



Isleta Pueblo News

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May 2016



Sonia Marie Sotomayor, Supreme Court Justice, Governor Eddie P. Torres, Governor's Administration, Tribal Council and Isleta Elders at the Isleta Pueblo Elderly Center.

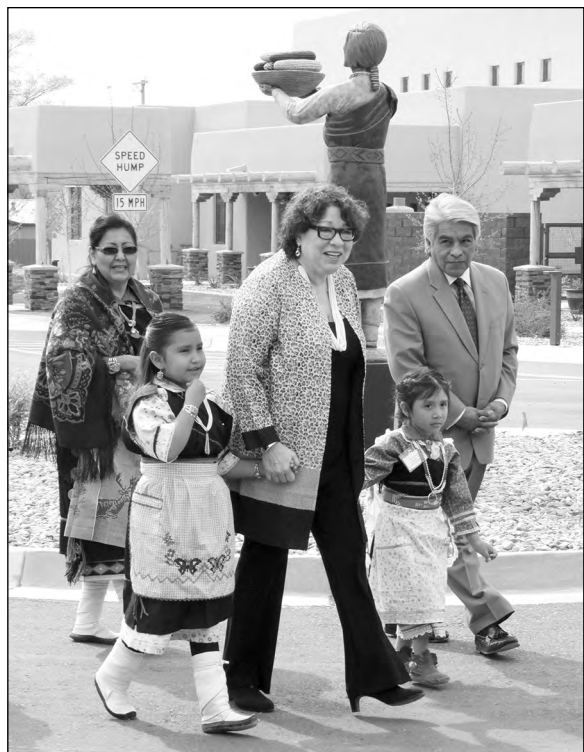
MA GU WAM:

Supreme Court Justice Visits Isleta Pueblo – April 5, 2016

By Edward Calabaza

She came to fulfill a promise. She came amid all the fanfare, courtesies and respect demanded of a Supreme Court Justice. She came with a history all too familiar among Pueblo people.

Sonia Marie Sotomayor, Supreme Court Justice, juris doctorate, summa cum laude graduate from Princeton University, Bronx native who overcame numerous life-obstacles and quite possibly the most influential person to ever visit Isleta, came with her own message of influence.



During private meetings with state tribal leaders, pueblo elders and UNM law students, Justice Sotomayor spoke of her early struggles in what she described as a “youth of sadness.”

Her father drank too much. Alcohol became an issue her parents argued about regularly. At age seven she was diagnosed with juvenile diabetes. Insulin shots have been part of her daily life ever since. Her father died when she was nine. Raised by a single mother, the eldest of two was forced to raise her younger brother. Her schoolwork took a hit, particularly learning English.

Through it all, she never lost hope. Her mother wouldn't let her. Sotomayor recalled, “My mother never let me believe

there wasn't an out.” That way out would come in the form of education. Her mother sacrificed nearly everything to buy the children a set of encyclopedias. Today, the brother is a doctor and Sotomayor is a member of the highest court in the country. While attending Princeton, Sotomayor befriended Regis Pecos, a Cochiti native who would later serve multiple terms as the pueblo's governor. Through the years, the pair has kept in touch. At one time, the Justice promised she would visit New Mexico's pueblos. She has visited four so far – Santa Ana, Santo Domingo, Jemez and Isleta.



Throughout her visit, it was evident that Sotomayor not only has a soft spot for Native Americans, but that she has genuinely tried to learn more about them and has done her best to get others to do the same. She admits she is distressed by the fact that there aren't more Native American judges at various levels – city, state and federal – and/or that there aren't more Native American attorneys arguing tribal cases.



Sotomayor first stopped at St. Augustine Church where she was greeted by Governor E. Paul Torres, 1st Lt. Gov. Antonio Chewiwi, 2nd Lt. Gov. Isidor Abeita, Tribal Council President Verna Teller and tribal council members: Ulysses Abeita, Fernando Abeita, Beatrice Lente, Michael Lente, Frank Lujan and Barbara Sanchez. At the church, First Lady Geneva Torres presented her with a traditional shawl that she wore throughout her visit at the pueblo. Inside the church she was impressed by the church's architecture and the fact that Isleta was chosen to house the Kateri Tekakwitha Shrine. In speaking of the first Native American saint she quipped, “I need her blessing.”



(Photographs taken by Sara Zuni)

Her second and last stop was at the Elder Center where she was greeted by tribal elders. Governor Torres gave a traditional blessing before reciting a brief history of the tribe and some of its major accomplishments in the federal courts, especially the landmark 1987 water quality ruling.

The Justice mentioned that she was “deeply touched” by the sharing of history, our culture and that by visiting the pueblos she is gaining deeper respect for community and community buildings. When asked why that is important she replied that Native Americans have a mixed history with the Court. In cases that went against Native Americans, she believes lack of knowledge and misinformation of tribes contributed.

For her part, as with this visit, she reaches out as a justice to continue to learn so she

(Continued next page)

can make decisions with knowledge. As she put it, “Most Americans are too far removed that they never get to meet a Native American.”

During her visit at the Elder Center, she met with UNM law students and emphasized that education opens doors. Drawing on her own background she told them, “Education will allow you to do anything you want to accomplish.” A small token of advice that led her to the highest levels of the justice system. A small token of advice that resonates throughout our pueblo, today.

NATIONAL RES – Reservation Economic Summit – Las Vegas, NV.

The National Res Economic Summit took place March 21-24, 2016 and was held at the Mirage convention center. The event provided access to respected tribal leaders, members of congress, federal agency representatives, and top CEOs on a national platform. Attendees benefited from one to one networking, teaming opportunities, and business development sessions. The event also included a business trade show and expo, featuring American Indian artisan market and Tribal Business Leaders Forum. Attendees gained valuable insight and knowledge on economic development opportunities available in Indian Country. The summit was attended by members of the Isleta Tribal Council and 1st Lt. Antonio Chewiwi.

Pueblo of Isleta Community Meeting

Governor Eddie P. Torres has scheduled a community meeting for May 14, 2016 from 9:00 am to 1:00 pm to be held at the Isleta Casino and Resort ballroom C.

The agenda will include the Governor’s report on major accomplishments in 2015 and projected objectives for 2016, and reports by ICR, CEO, Program Services and Tribal Council.

Listing of presenters:

- Isleta Resort and Casino
Harold Baugus, CEO
- Public Services Department
Shawna Ballay, Director
- Isleta Elementary School
Rebecca Vesely, Principal
- Isleta Elderly Center
Rita Jojola, Director
- Isleta Assisted Living
Natalie Abeita, Director
- Isleta Census Department
Michelle Lujan, Director
- Isleta Tribal Council
Verna Teller, President

Smithsonian Tribal Leader

In the interview series “Meet Native America”, the Smithsonian National Museum of the American Indian invites tribal leaders, cultural figures, and other interesting and accomplished Native individuals to introduce themselves and say a little about their lives and work. We are proud to announce that Governor Torres was featured as one of Native American Leaders who illustrate the diversity of the indigenous communities of the Western Hemisphere, as well as shared concerns, and insights beyond what’s in the news to the ideas and experiences of Native people today. Post on the museum’s Facebook link: <http://bit.ly/NMAIGovEPTorres>

Kirtland Air Force Base - 1941-2016 - 75th Anniversary



Governor Eddie P. Torres, Chairman of the All Pueblo Council of Governors and members of the APGC visited the 58th Special Operations Wing at Kirtland Air Force base. Kirtland Air Force Base which was officially established on January 7, 1941 celebrates its 75th year in service. The Pueblo of Isleta has established ongoing working relationships with the base as neighbors sharing common borders.

MESSAGE FROM GOVERNOR:

In reflecting over all that our Pueblo has achieved in the past years, I fully realize and appreciated our community, our native culture and traditions for your support and guidance in creating that positive future for the generations to come. Only through our mutual trust and respect of self and others, we will continue to realize personal growth and continued wellness of our community and our future generations. To all our employees I sincerely appreciate all your hard work and dedication. Thanks for all your extra effort.

May the Great Spirit always guide you and protect you and your loved ones.

Pueblo of Isleta Veterans’ Association

Pueblo of Isleta Veterans’ Association Plan Opening of Veterans Center, Los Charcos, NM

The Pueblo of Isleta Veterans’ Association (POIVA) will, on Friday, 27 May 2016, at 1000 hours (10:00 AM) hold official opening ceremonies at their new Veterans’ Center, in Los Charcos, NM. This ceremony is open to the public.

The Center will serve as a meeting place for area Veterans, and a place from where our Veterans Service Officers will provide veterans services. We have not yet set the hours of operation, but we anticipate being open at maybe two days per week, and holding POIVA meetings at maybe two times per month.

Work is now being done to contact and invite people to the opening ceremonies, who have supported our project. This includes many legislators, tribal administrations, and of course veterans...and also the Valencia High School Army (weren’t good enough to be Marines) ROTC Unit will raise the US flag.

As reported in last month’s newsletter article, this project has been an almost ten year project. It was a vision of Tribal Veterans to have a place where Veterans, their families and friends could meet, share experiences and to seek support from other Veterans, many who have never left their combat experiences behind. The mission is to help all Veterans and their families.

We had thought about a Richard “Dickie” Baker story for this month’s newsletter article but...it’ll be brief. Richard, US Marine, Vietnam Combat Vet, sniper, grew up in Isleta, somewhere behind St. Augustine Church. Sometime during his teenage years, Richard’s family moved away from Isleta. After Vietnam, Richard became an employee of the “BIA establishment” and spent the rest of his life in the Washington, DC area, periodically rode his Harley to visit friends in Isleta. While in DC, Richard was instrumental in putting together a Native American Veterans association, with the vision of “Veterans helping Veterans”. If ever you are in DC, take a trip to Arlington National Cemetery, go south from the visitor’s center to the near end of the Cemetery, and somewhere in that area is the “Native American Vietnam Veterans Memorial” plaque, which Richard worked hard on, including appearances before Congress, Arlington officials, before he was given permission to place the plaque in Arlington...the plaque and the Pueblo of Isleta Veterans Center is Richard’s Legacy. The Pueblo of Isleta Veterans’ Association is honored to have helped Richard fulfill his wishes. Semper Fi.



TRIBAL COURTS

Headline: Isleta Tribal Court Establishes a New Peacemaking Program

The Pueblo of Isleta Tribal Court is in the process of initiating a peacemaking program. Peacemaking is not new to Isleta Pueblo. The community has always utilized peaceful, and informal ways of dealing with disputes. The Tribal Court seeks to re-introduce traditional dispute resolution as an alternative to formal legal actions and court hearings.

Peacemaking provides the community a safe process whereby people come together to settle a dispute. Peacemaking allows all interested parties to collaborate and be a part of the process of coming to an agreement and begin the healing process in a way that western courts fail to recognize.

Peacemaking sessions only involve the parties to the dispute and a designated peacemaker. Judges and attorneys are not present. Parties may be represented by a spokesperson but only to explain the process. A judge may refer a case to the Peacemaking Program if all parties to the case agree.

Peacemakers must be 21 year of age. A peacemaker should be a member of the Pueblo of Isleta who is known and respected by the community. Peacemakers should have knowledge of the Isleta language and tradition. The parties must agree on who will serve as the peacemaker or agree to let the judge appoint a peacemaker.

Anyone involved in a legal case before the Tribal Court may request a peacemaking session. The request can be handwritten and should include the names and addresses of all the interested parties. The request should also include a short description of the dispute. Thereafter, cases pending in the Court may be referred to the Peacemaking Program if all parties agree.

Peacemaking sessions are available for child support cases, child custody cases, visitation planning, restraining orders, protective orders, probate distributions, land disputes, and small claims. The outcome should be one that all parties agree upon. If the dispute is not resolved it will be referred back to the judge for a final decision.

The Tribal Court is excited to offer this new program to the community because, at its core, it's a process that is based on respect, communication, listening and Isleta tradition.

Juvenile Detention Alternative Initiative

On Wednesday, April 20, 2016 the Tribal Council passed a resolution to incorporate a Juvenile Detention Alternative Initiative (JDAI) model to the Pueblo of Isleta. In early December 2015, JDAI advocates, Gina Peralta, and Raquel Marisque from the Burns foundation presented their ideas along with the Bernalillo County Juvenile Justice Department. Isleta Department Heads which were at this presentation were Social Services, IBHS, Truancy, Education, Police, Prosecutor, and the Public defender's office.

The Presentation went well and all departments present were all very excited and verbalized that this is something that the Pueblo of Isleta should strive to implement in our handling of not only juveniles but the incarceration of our young people. This new approach in dealing with Juveniles and young people is not anything new but in sense new in the way service providers treat young offenders. It is restorative approach that has been lost in the so called Western Sense of approaching our social problems and bringing back Cultural and Community and spending our resources prior to adjudication of our young people.

Isleta Tribal court has worked diligently to serve our community with efforts of trying to heal our people from many of our dysfunctions along with all our service providers. But I think our thought must shift on changing attitudes toward our community's ills. I'm asking for your support in our community efforts to try and instill our thoughts in these new approaches to justice.

As you know Tribal Court along with IBHS, Truancy, and some of our Cultural Leaders sponsored the first ever Tribal mentorship Youth Hunt. This hunt went very well and got the support of many community members and I will strive to continue to encourage our youth reaching out to our many resources which we have here on our Pueblo. For example On December 22, 2015 the Isleta Aquatics Department assisted us in holding a confidence building exercises/ swim lessons for our youth and for possible future endeavor adventures. Know that these sorts of programs and activities are toward the building of future discipline for our youth to stop them from knowing the inside of a court room and jail cell. It's not ironic when I hear an elder tell me when they come inside the court room for a minor traffic infraction "I don't know what to do or say here I have never been inside a court room". That is my Goal for our community.

PROBATE NEWS

First Notice – A petition to Probate the Estate of Jean Renae Gonzales, deceased August 04, 2014. Case No. CV-16-PRO-00018, 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 **Tuesday, June 21, 2016 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.

First Notice – A petition to Probate the Estate of Philip Cherino, deceased June 17, 2007. Case No. CV-16-PRO-00028, 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 22, 2016 at 1:30 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Bartolo Lente, deceased August 09, 2015. Case No. CV-16-PRO-00008, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, May 18, 2016 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.

First Notice – A petition to Probate the Estate of Edwina Isabella Jojola, deceased March 2, 2016. Case No. CV-16-PRO-00029, 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 22, 2016 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

First Notice – A petition to Probate the Estate of Josie J. Zuni, deceased February 11, 2015, Case No. CV-16-PRO-00035, 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 **Tuesday, July 5, 2016 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Pedro Tony Carpio, deceased January 22, 2013. Case No. CV-16-PRO-00015, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Thursday, June 28, 2016 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.

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

Council Update

The tribal council holds regularly scheduled meetings on Mondays and Wednesdays. Oftentimes, additional meetings are held out of necessity to address issues that come up or for the purpose of addressing special projects or issues that council needs additional time to address. One matter the council has been exploring extensively is economic development. Gaming has been economically beneficial to the tribe for many years, however, it is important to note that it may not always be that way. Therefore it is important to diversify the types of profit making businesses that could be beneficial in the future. Development of new enterprises and businesses is a topic of discussion that the council has been actively discussing recently.

The council receives reports from the tribal programs about many of the activities that are being promoted on behalf of our community members. Many of these initiatives are designed to benefit our youth. The council commends the efforts of the Tribal Court, Police Dept. and others

who are working toward making Isleta a place we can all be proud of. The council recognizes that much work is still needed to bring about optimum services to our People and welcome any positive ideas that tribal members can offer.

The Council, in collaboration with the Governor's office, is addressing concerns related to tribal offices/buildings that have been infected with mold due to damp walls. You may have noted that the Census office is being temporarily housed in the conference room located in the Governor's office. This is a very busy department and we ask for your patience as we prepare to accommodate the community's need for services in the coming weeks and months. Considering the time it takes for construction, moving of supplies and files, it may take some time to be fully operational. The business of the Tribal Council will continue while working through the many unexpected concerns and issues that arise daily. The council will continue to work for the good of all tribal members.

Council meetings are open to all Tribal members and we encourage you to attend. Meeting begin at 9 a.m. on Mondays and Wednesdays.

Call for Applicants:

The Tribal Council is soliciting letters of interest from individuals interested in serving on the Pueblo of Isleta Health Board and The Pueblo of Isleta Labor Relations/Grievance Board.

Any persons interested in serving on the Boards are requested to submit a letter of interest, including a resume/vital to the Tribal Council Office. Applications will be accepted until the vacancies are filled.

If you would like more information please feel free to contact the Tribal Council Office at 505-869-9746.

Send letters of interest to:
Tribal Council Office
P.O. Box 1270
Isleta, NM 87022
Fax at 505-869-5276.

Approved Resolution for February, March, and April, 2016

2016-027	Establishing a Tiwa Linguistic Archive	2016-042	POI Settlement and Natural Resources Restoration Act of 2006 Expenditure Plan Amendment for Appropriated Project No. 3---Authorizing the PSD DNR to Purchase Equipment Trailer-Mounted Concrete Pump in Fulfillment of Expenditure Plan Project No. 3.
2016-028	Approval of Sole Source Professional Services for the POI at the Archaeological Site of Pottery Mound in the amount not to exceed \$39,600		
2016-029	Approving and Supporting Tribal Matching Funds for POI Environment Division's Application to U.S. Environmental Protection Agency, Region 6 Cooperative Assistance under the Federal Clean Water Act Section 106 Tribal Water Quality Program	2016-043	Endorsing Application Submittal to the United States Department of Justice for Funding Under the Fiscal Year (FY) 2016 Second Chance Act Reentry Program for Adults with Co-Occurring Substance Abuse and Mental Disorders
2016-030	Approving and Supporting the Implementation of an Asset Management Plan in Compliance with the Water Trust Board Policies in Support of the POI's Water Trust Board Application for the Westside Water Improvements Project-Transfer Station Facility	2016-044	Residential Lease from Tiwa Lending
		2016-045	Approving a Land Assignment to the Isleta Pueblo Housing Authority for Housing Purposes
2016-031	Authorizing POI-Public Services Department to proceed with Soliciting the necessary Planning & Design Services for the Community Lagoon transfer to the Westside Wastewater Treatment Plant	2016-046	"Authorizing the Secretary of Interior to Accept the Transfer of the So-Called "Tract 8, Mesa Del Sol" Property from Fee into Trust Status for the Pueblo of Isleta"
2016-032	Authorizing the POI- PSD to proceed with submitting a USDA Water and Waste Grant Application for the Community Lagoon Transfer to the Westside Wastewater Treatment Plant	2016-047	Disbursement Policies for IRC Expenditures to Third Parties
		2016-048	Authorizing the PSD- Utilities to Purchase a Backhoe Utilizing the Discretionary Profit from the Indian Health Service (I.H.S) FY2013-FY2016 Budgets
2016-033	Authorizing the POI-PSD to proceed with Soliciting the necessary Planning & Design services for the Village Proper Wastewater Collection system Rehabilitation Phase 1 & 2 Projects	2016-049	Authorizing the POI- PSD to proceed with Submitting a U.S. Department of Transportation- National Infrastructure Investments Under the Consolidated Appropriations Act, for Funding Under FY2016 Transportation Investment Generating Economic Recovery (TIGER)
2016-034	Authorizing the POI-PSD to proceed with submitting a USDA water and waste grant Application for the Village Proper Wastewater Collection System Rehabilitation Project- Phase 1	2016-050	Authorizing the PSD/Design and Construction Division to Award a Construction Contract to Longhorn Construction Services Inc. for the Construction of the CCD Facility to include the Base Bid and Bid Alternatives as Selected
2016-035	Authorizing the POI-PSD to Proceed with Soliciting the Necessary Planning & Design Services for TR76 Lizard Flats Collection System Project		
2016-036	POI Settlement and Natural Resources Restoration Act of 2006 Expenditure Plan Amendment to Create New Project No. 30: Westside Water Improvements Project (All Phases of Alternative No. 4)	2016-051	Approving Changes to Restated "Pueblo of Isleta/ Isleta Resort and Casino Employees 401(k) Plan and Trust" which includes Isleta Business Corporation (IBC) and Isleta Pueblo Housing Authority (IPHA)
2016-037	Authorizing the POI- PSD to proceed with Soliciting the Necessary Planning & Design Services for all Phases of Preferred Alternative Number 4 for of the Westside Water System Improvements Project	2016-052	Suspending Enforcement of HR Policy 704.7 Regarding Background Checks for Board, Committee and Commission Members
2016-038	Authorizing the POI- PSD to Proceed with Submitting a USDA Water and Waste Grant Application for the Westside Water Improvements Project	2016-053	Approving the 2015 External Audit Opinion
		2016-054	Approving the FY2016 Diabetes Program Budget
2016-039	Residential Lease from Tiwa Lending	2016-055	Lava Block
2016-040	Residential Lease from Tiwa Lending	2016-056	Resolution for Department of Treasury Contract and Grant Administration to Disburse the Annie E. Casey JDAI Implementation Grant and for the Tribal Court to Oversee the JDAI Program
2016-041	POI Settlement and Natural Resources Restoration Act of 2006 Expenditure Plan Amendment for Appropriated Project No. 3---Authorizing the PSD DNR to Purchase Equipment Backhoe Loader in Fulfillment of Expenditure Plan Project No. 3.		

Howdy from the Comanche Ranch:

Spring is here and it’s a time for new growth and new faces. The range is in excellent condition due to the plentiful rains from last summer and the recent rains within the past few weeks. There are quite a few calves on the ground now with more arriving every week. As we begin planning for branding, I thought it would be a good idea to give you some information on the cattle herd.

The herd is made of several different breeds, the majority being Black Angus. We also have some “black baldies” which are a mix of Black Angus and Hereford. We also have some Brangus type and a few red hided cattle which are probably Hereford in origin. The bull herd was comprised of Black Angus and some Angus Plus which is a bull that has Brangus influence.

As I took a first look at the herd I made the decision to supplement the genetics of the herd by bringing in some Hereford bulls. Studies have shown that one of the best crossbreeds in the industry is an Angus/Hereford. They combine the desirable traits of feed efficiency, growth, disposition, reproduction and excellent meat quality. We also purchased some Balancer bulls.

The Balancer is made up of 51% or more Angus with the remainder being different breeds. I chose to go with an Angus/Gelbvieh Balancer with the bulls being 69% or more Angus breed. The reason I chose this mix is the Angus side will help maintain the Angus breeding of the cow herd and the Gelbvieh is a breed known for its gentle disposition and producing excellent milk for the growing calves.

I believe that by adding these different types of genetics into the herd we will produce cattle that are feed efficient, good mothers and produce a healthy calf every year. We have an excellent foundation to work with thanks to all the previous managers who worked diligently to raise the type of cattle that fit this environment. By adding onto this base we can work to improve the performance of the ranch.

If you would like further information about the herd, our bulls or the ranch in general, please do not hesitate to contact me at 505-917-4217.



LETTER FROM THE EDITOR

Deadline for June Newsletter articles is set for Wednesday, May 25, 2016 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it’s time to panic, so call Nate at 505.869.9808.

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

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

Thank you,
Nathaniel Lujan

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

The sixteen Newsletter distribution locations are:

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





2nd Annual Isleta Cancer Survivor’s Day Event

Are you a Cancer Survivor?
WE NEED YOU!
We are looking for Cancer Survivors to sit on a Panel and share their experience.
Compensation available.

PLEASE CONTACT STEPHANIE BARELA AT 869-4479.

Notify Purchased/Referred Care (PRC) within 72 hours of receiving Hospital Emergency or Urgent Care services!

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

Questions?
Call PRC at 869-4488

PUEBLO OF ISLETA ELEMENTARY

The Pueblo of Isleta Elementary School has been very busy! The students have been taking the PARCC state assessment. They have been working diligently and we appreciate the parental support making sure their child is at school and on time. We had a successful Child Abuse Awareness Family Night on April 14, 2016. We wish to thank The Pueblo of Isleta Social Services Department for providing an evening of parent training and parental support information. Our 21st Century program is providing our students with afterschool extracurricular activities that are enhancing their educational learning. The students have been working on designing Roller Coasters and building rockets. They are also exploring their creativity with arts and crafts, cooking through literature and Lego creations. The program will continue through mid- May on Tuesdays and Thursdays from 3:30pm-4:45pm. We are planning on providing Summer Tutoring for our students. If you would like more information, please contact the school at 869-2321. Plans are in process for the end of the year activities, more information to follow. Check your child’s backpack and/or homework folders for flyers with the information and details.



Mrs. Lovato’s and Mrs. Armijo’s 3rd and 1st grade students enjoyed flying kites during their afternoon recess. They learned how to share and take turns. They also learned that they need to stay away far away from the tree so that the kite string doesn’t get tangled in the branches and the kite flying fun ends!



TECHNOLOGY PROGRAM 4/19/16

The technology program is in full swing at POI Elementary. The upper grades (4-6) are focusing on developing internet research skills, using Microsoft Word and Power Point, and developing critical thinking through educational games. Currently, Grade 6 are researching their science fair projects. Grade 5 completed a unit on Greek Mythology by creating illustrated Power Point presentations along with a “family tree” designed using Smart Art in Word. Grade 4 researched the life cycle of rocks and human body systems to write reports. All upper level students used the technology lab to practice online for the PARCC tests. The lower grades (K-3) have been learning to create documents in Word and improve their keyboarding skills. Grade 3 researched the U.S. presidents and created reports using their information. It was surprising to see what some of the presidents looked like and how they lived. Grade 2 studied jellyfish and is learning to use Word to write persuasive letters. First grade is busy with reading comprehension practice using Reading Kids A to Z. Kindergartners are developing skills with using the mouse and understanding how to navigate pages. In addition, they are practicing reading skills with Reading Kids A to Z.

CHECKLIST

FOR PARENTS & CAREGIVERS

- ❑ Before you buy a booster or car seat, check the instructions. Be sure the seat fits your child.
- ❑ When you install a car seat, follow the instructions. Check your car owner's manual.
- ❑ Do not buy a used seat unless you know its history. Make sure it has not been in a crash. Make sure the seat has not expired or been recalled.
- ❑ Babies and toddlers need to ride rear-facing. Keep them rear-facing until they are two years old, or until they reach their seat's height or weight limits.
- ❑ When children outgrow a rear-facing seat, they ride in a forward-facing seat with a harness. Keep them in the harness as long as possible. Check your car seat instructions.
- ❑ Always use the car seat tether strap if it is allowed. Check your car owner's manual and car seat instructions.
- ❑ When children outgrow the harness, they are safest in a booster seat. Adult seat belts do not usually fit until children are 4'9" tall and between 8-12 years old.
- ❑ All children should ride in the back seat until they are at least 13 years old.
- ❑ Go to a car seat check up to be sure your child's car or booster seat is installed correctly.

Any questions you can call one of the Child Safety Technicians.
Stephanie Barela @ 869-4479
Frances Anchondo @ 869-4485

PURCHASED/REFERRED CARE

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

For more information, Call PRC at 869-4488.

Did you call for an Ambulance?

Please report the information to PRC within 72 hours.

869-4488

Bicycle Safety

Do you put on your helmet every time you ride a bike? Well, as the 4th grade students at Isleta Elementary learned, this is one very important thing to do to PREVENT INJURY! The Isleta Health Center's Health Educator, Stephanie Barela, teamed up with Albuquerque Parks and Recreation staff to offer 4th grade students a presentation on bike safety and then gave them the opportunity to try out their newly learned skills through participating in a BIKE RODEO. A bike rodeo is a skills course which provides a fun and safe environment for a class to learn various bike safety skills. This rodeo consisted of a bike riding course designed to simulate actual road conditions. This included a stop sign to help practice their starting and stopping, use of their directional signals, a chance to practice their skills when they are approached by a dog and many other important bike safety skills.

Bike riding is a lot of fun, but accidents do happen. Every year, about 300,000 kids go to the emergency room because of bike injuries (www.kidshealth.org). Some of these injuries are so serious that children die, usually from head injuries. A head injury can mean brain injury, and as the 4th graders learned: OUR BRAIN IS THE MOST IMPORTANT PART OF OUR BODY, so we need to PROTECT IT! That's why it is so important to wear your bike helmet. Some skills the 4th graders learned were:

- STOP and LOOK: Left – Right - Left, before crossing the street
- Use your hand signals when turning



- If you are ever chased by a dog while riding your bike, you should stop peddling and coast (continue to move forward without using your peddle), if the dog continues to chase you, get off your bicycle and put it between you and the dog and back up slowly.
- ALWAYS WEAR A HELMET!



THANK YOU CHUCK MALAGODI and ALBUQUERQUE PARKS & RECREATION FOR TEACHING OUR STUDENTS HOW TO BE SAFE ON THEIR BICYCLES.

SPRING RABIES CLINIC



**FRIDAY
MAY 20, 2016**

TWO PLACES
Old Court House Village
9:00 AM - 11:00 AM
Isleta Health Center
1:00 PM - 3:00 PM

- Free Rabies Clinic
- ONLY For Residents Of The Pueblo
- Be In Compliance With The Animal Ordinance!
- Dogs Must Be On A Leash
- Cats Are To Be In A Kennel Or Wrapped In A Towel
- Microchips \$ 5.00



505-869-7564



SPAY & NEUTER CLINIC
July 15, 16, 17, 2016

To reserve your space or for information call
Isleta Animal Control @
505-869-7564

Space is limited, calls will be taken until spots are filled or July 1, 2016

Brought to you by:
Isleta Animal Control



**ROCKY MOUNTAIN
PUPPY RESCUE**

✿ Cost is \$30.00 per animal

✿ Pet must be current with rabies shots

✿ 120 slots available
40 slots per day

Isleta Educational Assistance Fund

The Pueblo of Isleta recognizes the need to provide families with supplemental funding to assist their child/children in their education. Applications shall be reviewed the third week of January, March, June and September. The education-funding year shall reflect school year – August through July.

Through the Pueblo of Isleta Department of Education, specific guidelines have been developed to assist **qualifying tribal members** striving to reach high levels of district, local and state

academic standards. These guidelines shall be used to provide monetary support to students and adults in need of educational assistance.

Assistance may be provided for the following categories: (Priority will be given to category A, then B and so forth). If you require additional assistance or an application please contact Beverly Piro, Administrative Assistance III at 505-869-9790 or poi08101@isletapueblo.com

ISLETA EDUCATIONAL ASSISTANCE FUND

Priority A Students K-12	Priority B Students K-12	Priority C Students K-12	Priority D Students K-12	Priority E Group Trips	Priority F Adult Education
Tutoring, Study Skills, Test Preparation	Ed. Materials & Supplies (Children with Disabilities)	Cost to attend Private Institutions	Extra-curricular activities (Chess, band, sports, science fair, etc.)	Educ. Programs or Trips outside of the regular classroom	Special Interest, & Career Development Classes
70% of Total Up to \$1,000	70% of Base Up to \$1,000	30% of Base Up to \$3,000	70% of Base Up to \$500.00	50% of Base Up to \$500.00	70% of Base Up to \$500.00
Must be accredited by NM Public Education Department Unavailable through other resources Submit letter, application, and teacher recommendation	<ul style="list-style-type: none">Materials & supplies used in Special Ed. Classrooms to reinforce learning at home.Unavailable through other resources Submit letter, application, and teacher recommendation	<ul style="list-style-type: none">Support to attend private schoolsSubmit letter, application, acceptance and/or enrollment letter; & official document showing tuition and fees required.	<ul style="list-style-type: none">Financial support of extra-curricular activities (Band, chess, sports, science fairs, etc.)Submit letter, application, itemized list of materials, equipment, & costs due to family after fundraising)	<ul style="list-style-type: none">Educ. groups, must submit all info. together: (Letter, application, list of participants, informational packet of trip) & expenses.Cost Allowed: (Travel, if applicable, tuition, registration, & other incidentals expenses)	<ul style="list-style-type: none">For classes unavailable through Isleta Adult Ed., WIA or computer classes.Students/Adults must submit letter, application indicating course info., cost, institution, and justification for class

- All **enrolled tribal members** who reside within a 60-mile radius of Isleta Pueblo are eligible to apply.
- PROVISIONS:
- Individuals and groups must select one category to apply as only one request per school year (August – July), per individual will be awarded.
 - Approved requests shall be granted provided funding is available.
 - Approved requests not granted due to shortage of funds shall be first priority in the category once the funding is replenished.
 - The assistance may be used to purchase equipment or uniforms, pay transportation or registration fees, or pay for any other expenses associated with the activity.
 - All students/adults with approved requests are required to submit follow-up documentation.
 - In the event the student/adult fails to do so, the amount due may be filed with tribal courts.
 - Tribal members enrolled in the educational institutions beyond high school receive financial assistance for their educational expenses. Therefore, such student shall not be eligible for additional financial assistance.
 - Dates of announcement shall occur yearly in the months of January, March, June and September.

Approved by Tribal Council on May 31, 2001, October 18, 2005 and Amended to Remove Category (G) on August 5, 2015

Summer Lunch Program

June 1st- July 29th

Join us here at the Pueblo of Isleta Public Library for **FREE** Summer Meals!

Open to ALL KIDS 18 years and younger!


Breakfast : 8:00am to 9:00am

Lunch : 11:30am to 1:00pm

ALL MEALS MUST BE EATEN ON SITE!


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






ARE YOU A SALSA LOVER?
SIGN UP FOR OUR
ADULT FOOD PROGRAM!
WEDNESDAY MAY 25TH
5:00PM- 6:30PM
LEARN HOW TO MAKE:


Homemade Chips



Salsa & Mango Salsa



Grilled Corn Guacamole



OPEN TO 10 ADULTS. ALL INGREDIENTS AND SUPPLIES PROVIDED!

IT'S ABSOLUTELY FREE! CALL THE PUEBLO OF ISLETA PUBLIC LIBRARY AND SPEAK WITH TARA OR VALERI TO SIGN UP AT 505.869.9808.

OR BY EMAIL: TARA-POI02005@ISLETAPUEBLO.COM
VALERI- POI02009@ISLETAPUEBLO.COM

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505-565-2476



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Los Lunas NM 87031

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Computer diagnostic - Engine Repair - Transmission repair

Radiator & Heating systems - Tune ups - Brakes- Oil Change

Please call for weekly specials!

(10% tribal member discount with tribal ID, teacher discount, first responders & military discount)

Isleta Tribal member owned



CARFiT

Helping Mature Drivers Find Their Safest Fit



Discover your perfect “fit.” Attend a FREE CarFit Checkup!

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

- > Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- > Learn how to use and adjust your safety devices.
- > Each checkup takes about 20 minutes— this is not a driving test or mechanical inspection.

To schedule your 20-minute appointment, please call the appropriate number listed on the right. Appointment spaces are limited, so don't wait!

For more information, visit www.car-fit.org.

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.

AARP Driver Safety's CarFit Event

June 25, 2016
9 AM - 1 PM
Location
Del Webb - Alegria
901Cottonwood Circle
Bernalillo

Cross streets: Santiago
and 528 (Pat D'Arco Hwy)

(North of Idalia and
South of the 550)

To schedule your
appointment, call:

Phone Number
AARP Info Center
505.830.3096

Hello my fellow tribal members, I have been a carrier of the Albuquerque Journal for the past 20 years. If you would like to receive home delivery of the Albuquerque Journal. There are 2 subscriptions you could receive. Daily is Sunday through Saturday (7 days a week) or, Weekends only (Friday, Saturday and Sunday). If interested please contact Phillip Jiron at 505-414-1153.

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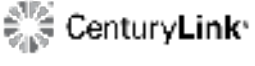
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- * Get answers when you need them with 24/7 tech support

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Come in: 4411 San Mateo Blvd NE Suite E6. Albuquerque
Please mention RAF ID: JETHOM8



*Service and offer are not available everywhere. Rate is available to new CenturyLink® High-Speed Internet ("HSI") customers who sign up by 1/31/2016. A one-time activation for HSI and professional installation fee for HSI (if selected) applies; self-installation is available at no charge. After 36 months, standard monthly rate will apply. Rate excludes taxes, fees and surcharges which are based on standard, not promotional, rate. CenturyLink-provided modem may be required for High-Speed Internet; lease (\$8.99/mo. fee) or a one-time purchase (\$99.99) option available (S&H applies). If customer cancels one of the required bundled services during promotion, all promotional rates are void. Customer must remain in good standing and offer terminates if customer changes their account in any manner. Credit approval and deposit may be required. Additional restrictions may apply. CenturyLink may change, cancel, or substitute offers and services, or vary them by service area, at its sole discretion without notice. All products and services listed are governed by tariffs, terms of service, or terms and conditions posted at centurylink.com. See centurylink.com/help for taxes, fees and surcharges. HSI — Customers must accept HSI Subscriber Agreement prior to using service. Listed internet speeds vary due to conditions outside of network control, including customer location and equipment, and are not guaranteed. Direct connection and speed claims are based on CenturyLink providing HSI customers with a dedicated, virtual circuit connection between their homes and the CenturyLink central office. Norton® AntiVirus Online — With these services, customer receives the right to use the products on the specified number of PCs during customer's subscription term with CenturyLink, which begins upon initial installation and activation of the product. These services include protection updates and/or new product features as available throughout the subscription term, subject to acceptance of either the Norton License Agreement or Terms of Service, whichever is applicable, included with these products and available for review at www.symantec.com. Features may be added, modified, or removed during the service period. Customers subscribing to CenturyLink® Internet basic service (without features) or other ISPs are not eligible for Norton® AntiVirus Online. © 2014 Symantec Corporation. All Rights Reserved. Symantec, the Symantec Logo, the Checkmark Logo, Norton, and Norton 360 are trademarks or registered trademarks of Symantec Corporation or its affiliates in the U.S. and other countries. © 2015 CenturyLink. All Rights Reserved. The name CenturyLink and the pathways logo are trademarks of CenturyLink. All other marks are the property of their respective owners. T116QWFLY5977



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Pueblo of Isleta Career Opportunities

Position Posting	Location	Closing Date
NEW - SECURITY BACKGROUND SPECIALIST,	Human Resources,	05/04/2016
NEW - RANGE TECHNICIAN, Public Services,	WITHIN ONLY	04/21/2016
NEW - SENIOR CRIME VICTIM ADVOCATE,	Police Department,	Open Until Filled
BUS DRIVER (PART-TIME),	Headstart & Child Care,	Open Until Filled
BUYER,	Procurement Department,	04/20/2016
CAREGIVER II (RFT),	Assisted Living Facility,	Open Until Filled
CHIEF EXECUTIVE OFFICER,	Health Center,	Open Until Filled
CHILD CARE PROVIDER,	Headstart & Child Care,	Open Until Filled
COMMERCIAL ELECTRICIAN,	Public Services,	Open Until Filled
CHR VAN DRIVER (Occasional),	Health Center,	Open Until Filled
COOK ASSISTANT (TEMP / NTE 90 days),	POI Elementary School,	Open Until Filled
DENTAL ASSISTANT,	Health Center,	Open Until Filled
DISABILITIES COORDINATOR,	Headstart & Child Care,	Open Until Filled
ELEMENTARY TEACHER,	POI Elementary School,	Continuously Accepting Applications
HEALTH COORDINATOR,	Headstart & Child Care,	Open Until Filled
HVAC TECHNICIAN,	Housing Authority,	Open Until Filled
IN-HOME CARE ATTENDANT,	Elderly Center,	Open Until Filled
LAND SURVEY TECH AIDE. (20-HR WK),	Surveying & Mapping,	Open Until Filled
LIFEGUARD (2 Positions),	Recreation Center,	Open Until Filled
LIFEGUARD (4 Positions-Summer Hire),	Recreation Center,	Open Until Filled
LIFEGUARD (4 Positions 30 hr wk),	Recreation Center,	Open Until Filled
LIFEGUARD (Regular Part-Time),	Recreation Center,	Continuously Accepting Applications
NURSE EDUCATOR,	Health Center,	Open Until Filled
PARKS MAINTENANCE WORKER	Recreation Center,	Open Until Filled
PERSONAL CARE SERVICE AIDE	Elder Center,	Continuously Accepting Applications
PHYSICAL THERAPIST,	Health Center,	Open Until Filled
PLUMBER,	Housing Authority,	Open Until Filled
POLICE OFFICER,	Police Department,	Open Until Filled
RANCH HAND (Seasonal),	Comanche Ranch,	Continuously Accepting Applications
REGISTERED NURSE,	Health Center,	04/22/2016
SCHOLARSHIP COORDINATOR,	Dept of Education,	Open Until Filled
SCHOOL BUS DRIVER (TEMP / NTE 90 days),	POI Elementary School,	Open Until Filled
SENIOR MAINTENANCE TECHNICIAN,	Health Center,	Open Until Filled
TEACHER - COMPUTER,	POI Elementary School,	Open Until Filled
TRUANCY COORDINATOR	Truancy Dept,	Open Until Filled
VETERAN SUPPORT SERVICE PROGRAM MEMBER,	Elder Center,	Open Until Filled

2016 POI SUMMER INTERNSHIP

Applications are **NOW** being accepted for the 2016 Summer Internship Program.

Eligibility to apply if:
*You are a current High School Graduate, and you have a “Letter of Acceptance” to the college of choice
*OR, you are a current recipient of a POI Scholarship.

Application packet:
Application packet must include:
1. A letter of Interest
2. Resume *indicate your career field and interest*
3. College letter of acceptance OR Unofficial Transcripts

Submit your application packet to the Human Resources Office.
Application packets will be accepted Via postal mail, email, or fax.

All selected Interns must complete an employment Drug Screen and Background check.

POI, Human Resources
PO Box 1270
Isleta, NM 87022
505-869-7584 Office
505-869-7579 Fax

Email: poiemployment@isletapueblo.com

Pueblo of Isleta WIC Office
505 869-2662

May 2016

Tips for a Happy and Healthy Summer



Eat Healthy!

- 1. Fill your plate with fruits and vegetables
 - spring and summer are the best time to find low cost fruits and vegetables in every color
 - make your own popsicles with a smoothie recipe or 100% juice and popsicle molds
 - keep fruits and veggies cut up and ready to go for easy snacking
- 2. Choose water—water is the winner when it comes to keeping you hydrated and quenching your thirst. Drinking sports drinks, sodas, juices and other sweetened drinks occasionally and in small amounts will help you avoid extra calories, sugar and sugar crashes that sap your energy.

Get Active!

- 1. Play together as a family
- 2. Check out your local swimming pools for cool summer fun
- 3. Take the kids and the dogs for regular after dinner walks around the neighborhood
- 4. Discover your inner child by riding bikes, rollerblading, or jumping on the trampoline

Be Safe!

- 1. Think sun safety and follow basic tips to protect your skin, get more information at http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- 2. Make sure the kids are buckled up safely and properly, for carseat information go to <https://www.safekids.org/car-seat>
- 3. Make sure your barbecues and family get togethers follow food safety guidelines to avoid food poisoning, check out the great tips at <http://www.cdc.gov/foodsafety/foodborne-germs.html>



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.



MIDDLE SCHOOL BASKETBALL BOOT CAMP

WHAT IT IS: Four days of workouts designed to give younger student-athletes who aspire to play for their school or an AAU team some experience with similar workouts and drills used by the Los Lunas Boys Basketball Program. Workouts will include skill development, strength training, conditioning, competitive drills and competitive games. This camp can be a great way to transition into the Summer Program at LLHS for student athletes who are attending Los Lunas High School or plan on attending Los Lunas High School. Students from other schools/districts are welcome too.

DATES/TIMES: May 23rd- May 26 , 2016; 12:30-4:00 PM each day

GRADES: *The Camp is for Students entering 5th grade, 6th grade, 7th grade, 8th grade and 9th grade*

LOCATION: LOS LUNAS HIGH SCHOOL MAIN GYM AND AUXILIARY GYM

INSTRUCTION: Players will receive instruction in the following:

- Read and React principles – the base offense of the Los Lunas Tigers Boys Program
- Man to Man Defensive Principles
- The Pro Shot System – Shooting program used by the Los Lunas Tigers Boys Program
- Workouts from Skill Development Coach program
- Strength Training and Conditioning (Modified for younger student-athletes)

INSTRUCTORS: Coach Travis Julian and Los Lunas Boys Basketball Staff and Players

REGISTRATION FEE: \$40 per player

Make checks/money orders payable to Los Lunas Boys Basketball Booster Club

MAIL REGISTRATION FORM AND PAYMENT TO:

LOS LUNAS BOYS BASKETBALL BOOSTER CLUB; 1011 MESA LOOP NW; LOS LUNAS, NEW MEXICO 87031

FOR MORE INFORMATION CONTACT

COACH TRAVIS JULIAN (505) 321-9786; coachjulian30@gmail.com

Registration Form

Name: _____ Phone #: _____ Email _____

Address _____

Age: _____ Grade starting in Fall: _____ School attending in the Fall: _____

Emergency contact (name and number) _____

Insurance Waiver

I hereby authorize the directors of the Los Lunas Tigers Basketball Camp to act for me according to their best judgment in any emergency requiring medical attention. I hereby release the Los Lunas Tigers Basketball Camp and its agents from any cause of action I may have during this basketball camp.

Parent or Guardian’s Signature: _____



⇒ PRC will assist with payment for medical services only.

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

⇒ PRC does not cover Labs at other facilities.

⇒ PRC does not cover pharmacy, rehab services or long term care facilities.

Call PRC for more information.

869-4488



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

Questions? Call PRC at 869-4488

Health Beat

Health Educator:
Stephanie Barela, 869-4479

CHOLESTEROL EDUCATION

Know Your Cholesterol Numbers - Know Your Risk - Give Yourself Some TLC

Let’s all make a point to learn our numbers and know our risk. The next time you are at the clinic ask for a lipid profile, which is a measurement of your cholesterol and triglyceride levels. All adults over the age of 20 should have a lipid profile.

Here is what your cholesterol numbers mean:

Total cholesterol(mg/dL):

Less than 200 is desirable
200-239 is borderline high: Depending on your other risk factors, you may be at a higher risk for heart disease. Talk to your doctor about your overall risk for heart disease.
240 or higher is high: you are at risk for clogged arteries and a heart attack. See your doctor to determine your risk for heart disease.

LDL Cholesterol is BAD cholesterol. KEEP IT LOW!!

- Less than 100 is optimal or ideal.
- 100-129 is near optimal/above ideal
- 130-159 is borderline high
- 160-189 is high
- 190 and above is very high

HDL Cholesterol is GOOD cholesterol. THE HIGHER THE BETTER!

- Keep it above 40

Triglycerides are another type of fat in the blood. They come from fat that you eat and are made in the body. Triglycerides are made when you take in too many calories or eat a diet too high in carbohydrates. When you have high triglycerides, you have a higher risk for heart disease.

Here is what your triglyceride numbers mean:

Less than 150 is NORMAL.
150-199 is borderline-high. You may be at an increased risk for heart disease. To lower your level, aim for a healthy weight and be more physically active.

200-499 is high. Weight control and physical activity are very important to lower your level. Watch out for other heart disease risk factors such as overweight and obesity, diabetes, low HDL and high blood pressure.

Over 500 is VERY HIGH!! ALERT! See your doctor immediately. This level requires attention to prevent severe problems with your pancreas.



Pueblo of Isleta Public Library

April showers bring May flowers! With all this rain and snow we should have lots of flowers blooming soon! Hopefully our fruit trees and flowers did not freeze because we want to enjoy a peach or two and take pictures by beautiful flowers.

News

The Library will be closed from 8:00am-12:00pm for our monthly staff meeting. We will be discussing and finalizing all Summer Reading Program details and curriculum. Just a friendly reminder that our Library staff meetings are every first Wednesday of each month unless noted otherwise.

The Library will be closed on Monday, May 30th in observance of Memorial Day. All Library Media checked out on Thursday May 26th will not be due until May 31st. Have a safe three-day weekend!

Summer Reading Program registration will be on Friday May 13th starting bright and early at 7:00am. Registration will remain open until all spots are filled. We will have 20 spots open for Juniors ages 3-6 years old and 30 spots open for Youth ages 7-18 years old. In the past we have filled up all 50 spots by 7:30am so if you are planning on joining us this day, come extra early. We will have a waiting list, but we cannot guarantee a spot, but please do not let that discourage you from doing so. If you have any questions please give the Library a call at 505.869.9808. More details on the Summer Reading Program Curriculum in our Upcoming Programs sections of our article.

Upcoming Programs

Mothers Day Craft May 5th from 4:30pm-5:30pm- Come by the Library and create a special gift for your Mother or Grandmother. What is the gift? Come sign up for the program to see what it is. Just don't spill the beans to your mom before Mother's Day, that way she can be surprised. This is open to the first 10 people to sign up ages 8 & up! All supplies are provided. For more information please call the Library and speak with Cheyenne at 505.869.9808 or by email at poi02008@isletapueblo.com.

Beginners Sewing Class: Maxi Skirt- May 17th and Thursday May 19th from 5:30-7:30pm-

Have you wanted to learn how to sew but never had the time? Now is time! Come join our beginners sewing class. You will learn the basics of using a sewing machine. We will be shopping for fabric at Hobby Lobby and begin your first sewing adventure. Your sewing project will be to make a Maxi Skirt. All sewing will take place at the Library with the help of Library staff member Tara. This program is open to the first 5 adults OR youth 16 years and over. All supplies and sewing machines are provided and this class is FREE! For more information please call Tara at the Library at 505.869.9808 or by email at poi02005@isletapueblo.com.

DIY: Pocket Fishing Kit- Wednesday May 11th from 5:00pm-6:00pm. Do you like fishing? But do not want to carry a big tackle box around? Come by to the Library and make your own handy pocket fishing kit. Why not have everything you need in your pocket! Library staff member Christino will show you how utilize fishing items from an ordinary tackle box and turn it into a pocket sized fishing kit. This is open to the first 10 people of any age. Make it a family night out! All Supplies are provided. Sign up starting

May 2nd. For more information please call Christino at the Library 505.869.9808 or by email at poi02004@isletapueblo.com.

Summer Reading Program- June 9th – July 26th- SRP registration will be on May 13th starting at 7:00am and will remain open until all Junior and youth spots are filled. If you can come early please do so. Our 50 slots usually fill up by 7:30am.

Juniors Program- 20 spots available for ages 3 to 6 years old. Theme: Sports, Health and Wellness. Time: 9:00am-12:00pm. Each day will start with story time based on our sports curriculum. Students will be active in activities geared towards sports, and wellness.

Youth Program- 30 spots available for ages 7 to 18 years old. Theme: Broadcasting. Time: 1:00pm-4:00pm Students will be reading in groups based on grade level. Students will learn how to write scripts, find news worthy stories, lighting, filming and editing.

Once again we will be collaborating with the Bernalillo county summer breakfast and lunch program. Breakfast will be served every morning from 8:00am-9:00am, and Lunch will be served everyday from 11:30am-1:00pm. This program is open to ANY and ALL children ages 1-18 years old. We do not provide transportation to or from the library. If you have questions about the summer lunch program or the Summer Reading Program, please give the library a call to talk to a library staff member 505- 869-9808. Calendars for the Summer Reading Program are available at the Library. They are also available on the Library's website: www.isletapueblo.com/whats-new.html and on the Library's Facebook page: www.facebook.com/IsletaPuebloLibrary.

Homework Help Incentive Program End of School Field Trip May 20th- The Library staff will be taking our homework help students to go see the new Angry Birds movie and dinner at Fuddruckers. The students worked hard all school year and we would like to treat them out to a fun

night before school ends officially. The Library would like to wish everyone a safe and fun summer.

Homemade Chips and Salsa- Wednesday May 25th from 5:00pm-6: 30pm. Calling all salsa lovers! Join our Adult Food Program as we make our own baked tortilla chips. We will also be making salsa, mango salsa and grilled corn guacamole. Is your mouth watering yet? This program is open to 10 adults. All supplies and ingredients will be provided. Sign up starting May 2nd. For more information please give Tara a call at the Library 505.869.9808 or by email poi02005@isletapueblo.com.

Recap

American Girl Book Club is coming to an end. Along with the recommended reading from the American Girl Book titled, "Grace Makes It Great" By Mary Casanova, the participants made milk shakes and a sleeping bag for their dolls. On May 11th the participants along with program leader Diane Abeita will be taking a Field Trip to the Justice Store at Coronado Mall. They will receive a \$30 gift card to Justice to purchase an outfit of their choice! What a great way to end a three month program full of reading, doll play and making accessories for their dolls.



Making a birthday party hat for their American Girl dolls.



American Girl Club participants at Wal-Mart picking out a My Life Doll.



Mother and Daughter preparing their Green Chili Chicken Lasagna during our Adult Food Program.



Preparing her Green Chili Chicken Lasagna before it goes in the oven.



After making a milkshake craft for their dolls, the girls made milkshakes for themselves to enjoy.

Green Chili Chicken Lasagna Adult Food Program April 19th- Library staff member Diane introduced our food class of 7 to Green Chili Chicken Lasagna. All ingredients were provided and prepped for everyone. Participants were able to prepare this dish, cook it, and take a mini dish home for their family to try or to save for lunch the next day! We would like to thank everyone who participated and gave us feedback on our food programs. We appreciate the honesty. We use this feedback as a way to improve and make the experience of our Library Programs more enjoyable.

Pueblo of Isleta Public Library Hours of Operation:

Library Hours
Mon-Thurs - 8:00a.m. - 6:30p.m.
Friday - 8:00a.m. - 4:30p.m.

Saturday - 9:00a.m. - 1:00p.m.
Closed on Sundays, all federally recognized holidays and also Isleta traditional Holidays. Please contact library for more information on closures.
Mailing and Physical Address:
950 Moonlight Drive Albuquerque, NM 87105
Phone: (505)-869-9808
Fax: 505-869-8119
Email: poi02002@isletapueblo.com
Facebook Page:
www.facebook.com/IsletaPuebloLibrary
Web Address:
www.isletapueblo.com/library2.html
YouTube: www.youtube.com/user/poilib
Pinterest: www.pinterest.com/poilib

2016

Pueblo of Isleta Public Library

Summer Reading Program

Registration Friday May 13th @ 7:00am Until all Spots are filled

Juniors

3years old-6 years old

9:00am-12:00pm

• Story Time

• Hands On Activities

• Water Fun Days

• Field Trips

June 8-July 22

YOUTH

7 years old-18 years old

1:00pm-4:00pm

• Grade Level Reading Groups

• News Stories, Filming & Editing

• Field Trips

• Water Fun Days

Wellness, Fitness & Sports

Broadcasting

SUMMER LUNCH PROGRAM

Monday-Friday 11:30am to 1:00pm

No SRP Program the week of July 4th.

A child will be dropped if 3 days are missed in a row

The Library does not provide transportation to and from the Library

For more information please call the Pueblo of Isleta Public Library to speak with a staff member 505-869-9808.

More information on the Library's Website: www.isletapueblo.com/library.html

Library's Facebook Page: www.facebook.com/IsletaPuebloLibrary

PUEBLO OF ISLETA PUBLIC LIBRARY

POCKET FISHING KIT

DO YOU LIKE FISHING?

BUT DO NOT WANT TO CARRY A BIG TACKLE BOX

COME BY TO THE LIBRARY AND MAKE A POCKET FISHING KIT

MAY 11TH 5-6PM

OPEN TO THE FIRST 10 TO SIGN UP!




ALL SUPPLIES ARE PROVIDED

ALL AGES

FOR MORE INFORMATION PLEASE CALL OR E-MAIL CHRISTINO

PHONE: (505) 869-9808

E-MAIL: POI02004@ISLETAPUEBLO.COM



Beginners Sewing Class:

DIY Maxi Skirt

Make your own skirt just in time for the summer!

Tuesday May 17 & Thursday May 19

5:30pm-7:30pm

Pueblo of Isleta Public Library Art Room

Open to adults AND youth 16 & older.

Only 5 spots available.



Tuesday May 17

- Shop for your material at Hobby Lobby.
(Transportation provided)
- Cut out fabric & introduction to using sewing machine.

Thursday May 19

Sew your skirt!

To Sign up or for more information please call Tara at 505.869.9808 or email poi02005@isletapueblo.com



From The Desk of Arnold Sena,
Parks and Recreation Department Director

It's May and school is almost out. I know the kids are getting anxious to be out of school and parents are wondering what to do with their children for the summer months. Well just like past summers the Parks & Recreation Department will be sponsoring a summer recreation program for the youth of the Pueblo.

SUMMER PROGRAM DATES

This summer we will offering an 8 week summer recreation program for the children that are registered in our program. This year's Summer Program will begin on Monday, June 6th, 2016 and run through Friday, July 29th, 2016. The program hours are 9am to 3pm daily.

SUMMER PROGRAM REGISTRATION INFORMATION

Registration for the summer program is taking place right now and is on-going daily Monday through Friday at both the Old Rec Center and the New Rec Center and will continue through the end of May 2016, we would like to have all participants registered for this year's summer program by Friday, May 27th, 2016 if possible. Having all the participants registered by the 27th of May will make it easier for us with our summer planning, so make sure to stop in to get your child registered in the summer program.

- 4 and 5 years olds need to be registered at the Old Rec Center at Pickle Heights.
- Children 6 years and up will need to be registered at the New Rec Center.

SUMMER PROGRAM PARTICIPANT PARENT/LEGAL GUARDIAN MEETING

This year we will be having a participant parent/legal guardian information meeting and question and answer session. The meeting will be held on Thursday, June 2nd, 2016 in the New Rec Center Gymnasium from 5:30pm to 6:30pm. We recommend that at least one parent/legal guardian of each registered participant attend this meeting. This meeting will give my staff and I an opportunity to formally introduce ourselves to you. This meeting will also allow us to go over the Parent Information Handout and cover some important information about the summer program, center rules, expectations, participant rules, participant discipline procedures etc. It is really important that a least one parent/legal guardian of the child(ren) registered in the summer program attend this meeting, so please make arrangement to be here.

The Summer Recreation Program is a safe, comfortable place for children to stay active during the summer months. The program offers all participants an opportunity to express themselves through various art forms, sports and special events. It's a wonderful place for all participants to be physically active and experience healthy alternatives; it's a great environment that helps encourage listening, caring and where positive values are reinforced. It also give the participants an opportunity to develop varied interests, to practice recreational skills and to experience a positive use of leisure time, it is also a time for friendships and socializing. Each day spent at the Center will include sports, games, music, and arts and crafts, swimming etc. In addition, there will be several field trips throughout the summer.

The Recreation Staff will have many exciting and enriching activities planned for the children this summer and we look forward to having your children be part of this great experience!!!

Thought of the Day:
*"When you have confidence,
you can have a lot of fun;
and when you have fun, you can do
amazing things."
-Joe Namath*

SUMMER FOOD SERVICE PROGRAM
(Free Lunch and Breakfast)

This program is federally funded by the US Department of Agriculture and administrated by NM Children, Youth & Families Department (CYFD). It is designed to provide nutritional meals to children ages 1 to 18 during the summer. All registered participants in our program are eligible for the free breakfast and lunch program as long as they are between the ages of 1 to 18. This year the program will begin on June 1st and end on July 29th, 2016. Please take advantage of this wonderful program. If you have any questions concerning this program, please feel free to contact the center at 869-9777 and talk to Rochelle Zuni.

SWIMMING POOL UPDATE

We are looking forward to re-opening the swimming pool this month. Unfortunately the hold up with the re-opening of the pool has been getting staff hired and cleared to work. The Human Resource Department are doing their part, but unfortunately it takes a while to get background checks and drug test cleared. I'm very sorry for any inconvenience that the swimming pool closure has caused and thank you for your patience. If you have any additional questions concerning this matter, please feel free to contact me at the center at 869-9777.

Random Fact of the Day:
*When glass breaks, the cracks move
faster than 3,000 miles an hour.*

BERNIE JOJOLA MEMORIAL RUN/WALK

On April 9th, 2016 we hosted the Bernie Jojola Memorial Fun Run/Walk as part of the Cross Roads Running Program. The weather was beautiful and from what I was told by some of the participants, it was a perfect day for running and/or walking. There were at least 200 registered participants this year's Run/Walk and probably another 20 to 30 non-registered participants that came out to honor Mr. Jojola's memory by running or walking in the event. The morning started off with a few words about Mr. Bernie Jojola and how he loved working with the youth in the Pueblo, then all the participants joined in some pre-event stretching exercises before the Run/Walk got started, after everyone got loose the fun began and the 200 plus participants took off. Incidentally, after the run all in attendance were treated to water and orange slices to help the participants rehydrate. It was a great event named after a very good man that did some good things for the youth of the pueblo. If all goes well I hope everyone will come out and join us again next year for this great event. I want to thank my staff and everyone who helped make this event possible. Great work everyone!

You could live two hours longer for every
hour you exercise
— even if you start in middle age.

PARKS UPDATE

I'm not sure if any of you have noticed how beautiful the parks here on Pueblo look, if you haven't make sure that next time you pass one of our Parks take a good look at it because they look awesome. Once again, my Parks Maintenance has magically transformed our parks into beautifully manicured areas for the people of the pueblo to take their families to enjoy the outdoors. My guys have done a really awesome job with making the parks look so beautiful. Please make sure and take advantage of our parks, they are a wonderful place to spend time with your families.

RECENT VANDALISM

We have recently had a Port-A-Potty vandalized at one of our parks, the Port-A-Potty was actually burned down to the ground and unfortunately no one saw anything. Please help us stop any vandalism here on the pueblo, if any of you see anything suspicious at our parks or anywhere on the pueblo, please report it to IPD (Isleta Police Department) immediately. If we are all vigilant about reporting suspicious activity anywhere on the pueblo we can help stop or at least limit any vandalism that takes place here on the pueblo. Thank you in advance for help with this matter.

TELL US HOW WE ARE DOING!

Feel free to contact me to let us know how we are doing. I feel it's important to hear from the clients we serve and even the clients that don't use our services. Your feedback, your suggestions, your ideas and most of all your voice is important to us, please give me a call or email me with your input. I can be reached at 869-9777 or by email at poi91001@isletapueblo.com, looking forward to hearing from you.

PRC

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

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

Questions? Please call 869-4488

Isleta Pueblo News



Editor:
Nathaniel Lujan

Asst. Editor:
Tara Abeita

Published By:
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Isleta Elder Center:

It's hard to believe that summer is just around the corner and almost half of the year has already passed by. In a blink of an eye the month of April has come & gone, so have many great activities and community events that took place here at the Isleta Elder Center. Hosting various collaborative events from Isleta Pueblo Programs, Community Assistance Programs, and distinguished guests. In April, the Isleta Elder Center made history as we hosted a very special guest, the honorable Supreme Court Justice, Sonia Sotomayor. Throughout her visit Mrs. Sotomayor met with the Governor Edward Paul Torres Sr., Lt. Governors, Tribal Council, Isleta community members, as well as various pueblo governors and their staff. She was welcomed by Director Rita Jojola, members of the Elder Center's Advisory Committee, and the Isleta Elder Center staff.



The Elder Center is very fortunate to have our fellow Isleta Programs and the continuous support they offer to the elders of our community. The Elder Center is very grateful for each of these programs as we work together to ensure that the Isleta elder community is given an opportunity to understand how our pueblo programs are utilized, as well as what each program offers to the community.

During April, the elders of our community experienced a great interactive awareness presentation by the Isleta Facilities Department. Elders were able to understand and distinguish various fire extinguishers as well as learn basic Fire Safety. Mr. David M. Lente also taught the elders in attendance how the Pull, Aim, Squeeze, Sweep or P.A.S.S method is utilized with an actual hands on experience with a real fire extinguisher. Elders had the opportunity to control and put out a simulated fire using a life-like extinguisher.

Caroline Dailey & members of the Isleta Social Services Program also presented on Elder Abuse Awareness as well as hosted a Story Telling Night during April. The Social Services Program was very informative about how their program can offer assistance to the elder community through a variety of services. As a part of the Child Abuse Awareness campaign, the Social Services Program & Elder Center hosted a community story telling night titled "A Night to Listen". The story telling night was an excellent opportunity to hear stories of inspiration, history, culture, & values from a variety of community members ranging in different ages. Elders from our program were able to voice their experiences & values through the story telling night.



There are also many programs outside of our pueblo who have brought many wonderful events to the Isleta Elder Center. Many of these organizations have offered assistance to community members through programs such as the PNM Good Neighbor Fund, AARP Smart Driver Course, & Food Distribution Program (Commodities) just to name a few. We also have surrounding

programs like our neighbors at the Bosque Farms Senior Program, who visited the Isleta Elder Center & various Isleta Programs. Our visitors were very grateful for the hospitality of all our community programs and very captivated by all our pueblo has to offer.



"THANK YOU", to the Isleta community and everyone that participated in April's Events. As we look into May 2016, we will continue to provide a variety of activities for our elders and work side by side with our Isleta Programs to ensure the best service possible. If you are interested in any future events events or would like to know how you could be involved in any of the Elder Center Programs/Activities please contact (505) 869-9770.



Upcoming Activities May 2016:

- May 6, 2016:
"Just for Mom"- Mother's Day Event
- May 9, 2016:
Senior Olympic Meeting
- May 12, 2016:
Catholic Mass
- May 17, 2016:
Movie Day in Activities – Native American Documentary
- May 18, 2016:
NM Rail Runner Exchange – South Valley Senior Center
- May 20, 2016:
Elder Health discussion with Dr. Cumby & Dr. Lil

May 25, 2016:
Staff Meeting
May 26, 2016:
Storytelling – My Pueblo Life Series & History
May 27, 2016:
Chaco Canyon Day Trip

Isleta Senior Olympics Local Games Dates:
May 1 – May 13, 2016: Various Venue Locations
May 2016: Closure Dates
May 30, 2016: Memorial Day



2016 Senior Olympics:
With summer fast approaching, Isleta community members are participating in the 2016 Isleta Senior Games as an opportunity to qualify for the 2016 NM State Senior Olympics in Roswell, NM, during July 2016. Athletes participating at this year’s NM State games will have a chance to compete and advance to the 2017 National Senior Games in Birmingham, Alabama. The 2016 Isleta Senior Games had over 40 participants, each competing in various events such as archery, bowling, golf, and free throw shooting just to name a few. Games are being conducted at the Isleta Elder Center, Recreation Center, Isleta Eagle Golf Course, & Fun Connection. A special “THANK YOU” to each of these organizations for their assistance and to their amazing staff in making the 2016 Isleta Senior Games possible. For more information about the Isleta Senior Olympic Program or how you can be involved, please contact, Eugene Jojola (505) 869-9770.

St. Augustine Parish Isleta Pueblo Ministry of Consolation



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

OBJECTIVES:

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

With Sympathy
“In times of sorrow God’s
quiet waters of hope and courage flow”



Adult Day Services Activities Calendar May 2016

Mon	Tue	Wed	Thu	Fri
2 10:00 a.m./11:00Food Activity Chile sauce dip 11:25-11:45 Chair exercise 1:00-2:00 Kilt Sewing	3 10:00 a.m. 11:00 Project with Wooden hangers Or Kilt Sewing 1:00 to 2:00 Group Game	4 10:00– 10:30 Make Mother’s Day Cards 1:00– 2:00 Sewing	5 10:00– 11:45 a.m. Hair cuts By Angel Jojola	6 Mother’s Day Event 1:00 Bingo
9 10:00– 11:15 Sewing Or Fabric painting designs 11:15-11:45 Chair Exercise 1:00-2:00 sewing	10 Adult Day Services Closed ANTS -Training	11 Adult Day Services Closed ANTS - Training	12 Adult Day Services Closed ANTS- Training	13 Wal-Mart 10:30– 2:30
16 10:00-10:30 Sewing/ Kilt 11:15– 11:45Chair exercise 1:00-2:00 continue with sewing project Kilt	17 10:00– 11:00 Stephanie Barela Presentation-Cancer 1:00– 2:00 Movie Day	18 10:00-3:00 p.m. Trip to South Valley Senior Center/ ADS- Those who wish to attend! Staff Meeting	19 10:00 11:00 Gardening planting 11:00 to 12:00 Social Time 1:30 —2:00 exercise	20 10:00– 11:00 Dr. Cumby & Dr. Lil Elder Health Discussion 1:30-2:00 Chair yoga exercise
23 10:00 –11:00 Make Wreaths Or Table Games 1:00-2:00 Art project-paint	24 10:00-12:00 Decorate towels/w Stephanie Garcia 1:00-3 Sewing	25 10:00-10:30 Decorate towels/ Pot Holders/w -Stephanie 1:00- 2:00 Continue	26 10:00– 11:30 Storytelling / Activity 11:30– 11:45 Relax 1:00-2:00 Sewing Kilts	27 10:00 –11:00 Sewing Or Table Puzzle 11:00–11:30 Exercise 1:00—2:00 painting
30 Center Closed Closed Memorial Day	31 10:00-12:00 Kilt embroidering Or coloring 1:00-2:00 Word Search			Commodities May 17th May 31st

Isleta Elder Center
Personal Care Services
505-869-9770

Isleta Elder Center Personal Care Services assists elders and/or disabled adults over the age of 21. PCS enables an individual to live in the comfort of their home and maintain the highest level of independence.

Personal Care Services:

- Provide** services in the client’s home five to seven days a week.
- Provide** support in assisting the client to reach highest level of independence.
- Provide** a PCS Aide or the client can select a qualified family member who is 18 years or older to assist their PCS client. (with the exception of a spouse)

PCS Aides will follow their client’s plan that may or may not include the following:

- Assist** client with hygiene, grooming, and bathing that includes shampooing hair, shower, bath, sponge bath, dressing, combing hair, applying lotion etc.
- Assist** client with meal and snack preparation
- Assist** client with eating or drinking, may include partial or total assistance.
- Assist** client with Self-Administered medications-prompting and reminding only
- Assist** client with mobility -stand-by help, prompting/cueing, transferring/repositioning
- Provide** client with household services-dusting, sweeping, mopping, changing linens, laundry, washing dishes etc.
- Provide** client with transportation services-grocery shopping, errands, etc.
- Provide** minor cleaning/sanitizing to wheelchairs, canes, walkers, etc.

For more information on Personal Care Services or to see if you or family member qualifies, please call our PCS Manager at 869-9770 ext. 9339.



A PCS Aide assists their client with daily living activities.



PCS gives the family peace of mind.



A PCS Aide provides companionship to their client.



A PCS Aide assists their client with preparing meals & feeding-if needed.

May 2016Isleta Elder Center Menu

5/2/2016	5/3/2016	5/4/2016	5/5/2016	5/6/2016
Chicken and Rice Soup 3 oz diced chicken, 1/2 c rice Red chile 1/2 c Chuckwagon veggie 1/2 c WW Roll = 26 g Grapes	Sloppy Joe on WW Bun 3 oz g.beef or turkey ww bun Tossed Salad 1 c w/Low Fat dressing Carrot sticks 1 c Fruit Cup = 1/2 c fruit	Ham n Cheese Sub Sandwich 2 oz ham, 1 oz cheese 1 Bun = 56g Potato Salad 1/2 c Cucumber 1 Fresh Fruit = 1/2 c	Soft Beef Taco 2 oz g.beef, 1 oz shred cheese 6" Wheat tortilla Lettuce/Tomato 1/8 c Pinto beans 1/2 c Calabacitas 1/2 c Pineapple Upside down cake Banana	Baked Ham 3 oz Mashed Sweet Potato 1/2 c Green Beans 1/2 c Biscuit = 56 g Fruit salad w/walnuts = 1/2 c fruit, 1 oz nuts
5/9/2016	5/10/2016	5/11/2016	5/12/2016	5/13/2016
Baked Pasta 1/2 c WW rotini, 2 oz g.beef or turkey 1 oz mozz cheese, 1/2 c marinara Italian Green Beans 1/2 c Garlic Bread = 26 g Fresh Fruit	Pork Loin 3 oz Mashed Potato 1/2 c w/Mushroom gravy 2 oz Mixed Vegetable 1/2 c French Bread = 26 g Fruit Cobbler = 1/2 c fruit and 1 grain eq	Vegetable Stew 3 oz g.beef or turkey, 1/2 c mixed vegetables Beets 1/2 c WW Roll = 56 g Fruit = 1/2 c	Pork Posole 3 oz pork, 1/2 c hominy, 1/4 c red chile Mixed Veggie 1/2 c WW bread = 56 g Fruit	Spaghetti w/meat sauce 3 oz g.beef or turkey, 1/2 c marinara sauce, 1/2 c ww spaghetti noodles Tossed Salad 1 c Bread Stick = 26 g Fruit
5/16/2016	5/17/2016	5/18/2016	5/19/2016	5/20/2016
Rice, Broccoli, Ham w/ cream of mushroom soup 1/2 c rice, 1/2 c broccoli, 2 oz ham, 1 oz cheese Peas 1/2 c 4 packs WW Crackers = 26 g Fruit	Turkey Sandwich w/cheese 2 oz turkey, 1 oz cheese 2 slice ww bread = 56 g Coleslaw 1 c Fresh Baby carrots 1 c Fruit = 1/2 c	1 Pork tamale w/red chile 2 oz pork in tamale, 1 oz pork in chile 1/4 c red chile, =1 grain eq Mexican Corn 1/2 c Squash/Zucchini 1/2 c WW Tortilla Fresh Fruit = 1/2 c	Potato Stew w/ground beef 3 oz g. beef, 1/2 c potato Green Bean 1/2 c Biscuit = 56 g Fruit	Pinto Beans (M/MA) 1 c Green Chile w/pork .5 oz pork 1/2 c green chile Spinach w/onion 1/2 c WW Fry Bread Fruit
5/23/2016	5/24/2016	5/25/2016	5/26/2016	5/27/2016
Beef & Chicken Taquitos = 1.5 oz chicken, 1.5 oz beef = 1 grain eq Mac n cheese, 2 oz cheese 1/2 c WW elbow pasta Mixed Veggie 1 c Fruit	Cheeseburger 2 oz burger patty, 1 oz cheese WW Bun = 56 g Lettuce/Tomato = 1/8 c Baked Beans 1/2 c Mixed Veggies 1/2 c Fruit	Tilapia w/lemon wedge 3 oz tilapia Rice Pilaf 1/2 c Carrots 1/2 c Peas 1/2 c WW bread = 26 g Fresh Apple	Bean and Cheese Burrito Pintos (M/MA) 1 c, 1 oz cheese 9" WW Tortilla Mixed Vegetable 1 c Applesauce Cake = 1 grain eq Fresh Fruit	Egg Salad Sandwich = 2 boiled egg, 2 slice ww bread Cucumber/Tomato Salad 1 c Celery sticks 1 c Fresh Fruit 1 Peanut butter cookie
5/30/2016	5/31/2016			
CLOSED FOR MEMORIAL DAY	Ham and Cheese Sandwich 2 oz ham, 1 oz cheese Hot Dog Bun = 56 g Pasta Salad = 1/2 c ww rotini 1/2 c broccoli/cauliflower Carrot Salad w/raisins = 1 c shred carrot, 1/4 c raisin	Tuesday May 4, 2016 due to All Staff meeting Congregate meals will be be served from 11:00 am - 12:00 pm	CONGREGATE MEALS Salad Bar offered daily Homebound Deliveries PLEASE call day before to CANCEL meals	** Menus Subject to change based on availability



**Behavioral Health Services
Community Garden Update**

April 20, 2016

Planting season is near and in preparation a lot is happening in the Community Garden! Currently we are working on walking paths using discarded cardboard boxes from the Isleta Health Center as a weed barrier and covering that with mulch donated from the Pueblo of Isleta landfill. If you are exiting or entering I-25 via exit 209 you will see our progress and the materials donated from community members. Just recently Mr. Moses Lujan donated cow manure and bales which he delivered for us! Hierkiem!!

The NMSU Bernalillo Cooperative Extension office provided us a free composting class to educate us on the difference between hot and cold composting, what material to compost and how to compost in the desert. If you have any questions regarding composting please send them to compost-questions@nmcomposters.org. Free public composting classes are posted at www.nmcomposters.org.

On April 16th and 17th a small group of community gardeners traveled to Tesuque Pueblo for the Seed Sovereignty in the Face of Climate Change-Growers Gathering. We met at the Intergenerational Center and learned about Traditional Agriculture, Adaptive Farming Practices, Appropriate Scale Technology, Traditional Foods as Medicine, Botany of Flowers: How Seeds are Made, Environmental and Reproductive Justice: Lessons from Seeds, and Community Needs for Seed Conservation. A tremendous amount of networking was done at the gathering and in the near future some of those who spoke at this workshop will travel to Isleta to visit our community garden and show their support!

A lot of great messages were heard at the gathering, one in particular stuck with me. Agriculture has always been an aspect of who we are as Native people. When people lose their value and meaning for whatever reason, agriculture seems to be the path to healing and wellness. Agriculture is in our blood. It is who we are. When we don't have it, we lose our way.

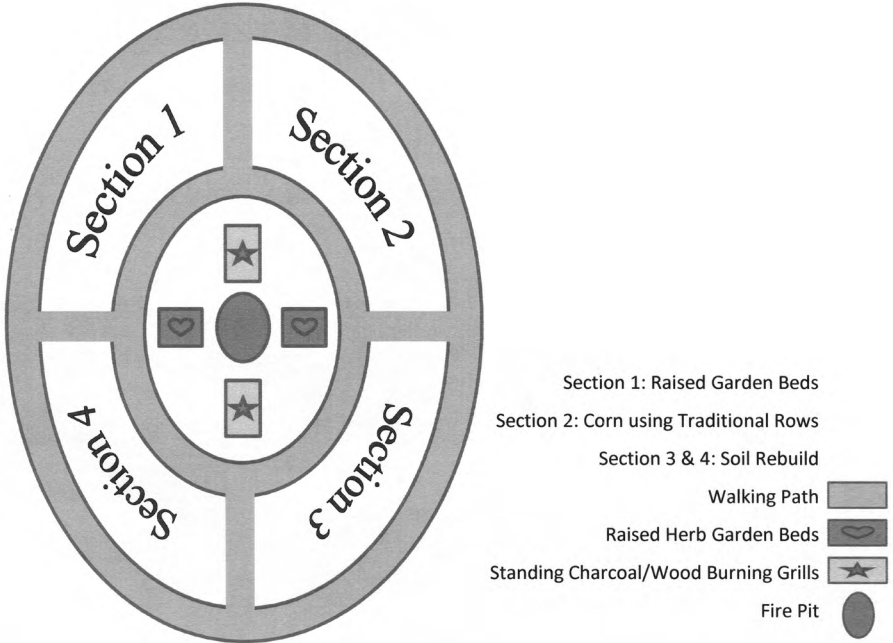
Come join us in the garden! We have a lot that needs to be done!

We are still asking for the following *donations to make our soil and provide protection from the weather:

- 1. Leaves
- 2. Old hay, straw, or Alfalfa bales (the kind that cannot be fed to animals)
- 1. Grass clippings
- 2. Any berry transplants
- 3. Any fruit bearing or nut bearing tree transplants

*For your convenience we can pick up any donations just give us a call!!


We have weekly meetings every Tuesday at 3:00 pm at Isleta Behavioral Health Services. Please join us and bring your expertise, wisdom and ideas. Come dressed to work in the garden too! Thank you in advance for your contributions. To donate to or learn more about the community garden, please call (505) 869-5475 and ask to speak to Jennifer Padilla.



Interested in earning your GED? The Department of Education's Adult Education Program can help!

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

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



For more information, contact Adult Education Coordinator Annita Lucchesi at (505) 869-9790, or POI02001@IsletaPueblo.com.

Isleta Health Center

NOTICE: Proof of Eligibility for Services

Isleta Health Center is federally funded and provides health services to persons of Native American descent. Proof of Native American descent must be maintained in our patient files as evidence of eligibility for services. Common forms of evidence include a valid Certificate of Tribal Enrollment, a Tribal Membership Card, or a Certificate of Indian Blood.

A recent audit of patient records revealed that the Health Center is not in full compliance with this federal requirement and must take the necessary actions to correct the matter. As a result, letters are being sent to patients whose accounts do not have a copy of their tribal enrollment verification on file. We ask for your help by providing a copy of your Tribal Enrollment Certificate or Tribal Membership Card within 30-days of receipt of the letter.



Thinking About Quitting

NOT READY TO COMMIT TO A FULL Quit Smoking PROGRAM?

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

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

Isleta Health Center

Johnson O'Malley Program

Program Information

Wow! Where has the school year gone? Thank you to all those families who joined us throughout the year for our Family Activity Night and IEC Meetings. There is nothing more important than parent participation and family support for our students.

Congratulations to all those who will be graduating! All your hard work and dedication to school will soon pay off.

Kickstart to College

We would like to thank all those who came out to the Higher Education Kickstart to College nights. Very important information was given out to those who were interested in attending various colleges in the fall.

Reimbursements

The 2016 JOM contractual agreement with Bureau of Indian Affairs has been approved and allowed the program to reimburse JOM eligible students for cap and gown costs as well as a portion of 2016 summer school costs. Cap and gown reimbursement is for the cap and gown with original receipt only; no add-ons will be allowed. Summer school reimbursement is up to 50% of the total cost and requires proof that the student received credit for the course. These reimbursements do not occur every year and is dependent upon total cost of services and direct impact.

2016 Summer Bridge Program

Summer Bridge Program will begin Monday, June 6, 2016 thru Thursday, July 14, 2016
Monday - Thursday
Grades K-3rd 9:00am to 12:00pm
Grades 4th- 8th 1:00pm to 4:00pm
Applications will be available on May 16, 2016 8:00am @ the Department of Education Building.

Family Activity Night


Earth Day Night

We would like to thank all the families who joined us at our Earth Day Family Activity Night. Families used their imaginations to create beautiful terrariums for their homes. They used measurements and learned about how pebbles can help properly drain water so their plants get the proper amount of water. They also planted vegetables, herbs, fruit, and flowers for their own gardens. It was a fun night for families to come together and create.

May Family Night/Literacy Night

May 25, 2016 5:30pm


Join us as we end the school year with a Literacy Night to get your student reading through the summer months. Each child will receive 5 books. Dinner will be provided.



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

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

Call 869-4488 for more information.



Isleta EMS
505-869-4486
Kamilia Elsie EMT-P, MPH, EMS Manager

How you can help EMS find your house in an emergency.

Have you ever called 911 during an emergency? If you have then you know it can feel like an eternity before anyone arrives. There are many different factors that can affect a response time, such as, where the 911 unit is responding from, caller disconnection, wrong address given, and not being able to identify a house due to a lack of numbering or good lighting. These are just a few examples that EMS crews and dispatchers deal with on a daily basis. You can help by making your house more visible and easier to find for EMS. First, take a good look at your house from the street. Is your house number visible from the road? Are your house numbers reflective? Is your street sign or Tribal Road number visible? Is there enough light to make your residence visible at night? Is there something that distinguishes your house from others nearby? Below are some ideas/guidelines you can follow to make some simple changes, so you can help EMS help you.

Help EMS help you, by doing the following for your residence:

- Have easy to read numbers approximately 4 inches in height
- Numbers should be a contrasting color to the background
- Numbers should be illuminated or made of reflective material
- If the residence has a porch, numbers should be displayed on the outer wall or a post closest to the street
- Display numbers on both sides of the mailbox, as well as the front
- Numbers should be visible within a 3 foot circumference of the front entrance




Bad Numbering



Good Numbering

Isleta Health Center's
COMMUNITY HEALTH FAIR
is coming!

Mark Your Calendars:
Saturday, October 15, 2016
@ ISLETA HEALTH CENTER
10:00 am – 1:00 pm

Isleta Health Center  Partners in Your Health Care.
"How can we help you?"

Health Beat
www.healthline.com
Health Educator, Stephanie Barela @ 869-4479

Lung Cancer

Lung Cancer is the type of cancer that starts in the lungs, but can spread (metastasize) to other parts of the body. Cancer that begins elsewhere but spreads to the lungs is not lung cancer. Lung cancer is the second most diagnosed cancer in the United States according to the U.S. Centers for Disease Control and Prevention (CDC), which is very sad, because the leading cause of lung cancer is smoking; which can be prevented! However, non-smokers can get lung cancer too, but it is much less likely. In the past few decades, the rate of lung cancer has fallen at about the same rate as cigarette smoking. You are at high risk if you smoke and are also exposed to other cancer-causing agents.

Certain factors put people at risk for developing lung cancer:

- If you smoke, this is the #1 RISK!
- If you have family member (especially a sibling or parent) who has ever had it.
- People who are exposed to secondhand smoke, radon gas, asbestos, substances like arsenic, nickel or chromium.

Symptoms:

- Early stages of lung cancer are often unnoticeable
- Chest pain
- Chronic cough, a change in “smokers cough”.
- Bone pain
- Coughing up blood.
- Headache
- Hoarseness, wheezing, frequent shortness of breath
- Unexplained weight loss

Ways to Diagnose:

- Imaging testing, like x-ray and computed tomography CT Scan.
- Sputum (spit) can be analyzed for cancer cells.
- Biopsy, a test which doctors take a tissue sample so it can be analyzed under microscope for presence of cancer cells. This can be done by inserting a needle through the chest into the lung (needle biopsy) or a sample from a lymph node can be taken from a surgical instrument through a cut in the neck (mediastinoscopy)

What Staging Means:

- Stage I means the tumor is less than five centimeters and hasn't spread outside the lung.
- Stage II means the tumor is larger than five centimeters. It could also mean the tumor is smaller, but nearby tissues like the diaphragm, chest wall, or lymph nodes are involved.
- Stage III means the tumor is larger and has invaded nearby organs. It may also indicate a smaller tumor along with the presence of lung cancer cells in distant lymph nodes.
- Stage IV means the cancer has spread to the second lung or more distant areas.

Treatments:

The options depend greatly on your situation.

- **Surgery:** It may be necessary to remove the tumor and some surrounding tissue, part of the lung or airways or the whole lung.
- **Chemotherapy:** Powerful drugs are used to kill cancer cells throughout the body.
- **Radiation Therapy:** Also a way to kill cancer cells and can be targeted to specific areas.
- **Other treatments may be recommended:**
Laser Therapy uses a narrow beam of light
Photodynamic therapy combines laser light with drugs to kill cancer cells.
Cryosurgery freezes and destroys abnormal tissue
Electrocautery uses a needle heated by electric current to kill the cells
Monoclonal antibodies and **tyrosine kinase inhibitors** are targeted therapies that prevent cancer cells from growing.
- You can also ask your doctor about **clinical trials** in order to try newer cancer treatments.

Complications of Lung Cancer:

- Shortness of breath
- pain
- pleural effusion, which is when fluid accumulates in the area around the lung. If that happens, you'll need to have fluid drained from your chest.
- A serious complication of lung cancer is metastasis. That's when cancer spreads to distant areas like the brain, liver, adrenal glands, or bones. Metastatic cancer can cause a wide variety of symptoms, including increased pain. Various treatments can help manage symptoms.

Invitation Announcement Pueblo of Isleta Head Start & Child Care Center

The Isleta Head Start & Early Head Start programs invite you to join our family by completing an application for the upcoming 2016-2017 program year.

**Applications will be accepted beginning
March 21, 2016.**

Mission: To develop the whole child in all comprehensive areas reflecting the traditional Isleta culture and language. A safe, positive, healthy, and family-centered environment is supported with: a highly competent staff; parental enrichment and enhancement of their child's education; a structured developmentally appropriate learning environment; strengthened community collaboration; & sustained stakeholder communications.

Options for you and your child:

Head Start – 3 to 5 years old

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands-on, age appropriate materials and qualified teachers. Transportation services are available for those who live at least a ¾ mile from the Head Start & Child Care building and within the Isleta Reservation boundaries, with the exception of those who reside East of NM 314.

Early Head Start- Prenatal to 3 years (3 options to choose from)

- Home Based for Pregnant Mothers: Home visits from a Home Visitor who brings information and materials about pregnancy & child development.
- Home Based for Parent & Child Birth to 3 years: Weekly 90-minute home visits from a Home Visitor who provides information and materials about parenting and child development. Bi-weekly Socialization activities in a group setting (i.e. fun walks, field trips, child development, & more).
- Classrooms ages 3 months to 3 years: A 6-hour, 5 day-a-week program. Classrooms are equipped with hands on, age appropriate materials and qualified teachers. There are no transportation services available for this option.

**Call to schedule an appointment to apply.
You need to bring ALL of the following:**

- ✓ **Tribal Identification w/CIB #** (required if residence is outside of the Isleta Reservation)
- ✓ **Proof of Residency** to ensure your physical residence is within the Program's service area (New Mexico Driver's License, Utility Bill, Government/Tribal ID)
- ✓ **Proof of income for previous 12 months** (Such as: Public Assistance Award Letter, 2015 tax forms, W-2, 26 paystubs, etc.)
- ✓ **Proof of Child's Birth** (State issued birth certificate, CIB Letter, Baptismal Certificate)
- ✓ **A copy of your child's IFSP/IEP** (if applicable)
- ✓ **For Prenatal option, Pregnant Mothers need to provide proof of pregnancy**

If you have any questions, please don't hesitate to call us at 869-9796.

We look forward to working together with you and your family to make your child's learning fun and successful!

2nd Annual Isleta Cancer Survivor's Day @ the Health Training Center (new building West of clinic)

Agenda	
May 10, 2016 * 6:00pm - 8:30pm	
6:00pm to 6:15pm	Welcome & Prayer Governor E. Paul Torres Introduction of Isleta Health Education Programs Stephanie Barela
6:15pm to 6:20pm	Drum Group Opening Song Thunder Knife
6:20pm to 6:45pm	Cancer is Survivable Early Detection and Prevention Jasmine Hendrickson (<i>tentative</i>)
6:45pm to 7:30pm	Cancer Survivors Panel <i>NEED MORE SURVIVORS FOR THE PANEL. IF WILLING, PLEASE CALL 869-4479</i>
7:30pm to 7:40pm	Cancer Caregiver Eddie Gomez
7:40pm to 7:50pm	Group Sharing Question and Answers
7:50pm to 8:15pm	Activities Fill out Balloon Messages Write Letters Fill Out Fans Share
8:15pm to 8:20 pm	Balloon Release
8:20pm to 8:25pm	Closing Governor E. Paul Torres
8:25pm to 8:30pm	Drum Group Closing Song Thunder Knife



ISLETA HEALTH CENTER "Did you know?"

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

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

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

NURSE ADVICE LINE 1-877-752-2552

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

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

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



PLEASE READ YOUR APPOINTMENT LETTER
ATTACHED TO YOUR REFERRAL CAREFULLY.
IT HAS A LOT OF GOOD INFORMATION TO GET
YOU TO YOUR APPOINTMENT ON TIME.
QUESTIONS? CALL 869-4488

Mother's Day Craft

Please join the Pueblo of Isleta Library this Mother's Day to create a special craft for your mother or grandmother. To surprise all mother's and grandmother's this mother's day this craft will be a secret surprise.

Craft will take place on Thursday, May 5th from 4:30pm-5:30pm

Open to the first 10 patrons to sign up at the Library

For ages 8 & up

For more information contact Cheyenne at the Library at 869-9808 or by email poio2008@isletapueblo.com

WIC NOTES

Gestational Diabetes and Low-Calorie Sweeteners.

Gestational diabetes occurs when high blood sugar levels develop during pregnancy. This happens when the mother's body can't make and use all of the insulin it needs to "process" blood sugar normally. Because gestational diabetes can hurt you and your baby, you need to start treatment quickly. Treatment for gestational diabetes always includes special meal plans and scheduled physical activity. It may also include daily blood glucose testing and insulin injections. You will need help from your doctor, nurse educator, and other members of your health care team so that your treatment for gestational diabetes.

While gestational diabetes is a cause for concern, the good news is that you and your health care team work together to lower your high blood glucose levels. And with this help, you can turn your concern into a healthy pregnancy for you, and a healthy start for your baby.

Recently a WIC participant who developed gestational diabetes, asked about using low-calories sweeteners during pregnancy. **"Can pregnant women safely consume low-calorie sweeteners?"**

Yes. Pregnant women, whether or not they have gestational diabetes, may safely use low-calorie sweeteners. A significant body of scientific data and years of testing show low-calories sweeteners are safe for the entire family and are not linked to adverse health reactions.

Here is a list of low-calorie sweeteners approved by FDA: Aspartame, Neotame, Saccharin, Sucralose, Stevia, and Acesulfame potassium. You do not have to memorize the names of the sweeteners, as long as the low-calorie sweetener products you purchases are "mainstream" you can rest assured they are safe to consume.

Of course, always consult your health care provider, diabetes educator or dietitian for specific dietary advice.

One Bowl Chocolate Cake

By making this simple cake from scratch, you can use healthful oil, whole-wheat flour, and no-calorie sweetener.


Ingredients:

- 3/4 cup(s) whole-wheat pastry flour
- 2 tablespoon(s) whole-wheat pastry flour, combined with above flour
- 1/4 cup Splenda Sugar Blend for Baking OR 1/2 cup(s) sugar
- 1/3 cup(s) unsweetened cocoa powder
- 1 teaspoon(s) baking powder
- 1 teaspoon(s) baking soda
- 1/4 teaspoon(s) salt
- 1/2 cup(s) nonfat buttermilk
- 1/4 cup Splenda Sugar Blend for Baking OR 1/2 cup(s) packed light brown sugar
- 1 large egg, lightly beaten
- 2 tablespoon(s) canola oil
- 1 teaspoon(s) vanilla extract
- 1/2 cup(s) hot strong black coffee
- Confectioner's sugar, for dusting

Directions:

1. Preheat oven to **350** degrees F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper .
2. Whisk flour, Splenda (or granulated sugar), cocoa powder, baking powder, baking soda and salt in a large bowl. Add buttermilk, Splenda (or brown sugar), egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.
3. Bake the cake until a skewer inserted in the center comes out clean, **30 to 35 minutes**. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with powdered sugar before slicing.

ISLETA HEALTH CENTER				
MAY		Questions? Call 869-3200		2016
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Early Recovery Skills: 9-11a @ Behavioral Health (BHS). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ Training Center (BHS).	3 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez (BHS): : 5-7p @ Training Center. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	4 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Freedom From Smoking Session 6: 4:30-6p @ Health Center, small conference room. Young Leaders Youth Krew: 4:30p @ Training Center (BHS). Stride To Victory (Diabetes Walking Club): 5:30-6:30p @ Village Recreation Center.	5 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Optometry Education Class (Diabetes Prevention): 8:45a—9:15a @ Health Center, large conf. room.	6 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.
9 Early Recovery Skills: 9-11a @ Behavioral Health (BHS). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ Training Center (BHS).	10 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez (BHS): 5-7p @ Training Center. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center. POI Community Cancer Support's 2nd Annual Cancer Survivor's Day Event: 6-8:30p @ Training Center (new bldg. west of clinic).	11 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Freedom From Smoking Session 7: 4:30-6p @ Health Center, small conference room. Young Leaders Youth Krew: 4:30p @ Training Center (BHS). Stride To Victory (Diabetes Walking Club): 5:30-6:30p @ Village Recreation Center.	12 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	13 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.
16 Early Recovery Skills: 9-11a @ Behavioral Health (BHS). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ Training Center (BHS).	17 Women's Support Group: 10-11a @ BHS. Lung Cancer Presentation: 10-11a @ Elder Center (IHC Health Education). Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez (BHS): 5-7p @ Training Center. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	18 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ Training Center (BHS). Freedom From Smoking Session 8: 4:30-6p @ Health Center, small conference room. Diabetes Healthy Cooking Class: 5:30-7:30p @ Health Center Kitchen. Stride To Victory (Diabetes Walking Club): 5:30-6:30p @ Village Recreation Center.	19 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	20 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.
23 Early Recovery Skills: 9-11a @ Behavioral Health (BHS). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ Training Center (BHS). Destination Health WEEK 1: Call 869-4595 for more information.	24 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez (BHS): 5-7p @ Training Center. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	25 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ Training Center (BHS). DPP Alliance Group/Rez Café: 10-11:30a. Call 869-4595 for more information. Stride To Victory (Diabetes Walking Club): 5:30-6:30p @ Village Recreation Center.	26 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Healthy Cooking Class: 5:30-7:30p @ DPP Wellness Center.	27 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.
30 MEMORIAL DAY CLINIC CLOSED	31 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez (BHS): 5-7p @ Training Center. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.			



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

You will learn:

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

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

DATE(S) & TIME(S)

May 16, 2016
1:00 pm to 5:00 pm


LOCATION

Isleta Elder Center

TO REGISTER

Contact Number:
505-869-9770

CLASSROOM COURSE:
\$15 for AARP members • \$20 for non-members
For more information visit www.aarp.org/drive





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

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

2nd Annual Cancer Survivors Day Event

MAY 10, 2016 ♦ 6:00 - 8:30 p.m.
@ the Health Center's new Training Center



COME
CELEBRATE
OUR
CANCER
SURVIVORS!

Call Stephanie
Barela for more
information at
869-4479.

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