

Isleta Pueblo News

Volume 13 Issue 5

Pueblo of Isleta website: www.isletapueblo.com

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May 2018

Governor's Report

Ma - Gu - Wam

As the Easter Holidays pass, I thank Father George and the Church Committee for inviting Administration and the War Captains to take part during Mass services.

On April 14, 2018 Administration, Tribal Council, Isleta Police Department, Social Services, Behavioral Health, and Tribal Courts, held a Community awareness meeting to inform the community of crimes occurring in our community. Each Department gave a Power Point Presentation. The focus of the meeting was to educate our community on the type of crimes that are occurring within our community, and the costs associated to each crime. The Pueblo spends an average of \$5.05 million or + 10% of the total operating budget per year. Law Enforcement \$3.05 Million, Tribal Courts \$738 Thousand, Behavioral Health \$912 Thousand, Social Services \$593 thousand. The average incurred daily costs from these activities are \$13,500 per day seven days a week. The average annual detention costs are \$190 thousand.

The incarceration alone averages 2,236 days of jail time spent, per year estimated at 6.13 inmates incarcerated daily. These meetings are important for our community; we need your input and help to bring our

community together. Let's build a better future for our children and the community.

I want to thank the Police Department, Social Services, and Behavioral Health for their presentations, good job. I want to thank Tribal Courts Chief Judge Yazzie, and Public Services Director Shawna Ballay for their input during the community question and answer period. I want to especially thank the Chief War Captain for his words of wisdom and to the community members who were present at this meeting.

2018 Irrigation Water Supply

On April 12, 2018, the US Bureau of Reclamation hosted their 2018 Rio Grande Annual Operating Plan where the water supply forecast for 2018 was presented. Water supply is forecasted based on snowpack in the mountains that supply runoff water to New Mexico's northern reservoirs which, in turn, supply water to the Middle Rio Grande, weather conditions, and estimates based on past years on record with similar snowpack. While reservoirs serving the Middle Rio Grande have good storage due to a bountiful water supply in 2017, 2018 proved to be the second worst year on record for snow pack coupled with predictions for higher than average temperatures and lower than average precipitation. This means that in 2018, Middle Rio Grande irrigators will have to

depend almost entirely on water stored during 2017, and on any monsoons the summer has to offer.

Irrigation water supply will be tight throughout the Middle Rio Grande, but Pueblo of Isleta Water Resources Department staff are working closely with Reclamation, BIA, and MRGCD water managers to ensure the Pueblos' irrigators receive water in sufficient quantity and on schedule, and that prior and paramount water storage and delivery is managed to the benefit of Isleta's farmers for as long as possible. Final prior and paramount storage numbers will not be known until May 2018, and as conditions change on the ground, so will management options. POI staff is closely monitoring this situation and is in close communication with Reclamation, BIA, and MRGCD.

This year will require all farmers, Mayordomos, ditch riders and to frequently communicate and work collaboratively together to ensure efficient scheduling and irrigation practices are adhered to. Should it be necessary for irrigation operations to deviate from regular practices due to water shortages, the farmers will be notified. If you have further questions, please don't hesitate to contact the Pueblo's Water Resources Department, at 505-869-5564.

Boards and Committees

The Pueblo of Isleta (POI) has openings on several of its boards and committees. Individuals who would like to help the tribe by lending their knowledge, life experiences and expertise in the following areas are invited to submit a letter of interest, along with their contact information, to tribal council for consideration. Letters of interest may be dropped off in person to Tribal Council Chambers or mailed to: P.O. Box 1270, Isleta, NM 87022.

Isleta Business Corporation (IBC)

The IBC board of directors is currently looking for two members – one (1) tribal member and one (1) non-tribal member.

Members of the board are responsible for upholding the ordinance establishing IBC that includes but is not limited to: protecting IBC assets; establishing corporations; conducting regular meetings; reporting activity to tribal council through annual reports and overseeing the daily activity of IBC employees, including the CEO.

Members are appointed by council and serve three-year terms. Compensation is \$1,500/month.

Labor Relations Board (LRB)

The LRB is currently looking for two members, both of whom must be registered tribal members.

Members of the board conduct hearings as the last step in the employee grievance process for Pueblo of Isleta, Isleta Pueblo Housing Association and Isleta Resort & Casino employees who have been suspended, terminated or are grieving some other employee disciplinary action.

Members serve five-year terms, must be enrolled POI tribal members and cannot be currently employed at any POI entity. Compensation is \$30/hour.

Tribal Enrollment Committee (TEC)

The TEC is currently looking for two members, both of whom must be enrolled tribal members.

Members of the committee follow established policies and procedures to determine whether an applicant is eligible for tribal membership.

Members serve two-year terms and must be enrolled POI tribal members. Compensation is \$30/hour.

From the Acequia Madre Mayordomo and Treasurer

This is to inform all Acequia Madre ditch members that dues and penalty assessments for the 2018 irrigation season are past due. At a duly called meeting held on 2/17/2018, the attending Acequia Madre ditch members voted to increase the yearly assessment from \$5.00 to \$15.00 and the penalties for non-participation in cleaning the ditch from \$30.00 to \$60.00. So at this point in time, all assessments are now considered delinquent.

Payment for the assessments can be made by check or money order, payable to Acequia Madre Ditch Assoc. and mailed to P.O. Box 752, Isleta N.M. 87022, Attention Michael F. Lucero.

A receipt for payment will be mailed back to you so please include your return address. If the payment is being made for someone else, please indicate that in a separate note. If the land for which you are making payment is in probate, also indicate that in a separate note. Payments can also be made in person to Mr. Lucero at his residence as he is the Treasurer for the Acequia Madre.

The Acequia Madre ditch committee is currently revising Acequia Madre by-laws as they are considered to be outdated due to the current needs of the Acequia Madre ditch members. The last set of by-laws were approved by the Tribal Administration in 1990. When the revisions are completed, they will be presented to the Acequia Madre ditch members for review and comment. Ample notification will be given so all members can attend this meeting. As a last note, please inform your children of the dangers of the water as it flows through the various irrigation ditches.

Thank you all who participated in the annual ditch cleaning and hope you have a good farming season.

LETTER FROM THE EDITOR

DEADLINE for June Newsletter articles is set for Tuesday, May 22, 2018 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter.

For additional questions, you may call the Library and speak with Nate or Tara at 505.869.9808.

Thank you, Nathaniel Lujan

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

The sixteen Newsletter distribution locations are:

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

PEACEMAKING

What is PEACEMAKING?

Peacemaking is a voluntary and confidential process in which a qualified peacemaker helps parties communicate to resolve problems between them. Peacemakers are trained to guide participants through the resolution process; they help the parties come up with agreements by listening to all points-of-view, clarifying issues and interests, and facilitating open and honest discussion. Peacemakers do not take sides; and have no personal interest in the outcome of the process.

What happens in PEACEMAKING?

Peacemaker will describe the process and ask each party for a commitment to participate. Each party is invited to discuss their perspective on the situation and what they hope to achieve through peacemaking. The peacemaker helps parties identify specific issues as they explore possibilities for settling differences. Parties then negotiate which ideas for resolution are mutually acceptable and satisfy the needs of all parties. A written agreement ends the session. The written agreement signed by all parties is taken before the court for approval.

What are the qualifications of a PEACEMAKER?

A peacemaker must have high ethical standards and demonstrate leadership qualities. A peacemaker should be a good listener and able to communicate and understand various positions of parties in peacemaking sessions. Knowledge of cultural values and law is a plus, but not required.

Benefits of PEACEMAKING:

Fair, Neutral and Confidential: Peacemaking is a voluntary process; it provides a neutral, respectful and confidential setting where both parties can openly discuss their views on the dispute. Parties have an equal say in the process.

Allows the Parties to Determine the Solution: Parties decide settlement terms, not the peacemaker. The peacemaker assists the participants in reaching a voluntary, mutually acceptable resolution. There is no determination of guilt or innocence. No legal arguments are made. No judges or spokespersons are allowed.

Avoids Unnecessary Court/Litigation and Saves Time and Money: Peacemaking can save the parties and the court major financial expense. Parties can avoid the cost and uncertainty of a lawsuit. Peacemaking may satisfactorily resolve all issues important to the parties.

Improves Communication & Restores Peace: Peacemaking offers a problem-solving approach to complaints and reduces family disruptions. Peacemaking usually occurs in the early stages of a conflict, is informal, and is often completed in 1 or 2 meetings. Peacemaking can bring the parties back together and re-establish "peace" and "harmony" between the parties.

Should you have any questions or inquiries, please call the Isleta Tribal Court at (505) 869-9699.

ISLETA HEALTH BOARD PUEBLO OF ISLETA

The Isleta Health Board is currently seeking interested individuals who are willing to serve on the Health Board as Board members in the advocacy of improving the health and wellbeing of all the Pueblo of Isleta community members and their families who acquire health services from the Isleta Health Center.

Interested individuals who are willing to serve in this capacity should submit their interest to the Pueblo of Isleta Tribal Council for their consideration and recommendation to the following address:

Pueblo of Isleta Tribal Council PO Box 1270

Isleta, New Mexico 87022

A brief resume should accompany an individual's interest in serving on the Health Board along with synopsis of experience in a health related field or other careers relevant to health related concerns.

Thank You.

PUEBLO OF ISLETA PUBLIC SERVICES DEPARTMENT UTILITIES DIVISION

WATER CONSERVATION

As everyone is aware, there was not a lot of moisture in the fall and winter of 2017/2018. The drought is upon New Mexico and as always, water is in short supply.

All of us need to do our part to conserve the water that is available. The Pueblo of Isleta utilizes groundwater wells to obtain your potable water supply (drinking water). Each spring, the wells begin to operate for a longer time each day in order to keep a sufficient supply of water in the various storage tanks, plus provide each resident with water for their daily needs. By summer time, well operation times DOUBLE what is normally tracked during the winter months.

In April, 2018 the hours the wells operate daily has increased significantly compared to March. Some of the wells have already DOUBLED the hours of operation each day – and it's only April. Imagine if this pattern continues – will the Pueblo be able to keep up with demand on a daily basis?

Please do your part to conserve our precious resource, water. This includes any irrigation water as well as your drinking water. Try not to water when it's windy or in the middle of the day. Do not use your drinking water supply to water down the roadways – the Roads Department will take care of that. The Roads Department uses non-potable water to keep the dust down. Much less expensive to produce than your treated drinking water!

Make sure you have any leaking fixtures and/or toilets repaired. Toilets can waste thousands of gallons each week if the toilet flapper is stuck wide open. Plants, trees and smaller gardens do need water, but limit your usage to what is needed – don't leave the hose running all night long to water the garden.

Watering restrictions can be imposed if conservation of our precious resource is not done. There is not an infinite supply of groundwater, the well pumps can only produce so much water per day and care needs to be taken to ensure that fire protection supplies remain in each storage tank. Please do your part to help conserve our precious resource, water.

If you have any questions, please contact Mr. Edwin Jaramillo, Manager of the Utilities Division, Public Services Department at 505-869-9781.

TR 82 Water Line is Complete!

A HUGE thank you to all the residents along TR 82, TR 78, TR 84 and TR 80 for all your patience during the recent construction of a new water main along TR 82.

The new 6" C 900 (thick piping) water main line extends from TR 78 along TR 82 and ties in to the water line on TR 84. The entire project included 4,720 feet of 6" pipe, 2 fire hydrants, 25 service connections, tracer wire, GPS coordinates, and two water main extensions. There is a 6" x 4" connection heading east off the new line and a 6" x 4" connection that heads west. The two extensions will eventually be tied into existing water lines along TR 80 and Hwy 314.

The TR 82 water line project will be a big benefit to the customers now connected to it. There should be an increase in water pressure, backflow prevention for each resident, fire protection for the area and, hopefully, no more water leaks.

Again, thank you all for your patience and understanding during this water main line project. The Pueblo of Isleta Utilities Department crew members installed the water main line and the construction Funding and oversight was provided by Indian Health Services (IHS).

PROBATE NEWS

Second Notice – A petition to Probate the Estate of Ruth Johnson, deceased October 21, 2017. Case No. CV-17-PRO-00025, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for Wednesday, April 04, 2018 at 11:00 a.m. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Josephine Poafpybitty, deceased July 08, 2017. Case No. CV-17-PRO-00022, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for Wednesday, April 25, 2018 at 09:00 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 Carlos F. Jojola, deceased November 14, 2008. Case No. CV-17-PRO-00024, 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, June 06, 2018 at 9:30 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.

Attention Pueblo of Isleta Survey Work on the Pueblo

The Public Services and Water Resources Departments have hired a consultant, Huitt Zollars/BHI to conduct surveys on the irrigation system throughout the Pueblo. Data collection will include canals, drains, ditches, field corners, fence boundaries, and all irrigation point features (turnouts, culverts, etc).

This work will begin the week of July 17th and is scheduled through the next 14-16 months.

The priority data collection area is Los Charcos.



Please contact
Faron Candelaria @
869-5277 if you
have any questions
or concerns.



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

CURRENT JOB OPENINGS as of April, 2018

- o Heavy Equipment Operators
- o Pipe Layers

- Water Truck Drivers
- o Laborers

EMPLOYMENT PROCESS **Indian Preference Applies**

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

*Once hired, employee must have the ability to travel—on his/her own—to job site.



TEACHER-HEAD START

SPECIAL EDUCATION TEACHER I or II

VETERAN SUPPORT SERVICE PROGRAM MEMBER

TIWA LANGUAGE INSTRUCTOR

TIWA LANGUAGE TEACHER

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

Current Open IBC Positions:

Chief Executive Officer, Open Until Filled Chief Operations Officer, Open Until Filled C-Store Assistant Manager, Open Until Filled

C-Store Shift Leader WITHIN ONLY Open Until Filled

Sales Associate, Open Until Filled

FREE Dial-a-Ride Transit Serving the Pueblo of Isleta

Monday-Friday, 9:00am to 2:00pm

Also serving Los Lunas Walmart

The free Pueblo of Isleta Dial-a-Ride provides trips within the Pueblo and to the ABQ RIDE Route 53 bus stop on south Isleta Blvd., Monday through Friday, 9:00am to 2:00pm. Riders can also travel to the Los Lunas Wal-Mart between the same days and times.

Request your trip by calling Valencia County dispatch at (505) 352-3595 before noon at least one business day prior to your trip. On the date and time of your trip, a wheelchair accessible van will arrive within 15 minutes of your scheduled pickup time.

For more information visit riometro.org

Take Route 208 to Downtown Albuquerque

Featuring three northbound and southbound trips, Monday-Friday

Hop aboard Route 208 for a quick ride to Downtown Albuquerque. Route 208 features three northbound trips arriving at the Alvarado Transportation Center (ATC) at 9:30 am, 11:00 am and 1:30pm, and three southbound trips departing the ATC at 9:35 am, 11:05 am and 1:32 pm. Service also continues south from the Pueblo to Bosque Farms, Peralta, Los Lunas and Belen.

Catch Route 208 at one of two stops on the Pueblo. The stop closest to the village is located on NM 147 just east of the Rio Grande bridge. Route 208 also stops at the Isleta Pueblo Rail Runner Station, with a free shuttle connection to the Isleta Resort and Casino.

Visit riometro.org to view the schedule, map and fare information. Route 208 schedules are also available at the Public Services Department Office at the Tribal Services Complex.

Open Until Filled

Open Until Filled

Open Until Filled

Open Until Filled

WITHIN ONLY-Open Until Filled

Pueblo of Isleta Career Opportunities

Position Posting Closing Date ARCHITECTURAL TECHNICIAN Housing Authority, Open Until Filled ASSOCIATE GENERAL COUNSEL Legal Department Open Until Filled ASSOCIATE JUDGE **Tribal Courts** Open Until Filled BENEFITS COORDINATOR **Health Center** 04/11/2018 CHILD CARE PROVIDER Head Start & Child Care Open Until Filled CLINICAL APPLICATION COORDINATOR **Health Center** Open Until Filled CRIMINAL INVESTIGATIONS, DRUG/GANG/TASK FORCE Police Department Open Until Filled **CUSTODIAN Facilities Management** Open Until Filled **EDUCATION ASSISTANT Elementary School** Continuously Accepting Applications LIFEGUARD - HEAD Recreation Center Open Until Filled LIFEGUARD (2-PT Positions) Open Until Filled Recreation Center LIFEGUARD (32 hr. per week) Recreation Center Open Until Filled NUTRITIONIST **Health Center** Open Until Filled **NURSE MANAGER** Health Center Open Until Filled Open Until Filled **PAINTER Housing Authority** PARK MAINTENANCE WORKERS (5 Full Time & 1 Occ.) Open Until Filled Parks & Recreation PARK MAINTENANCE WORKERS (OCC) Parks & Recreation Open Until Filled PERSONAL CARE SERVICE AIDE (Occasional) Elder Center Continuously Accepting Applications PHYSICAL THERAPIST **Health Center** Open Until Filled **PHYSICIAN** Open Until Filled Health Center Housing Authority **PLUMBER** Open Until Filled POLICE OFFICER-CERTIFIED Police Department Open Until Filled POLICE SERGEANT Police Department Open Until Filled REGISTERED NURSE **Health Center** Open Until Filled REGISTERED NURSE (PT-20hpw) **Health Center** Open Until Filled SENIOR MAINTENANCE TECHNICIAN Health Center Open Until Filled SPECIAL EDUCATION TEACHER POI Elementary School **Continuously Accepting Applications** SPECIAL PROJECT COORDINATOR **Tribal Courts** 04/11/2018 TEACHER-ELEMENTARY SCHOOL POI Elementary School Continuously Accepting Applications

Head Start & Child Care

Head Start & Child Care Department of Education,

Elementary School

Elder Center

Office Location

Isleta Resort & Casino

Isleta Resort & Casino has completed another big part of its ongoing renovation, this time with the grand opening of the Resort's beautiful new non-smoking room. The opening of the new space was met with a great deal of anticipation, and is another exciting step in the overall \$40 million project.

"We would like to thank the Pueblo of Isleta community for providing us with the opportunity to take the Resort & Casino operations to the next level in the New Mexico gaming market," said CEO Harold Baugus.

More venues are set to open this summer, including an all new Bingo facility, Showroom, and Triple Sevens Saloon. New renderings shed more light on the exciting changes in store, including enhanced seating, food service, and much more. The Resort looks forward to growing year after year, and will release details on future grand openings in the Pueblo of Isleta Newsletter.

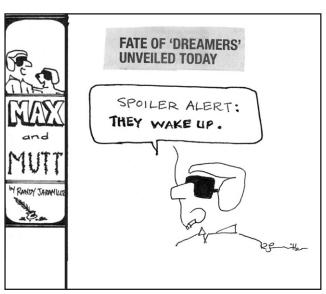




Poker Rendering Room



Bingo Showroom



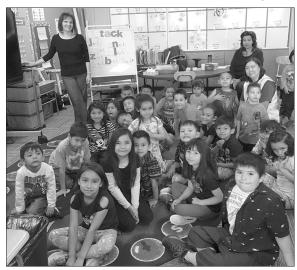




ISLETA ELEMENTARY SCHOOL

April did not bring many showers, but the P.A.R.C.C. Testing (New Mexico State Assessment) kept the students hopping! Our students did an excellent job! We are also very proud of how the POIES Staff and Kindergarten through Second Graders supported the testers. They decorated the classroom doors and provided extra snacks and incentives to all the students that were testing. Students also demonstrated "RESPECT," by walking quietly in the hallways during the multiple testing sessions. We appreciate the parents that had their child at school every day and on time. It makes the job of testing so much easier when a child is rested, relaxed and not rushed. A big thank you to you all!!!

It is that time of the year again! Head Start Students made their annual visit to the Kindergarten Classroom at POIES. Head Start Students, Teachers and Parents were serenaded in the Music Room by the



Kindergarten hosts Head Start Students at POIES

Kindergarteners, Ms. Holly Gilster, Music Teacher and our Third Grade Students. Students showed off their musical talents on the xylophones and dulcimers. The students got a taste of what Kindergarten is really like and sampled a student favorite, spaghetti, salad and breadsticks. A visit to the Kindergarten playground for recess completed the first visit of the season. Head Start Students visit each year as part of their transition into Kindergarten. Enrollment for School Year 2018-2019 will begin in early May.



POIES Theme of the Week!



A decorated door for Sixth Grade P.A.R.C.C. Test motivation

Pueblo of Isleta Elementary School hosted a local Spelling Bee for Third – Sixth Graders. The CENAC Regional Spelling Bee has been postponed due to the May Testing Schedule for most of the participating schools. POIES winners will be posted in the June Newsletter.

POIES Fourth, Fifth and Sixth Graders have been able to participate in several science projects this spring. Fourth and Fifth Graders have been working with Angela James of the U.S. Fish and Wildlife Service on the Native Fish in the classroom project. Students will travel to the Rio Grande for a "Final Release," on May 10th.

Fifth Graders have multiple trips planned to Kirtland Air Force Base in May to finish their STAR Lab Projects. They will also be defending their first place title at the PNM Solar Car Races at "Explora," on May 11th. Students will again be working in teams with PNM staff to build solar cars. A local race will be held at the school in order to determine which teams will represent the school at the state competition. Go Eagles!!

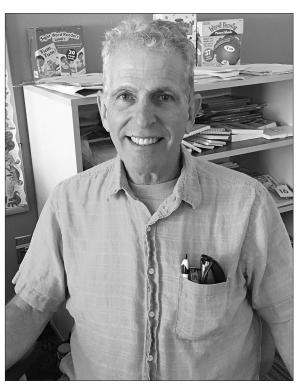
Sixth Grade Students have been working with Earth Force and the Isleta Pueblo Environmental Division. The group visited the Rio Grande on April 20th to complete a "Water Sampling" Project. Students are also working with their Tiwa Language Instructor, Ulysses Abeita. The project integrates Science and Tiwa Language and Culture within the students' learning.

The Pueblo of Isleta Elementary School has been very fortunate to have excellent teachers. Special Education Teacher Jami Shaver is in her second year at Isleta Elementary. A graduate of Rockford College in Illinois, Ms. Shaver earned a Bachelor of Science in Elementary Education. After moving to New Mexico, she received her Master of Science in Special Education at Western New Mexico University. Ms. Shaver has earned a Level Three Licensure for the State of New Mexico in Special Education, Pre-K – Age 21. She brings experience to her classroom from 22 years of teaching in Illinois and New Mexico,



Ms. Jami Shaver, POIES Special Education Teacher

(having worked on both the Zuni and Ramah/Navajo Reservations). Ms. Shaver stated, "I enjoy teaching students here at Isleta. The kids are very cooperative, my co-workers are wonderful, and the families are pleasant."



Special Education Teacher, Mr. Merrill Tracey

Merrill Tracey, a native of Texas has been at POIES since October of 2016. As a graduate of the University of Texas at Austin with a Bachelor of Arts Degree in History, and the University of North Texas with a Master of Education in Special Education; he holds a Level Three New Mexico Teacher's License in Special Education, with an endorsement in English as a Second Language (ESL). Mr. Tracey acquired thirty plus years of teaching experience from Texas, Arizona, and Sweden, but most recently had spent twelve years working at Albuquerque Public Schools.

Mr. Tracey shared, "The students at Isleta are wonderful to teach, and the people here at Isleta are enjoyable to encounter. Isleta Elementary has a beautiful building and great services. A great place to work with an exciting future!"

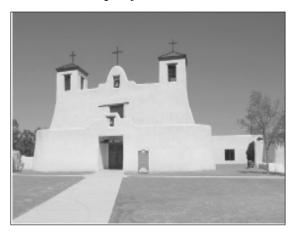


POIES Special Education Teacher, Ms. Keri Melendrez

You may remember seeing Ms. Kari Melendrez in the hallways of POIES. She started in 2016 as one of our Substitute Teachers. She has covered as a "Sub," in every grade level and/or in almost every "Specials" class, at one time or another. Ms. Melendrez accepted a full-time position in November 2017 as one of our Special Education Teachers. She is a native of New Mexico, living, working and going to school here. Ms. Melendrez received her Bachelor of Arts in Physical Education from the University of New Mexico. She also received her Master's in Education from UNM. She holds a Level Three Teaching Licensure from the State of New Mexico in Special Education, Early Childhood, Physical Education and Business Education. Ms. Melendrez has a total of 35 years of experience from Belen Consolidated Schools, Los Lunas Schools and the Pueblo of Isleta Elementary School.

St. Augustine Parish Isleta Pueblo

Ministry of Consolation



MISSION STATEMENT

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

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

The JOM Program announces . . .





Bridge Program

The Summer Bridge Program is offered to students who will be entering grades K to 8th at the start of the upcoming school year. Students will be working out of the Summer Bridge books, which allows them to utilize and strengthen the skills and knowledge gained this year and will be introduced to the skills needed for the upcoming school year. The program runs for 6 weeks, Monday thru Thursday with an educational theme presented each week. Experiential Learning Opportunities and presenters may also be included at various times during the program as well as outdoor activities. As a part of the Summer Bridge Program your student will be placed in either the morning or afternoon session. The morning session is for students in grades K - 3rd and will begin at 9:00 am and end at 12:00 pm. The afternoon session is for students in grades 4th - 8th and will begin at 1:00 pm and end promptly at 4:00 pm.

Application packets can be picked up starting May 7, 2018 @ 8:00 am at the JOM Program Office located in the Department of Education.

APPLICATION CAN ONLY BE FILLED OUT BY A PARENT OR GUARDIAN!

Dates: Monday, June 4, 2018 to July 13, 2018

Times: Morning Session - 9am to Noon Afternoon Session - 1pm to 4pm

Spots are limited and filled on a first come first served basis for JOM Eligible students. Please contact the JOM office at 869-9810 or email poi08102@isletapueblo.com for more information.





EARN YOUR GED

The Isleta Department of Education Adult Education Program can help!

The program can assist with the following services:

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

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

- Employability skills
- · Transition into the workforce
- Higher education

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

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



PUEBLO OF ISLETA HIGHER EDUCATION PROGRAM

Attention Students Higher Education Graduates: Congratulation to all Graduates!

Mandatory Orientation

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

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

FAFSA

Educational Opportunity Center (EOC) Please call (505) 277-2203

Take in your 2015 taxes for enrollment of the SUMMER 2018.

Take in your 2016 taxes for enrollment of the FALL 2018

Scholarship Information

Next Available Funding: Fall 2018 Term Every Student must turn in a new Application for funding. You must submit all required documents on the dates listed below. Funding *will not* be provided if documents are received after these deadline dates.

Fall Application Deadline July 1, 2018 Fall Supporting Documents

Deadline August 31, 2018

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

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

Upcoming Events

Save the date for our First Annual College Career, K-12 School Choice, and Tribal Collaborative Employability Training Thursday, September 29, 2018 Isleta Casino

Reminders:

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

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

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

Cecelia Jaramillo, Scholarship Coordinator poi08001@isletapueblo.com

Kathleen Jojola, Scholarship Assistant poi
08004@isletapueblo.com $\,$

Phone: (505) 869-9790

Pueblo of Isleta Department of Education Tiwa Language Program

2018 Summer Language Camp June 11, 2018 – July 12, 2018 5 – Week Program

Monday – Thursday; Two Sessions

Session 1: 9am – 12pm Session 2: 1pm – 4pm

Parents or Legal Guardians may register their children in person Monday, May 7, 2018 at 8:00am, no exceptions!

Space is limited, applications will be available and received in a first-come, first-serve basis.

Instructors include:

Carol Lucero, Tiwa Language Instructor Evelyn Ankerpont, Tiwa Language Instructor Patricia Lucero, Tiwa Language Coordinator

Session 1 (9:00am – 12:00pm)

Max. # of students 10

Group A - Ages 3 - 5 year old *Must be potty trained*

Group B - Ages 6 - 8Group C - Ages 9 - 11 Session 2 (1:00pm - 4:00pm)

Max. # of students 10

Group D - Age 6 - 8 (overflow) Group E - Ages 9 - 11 (overflow)

Group F – Ages 12 and up

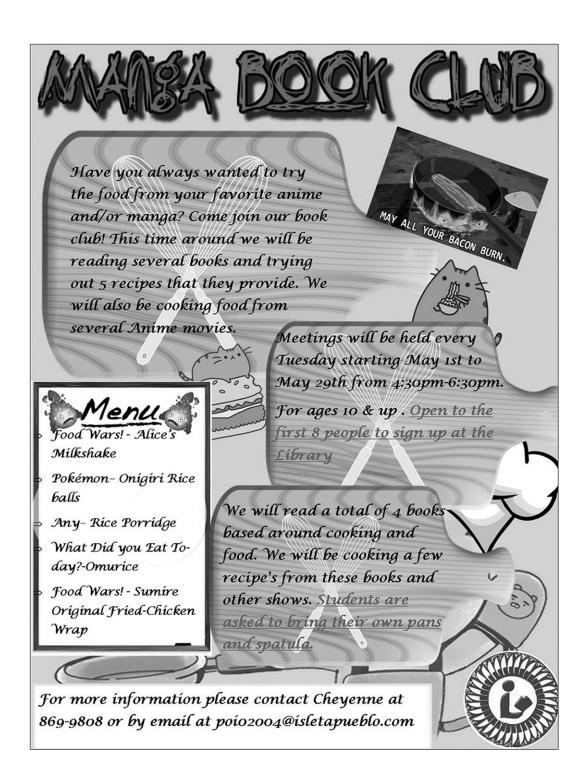
**Groups are subject to change

Parents are required to pick-up their children promptly when their child's session ends.

Breakfast and lunch is available for children through the Bernalillo County Summer Food Program

If you have questions, please contact Patricia L. Lucero, Language Coordinator

> Phone: 505.869.9790/9791 Email: poi08200@isletapueblo.com





Pala Paux

Borrow, Bake & Enjoy!



Bags Include

Specialty cake pan

Piping tips

Decorating tips

Instructions





Cake Pan Policy

One per patron with a 2 week checkout. Must come back with supplies clean for next patron's use. Patron will be charged for any missing or damaged items. Bag valued at \$50 with a \$2 a day late fee if brought back late.



For more information please call the Library at 505-869-9808.





Calling all home bakers!

Join the Library for a Nailed-It competition program.

The program will be open to 3 teams of 2. It will be held every Thursday,

May 10th - May 24th from 5PM-7PM.

Try to recreate a few sweet treat masterpieces that will be judged on not only appearance but also taste.

Sign-ups for Nailed-It will start on April 16th and will be open to all patrons 18 and up.

If you have any questions contact Ashley or Diane at the library at

(505) 869-9808 or at poi02009@isletapueblo.com or poi02006@isletapuebo.com

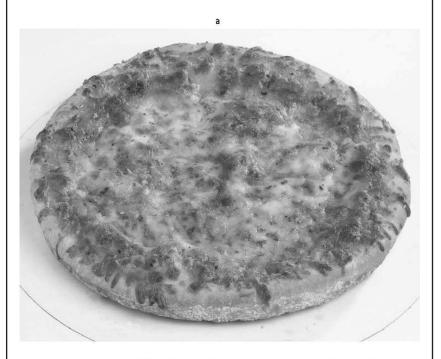








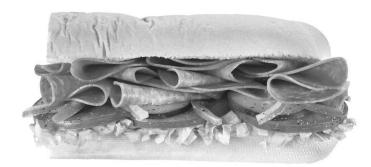
NOW SERVING PERSONAL PIZZAS



NOW \$5.00 ea. add additional toppings for an additional cost.

LOCATED AT THE TRAVEL CENTER

SATURDAY AND SUNDAY SPECIAL
BUY A SIX INCH SANDWICH AND RECEIVE A 6 INCH FOR 1/2 OFF





ALL TRIBAL MEMBERS RECEIVE 10 % OFF ALL TRIBAL MEMBERS RECEIVE 10 % OFF

PROMOTIONAL AND SALE ITEMS

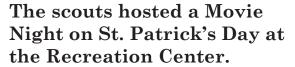
EXCLUDED

505-869-9410

Cub Scout Pack #1572

The Scout Pack #1572 wishes all the mothers a wonderful Mother's Day!

Spring is finally here and the Cub Scout Pack #1572 has been very busy! They have been working toward their scout badges with different activities and adventures. During the month of March some of the activities included the scouts showing their creative abilities while making tie dye t-shirts that were very colorful. They got to show off their shirts while on the zoo field trip. We also took a trip to Explora, the scouts were able to spend the afternoon with their families and friends while exploring the hands on stations. Some scouts made purses out of recycled material, experimented with the infrared booth and rode the cool huge elevator which was equipped with sofas and coffee tables. We also celebrated our Cub Master, Kevin Lujan's birthday with cake & ice cream!



The featured movie was "Coco". turnout was great, the families made themselves comfy by bringing their sleeping bags, blankets, pillows and chairs. All the food was yummy! We had BBQ Brisket sandwiches, hotdogs, nachos, popcorn, candy and much more to snack on! We plan to do another movie night in the near future! Be on the lookout, don't miss out! We'd like to thank the Rec. staff, Kory Kie









(IBHS) for loaning us the projector, Fina Jiron (MIS) for setting up the system to watch the movie and most importantly our scouts and parents for donating the food & selling at the concession stand! We couldn't have done it without you!

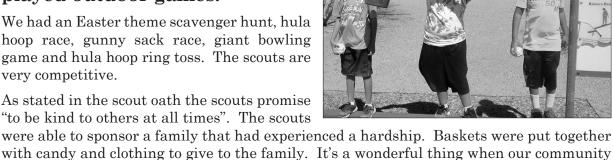
At the end of March, we had our monthly potluck and played outdoor games.

hoop race, gunny sack race, giant bowling game and hula hoop ring toss. The scouts are very competitive.

As stated in the scout oath the scouts promise

"to be kind to others at all times". The scouts

the time to put together and deliver the baskets.







Another project the scouts worked on were wooden tool boxes donated by Home Depot. The scouts were able to construct, paint and decorate their boxes. They also learned the types of hand tools and how to be safe while using them.



We were able to visit the zoo and see some of our favorite animals and learn about a few new animals too. It was a beautiful day! As usual the scouts were so excited to spend the day with their scout family.

Cub Scout Pack #1572 (Continued)

The scouts finished off April by celebrating Earth Day. We tried our hand at planting vegetables and flowers. The materials needed were donated by Home Depot. We have a very busy month ahead of us. We are looking to explore the Petroglyphs in Albuquerque, take a fishing trip to the Seven Springs Hatchery located near Jemez Springs and helping out with a flag ceremony on Veterans Day.

I'd like to thank the scout parents for your dedication and support to the program and your child(ren). Without your support this program would not be possible. It's wonderful to see the scouts' excitement to learn what we're doing at each meeting.

If you think you or your child (5-11-yearold) may be interested in the fun, please feel free to contact Patricia @ 203-6454. We are currently meeting on Sundays until baseball season is over, times and locations vary from week to week.

RECREATION

SWIMMING POOL NEWS

We are finally approaching summer and we could not be happier! This is the perfect time to come in and swim or use our sauna. Our main pool is kept at a comfortable 80° F, perfect for lap swim or recreation swim with the family. If you have small children, our wading pool is perfect for them being kept at 90° F. For those sore muscles and aching joints our hot tub is kept at 104° F.

We are still accepting forms for our private swim lessons offered, the form can be found on our website or if you come into the pool office during business hours. During the busy summer season lessons will be less frequent, so make sure to get signed up today! Water Aerobics continues to be our most popular class and is staying at regular times through May. Classes are Tuesday and Thursday from 8:00am-9:00am and 4:00p-5:00p. We hope to see you in one of our classes, it is a great way to stay in shape and get moving.

At the end of the month we will be closed for our annual cleaning week, programming will resume the following week at new times. We will also be conducting lifeguard training for our summer lifeguards. We have completed two classes so far, and we are still looking for qualified applicants, if you are interested in joining our team come in and talk to us. We thank you for the continued support and look forward to seeing you in the Isleta Aquatics Center this summer season!

Martial Arts Program



If you are interested in starting in the martial arts program at the Isleta Recreation Center, please contact Mr. Chavez at the Isleta Recreation Center (505) 869-9777 or at Home at (505) 866-4360. Students must be 8 years and older.

Girl Scouts of New Mexico Trails

Girl Scouts of New Mexico Trails invites girls from Isleta Pueblo and all Valencia County to our PNM Venture Days. This FREE event lets girls meet professionals, earn badges, and make new friends. On the Entrepreneur Day, girls learn how to own and grow a business, including research and development, production, marketing and customer service. On the STEM Day, girls will design, test, and race model cars, discover robotics and meet real woman engineers. Girls receive a patch and t-shirt for participating.





We are offering two sessions in Los Lunas. Our first session is Saturday, May 5th (Entrepreneur) and registration deadline is Tuesday, May 1st. The second session is Saturday, May 19th (STEM) and registration deadline is Tuesday, May 15th. Both sessions will be held at the Los Lunas Public Library from 10 am to 3 pm. Pick and choose your session! Girls do not need to attend both sessions. This series is open to non-members and members. You do not have to be a current or previous Girl Scout to attend. To register for the series or for more information, please contact our office at 505-343-1040 or email customercare@nmgirlscouts.org.





Pueblo of Isleta Public Library

We literally blew into May so fast. The Library has a lot of news and upcoming programs to share with you. Please keep in mind that May 11th is Summer Reading Program registration starting at 7am until all spaces are filled. Read more about it in our upcoming section of our article.

News

The Library will be closed from 8:00am-12:00pm on Wednesday, May 2nd for our monthly staff meeting. We will be discussing our upcoming Summer Reading Program curriculum for our youth and junior programs. We have our calendars available now at the library front desk.

The Library will be CLOSED on Saturday, May 26th and Monday, May 28th due to the Memorial Weekend Holiday. Sorry for any inconvenience this may cause. All Library media checked out on Thursday or Friday will have a due date of Tuesday, May 29th. Enjoy your three-day weekend!

Ding! We have updated our library automation system which includes a new Webopac for patrons to search on and access account information. You may have also noticed that when searching on our in-house library search stations, it has been updated to our new Webopac. When searching for movies and books you are now able to read a description of the item. We would like to invite you back to the library to update your information and create a password as all prior passwords created have been wiped out. Once your password is updated you will have access to many services the library offers for FREE. Monthly trainings on our system along with all other services mentioned below will be available once we have learned enough to pass the knowledge along to our patrons.

Library patrons also have the ability to giving a rating to an item and write a review recommending an item or expressing why they did not like the item. This could potentially help other patrons when they are deciding whether or not they will check out an item.

Along with our new system we have also acquired an easy to use app on your phone which is available to library patrons. Android phone users can download the app Atriuum on the Go (Blue Logo). Apple users can download the app: Librista (stack of books logo). Both apps gives you instant access to search the library catalog from your favorite mobile device. Search for DVDs, CDs, and more. Access My Items to manage your account and renew items. You can also upload a selfie so we know who the library card belongs to.

Attention eBook and Audiobook lovers! The Library will now be offering Overdrive to library patrons. What is Overdrive? Overdrive is a FREE service that allows library users access to eBooks and Audiobooks to use on your devices. The online library includes New York Times Bestsellers Adult Fiction and Nonfiction which is updated weekly. You will need your library card number and password to log into Overdrive. Just like all other library material, you will have a three-week check out time period. Please speak with a library staff member about setting up a password.

Attention music lovers! The Library will now be offering Freegal Music to library patrons. Freegal gives you the opportunity to download songs for FREE! Freegal offers ONLY Sony music artists but nonetheless

this is a FREE service for you and the songs you download are yours to keep and transferable to your mobile devices. You will need your library card number and password to log into Freegal Music. Please speak with a library staff member about setting up a password.

Looking for up to the minute news? We will now be offering the Award Winning Newspaper New York Times subscription app for all library patrons. New York Times gives up to minute news, breaking news and reviews from around the world. Again this will be a FREE service to our library patrons. A library card from us and a password is needed to access all free services the library has to offer.

The library will now be offering cake pan bags for check out! Cake pan bags will come complete with a specialty cake pan, instructions, piping bag, icing tips, and decorating tips. These will be available for check out with a one-week check out period. One bag per library account. A \$2 late fee will be applied for each day the bag is late with a max fine of \$50 (Value of the bag). Please be courteous to other patrons and wash and clean supplies in bag so that it may be ready for the next patron to use. There will be a total of 13 specialty cake pan bags ranging from a basic round cake pan to a dinosaur shaped pan. What other cake pans will we be getting? Come to the library and check out our selection. Cake pan bags can be found in our General area in our nonfiction section where all baking books are located. If you have any questions regarding our cake pans please give us a call at 505.869.9808.

If you have any questions regarding any of the mentioned library services, please give the library a call or come by and speak with a staff member. We will be happy to teach you how to utilize and navigate each service. Call us at 505.869.9808 to set up a time with a staff member to start learning today!

Upcoming

Registration for our Summer Reading Program will be Friday, May 11th starting at 7:00am until all spaces are filled. The library has been planning our 2018 programs since December and we are proud to share with you all our Calendars so you may decide whether our program will fit you and your child/children's needs. We will be short staffed this Summer and have changed our Youth registration available spots from 30 students to 25 students. That means our program will fill up faster than usual but nonetheless we will create a waiting list and will contact you once a student drops from our program. REMINDER that the Library WILL NOT provide transportation to and from the library.

This year our Summer Reading Program for Youth ages 7 to 17 years old will be celebrating the Era's starting June 11th to July 25th from 1:00pm-4:00pm. Each week we will introduce a new Era along with Technology used during that time, music, cartoons, games and much more. Each day will consist of 30 minute daily reading in

a Grade-level reading group. Then we will move on to the activities planned for that day. This year we have also included Fun Themed days, which children can dress up according to the theme of that day. Of course Theme Days are optional and listed on Youth Calendars. If you have any questions about our Youth Summer Reading Program please give us a call and speak with a Library staff member at 505.869.9808.

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

The library will be host to the Summer Lunch provided by the Bernalillo County food program. We will be serving breakfast and lunch for children ages 1-18 years old in our Art Room. Breakfast will be served from 8:00am-9:00am and lunch will be served from 11:30am-1:00pm. All meals are FREE and must be eaten on site. If you have any questions regarding this program you may give the library a call at 505.869.9808.

Library staff member Cheyenne will be hosting a Manga Book Cooking Club starting May 1st through May 29th. Meetings will be held every Tuesday at 4:30pm-6:30pm. Participants will be reading 4 books which include recipes! You will get the chance to make a recipe from the books and some Anime movies. This will be open to 8 participants ages 10 and up! Participants are asked to bring their own pan and spatula. For more information please contact Cheyenne at the library at 505.869.9808 or by email: poi02004@ isletapueblo.com.

Want to test out your culinary skills? Join our "Nailed-it" Library-Edition competition sweet treat program starting May 10th-May 24th. Challenges will take place every Thursday from 5:00pm-7:00pm. This program will be open to 3 teams of 2 for ages 18 and over. Will you "nail" your treat? Or will it be a complete fail? You will be judged on appearance and taste. If you have any questions please contact Ashley or Diane at the library at 505.869.9808. Or by email Ashley: poi02009@isletapueblo.com Diane: poi02006@isletapueblo.com.

Calling all Friends TV Show lovers! "How you doin?" The library will be hosting a 2 day program celebrating "Friends". Join us on Tuesday, May 8th from 5:00pm-6:30pm for Trivia Night featuring Friends TV show questions, themed food and prizes! Our second night will be Coffee and Paint Night with your friend on Tuesday, May 15th from 5:00pm-6:30pm. This will be open to the first 5 pairs of friends for ages 18 and over. If you have any questions or would like to sign up please contact Tara or Diane at 505.869.9808 or by email Tara: poi02005@isletapueblo.com.

Recap

In celebration of National Poetry Month we held a Poetry club for adults. Throughout the month of April we met every Tuesday and Thursday with different discussions. We discussed two books, "Whiskey Words and a Shovel Part I", by r.h. Sin and "Chasers of the light", by Tyler Knott Gregson. We first discussed the differences between Instagram poetry and traditional Poetry. Instagram poetry is "Poetry" made famous by the social network Instagram. The vast majority of Instagram poetry is no more than 4-5 lines. Whereas traditional poetry can have rhyming words, long and make references to other things rather than being straight forward like Instagram poetry. We also discussed the idea of some movie quotes sounding like poetry. For example, "Life is like a box of chocolates, you never know what you are going to get."- Forrest Gump. We ended our last discussion with the idea of music lyrics being a form of poetry. We each got a chance to share what song we find poetic. We took a closer look at the lyrics without knowing which song it came from and read the lyrics like a poem. The discussion was very lively and we all interpreted the lyrics differently. Tara would like to thank the participants who showed interest in this program and shared a little bit of themselves with everyone.

The Regional Botball Tournament (sponsored by NASA) took place on April 21st at the UNM-Valencia Campus where our very own "Islanders" competed against other teams around New Mexico. The team consists of students Delsin Jaramillo (9th grade), Issac Livingston (7th grade), Layne



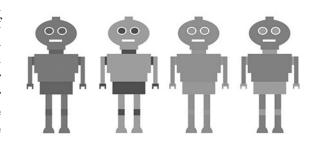
Our Botball Robotics Team "Islanders".

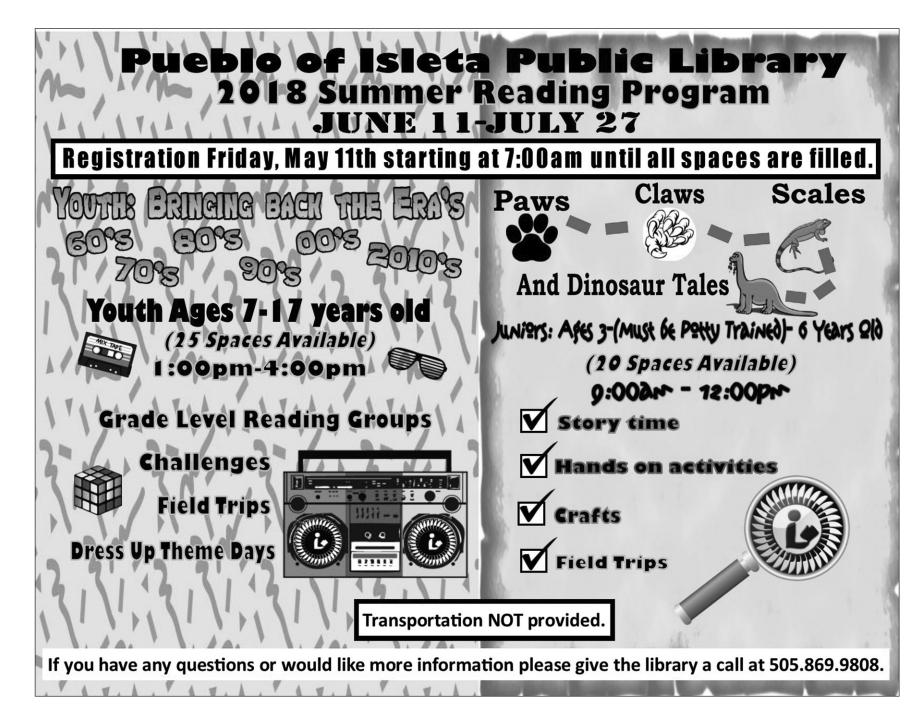
Lujan (6th grade), and Alyshia Jojola (6th grade). For the past 3 months they met to build and code two robots with color recognition, movement and more. We are very proud of their accomplishments and teamwork thus far. They will be planning a trip in July to the Global Conference of Educational Robotics in Indian Wells, California on July 25-29, 2018. There they will be competing in the International Botball tournament as well as meet and network with students around the country and world.

We would like to thank Councilman Juan Rey Abeita for his donation of a pair of tickets to comedian Felipe Esparza held at the Isleta Resort and Casino on April 20th. People entered to win by liking our POI teen services Facebook page. Our Botball youth participants currently have control of the page. Every teen program we

host at the library will give the youth an opportunity to share what they are doing with the community. We would like to thank everyone who took the time to enter and congratulations to the winner of the tickets. Winner of the tickets is posted on our Library Facebook page: www.Facebook.com/IsletaPuebloLibrary

The Library would like to thank all applicants who applied for our Library Aide I Part-Time position. The decision was a tough. We appreciate your interest in the library.





June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 60's week	11 First Day of SRP Icebreaker games	12 Reading groups 60's Cartoon Life Size Kerplunk	13 *Theme Day* Outdoor Game Lava Lamp	14 Field Trip: Gravity Park and Furr's Buffet	NO PROGRAM	16
17 70's week	Reading Groups 70's Cartoon Relay Race Jump Rope	19 Reading Groups Life Size Jenga UNO Freeze Tag	20 "Theme Day" Reading Groups Chocolate Fondue	21 Reading Groups Life Size Hungry Hungry Hippos	22 FUN DAY 70's Challenge	23
24 80's week	25 Reading Groups 8o's Cartoon Marbles	26 Reading Groups 8o's Technology Pictionary	27 "Theme Day" Reading Groups DIY Slap	28 NO PROGRAM	29 Field Trip: Meow Wolf (Santa Fe) and Dion's	30

Bracelets

Oregon

Trail

Taboo

7 ·17 years old 1:00-4:00pm

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

Lunch: 11:30am-1:00pm



Theme days every Wednesday (Optional) Children are encouraged to dress up

and have fun!

June 13th- Tie Dye/Flower Power

June 20th-Star Wars

June 27th- Neon/Bright Colors



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

7 ·17 years old 1:00-4:00pm

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

Lunch: 11:30am-1:00pm

Theme days every Wednesday (Optional)

Children are encouraged to dress up and have fun!

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

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





July 2018

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



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

Daily Schedule

Storytime: 9:00am-9:30am Craft/Activity: 9:30am-11:15am Clean Up: 11:15am-11:30am Lunch: 11:30am-12:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	3	6	7
		NO SUMME	R READING	PROGRAM	1	
8	9 Story: How to Grow a Dinosaur Craft/Activity: Dino Pudding Cups & Dino	10 Story: Craft/Activity: Dino Balloons & Scavenger Hunt	II Story: Dino Duckling Craft/Activity: Fossils and Dino Movement Game	Natural History Museum	13	14
15	Ring Tess	17	18	Field Trip	NO SRP	21
	Story: Buzzy the Bumblebee Craft/Activity: Bug Jar & Bumble Bee	Story: Hungry Caterpillar Craft/Activity: Buggy Hats & Fruit Pizza	Story: Bug Zoo Craft/Activity: Lighting Bugs & Fly Toss Game	Story; Bug in a Vacuum Craft/Activity: Venus Flytrap & Flyswatter Painting	Park Day & Scavenger	
22	23 Story: The Fish Smile Craft: Squish Bag & Clothespin Fish	24 Story: Inky's Great Escape Craft/Activity: Sea Shell & Jellyfish Bottle	25 Story: Craft: Scuba Diver Picture & Dolphin Tale	Water Park Field Trip	NO SRP	28
29	30	31				

Isleta Early Head Start, Head Start and Child Care











Head Start's New School Bus Driver

We would like to introduce Sherry Young, our new school bus driver. Sherry became a school bus driver for Los Lunas Schools in 1988 and has worked for the district for 28 years. She has experience as a driver, route driver, route specialist assistant supervisor and supervisor. She enjoys working with children. We would like to welcome Sherry to the Isleta Early Head Start and Child care facility.

Upcoming events

Policy Council

May 7, 2018 5:00pm

Parent Committee

April 4, 2018 3:45pm

Parent Teacher Conferences

May 14, 2018- May 18, 2018

Family Night

May 16, 2018

5:00pm

No School

May 9, 2018

Professional Development Day

May 28, 2018

Memorial Day

Head Start's New Bus





We are needing help for our Transition

Ceremony for June 1, 2018. We need help in

the following areas;

Set-up, decorate, games, kitchen, and takedown

Please submit the bottom if you are interested in helping or call Melanie or Andrea at 505-869-9796

Thank you.

Name:	_	
Phone:		
Email:	 _	
Interested area		

DID YOU KNOW?

The Center for Tobacco Control Research and Education at the University of California San Francisco recently published a study on the commercial tobacco industry's relationship with American Indian and Alaska Native (AI/AN) communities. The study found that commercial tobacco companies have taken advantage of tribal sovereignty for their profit.

In the early 1900's, tobacco companies began misusing Native American symbols for profit. By the year 1980, there is evidence that the tobacco industry made plans to target minority groups in the U.S including AI/ANs. Here are examples of how big tobacco companies have succeeded in getting AI/ANs addicted to commercial tobacco – at the expense of our community's health.

TRIBAL SOVEREIGNTY: Federally recognized tribes are not subject to tax, licensing, and smoke-free state laws of the surrounding U.S. states, and thus tobacco companies have been exploiting these exemptions for over 50 years. They have used these exemptions to implement cheaper prices and discounts in tribal retail facilities. In addition, tobacco companies have given these retail spots profit incentives for selling their brands and keeping those brands the lowest price in the store.

PRICE REDUCTIONS: The less it costs to purchase tobacco, the more accessible it becomes to people who are sensitive to price – such as youth. Tobacco companies have used price reduction and discount strategies on sovereign Tribal lands for over 30 years. This tactic specifically targets AI/ANs and also reaches non-tribal people who buy their tobacco on reservations.

INDUSTRY CONTRIBUTIONS AND COMMUNITY ENGAGEMENT: The

tobacco industry makes monetary contributions and sponsors events for AI/AN charitable organizations such as education, arts, culture, and rodeos. Their ultimate goal is to create good standing relationships with Tribal organizations and leaders. For example, the mission of Philip Morris' (a commercial tobacco giant) corporate contributions program was "To build and maintain relationships critical to creating a political, regulatory, and attitudinal environment for PM's business success."

and burden of tobacco related illness among specific population groups in the United States, and the related differences in capacity and infrastructure, access to resources, and environmental tobacco smoke exposure. This definition now includes the differences in the tobacco use continuum: exposure to

Tobacco Related Health Disparities

includes the risk, incidence, morbidity,

tobacco, initiation, treatment, health consequences, current use, number of cigarettes smoked a day and quitting. (Glantz, 2018)

"YOUTH SMOKING PREVENTION" (YSP) PROGRAMS: Tobacco companies designed YSP programs specifically geared toward AI/AN youth. Allegedly designed to prevent youth tobacco use, the tobacco

industry's YSP programs did not reduce youth smoking rates, but were connected with lower perceived harm and stronger approval of smoking among youth, with a greater likelihood of using commercial tobacco in the future. The ultimate goal of these programs was to improve tobacco companies' public image in order to ensure their business success.

CASINO, BINGO, AND RETAIL STORE PROMOTIONS: Tribal commercial tobacco retail stores, casinos, and bingo halls attract both AI/AN and non-tribal patrons. Therefore, existing factors such as access to cheap commercial tobacco products and tobacco industry promotion of cigarettes on Tribal lands may influence the large rate of commercial tobacco use among AI/AN populations. Tobacco companies use Tribes' sovereign status to offer promotions, discounts, and coupons within these facilities.

Take Action: Because of their sovereign status, federally recognized Tribes can create policies to increase the price of commercial tobacco products by increasing tribal taxes on cigarettes. That tax revenue from non-tribal consumers can be used to improve the health of the community through programs that protect and preserve our culture.

Lauren K Lempert, Stanton A Glantz; Tobacco Industry Promotional Strategies Targeting American Indians/Alaska Natives and Exploiting Tribal Sovereignty, *Nicotine & Tobacco Research*, , nty048, https://doi.org/10.1093/ntr/nty048

other health issues;

For more information, contact

Ramus Suina

(505) 920-5047

rsuina47@gmail.com



D'Silva J, O'Gara E, Villaluz NT; Tobacco industry misappropriation of American Indian culture and traditional tobacco, *Tobacco Control* Published Online First: 19 February 2018. doi: 10.1136/tobaccocontrol-2017-053950

U.S. National Cancer Institute. A Sociological Approach to Addressing Tobacco-Related Health Disparities. National Cancer Institute Tobacco Control Monograph 22. NIH Publication No. 17-CA-8035A. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute; 2017.



· Provide alternative methods of therapy through Equine, Fishing and Dogs

(PAWS) as therapeutic approaches to heal veterans experiencing mental and

Provide counseling and therapeutic initiatives and methods to assist veterans,

address benefits related to healthcare, employment, education, housing etc.;

Improve and enhance transportation services, heath education and training

Joe V. Rosetta

(505) 252-9743

jvrbrokenarrow@gmail.com

Improve coordination and delivery of healthcare most culturally appropriate for

programs and special healthcare needs to veterans living in rural communities.

Connect women veterans with VA programs and services that provide and

spouses and families for safe and healthy recovery;

Native American and Alaska Native veterans; and

Isleta Health Center Behavioral Health Services Prevention Program

Phone: 505.869.5475

May-Mental Health Awareness Month

Mental Health, seen through the lens of Youth

What is mental health?

A person's condition with regard to their psychology and emotional well-being

Types of Mental Health:

Clinical Depression -- Anxiety Disorder -- **Bipolar Disorder** -- **Schizophrenia** -- Eating Disorder -- Post-Traumatic Stress Disorder (PTSD) -- Attention-Deficit Hyperactivity Disorder (ADHD) -- **Substance Use Disorder** -- Panic Disorder -- Depression

Schizophrenia: A severe brain disorder that often causes individuals to hear voices, believe media are broadcasting their thoughts to the world or may believe someone is trying to harm them. Problems thinking, lack of emotion, hearing voices (that are not real), out of touch with reality, bizarre public behaviors- seems like person is on drugs or under the influence of alcohol, runs around screaming with shirt off, yelling at an "imaginary person", pretending to be on a date with imaginary person-talking to themselves, saying person can talk or see ghosts, can predict the future, is an alien, etc.).

Bipolar Disorder: Extreme mood swings, for example "is manic or full of energy one week and then depressed the next week". Bipolar Disorder affects the following: mood and behavior, cognitive, sleep (more or less), depression/manic episodes, weight issues (gain or loss), and speech. While there is no cure for a Bipolar Disorder, treatment can help a person improve the quality of life. Family therapy, support group, psychotherapy, psychoeducation and medication are all treatment options. Supportive care, specialists, hospitals, clinical psychologists, primary care provider (PCP) visits are also options.

Substance Use Disorder: Excessive alcohol use increases a person's risk of developing serious health problems as well as alcohol withdrawal symptoms. Each family member is uniquely affected by the individual using substances including, but not limited to unmet developmental needs. Such as, impaired attachment, economic hardship (spending money on drugs or alcohol), legal problems (arrested, fines, go to "juvie", warrants, criminal history "having a record"), emotional distress, and sometimes violence perpetrated against him or her.

Panic Disorder: High levels of anxiety and/or fears (fear of a certain stimuli) – phobias that can result in a panic attack. Panic attacks can result in a persons' ability to concentrate (due to "freaking out")or breathe, feel dizzy, shaky, disabled motor functions (walking), freeze up- sitting or standing still- "in shock, rapid heart rate, "feeling lost" - not knowing where you are or what you're doing, etc. There are ways to help someone deal with anxiety.

--IBHS Prevention Program Youth Participants--

Mental Health First Aid: May Trainings

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. This 8-hour course uses roleplaying and simulations to demonstrate

how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia.

Want to be certified as a Mental Health First Aider?

Participants learn a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or experiencing an emotional crisis:

ALGEE

Assess for risk of suicide or harm
Listen nonjudgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support
strategies.

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not diagnose or provide any counseling or therapy.

Instead, the program offers concrete tools and answers key questions like, "What do I do?" and "Where can someone find help?" As potential Certified Mental Health First Aiders, community members receive a program manual to complement the course material, access to resources available in Isleta and surrounding communities, as well as first hand experience in Mental Health education.

YOUTH Mental Health First Aid Trainings also available, upon request.

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Adult Mental Health First Aid Trainings, scheduled for two 8-hr sessions:

Date:	Time:	Location:
Thursday, May 3rd &	8:00 – 12:00 (1st day)	Isleta Health Center;
Friday, May 4th	8:00 – 12:00 (2nd day)	Training Center (Modular Building, West of Clinic)
Wednesday, May 23rd	8:00 – 4:30 (All Day)	Isleta Health Center; Training Center (Modular Building, West of Clinic)





More than 50 years ago, examinations of people entering the military showed that Americans' teeth were in pretty bad shape. Few people took good care of their teeth. There were no guidelines for how often you should see a dentist. Many dentists focused on fixing problems rather than preventing them.

Dental and health organizations decided there was a need to set standards for preventive dentistry. They didn't have much evidence, so they made a "best guess" recommendation. They said people should go to the dentist twice a year for checkups and cleaning because cavities and gum disease are preventable. Some say the first use of the twice-a-year advice actually came from Pepsodent toothpaste ads.

Whatever the origins, this has proven to be a useful rule of thumb for many people. But scheduling dental visits really should be based upon each person's oral hygiene, habits and medical conditions.

Even if you take excellent care of your teeth and gums at home, you still need to see a dentist regularly. Your dentist can check for problems that you may not see or feel. Many dental problems don't become visible or cause pain until they are in more advanced stages. Examples include cavities, gum disease and oral cancer. Regular visits allow your dentist to find early signs of disease. Problems can be treated at a manageable stage.

On average, seeing a dentist twice a year works well for many people. Some can get away with fewer visits. Others may need more frequent visits. People with very little risk of cavities or gum disease can do fine seeing their dentist just once a year. People with a high risk of dental disease might need to visit every three or four months, or more. This high-risk group includes:

- * Smokers
- * Pregnant women
- * Diabetics
- * People with current gum disease
- * People with a weak immune response to bacterial infection
- * People who tend to get cavities or build up plaque

The schedule for any person may change during a lifetime. In times of stress or illness, you may need to see the dentist more often than usual. The dentist may help you to fight off a temporary infection or treat changes in your mouth.

If you take good care of your teeth and gums at home and your dentist doesn't find any cavities or gum disease for a few years, he or she may choose to lengthen the time between visits. Ask your dentist the best schedule for your routine dental visits.

-Isleta Dental Clinic

Isleta Health Center Update

"Front Entrance Repair"

Isleta Health Center would like to let you know that the Front Doors must be entirely replaced to meet ADA Compliance. Please be assured that we are diligently working on this matter to resolve as soon as possible.

We understand your frustration and appreciate your patience.

-Isleta Health Center

Health Beat: Take Healthy Steps to Lower High Blood Pressure

Stephanie Barela, Health Educator Honoring the Gift of Heart Health Curriculum Department of Health and Human Services National Institute of Health Phone: 505-869-4479

To **PREVENT** high blood pressure:

1. Aim for a healthy weight.

Try not to gain extra weight.

Lose weight if you are overweight. Try losing weight slowly, about half a pound to 1 pound each week until you reach a healthy weight.

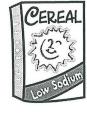
2. Be active every day.
You can walk, dance, use the

stairs, play sports, or do any activity you enjoy.

3. Use less salt and sodium in cooking.

Buy foods marked "sodium free," "low sodium," or "reduced sodium." Take the salt shaker off the table.

4. Eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.



5. Cut back on alcohol.

Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day. Pregnant women should not drink any alcohol.

To **LOWER** high blood pressure:

- 1. Practice these steps:
 - Maintain a healthy weight.
 - Be active every day.
 - Eat fewer foods high in salt and sodium.
 - Eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.
 - If you drink alcoholic beverages, do so in moderation.
- 2. Take your medicine the way your doctor tells you.
- 3. Have your blood pressure checked often.





FOR IMMEDIATE RELEASE Call to Sign Up:

Isleta Behavioral Health Services 505.869.5475

May 2018

'Mental Health First Aid' Trainings

Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches individuals how to help those experiencing mental health challenges or crises

WHO: Community members- 30 community members at a time (per training session)

WHAT: Training on mental health first aid in Isleta (Youth Curriculum available upon request)

WHEN: Thurs./Friday, May 3rd & 4th, 2018, 8:00 – 12:00 each day (8-hr Certification Course) &

Wednesday, May 23rd, 2018, 8:00 – 4:30 (8-hr Certification Course)

WHERE: Isleta Health Center; Training Center (Modular Building on West side of Clinic)

WHY: Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. The National Council for Behavioral Health certifies individuals throughout the nation, including IBHS, to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

Adult Mental Health First Aid: Program Overview

- What is Mental Health First Aid (MHFA)?
- Mental Health Problems in the United States
- Mental Health First Aid Action Plan
- Understanding Depression and Anxiety
- Mental Health First Aid Action Plan for Depression and Anxiety
- Mental Health First Aid Action Plan for Depression and Anxiety
- Panic Attacks
- Traumatic Events
- Symptoms of Anxiety
- Understanding Psychosis
- Mental Health First Aid Action Plan
- Psychosis
- Disruptive or Aggressive Behavior
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
- Overdose
- Withdrawal
- $\bullet \qquad Substance \ Use \ Disorders$
- Using your Mental Health First Aid Training



NOT READY TO COMMIT TO A FULL Quit Smoking PROGRAM?

Take this <u>1 time</u>, <u>1 on 1</u>, <u>90 minute session</u> to increase your motivation to quit!

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

4th Annual Isleta Cancer Survivors Day Event

MAY 8, 2018 \$ 5:00 - 7:30 p.m.

@ the Isleta Health Training Center

(located behind the main Health Center building)



The evening will begin with prayer from the Thunder Knife Drum Group followed by a speaker on "Physical Activity in Cancer Survivors". Next we will create messages to stick on balloons that will be released into the sky. Once the messages have been written we will acknowledge all the Cancer Survivors and Caregivers that are present followed by a closing prayer from the Thunder Knife Group, we will then head outside to release the balloons with their messages.



CELEBRATE
OUR
CANCER
SURVIVORS

Call Stephanie Barela for more information 869-4479.

NEEDED:

We are looking for cancer survivors and/or cancer caregivers to participate on a speaker's panel. Please call if interested!

ALL WELCOME

Balloon Release, Food, Music, Presentation, Prizes, Activity & More!



Isleta Health Center Pharmacy

The Isleta Health Center will be closed on Monday, May 28th, 2018 in observance of Memorial Day.

Please remember to get your prescriptions refilled before then. You can also use the refill line for your refills by calling 869-4590.

If you have any questions or concerns please do not hesitate to call us at 869-4473 and we will be happy to answer them.

THANK YOU

Pueblo of Isleta WIC Office 505 869-2662

May 2018

Happy Mother's Day!

Healthy and Easy Mother's Day Breakfast Ideas:

- 1. Yogurt Parfait
- 2. Peanut butter toast
- 3. Juice and whole grain cereal
- 4. Whole grain bagel with cream cheese
- 5. Toaster waffles with fruit on top
- 6. Whole grain toast with avocado

Little Hands Can Do Big Things!

When kids are involved in meal prep they are more likely to try new foods, they are always proud of their

creations!

Kids can help by:

- 1. Washing fruits and vegetables
- Cutting up soft pieces of food with a butter knife
- 3. Adding spices
- 4. Setting the table



WIC News

Smart WIC Shopping Tips

- Plan ahead-keep your WIC food brochure handy, go to the store at less busy times of day if possible, make a list, avoid waiting until the very end of the month.
- 2. Choose the least expensive options and shop for seasonal produce.
- Ask for help-if you can't find something ask a store employee for help.
 There are often products in the storage room that haven't been put on the shelves yet.

WIC is here to help! We offer nutrition counseling, tips and ideas on fun ways to make eating healthier, healthy food packages, and breastfeeding information and support. Call us today at 505 869-2662.

Pueblo of Isleta Public Library





Do you speak fluent friends quotes?

Join us for 2 nights celebrating the TV Show Friends.



Tuesday, May 8th 5:00pm-6:30pm

Themed "Friends" Dinner will be served
"I am so good at lightning rounds!"
"You' ve been BAMBOOZLED!"

Coffee & Paint Night
Tuesday, May 15th 5:00pm-6:30pm

Enjoy a night out with your friend and paint the evening away while sipping on some coffee or tea.

This program is open to 5 pairs of friends (you+your friend=1 sign up). 18 & over. Sign up starting May 1st.

Questions? Please contact Tara or Diane at the library 505.869.9808 or by email

Tara:poi02005@isletapueblo.com Diane:poi02006@isletapueblo.com

E-Cigarettes: Things Everyone Should Know

Stephanie Barela, Isleta Health Educator, 869-4479

From JourneyWorks Publishing

Nicotine in E-Cigarettes is Addictive

• Most e-cigarettes have nicotine, just like regular cigarettes and other tobacco products. Nicotine is very addictive. Once you start, it is very hard to stop.

Nicotine Poisoning Risk

- · Nicotine is a poison that can KILL.
- There are no rules for safety labels or child proofing on e-cigarettes or the liquid refill packs, which can really put children and pets at risk.

Chemicals in E-Cigarettes Can Harm Your Health

• Some e-cigarette liquids have toxins such as antifreeze and other chemicals that may cause cancer.

E-Cigarettes are Not Regulated

• Studies have shown nicotine is in some e-cigarettes that claim to be nicotine-free. People who buy them do not know what they are really getting.

Health Effects are Not Known

- E-cigarettes are very new. No one really knows how harmful they are.
- Long term studies on the health effects have not been done.
- There is no proof that the vapor is safe for the people smoking, or for those who breathe the secondhand vapor.
- E-cigarettes contain nicotine, which changes your heart rate and raises your blood pressure.

Can E-Cigarettes Help you Quit Smoking?

- People who sell e-cigarettes claim they can help a person stop smoking, but there is no proof this is true.
- In fact, some studies suggest they may keep smokers hooked.
- They may also cause people who have quit smoking to start again.
- E-Cigarettes are not regulated, so no one really knows if they are a safe quitting aid
- · Nicotine is NOT harmless.
- Studies show it may increase problems with diabetes.
- Nicotine replacement therapy (NRT) has been proven to help people stop smoking.
 NRT includes nicotine patches, inhaler, nasal spray, lozenges and gum.

You may be eligible to receive nicotine replacement therapy from the Isleta Health Center Pharmacy if you attend the Freedom from Smoking sessions.

To learn more the Isleta Health Center's Freedom From Smoking and Thinking About Quitting programs, contact Stephanie Barela at 869-4479.

Elder Center

Greetings from the Elder Center! As the weather warms up, our Senior Olympic Season really HEATS up! During April we had 27 registered participants that attended the All Indian Game Day in Santa Fe. The All Indian Game Day is an event that is presented by the New Mexico Senior Olympics. This year the format of the AIGD was different then what our competitors have seen in the past. AIGD was held clinic style which gave the most advanced athletes new tips to their games as well as gave them the opportunity to play and try a new sport. The clinics also captured the attention of elders that have never competed before and gave them the tools/ knowledge they need to compete. Although there was no actual competition involved in the 2018 AIGD, all of our athletes came home feeling like winners! We were thrilled to add new members to Team Isleta and hope YOU join us for our future Senior Olympic events and activities.





We are thrilled to announce the start of the Senior Olympic summer season with the Isleta Senior Olympics Local Games as well as New Mexico Senior Olympics State Games. The Isleta Senior Olympics will be hosted from May 14 – June 1 and will offer 14 sports. If you have ever been interested in competing now is the perfect opportunity to be a part of TEAM ISLETA! We are also looking for volunteers to help assist during the local games, if you are interested please contact Monique Lujan at 869-9770.

The 2018 NMSO State Summer Games will be held July 18 – 22 in Albuquerque. 2018 is a qualifying year for the NMSO State Games, meaning if you place in 1st, 2nd, or 3rd, in a competing sport you will be qualified to attend the National Senior Olympics in 2019. The 2019 National Games will be held in Albuquerque which means we would love to have a LARGE group of Team Isleta athletes represent us in our home state! The Elder Center Senior Olympics program will be paying for the registration fees for the first 40 tribal



members who turn in their registration packets before May 23, 2018. During the State Games we provide transportation and meals during the weekday events. Should you have any questions regarding local or state games, or if you would like to register please contact the Activities Coordinator, Monique Lujan at 869-9770.





In March, the Isleta Health Center had a Blood Drive, where 14 employees made lifesaving donations that will potentially help 54 people!!

WAY TO GO!! JOIN US NEXT YEAR TO DONATE and HELP SAVE LIVES!!



ATTENTION SENIORS!

DO YOU HAVE EXTRA TIME TO SPARE? NEED EXTRA CASH?

The Senior Companion Program needs YOU!

Senior Companion Program volunteers assist clients with socialization, this means just visiting, who doesn't like that?

Most importantly, they develop friendships with their clients and their families. Senior Companions can also provide respite service (a break for the primary caregiver) such as a family member.

Upon qualification, Senior Companions receive a tax-free stipend for mileage reimbursements, supplemental accident and liability insurance and other perks like free lunch when serving an elder during the lunch hour.

Senior Companions must volunteer a minimum of 16 hours a week. Build your own schedule - Monday thru Sunday 8am to 5pm and commit to 6 months in the program.

You qualify if you earn \$2,033 or less per month and you are 55 years or older to earn a tax free monetary compensation and/or other benefits worth \$200-\$350/month for your volunteer service.

For more information contact: Evangeline Lente, Volunteer Program Manager (505) 869-9770 ext. 9335 poi23084@isletapueblo.com

Menu Isleta Elder Center







Monday	Tuesday	Wednesday	Thursday	Friday	
REMINDER	5/1/2018	5/2/2018	5/3/2018	5/4/2018	
Please call ahead of time to	Sloppy Joe	Beans w/Green Chile and	Hot Turkey Sandwich	Cinco de Mayo	
cancel Home Delivered Meals.	Ground beef 3 oz	Pork 3 oz	Shredded turkey 3 oz	Potluck	
This saves time and money.	Sloppy joe mix 1/2 c	Pinto beans 1/2 c	Mashed potato 1/2 c	Dining Room	
Thank you.	WW bun = 56 g	Green chile 1/2 c	Chateau veggies 1/2 c	12:00 PM - 1:00 PM	
BANDEN DENNINGEN	Sweet potato fries 1/2 c	Corn bread = 2 grain eq	WW bread slice = 28 q	12.00 1 W - 1.00 1 W	
19 10	Fruit cup 1/2 c	Fruit cup 1/2 c	Fruit cobbler = 1/2 c fruit and 1		
Ass. Co	Truit cup 1/2 c	1 Tull Cup 1/2 C	grain eq		
5/7/2018	5/8/2018	5/9/2018	5/10/2018	5/11/2018	
Southwest Turkey Stew	Baked Tilapia	Spaghetti w/Meatsauce	Pork Chops	Beef Tips w/Gravy	
Diced turkey 3 oz	Tilapia 4 oz	Ground beef & pork 3 oz	Boneless pork chop 4 oz	Cubed beef 3 oz	
Potato and beans in stew 1 c	Brussels sprouts 1/2 c	Marinara sauce 1/2 c	Mixed veggies 1 c	WW Noodle 1/2 c	
WW roll = 56 g	Pickled beets 1/2 c	WW spagetti noodle 1/2 c	Apple crisp = 1/2 c	Mushroom gravy 1 oz	
Fresh fruit	Rice pilaf 1 c	Green beans 1/2 c	fruit and 1 grain eq Nutrition	Mixed vegetable 1 c	
	Fresh fruit	Garlic breadsticks = 26 g	12:00 PM	WW roll = 56 g	
	The Special Professional Control Contr	Fresh fruit	Dining Room	Fresh fruit	
5/14/2018	5/15/2018	5/16/2018	5/17/2018	5/18/2018	
Beef and Lentil Stew	Chicken Caesar Salad	Macaroni and Cheese	Ham and Cheese Sandwich	Tortilla Burger	
Cubed beef 3 oz	Chicken 1/2 c	Shred cheddar cheese 2 oz	Shaved ham 2 oz	Beef patty 4 oz	
(Celery/shred carrot 1/2 c)	Chopped romain 1 c	Wheat elbows 1/2 c	Sliced cheese 1 oz	American cheese slice .5 oz	
Lentils 1/2 c	Cucumber/tomato 1 c	California veggies 1 c	Croissant = 2 oz	Green chile 1/8 c	
Yellow squash 1/2 c	Crouton 1 oz	Cottage cheese and peaches	Coleslaw 1 c	Lettuce/tomato/onion 1/2 c	
Crackers = 56 g	Breadstick = 28 g	= M/MA and 1/2 c fruit	3 Bean Salad 1/2 c	Pinto beans 1/2 c	
Fruit cup 1/2 c	Fresh fruit		Fresh fruit	Fresh fruit	
5/21/2018	5/22/2018	5/23/2018	5/24/2018	5/25/2018	
Meatloaf	Chicken and Rice Soup	Pork Tamale	Split Pea Soup	Chicken Corn Casserole	
Meatloaf 4 oz	Diced chicken 3 oz	Pork tamale 3 oz	Diced ham 3 oz	Diced chicken 3 oz	
Brown gravy 1 oz	Rice 1 c	Red chile w/pork 1/2 c	Split peas 1 c	Corn 1/2 c	
Mashed potato 1/2 c	Peas/carrots 1 c	Spanish rice 1/2 c	WW roll = 56 g	Green chile 1/2 c	
Chateau veggies 1/2 c	Garlic biscuit = 2 grain eq	Spinach w/onion 1/2 c	Fruit cup = 1/2 c	Biscuit = 56 g	
WW roll = 56 g	Fruit cup 1/2 c	Fresh fruit	***	Fresh fruit SIRTHDAY!	
Fresh fruit					
5/28/2018	5/29/2018	5/30/2018	5/31/2018	REMINDER	
	Posole	Turkey Melt w/Green Chile	Chicken Sandwich		
	Pork 3 oz	Shaved turkey 2 oz	Breaded chicken patty 3 oz	Congregate meals age 55+ free	
CLOSED	Red chile puree 1/2 c	Cheddar cheese slice 1 oz	WW bun = 56 g	of charge. Persons ages < 55	
DALEMORIA DAY	Hominy 1/2 c	Croissant = 2 oz	Potato salad 1/2 c	the suggested donation is	
	WW roll = 56 g	Minestrone soup 1 c	Coleslaw 1/2 c	\$5.00 however any donation is	
1	Fresh fruit	Fresh fruit	Lettuce/tomato 1/2 c	appreciated.	
1			Fresh fruit		

Isleta Elder Center (505) 869-9770 Monday - Friday 8:00am - 4:30pm



2018



Monday	Tuesday	Wednesday	Thursday	Friday
	5/1/2018	5/2/2018	5/3/2018	5/4/2018
	Shuffleboard Practice: 9:00AM - 3:00PM	Open Activities: 9:00AM - 3:00PM	IVIASS 11:30AM	Cinco De Mayo Celebration 12:00PM - 2:00PM
5/7/2018	5/8/2018	5/9/2018	5/10/2018	5/11/2018
Open Activities: 9:00AM - 3:00PM Morning Walk	Shuffleboard Practice: 9:00AM - 3:00PM	Open Activities: 9:00AM - 3:00PM	Mothers Day Luncheon *Must Sign Up at Elder Center*	Open Activities: 9:00AM - 3:00PM
10:00AM		NICOA 50/50 Raffle Drawing	Commodities: 8:30AM - 3:30PM	
4/14/2018	4/15/2018	4/16/2018	4/17/2018	4/18/2018
Isleta Senior Olympics: Local Games Begin See Registration Packet for Dates & more information	Shuffleboard Practice: 9:00AM - 3:00PM	Friendship Breakfast 9:00AM General Meeting: Summer Health Discussion with: Stephanie Barela 10:00AM	Staff Meeting Early Lunch: 11:00AM	Open Activities: 9:00AM - 3:00PM
4/21/2018	4/22/2018	4/23/2018	4/24/2018	4/25/2018
Open Activities: 9:00AM - 3:00PM Morning Walk	Shuffleboard Practice: 9:00AM - 3:00PM	Sandia Casino: Lunch & Bingo 11:00AM	Elder Center Advisory Board Meeting: 9:00AM 2018 NMSO REGISTRATION	MAY Birthday Celebration Lunch Room - 12:00PM
10:00AM		NICOA 50/50 Raffle Drawing	DEADLINE	
5/28/2018	5/29/2018	5/30/2018	5/31/2018	
CLOSED	Manzano Mesa Shuffleboard 10:30AM - 4:00PM	Afternoon Bingo Session: 1:00PM Senior Center Exchange: Sandia Pueblo Elder Center Visits Isleta Elder Center Commodities: 8:30AM - 3:30PM	Open Activities: 9:00AM - 3:00PM	

Questions? Call 869-3200

MAY 2018 WEDNESDAY **MONDAY THURSDAY TUESDAY** 🏖 Lucky Penny Fun Run/Walk 🤻 3 CLINIC OPENS AT 9:50am Morning Group Fitness: 6-7am @DPP Morning Group Fitness: 6-7am @ DPP Wednesday, May 23rd, 2018 Pueblo Women Rising: 10-11a @ Podiatry Clinic: 8:00-4:30p @DPP Early Recovery Skills: 9-10a @ BHS. Diabetes Wellness Center Express Endurance: 5:30-7:30pm Expressions: 1-2pm @BHS (Closed Another Recovery Technique (ART): 10-11a Acu-Detox: 1-2p @ BHS. Registration @4:30pm Express Endurance: 5:30-7:30pm Alcoholics Anonymous: 6-7p @ Health Run/Walk begins @ 5:00pm Young Leaders Youth Krew: 4:30-Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS. Training Center For More Information Please Call: Pueblo Men Rising: 2-3:30p @ BHS. 869-4695 11 5/6 **7** Podiatry Clinic: 12:30-4:30 pm @DPP 8 Pueblo Women Rising: 10-11a **CLINIC OPENS AT 9:50am** Morning Group Fitness: 6-7am @DPP Early Recovery Skills: 9-10am @ BHS. Morning Group Fitness: 6-7am @DPP Podiatry Clinic: 8:00-4:30p @DPP Acu-Detox: 1-2p @ BHS. Another Recovery Technique (ART): 10-Early Recovery Skills: 9-10a @ BHS. Diabetes Dental Class: 8:45-9:15am Express Endurance: 5:30-7:30pm 11am @ BHS. Another Recovery Technique (ART): 10-11a @Health Training Center Expressions: 1-2pm @BHS (Closed @DPP Alcoholics Anonymous: 11am--12pm @ BHS. Express Endurance: 5:30-7:30pm Pueblo Men Rising: 2-3:30p @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Interactive "Anger" Group: 230pm @BHS Young Leaders Youth Krew: 4:30-6:30p @ BHS. Young Leaders Youth Krew: 4:30-Isleta 4th Annual Cancer Survivors Alcoholics Anonymous: 11-12p @ BHS. 6:30p @ BHS. Day Event 5-7:30pm @IHC Training Alcoholics Anonymous: 6-7p @ Health Another Recovery Technique (ART): 1-3:30p Training Center 12/13 18 **14** Podiatry Clinic: 12:30-4:30 pm @DPP CLINIC OPENS AT 9:50am Morning Group Fitness: 6-7am @DPP Well-Early Recovery Skills: 9-10am @ BHS. Morning Group Fitness: 6-7am @DPP Pueblo Women Rising: 10-11a @ ness Center Wellness Center Podiatry Clinic: 8am-4:30 pm @DPP Another Recovery Technique (ART): 10-Early Recovery Skills: 9-10a @ BHS. 11am @ BHS. Optometry Ed Class 8:45-9:15am Expressions: 1-2pm @BHS (Closed Acu-Detox: 1-2p @ BHS. @Isleta Health Center Training Center Another Recovery Technique (ART): 10-11a Alcoholics Anonymous: 11am--12pm @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance Cooking: 5:30-Young Leaders Youth Krew: 4:30-6:30p @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. 7:30pm @DPP Wellness Center Express Endurance: 5:30-7:30pm Alcoholics Anonymous: 11-12p @ BHS. Interactive "Anger" Group: 230pm @BHS Young Leaders Youth Krew: 4:30-6:30p @ BHS. @DPP Alcoholics Anonymous: 6-7p @ Health Community Healthy Cooking: 5-7pm @Health Center Kitchen Another Recovery Technique (ART): 1-3:30p Training Center. 21 Podiatry Clinic: 8am-4:30 pm @DPP 19/20 22 23 25 CLINIC OPENS AT 9:50am Morning Group Fitness: 6-7am @DPP Early Recovery Skills: 9-10am @ BHS. Morning Group Fitness: 6-7am @DPP Well-Pueblo Women Rising: 10-11a @ Wellness Cente Another Recovery Technique (ART): 10-Podiatry Clinic: 8:00-4:30p @DPP BHS. Expressions: 1-2pm @BHS (Closed Early Recovery Skills: 9-10a @ BHS. 11am @ BHS. Another Recovery Technique (ART): 10-11a Alcoholics Anonymous: 11am--12pm @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance: 5:30-7:30pm Young Leaders Youth Krew: 4:30-Interactive "Anger" Group: 230pm @BHS Pueblo Men Rising: 2-3:30p @ BHS. 6:30p @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Alcoholics Anonymous: 6-7p @ Health Women's Path to Recovery: 1-2:30p @ BHS. Express Endurance: 5:30-7:30pm Another Recovery Technique (ART): 1-3:30p Lucky Penny Fun Run/Walk 5:00pm Training Center Young Leaders Youth Krew: 4:30-6:30p @ 26/27 29 4th Annual Ath Annual Isleta Cancer Survivors CLINIC OPENS AT 9:50am Morning Group Fitness: 6-7am @DPP Pueblo Women Rising: 10-11a @ Podiatry Clinic: 8:00-4:30p @DPP BHS. Day Event Expressions: 1-2pm @BHS (Closed Express Endurance: 5:30-7:30pm Acu-Detox: 1-2p @ BHS. May 8, 2018 | 5:00 - 7:30 pm Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30pm Young Leaders Youth Krew: 4:30-@Isleta Heath Training Center Alcoholics Anonymous: 6-7p @ Health Training Center 'DPP" = Diabetes Prevention Programs @ 869-4595 Cancer 101 Presenta tion @ Isleta Elders Center Adult Day Care **Clinic Closed** "BHS" = Behavioral Health Services @869-5475 May 21, 2018 @10-11am



Last Day For Voter Registration: **Tuesday May 08, 2018**

If You Register To Vote After May 08, 2018,

Your Voter Registration Will Not Be Processed Until After The Tuesday June 05, 2018, Primary Election. Voter Registration reopens June 11, 2018

For more information, go to www.bernco.gov/myvotecenter or call 505-243-VOTE (8683).





2018 PRIMARY ELECTION Early Voting in-Person begins May 19, 2018

Bernalillo County Early Voting SITE at Isleta Elderly Center OPENS

May 19, 2018 to June 02, 2018 from 8a.m.-5p.m. Tuesday to Saturday

For more information, go to www.bernco.gov/myvotecenter or call 505-243-VOTE (8683).