved I looked at it as meeting people who can be able to help me go to college and have inspired me to get educated and give back to my community." Anonymous



#### **Summer Policy Academy Staff**

- Regis Pecos
- Carnell Chosa
- Dalene Coriz
- Shannon Douma
- Ron Martinez Looking-Elk
- Francis Vigil
- Faith Rosetta
- Carmella Quam
- Patrice Chavez Scott Shula
- Gena Secakuku
- Christina Castro





Greetings! Prospective Summer Policy Academy Fellows;

Thank you for your interest in learning about our program and your commitment to participate. The Leadership Institute and the Summer Policy Academy (SPA) is founded on Indigenous thought and philosophy derived from core values, cultural life ways and daily practice. The SPA is an educational leadership and public policy program focused on four principles: Leadership, Community Service, Public Policy and Critical Thinking. Selected incoming Juniors and Seniors of NM High schools will participate in an intensive four-week program alongside their peers representing the surrounding 22 tribal communities. Students will be lodging at the Santa Fe Indian School in Santa Fe, NM. The 2018 Summer Policy Academy will convene beginning Sunday, June 3, 2018 through Friday, June 15, 2018 with a two-week Service Project in their community and culminating in a Graduation Banquet on July 1, 2018 where the students will share and present their service project to an audience of their peers, family and community.

#### **APPLICATION DUE DATE & CHECKLIST**

In order to be considered for the Summer Policy Academy the following materials must be completed, signed and submitted by:

## 1. A completed application must include the following:

- Letter of Intent- a cover letter describing your interest and Commitment to participate in the program.
- SPA Application Form (including goals and interests)
- Personal Essay (2 pages doublespaced)
- One Letter of Recommendation from a non-family member

#### NOTIFICATION DATE

Prospective SPA Fellows will be notified of their selection to participate no later than Friday, May 4, 2018. The following materials will be mailed to students and will need to be completed and brought to SFIS on Sunday, June 3, 2018 at Registration.

## 2. Upon selection, the following materials will be mailed to you:

- Letter of Acceptance and Selection
- SPA Agenda and Logistical Information
- Participant Code of Conduct and Commitment Form
- Photo Media Release Form
- Medical Release Forms

All completed and signed materials should be received by fax, email, or mailed on or before Friday April 20, 2018

The Leadership Institute at the
Santa Fe Indian School
1501 Cerrillos Road
Santa Fe, NM 87505
(505) 989-6303 / (505) 216-7361 phone
(505) 989-6319 fax
daecoriz@sfis.k12.nm.us
www.lisfis.org

(Summer Policy Academy, continued next page)



#### **SPA Student Application**

| St   | udent Information  |
|--|--|
| First Name:Mid   | Idle Initial:Last Name:  |
| Date of Birth://Age:   | Gender: ☐ Male ☐ Female  |
| Mailing Address:   |  |
| Current High School  | Current Grade level:   |
| Tribal Affiliation(s):   |  |
| Student Cell Phone (if applicable):  | Student email address:   |
| P  | Parent/Guardian  |
|  | Cell Phone #:  |
| Parent/Guardian Name(s):   | Home Phone#:   |
| Address  | Other Phone #:   |
| Address:  City:State   | Email Address:   |
| Zip:   | Preferred method of contact: ☐ Home ☐ Work ☐ Cell ☐ Email  |
|  | Emergency Contact  |
| 1  | e contacted if primary guardian is unavailable.  |
| Name:<br>First Last  | Name:<br>First Last  |
| Home Address:  |  |
| Tronic / tdaress.  |  |
| Relationship to Child:   |  |
| Phone 1:   |  |
| Phone 2:   |  |
| Signature of Partic I understand that by signing this form I comm and two-week Community Initiative. I will all SPA to make arrangements on my behalf to | cipation and Commitment it to fully participate in the two-week Summer Policy Academy (SPA) bide by all program guidelines and expectations. I give permission for prepare and follow through with all planning and logistics for my unforeseen circumstances that would prevent me to participate, I will |
| Parent/Guardian Signature:   | Date   |
| Student Signature:   | Date   |



#### **SPA Student Application**

#### **SPA Student Application**

Applicants must complete (1) one typed *Cover Letter* describing your interest and commitment to participate in the Summer Policy Academy Program.

Applicants must also complete a typed (2) two-page, double-spaced *Personal Essay* and respond to at least two of the following questions:

- What is one important issue impacting your tribal community?
- What would you like your community to look like in 5-20 years?
- Who will be our caretakers?
- What is your contribution?
- What is your contribution:
   What are some personal qualities of a leader?

#### Goals and Interests Answer below, or on a separate sheet if necessary

**Describe your Interests and Hobbies?** 

Describe your involvement in Out of School Time, Leadership and/or School and Community Initiatives?

Describe your future aspirations?

Who is or who has been the mentor in your life thus far and why?



NOTE: Students please give this form to the person who will recommend you.

Applicants must submit one (1) Letter of Recommendation to be completed by an (Advisor, Teacher, Counselor, Community Advocate, etc.) This letter must be completed by a (non-family member) and submitted with the completed SPA application packet.

#### **Due Date: April 20, 2018**

| Date                                 |  |
|--------------------------------------|--|
| Name of Person Making Recommendation |  |
| Relationship to ApplicantYears Known |  |
| Contact Information:                 |  |

#### Please include the following in your Letter of Recommendation:

- How has the applicant demonstrated leadership and dedication to their tribal community and/or school?
- Describe a personal quality that you admire about this individual?

Upon completion, please return the letter to the student in a sealed envelope.

#### **Address Letter to:**

The Leadership Institute at the Santa Fe Indian School
Summer Policy Academy
1501 Cerrillos Road
Santa Fe, NM 87505
(505) 989-6303/(505) 216-7361 phone
(505) 989-6319 fax
daecoriz@sfis.k12.nm.us
www.lisfis.org



# ISLETA COLLABORATION, COMMUNICATION, COMMUNITY SUMMIT

**DATE:** MARCH 16, 2018, FRIDAY

TIME: 8:30 AM TO 4:00 PM

LOCATION: ISLETA GOLF COURSE

CONTINENTAL BREAKFAST AND LUNCH PROVIDED

# HISTORICAL TRAUMA, MOTIVATIONAL INTERVIEWING, PROVIDER SPOTLIGHTS EXPERIENTIAL ACTIVITIES

7.5 CEU'S FOR PROVIDERS

Join us in this collaborative effort to enhance program/community communication for and with the Isleta community

VENDORS, INFORMATION BOOTHS AND DOOR PRIZES

FOR MORE INFORMATION ABOUT REGISTRATION, VENDORS, CONTACT IBHS:

(505)-869-5475

# Transit Services Now Serving the Pueblo of Isleta

The Pueblo of Isleta and the Rio Metro Regional Transit District are pleased to announce two new transit services now serving the Pueblo

#### **Bus Route 208**

Bus Route 208 connects the Pueblo and Valencia County communities to the Alvarado Transportation Center (ATC) in Downtown Albuquerque during the morning/midday when the Rail Runner does not operate. Route 208 features three northbound trips arriving at the ATC at 9:30am, 11:00am and 1:30pm, and three southbound trips departing the ATC at 9:35am, 11:05am and 1:32pm. At the ATC, riders can transfer to ABQ RIDE bus routes.

Route 208 serves two bus stops on the Pueblo of Isleta. The stop closest to the village proper is located on NM 147 just east of the Rio Grande bridge. Please do not park and leave vehicles unattended on the adjoining roads near this stop, as the bus and other vehicles use these roads to turn around and access other locations. Route 208 also stops at the Isleta Pueblo Rail Runner Station, where riders can transfer to the Isleta Resort and Casino shuttle. Because the bus serves the station, riders can also consider using Route 208 in combination with the Rail Runner, for example, taking the bus to Downtown Albuquerque in the mid-morning and returning by train in the evening.

#### Pueblo of Isleta Dial-a-Ride

The Pueblo of Isleta Dial-a-Ride operates Monday through Friday from 9:00am to 2:00pm, providing trips within the Pueblo and to the ABQ RIDE Route 53 bus stop on NM 314. Limited service to Wal-Mart in Los Lunas will also be provided on Wednesdays from 11:00am to 2:00pm.

Request your Dial-a-Ride trip by calling Valencia County dispatch at (505) 352-3595 before noon at least one business day prior to your trip. Rio Metro will accept requests beginning Wednesday 11/29 for service starting Monday 12/4. Requests are accepted between 8:00am and 5:00pm. On the date and time of your trip, a wheelchair accessible van will arrive within 15 minutes of your scheduled pickup time. Trips may also be grouped together; riders should expect to travel with others.

For more information about both services, including a copy of the Route 208 schedule, visit riometro.org and select "Schedules" > "Bus" > "Pueblo of Isleta" from the grey bar near the top of the website. Schedules for Route 208 are also available at the Public Services Department Office at the Tribal Services Complex.





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

#### Pueblo of Isleta Veterans Association

Listed below are the corrections which were printed in error in the February Newsletter. We are requesting names and a short Bio of family members currently serving in the armed service. We would like to print this information in the newsletter.

Please submit this information to:

POI Veterans Association PO Box 338 Isleta, New Mexico 87022

Lalo Abeita Army Alex Jiron. Army WWII Joseph V. Jojola Air Force/Army John Leonard Marine Corps Bernardino Lucero USMC/ Air Force Bobby Lucero Army Ernesto E Lucero Army WWII Eugene Lucero Navy Felipe Lucero Army WWII Frank Dennis Lucero Army Frank L. Lucero Army/Air Corps Frederick Anthony Lucero Army Herman Lucero Air Force James Lucero Army Joe D. Sr. Lucero Marine Corps Joe R. JR. Lucero Marine Corps Joe R. Lucero Army John C. Lucero Coast Guard John P. Lucero Army Johnny Lucero Navy Jose Augustine Lucero Army WWII Jose L.R. Lucero Army Jose Raphael Lucero USMC KIA WWII Jose Raphael L. Lucero Army Jose Ray Lucero Navy Jose Remijo Lucero Army Joseph Andrew Lucero Marine Corps Juan Bautisto (Tita) Lucero Army Juan Rey Lucero Army WWII Larry Lucero Marine Corps Matthew Lucero Army Michael Bernard Lucero Navy Michael F. Lucero Air Force Robert Montoya Unknown



Joseph Phillip Zuni Marine Corps

# Annual Ditch Cleaning

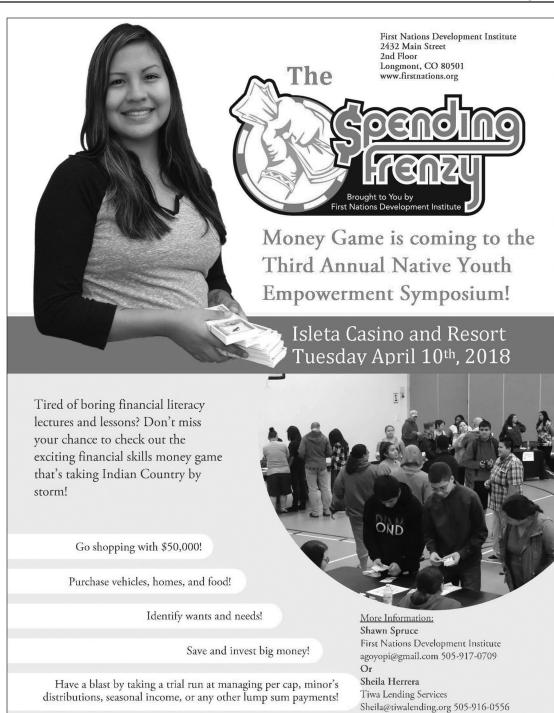
March 17, 2018 @ 8AM

Annual Ditch Dues /Fees: \$15.00

Penalty for "No-Show" Ditch Cleaning: \$60.00

Mayordomo: Daniel Waseta Jr., (505) 433-8229

Asst. Mayordomo: Juan Rey Abeita, (505) 553-1741







# The Isleta Department of Education Adult Education Program can help!

The program can assist with the following services:

- Placement in GED classes
- Basic school supplies
- Resources for adult learners
- · One-on-one tutoring
- Pretesting and testing services
- Transport service to classes and exams (limited services)

Upon completion of the GED program, these services are available:

- Employability skills
- Transition into the workforce
- Higher education

For more information contact: **Lisa Smith**, Adult Education Coordinator

Phone: (505)869-9790, Email: poi02001@isletapueblo.com



#### PUEBLO OF ISLETA HIGHER EDUCATION PROGRAM

# Attention Students Higher Education Graduates:

Students if you have graduated (completed your degree) please call or e-mail the education office so we may proudly place you on our list for the upcoming "Graduation Banquet". Information needed will be:

Name, Phone #, Address, University Name, Degree Completed.

Each participating graduate will receive a wonderful gift.

#### **Mandatory Orientation**

Higher Education Program is hosting "Mandatory Orientation", there are many of you who have not yet attended? This orientation is to advise you of expectations from the Higher Education program and also assist us in understanding what your expectation is of this program.

Our next Orientation will be held on: March 20, 2018 10:00 AM OR 3:00 PM

Please call 505-869-9790 to inquire about Orientation.

#### FAFSA Night

WHEN: March 22, 2018
 TIME: 3pm - 7pm

WHERE: Education Department
 Bring your 2015 taxes for enrollment
 of the SUMMER 2018.

 Bring your 2016 taxes for enrollment
 of the FALL 2018
 (Please see attached flyer)

#### **Scholarship Information**

Next Available Funding: Summer 2018 Term You must submit all required documents on the dates listed below. Funding *will not* be provided if documents are received after these deadline dates.

Summer Application Deadline April 1, 2018 Summer Supporting Documents Deadline May 31, 2018

It is the responsibility of the student to submit their required documents by deadline dates.

Isleta Higher Education Program Application and checklist for the 2018/2019 Academic year are currently available.

#### <u>Upcoming Events</u>

College Career Fair: Saturday, March 10, 2018 Isleta Eagle Golf Course

#### Reminders:

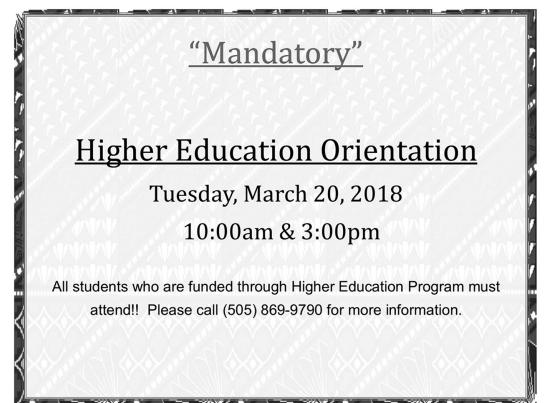
- ▶ Please understand that once your file is complete with the Isleta Higher Education Program, your file will be reviewed to determine eligibility of funding. Your financial aid does takes time to process and may require you to establish a payment plan with your institution to avoid being dropped from your courses.
- ► Students it is extremely important you communicate with our office regarding any changes to your education.
- ▶ All students are required to submit Official Transcripts at the end of each and every term. You may order your official transcripts through your institution ahead of time and request the school process your request when *final grades post*.

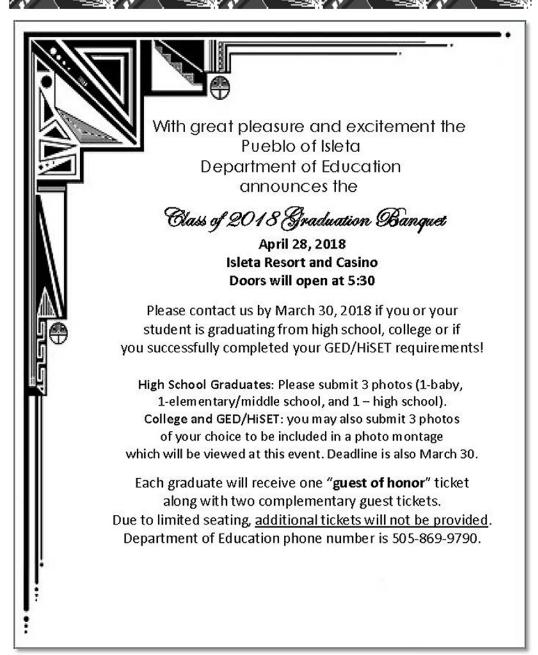
#### \*Failure to provide <u>Official Transcripts</u> may suspend your scholarship award\*

If you have any questions or need further assistance, please do not hesitate to contact the Scholarship Program:

Cecelia Jaramillo, Scholarship Coordinator poi08001@isletapueblo.com

Kathleen Jojola, Scholarship Assistant poi08004@isletapueblo.com Phone: (505) 869-9790





#### \* Please Join Us \*

#### Your input is invaluable!

POI's departments of Water Resources and Natural Resources are asking for Isleta Community participation in a survey for Isleta Pueblo bosque and riverine habitat restoration planning. Several dates have been set aside. Please mark your calendars and join us for one of these meetings. Refreshments will be served.

In each meeting, a brief background presentation will be provided, a survey will be conducted (answers will be anonymous), and an open discussion will follow.

Location: Golf Course Event Room

Date and time: Thursday, March 15

Elder Center Activity Room Friday, March 16

1 pm - 3 pm

5:30 pm – 7:30 pm

Golf Course Event Room

Golf Course Event Room Monday, March 19 5:30 pm – 7:30pm

**Location:** Golf Course Event Roo **Date and time:** Saturday, March 17 2 pm – 4 pm



# Save The Date





# 3<sup>rd</sup> Annual

# Native Youth



# Empowerment Symposium

Tuesday, April 10<sup>th</sup> 2018

**Grade 8-College students** 

Pueblo of Isleta Resort & Casino Grand Ballroom 11000 Broadway SE-Albuquerque, NM 87105

Inspired by Generation Indigenous (GEN-I), the 3<sup>rd</sup> Annual Native Youth Empowerment Symposium is an opportunity to interact with Native youth, Tribal leaders, and industry experts representing non-profits, government agencies, tribal services and education.

Hosted by the Pueblo of Isleta in collaboration with Tiwa Lending Services (TLS).

For more information or to register please contact Tiwa Lending Services at (505) 916-0556.

Lunch Provided





**PUEBLO OF ISLETA** 

# FAFSA/ COLLEGE ADMISSIONS COMPLETION WORKSHOP

PROVIDED BY
ISLETA PUEBLO HIGHER EDUCATION PROGRAM
&
EDUCATIONAL OPPORTUNITY CENTER (EOC)

WHEN:

**March 22, 2018** 

TIME:

3 pm – 7 pm

PLACE:

**Isleta Pueblo Higher Education** 





BRING YOUR 2016 TAXES YOUR FALL 2018

FOR SUMMER 2018 COLLEGE ENROLLMENT, BRING YOUR 2015 TAXES

IF 24-YEARS-OLD OR YOUNGER, BRING YOUR PARENT'S 2015/2016 TAXES & W2s

LOCATION:

EDUCATION
DEPARTMENT
950 MOON LIGHT DR.
S.W. ALBUQUERQUE, NM
87022 (505) 869-9790

# 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"

Isleta Elementary School
Parent Preview

March 1, 2018 @ 6pm

# Presentation

PREVIEW the
PUBERTY EDUCATION
program for 4th, 5th, & 6th
grade students that will be
presented to them at
school on March 7th.

Questions? Call 869-4479

Stephanie Barela, IHC Health Education

Everyone Welcome!

#### Pueblo of Isleta Elementary School

February was a busy month for the students at the Pueblo of Isleta Elementary School. Students were planning and designing their Science Fair Projects in preparation of the competition scheduled near the end of the month. Since the newsletter went to press prior to our competitions, we will share photos and results in the April Newsletter. Forty-two students were treated to ice cream on February 2nd for earning Perfect Attendance during the month of January. Students are able to earn Perfect Attendance monthly with no tardies, no early check-outs and no absences. Truancy Department also provides awards and incentives to the Isleta Elementary Students for Perfect Quarterly Attendance.

Students will be participating in several local competitions over the next few months, Science Fair, Battle of the Books and Spelling Bee. The Pueblo of Isleta Elementary School Science Fair was first on our calendar. On February 21st all student science projects were due. Judging was completed on the morning of February 22nd. Third through Sixth Grade First, Second and Third Place Winners will be traveling to Tesugue on March 1st to compete in the Reginal CENAC Science Fair. Parents and community members were invited to view our Science Fair Projects on the afternoon of the 22nd after the judging was completed.

As part of a small service project, Pueblo of Isleta Students showed some "LOVE" by donating new pairs of socks for the Barrett House in Albuquerque. Students were treated to a morning "Sock Hop," at the POIES Gym, where the disco ball danced and so did the students and staff, to the musical sounds provided by D.J. Holly Gilster, A.K.A. POIES Music Teacher. Students loved having a shared Physical Education Activity with all of their school mates and teachers.

Family Literacy Night was held on Thursday, February 15th. The theme was "Keep Calm and Love Reading!" Students and parents were invited to visit the classroom where various Literacy Activities were hosted. Lt. Governor Max Zuni joined us for supper and shared stories with the families.

Pueblo of Isleta Elementary Staff participated in the Annual CENAC Rally at the Santa Fe Indian School on February



Some of our Pueblo of Isleta Elementary School Valentines

20th. Students were given an extended weekend break while the staff became the students. It was a great learning opportunity for all that attended.

The Student of the Month Dinner will be held on March 7th to honor Students of the Month for November, January and February. Notification of honorees will be forthcoming.

Our Teacher Feature highlights two teachers that are both completing their second year of teaching at POIES. Our Sixth Grade Teacher, Loretta Ortiz is a native of New Mexico and comes to us from Taos. Ms. Ortiz completed both of her Education Programs at the University of New Mexico, where she received a Bachelor's of Science and a Masters of Arts in Education. She holds a Level Three-A, Instructional Leader, K-8 Elementary License with the State of New Mexico. She also holds an endorsement in Bi-lingual Education.

Before joining us at POIES, Ms. Ortiz worked in the Albuquerque Public School District for eighteen years as a Bilingual Teacher. We were very fortunate that she has brought her love of science to share with our students. Our Sixth Grade Students participated in the Spirit TECH Flight Rocket Launch Project at Kirtland Air Force Base with the support of the grant that Ms. Ortiz submitted.

She stated, "I enjoy the opportunity to work with Native American Children. The size of the school and the classrooms is also refreshing. It gives the classroom teacher more of an opportunity to provide students with individual academic attention."



Line Dancing is fun!



Ms. Loretta Ortiz

Susana Dominguez is in her eleventh year of teaching. She also completed a Bachelor's of Science Degree at Texas A&M University. After teaching for six years in Texas, Ms. Dominguez moved to New Mexico where she worked as a Reading Intervention Teacher at the San Felipe Pueblo. She has completed her Masters of Arts, with a concentration in American Indian Education at the University of New Mexico. Mrs. Dominguez holds a Level Two, K-8 Elementary License with endorsements in the areas of Reading, Library Media and Art. She has shared many of her photographs with the students, staff and families of POIES.



Mrs. Susana Dominguez

Mrs. Dominguez stated, "I am inspired by the Pueblo of Isleta Students every day. I feel compelled to do my best work and in return, students engage and grow. I aim to provide a culturally relevant approach to curriculum to stimulate improved educational outcomes."

(Continued next page)

On March 21st, the Pueblo of Isleta Elementary School will celebrate "Incredible Kid Day!" Parents, family members and community members are invited to write letters of encouragement to give to their special kid. A letter writing station will be set up in the School Library. More information will follow from the school.



Ms. Otero and the POIES Students love to Conga!



Lt. Gov. Zuni Visits POIES Literacy Night



Family Reading Time



Read to me big brother!

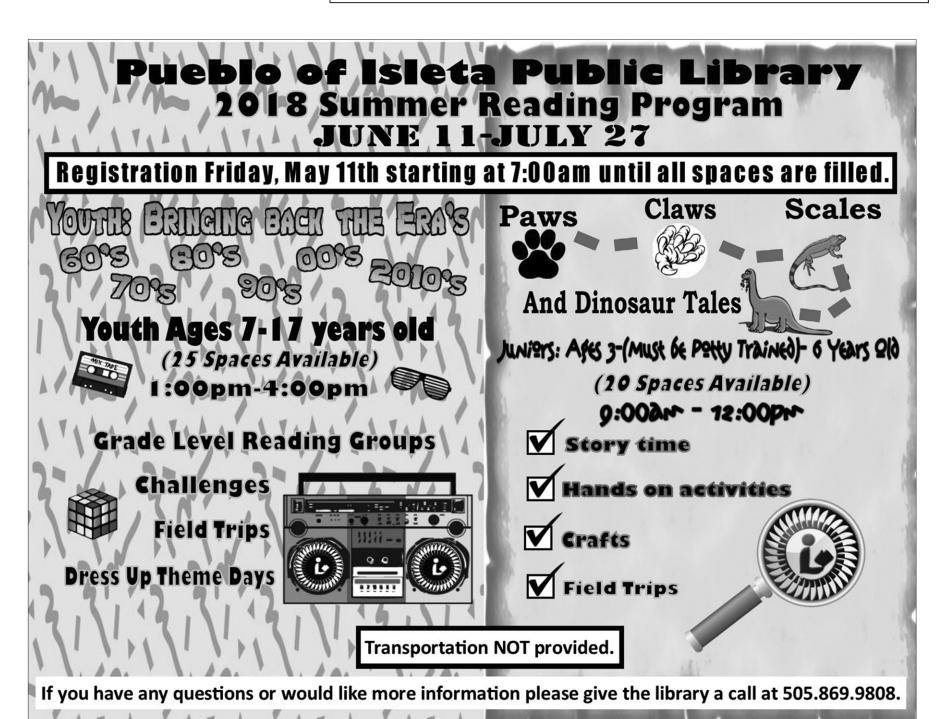


Reminder: If you have registered online and have not turned in your supporting documents (3 proofs of residency and your child's birth certificate) you will need to contact Charles Lujan at 270-0884

Registration will be open online till April 1, 2018 http://tshq.bluesombrero.com/isletalittleleague

Opening day will be April 7th at Our Little League Fields starting at 11:00am

Isotopes Banner Night will be May 5th game starting at 6:35 pm Coaches will be in contact with you soon about any other information.





## Pueblo of Isleta Public Library

Greetings from the Pueblo of Isleta Public Library staff! Spring will be fast approaching along with Daylight saving time on March 11th. We lose an hour of sleep so make sure you have coffee on hand the next day to get your day going.

#### News

The Library will be closed from 9:00am-12:00pm on Friday, March 2 for Active Shooter Training provided by the Isleta Police Department. We apologize for any inconvenience this may have caused.

The Library will be closed Wednesday, March 7th from 8:00am-12:00pm for our monthly staff meeting. We will be discussing upcoming programs for the month of April for children, teens and adults. Please visit our Library Website: www.isletapueblo.com/whats-new.html for the latest flyers. Flyers and notices can also be found on our Facebook page: www.facebook.com/IsletaPuebloLibrary.

The Library may be closed on Friday March 30th in observance of Good Friday. Governor will determine.

Summer Reading Program will be here in no time. Registration will be May 11th starting at 7:00am until all spaces are filled. The library has been planning our 2018 programs since December and we are proud to share with you all our Calendars so you may decide whether our program will fit you and your child/children's needs. We will be short staffed this Summer and have changed our Youth registration available spots from 30 students to 25 students. That means our program will fill up faster than usual but nonetheless we will create a waiting list and will contact you once a student drops from our program. REMINDER that the Library DOES NOT provide transportation to and from the library.

This year our Summer Reading Program for Youth ages 7 years old- 17 years old will be celebrating the Era's starting June 11th to July 25th from 1:00pm-4:00pm. Each week we will introduce a new Era along with Technology used during that time, music, cartoons, games and much more. Each day will consist of 30 minute daily reading in a Grade-level group. Then we will move on the activities planned for that day. This year we have also included Fun Themed days, which children can dress up according to the theme of that day. Of course Theme Days are optional and listed on Youth Calendars. If you have any questions about our Youth Summer Reading Program please give us a call and speak with a Library staff member at 505.869.9808.

Our Summer Reading Program for Juniors ages 3 years old (Potty Trained)- 6 years will be based around the theme Paws, Claws, Scales and Dinosaur Tales starting June 11th-July 25th from 9:00am-12:00pm. Each week we will incorporate different animals, reptiles, dinosaurs and sea life into our curriculum. Each day will consist of story time followed by an activity, and craft. If you have any questions regarding our Junior Summer Reading Program please give us a call and speak with a Library staff member at 505.869.9808.

#### **Upcoming**

Do you have a library fine? Here is your chance to lower your fine. We are currently taking donations of 12pk rectangle soda boxes and empty paper towel rolls. These will be used for our Summer Reading Program for crafts and life sized Jenga. For every soda box and paper towel roll you donate you will receive \$1 OFF your library fine. You can donate up to \$5.00 worth per library account. Please keep in mind that we will NOT accept donations of toilet paper rolls due to sanitary issues and any other sized boxed other than a 12pk rectangle box. If you have any questions please give the library a call at 505.869.9808.

Come join us on Mondays at 10:30am for Story Time with Diane! This is open to children who have not started a Head Start Program. She will read a different story every Monday along with a small activity, song or craft. No need to sign up. If you have any questions or would like more information on the book or activity of the day please call the Library and speak with Diane at 505.869.9808.

Cooking Basics for children starting Monday, March 12- Friday, March 16th (Los Lunas and Isleta Elementary School Spring Break). Learn how to utilize ingredients at home and make something easy and delicious. There will be two sessions each day. First session will start at 9:00am-11:30am and will be open to 4 pairs of brothers and sisters (total of 8 participants). Second session will start at 1:00pm-3:30pm and will be open to 8 individuals. Sign up starting March 5th. If you have any questions of concerns please give us a call at 505.869.9808.

The POI Public Library has been going strong with our Botball Team. What is Botball? Botball is a Robotics program where a team will meet at the Library throughout the week to build and program their team robot to accomplish certain task. Our Botball team is preparing for the New Mexico Regional Tournament held at UNM Valencia Campus on April 21, 2018. The Library team must participate in the N.M.



Botball team meeting practicing their coding and building their robot.



Botball team members who attended the Botball Workshop held at the New Mexico Regional Workshop on February 3 and 4 at UNM Valencia Campus.



Botball team members trying out the coding learned at the workshop.

Regional Tournament as obligated for being awarded the Botball Scholarship. Botball team practice happens Monday-Thursday from 4:30pm-5:30pm for 6th grader-12th grade students. Should you have additional questions, you may call the Library at (505) 869-9808 and speak with Nate Lujan.

#### Recap

We took our Homework Help Program on our first incentive field of the year to watch Jumanji at Century Rio 24 and dinner at Fuddruckers. All the students enjoyed the movie. Students in our homework help program earn their spot on the field trip by attending our program consistently and completing homework.

City of Bones Book Club started on February 5th and met every Monday and Thursday from 5:15pm-6:15pm. They will have there last book club meeting on March 8th. Library staff member Kyle led the book club including discussions and crafts pertaining to the book. We would like to thank the participants for taking the time to join us for the program. Keep a look out for more book clubs in the future months. Library staff member Ashley hosted a Valentine's Day Craft on February 13th. She showed everyone how to make a Heart Collage made out of a heart-shaped foamboard, personal pictures and Mod Podge. We had a total of 4 participants who all left with a Valentine's gift for their special someone. We hope you all enjoyed the program.

# Topic control of the second of

Valentine's Day Craft participant piecing together her pictures on a foam board heart cut out.



Working on her Chinese New Year craft.

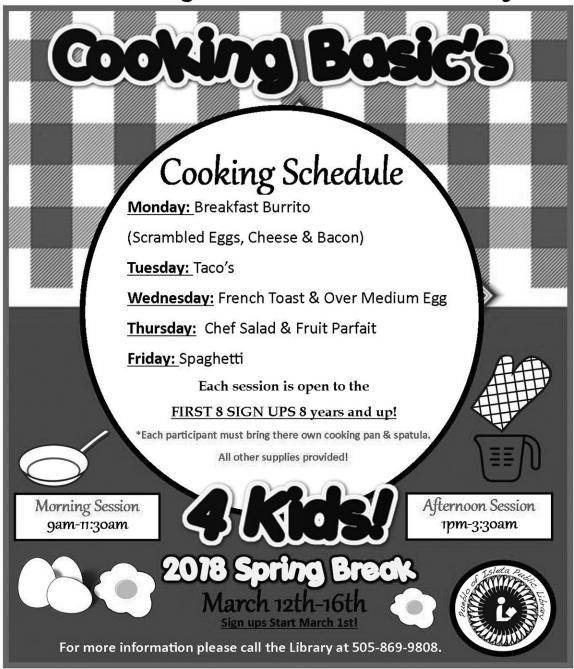
In celebration of Chinese New Year, Year of the Dog, library staff member Cheyenne hosted a Chinese New Year good fortune craft. This took place on February 15th and was open to everyone. Participants made a of good fortune ornament to give as a gift made out of paper, yarn and gold tape. The gold tape was used to put the Chinese symbol of fortune on their ornaments. Thank you to everyone who came by and participated. Happy Chinese New Year!

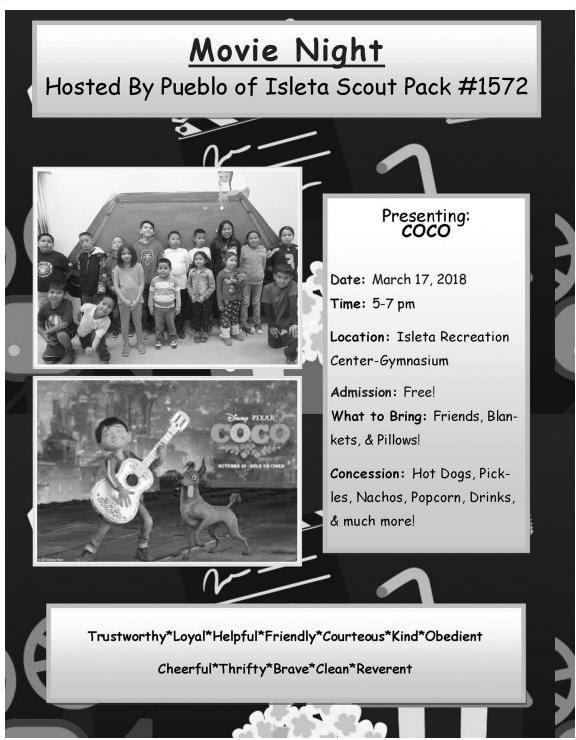


Finished Good Fortune Chinese New Year craft.

Peralta Playhouse visited our library on February 21st bringing 30 students. Library staff member Diane read the book, "Hurray for Spring" by Patricia Hubbell, and did a flower pot craft. Peralta Playhouse has been visiting our Library for some years now and we appreciate their continued interested in our library services.

# Pueblo of Isleta Public Library





# June 2018

#### Thu Sat Mon Wed Fri Sun Tue 2 3 6 8 4 5 9 10 12 14 16 11 13 15 Field Trip: **First Day** Reading \*Theme NO 60's of SRP Day\* groups **PROGRAM** Gravity **Icebreaker** week 60's Outdoor Park and games Cartoon Game Furr's **Buffet** Life Size Lava Kerplunk Lamp 18 17 19 20 21 22 23 Reading Reading Reading \*Theme FUN DAY 70's Groups Groups Groups Day\* 70's 70's Life Size Life Size week Reading Challenge Cartoon Jenga Hungry Groups Hungry **Relay Race** UNO Chocolate **Hippos** Jump Rope Freeze Tag **Fondue** 24 26 27 28 29 30 25 Reading Reading \*Theme Field Trip: NO 80's Groups Groups Day\* **PROGRAM** Meow Wolf week 80's 80's Reading (Santa Fe) Cartoon Technology Groups and Dion's Pictionary **Marbles DIY Slap** Oregon Taboo **Bracelets**

# YOUTH

7 ·17 years old 1:00-4:00pm

Summer Meal Program (1-18 years old) Breakfast: 8:00am-9:00am

Lunch: 11:30am-1:00pm



Theme days every Wednesday (Optional)

Children are encouraged to dress up and have fun!

June 13th- Tie Dye/Flower Power

June 20th-Star Wars

June 27th- Neon/Bright Colors



# July 2018

Trail

#### Sat Sun Mon Tue Wed Thu Fri 3 4 6 NO SUMMER READING PROGRAM 8 13 10 Reading 11 14 9 Reading 12 Groups Groups \*Theme Day\* 90's NO Field Trip: 90's Cartoon **Reading Groups PROGRAM** Jurassic Super Week Nintendo World 90s Movie Pogs **Fallen** Challenge **Putt-Putt** Retro Kingdom online Computer and Games Fuddruckers 18 16 Reading 17 Reading 19 20 21 15 Groups Groups \*Theme Day\* Reading Water Day 00's Groups oo's Life Size Jenga Reading Groups Week Snow Cones Slang Cartoon Nicktoons Chicken Challenge PS1.com **Invaders** racing Life Size Scene it **Guitar Hero** Texting Hungry Challenge Hungry DIY Wonder ball Hippos 28 22 23 26 27 24 Reading 25 Reading Groups 2010's Groups **Family Game** NO Field Trip: Cliff's and **Zombie Night PROGRAM** Week 2010's Eyeball Golden 5:30pm-7:00pm Corral Cartoon Cupcake Emoji Silent Library Challenge 29 30 31

## 7 ·17 years old 1:00-4:00pm

Summer Meal Program (1-18 years old) Breakfast: 8:00am-9:00am

Lunch: 11:30am-1:00pm

Theme days every Wednesday (Optional)

Children are encouraged to dress up and have fun!

July 11th- Mismatched Day (different prints & different colors)

July 18th– EMO Day (All black, favorite band shirt, etc)





July 2018

Juniors : 3yrs-6yrs Time: 9:00am— 12:00



Summer Meal Program Breakfast: 8am-9am Lunch: 11:30am-1pm

> Daily Schedule Storytime: 9:00am-9:30am Craft/Activity: 9:30am-11:15am Clean Up: 11:15am-11:30am

> > Summer

Re

ading Program

Lunch: 11:30am-12:00pm

| S  | un Mo  | on                       | Tue  | Wed  | Thu   | Fri                  | Sat |
|----|--|--------------------------|--|--|---|----------------------|-----|
| 1  | 2  |                          | 3  | 4  | 5   | 6                    | 7   |
|    |  | N                        | NO SUMME   | R READING  | PROGRAM   |                      |     |
| 8  | 9<br>Story: How<br>Dinosaur<br>Craft/Activi<br>Pudding Cu<br>Ring Toss | to Grow a                | 10<br>Story:<br>Craft/Activity: Dino<br>Balloons &<br>Scavenger Hunt                   | II<br>Story: Dino Duckling<br>Craft/Activity: Fossils<br>and Dino Movement<br>Game | Natural History Museum Field Trip   | NO SRP               | 14  |
| 15 | 16<br>Story: Buz<br>Bumblebe<br>Craft/Acti<br>Jar & Bur                | zy the<br>e<br>vity: Bug | 17<br>Story: Hungry<br>Caterpillar<br>Craft/Activity: Buggy<br>Hats & Fruit Pizza      | 18<br>Story: Bug Zoo<br>Craft/Activity:<br>Lighting Bugs & Fly<br>Toss Game        | 19 Story: Bug in a Vacuum Craft/Activity: Venus Flytrap & Flyswatter Painting | Park Day & Scavenger | 21  |
| 22 | 23<br>Story: The<br>Smile<br>Craft: Squ<br>Clothespin                  | Fish sish Bag &          | 24<br>Story: Inky's Great<br>Escape<br>Craft/Activity: Sea<br>Shell & Jellyfish Bottle | 25<br>Story:<br>Craft: Scuba Diver<br>Picture & Dolphin<br>Tale                    | Water Park Field Trip   | NO SRP               | 28  |
| 29 | 30   | 1                        | 31   |  |   |                      |     |

#### RECREATION

#### SWIMMING POOL NEWS

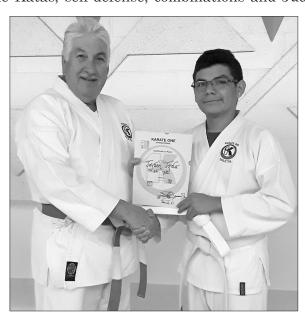
It is now spring and we are starting to see warmer weather here in Isleta! This is the perfect time to come in and swim or use our sauna. Even when it is cold outside, our pools are still warm. Our main pool is kept at a comfortable 80° F, perfect for lap swim or recreation swim with the family. If you have small children, our wading pool is perfect for them being kept at 90° F. For those sore muscles and aching joints our hot tub is kept at  $104^{\circ}$  F.

We are still accepting forms for our private swim lessons, the form can be found on our website or if you come into the pool office during business hours. Our water aerobics has added new days and times! In addition to the preexisting times (Tuesday and Thursday from 4:00p-5:00p) the new times will be Tuesday, Thursday, and Friday from 8:00am-9:00am. This addition is to accommodate requests made by tribal members. We hope to see you in one of our classes, it is a great way to stay in shape and get moving.

Next month we will be closed for two days (April 20th-21st) due to staff training and the running event the recreation center will be hosting. We have completed our winter renovations and it looks great! We will also be conducting lifeguard training for our summer lifeguards, so look out for these new faces. We thank you for the continued support and look forward to seeing you in the Isleta Aquatics Center!

#### Karate

This month another of the Karate Students under the training of Mr. Chavez has tested for the rank of yellow belt promotion. Mr. Jojola completed the three hour physical test in flying colors and the written test in about an hour. The written test includes all Japanese, Korean words, history and definitions related to the Karate program. The physical test included all of the Katas, self-defense, combinations and Judo



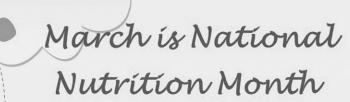
Mr. Chavez and Mr. Jojola, our newest Yellow Belt.

that he had to have and knows for their rank/belt color.

In the next week or so the entire Karate One of Isleta at the Pueblo of Isleta will be attending the Annual Matsuri Games that benefits the New Mexico Japanese American Citizens League. Look out for next month's news article to see who from Isleta won and what place they won.

Mr. Chavez has been the Karate Instructor at the Pueblo of Isleta for over 21 years and is continuously looking for new students. If you are interested in joining the Karate program, you can contact Mr. Chavez at the Recreation Center every Tuesday, Thursday and Friday at 5:30 pm. Or call him at 505-866-4360 or 505-869-9777 IRC. Please leave a message.

Pueblo of Isleta WIC March 2018 505.869.2662



One step at a time!

Small changes to your family's meals and snacks can mean big rewards in your health! What are the benefits of choosing healthier options?:

- 1. Improvements in blood pressure, blood sugar levels, weight maintenance, and increase in overall energy just to name a few.
- 2. Involving the entire family means good nutrition habits are created early and are more likely to last a lifetime.

Easy substitutes for your favorite meals and snacks:

- Chicken nuggets: Instead of making a fast food run buy them frozen and bake in the oven. Serve with cut up veggies and your favorite dipping sauces.
- Pizza: Toast a whole grain English muffin, drizzle with pizza sauce and sprinkle with cheese, add toppings and bake in oven or melt in microwave.
- Banana Split: top a banana with vanilla and strawberry yogurt and sprinkle with your favorite whole grain cereal.
- Coffee drinks: Save time and money by making coffee at home and adding milk, sweetener, syrup flavors and whipped cream. Blend with or pour over ice for a frozen treat.
- Ice cream: Combine frozen bananas, peanut butter, milk and chocolate syrup in the blender for a sweet and creamy guilt free dessert.

The WIC Program offers a variety of healthy foods and practical nutrition information to help your family be happy and healthy! Call us today for our soonest available appointment.





REMEMBER
LENT IS NOW HERE.

GET YOUR TUNA SANWICH
AT THE SUBWAY IN THE
TRAVEL CENTER

MENTION THIS AD AND GET 10% OFF YOUR MEAL

#### Isleta Resort and Casino

Isleta Resort and Casino is moving along quickly with renovations on the new Bingo Showroom. Crews have installed metal structure supports, laid concrete flooring, and plans are currently being finalized regarding final details. Meanwhile, work continues on the new Poker Room, which is included in plans for the resort's \$40 million dollar renovation.

"We're very pleased with the progress of the construction thus far, and plans are currently being formed for mini grand openings, which we hope will be well attended by our local community. We've been very fortunate to have the support of the Pueblo of Isleta with regard to this exciting renovation," said Isleta Resort and Casino CEO Harold Baugus.

Meanwhile, the resort is being represented in several exciting public events this year, including Chocolate Fantasy. During the annual fundraiser for the Natural History Museum Foundation, chocolatiers from around the state create chocolate sculptures to compete for coveted prizes. The award winning Isleta Bakery Team consistently creates beautiful sculptures and without fail, continues to bring home ribbons from the annual fundraiser.

#### Pueblo of Isleta WIC

505.869.2662

#### March is National Nutrition Month

#### **Healthy Snacks for Kids**

**Parfait:** Layer yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

Mini Pizza: Toast a whole grain English muffin, drizzle with pizza sauce and sprinkle with cheese.

Banana Split: top a banana with vanilla and strawberry yogurt and sprinkle with your favorite whole grain cereal.

**Smoothie:** Blend yogurt, milk, frozen strawberries and a banana in a blender for a frozen treat.

**Spread peanut butter** on apple slices, celery or graham crackers.

#### Dip it!

Baby carrots and cherry tomatoes in ranch dressing

Strawberries and apple slices in yogurt Pretzels in mustard

Graham crackers in applesauce

Baked tortilla chips in bean dip or hummus

Animal crackers in low fat pudding Bread sticks in salsa

For more healthy snack ideas visit www. eatright.org

#### Plan of Action!

1. Small changes to your family's meals and snacks can mean big rewards in your health! Tips for making positive changes:

Choose one area to focus on such as soft drink intake, snacks, cooking at home, etc.

- 2. Involve the entire family by coming up with a plan together.
- 3. Don't be afraid of mistakes and bumps along the way, no one is perfect.

The WIC Program offers a variety of healthy foods and practical nutrition information to help your family be happy and healthy! Call us today for our soonest available appointment.





#### **ELDER CENTER**

February was a very busy and fun month for us at the Elder Center! We had lots of fun events happen this month. We had a trip to Icon Cinemas in Albuquerque to enjoy a movie. This trip was a great success! Please remember if you have any ideas or suggestions on field trips, please leave them in the suggestion box or get in touch with Monique Lujan, Activities Coordinator, so we can plan accordingly. Down below you will find more fun activities we held this month.

We would like to remind everyone that on any day where there is not a scheduled activity on the calendar, you are more than welcome to come in and utilize the Activities Room. Come in to enjoy the comfy couches and TV set, play a board game, play pool or challenge a friend to Ping-Pong! We also encourage the use of the exercise equipment that we have such as the treadmill and stationary bike.

#### "Polish Me Pretty"

We would like to send out a thank you to Alexandria Lente, Salon Owner of "A Touch of Luscious" for donating her time to come in and give FREE manicures to our elders during her first annual "Polish Me Pretty" event. Alex did a fantastic job at making our nanas feel very special and taking care of their nails. Often times our elders can feel intimidated by going into a salon to have some pampering done so Alex took out that stress and bought the salon to them. We loved to see our elders so happy with their fresh manicures! Thank you Alex, we look forward to having you come back!

#### **Ash Wednesday Mass:**

Lent is now upon us and we held our yearly Ash Wednesday Mass on February 14th. Thank you to Father George, assistants and the choir for coming in and providing the community with a beautiful mass. We had a large turn out and would like to remind the community that we hold a monthly mass at the Elder Center inside the Activities Room at 11:30AM; on the second Thursday of each month, unless otherwise noted. We wish everyone a blessed Lenten season.

#### Valentines Day:

After mass we celebrated Valentines Day with a social. We had music playing by DJ Switch, Carl Jojola who is a local DJ from the community. He had our elders up on their feet and dancing away! We had lots of delicious treats such as everyone's favorite Valentine treat, chocolate dipped strawberries along with cupcakes & smoothies. We also had a photo booth and those that stopped in were able to take a photo with their friends and family. It's always a great sight to see when our elders are enjoying themselves over conversation and dancing!









#### Coming up in March:

#### National Indian Council on Aging Bi-Annual Conference: Temecula, California

The DEADLINE to register to be a part of this great opportunity will be on Friday March 2nd. Please come in to the Elder Center to register and get more information regarding this trip.

Our next fundraising-planning meeting will be held on Thursday March 8th at 6:00pm at the Elder Center. See Flyer for more information.

#### All Indian Game Day (AIGD) – Santa Fe, New Mexico

This year All Indian Game Day will be held at the Santa Fe Indian School on April 4-5th. Registration is now open, registration packets can be found at the Elder Center. The registration DEADLINE will be Friday March 18th.

AIGD will be different than what you have experienced in the past. There will be 18 sport clinics hosted over the 2 day period. Which means this is a great opportunity for those who have interest in Senior Olympics to get a feel for the games. The sports clinics are designed to help those who have never competed before, become familiar with the sports they have interest in as well as

provide new information and techniques to the more advanced player. This is a great opportunity to learn a new sport and become a part of the Senior Olympics community! Please see Monique Lujan for more information or to register.

#### **AARP**

We would also like to remind the elders that on Wednesday March 14th, AARP will be hosting their annual Tax Help event. This is a FREE event to those who are 60 years and older. The event will begin at 10:00am and you will be served on a first come first serve basis, there will be no appointment reservations. For more information please call the Elder Center.

#### A Golden Anniversary

On February 16, 2018 the Elder Center celebrated Mr. & Mrs. Alex Lucero's 50th wedding anniversary. Mrs. Charlotte "Kaloots" Lucero is our wonderful head cook here at the elder center that the staff along with the elders, cherish very much. We held a surprise breakfast celebration to commemorate this very special milestone in their journey together. The kitchen staff would like to send a sincere THANK YOU to everyone who was able to attend.

Kaloots says THANK YOU for all who attended and for all the sweet and generous gifts!



Birthday Section: March Birthdays: Eleanor Abeita – March 1st MaryAnn Johnson – March 26

Happy Birthday from the Isleta Elder Staff! Remember to come by and have lunch with us on the last Friday of the month to enjoy a birthday cake. \*If your birthday is not listed, please update your information with our receptionist, Christina Lente.

|  |   | 200  |   | 2018   |
|--|---|--|---|--|
| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
| Please call ahead of time to cancel H Congregate meals age 55+ free of ch any donation is appreciated.  Based on the availability of ingredients/pr subject to change. | arge. Persons ages <55 the suggest  | I Teriyaki Chicken Bowl Diced chicken 3 oz Steamed rice 1 c Oriental veggies 1 c Fortune cookie Fresh fruit  | Pinto Beans Red chile 1/2 c Blue corn meal mash 1 c Sweet rice w/raisins = 2 grain eq and 1/2 c fruit   |  |
| 5 Vegetable Beef Stew Ground beef 3 oz Mixed vegetables 1 c Cucumber/tomato salad tossed in fat free Italian dressing 1/2 c Wheat crackers = 56 g Fresh fruit          | 6 Grilled Chicken Quesadilla Chicken 2 oz Grill onion/bell pepper 1/2 c Shredded cheddar 1 oz Tortilla 8" Three bean salad 1/2 c Salsa/sour cream Fresh fruit | Pork Chop w/Gravy Boneless pork chop 4 oz Country gravy 1 oz Brown rice 1/2 c Stuffing 1/2 c Green bean w/mushroom 1 c Fruit cup 1/2 c   | 8 Bean and Cheese Burrito Pinto beans 1 c (M/MA) Shredded cheddar 1 oz Tortilla 8" Celery sticks 1 c Carrot sticks 1 c Salsa/sour cream Fruit cup 1/2 c             | 9 Egg Salad Sandwich WW bread = 56 g Vegetable pasta salad (Carrots, celery, olives) 1 c Fresh orange  |
| 12 Beef Barley Soup Cubed beef 2 oz Barley (M/MA) 1/2 c Steamed cauliflower 1 c WW roll = 56 g Banana  | 13 Grilled Cheese Sandwich Cheddar cheese slice 3 oz WW bread = 56 g Tomato soup 1/2 c Carrot sticks 1 c Fruit cup 1/2 c                                      | 14 Green Chile Chicken Enchilada Chicken 2 oz Shredded cheddar 1 oz Corn tortilla 2 oz Green chile 1/2 c Lettuce/tomato 1/2 c Sugar free gelatin w/fruit 1/2 c                             | 15 Green Chile Cheeseburger Ground beef patty 4 oz Sliced American cheese .5 oz Roasted potato wedge 1/2 c Diced green chile 1/2 c Lettuce/tomato 1/8 c Fresh fruit | 16 Breaded Baked Fish 3 oz Mixed veggies 1 c Wild rice 1/2 c WW roll = 56 g Tartar sauce packet Fresh fruit  |
| Corned Beef and Cabbage Corned beef 3 oz Cabbage 1/2 c Steamed carrots 1/2 c WW roll = 56 g Fresh fruit  | 20 Chicken Patty w/Gravy Breaded chicken patty 3 oz Wild rice 1/2 c Mixed veggie 1 c Fruit cup 1/2 c Gravy 1 oz   | 21 Stuffed Sopapillas Ground beef 2 oz Shredded cheddar 1 oz Diced potato 1/2 c Sopapilla = 2 grain eq Green chile 1/8 c Lettuce/tomato 1/8 c Sweet and sour carrots 1/2 c Fruit cup 1/2 c | 22 Lima Bean Stew Cubed beef 3 oz Lima bean 1 c Corn bread = 2 grain eq Cottage cheese w/ peaches 1/2 c fruit, (M/MA)   | 23 Torta and Beans Pinto beans (M/MA) 1 c Torta w/ red chile 1/2 c Blue corn meal mash 1/2 c Fry bread = 2 grain eq Rice pudding 1/2 c Fresh fruit |
| Meatloaf 3 oz Scalloped potatoes 1/2 c Green bean 1/2 c WW bread slice = 56 g Pineapple tidbits 1/2 c  | 27 Club Sandwich and Soup Shaved ham and turkey 3 oz Sliced cheese .5 oz WW bun = 56 g Minestrone soup = 1 c veggie Fresh fruit                               | 28 Macaroni Stew Ground beef 3 oz Chuckwagon corn 1/2 c Sliced cucumber 1 c WW roll = 56 g Fruit cup 1/2 c   | Tuna Salad Sandwich Tuna salad 3 oz WW bread slice = 56 g Potato salad 1/2 c Garlicky green beans 1/2 c Sugar free gelatin w/fruit                                  | 30 Good Friday   |



# INDIAN GAME DAY

Presented by New Mexico Senior Olympics

2 Days of Training and Conditioning with Mini-Competition

#### All Native American Elders invited to attend

\$15.00 registration fee - Sack lunch will be provided REGISTRATION DEADLINE MARCH 16, 2018 Contact your Senior Program Directors

Hotel rooms available at Double Tree Inn, Hyatt of Santa Fe and Inn at Santa Fe

Sport
Conditioning,
Training,
Playing
Rules

HEALTH FAIR

- Registration limited to one clinic per session
- Each clinic will consist of instructions, play, and rules



#### 10 Sports

- · Archery
- BasketballFree Throw
  - 3 Point Hot Shot
- Field
- · Huachas
- Powerwalk
- · Road Race 5K
- · Shuffleboard
- Soccer Kick Accuracy
- Softball Distance Throw
- · Track

EW MEXICO SENIOR OLYMPICS, INC. • PO Box 2690 • Roswell, NM 88202-2690 1-888-623-NMSO (6676) • (575) 623-5777 • Fax (575) 622-9244 • nmso@nmseniorolympics.org • www.nmseniorolympics.org



# Pueblo of Isleta Dial-a-Ride



The Pueblo of Isleta Dial-a-Ride operates Monday through Friday from 9:00am to 2:00pm, providing trips within the Pueblo and to the ABQ RIDE Route 53 bus stop on NM 314. Limited service to Wal-Mart in Los Lunas will also be provided on Wednesdays from 11:00am to 2:00pm.

Request your Dial-a-Ride trip by calling Valencia County dispatch at (505) 352-3595 before noon at least one business day prior to your trip. Rio Metro will accept requests beginning Wednesday 11/29 for service starting Monday 12/4. Requests are accepted between 8:00am and 5:00pm. On the date and time of your trip, a wheelchair accessible van will arrive within 15 minutes of your scheduled pickup time. Trips may also be grouped together; riders should expect to travel with others.

For more information about both services, including a copy of the Route 208 schedule, visit riometro.org and select "Schedules" > "Bus" > "Pueblo of Isleta" from the grey bar near the top of the website. Schedules for Route 208 are also available at the Public Services Department Office at the Tribal Services Complex.

Isleta Elder Center (505) 869-9770 Friday 8:00Am-4:30PM





| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| 4  | IMPORTANT REMINDERS!!  |   | 3/1/2018  | 3/2/2018  |
| **All Activites Subject to Change**  Pkease call the Elder Center with any questions regarding the calendar or to sugn-up for activities |  |   | STAFF TRAINING:<br>CENTER CLOSED  | Registration Deadline:<br>NATIONAL NICOA<br>Conference                            |
| 3/5/2018   | 3/6/2018   | 3/7/2018  | 3/8/2018  | 3/9/2018  |
| Open Activities Room:<br>TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM  | Shuffleboard Practice 9:00am - 12:00pm Activities Room       | Open Activities Room:<br>TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM | Mass: 11:30AM  Fundraising Meeting for  National NICOA Conference                 | Open Activities Room:<br>TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM |
|  | Commodities:<br>8:00AM - 3:00PM                              |   | 6:00pm  |   |
| 3/12/2018  | 3/13/2018  | 3/14/2018   | 3/15/2018   | 3/16/2018   |
| Open Activities Room:<br>TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM  | Shuffleboard Practice<br>9:00am - 12:00pm<br>Activities Room | AARP:<br>Free Tax Help Day<br>10:00AM   | Staff Meeting:<br>12:30<br>Early Lunch: 11:00AM                                   | Registration Deadline:<br>All Indian Game Day                                     |
| 3/19/2018  | 3/20/2018  | 3/21/2018   | 3/22/2018   | 3/23/2018   |
| AARP:<br>Safe Driver Course  | Shuffleboard Practice<br>9:00am - 12:00pm<br>Activities Room | Lunch & Bingo:<br>Sandia Casino - 11:00AM   | Open Activities Room:<br>TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM | General Meeting:<br>Coffee with Councilman<br>Juan Rey Abeita<br>9:30AM           |
| 3/26/2018  | 3/27/2018  | 3/28/2018   | 3/29/2018   | 3/30/2018   |
| Open Activities Room:  |  | BINGO!  | Open Activities Room:   | Open Activities Room:   |
| TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM   | Manzano Mesa Shuffleboard<br>10:30AM - 4:00PM                | Afternoon Bingo:<br>Activities Room - 1:00PM                                      | TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM                          | TV, Pool, Exercise Equipment,<br>etc.<br>9:00AM - 4:00PM                          |
|  | Commodities<br>8:00AM - 3:00PM                               | 2018 Senior Olympics Meeting<br>5:30PM - Activities Room                          |   |   |

#### Joseph Cruz Abeita

Joseph Cruz Abeita was born in Isleta Pueblo on July 10, 1929 to parents Jose Manuel (Ta-ta Fai-tema) and Tonita Herrera Abeita. As a young boy he attended St. Catherine's Indian School where he served as an altar boy. Joseph graduated in 1948 from Albuquerque Indian School where he



excelled in football and baseball. After graduation, he joined the U.S. Army where he was a tanker during the Korean War. He was honorably discharged with many achievement medals. Joseph worked for the Southern Pueblos Agency (formerly BIA) as a Survey Technician and retired in 1990 after 34 years of service.

He played baseball for many years as a pitcher, playing for Isleta and Cochiti Pueblos semi-pro teams. Following in the footsteps of Ta-ta Fai-tema, he umpired baseball, refereed basketball for the Albuquerque City & County leagues, and later took on the name "Lobo Joe" for being an avid sports fan of the UNM Lobos. Each Sunday he would attend the 10:00 am mass at St. Augustine, until his health deteriorated.

Joseph is survived by his wife Frances of 63 years, daughters Loraine Padilla, Ramona Abeita-Terry and husband Peter Terry, grandson Robin Toler and great grandson Nicholas Toler, grand daughter Stephanie Padilla and by many nieces, nephews and extended family members. He was preceded in death by daughter Antoinette Abeita.

Joseph was a quiet simple and patient man with a great wit and devotion to his family. We will miss our beloved Joseph, may he rest in peace.

# Save the Date

NACOA | National Indian Council on Aging, Inc.

#### 22nd NICOA Conference on Aging in Indian Country

September 10-13, 2018 \* Temecula, CA \* Pechanga Resort & Casino

# Attention POI Seniors Age 60+, Who Are Able And Love to Travel!!!

The POI Elder Center is looking for elders interested in traveling to California for this bi-annual meeting. Here is your chance to take a trip with friends and or community. Why this would be a fun and great learning experience:

- Work with community members as a team to raise funds
- Experience California
- Make new friends with nationwide attendees
- Most importantly learn what the aging issues are from a national perspective and gather information about resources available to you
- You will represent our community of POI Elders at a national conference

PLANNING MEETING FOR INTERESTED TRAVELERS

ELDER CENTER CONFERENCE ROOM— March 8, 2018

-TRAVEL OPTIONS-ESTIMATED COST-FUNDRAISING-SIGN-UP



#### **Health Beat:**

#### EAT RIGHT, It's National Nutrition Month.

Stephanie Barela, Health Educator

http://www.eatright.org Phone: 505-869-4479

## March is National Nutrition Month. Here are a few tips from the Academy of Nutrition and Dietetics website on "Eat Right, Healthy Tips for 2018".

#### 1. Eat Breakfast

Start everyday with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.

#### 2. Make 1/2 Your Plate Fruits and Vegetables

Get your needed vitamins, minerals and fiber, by adding fruits and veggies to your plate. Try to eat 2 cups of fruit and  $2\frac{1}{2}$  cups of vegetables every day.

#### 3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods.

#### 4. Be Active

If you are active at least 10 minutes at a time (Adults need 2.5 hours a week and children/teens should get 60 or more minutes of physical activity per day). You don't have to go to the gym, just be active (play basketball/go on a walk/just get your heart beating).

#### 5. Fix Healthy Snacks

Healthy snacks can keep up your energy between meals, so choose two or more of grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

#### 6. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

#### 7. Consult an RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

#### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafetyorg.

#### 9. Drink More Water

Quench your thirst with water instead of drinks with added sugars.

Don't drink your calories. Stay well hydrated by drinking plenty of water.

#### 10. Get Cooking

Prepare foods at home to stay healthy and save money.

Learn some cooking and kitchen basics, like how to dice an onion or cook dried beans.

#### 11. Dine Out without Ditching Your Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

#### 12. Enact Family Meal Time

Plan to <u>eat as a family</u> at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

#### 13. Banish Brown Bag Boredom

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hardboiled egg.

#### 14. Explore New Foods and Flavors

Switch up your food choices by making a point to choose a fruit, vegetable or whole grain that is new for you and your family. This will add more nutrition and eating pleasure by expanding your range of food choices.

#### 15. Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

#### 16. Cut Back on Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar.

Visit www.ChooseMyPlate.gov for more information.

#### Isleta Health Center Staff supports Heart Disease Awareness Month.



Do you know your Risks for Heart Disease?



It's not too late to get your Flu Shot...

Call the Isleta Health Center today and set up an Appointment.

869-3200

## Johnson O'Malley News

Hello to all JOM families. I would like to thank you all for being patient with me while we are in transition of staffing our program. I (Michelle "Shelly" Valdez) transferred into the Academic Supervisory Counselor. I am looking forward to this new experience and enhancing our JOM Program.

Thank you to all our families that attended our JOM Family Night "Share a Heart" in February! With all your help we were able to send over 170 Valentines to our Elderly in the community. It was a great pleasure to watch you all bring out your creativity with your children. I would also like to thank the DOE staff for all their hard work to make this happen!

Family nights are intended to have families spend quality time with their children while learning new educational skills. This month's educational skill was fine motor. Fine motor skills involve using small movement such as your fingers, wrist, and hands to create coordination. Whether your child was making a valentine card for an elder or creating a box for their own valentines, they were using lots of fine motor skills to build their coordination.

It is very important that if your mailing address or email has changed that you contact the JOM office to update this information. Important information is sent out via email or mail and I have a high amount of returned mail. If you are not receiving the information it is also important that you contact our office.

High school students that pay for a lab fee, ACT/SAT and Pre/ AP reading material for the second semester may submit your receipt(s) for reimbursement. Also graduating seniors you are eligible for cap and gown reimbursement. The deadline date is approaching fast!

All reimbursements must have an original receipt, class schedule and a W-9 (as required to receive a reimbursement).

## **Tutoring**

Tutoring is now available for the second semester. Call the JOM office to pick up a packet and to set up an assessment for your child. I would like to remind you that this is not homework help. Tutoring is two days a week on Monday-Thursday.

If you have any questions, please contact the JOM office at 869-9810 for more information.







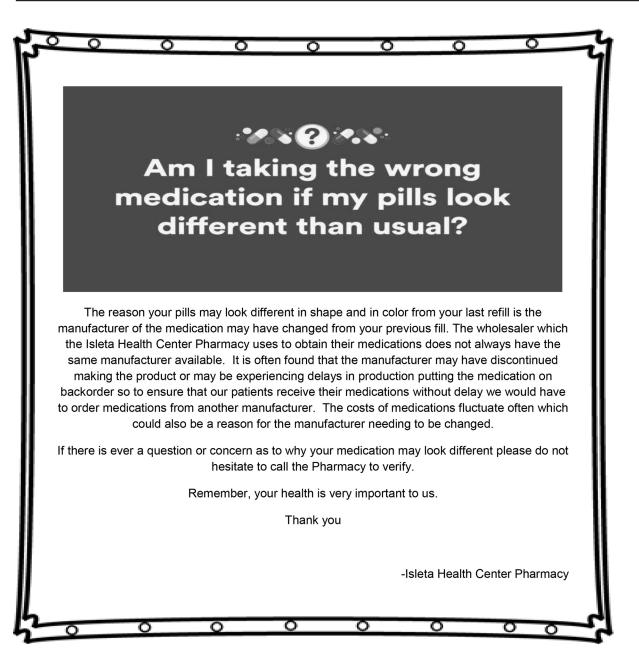




# class of 2018

If you or your child is a senior and plan on attending the 2018 Graduation banquet in April please call to RSVP before March 30, 2018. You may also send in 3 pictures of your graduate to be showcased during the banquet. Pictures may be dropped off at the office or emailed in JPEG format to poi02003@isletapueblo.com. Pictures must be in by April 6, 2018 no exceptions!

Johnson O'Malley 505-869-9810





# Community Conversation with the Peacemakers

Learn more about the Peacemaking Process and how it may help you

Wednesday, March 28, 2018

Tribal Courtroom

5:30pm

Refreshments will be served





#### Greetings from the Isleta Elder Center Kitchen

On February 16, 2018 our Elder Center Kitchen staff celebrated the 50th Wedding Anniversary of Alex and our wonderful Head Cook, Charlotte "Kaloots" Lucero with a celebration breakfast. With the help of their daughter, Thurna, we were able to surprise both Kaloots and Alex.

The kitchen staff wanted to send a very sincere Thank You to everyone who was able to attend and help us celebrate this very important milestone. It was exciting to see lots of friends and family extend their congratulations to the Luceros.

Kaloots sends a very big thank to everyone for coming to the party, for all the wonderful gifts and for making this day very special.

#### Tips for Night Driving From the Isleta Health Center's Optometry Clinic

# 1. Never wear tinted lenses while driving at night

- So called night driving lenses with any amount of tint or polarization only reduce the already limited amount of light available to your eyes making driving more hazardous.

## 2. Wear lenses with Anti Reflective (AR) coating

- AR coatings minimize distracting internal lens reflections which can be significantly more noticeable at night.

# 3. Have regular eye exams and ensure your eyewear prescription is up to date

- Even slightly uncorrected refractive errors can make night time driving more difficult.

# 4. Make sure your corrective lenses are clean

– Dirty lenses can limit your view and induce glare.

## 5. Make sure your windshield is clean

- As with corrective lenses, dirty windshields will also limit your view and induce glare.

## 6. Make sure your head lights are clean and properly aligned

– Dirty headlights can reduce efficacy by 75%.

#### Isleta Early Head Start, Head Start and Child Care

#### Upcoming events

Family Night March 21, 2018 Time: TBD Parent Committee March 2, 2018 3:45pm

No School: March 12 - March 16, 2018 - Spring Break March 30, 2018 - April Break





















# Pueblo of Isleta Public Library 2018 Summer Meal Program

950 Moon Light Drive, Albuquerque, NM 87105 Sponsored by Bernalillo County/APS

Starting June 4th - July 27th!

\*DATES MAY CHANGE

MEALS SERVED DAILY
MONDAY-FRIDAY



**8AM-9AM** 

LIBRARY ART ROOM

**LUNCH** 

11:30AM-1PM

LIBRARY ART ROOM

ALL MEALS MUST BE EATEN ON SITE!

Please call the Library for more information 505.869.9808







#### **Blood Donor Qualifications**

Donors have told us they would like to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up; here's how you can help:

- Bring personal identification. We prefer ID that has your picture and full name. Some acceptable forms of ID include: driver's license, work or school ID (with picture and full name), or passport. Bringing along your Blood Donor Card will help get you through the registration process quickly. If you don't have one, please ask our staff to order one for you.
- Bring a list of all countries (and cities/areas) you have visited (with dates) in the past 12 months and do the same for all European countries you've visited since 1980.
- 3. Wear a top with loose-fitting sleeves (preferably short sleeves) so that we can check your blood pressure and locate the best vein to use to collect your blood.
- Make an appointment. We make every attempt to take donors with appointments before walk-ins. To schedule your lifesaving appointment, visit our website.

Age: 16 or older for whole blood or apheresis donations (parental

|  | permission is required for all 16-year-old donors and 17-year-old donors.)  |  |  |  |  |
|--|---|--|--|--|--|
|  | Weight: At least 110 pounds (50 kg) There are some weight and height restrictions for donors younger than 23. See chart below.  |  |  |  |  |
| Basic<br>Qualifications  | Waiting period between donations:1  Whole blood or red cell/plasma donations: 56 days (up to 6x/12 months)  Plasma donations: 28 days  Double red cell donations: 112 days (up to 3x/12 months)  Platelet donations: 7 days (up to 24x/12 months) |  |  |  |  |
|  | If you have any questions about the number of donations you can make in a 12-month period, please talk with our staff.  |  |  |  |  |
| Height/Weight Restrictions for Donors Age 16-22<br>Eligibility is Based on Estimated Total Blood Volume      |   |  |  |  |  |
| Males between 16 and 22: You must be at least 5' tall and weigh at least 110 pounds.                         |   |  |  |  |  |
| Females between 16 and 22: If you weigh at least 110 but are shorter than 5'6", please refer to this chart.² |   |  |  |  |  |
| Females who are:   | ≥ 4'10" ≥ 4'11" ≥ 5' ≥ 5'1" ≥ 5'2" ≥ 5'3" ≥ 5'4" ≥ 5'5"   |  |  |  |  |

<sup>2</sup>Shorter people must weigh more to achieve a 3500 mL blood volume.

≥ 142

≥ 146

Must weigh:

Please see next column for additional qualifications, our medications list, and other important information.

≥ 138 ≥ 133 ≥ 129 ≥ 124 ≥ 120

Thanks for finding the hero in you! Together we can make your donation safe, fun, and as quick as possible.

|  | <ul> <li>Have cold or flu symptoms or do not feel well on the day of donation.</li> <li>Have lived with a person with clinical hepatitis B or hepatitis C.</li> </ul>  |
|--|--|
|  | Have a history of cancer in the past year (except some skin or in situ cancers).   |
| We Ask You<br>Not to Donate<br>if You: | <ul> <li>Had a blood transfusion, ear/skin piercing, accidental needle stick, or come in contact with someone else's blood in the past 12 months. (Ear/skin piercing procedures may be acceptable depending on the technique used.)</li> <li>Had malaria in the past or traveled to a malarial risk area in the</li> </ul> |
|  | <ul> <li>past 12 months.</li> <li>Are or have been pregnant in the past 6 weeks.</li> <li>Have been treated for syphilis or gonorrhea in the past 12 months.</li> <li>Have used a needle to inject drugs not prescribed for you</li> </ul>   |
|  | (including steroids).  Are at risk for <b>exposure to HIV</b> the virus that causes AIDS   |

Tattoos may be acceptable if done at a regulated business in an approved

If you take medication, you probably are eligible to donate. Here is a list of medications that may keep you from donating for a period of time.

state. Contact your local center for a list of approved states.

| Medica             | ation   | Waiting Time                |
|--------------------|---|-----------------------------|
| Anticoa  • • • • • | ngulants: Apixaban (Eliquis) Dalteparin (Fragmin) Enoxaparin (Lovenox) Dabigatran (Pradaxa) Edoxaban (Savaysa) Rivaroxaban (Xarelto)                | Two days since last dose    |
| •                  | Warfarin (Coumadin, Jantoven, Warfilone)<br>Heparin<br>Fondaparinux (Arixtra)   | Seven days since last dose  |
| Myorisa            | noin (Absorica, Accutane, Amnesteem, Claravis,<br>an, Sotret, Zenatane)<br>ride (Proscar, Propecia)   | One month since last dose   |
| Dutaste            | eride (Avodart, Jalyn)  | Six months since last dose  |
| globulir           | transfusion, unlicensed vaccine, or hepatitis B immune injection given to treat an exposure to hepatitis B (this is patitis B vaccine)              | One year since last dose    |
| Sonide             | legib (Erivedge)<br>gib (Odomzo)<br>omide (Aubagio)   | 2 years since last dose     |
| Acitreti           | n (Soriatane)   | Three years since last dose |
| glands,            | n, etretinate, growth hormone from human pituitary bovine or beef insulin – if manufactured since 1980 in ted Kingdom, clotting factor concentrates | May not donate blood        |

## The Isleta Health Center is sponsoring a:

≥ 115

#### Blood Donation Event on March 29, 2018 from 8-11am

Event will be located behind the Isleta Health Center in the Blood Mobile. Please contact Stephanie Barela (869-4479) to make an appointment or just show up that day as a walk in for the blood mobile.

- Lowers risk of heart disease, heart attack and cancer
- Lowers blood pressure
- Lowers cholesterol
- Balances Iron levels in your blood
- Increases circulation
- Stimulates the production of new red blood cells (like an oil change for the body)
- Free health check up
- Live longer
- Burn calories and lose a pound
- · Makes the donor feel psychologically rejuvenated
- Find out your blood type-receive a blood type/donor card
- The joy of saving human lives

This is one of the easiest ways to give something back to your community and potentially help other people. It feels great to donate blood knowing that with one blood donation you could help three people and could even be helping yourself.

# What does **Fasting** Lab Mean?

FASTING before a blood draw means you cannot eat or drink anything except water. With certain blood tests, you may be instructed to fast for up to eight hours before your appointment.

If you are not sure if you need to fast please call the Isleta Health Clinic @869-3200 to ask. Please do not wait until the day of your Lab visit to ask as this may result in your appointment needing to be re-scheduled.

-Isleta Health Center, Lab Dept.

# **MARCH** 2018

Questions? Call 869-3200

# ISLETA HEALTH CENTER

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SAT/SUN |
|--|---|---|---|--|---------|
| <ul> <li>3/7/18—Puberty Education 12:35-3pm.</li> <li>3/13/18—Isleta Behavioral February 10-11am.</li> <li>3/29/18—Isleta Health Cen 11am, call 869-4479 to sign 11DP.</li> </ul>  | Review Night @Isleta Elementar Program for 4th, 5th & 6th grade Health Services Presentation at A ter Blood Drive in the Blood Mol up. P'' = Diabetes Prevention I HS'' = Behavioral Health S | CLINIC OPENS AT 9:50am  Podiatry Clinic: 8:00-4:30p @DPP  Express Endurance: 5:30-7:30pm @DPP  Alcoholics Anonymous: 6-7p @ Health Training Center.   | Morning Group Fitness: 6-7am @ DPP Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10- 11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1- 3:30p @ BHS. | 3/4  |         |
| <b>5</b> Podiatry Clinic: 12:30-4:30 pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10- 11am @ BHS. Alcoholics Anonymous: 11am12pm @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30-6:30p @ BHS. | Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance: 5:30-7:30pm @DPP Pueblo Men Rising: 2-3:30p @ BHS.   | 7 Morning Group Fitness: 6-7am @DPP Wellness Center  Expressions: 1-2pm @BHS (Closed Group) Young Leaders Youth Krew: 4:30-6:30p @ BHS.   | R CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Diabetes Dental Class: 8:45-9:15am @Health Training Center Express Endurance: 5:30-7:30pm @DPP Alcoholics Anonymous: 6-7p @ Health Training Center. | Morning Group Fitness: 6-7am @DPP Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10- 11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1- 3:30p @ BHS.                 | 10/11   |
| Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10- 11am @ BHS. Alcoholics Anonymous: 11am12pm @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30-6:30p @ BHS.  | Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30pm @DPP POI Community Cancer Support: 6-7:30 pm @Isleta Health Center | Morning Group Fitness: 6-7am @DPP Wellness Center Expressions: 1-2pm @BHS (Closed Group) Young Leaders Youth Krew: 4:30-6:30p @ BHS.  | CLINIC OPENS AT 9:50am  Express Endurance: 5:30-7:30pm @DPP Wellness Center Alcoholics Anonymous: 6-7p @ Health Training Center.  | Morning Group Fitness: 6-7am @DPP Wellness Center Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10- 11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1- 3:30p @ BHS. | 17/18   |
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| Podiatry Clinic: 8:00-4:30pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10- 11am @ BHS. Alcoholics Anonymous: 11am12pm @ BHS. Women's Path to Recovery: 1-2:30p @ BHS Young Leaders Youth Krew: 4:30-6:30p @ BHS.             | Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30pm @DPP   | Morning Group Fitness: 6-7am @DPP Wellness Center Expressions: 1-2pm @BHS (Closed Group) Young Leaders Youth Krew: 4:30-6:30p @ BHS.  | CLINIC OPENS AT 9:50am  Podiatry Clinic: 8:00-4:30p @DPP  Express Endurance: 5:30-7:30pm @DPP  Alcoholics Anonymous: 6-7p @ Health Training Center.   | Morning Group Fitness: 6-7am @DPP Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10- 11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1- 3:30p @ BHS.                 | 31      |



Take the NEW AARP Smart Driver<sup>™</sup> Course and you can save money on your car insurance!\*

Drive smart. Save smart.

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass. Sign up today!

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There's a course near you!

Date:

March 19, 2018

Location:

ISLETA ELDERLY

CENTER

To Register:

CALL: 869-9770



# **CANCER**

IT AFFECTS US ALL

Support those in the community who have felt the effects of cancer personally or through loved ones, at the

POI Community Cancer Support (POICCS) Group

Tues, March 13, 2018

Topic to be

6-7:30pm

ermined

Meet in the Isleta
Health Training
Center.
(Pink building
behind the clinic)

# ALL WELCOME



Contact Stephanie Barela 869-4479