



Isleta Pueblo News

Volume 12 Issue 3

Pueblo of Isleta website: www.isletapueblo.com



March 2017

From the Office of the Governor

Ma goo wam,

February's activities were shared with leaders and individuals of our community. As summer nears, prayers are offered to bring rain and prosperity to our community. With the continued drought, rain is essential for the growth of our crops, the growth of foliage to feed the domestic animals and wild life on the plains and in the mountains. This practice has been on-going since time immemorial and will continue for the welfare of our community. These are and will always be the teachings of our leaders.

Others issues facing Indian Country are pending Legislative Bills that will have an impact on Indian communities within the state of New Mexico with regard to Gas and cigarette taxes and funding of our infrastructure requests. Lieutenant Governor Andrew Teller is working with the tribal lobbyist on these legislative issues while I am attending other meetings with tribal leaders from within the state. Lieutenant Governor Max Zuni is addressing issues for the pueblo.

Blessings to you and your family for continued good health and happiness.

Ha-wuh,
J.Robert Benavidez
Governor
Pueblo of Isleta

**Community Meeting
Isleta Resort & Casino Hotel
9AM Saturday, March 4, 2017**

**2nd Tuesday of the Month
POI Community Cancer
Support Group**

**OLDER DRIVER
TRAINING**

**March 14th | 6:00 – 8:00pm
@ Health Training Center
(pink building behind Health Center)**

**5th Annual Isleta Cancer
Education Conference**

**April 1, 2017
10:30am - 4:15pm
@ Isleta Golf Course**

**Learn About the Cancer
Numbers in Isleta**

**Sign up by 3/22/17 by
calling 869-4479.**

PUBLIC SERVICES DEPARTMENT UTILITIES DIVISION

So, What's going on with Utilities ?

TR 82 -New water Main is on the way !

The Utilities Division of the Public Services Department is currently working on some major projects to better the infrastructure here at the Pueblo of Isleta.

Indian Health Services is currently designing a new water line project for TR 82, from TR 78 up to TR 84. The project will include a new 6" water main line, tying in each residential water service line to the new main, fire hydrants and appropriate valves.

Construction may be started sometime this summer. Expect detours and road closures since TR 82 is extremely narrow. Your patience will be appreciated when construction does begin.

**Pond/Lagoon wastewater moving to
Sunset Wastewater Plant**

The Utilities Division and an engineering firm are beginning design work for pumping all the wastewater currently going into the old ponds/lagoons just south of the new recreation center, over to the existing treatment facility located by the cinder plant.

The Utilities Division realizes that the area around the new recreation center can become odorous at times when the ponds "turnover"; which occur each spring and fall. This project has been in the works for a while and we are getting closer to having a completed design. The objective is to pump all the wastewater generated in the Village and Mousetown areas to the Sunset facility instead of the ponds/lagoons, which averages 80,000 gallons per day.

The Sunset plant is currently handling the flow from the Sunset/Subdivision and Pickle Heights areas, with an average daily flow of 70,000 gallons. The plant was designed to handle an average daily flow of 200,000 gallons per day. When construction is completed, the wastewater produced in the Village and Mousetown areas will be pumped to the Sunset plant and combined with the flow from the Sunset/Subdivision and Pickle Heights area for an anticipated daily flow of around 150,000 gallons.

The project is in the early design stage and will take some time to complete. Once completed, funds will need to be obtained for construction and then the project can go out for bid and eventual construction. It is a long process to bring this project to the construction phase but it is on the way. Everyone will be happy to have the ponds/lagoons properly abandoned once the wastewater is sent over to Sunset plant.

**Transfer of water from Subdivision to
and from Westside area**

The Utilities Division is working with an engineering firm to have a water transfer facility designed that will allow water to be brought down from the existing Subdivision storage Tanks located along I-25 to the Solar storage Tanks located at NM 45 and NM 317.

The transfer facility will include a pumping system to pump water from the Solar storage tanks up to the Subdivision distribution system in the event the well located there goes down. The transfer facility will also have a Pressure Reducing Valve (PRV) that will allow a controlled flow of water to come from the Subdivision distribution system to the Solar distribution area in the event of a water emergency in the Village area.

Once this transfer facility is completed, the two water systems will be able to share water in the event of an emergency. Without this transfer facility, the possibility exists that the Subdivision area could be out of water if the well supplying the two storage tanks was to fail. There are two wells supplying water to the Solar area storage tanks but if one of the two wells failed during the heat of summer, water conservation methods would have to be implemented. Having this new transfer facility will allow the Utilities Division to supply water to either distribution system as the need arises; providing a continuous and safe drinking water to the residents at the Pueblo of Isleta.

CRUSHER FINES AND GRAVEL MIX ARE NO LONGER AVAILABLE

Over the past 6+ years the Pueblo has provided crusher fines and gravel mix to community members and Pueblo Departments at a nominal fee for use on property assignments, for public projects, and at public facilities throughout the Pueblo.

Over these past years the crusher fines and gravel material have been taken from a historic stockpile located off of Tribal Road 16 east of Tribal Road 10. At this time the stockpile is depleted and is no longer a material source that is available to the community.

This resource has been a valuable asset to the Pueblo as a whole; and therefore, the Public Services Department plans to submit a grant application to the Bureau of Indian Affairs, Division of Energy and Minerals Development Program later this year in hopes that we will secure the funding needed to issue a Professional Services Contract for the identification of relevant mineral resource deposits on the Pueblo that would be suitable for meeting the needs of the community.

The main objective during the evaluation and exploration process will be to identify potential aggregate sources within unrestricted areas of the Pueblo, as well as to calculate the volume of gravel that could be available. The goal is to ultimately ensure that any identified sites are economically viable for the Pueblo over the next 7 to 10 year period. If appropriate aggregate sources are identified, funding will also be pursued for resource extraction and processing. Contingent upon receiving

(Continued Page 2)

**CRUSHER FINES AND GRAVEL MIX
ARE NO LONGER AVAILABLE** *(Continued)*

grant funds for the evaluation, identification and extraction of the material, the entire process could take a few years to complete. The Public Services Department recognizes the value of the Pueblo’s land and the importance of preserving it with unnecessary disturbance. If any material is discovered, we will work diligently to provide this valuable aggregate source with as much care as possible.

Until that time, please be advised that fill dirt and sand are still available for purchase by community members. Please contact the Public Services Office located at the Tribal Services Complex on Highway 47 if you have any questions. Our main number is 505.869.9782. Thank you for your continued support.



CHICAL DITCH WORK

SATURDAY

MARCH 11, 2017

7 AM

**Pueblo of Isleta Veteran’s
Association (POIVA)**

First of all, the Association would like to say “Thank You” to all veterans who have honorably served, whether it be in time of peace or war. “Thank You for Your Service”.

The POIVA meets every 1st and 2nd Wednesday of the month at 6:00 pm at the POIVA Veteran’s Center located in Los Charcos, NM. Any honorably discharged veteran may join the POIVA for a mere annual fee of \$10. First time members will receive a shirt and cap with the POIVA logo. The next meeting will be on March 1, 2017.

In the February 2017 Isleta Pueblo News, we published the list of POIVA members. Please check the list and contact the POIVA at 264-4110, or 573-3733, if there is a need for any corrections. Also, we have four veterans for whom we need corrections:

- Juan D. Jojola – Army
- Charles Jojola – Army
- Harold Bob Jojola – no branch of service listed
- Joseph Richard Jojola – no branch of service listed.

POIVA members are now in the (continuing) process of cleaning and renovating the two additional modules on the property west of the main building. There are no definite plans on how these units will be used, but we definitely would like your input at the next meeting. Also, the POIVA has had discussions on economic development, utilizing the POIVA property. Again, we would appreciate your input...at the next meeting.

If you know of an active member of the military who is serving outside the United States, please send us their name, address and branch of services. We will pass this on to the Blue Star Mothers, who will then send a “care package” full of goodies.

For any further questions on Veterans issues, POIVA concerns, please call one of the above numbers.

Isleta Newsletter & 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.

DEADLINES for classified ads, business flyers, and newsletter articles can be found in the first paragraph of the “Letter from the Editor” article.

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.

News from the Comanche Ranch

I recently heard a comment that the ranch was a depressing place, way out in the middle of nowhere. In a way this can be true, ranching is not an easy way of life especially out here in the Southwest where conditions can go from extreme cold to extreme heat. Rain is also in short supply and this can be a challenge when trying to use best practices to utilize the forage and land. That is why we are going to be working on installing new waterlines and drinkers, repairing/replacing old, existing waterlines and putting in 4.5 miles of new pasture cross-fencing. This will make it easier to better utilize the land and the resources that we have.

While some may view the ranch as being in the middle of nowhere, that is not the view that I, the ranch hands or many people that have taken the time to visit. Historically ranches are located in areas that afford good grazing and ample room for livestock. Did you know that it takes approximately 60 acres of high-desert land to support a single cow. With the ranch being approximately 105,000 acres this means the ranch could theoretically support 1,700 head of cattle. Of course this is only a number on paper since we must factor in the limited supply of water and the different types of forage that is available. We must also be conscious of over-grazing, erosion and other environmental factors. We here at the ranch are committed to doing the best job we can to make this a place that the tribe can take pride in and a joy to come and visit. There are many activities that can be afforded to you as tribal members. There are great sites to visit and photograph, paint, sculpt, hike and just be able to get away from the stresses of life and relax in peace and quiet.

Depressing and in the middle of nowhere? I think not. Until next month here is wishing you all good health and happy trails.

Suggestions or Comments for 2017?

Let me know your thoughts!!

PUEBLO OF ISLETA HEALTH CENTER

Health Education Department


Help me plan the year by letting me know what you would like to learn!

Do you want to learn about certain health topics?

Do you see a need in the community for a certain type of training?

Tell Your Local Health Educator!

Stop by the Health Center and drop your health training topic suggestions or comments in the “*Suggestions, Comments or Complaint Box*” located inside the main entrance (on your right as you enter) or you may send an e-mail to sbarela@islclinic.net



Isleta Health Center

Stephanie Barela, Health Educator

Phone: 505-869-4479

PROBATE NEWS

First Notice – A petition to Probate the Estate of Juan Rey Abeita, deceased September 02, 1996. Case No. CV-16-PRO-00153, 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, May 24, 2017 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

First Notice – A petition to Probate the Estate of Marcelina L. Abeita, deceased August 02, 2015. Case No. CV-16-PRO-00154, 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, May 24, 2017 at 10 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Esquipula Jiron, deceased February 06, 2016. Case No. CV-16-PRO-00169, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 15, 2017 at 10:30 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Maria Delores C. Lucero, deceased October 09, 2016. Case No. CV-16-PRO-00137, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, March 29, 2017 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Fredrico Jojola, deceased July 14, 2015. Case No. CV-16-PRO-00147, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, March 29, 2017 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.

NAME CHANGE

FIRST NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner **Linda Sue Dawn LeBeau** has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from **Jade Soliz** to **Jade Lente**. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **Thursday, March 9, 2017 at 1:30 pm.** Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

New Tribal Court Chief Judge

Governor J. Robert Benavidez nominated the Honorable Michelle Brown-Yazzie to serve as Chief Judge for the Isleta Tribal Court and her nomination was subsequently approved by the Isleta Tribal Council

Judge Michelle Brown-Yazzie is an enrolled member of the Navajo Nation and is also of Salish and Kootenai and Oglala Lakota descent. Judge Brown-Yazzie established her private practice in 2006 providing legal, judicial and consulting services to a variety of clients with emphasis on intergovernmental affairs advocacy and the protection of tribal sovereignty. Since 2011, Judge Brown-Yazzie served in the judiciary as a Chief Judge, Acting Chief Judge, Associate Judge and Judge Pro Tempore for various sizes of tribal courts, and through her private practice currently sits as Judge Pro Tempore for the Pueblos of Tesuque and Laguna in New Mexico. Judge Brown-Yazzie is a member of the New Mexico Tribal-State Judicial Consortium and the New Mexico Children's Court Improvement Commission, appointed to both positions by the New Mexico Supreme Court. Judge Brown-Yazzie also serves on the Juvenile Detention Alternatives Initiative (JDAI) State Leadership Team.

Judge Brown-Yazzie received her J.D. in 1999 from the University Of Iowa College Of Law, her B.A. in English and Political Science in 1995 from the University of New Mexico, and is licensed to practice law in the State of New Mexico and on the Navajo Nation.

Prior to becoming a judge, she practiced law as Staff Attorney and Senior Prosecutor for the Navajo Nation, Prosecutor for the Gila River Indian Community, State of New Mexico Assistant District Attorney for McKinley County, and was partner at Smith & Brown-Yazzie LLP. During her career, Judge Brown-Yazzie also served several political appointments including, Deputy Cabinet Secretary for the New Mexico Indian Affairs Department appointed by then NM Governor Bill Richardson, Executive Director of the Navajo Nation’s Washington (D.C.) Office appointed by then Navajo Nation President Kelsey Begaye and Legal Counsel to the Navajo Nation’s Office of the President and Vice-President also appointed by President Begaye. Judge Brown-Yazzie is also a former NM Governor appointed NM Indian Affairs Commissioner (Chair) and NM Crime Victims Reparation Commission Board Member and served on the NM VAWA Implementation Team for 10 years. Judge Brown-Yazzie currently serves on the American Civil Liberties Union (ACLU) New Mexico Board as a member and the National Board Representative.

Judge Brown-Yazzie is married and a mother of four children.



Honorable Michelle Brown-Yazzie

NOTICE FROM TRIBAL COURTS

Recent Appellate Court Rulings Clarify the Right to a Jury Trial.

The Isleta Appellate Court [IAC] has issued two decisions concerning a person's right to a jury trial in Isleta Tribal Court. The two cases were appealed in 2014: *Lente vs. POI* and *Seidl v. POI*.

In the Lente case, the IAC reversed the Tribal Court's decision to deny Ms. Lente a jury trial based on the fact that the allegations against her did not subject her to the potential of more than ninety days of incarceration. The IAC relied on both the Isleta Criminal Rules of Procedure and the POI Jury Trial Rules and Procedures Ordinance to determine there was no basis to limit jury trials only to offenses that carry over ninety days of incarceration. In the Seidl case, the IAC clarified that in order for a person to assert their right to a jury they must do so by requesting the jury trial at their arraignment hearing.

Rule 6.2 of Isleta Rules of Criminal Procedure states: “Any person accused of a crime for which imprisonment is specified in the Pueblo of Isleta Criminal Code as a possible penalty shall be granted a jury trial” Section 10(B) of the POI Jury Trial Rules and Procedures Ordinance states: “A demand for a jury trial must be made at the time of arraignment.”

If a jury trial request is not made at the time of the arraignment, the matter shall be tried to a judge rather than a jury; this is known as a bench trial. In a bench trial, the judge hears the evidence, rules on motions and objections, and determines whether the prosecutor has met the burden of proof. In a criminal matter, if the prosecutor proves the charges beyond a reasonable doubt the judge will find the person guilty of an offense. If there is insufficient evidence the judge will acquit the person.

In every criminal case, a person has a right to a trial. Whether that trial is a bench trial or a jury trial depends on whether a timely request for a jury trial is made. It is important for people to remember to assert their right to a jury trial at an arraignment proceeding. If a person is unsure whether they want a bench trial or a jury trial, it is best to assert the right to a jury trial at the arraignment because they are always able to waive it at a later time.

Isleta Career Opportunities



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

www.isleta.com

Vickie Carrion 244-8206 or Andrea Fuentes 724-3920

Updated: February 21,2017 **(Internal Postings In BOLD)**

<u>Auto req ID</u>	<u>TITLE</u>	<u>DEPARTMENT</u>	<u>DIVISION</u>
1107BR	HVAC TECHNICIAN	FACILITIES MAINTENANCE	FACILITIES
1106BR	ELECTRICIAN	FACILITIES MAINTENANCE	FACILITIES
1105BR	SUPERVISOR PREVENTION MAINT	FACILITIES MAINTENANCE	FACILITIES
1104BR	PLUMBER	FACILITIES MAINTENANCE	FACILITIES
1103BR	BUILDING SUPERINTENDENT	FACILITIES MAINTENANCE	FACILITIES
1102BR	DEALER - POKER	POKER	GAMING
1101BR	SUPERVISOR HOUSEKEEPING	HOTEL HOUSEKEEPING	HOTEL
1100BR	APPLICATIONS ADMINISTRATOR I	IT	GENERAL & ADMINISTRATION
1109BR	ROOMSERVICE CASHIER	TIWA	FOOD & BEVERAGE
1108BR	TIWA BUSSER	TIWA	FOOD & BEVERAGE
1110BR	TIWA- SEVER	TIWA	FOOD & BEVERAGE
1112BR	ROOMSERVICE CASHIER	TIWA	FOOD & BEVERAGE
1111BR	TIWA – BARTENDER	TIWA	FOOD & BEVERAGE
774BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE
613BR	AGENT-SURVEILLANCE	SURVEILLANCE	GAMING
851BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE
821BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
1013BR	REPRESENTATIVE GUEST SERVICE	MARKETING PLAYERS CLUB	MARKETING
636BR	COOK-BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE
852BR	FLOOR TECHNICIAN-SLOTS	SLOTS	GAMING
1031BR	ATTENDANT FLOOR-SLOTS	SLOTS	GAMING
808BR	COOK-DELI	F&B DELI	FOOD & BEVERAGE
669BR	BARTENDER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
1082BR	CASINO HOST - PLAYERS CLUB	MARKETING PLAYERS CLUB	MARKETING
814BR	TIWA LINE COOK	F&B TIWA	FOOD & BEVERAGE
889BR	FOOD RUNNER II - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
1037BR	ATTENDANT CONCESSIONS - FUN CONNECTION	F&B FUN CONNECTION	FOOD & BEVERAGE
759BR	2ND MECHANIC	FUN CONNECTION	AMENITIES
1033BR	ATTENDENT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE
1058BR	MACHINE TECH-COUNT	COUNT	GENERAL & ADMINISTRATION
1002BR	SOUS CHEF - PREP KITCHEN	F&B PREP KITCHEN	FOOD & BEVERAGE
1039BR	ATTENDANT CONCESSIONS - FUN CONNECTION	F&B FUN CONNECTION	FOOD & BEVERAGE
1018BR	ATTENDANT EMPLOYEE DINING ROOM - GRAVEYARD	F&B EMPLOYEE DINING	FOOD & BEVERAGE
938BR	DIRECTOR OF FINANCE	ACCOUNTING	GENERAL & ADMINISTRATION
1034BR	ATTENDENT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE
1038BR	ATTENDANT CONCESSIONS - FUN CONNECTION	F&B FUN CONNECTION	FOOD & BEVERAGE
1099BR	CLERK SHIPPING RECEIVING	SHIPPING AND RECEIVING	GENERAL & ADMINISTRATION
1019BR	ATTENDANT EMPLOYEE DINING ROOM - GRAVEYARD	F&B EMPLOYEE DINING	FOOD & BEVERAGE
1025BR	SOUS CHEF-BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE
1035BR	ATTENDENT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE
1098BR	ATTENDANT LAUNDRY	HOTEL HOUSEKEEPING	HOTEL
1012BR	CHEF-BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE
1017BR	TABLE GAMES DEALER (PART-TIME)	TABLE GAMES	GAMING
1068BR	SPA SUPERVISOR	SPA SALON	HOTEL
663BR	LABORER (SEASONAL-PART TIME)	GOLF COURSE	AMENITIES
664BR	LABORER(SEASONAL- PART TIME)	GOLF COURSE	AMENITIES
1015BR	HOUSEMAN	HOUSEKEEPING	HOTEL

Pueblo of Isleta Career Opportunities

Position Posting	Location	Closing Date
ACADEMIC COACH,	Dept., of Education,	Open Until Filled
BILLING TECHNICIAN,	Health Center,	Open Until Filled
BUS DRIVER (2 Part-time),	Head Start & Child Care,	Open Until Filled
BUSINESS MANAGER,	Isleta Elementary School,	Open Until Filled
CAREGIVER I (*Temporary Full-Time),	Assisted Living Facility,	Open Until Filled
CAREGIVER I (*Temporary Part-Time),	Assisted Living Facility,	Open Until Filled
CAREGIVER II (*Temporary Full-Time),	Assisted Living Facility,	Open Until Filled
CAREGIVER II (*Temporary Part-Time),	Assisted Living Facility,	Open Until Filled
CARPENTER,	Housing Authority,	Open Until Filled
CHILD CARE PROVIDER,	Head Start,	Open Until Filled
CLINICAL THERAPIST,	Health Center-Behavioral Health,	Open Until Filled
COOK (*Temporary Part-Time),	Assisted Living Facility, WITHIN ONLY-	Open Until Filled
DATA COORDINATOR,	Head Start and Child Care,	Open Until Filled
DIRECTOR OF CLINICAL SERVICES.	Health Center,	02/24/2017
DISABILITIES COORDINATOR,	Head Start,	Open Until Filled,
EMT-INTERMEDIATE (2 positions),	Health Center,	Open Until Filled
EMT PARAMEDIC (PRN/Occasional),	Health Center,	Open Until Filled
FOOD SERVICE AIDE,	Elder Center, WITHIN ONLY-	Open Until Filled
HVAC TECHNICIAN,	Housing Authority,	Open Until Filled
LABORER (4-Tmp Pstns NTE: 6 mo.),	Housing Authority,	Open Until Filled
NURSE EDUCATOR,	Health Center,	Open Until Filled
OFFICE CLERK,	Isleta Elementary School,	02/24/2017
PERSONAL CARE SERVICE AIDE (Occasional),	Elder Center,	Continuously Accepting Applications
PHYSICAL THERAPIST,	Health Center,	Open Until Filled
PHYSICIAN,	Health Center,	Open Until Filled
PIPELAYER / LABORER (NTE 2 Years),	Public Services Department, WITHIN ONLY-	Open Until Filled
PLUMBER,	Housing Authority,	Open Until Filled
RANCH HAND (Seasonal),	Comanche Ranch, WITHIN-	Continuously Accepting Applications
REGISTERED NURSE (RPT),	Health Center,	Open Until Filled

Pueblo of Isleta Career Opportunities

Position Posting	Location	Closing Date
TEACHER - COMPUTER,	POI Elementary School,	Open Until Filled
TEACHER-ELEMENTARY SCHOOL,	POI Elementary School,	Continuously Accepting Applications
TEACHER II-EARLY HEAD START,	Head Start & Child Care,	Open Until Filled
TIWA LANGUAGE INSTRUCTOR,	Head Start & Child Care,	Open Until Filled
TIWA LANGUAGE TEACHER,	Elementary School,	Open Until Filled
VETERAN SUPPORT SERVICE PROGRAM MEMBER,	Elder Center,	Open Until Filled

The Albuquerque Journal is currently advertising a home delivery special subscription price for Isleta Tribal members through Phillip Jiron and Bernard Chavez. Checks must be made to the Albuquerque Journal. Delivery will be done by Phillip Jiron and Bernard Chavez. If you are interested or you have question please call Phillip Jiron at 505-385-4419 or Bernard Chavez 505-217-6794.

Please enjoy this sample copy of today's

NEW MEXICO'S LEADING NEWS SOURCE

ALBUQUERQUE JOURNAL

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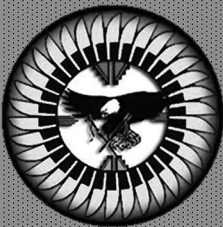
*\$15 monthly for 12 months. Promotional offers valid for new subscribers in areas served by the Albuquerque Journal. New subscribers have not had service in the past 60 days. After your 12-month special promotional rate, home delivery will continue at the regular price.

Are you interested in earning your GED? The Department of Education’s Adult Education Program can help!

We assist with placement in GED classes, basic school supplies, resources for adult learners, one-on-one tutoring, pretesting & testing services, & transport service to classes and exams as needed. Come visit us in the Department of Education today to learn more!

And once you complete your GED program, we assist with employability skills, and can help you transition into the workforce or higher education.

For more information, contact Adult Education Coordinator Lisa Smith at (505)869-9790, or poi02001@isletapueblo.com



Isleta Resort & Casino

Isleta Resort & Casino maintains its focus this month in giving back to and working to strengthen our community. The Resort is once again collecting new teddy bears from employees, which will be donated to the Pueblo of Isleta Social Services Department. The donation drive is organized as part of National Child Abuse Awareness and Prevention Month in April.

This is the second annual such drive for the Resort. Last year, hundreds of bears were donated to Social Services and the Police Department. Local media celebrated the donation in its coverage and the Resort hosted a press conference to show the unity and collaboration.

In further collaboration with community partners, the Resort is sponsoring this year’s Ty Murray Invitational. The bull riding contest takes place March 16th – 18th at Wise Pies Arena aka “The Pit”.

Additionally, Isleta Resort & Casino proudly presents the official After Party for the Ty Murray Invitational on Saturday March 18, 2017 in the Isleta Casino Showroom. Doors to the event open at 6:00PM with music and dancing provided by Daniel Solis from 7:00PM to 10:00PM and Derryl Perry from 10:30PM to 1:30AM. Tickets are on sale at the Isleta Casino Box Office or at www.isleta.com. Tickets are \$5.00 in advance at the Isleta Casino Box Office, \$7.50 online at www.isleta.com or \$10 day of show. The event is for ages 21 years and up.

Meanwhile, Isleta Resort & Casino continues planning its upcoming renovations, which will include a new Showroom, exclusive Bingo area, expanded Players Club, and much more. Look for additional updates in upcoming Pueblo of Isleta Newsletters

IMPROVEMENTS AT ISLETA HEALTH CENTER DENTAL CLINIC

In order to improve our service to you, preparations are underway for the launch of Electronic Dental Records at the end of February and into March, 2017.

What does this mean for you?

You will start seeing your dentists, dental hygienists, and dental assistants entering more information into the computer. Paper dental charts will eventually start disappearing. In addition, you will be using signature pads to acknowledge your updated health history and for approval for your treatment plans.

The conversion to new processes such as electronic dental records is always challenging. As new software is mastered and changes in workflow are implemented, there will be some learning and adjusting. We’ve also learned from shared experience in other organizations that visits initially take longer and glitches may occur. You will probably experience some delays in services or appointment scheduling. We appreciate your patience as we make this change.

The Pueblo of Isleta Elementary School

The Pueblo of Isleta Elementary School Students celebrated success at the 37th Annual Native American Student Art Show held at the Indian Cultural Center in Albuquerque, NM. Twenty-three students submitted works of art. These pieces were also open for sale to the public. Many of the students' works were purchased. Sixth Grader, Nadia Lucero took home a 1st Place Prize and Fourth Grader Jojo Jojola took 2nd Place in his division. Congratulations Pueblo of Isleta Elementary Students. Your talent has not gone unnoticed!

The Pueblo of Isleta is happy to announce that we have two new Language Instructors on campus. We want to welcome our new TIWA Language Instructors, Patricia Jiron and Ulysses Abeita. They will be providing instruction in all of our Kindergarten through Sixth Grade Classrooms as part of the regular instructional program, (push-in) and through an additional pull-out program where specific language instruction will be provided.

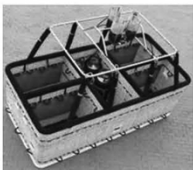
Students have been busy preparing for the PARCC Testing which will begin in April. The winter MAPS assessments have been completed and students are enjoying the faster Internet connectivity. Thanks to the MIS Department for their continued assistance.

Pueblo of Isleta Elementary Students participated in a fund-raising event by hosting a Sock-Hop on February 15th. Students could contribute \$1.00 or a brand-new pair of socks for entry to the dance. Students and staff had fun dancing to Music Teacher, Rick Wild's D.J. skills and

the students learned about giving back to their community. All of the proceeds will be donated to Joy Junction.

Students also participated in "Funny Hat Day" on February 8th. Every type of hat imaginable was on display. March 8th will be "Wear a Basketball Shirt or Jersey Day," and March 29th is "Mismatched Clothes Day." We hope all of our students will participate.

We have been busy trying to secure funds for our new school playground and have had help from many individuals in the process. We have finally reached that goal and are working to get the paperwork completed to move forward with the project. A big thank you all of those individuals that have helped us, and to the students and parents that have waited so patiently for this to happen. Happy Spring!!!



Experiential Learning Opportunity Annual St. Patrick's Day Hot Air Balloon Rally Students K-12th Grade

Saturday March 18, 2017
Belen Park

Students will observe the basic scientific principles of a hot air balloon. Such as what is needed to move the hot air balloon, the different shapes and sizes of a basket and how many individuals actually fit inside a particular basket.

We will be leaving from the Department of Education Building at 6:15 am and returning by 10:00 am. Students must be at the building by 6:00 am.

Breakfast will be served. Extra spending money is optional. We also encourage students to dress warm.

Permission slips will be available on Friday March 3, 2017. Your student must be JOM eligible with a signed permission slip to attend the event. Space is Limited!!



Pueblo Women Rising IBHS Support Group

February was a month full of love for the Pueblo Women Rising! We attended the Annual Go Red For Native Women’s Heart Health Conference, where we learned that symptoms of a heart attack are unique for women. It really was educational and we learned a lot that we can hopefully use in our daily lives. They even provided a healthy meal for everyone that we really enjoyed.



We also spent some time making Valentine’s cards for each other. This was a wonderful opportunity to show and communicate how much we appreciate each other. And to make others feel loved by a random act of kindness, we made Valentine’s cards with candy and inspirational messages and placed them on vehicle windshields. Our hope is that we were able to make people smile with this kind gesture!



The Pueblo Women Rising Group meets every Tuesday from 10:00 am to 11:00 am at Isleta Behavioral Health Services. For more information, or to join the group, please feel free to contact Krystal Lucero 869-5483.

Higher Education:

Summer Funding Reminder:

- If you are a continuing student and was funded for the Fall 2016/Spring 2017 Terms; you will need to request a SUMMER – FNA (Financial Needs Analysis), in which it must be completed by your college institution’s (Financial Aid Office).

Deadline Dates for the Summer 2017 Term:

- √ Application Deadline Date: **April 1st**
 - o If you did NOT submit a Scholarship Application for Fall 2016 or Spring 2017; you will need to submit an application to POI Higher Education in order to be considered for the Summer 2017 Term.
- √ Other Required Document Deadline Date (CONTINUING STUDENTS): **May 31st**
 - o Class Schedule (must meet degree analysis)
 - o Official Transcripts
 - o Updated degree analysis, failure to submit may delay funding.
- √ NEW STUDENTS:
Please contact the POI Higher Education Program at (505) 869-9790 or via email at:
 - Cecelia Jaramillo, Scholarship Coordinator
poi08001@isletapueblo.com
 - Kathleen Jojola, Scholarship Assistant
poi08004@isletapueblo.com

Census Bureau Hiring

The Census Bureau is hiring for the American Housing Survey. We need Field Representatives in the metro and surrounding areas. We are asking all interested individuals to contact us at 1-877-390-6424 so we can schedule them for a recruiting session.

- Pay rate is \$12.33-\$15.53 per hour plus .54 cents per mile.
- Employments are temporary/part-time 20-40 hours per week.
- Hours are flexible.
- The job consists of interviewing selected households using a laptop computer at their homes and over the telephone.
- Applicants must be over the age of 18, pass a background check, be a U.S. Citizen, pass a written test and interview.

Please let me know if you need additional information from me. My direct line is (505)265-4642.

Respectfully,
Kathy Davis
Field Supervisor, American Housing Survey
Denver Regional Office
U.S. Census Bureau
505.265.4642
kathy.davis@census.gov
census.gov Connect with us on [Social Media](#)

HOW TO ACCESS FREE MONEY



Scholarship and Grant Opportunity websites.
Or resources.

<https://www.ihs.gov/scholarship/>
<https://www.abqjournal.com/895466/native-americans-eligible-for-grants.html>
<http://www.gmsp.org>
www.aigcs.org/
[fastweb.com](http://www.fastweb.com)
www.collegescholarships.org
www.educationfirst.org/
<https://www.unigo.com/scholarships/full-list-of-scholarships-and-grants>
www.jumpstart-scholarship.net/application-us
<http://www.collegehorizons.org>
[affordablecolleges.com](http://www.affordablecolleges.com)
www.itenet.org
www.collegefund.org/sss
www.cese.org
<https://teachreachnm.com>
@aissunm.edu
www.studentscholarships.org

If we can be of any assistance please visit, The Pueblo of Isleta Higher Education program located at the Department of Education (505) 869-9790
Please contact Cecelia Jaramillo
poi08001@isletapueblo.com
Kathleen Jojola poi08004@isletapueblo.com

LETTER FROM THE EDITOR

Deadline for April Newsletter articles is set for Monday March 20, 2017 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>.

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)

Isleta Pueblo News



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

OLDER DRIVER SAFETY PROGRAM

with Mark McCracken, Safer NM Now



To be held during the
*Pueblo of Isleta Community
Cancer Support* monthly
meeting.

March 14, 2017
6:00 – 8:00pm

@ Health Training Center
(pink building behind Health Center)

Contact Stephanie Barela at 869-4479 for more information and to sign up for the training.

What you'll learn:

- Medical conditions affecting senior drivers
- How to identify and communicate their concerns
- How to relay their concerns to MVD if necessary



Training open to everyone!
For elder drivers and those who care about them!

WIN YOUR SHARE OF **\$130,000** IN CASH AND TRIPS!

NOW - MARCH 25
Each lucky winner will play to win their Trip to Paradise!

HOURLY DRAWINGS EVERY FRIDAY & SATURDAY FROM 2PM - 10PM

MARCH 5 - 28

LEPRECHAUN LAND O'LUCK

Hourly Hot Seat Drawings
Every Sunday & Tuesday from 10am - 10pm

For your chance to pick a clover and win up to **\$500** IN CASH - AND - FREE PLAY!

TY MURRAY INVITATIONAL

AFTER PARTY

SATURDAY, MARCH 18 | 7PM
ISLETA CASINO SHOWROOM
Live entertainment and drink specials all night long!

Plus Meet the stars of the PBR!
THURSDAY, MARCH 16 | ISLETA HOTEL BALLROOMS
Visit isleta.com for complete details and ticket pricing.

FREE Necklace

MARCH 17 | 10AM - 10PM

RECEIVE YOUR ST. PATRICK'S DAY NECKLACE FREE!

(WHILE SUPPLIES LAST) Management has the right to cancel or modify this promotion at anytime.

TY MURRAY INVITATIONAL

MARCH 17 - 19 | WISEPIES ARENA - THE PIT

WIN YOUR TICKETS! NOW - MARCH 14

Drawings held every 30 minutes from 10am - 10pm on Sundays & Tuesdays

ISLETA
resort • casino

11000 BROADWAY SE | ALBUQUERQUE, NM 87105 | 505.724.3800 | ISLETA.COM

Helping Your Adult Family Member Who Has an Addiction

Although you may be tempted to rescue, bribe, pamper, scold, or threaten an adult family member who continues to use and abuse alcohol or drugs, this is not a helpful approach.




Instead, families can share experience, strength, and hope by attending Al-Anon meetings. These meetings teach you how to stop “enabling”. The word enabling means ‘allowing, permitting, or aiding’ the alcoholic/addict to stay in their sickness. Not only does this keep your loved one in sickness, enabling also keeps you and the family trapped in the problem. Further, enabling can make you physically and emotionally sick and causes increased stress for you and your home environment. In short, enabling does not teach responsibility and addiction is not something that affects just the alcoholic/addict. It also has a negative impact on the entire family and community.

No one wants their adult family member to suffer with an addiction and your intentions to help are out of love and concern. But when enabling turns into an intervention, things can begin to change. This is time to take the focus off the adult family member’s addiction and place it onto you. From here, you and your family can regain power in order to make meaningful choices about what you will do and what you won’t do. To find a meeting to attend contact **Al-Anon** at **(505) 262-2177** for the nearest location from your community. *Isleta Behavioral Health Services does not provide transportation.*



Freedom From Smoking

QUIT SMOKING IN 8 SESSIONS STARTING
March 13, 2017
5:30 pm
ISLETA HEALTH CENTER.
Call for more information:
505-869-4479





The \$pending Frenzy

Brought to You by First Nations Development Institute

Money Game is coming to the Native Youth Empowerment Symposium 2!

Isleta Casino and Resort
Monday March 27th, 2017

Tired of boring financial literacy lectures and lessons? Don't miss your chance to check out the exciting financial skills money game that's taking Indian Country by storm!



More Information:
Shawn Spruce
First Nations Development Institute
agoyopi@gmail.com 505-917-0709

Or

Sheila Herrera
Tiwa Lending Services
Sheila@tiwalending.org 505-916-0556

Have a blast by taking a trial run at living on your own!

Save The Date!


Native Youth Empowerment Symposium

Monday, March 27, 2017
Grade 8-College students
Pueblo of Isleta Resort & Casino Grand Ballroom
11000 Broadway SE-Albuquerque, NM 87105

Inspired by Generation Indigenous (GEN-I), the 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), The American Indian Chamber of Commerce of New Mexico, and The Office of the Special Trustee for American Indians (OST)

For more information, please contact Tiwa Lending Services: Sheila Herrera or Miranda Lente at (505) 916-0556



Handle money with the \$pending Frenzy!

Lunch Provided



Pueblo of Isleta Public Library

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade”-Charles Dickens, Writer

Charles Dickens sums up the month of March pretty well. We will gain an hour on March 12th, spring will officially start on March 20th and the flowers will start to bloom starting our allergy season. Don't worry, the Library is equipped with lots of Kleenex.

News

The Library will be closed from 8:00am-12:00pm on March 2nd for our first planning meeting for our Summer Reading Program. We will be finalizing our calendars for both the Youth and Juniors program. Please keep a look out for the registration date and calendars, which will be available at the Library. If you have any questions or concerns about our Summer Reading Program give us a call and a Library staff member will be happy to answer any questions you may have.

If you have noticed when you come into the Library we have a Library bear, which is dressed up each month as something different. This bear was donated by a Library patron who thought the Library would make use of. Thank you! We have patrons who come in just to see how the bear is dressed up each month and even call it the Library mascot. So far the bear has been a zombie, a turkey, Santa Claus, Buddha, and a Leprechaun. Come visit us each month to see what our bear has transformed into.

Upcoming

Attention Pokémon Lovers! Starting March 1st, students of all ages are welcomed to join the Library in building our pokedex! For every 20 minutes that you read you will be able to catch a Pokémon. The more Pokémon you catch you will be able to evolve them and collect prizes for yourself or for your team you choose to be on. Please visit our Children's room of the Library for up-to-date information on special Pokémon events. For more information, please call the Library at 505.869.9808.

Dr. Seuss Book Club. Attention Dr. Seuss book fans! We will be having a Dr. Seuss Book Club every Thursday starting March 2nd through March 23rd from 5:00pm-6:00pm. Each Thursday Library Staff member Valeri will be reading a different Dr. Seuss book followed by a craft. This will open to the first 8 students to sign up each week. Sign up for each Thursday will begin at the beginning of the week. All supplies will be provided. If you have any questions or if you would like to sign up your child/children, you can contact the Library 505.869.9808 and ask for Valeri or by email poi02009@isletapueblo.com.

Book Lovers! Join our book club open to ages 16 & over. Library staff member Diane will be leading this book club based on the book, *The Zookeeper's Wife* by Diane Ackerman, which will also be out in theaters on March 31st. We will meet every Thursday starting March 2nd Through March 23rd. This is open to the first 10 patrons, 16 & up. Sign up starting on March 1st. If you have any questions please call the Library and speak with Diane at 505.869.9808 or by email at poi02006@isletapueblo.com.

Do-It-Yourself Screen-Printing! Create your own designs in your favorite color and bam; you have created a one of a kind shirt to show off. The Library will have two



Couples during our Couples Game Night playing some warm-up games of Charades on the tablet.

sessions for adults and students ages 10 and up. Adult screen-printing class will start on March 13th-15th and students will meet on March 20th-23rd. Space is limited to the first 10 adults and 10 students. For times and more information please call Christino at the Library at 505.869.9808 or by email at poi02004@isletapueblo.com.


Recap

The Library hosted a couples game night held on February 9th. The couples played a couple warm up games of charades on our Library tablets. Some frustrations but mostly fun and laughter were the outcome of charades. They were all

introduced to our version of the game of things, which is played on the Ellen Show.



The winners of our Couples Game Night!



HAPPY BIRTHDAY DR. SEUSS!

Join us at the Library to celebrate his birthday!

We will read a story written by Dr. Seuss followed by a craft pertaining to the story.


Every Thursday in March From 5-6pm

March 2nd: There's a Wocket in my Pocket
March 9th: The Cat in the Hat
March 16th: The Strange Shirt Spot
March 23rd: The Lorax

Open to the first 8 students who sign up.

Sign ups start at the beginning of each week. All supplies are provided.

If you have any questions or if you'd like to sign up your child/children you can contact the library at 505.869.9808 and ask to speak to Valeri or by e-mail: poi02009@isletapueblo.com





Our Library bear dressed up as a Leprechaun for the month of March. Come by the Library and rub the lucky four leaf clovers for good luck.

Library staff member Tara surveyed the couples prior to game night for this game, and women had to guess what answers their men gave. We switched off and it was the men’s turn. Some answers got some



A student participant showing off her finished Hello Kitty box during our Valentines Day box program.

men in trouble with their women but it was all in good fun! The last game was the Not-So-Newlywed game that earned the couples some big points. During this game we had a secret giveaway. The men were instructed in the beginning of the game if they heard the song “ Lets get it on” by Marvin Gaye they must be the first one to yell “Lets get it on”. Library staff member Tara hit the button to play the song at a time when everyone was in deep thought and only two men yelled out the phrase. Jamie Guerrero was the winner of our surprise gift. Everyone went home with a love coupon book to spice up their relationship. Thanks to all the couples that attended and had a blast with your significant other.

Students came into the Library on February 6th to start working on their Valentines Day boxes for school. All supplies were provided and we received donations of boxes for those who did not have a box to decorate. Tables were set by our conference room along with all the supplies for students to work with.

Many came with an idea of how to design their boxes and others let their imagination run and made a unique box made with love. Keep us in mind for any future art projects. The Library has an Art Room available with supplies for all our patrons. For more information about our Library services and what we offer please give us a call at 505.869.9808. A Library staff member will be happy to answer any questions you may have.

**Pueblo of Isleta Public Library
Hours of Operation:**

Library Hours

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

Closed on Sundays, all federally recognized Holidays and also Isleta traditional Holidays. Please contact library for more information on closures.

Mailing and Physical Address:
950 Moonlight Drive SW
Albuquerque, NM 87105

Phone: 505-869-9808
Fax: 505-869-8119
Email: poi02002@isletapueblo.com

Facebook Page:
www.facebook.com/IsletaPuebloLibrary


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

YouTube:
www.youtube.com/user/poilibrary

Pinterest:
www.pinterest.com/poilib

PUEBLO OF ISLETA PUBLIC LIBRARY
JOIN US
IN READING THE ZOOKEEPER’S WIFE!


STARTS MARCH 2ND
BOOKS WILL BE PROVIDED
Open to the first 10 sign-up’s 16 and over.



Bookclub

Every Thursday 5pm to 6pm!

FOR MORE INFORMATION
PLEASE CALL DIANE @ THE
LIBRARY 505.869.9808



SCREEN PRINTING
MADE EASY



**ADULTS & STUDENTS
10&UP**

**LEARN HOW TO
MAKE YOUR OWN
STENCIL DESIGN**

**FIRST 10 TO SIGN UP
SPACE IS LIMITED**

**ADULTS CLASS MARCH 13TH-15TH
STUDENTS CLASS MARCH 20TH-23RD**

**ANY QUESTIONS CALL
CHRISTINO AT THE LIBRARY**

PHONE: (505) 869-9808
E-MAIL: POI02004@ISLETAPUEBLO.COM



RECREATION

GET FIT IN MARCH AND BEYOND

It's March 2017 and we still have good numbers, it looks like everyone is doing their best to make good on New Year's Resolutions. It's great to see people sticking with their workouts. The name of the game is staying healthy. Tribal members seem to be taking full advantage of our wonderful facilities, great equipment and awesome Fitness Instructors.

It's important that we do our best to stay fit for ourselves and for our families. Too many individuals (elders, adult men, adult women and children) around New Mexico and even here in the Pueblo as well, have health problems or may be on the verge of developing some type of health problems that can or could be avoided. Two of the more prominent health issues that we see here in the Pueblo are obesity and diabetes and both of these are health issues that can be addressed with a simple workout schedule or routine. Getting up and moving is the easiest way to get started toward a healthier you.

Let us our fitness staff help put together a workout schedule or routine for you. Contact any of our fitness staff at either one of our fitness facilities (New Recreation Center or Pickle Heights). Don't wait, call today!

Fitness Staff

New Recreation Center (869-9777)

- Bernadette Jojola
- Michael Lente
- Ray Mora
- John Matt Jojola
- Keenan Gurule

Pickle Heights (869-5741)

- Mike Trujillo
- Antoinette Emily Lucero
- Steven Abeita
- Constance "Connie" Olguin

Get started toward becoming a healthier you today!



ACHIEVE A HEALTHY LIFESTYLE

CONTACT US AND BE READY FOR SUMMER

FREE

It's never to late to keep your New Year's Resolution!

If your plan this year is to embark on a healthier you, then you need to make plans to contact our Fitness Staff at one of our recreation facilities.

- New Recreation Center (869-9777)
- Old Recreation Center (869-5741)

FREE

Our friendly and readily available fitness staff is always ready and willing to help you get started with your fitness needs, so that you can become a healthier you!

WE HAVE

Fitness Staff Available to help with:

- One of One Personal Training
- Fitness Programs
- Weight Training
- Cardio Training
- Cardio Machines
- Kettle Bells
- Free Weights
- Weights Machines
- Spin Classes
- Swim Classes
- Water Aerobics Classes
- Enhanced Fitness (for Elders)
- And much more.....

Achieving your fitness goals should be fun!

Don't wait any longer, get started NOW! Call and set up an appointment to meet with our fitness staff and let them help you with your fitness program to make you a healthier you!

Pueblo of Isleta Parks & Recreation Department



BASKETBALL

For all you basketball fans, March Madness is here. I'm sure you are just as pumped up for March Madness as I am. In case you can't tell, I am a big Basketball fan. This is the time of year that all of us basketball fans wait for. College basketball's biggest show takes place this month, the State High School Basketball Tournament takes place and of course Professional basketball is in full swing. Here at the Rec Center it's no different. The Isleta Pueblo Youth (Boys and Girls) basketball teams have their end of season tournament this month as well.



Overall both teams (Boys and Girls) worked really hard. Our Coaches (Keenan Gurule, Girls Team and John Matt Jojola, Boys Team) did a great job of working with the kids this year. The best part was seeing that the kids were having a great time being part of a team. Our Girls Basketball Team (see picture) took third place in a Tournament at Jemez in January, and they brought home the third place platter (see picture) as proof. I want to congratulate our coaches and players for doing a great job of representing our Pueblo (Isleta) at

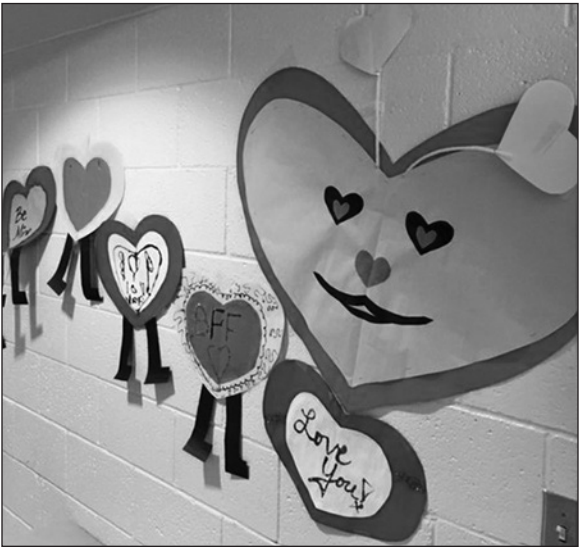


all the games this year. Keep up the great work and keep playing hard!

AFTER SCHOOL PROGRAM

Our afterschool recreation program is in full swing, the staff does an amazing job with the kids in our program. Kim Chiwewe, LeeAnn Zuni, Meredith Platero, Keenan Gurule, John Matt Jojola, Andrew Montoya and all the other staff help make sure that the youth in our program stay active every day. They help them with their homework if needed, they play games with them, they take them outside for outdoor activities, arts & crafts, they also provide the children snacks and of course take them on field trips. My recreation staff is awesome.

We've had as many as 30 children in our afterschool program this year and we still get calls from parents wanting to to register their child/children in the program. Seeing the participation in this program continue to rise is a credit to the staff and the great job they do with the children.



Stop by and see what's going on in the afterschool program, we would love to see even more children in this program. Remember it's a safe and friendly environment for the kids to be and the best part is they can have fun being kids.

If you need more information please feel free to call the New Recreation Center at 869-9777 and talk to Kim Chewiwi or any of the recreation staff available, they should be able to answer your questions.

Nana Arts & Crafts Program –

The Nanas have been busy with the afterschool kids as well. This past month they did arts & crafts project with the children a couple times a week. It's great to see the children interact with the Nanas. They prepare all the materials for the participants before they get to the center, that way when the children

come in to do their projects everything is ready for them to do a fun project to take home to their parents. Come by and watch them work with the kid’s Great job Nanas! Check out some of the projects they did with the children for Valentine’s Day. The project that’s hanging in game room was actually one of three piñatas that were made, and the kids were able to break them open for a Valentine’s Day party that was put together by the afterschool staff and the Nanas.



SWIMMING POOL

Unfortunately, we had some mechanical issues with the pool heater that were unavoidable that took place in early February and we are doing our best to address the issues. We are very sorry for any inconvenience that this has caused individuals that frequent the pool. We are hoping that those mechanical issues will be completely addressed early this month. Please don’t lose interest because we have some great programs that we will be continuing. The pool is still open for use but the water in the main pool is still a little cold, but as I said we are hoping to have that issue taken care of very soon.

For more information about the pool, and the programs we have in the Aquatics Center please contact my Pool Manager Chris Avila or any of the pool staff at 869-9783. They will gladly answer any questions that you may have.

MMA (MIXED MARTIAL ARTS) FITNESS PROGRAM

We recently started a Mixed Martial Arts Fitness Program and to our surprise the turnout has been great. This program has only been going on for a couple of weeks, but through word of mouth the numbers have doubled twice. We now have 14 individuals in this program and it seems like there are more people interested.

This is another great opportunity to get fit. If you are interested in more information or joining this program please feel free to contact the New Recreation Center at 869-9777 and ask for Chris Avila.

This program is currently taking place on Monday and Friday evenings in the gymnasium. Feel free and come by to see this program in full swing.



When To Use Isleta Health Clinic versus Calling 911	
Calling 911	Isleta Health Center
<ul style="list-style-type: none">• Chest pain/discomfort• High fever• Shock• Severe burns/cuts• Severe headaches• Severe trauma/injuries• Shortness of breath/difficulty breathing• Unconsciousness• Uncontrollable bleeding• Visible fractures	<ul style="list-style-type: none">• Allergies• Colds/flu/fever• Ear pain/infection• Insect bites• Minor asthma• Minor cuts/burns• Rashes• Sprains and strains• Sore throat/cough• Urinary Tract Infections
By: Kamilia Elsisie, Isleta EMS Manager	

Isleta Elder Center March 2017:

With the year just beginning, it seems to have already started off at a very fast pace. It's hard believe that January & February have passed us by so quickly. In the later part of January & throughout the month of February, there has been a number of exciting events that have taken place here at the Isleta Elder Center. These events included the 2017 Senior Games events, Enhance Fitness Program, Native American Day at the Roundhouse, Afternoon Bingo, Free Diabetes Screening by the Isleta Diabetes Prevention Program fitness staff & much more!

What new Isleta Elder Center Activities are taking place in March 2017?

With the spring season just around the corner and the weather becoming a little warmer, there are a lot of great activities and events to look forward to as we move into March. We encourage all seniors to take advantage of the various activities and events throughout the year. Research has shown that older adults who have a social outlet are more likely to feel less depressed, are more engaging, & are likely to experience a more meaningful lifestyle. Below is a list of activities & events for the month of March 2017:

Ash Wednesday Mass by Father George Pavamkott, O. Praem of St. Augustine Church
March 1, 2017: 11:00am – 12:00pm
Isleta Elder Center – Activities Room

Start the Lenten Season with the Isleta Elder Center and join us as we host a special Ash Wednesday Mass followed by a Lentil lunch for the elders of our community. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. Ash Wednesday Mass by Father George will be taking place in the Elder Center Activities Room starting at 11:00am. Let us all celebrate together, as this is a great opportunity to start the Easter season with friends, family, & fellow community members.

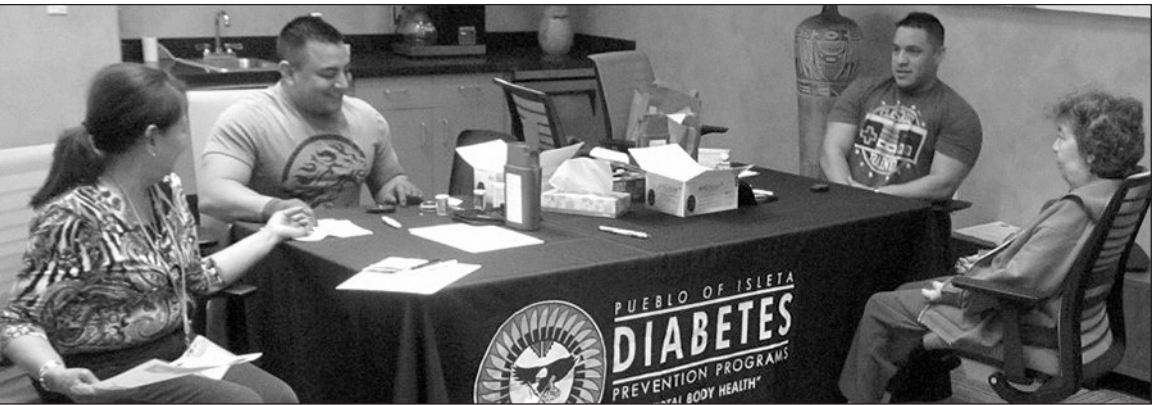
AARP Free Tax Assistance Day for seniors ages 60 & Older
March 8, 2017: 9:00am – 4:30pm
Isleta Elder Center – Activities Room

Do you need help with your taxes? Is the cost of getting your taxes done too expensive? The Isleta Elder Center staff and volunteers from AARP are here to help assist you. The Elder Center will be hosting a Free Tax Assistance Day for adults 60 & older on March 8, 2017. The checklist below includes items you need to bring when you visit an AARP Foundation Tax-Aide site for us to help you prepare your tax return(s).

- Last year's tax return(s)
- Social Security cards or other official documentation for yourself and every individual on your return.
- Photo I.D. required for all taxpayers.
- Checkbook if you want to direct deposit any refund(s).

Income

- W-2 from each employer
- Unemployment compensation statements
- SSA-1099 Form showing the total Social Security benefits paid to you for the year, or Form



- RB-1099, Tier 1 Railroad Retirement benefits
- 1099 Forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B), as well as documentation showing the original purchase price of your sold assets
- 1099-R Form if you received a pension, annuity, or IRA distribution
- 1099-MISC Forms
- Information about other forms of Income
- State or local income tax refunds

Payments

All forms and canceled checks indicating federal and state income tax paid (including quarterly estimated tax payments)

Deductions

Most taxpayers have a choice of taking either a standard deduction or itemizing their deductions. If you have a substantial amount of deductions, you may want to itemize. You will need to bring the following information:

- 1098 Form showing any home mortgage interest
- A list of medical/dental expenses (including doctor and hospital bills and medical insurance premiums), a list of prescription medicines, costs of assisted living services, and bills for home improvements such as ramps and railings for people with disabilities
- Summary of contributions to charity
- Receipts or canceled checks

- for all quarterly or other paid tax
- Property Tax bills and proof of payment

Health Insurance

- 1095A Forms if you purchased insurance through the Marketplace (Exchange)
- 1095B/1095C Forms (if applicable)
- Any exemption correspondence from the Marketplace (if applicable)

Credits

- Dependent care provider information (name, employer ID or Social Security number)
- 1098-T and 1098-E Forms (Tuition and Student Loan Interest)

Health Discussion: Special Guest Stephanie Barela, Isleta Health Center, Health Educator
March 8, 2017: 10:00am – 12:00pm
Isleta Elder Center – Conference Room

The Elder Center will have a special guest presenter, Stephanie Barela from the Isleta Health Center at our March 2017 Health Discussion. Mrs. Barela will be presenting on all of the various programs that she offers as the Health Educator for the Isleta Health Center. This is a great opportunity for anyone looking for more information about the programs offered by the Isleta Health Center such as the Freedom from Smoking Program as well as the Cancer Support Group. Join us as she will discuss more information about these types of programs and upcoming conferences offered by the Isleta Health Center.

**Isleta Elder Center General Meeting & Friendship Breakfast
New Mexico Indian Council on Aging
Presentation by Cedric Chavez,
NMICOA President & officers
March 15, 2017
Isleta Elder Center – Activities Room**

The New Mexico Indian Council On Aging is an organization composed of the federally recognized tribes from around New Mexico. The purpose of this organization is to advocate as well as discuss issues & concerns regarding Native American elders around our state. NMICOA advocates to bring about change for improved, comprehensive services to New Mexico Native Americans through partnerships with appropriate agencies & organizations. This non-profit organization operates in accordance with NM State Laws as well as with the rules & regulations of the NM Secretary of State Corporations Bureau. During the month of March 2017 the Isleta Elder Center will be hosting our monthly General Meeting with the president of NMICOA Cedric Chavez as well as officers of the 2017 NMICOA. This will be a great opportunity for seniors interested in NMICOA.

**St. Patrick’s Day Afternoon Bingo:
Wear Green & Win Green.... Green Prizes...
March 17, 2017
1:30pm – 3:30pm
Isleta Elder Center – Activities Room**

During March, the Elder Center will be hosting a special St. Patrick’s Day Bingo for adults ages 60 & older. Dress up in your favorite green colored shirt, pants, jacket, hat, jewelry, or other accessories, for your chance to play & win some great prizes. There is NO FEE required to play in our afternoon bingo session. We do accept various types of small donations of your choice so that the size of our winning prizes can increase. This is going to be a great afternoon of bingo along with different types of refreshments and snacks for you to enjoy.

**AARP Smart Driver Course with Ron Sarracino
March 20, 2017
1:00am – 5:00pm
\$15.00 for AARP Members & \$20.00 for Non AARP Members**

Refresh your driving skills with the AARP Smart Driver Course. By taking the class you will learn about Defensive Driving Techniques, proven safety strategies, & new traffic rules for the road. Plus, there are NO TESTS to pass. You simply sign up & learn. Upon completion you could receive a multi-year discount on your car insurance depending on your car insurance company.

**NM Rail Runner & Museum Fieldtrip for Ages 60 & Older
March 22, 2017
8:00am – 3:00pm**

Every Wednesday during the months starting from February to April 2017 the NM Rail Runner is FREE to seniors ages 62 & older. The Elder Center will taking advantage of this great opportunity and will providing a day trip for a group seniors interested learning more about the NM Rail Runner Transit. We will be catching the NM Rail Runner at the Isleta Lakes location to

one of our local NM museums as well as enjoy a great lunch at one the surrounding eateries. Participating museums are also free of charge to seniors during these months as well. So take advantage of this opportunity and enjoy a day on the train.

Isleta Elder Center 2017 Senior Olympics & Fitness Programs for older adults

Have you been worried about a lack of balance, strength, and/or your overall health? Do you want to get in to exercise or find a new way to stay active? The Isleta Elder Center Senior Olympics Program in collaboration with the Isleta Recreation Programs are now offering specialized fitness classes just for you! Listed below are a couple of new programs taking place this year at both the Isleta Elder Center & Recreation Center. These programs will help you get on the right track to staying active and keep you moving.

**Exercise Basics
Isleta Elder Center: Activities Room
Thursdays: 2:00pm – 3:00pm**

**Enhance Fitness Classes with Bernadette Jojola
Location: Isleta Rec. Center Gym
Class Times:
Mondays: 10:30am – 11:30am
Wednesdays & Fridays: 9:00am – 10:00am**

The Enhance Fitness Program is a free hour long exercise program for older adults offered every Monday, Wednesday, & Friday at the Isleta Recreation Center. This a great exercise class offered by the New Mexico Senior Olympics in collaboration with the Isleta Elder Center & Recreation Program. Enhance Fitness combines the three key components of fitness; strength training, flexibility, and cardiovascular conditioning. At all times you work at your own pace. Bernadette Jojola (lil Bern) is our certified instructor for the Enhance Fitness Class. If you are interested in participating in this program please contact the Isleta Elder Center at (505) 869-9770.

2017 Isleta Senior Olympics & Isleta Senior Games for March:

**2017 Senior Olympics Meeting
March 6, 2017
10:30am – 12:00pm & 5:30pm – 7:00pm
Isleta Elder Center – Activities Room**

Do you like to stay active by participating in sports? Have you ever been interested in Senior Olympics? Do you enjoy the spirit of friendly competition? The Isleta Senior Olympic Program is a great way to stay active with some of your favorite sports. Each year the Isleta Senior Olympic Program offers the opportunity for all Isleta community members ages 50 & older to stay active and be part of a team of individuals who practice & compete in various sporting events locally, state wide, & nationally. The Isleta Senior Olympic Program is great for anyone interested in wanting learning a new sport, looking to stay competitive, and joining a team of great individuals encouraging fellow community members to stay active. Below is a list of events taking place throughout March 2017, this your chance to learn more about the Isleta Senior Olympic Program

by observing, participating, and/or cheering on fellow community members! We will be discussing the following topics during our March meeting:

- 1. 2017 Isleta Senior Games upcoming events & event schedule for makeup week
- 2. 2017 National Senior Games & Travel
- 3. 2017 New Mexico State Senior Olympics

March 2017: Isleta Senior Games Schedule – Ages 50 & Older

March 7, 2017: Shuffleboard Doubles
Locations: Isleta Elder Center & Recreation Center

March 9, 2017: 400m & 800m estimated time events – All Ages
Location: Isleta Rec Center

March 14, 2017: Hauchas (washers) – All Ages
Location: Isleta Recreation Center

March 16, 2017: Softball & Frisbee Distance Throw Event – All Ages
Location: Isleta Recreation Center

March 19, 2017: Golf Event – All Ages
Location: Isleta Eagle golf Course

March 21, 2017: Horseshoe & Table Tennis Event – All Ages
Location: Isleta Recreation Center

March 23, 2017: Softball & Frisbee Accuracy Throw Event – All Ages
Location: Isleta Recreation Center

March 24, 2017: Airgun & Archery Event – All Ages
Location: Isleta Recreation Center

March 27 – 31, 2017: Isleta Senior Games Event Makeup Week

All listed events stated above are subject to change without notice. Please contact the Isleta Elder Center at (505)869-9770, for any information regarding any of our upcoming events for March 2017.

AARP Driver Safety Classes

will resume this month then every other month from there on. March 20, 2017 will be the first class starting at 1pm ending at 5pm. Cost is \$15 for AARP members and \$20 for non- members.




**Pueblo of Isleta
Community Cancer
Support Group**

*Support the Health of Your Family...
Educate Yourself on Cancer...
and Reduce Your Risk!*




Adult Daycare Activities Calendar
March 2017




Mon	Tue	Wed	Thu	Fri
<i>*Calendar Subject to Change</i> <i>March Birthday-</i> <i>Na-Na Eleanor March 1st</i>	<i>For More Information-</i> <i>Emma Abeita 869-9770</i> <i>Nicole Abeyta 869-9770</i>	1) 10-11 Open Activity 11-12 Ash Wednesday Mass 1-3 ADS Choice	2) 10-11 Chair Exercises 11-12 Sewing 1-3 Continue w/ Sewing	3) 10-2 Field Trip Wal-Mart & Lunch 
6) 10-11 Chair Exercises 11-12 Beading 1-3 Continue w/ Beading	7) 10-12 Nutritional Education w/ Tina 1-3 Card/Board Games	8) 9-4 AARP Tax Assistance 10-3 Chair Exercises, Painting/ Continue	9) 10-12 ADS Choice 1-3 Open Activity	10) 10-11 Chair Exercises 11-12 Lunch 12-3ADS Closed/ Staff Meeting
13) 10-2 Field Trip 5 Sandoval Food Distribution Warehouse	14) 10-11 Chair Exercises 11-12 Shamrock Crafts 1-3 Continue with Crafts	15) 10-12 General Meeting 1-3 Wii Games	16) 10-11 Chair Exercises 11-12 St. Patty's Day Activities 1-3 Continue w/ Activity	17) 10-12 St. Patrick's day Crafts 1-3 St. Patrick's day Bingo
20) 10-11 Chair Exercises 11-12 Spring Crafts 1-3 Continue w/ Crafts	21) 10-12 Make Kites 1-3 Continue/ADS Choice	22) 10-12 Spring Plastic Canvas Crafts 1-3 Continue	23) 10-11 Chair Exercises 11-12 Bake Cookies 1-3 Continue & Enjoy!	24) 10:30-2 Field Trip Spring outing
27) 10-11 Chair Exercises 11-12 Make Shawls 1-3 Continue w/ shawls	28) 10-12 Card games 1-3 Board Games	29) 10-11 Chair Exercises 11-12 Make Easter Baskets 1-3 Continue w/ Baskets	30) 10-12 Make Spring Chickens/ducks 1-3 Continue w/ Crafts	Commodities March 14th & March 30th


February was
**HEART
DISEASE
AWARENESS
MONTH...**





**...and the
staff at the
Isleta Health
Center wore
RED!**



**Heart Disease, also known as
cardiovascular disease, is the leading
cause of death in the world, and
accounts for one in three deaths
among women each year and more
than ½ of the deaths in men.**







Calendar Notes:

Homebound Deliveries:

Please Call 24 HOURS IN ADVANCE or by 8:30am on delivery date to CANCEL meals.

Congregrate Meals:

Meals free of charge for Ages 55 & older

Offered Daily From:

12:00p.m. - 1:00p.m.

Salad Bar included

Staff Meeting Days:

March 10, 2017

Lunch Served Early:

11:00a.m. - 12:00p.m.

*** Menu is subject to change.

*** All meals are prepared with LOW SALT & SUGAR.

For More Information:

Activities :

Eugene Jojola

Adult Day Services:

Emma Abeita

Nicole Abeyta

MARCH 2017



Monthly Menu
Isleta Elderly Center
(505) 869-9770

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3/1/2017 Frito Pie Pintos (M/MA) 1 c, Shred Cheese 2 oz Red Chile in beans 1/4 c Corn Chip 1 oz Shred Lettuce/Tomato 1/8 c Winter Veggies 1 c Oatmeal Cookie 1 ea Fresh Fruit 1 ea	3/2/2017 Pork Loin 3 oz Wild Rice 1/2 c Stewed Tomato 1/2 c Green Beans 1/2 c Apple Crisp 1/2 c fruit 1 grain eq	3/3/2017 Tuna Sandwich 3 oz tuna, Hot dog bun = 56 g Broccoli Salad w/ grapes 2-1/2 c Broccoli 1 c, Cauliflower 1 c Grapes 1/2 c
3/6/2017 Green Bean Stew w/ g.beef 3 oz ground beef, 1/2 c green bean Steamed Carrots 1/2 c WW Roll = 56 g Fruit Cup 1/2 c	3/7/2017 Green Chile Turkey Enchiladas 2 oz chicken, 1 oz cheddar cheese corn tortilla = 2 grain eq green chile 1/2 c Squash/Zucchini 1/2 c Fresh Fruit 1 ea	3/8/2017 Pizza Supreme 2 oz Mozzarella Cheese (M/MA) 1 oz Sausage/Pepperoni Diced Peppers, Black Olives, Red Onions 1/2 c Tossed Salad w/croutons 1 c Fruit Cup 1/2 c	3/9/2017 Turkey and Cheese Sandwich Sliced Turkey 3 oz, Cheese .5 oz Croissant = 56 g Tossed Salad 1 c Carrot sticks 1 c Fruit cup 1/2 c	3/10/2017 Smothered Breakfast Burrito Eggs 2 ea (M/MA), Shred Cheddar (M/MA), Potato 1/2 c, Red Chile Sauce 1/2 c Apple Crisp = 1/2 c fruit 1 grain eq Staff Meeting 12:30 pm
3/13/2017 Pork Tamale 3 oz pork, 1 grain eq Red chile sauce 1/2 c Mixed Vegetables 1/2 c Spanish Rice 1/2 c Fresh fruit	3/14/2017 Baked chicken w/ pineapple 3 oz chicken breast Steamed Carrots 1/2 c Green Beans 1/2 c WW Roll = 56 g Fresh Fruit 1 ea	3/15/2017 Lima Bean & Ham Soup 2 oz ham, 1 cup lima beans Mixed Vegetables 1 c Biscuit = 56 g Fruit Cup 1/2 c Corn 1/2 c Fruit Cup 1/2 c	3/16/2017 Spaghetti w/ground turkey 3 oz ground turkey, 1/2 c marinara 1/2 cup wheat spaghetti Winter Veggies 1 c Garlic Bread = 24 g Fruit cup 1/2 c	3/17/2017 Fish and Chips Breaded Fish 3 oz = 1 grain eq Roasted Red Potatos 1/2 c Steamed Cabbage 1/2 c Potato Bread = 26 g Fresh Orange
3/20/2017 Posole 3 oz pork, 1/2 c hominy 1/4 c red chile Zucchini 1/2 c WW Roll = 56 g Fresh fruit	3/21/2017 Chicken Fajita 2 oz chicken Shred cheese 1 oz, Fajita Veggie 1/4 c Mexican Corn 1/2 c 6" WW Tortilla Peach crisp 1/2 c fruit and 1 grain eq	3/22/2017 Cheeseburger 3 oz patty, 1 oz cheese WW bun = 56 g Lettuce/Tomato 1/8 c Baked Beans 1/2 c Corn 1/2 c Fruit Cup 1/2 c	3/23/2017 Beef & Chicken Taquitos = 1.5 oz chicken, 1.5 oz beef = 2 grain eq Pinto Beans 1/2 c Stewed Tomato 1/2 c Fresh Fruit	3/24/2017 Egg Salad Sandwich = 2 boiled egg, 2 slice ww bread Carrot sticks 1 c Cucumber slices 1 c Fresh fruit
3/27/2017 Chicken Caesar Salad 3 oz Chicken, 1 C Lettuce Cucumbers 1 c/Tomato 1/2 c Crouton 1 oz Garlic Breadstick 2 ea = 56 g Banana Caesar Dressing 1.5 oz	3/28/2017 Hot Roast Beef Sandwich Roast beef 3 oz Mashed potato 1/2 c Brown gravy 1 oz Steamed Carrots 1/2 c Biscuit = 56 g Fruit cup 1/2 c	3/29/2017 Rice w/ Beef Stew 3 oz g. beef, rice 1/2 c Mixed Veggies 1 c WW Crackers = 26 g Fruit cup 1/2 c	3/30/2017 Cream of Potato & Ham Soup 2 oz ham, 1/2 c potato Mixed Vegetables 1/2 c WW Roll = 56 g String cheese 1 oz Fresh fruit	3/31/2017 Baked Tilapia Tilapia 3 oz Mixed vegetables 1 c Wild Rice 1/2 c Fresh Fruit Banana Bread square = 1 grain eq

Calendar Notes:

Ash Wednesday Mass

March 1, 2017

Location: Elder Center

Time: 11:00 am - 12:00pm

Senior Olympics Meeting:

March 6, 2017

Location: Elder Center

Time: 1:30pm - 3:00pm & 5:30pm - 7:00pm

AARP Free Tax Assistance

March 8, 2017

Free Tax Assistance for Elders

Ages 60 & older

Location: Elder Center

Time: 9:00 am - 4:30pm

Health Discussion

With Stephanie Barela

February 8, 2017

Location: Elder Center

Time: 10:00am - 12:00 pm

General Meeting & Friendship Breakfast

Breakfast: 9:00am - 10:00am

Meeting: 10:00am - 12:00pm

Location: Elder Center

2017 New Mexico Council On Aging by NMICOA President & Officers

St. Patrick's Day Bingo

March 17, 2017

Location: Elder Center

Time: 1:30pm - 3:30pm

Enhance Fitness Classes

Monday:

10:30am - 12:00pm

Wednesday, & Friday:

9:00am - 10:00am

Location: Recreation Center

March 2017



Activities Calendar
Isleta Elderly Center
(505) 869-9770




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Isleta Elder Center Hours Mondays - Friday Time: 8:00am - 4:30pm *CALENDAR SUBJECT TO CHANGE		Ash Wednesday Mass @ Elder Center 11:00a.m. Enhance Fitness: Exercise W/ Lil Bern Jojola Recreation Center 9:00a.m. - 10:00a.m.	Open Activities Room 2 Isleta Elder Center 8:00am - 4:00pm Afternoon Fitness Class: Fitness for Beginners Elder Center 2:00pm - 3:00pm	Open Activities Room 3 Isleta Elder Center 8:00am - 4:00pm Enhance Fitness: Exercise W/ Lil Bern Jojola Recreation Center 9:00a.m. - 10:00a.m.
6 Senior Olympics Meeting: 1:30pm - 3:00pm 5:30pm - 7:00pm Enhance Fitness: Exercise W/ Lil Bern Jojola Recreation Center 10:30a.m. - 11:30a.m.	7 2017 ISG EVENT#8: Shuffleboard - Doubles Recreation Center 8:00am - 3:00pm	8 2017 AARP Free Tax Assistance Elder Center 9:00am - 4:30pm. Health Discussion: With Stephanie Barela 10:00am - 12:00pm	9 2017 ISG EVENT#9: Estimated Time Events: 400M est. Run/Walk 9:30am - 11:30am 800m est. Run/Walk 1:00pm - 3:30pm Recreation Center Track	10 Elder Center Staff Meeting 12:30pm Enhance Fitness: Exercise W/ Lil Bern Jojola Recreation Center 9:00a.m. - 10:00a.m.
13 Open Activities Room Isleta Elder Center 8:00am - 4:00pm Enhance Fitness: Exercise W/ Lil Bern Jojola Recreation Center 10:30a.m. - 11:30a.m.	14 2017 ISG EVENT#10: Huachas -Washers event Recreation Center 9:00am - 12:00pm Commodity Distribution 8:30am - 4:00pm	15 GENERAL MEETING & Friendship Breakfast: 2017 New Mexico Council on Aging Presentation ELDER CENTER	16 Afternoon Fitness Class: Fitness for Beginners Elder Center 2:00pm - 3:00pm 2017 ISG EVENT#11: Softball & Frisbee Distance Recreation Center 9:00am - 12:00pm	17 St. Patrick's Day Afternoon Bingo Elder Center: Activities Room 1:30p.m. - 3:30p.m.
20 AARP Smart Driver Course 1:00pm - 5:00pm Enhance Fitness: Exercise W/ Lil Bern Jojola Recreation Center 10:30a.m. - 11:30a.m.	21 2017 ISG EVENT#12: Horse shoes event 9:30am - 11:30am Recreation Center Table Tennis Event 1:30pm - 3:30pm Elder Center	22 Elder Center Fieldtrip Ages 60 & Older NM Rail Runner & Museum 8:00a.m. - 4:00p.m. ALL DAY EVENT Enhance Fitness: Exercise Recreation Center 9:00a.m. - 10:00a.m.	23 2017 ISG EVENT#13: Frisbee Accuracy Throw Recreation Center 9:30am - 11:30am Afternoon Fitness Class: Elder Center 2:00pm - 3:00pm	24 2017 ISG EVENT#14: Archery & Airgun events Chical Baseball Field ALL DAY EVENTS Enhance Fitness: Exercise Recreation Center 9:00a.m. - 10:00a.m.
27 2017 Senior Games Make-up Week Enhance Fitness: Exercise Recreation Center 10:30a.m. - 11:30a.m.	28 2017 Senior Games Make-up Week	29 2017 Senior Games Make-up Week Enhance Fitness: Exercise Recreation Center 9:00a.m. - 10:00a.m.	30 ADVISORY COMMITTEE MEETING: 9:00am Elder Center Commodity Distribution 8:30am - 4:00pm	31 2017 Senior Games Make-up Week Enhance Fitness: Exercise Recreation Center 9:00a.m. - 10:00a.m.

3rd Annual Cancer Survivors Day Event

MAY 9, 2017 ♦ 6:00 - 8:30 p.m.

@ the Health Training Center

(located behind the main Health Center building)



COME
CELEBRATE
OUR
CANCER
SURVIVORS

Call Stephanie
Barela for more
information at
869-4479.

NEEDED
CANCER SURVIVORS/
CANCER CAREGIVERS
to be on SPEAKER PANEL.
(Compensation Available)
Contact Stephanie
869-4479

ISLETA HEALTH CENTER Questions? Call 869-3200 Patient Parking

We understand that at times it seems easier to pull up in front of the clinic and run in for business that may only take few minutes. However, we would like to remind all of our patients and visitors that the area directly in front of the Health Center is designated for the drop-off and pick-up of patients only (there is a five minute time limit if dropping off/picking up).

Otherwise, if you are visiting us for any other reason, such as to make an appointment or to pick up prescriptions, a referral, or eye glasses, please use the available parking spaces for your business at the Health Center. The first two rows in front of the clinic are reserved for patient parking.

Please help by keeping this area available for the patients who need it, for our Community Health Representatives and Behavioral Health Services staff who transport patients to and from their appointments, and for our EMS personnel, in the case of an emergency.



Thank you,
Isleta Health Center
Safety Committee

Health Beat Stephanie Barela

Health Educator @869-4479

Influenza (Flu)

It's that time of year, the weather is colder and we tend to be inside more, so the chance of getting sick increases. Flu season is still among us. This provides an opportunity to remind everyone 6 months and older that it's not too late to get a flu vaccine. This highlights the importance of continuing influenza vaccination after the holiday season into January and beyond.

What is influenza (flu)?
The flu is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. Illness is usually mild or moderate, not requiring hospitalization. However, at times flu can be severe, even leading to death. It is not the same as the "stomach flu."

What are the symptoms?
Flu symptoms usually begin suddenly and might be severe enough to stop your daily activities. They include:

- Fever
- Extreme tiredness
- Headaches

- Sore throat
- Dry Cough
- Body aches

Should I get a flu vaccine?
YES. Everyone 6 months of age and older should get a flu vaccine EVERY YEAR. The flu vaccine is the best tool out there to

protect you from getting the flu and passing it to people who could get very sick.

Who is most at risk for getting very sick from flu?

- Young children, especially those under 2 years old
- People with chronic health conditions such as asthma, diabetes, and heart disease
- People age 65 or older
- Pregnant women
- American Indian and Alaska Natives

How is the flu different from a cold?
Colds are generally less serious than the flu. With a cold, you're more likely to have a runny or stuffy nose, while the flu causes body aches, fever, and extreme tiredness. A person with a cold can usually do their normal activities, but someone with the flu can't. Flu can result in serious health problems like pneumonia, bacterial infections, and hospitalization.

Can I get the flu from the flu vaccine?
No. Some people get a mild fever or have discomfort for a short time after being vaccinated, but this is a sign that your body is responding to the vaccine; it is not the

flu. Also, because there are many viruses circulating in the fall, it is possible to get sick with a different virus around the same time they get flu vaccine. It takes about two weeks after vaccination for the immune system to build the antibodies your body needs in order to provide protection against the flu.

When should I get vaccinated?
For best protection, flu vaccine is usually given in early fall before flu season starts. But you can get it anytime during flu season which is typically October through April.

New for the 2016-2017 Flu Season:

- Only injectable flu shots are recommended this season.
- Flu vaccines have been updated to better match circulating viruses.
- There will be some new vaccines on the market this season.
- The recommendations for vaccination of people with egg allergies have changed.

National Influenza (FLU) Vaccine week
<http://www.cdc.gov/flu/nivw.htm>
<http://www.health.state.mn.us/divs/idepc/diseases/flu/basics/flufacts.html>

Health Beat
Stephanie Barela, Health Educator
Phone: 505-869-4479

“The Conference Saved My Life”
“If I hadn’t gone to the Heart Healthy Conference with Isleta, then I would not be here today.”

Barbara Marquez, a member of the Pueblo of Isleta Community Cancer Support Group, attended the American Heart Association’s Go Red for Native Women, Heart Healthy Conference, on February 3rd. She says it is because of this, that she is ALIVE TODAY! At the conference she learned that Heart Disease is the number 1 killer of women. Heart disease kills more women than all forms of cancer combined. Symptoms of a heart attack in women can be more subtle than in men; it may not be a sharp pain in the chest for women. She learned that some symptoms women experience are a feeling of fullness in the chest or pain in the arm, jaw or neck. Women can also experience nausea and cold sweats. So when Barbara starting feeling these symptoms the very next day (jaw pain, pain in the chest, nausea, trouble catching her breath), she knew something was wrong and knew to call 911 immediately.



“A voice in my head kept reminding me what I learned at the conference and told me to not shrug it off like I always do, but to call 911. I kept remembering the speaker at the conference saying, ‘Don’t be afraid to call 911’.”

Barbara usually just takes ibuprofen and goes to bed when she is not feeling well, but this day was different. She had just learned the signs and symptoms of a heart attack from the conference and realized she needed to call 911. Barbara’s two boys were with her when this was happening and even though she didn’t want to

worry about it, she thought about her 12, 13 and 17 year old kids and told herself she needed to get help now so that she could be around for them in the future.

When the ambulance came, Barbara recalls that the first screening didn’t show up that anything was wrong. She just knew something wasn’t right. The EMTs then took her into the ambulance and tried the echocardiogram, which verified Barbara was not okay. She in fact was having a heart attack. She was rushed to the hospital and received a stent in her heart to clear the blocked artery. Barbara gives a lot of credit to the POI Community Cancer Support Group for inviting her to the conference, where she learned the skills that ended up saving her life.



Barbara Marquez, Yolanda Serna, Clem Romero, Daisy Paquin



Eddie Abeita, Lupita Chewiwi, Mary Anne Johnson

“Go Red for Native Women Heart Healthy Conference” 2/3/17

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%.

Pueblo of Isleta WIC **March 2017**
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 apple sauce
- 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.
- 4. WIC is here to help! We are happy to help you make a plan that you can stick to.

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.

MARCH 2017

ISLETA HEALTH CENTER

Questions? Call 869-3200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
Reminder: “DPP” = Diabetes Prevention Programs @ 869-4595. “BHS” = Behavioral Health Services @ 869-5475. March 20th is <i>National Native American AIDS Awareness Day.</i> <i>Have you been checked?</i>		1 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. DPP Walking Group: 5:30-6:30p @ DPP Wellness Center.	2 <div>CLINIC OPENS AT 9:50am</div> Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance: 5:30-7:30P @ DPP Wellness Center.	3 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	4 / 5
6 Early Recovery Skills: 9-11a @ BHS. Women’s Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	7 Women’s Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	8 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. DPP Walking Group: 5:30-6:30p @ DPP Wellness Center.	9 <div>CLINIC OPENS AT 9:50am</div> Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	10 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	11 / 12
13 Early Recovery Skills: 9-11a @ BHS. Women’s Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Freedom From Smoking—Session 1: 5:30-7:30p. Call 869-4479 to sign up.	14 Women’s Support Grp: 10-11a @ BHS. POI Cancer Support: CANCELLED. See information for conference on 2/3/17. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center. Older Driver Training: 6:00-8:30p @ Health Training Center. This is part of the monthly POI Community Cancer Support Group. Training provide by Safer NM Now.	15 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Community Healthy Cooking Class (DPP): 5:00p @ Health Center Kitchen.	16 <div>CLINIC OPENS AT 9:50am</div> Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	17 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	18 / 19
20 Early Recovery Skills: 9-11a @ BHS. Women’s Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Freedom From Smoking—Session 2: 5:30-7:30p. Call 869-4479 to sign up.	21 Women’s Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	22 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. “March to Health’ Fun Walk/Run: 5:00p @ DPP Wellness Center.	23 <div>CLINIC OPENS AT 9:50am</div> Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Cooking Class: 5:30 @ Health Center Kitchen.	24 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	25 / 26
27 Early Recovery Skills: 9-11a @ BHS. Women’s Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Freedom From Smoking—Session 3: 5:30-7:30p. Call 869-4479 to sign up.	28 Women’s Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	29 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. DPP Walking Group: 530-630p @ DPP Wellness Center.	30 <div>CLINIC OPENS AT 9:50am</div> Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance: 5:30-7:30P @ DPP Wellness Center.	31	



Pueblo of Isleta Health Center

5th Annual

Isleta Community

Cancer Education Conference

SATURDAY • April 1, 2017

10:30am - 4:15pm @ Isleta Eagle Golf Course

SPACE LIMITED TO THE FIRST

75

TO SIGN UP!

CALL 869-4479 TO PRE-REGISTER

Deadline: March 22, 2017

Learn about:

Cancer ♦ Cancer in Isleta ♦ Signs/Symptoms of Cancer ♦ Colorectal Cancer (#1 late diagnosis in Isleta) ♦ Cancer Risk/Risk Reduction ♦ Health Insurance ♦ Purchased/Referred Care ♦ Medicare ♦ Medicaid

TOPICS SUBJECT TO CHANGE

14 YEARS & OLDER WELCOME!

PRIZES, T-SHIRTS, LUNCH & MORE!

Door Prizes

LET'S GET CREATIVE!

“Gathering of JOM”

Art Contest

Door Prizes

In honor of the

National Johnson O’Malley Association, the

Isleta JOM program invites you

Tuesday, March 7, 2017

5:00pm – 7pm

JOM Building

to create an artwork for the 2017 NJOMA

Art contest.

For more information you may contact our office

@ 505-869-9810

Door Prizes

Refreshments will be served

Door Prizes