

Volume 12 Issue 5

Pueblo of Isleta website: www.isletapueblo.com

May 2017

Greetings from the **Governor's Administration**

Ma-Gu-Wam.

Lieutenant Max Zuni, Lieutenant Andrew Teller and I attended many events and meet daily on issues of business pertaining to economic development, in hopes of creating long term good paying jobs for our community members. Right now we have the Isleta Resort and Casino which entails the Isleta Eagle Golf Course, Isleta Lakes, the Fun Connection and two gas stations. At this time we have approximately 40 departments with approximately 1,400 employees.

Isleta operates on casino funding grants and PL 638 contracts. Other business venues are reviewed carefully by Tribal Council and Administration. As you may have heard through the grapevine, that the Comanche Ranch is shutting down due to continued revenue loss. The ranch has been losing a substantial amount of money from the date of purchase. The question is - What to do with the Ranch? Isleta doesn't own the water or mineral rights to this property, only the surface rights to the ranch. There are companies interested on leasing portions of the property that may create revenue and jobs for the community of Isleta. I will keep the community posted on this matter and what the plans for the future will bring.

On April 2, 2017, Lieutenants and I had the pleasure of welcoming a group of 50 youth from Chicago, IL. The youth were welcomed to the Pueblo of Isleta and the Saint Augustine Church. The youth all come from various ethnic groups and travel throughout the country and internationally to visit other indigenous people. The group travel and perform on donations The group and perform beautifully. sang several gospel songs and were later treated to refreshments at the Old Court House. The youth were enjoyed by all who attended the Sunday services. Thanks to Father George and the Church Committee for getting involved and inviting such a talented and wonderful performance.

Isleta Resort and Casino

Isleta Resort & Casino is entering its second month of construction, in what is expected to be an 18 total month project. Beginning in April, patrons saw traffic and parking rerouted, as the resort shut down its main entrance. In order to better accommodate guests, shuttle service is now available from the parking lot to a secondary entrance.

"The shuttle service has become such a valuable amenity for our guests, we now expect it to continue indefinitely," said Isleta Resort & Casino CEO Harold Baugus.

Ground breaking for the resort's \$40 million renovation took place in late April. The project is expected to be completed through a series of stages. Phase I includes a redesigned Porte Cochere, which is anticipated to be finished late this summer. Plans also include a renovated Showroom, increased food and beverage options, as well as a redesigned casino floor. Also promising to enhance the love of bingo in our community, the resort will build an entirely new facility, dedicated entirely to bingo.

Isleta Resort & Casino has announced it will continue to celebrate the ground breaking of an 18 month long renovation project, inviting Pueblo of Isleta community members to a family friendly event at the Isleta Lakes.

The event will be complete with food and entertainment for the entire family, though a date has not yet been announced. The resort will publish further details in upcoming editions of the Pueblo of Isleta Newsletter.

Meanwhile, community leaders, members of the media, and other community dignitaries attended a smaller groundbreaking ceremony on April 21st. The event was attended by approximately 250 guests, and included a blessing and welcome speech by Governor Benavides.

The resort's \$40 million renovation kicked off in April, and is expected to take approximately 18 months to complete. It will feature enhanced food and beverage options, increased retail space, an expanded and redesigned casino floor, new Bingo facility, and much more.



April 21, 2017, Tribal Council and Administration were invited for the Ground Breaking for the Isleta Resort and Casino renovation, which is estimated to cost 40 million dollars, with an added Bingo Hall and other needed expansions. The idea is to attract more people to the casino. In order for Isleta to generate more money, it takes money to make money.

As the funding through the State of New Mexico, Capital Outlay and Federal Funding dwindles, it is imperative to find other ways to generate revenue. This is what Tribal Council and Administration are working on.

Administration offer our condolences to the families who recently lost their loved ones. Our prayers are with you.

LETTER FROM THE EDITOR

Deadline for June Newsletter articles is set for Friday, May 19, 2017 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

Thank you,

Nathaniel Lujan

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

The sixteen Newsletter distribution locations are:

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

Isleta Newsletter & Classified Ads?!?

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

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

Meanwhile.....Back at the Ranch...

Despite reports in social media the Comanche Ranch is still in business albeit at a reduced capacity. As of now we are focusing our energies on building new facilities that will make it easier to perform our work as well as our normal activities such as cleaning and repairing drinkers, fixing fences, making sure the water is flowing to the drinkers and storage tanks. As the grass has greened up significantly we have noticed the cattle are not eating as much of the mineral supplement blocks. The cattle are looking a bit rough but that is due to that fact that is getting warmer and they are losing their winter coat plus many of the cows either have a new calf by their side or they are due to calve very soon. Also it is almost time for their pre-breeding vaccinations as well a dose of dewormer. We do these vaccinations as a part of our vaccination schedule that was developed in consultation with Dr. Manny Encinias, former Beef Specialist at New Mexico State University.

I was recently told that I am not a rancher or a cowboy and that is very true to a certain extent. Being the manager of your ranch means I have to be a plumber; veterinarian; mechanic; budget analyst; secretary; book keeper; range specialist; fence fixer; marketer; contributor to the monthly newsletter; etc. With all these tasks to perform I hope that I have not let the community down during my short time here. None of us is perfect and to think that we are better than anyone else is egotistical and audacious and I certainly do not claim to be perfect or to know everything there is about livestock or anything else. If I have made any mistakes here it wasn't due to lack of trying. Even at my age I still have a lot to learn and I also have a lot to share. I don't mind sharing any knowledge I have or any contacts I have in the livestock industry so if you have a question please do not hesitate to ask just as I will not hesitate to ask if you can teach me something. Remember, knowledge and love are 2 of the greatest gifts we have to give.....in closing I would like to wish all the ladies a Happy Mothers Day. Whether you are a mom, aunt, sister, grandma, you all had a hand is raising us. I know there are some gentlemen that have to be both dad and mom as well so hats off to you as well. Also congratulations to all the graduates!!!

PROBATE NEWS

First Notice – A petition to Probate the Estate of Jose (Joe L.) Jojola, deceased May 09, 2016. Case No. CV-16-PRO-00109, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for Wednesday, April 27, 2017 at 9:00 a.m. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

CALL FOR APPLICANTS

Isleta Business Corporation (IBC)

The Isleta Tribal Council is soliciting letters of interest from individuals interested in serving on the Board of Directors as a Board Member. The IBC is a tribally-owned Business Corporation that was established to seek and promote business opportunities to benefit the Pueblo of Isleta.



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

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

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

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter. For additional questions, you may call the Library and speak with Nate or Tara at 505.869.9808. Any person interested in serving on the Board of Directors of the IBC is requested to submit a letter of interest including resume/curriculum vitae (C.V.) to the Isleta Tribal Council. Applications will be accepted until the two vacancies are filled. These vacancies are for two Tribal Members and one Non-Tribal Member.

Send letters of interest to the attention of: Isleta Tribal Council Administration Office P. O. Box 1270 Isleta, NM 87022



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PUEBLO OF ISLETA POLICE DEPARTMENT

Mail: P.O. Box 699, Isleta, NM 87022 Main Office - 3950 Highway 47 Albuquerque, NM 87105 Office: (505) 869-9728 - Fax: (505) 869-9756

Kathleen B. Lucero, Criminal Investigator

April 24, 2017

Dear Program Director,

Isleta Police Department, along with local law enforcement agencies and Community Partners are proud to host the Fourth Annual Camp Triumph Summer Youth Prevention Program. This is our fourth year in which we have been working alongside Project Safe Neighborhood and law enforcement agencies to develop a great camp. Isleta Police Department will be hosting two camps on June 20-23, 2017 and July 18-21, 2017.

Camp Triumph is a four day camp in which our youth ages 11-16 have a chance to develop a variety of skills that will help them to resist the temptation of drug use and gang activity as a life choice. The participants achieve these skills by working in small groups that accomplish a variety of tasks in a collective and fun atmosphere.

We believe the Camp can be the starting point for a lifetime of positive decisions. We want to empower our youth to make the right decisions in difficult situations, and instilling in them a spirit of community action, civic responsibility and teamwork to build a stronger community.

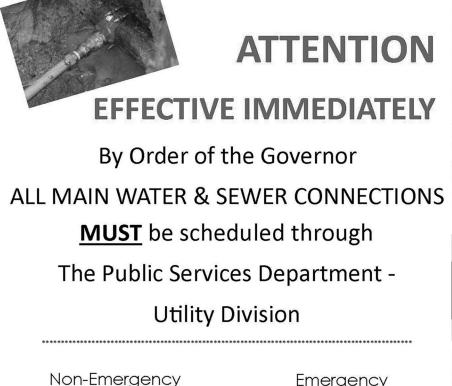
We have built in classroom curriculum such as substance abuse, bullying, gun safety, gangs and some fun outdoor activities into our program. At the end of the program each participant will graduate and we hope they use the tools they were taught to make wise decisions and become leaders someday.

In order to have continued success with Camp Triumph, I am requesting for any kind of support such as water, Gatorade, snacks and food items for the graduation BBQ. The youth, who were part of the Camp last summer have greatly benefitted and have prospered since then. The sense of belonging, their extended friendship, their increased self-esteem and memories of camp are a few reflections of how Camp Triumph has made a difference in his/her life.

POI departments have showed a great support in all the functions we have presented to our community children these past years. We hope to have your support this year again. We look forward to continue in building a stronger community for our youth for they will be the leaders of our community in years to come.

Sincerely, *Kathleen B. Lucero*, Isleta Police Department

> Isleta Social Services K'EA-WAH Supervised Visitation and Safe



Non-Emergency connections call Public Services at 505-869-9782 *a 72 hour notification is required* Emergency connections & after hours call IPD at 505-869-3030

Isleta Public Services Department Location : Isleta Tribal Services Complex Building C-Room 122 Phone : 505-869-9782 King Hours : 8:00 am -1:30 pm Monday-Frida

Working Hours: 8:00 am –4:30 pm, Monday—Friday

A copy of the official memo with Governor's signature can be obtained at: Isleta Tribal Services Complex -Building C-Room 122



The Pueblo of Isleta Animal Control is pleased to announce the



Friday, May 12th

Exchange Program Advisory Committee

Isleta Social Services is looking for Tribal Members to become part of an advisory committee that will assist in the development and revision of its current policies and procedures pertaining to the K'EA-WAH Supervised Visitation and Safe Exchange Program. This program monitors supervised visitations for children of custodial and non-custodial parent(s) in a structured, private, and safe environment. We are in need of Tribal Members who have knowledge and /or education pertaining to Domestic Violence, Intimate Partner Violence, Teen Violence and the negative impact this creates for all victims, children, and the community. Please join us in establishing a committee that will address the issues relating to violence and provide a safe environment for our community. Please submit a Letter of Interest to Isleta Social Services, attention Ms. Caroline Dailey at P.O. Box 1270, Isleta Pueblo, New Mexico 87022. Deadline to submit your Letter of Interest is May 31, 2017. If you have any questions, please contact us at (505) 869-2772.

Two Locations

Isleta Health Center 8:30 AM to 11:30 AM

Old Court House (Village Plaza) 1:00 PM to 4:00 PM

- FREE Rabies Clinic
- · For residents of the Pueblo only
- Be in compliance with POI Animal Ordinance!
- Dogs must be on a leash
- Cats must be in a kennel or wrapped in a towel
- Microchips will be sold for \$10.00



PUEBLO OF ISLETA ANIMAL CONTROL 505-869-7564



Isleta Career Opportunities



PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED www.isleta.com Vickie Carrion 244-8206 or Andrea Fuentes 724-3920 Updated: April 21, 2017 (Internal Postings in BOLD)

DEPARTMENT

DIVISION

Auto req	IIILE
1182BR	AGENT-FRONT DESK (Part-Time)
1177BR	MASSAGE THERAPIST - SPA
1181BR	RECEPTIONIST - SPA
1179BR	SOUS CHEF - PREP KITCHEN
1175BR	SUPERVISOR SHIFT TIWA
1174BR	SUPERVISOR SHIFT TIWA
1180BR	TEAM MEMBER-COUNT
1178BR	TIWA SOUS CHEF
1183BR	TRAINING SPECIALIST
759BR	2ND MECHANIC
1037BR	ATTENDANT CONCESSIONS - FUN CONNECTION
1039BR	ATTENDANT CONCESSIONS - FUN CONNECTION
1140BR	ATTENDANT FLOOR-SLOTS (Part-Time)
1171BR	ATTENDANT ROOM
878BR	ATTENDANT VALET
995BR	ATTENDANT VALET
1145BR	ATTENDANT CONCESSIONS - CHILI RISTA
1035BR	ATTENDANT CONCESSIONS - CHILI RISTA
1146BR	ATTENDANT CONCESSIONS - CHILI RISTA
1147BR	ATTENDANT CONCESSIONS - CHILI RISTA
1120BR	ATTENDANT CONCESSIONS - CHILI RISTA
1176BR	BAKER-F& B MAIN
1134BR	BARTENDER-BANQUET
1118BR	CONSESSIONS SUPERVISOR
636BR	COOK-BANQUET
808BR	COOK-DELI
1152BR	LAUNDRY ATTENDANT
1153BR	MACHINE TECH-COUNT
1020BR	MANAGER SHIFT SLOTS
1170BR	ROOM ATTENDANT
821BR	SERVER - STEAKHOUSE
851BR	SERVER BEVERAGE
1122BR	SERVER- TIWA
1025BR	SOUS CHEF-BANQUET
1167BR	SPA REPRESENTATIVE
1068BR	SUPERVISOR - SPA
371BR	SUPERVISOR CENTER BAR
1101BR	SUPERVISOR HOUSEKEEPING
1138BR	SUPERVISOR SHIFT SLOTS
1017BR	TABLE GAMES DEALER
975BR	TEAM MEMBER-COUNT
1137BR	TEAM MEMBER-COUNT
1142BR	TEAM MEMBER-COUNT
1111BR	TIWA BARTENDER
878BR	VALET ATTENDANT
995BR	VALET ATTENDANT

HOTEL FRONT DESK	HOTEL
SPA THERAPY	HOTEL
SPA SALON	HOTEL
F&B PREP KITCHEN	FOOD 8
F&B TIWA	FOOD 8
F&B TIWA	FOOD 8
COUNT	GENER
F&B TIWA	FOOD 8
TRAINING	GENER
FUN CONNECTION	AMENIT
	FOOD 8
F&B FUN CONNECTION	FOOD 8
SLOTS	GAMINO
HOTEL HOUSEKEEPING	HOTEL
VALET	HOTEL
VALET	HOTEL
F&B DELI	FOOD 8
F&B BAKERY	FOOD 8
F&B CATERING BANQUETS	FOOD 8
F&B DELI	FOOD 8
F&B CATERING BANQUETS	FOOD 8
F&B DELI	FOOD 8
HOUSEKEEPING	HOTEL
COUNT	GENER
SLOTS	GAMINO
HOUSEKEEPING	HOTEL
F&B STEAKHOUSE	FOOD 8
F&B BEVERAGE SERVICES	FOOD 8
TIWA	FOOD 8
F&B CATERING BANQUETS	FOOD 8
POOL MAINTENANCE	SPA
SPA SALON	HOTEL
F&B CENTER BAR	FOOD 8
HOTEL HOUSEKEEPING	HOTEL
SLOTS	GAMINO
TABLE GAMES	GAMINO
COUNT	GENER
COUNT	GENER
COUNT	GENER
F&B TIWA	FOOD 8 HOTEL
VALET	HOTEL
VALET	HUTEL

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Pueblo of Isleta Career Opportunities Position Posting Location Dept. of Education, ACADEMIC COACH, Health Center, **NEW - BILLING SUPERVISOR,** BUS DRIVER (2 Part-time), Head Start & Child Care, BUSINESS MANAGER, Head Start & Child Care, BUSINESS MANAGER, Isleta Elementary School, Housing Authority, CARPENTER, CARPENTER. Housing Authority, CAREGIVER I (*Temporary Full-Time), Assisted Living Facility, CAREGIVER I (*Temporary Part-Time), Assisted Living Facility, Assisted Living Facility, CAREGIVER II (*Temporary Full-Time), CAREGIVER II (*Temporary Part-Time), Assisted Living Facility, CHILD CARE PROVIDER, Head Start & Child Care, **NEW - CLINICAL THERAPIST,** Health Center, COMMUNITY HEALTH NURSE, Health Center, Elder Center. CUSTODIAN, CUSTODIAN SUPERVISOR, Health Center. DATA COORDINATOR, Head Start and Child Care, DISABILITIES COORDINATOR, Head Start & Child Care, EARLY HEAD START TEACHER I, Head Start & Child Care, HVAC TECHNICIAN, Housing Authority, IN-HOME CARE ATTENDANT, Elder Center, INTERNAL AUDITOR, Gaming Regulatory Agency,

Auto reg TITLE

Open Until Filled 05/04/2017 **Open Until Filled Open Until Filled Open Until Filled** WITHIN ONLY-Open Until Filled **Open Until Filled Open Until Filled** WITHIN ONLY-Open Until Filled **Open Until Filled Open Until Filled** Open Until Filled, **Open Until Filled Open Until Filled** WITHIN ONLY-Open Until Filled **Open Until Filled**

May 2017

Isleta Pueblo News

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Position Posting

LABORER (4-Tmp Pstns NTE: 6 mo.), **NEW** - LIBRARY AIDE I (Regular Part-lime), **NEW - OPTOMETRY ASSISTANT,** NURSE MANAGER, PAINTER, PERSONAL CARE SERVICE AIDE (Occasional), PHYSICAL THERAPIST, PHYSICIAN, PLUMBER, POLICE SERGEANT, REGISTERED NURSE (RPT), SUMMER LIFEGUARD (2 Pstns), TEACHER - COMPUTER, TEACHER-ELEMENTARY SCHOOL, TEACHER II-EARLY HEAD START, TIWA LANGUAGE INSTRUCTOR, TIWA LANGUAGE TEACHER, TRANSFER STATION APPRENTICE (2 TEMP PSTNS), TRIBAL PROSECUTOR, VETERAN SUPPORT SERVICE PROGRAM MEMBER,

Location

Housing Authority, Library, Health Center, Health Center, Housing Authority. Elder Center, Health Center, Health Center, Housing Authority, Police Department. Health Center, Parks & Recreation, POI Elementary School. POI Elementary School, Head Start & Child Care, Head Start & Child Care, Elementary School, Transfer Station, Tribal Administration, Elder Center,

I SLETA

Construction Labor Needed

Isleta Casino & Resort Remodel

Must Apply at : Peopleready

A TRUEBLUE COMPANY

DESCRIPTION

Construction Laborers clean and/or prepare construction sites to keep the job moving and eliminate possible hazards. Work closely with the site supervisor.

RESPONSIBILITIES

Responsibilities may include but are not limited to:

Move, secure, install, build, load, or unload materials as directed by the site supervisor. Move items from place to place, according to project plans or direction from the site supervisor.

Move dirt or other material as directed in plans or by supervisor

QUALIFICATIONS

- Experience on commercial construction sites
- Tools of your trade
- Documentation to show you are legally eligible to work in the US
- Experience on commercial construction sites
- Verifiable work history
- Able to pass a drug test

WEBSITE LINK

http://www.peopleready.com/jobdescription/Construction-Laborer-Albuquergue-NM-351

ADDRESS 8900 San Mateo Blvd. NE Albuquerque, New Mexico

PHONE 505.348.3082

EMAIL ADDRESS 351-br@peopleready.com

BRANCH # 351

BRANCH HOURS Monday - Friday; 6:30 a.m. - 5:00 p.m.

ADDITIONAL INFO

We are an equal opportunity employer.

One of the nation's fastest-growing cities, Albuquerque was named after the viceroy of New Spain, the Duke of Albuquerque. Livestock, farming, hightech and even manufacturing industries thrive there.

Closing Date

Open Until Filled WITHIN ONLY-04/27/2017 05/07/2017 04/26/2017 **Open Until Filled Continuously Accepting Applications Open Until Filled Open Until Filled Open Until Filled** 04/25/2017 **Open Until Filled Open Until Filled Open Until Filled Continuously Accepting Applications Open Until Filled Open Until Filled Open Until Filled** WITHIN ONLY-Open Until Filled **Open Until Filled Open Until Filled**

2017 POI SUMMER INTERNSHIP

Applications are *NOW* being accepted for the 2017 Summer Internship Program

Eligibility to apply:

- Isleta Tribal Member or descendant.
- A current High School Graduate, and a "Letter of Acceptance" to the college of choice
- OR, 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 are accepted Via postal mail, email, or fax.

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

Contact:

Myra Garro, WIOA/Internship Administrator POI Human Resources PO Box 1270 Isleta, NM 87022 505-869-7584 Office 505-869-7579 Fax Email: poiemployment@isletapueblo.com

Classifieds: For Sale



1980 JD 2440 Tractor, 60HP, 3K Hrs, Mechanically Sound. \$8K OBO. Contact Diego Lujan 238-8826.

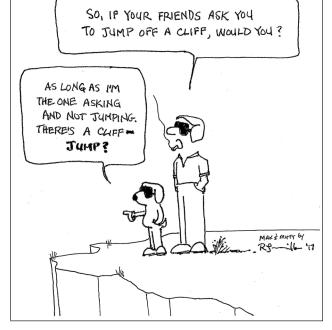
(No Photo Provided)

1990 GMC 2500 PU. 109K Miles, V8, 4X, Gooseneck Hitch, Headache Rack, Mechanically Sound.\$3500 OBO. Contact Diego Lujan 238-8826.



1999 Tahoe 28ft 5th Wheel, Sleeps 6, New Tires, Slideout, Well Maintained. \$10K OBO. Contact Diego Lujan 238-8826.





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NEWS RELEASE

For Immediate Release Contact: Eric Davis, Marketing & Communications Director 505.424.2351, or eric.davis@iaia.edu

Ron Martinez Looking Elk Among Institute of American Indian Arts' (IAIA) 2017 Graduates



Santa Fe, New Mexico: April 17, 2017 – The Institute of American Indian Arts is pleased to announce the graduation of Ron Martinez Looking Elk (Isleta & Taos Pueblos) with a BA in Indigenous Liberal Studies. He will receive his degree during the commencement

ceremonies in Santa Fe, NM on Saturday, May 13, 2017, at 11:00 am.

Offering undergraduate degrees in Studio Arts, Creative Writing, Cinematic Arts and Technology, Indigenous Liberal Studies, and Museum Studies -- and a graduate degree in Creative Writing -- IAIA is the only college in the nation dedicated to the study of contemporary Native arts. The school serves 531 Native and non-Native college students from across the globe. IAIA is accredited by the Higher Learning Commission of the North Central Association of Colleges -- and is the only college in New Mexico accredited by the National Association of Schools of Art and Design. Many of the over four thousand students who have attended IAIA have gone on to earn recognition as acclaimed artists, writers, educators, and leaders in their professions.

For more information about the IAIA commencement, please contact Eric Davis at 505.424.2351, or eric.davis@iaia.edu. For more information about IAIA, please visit www.iaia. edu.

About IAIA -- For over 50 years, the Institute of American Indian Arts has played a key role in the direction and shape of Native expression. With an internationally acclaimed college, museum, and tribal support resource through the Center for Lifelong Education, IAIA is dedicated to the study and advancement of Native arts and cultures -and committed to student achievement and the preservation and progress of their communities. Learn more about IAIA and our mission at www.iaia. edu

ISLETA HEALTH CENTER Questions? Call 869-3200

Patient Parking

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



Take the NEW AARP Smart Driver[™] Course and you can save money on your car insurance!*

Drive smart. Save smart.

 Refresh your driving skills and know the new rules of the road. There's a course near you! Date:

MAY 22, 2017 Location:

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

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

Thank you, Isleta Health Center Safety Committee

- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass. Sign up today!

CLA SSR oom CouRSE

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

To fiND ADDITIONAL COURSES IN YOUR AREA:

Call 1-866-955-6301 or visit www.aarp.org/driving36

ΤΟΥΟΤΑ

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



HIGHER EDUCATION

CONGRATULATIONS TO ALL GRADUATES

• Graduates please remember to bring in a copy of your completed degree and or Official Transcripts to complete or close off your file.

High School Seniors:

• Higher Education and the Johnson-O' Malley (JOM) Program has made visits to Los Lunas High Schools. We have distributed scholarship packets to students who were in attendance. We have also mailed out packets to JOM High School Tribal Members. If you have questions or would like to submit your application before the deadline dates, please feel free to contact the Higher Education Program.

"Kick Start to College Nights":

• May 2, 2017 and May 4, 2017 from 5:30pm – 7:30pm

• Higher Education Program we will be hosting College Nights to share their school information and also open for any questions students or parents may have.

• Door prizes.

"FASFA NIGHT":

- May 23, 2017 from 5pm-7pm.
- We will be hosting a FASFA Night with representation from Intellitec College for all students who are in need of completing their 2017/2018 FASFA.
- Please bring in your 2015 taxes to complete the process.

Summer Funding Reminder:

• If you have met deadline of April 1, 2017 for summer funding please remember deadline date of May 31, 2017 for all supporting documents.

• Please make sure your upcoming classes align to your program of study.

Deadline Dates for the Fall 2017 Term:

• Application Deadline Date: July 1st

• Due to the 2017/2018 academic year all students must submit a new POI/HEP Supplemental Scholarship Application.

► Other Required Document Deadline Date (CONTINUING STUDENTS): *August 31st*

- o Class Schedule (must meet degree analysis)
- o Official Transcripts
- o Updated degree analysis, failure to submit may delay funding.
- o FNA (Financial Needs Analysis)

► NEW STUDENTS:

Please contact the POI Higher Education Program at (505) 869-9790 or via email at:

- Cecelia Jaramillo, Scholarship Coordinator poi08001@isletapueblo.com
- Kathleen Jojola, Scholarship Assistant poi08004@isletapueblo.com



Pueblo of Isleta Elementary School News

The Pueblo of Isleta Elementary School Students have been seeing some new faces on campus since January 2017. We have two new Tiwa Language Teachers on staff. We want to welcome Patricia Jiron and Ulysses Abeita to our School Team! They have been working with the students daily to develop and practice their use of the Tiwa Language. Students have been participating in a variety of ways. They go to the Tiwa Language Room as part of a "Pull-Out Program" and the teachers visit in the regular classrooms and specials as "Inclusion." The Kindergarten through Sixth Grade Students have also received "Coaching," from our teachers to practice the Morning Announcements. If you live near the school campus, you may have heard our daily greetings and the "Word of the Day." The teachers are developing an elementary curriculum that can hopefully transition what our community children are practicing at Head Start.



Ulysses Abeita & Patricia Jiron, POIES Tiwa Language Teachers

Students are also learning about the Pueblo Cultures. This year's field trip was a visit to Boca Negra Canyon at the Petroglyph National Monument. The Kindergarten through Third Grade Students visited on April 19th. Park Ranger Dianne Souder explained how the carvings may have been made in the basaltic rock, and a hypothesis about the possible meaning. She shared with us all, that only the original carvers really know the answer. Ranger Dianne also provided a lesson on the history of the park and the surrounding area. The students and staff enjoyed hiking to the top and the picnic lunch following. Fourth Grade through Sixth Grade Students will visit on Wednesday, May 3rd. POIES Students will also have a chance to visit the Pottery Mounds in June during our Summer Program. Staff from the Isleta Culture Committee will be accompanying the students for this special outing.



Kindergarten students are ready for the Egg Hunt!



First Grade students wait patiently for their turn.

the Spring NWEA (MAPS) Tests in early May. As the school year is winding down we have some dates that you might want to note on your calendars. The Head Start Students will be visiting the Pueblo of Isleta Elementary School for a special lunch and "Field Day, "on May 11th. Field Day for POIES Students will be on Friday, May 19th. The Sixth Grade Students "Rites of Passage" will be held on the Tuesday, May 23 at 6:00 P.M. Awards and the End-of-the-Year Program is scheduled on May 24th. Enrollment will begin in early May for the 2017-2018 School Year. Applications will be sent home with the students currently enrolled at the Pueblo of Isleta Elementary School and the Head Start.



Fourth Grade students agree, the "Eggs: have it!

Isleta Health Center Medical Clinic News

Prepare for the New School Year

The staff at the Health Center's Medical clinic encourages all parents to start scheduling their children's annual wellness visits. Give us a call if you answer YES to any one of the following:

Following a great Family Literacy Night in March, featuring Dr. Seuss, POIES Families are again invited to join us for our last Family Night of the school year. On Wednesday, May 10th, we will be hosting a "Family Fun and Fitness Night." The evening will begin at 5:00 P.M. Coach Alyssa and POIES Staff will be putting everyone through the paces in a variety of "Fitness Activities." Come join us for the fun!

Students completed the PARCC Assessments in April and participated in the Annual Easter Egg Hunt. All Kindergarten through Sixth Grade Students will begin

- Is your child due for their annual wellness visit?
- Will your child participate in Athletics in the coming school year?
- Do you need to update your child's immunizations?

Call today to make a summer appointment for your child's annual wellness visit or to update their immunizations. Please note that even if adolescents/teens do not need a sports physical, we still recommend an annual health check-up.

Please bring all required forms to the appointment. A parent or legal guardian must accompany all patients under 18 years of age.

CALL: 869-4089

THE MEDICAL CLINIC DOES NOT ACCEPT WALK-IN PATIENTS FOR WELLNESS VISITS.

May 2017

The K-3 Field Trip at Boca Negra Canyon at Petroglyph National Monument.



How can injuries to children in motor vehicles be prevented?

Child safety seats reduce the risk of death in passenger cars by 71% for infants, and by 54% for toddlers ages 1 to 4 years.

•Know the stages:

* Birth through Age 2 - Rear-facing child safety seat. For the best possible protection, infants and children should

• Between Ages 4-8 OR Until 4'9" Tall – Booster seat. Once children outgrow their forward-facing seats (by reaching the upper height and weight limits of their seat), they should ride in belt positioning booster seats. Remember to keep children in the back seat for the best possible protection.

be kept in a rear-facing child safety seat, in the back seat buckled with the seat's harness, until they reach the upper weight or height limits of their particular seat. The weight and height limits on rear-facing child safety seats can accommodate most children through age 2, check the seat's owner's manual for details.

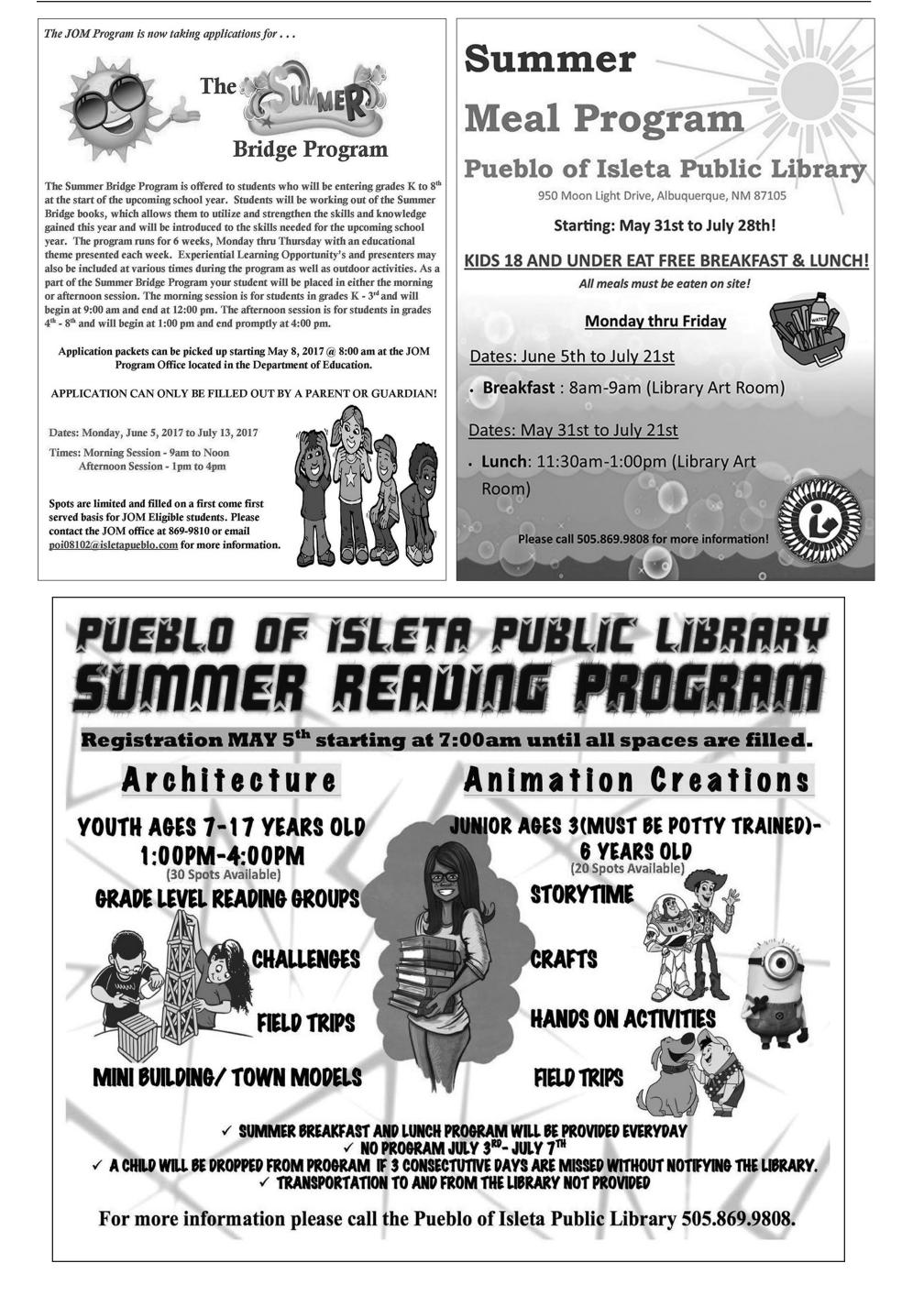
• **Between Ages 2-4/Until 40 lbs** – Forward-facing child safety seat. When children outgrow their rear-facing seats (the weight and height limits on rear-facing car seats can accommodate most children through age 2) they should ride in forward-facing child safety seats, in the back seat buckled with the seat's harness, until they reach the upper weight or height limit of their particular seat (usually around age 4 and 40 pounds; many newer seats have higher weight limits-check the seat's owner's manual for details).

• After Age 8 AND/OR 4'9" Tall – Seat belts. Children should use booster seats until adult seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt fits across the chest (not the neck). When adult seat belts fit children properly they can use the adult seat belts without booster seats. For the best possible protection keep children in the back seat and use lap-and-shoulder belts.

• All children younger than 13 years should ride in the back seat. Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in the front seat or in front of an air bag.

• Place children in the middle of the back seat when possible, because it is the safest spot in the vehicle.

www.CDC.gov







2017 Summer Language Camp 5 Week Program



Registration begins: Tuesday May 9, 2017 at 9am registration forms can be picked up at the Education Office

Space is limited so all

applications will be accepted on a first come first serve basis.

IMPORTANT INFORMATION

Please Note: Breakfast and lunch will be provided by Bernalillo County's Summer Food Service Program, no additional snacks/food will be provided.

*Field Trips will be limited

*Parents/Guardians must pick up their children promptly at the end of their session.

Date: June 5, 2017 through July 6, 2017 Time: Monday thru Thursday Two Sessions

Space is very limited, once the class is full we will no longer accept registration for that class!

Group 1: Carol Lucero Teacher Session 1: 9am - 12pm Boys Only

Ages: 11 and UP (max # of students 10) Session 2: 1:00pm—3:30pm <u>Girls Only</u> Ages: 11 and UP (max # of students 10)

Group 2: Erica Montoya Teacher Session 1: 9am - 12pm

Ages: 6 - 8 (max # of students 10) Session 2: 1:00pm—3:30pm Ages: 9 -10 (max # of students 10)

Group 4: Bernadette Cotten Teacher Session 1: 9am - 12pm Girls Only Ages: 3 - 5 (max # of students 10) Session 2: 1:00pm—3:30pm Boys Only Ages: 3 - 5 (max # of students 10) Note: MUST BE POTTY TRAINED

* Parents or Guardian MUST complete the registration form for their child (NO EXCEPTIONS)

Phone: 505-869-9790 Fax: 505-869-7573 Email: poi08200@isletapueblo.com If you have any questions contact Dominic Trujillo Language Coordinator

Preserving Language for culture and tradition



JOM challenges you! Students grades 6th - 12th

Put your brain to the test as you join us for another adventure, filled with mystery and fun! Attempt to defeat the ESCAPE ROOM! ^{Join us} on this heart-riveting, mystery induced, code-cracking 60-minute challenge!

are you brave enough?

Friday, May 12, 2017 Time: 4:45 - 9:30 CAN YOU HANDLE THE ESCAPE ROOM????

The Pueblo of Isleta Veterans' Association (POIVA)

"Veterans Helping Veterans and their Families"

The POIVA which was established in 2010 is committed to:

• help and ensure that all eligible veterans and their families have access and benefits entitled to them,

• help ensure that all tribal, state and federal agencies and governments are more responsive to the needs of veterans,

• help unite all veterans under one governing body to help enhance their voice, and,

• promote the social welfare, including educational, economic, and cultural values for all veterans.

POIVA participates at veterans' funerals where a funeral flag is presented to the designated kin of the deceased veteran, and taps are played; also at headstone ceremonies to help families set up headstones for a deceased veteran...and of course we thank Father George for providing prayers and blessings at these ceremonies. POIVA Honor Guard will also post colors at public events, conferences, meetings, etc. by invitation. A future planned project is to replace worn US Flags at various community centers, i.e. administration, tribal complex, elementary school, etc. On Memorial Day, POIVA will set up US Flags at veteran grave sites at the POI Cemetery. Father George will be present to provide the prayer and blessing. This ceremony is open to all tribal members.

The POIVA at present has a membership of fiftyfive active members who have paid an annual fee of \$10. Membership is open to any veteran who has been honorably discharged. We have members from the Air Force, Army, Coast Guard, Marine Corps and Navy.

The estimated veteran population within the Pueblo of Isleta is estimated at over 350, who have served in all branches of the military and all wars. POIVA is working on a list of POI veterans, and the list will be published in the July Newsletter.

Officers for CY 2017 are:

Commander – Fred R. Lujan (USMC) Vice-Commander – Michael B. Lucero (USN) Chaplain – Joe L. Jaramillo (USAF & USMC) Finance Officer – David Carlberg (USAF) Adjutant/Veterans Service Officer – Ulysses Abeita (USMC) Sgt. – at – Arms/Veterans Services Officer – Marcus Lujan (USA) Judge Advocate – Steven Abeita (USA Reserve Active)

Permission Slips Available: April 24, 2017 If you have questions please contact Shelly or Marsha with the JOM program at 505-869-9790. JOM eligibility will be verified. Experiential Learning



Veterans Service Officers (VSO) provide information on available veteran benefits and services, and will also assist veterans apply for benefits and services.

All services are provided at no cost, and all POIVA members volunteer their services...

The POIVA Center is located at 4001 Highway 314, on eight acres of land which was donated to the POIVA by the late Richard Baker, USMC, Vietnam Veteran, for the purpose of providing for a location for a veterans' center.

POIVA mailing address is Pueblo of Isleta Veterans' Association, P.O. Box 338, Isleta, NM 87022...and information is available by calling 573-3733 or 264-4110.

BERNIE JOJOLA MEMORIAL RUN 2017

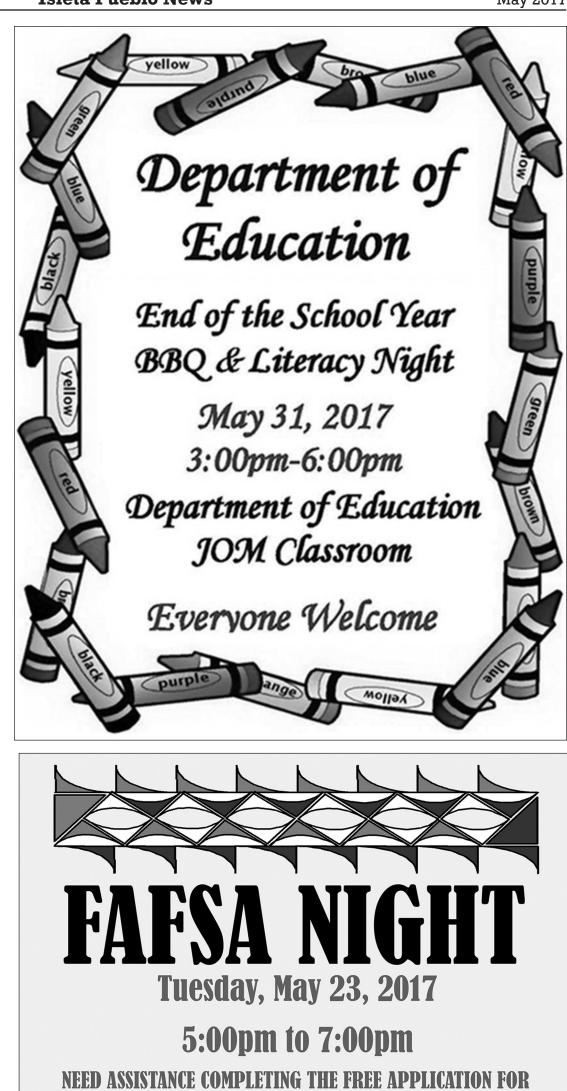


PUEBLO CROSSROADS: PUEBLOS WORKING TOGETHER TO PROMOTE HEALTH & WELLNESS



It's that time of the year again, with The Bernie Jojola Memorial Run back at it to kick off the Crossroads 2017 Season. Isleta's Crossroad's own Bernie Jojola Memorial Run was held this past Saturday April 22, with over 250 participants. The run consisted 5 different challenges, 1 mile run/ walk, 2 mile run/walk and the 3 mile "challenge run" that's runs up Big Mama Hill. Once the runners were done they received a sling bag and/ or a rally towel. We were Fortunate enough to have Channel 4 acknowledge the start of the first of many runs in the Pueblo Crossroad events. (see Picture above) Special thanks to Tata John D. Jojola Jr. for opening the run with a prayer, and the Isleta Parks and Rec for helping to get it organized and ready for the event. Also, special thanks to Running Medicine for helping to warm up and cooling off the group before and after their run. Lastly to thank First Nations Community Healthsource with their free screening to help improve education and prevention of HIV. We would like and be happy to get more vendors and participants be more involved in future Pueblo Crossroad events.

Pueblo of Isleta Elementary



School and Department of Education

The Pueblo of Isleta Elementary School and the Department of Education Governing Board has vacancies to serve on the Pueblo of Isleta Elementary School/Department of Education Governing Board of Education until filled. This is a dual Board responsibility. Nominations are now being accepted. If any tribal member is interested in serving on the Governing Board of Education, please submit your Letter of Interest and Resume to the POI Tribal Council Secretary's office at the POI Tribal Services Complex during normal business hours from 8:00 AM to 4:30 PM. If you should have any questions, please contact the Pueblo of Isleta Elementary School Principal at 505-869-2321 or the Department of Education at 505-869-9790.

FEDERAL STUDENT AID (FAFSA)

BRING THE FOLLOWING:

Image: Image:

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Registration Form:

The event is Saturday, July 15, 2017 from 10am - 2pm. The Recreation Center will be open by 8am for set up. Please submit your registration as soon as possible.

Organization:

Contact Name:_____

Work Phone: _____

Cell Phone: _____

Email:_

of Tables/Chairs: ____

Names of individuals who will be accompanying you:

Special requests, electricity, etc:

Please email this form back to Ruben Lucero at: poi36873@ isletapueblo.com

Some participants that have joined us are: Rio Grande Nature Center, US Fish & Wildlife Service, Animal Protection of New Mexico, ACME Environmental, NMSU, Wildlife Rescue of New Mexico, Pueblo of Sandia, Pueblo of Santa Clara, Pueblo of Santa Ana, Pueblo de Cochiti, Valle de Oro, The Santa Fe Raptor Center, New Mexico Herpetological Society, NMDOG, National Park Service, MRGCD, Pride Taxidermy, Wildlife Artistry, Beetles and Bones Taxidermy, Reservation Party Rentals and many Pueblo of Isleta Departments & Divisions.

If you have any questions please feel free to contact Ruben Lucero at (505)869-9819.



WIC NOTES

Cavity Keep Away

Dental health is important for everyone, including pregnant women and infants.

Did you know you can catch a cavity?

Cavities are made by germs in our mouth that feed on the sugar we eat. The germs can pass from person to person through spit. Keep the mouth germs away and you'll keep the cavities away!

Here are a few ideas to keep those cavity causing



Think your exposure to secondhand smoke doesn't put you at risk?

> Stephanie Barela Isleta Health Center, Health Educator

Think again!

Even just a small amount of secondhand smoke can put you more at risk for getting lung disease (Cancer).

Researchers from American Journal of Respiratory and Critical Care Medicine did a study on the genes in cells from people's airways and found that breathing even a little cigarette smoke can affect the genes, which in turn can result in Lung Disease (Cancer). The scientists examined genes from heavy smokers and those who were exposed to only a little smoke. They saw the same type of changes in both, although the amount was less in people who breathed less smoke.

germs away.

- $\sqrt{\rm Visit}$ your dentist *during* pregnancy. Dental treatment is safe.
- $\sqrt{}$ Wipe baby's gums *twice a day,* in the morning and right before bed.
- $\sqrt{}$ Clean pacifier and bottle with soap and water, *not spit.*
- $\sqrt{}$ Give only water in the bottle at bedtime.
- $\sqrt{}$ First tooth-> baby gets her own toothbrush.
- $\sqrt{}$ Only use a dab (the size of a *grain of rice*) of fluoride toothpaste every time you brush your baby's teeth.
- $\sqrt{}$ Take baby to dentist *before* his first birthday.
- $\sqrt{}$ Each family member uses his or her own toothbrush, spoon, fork and cup.
- $\sqrt{}$ Choose gum or mints that have Xylitol (Zy-lih-tall) in them.
- $\sqrt{}$ Health foods help keep cavities away.

(Adapted from cda foundation)

WIC Nutrition

This is a warning for light smokers or people who breathe secondhand smoke:

"Don't think that it's not affecting you. Your lung cells know it. They are behaving abnormally. And for some individuals who are at risk, they are more susceptible for developing lung disease", warns researcher Ronald Crystal.

Article adapted from U.S. Department of Health and Human Services HealthBeat.



Pueblo of Isleta Public Library

News

Summer Reading Program Registration will be on Friday May 5th starting at 7am. We will have 20 spots available for our Junior program ages 3 years old to 6 years old. Thirty (30) spots will be available for our Youth program ages 7 years old to 17 years old. This year our Junior program will be based on popular animated movies such as Despicable Me, Up, Lilo and Stitch, and Moana just to name a few. Our Youth program will be based on Architecture where children will learn problem solving techniques and critical thinking skills. Our Youth program will also include daily book group readings and discussions. Calendars are available at the Library. If you have any questions or concerns please give the Library a call at 505.869.9808.

The Library will be closed on May 3rd from 8:00am-12:00pm for our monthly Library staff meeting. We take this time to discuss upcoming Library programs and improve Library services. We apologize for any inconvenience this may cause. Reminders will be posted throughout the Library as well as a status update on our Library Facebook page.

The Library will be closed on Saturday, May 27th and Monday, May 29th in observance of Memorial Day. All Library material checked out on Thursday May 25th will be due on Tuesday, May 30th .

Upcoming

Attention all comic book fans! The Library would like to invite you join us on Free Comic Day on Saturday, May 6th. We will be making our way around Albuquerque to the different comic books stores to collect free comic books. This will be open to 10 patrons. All ages are welcomed. Sign up starting May 1st. If you have any questions or concerns please give us a call at 505.869.9808.

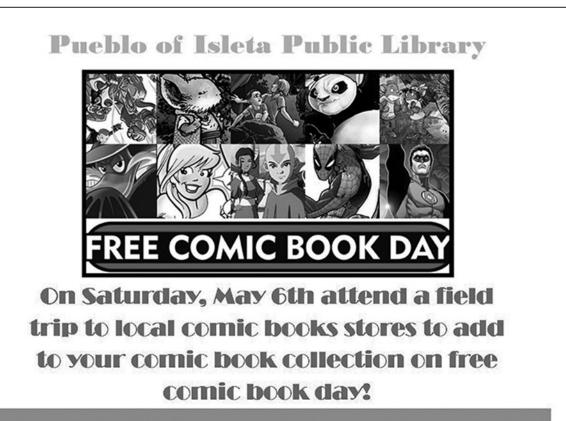
Are you a fan of Manga? Do you love drawing anime characters? Join our Manga Book Club! This will be open to ages 10 years old and up. This will begin on May 2nd and end May 30th. A total of 4 books will be read throughout the program along with button designing, anime bingo, screen printing, and Japanese snacks. If you are interested in this program, please give the Library a call and sign up with Cheyenne at 505.869.9808 or by email at poi02008@ isletapueblo.com The Library will once again be the host to the Summer Meal Program which will begin on May 31st from 11:30am-1:00pm. This program is FREE and open to ages 1 year old to 18 years old. All meals must be eaten at the Library. All meals will be served in the Library Art Room. We will also be serving breakfast starting June 5th from 8:00am-9:00am. This program will run until July 21st. If you have any questions please give the Library a call at 505.869.9808.



The Easter bunny sharing smiles with a little visitor!

was also the day we released the Summer Reading Program calendars to all that were interested. Pictures were emailed out and families who did not have an email were printed out. If you have not received your picture please give the Library a call at 505.869.9808 and we will get that emailed to you as soon as possible.

Percy Jackson and the Lightning Thief book club took place on April 3rd through April 24th. Library staff member Kyle led this book club with about 6 students who participated. They met every Monday and Thursday from 5:00pm-6:00pm. Each book club meeting consisted of book discussions, nightly readings and book related crafts



Recap

The Library hosted our Annual Easter Pictures FREE and open to the public. The Easter Bunny hopped in to take pictures on April 5th from 3:00pm-6:00pm. This



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such as screen printing. We would like to thank the students who took the time to participate in our book club.

On April 19th the Library had a Pokémon party for all our Pokémon Library Go Reading incentive participants. Students who read for 20 minutes earned a Pokémon and were able to donate to a "pool" where they could earn a Pokémon themed party. The students were able to talk each other into donating Pokémon which ultimately earned them the party. The Library provided pizza from Dion's which included a pizza designed as a poke ball with pepperoni and olive toppings. They washed the pizza down with sparkling flavored drinks which resembled the potions used to power up Pokémon on the Pokémon Go game. We played bingo, a Pokémon silhouette game and "hatched" Pokémon eggs. The students had a great time and enjoyed the Pokémon prizes and decorations.

Pueblo of Isleta Public Library Hours of Operation:

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

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

Mailing and Physical Address: 950 Moonlight Drive SW Albuquerque, NM 87105 Phone: 505-869-9808 Fax: 505-869-8119 Email: poi02002@isletapueblo.com Facebook Page:

www.facebook.com/IsletaPuebloLibrary Web Address:

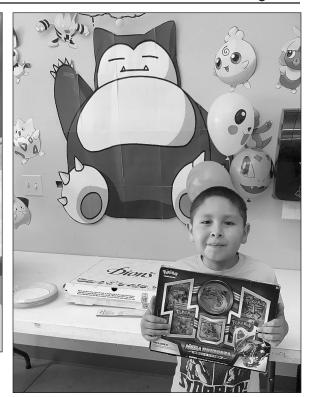
www.isletapueblo.com/library2.html YouTube:

www.youtube.com/user/poilibrary Pinterest:

www.pinterest.com/poilib



Hatching eggs during our Pokémon Library Go event. The eggs were made out of baking soda and water covering a random Pokémon that they got to keep!



Congratulations to the student who read the most during our Pokémon Library Go event! The Library surprised him with a Pokémon card set.



Library Pokémon Go reading incentive participants enjoying Dion's pizza and playing Bingo hoping to win a Pokémon keychain.



our manga book Club. We will be reading 4 different books throughout the month of May. We will also be doing activities pertaining to different anime. Starts on Tuesday, May 2nd and will end on Tuesday, May 30th.

Time: 5:00pm-6:30pm

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

"April Showers bring May Flowers to JOM!"

The countdown is HERE! Standardized testing is almost complete and graduations are right around the corner. the new changes happening, we can greatly improve our ability to advocate and support our children and the future of their education.

Just like our students, the JOM staff continues to be a busy and productive! Our program goal is to make learning a priority by engaging students and parents in fun filled activity nights and experiential learning opportunities. We are currently working on our curriculum for our six-week Summer Bridge program, getting ready for back-to-school supply distribution and many other activities. The JOM staff has attended various meetings with the New Mexico Indian Education Division pertaining to the welfare of our children's education. By attending these meetings it allows us to familiarize ourselves with the new changes in law increasing our awareness to better serve our community.

The Pueblo of Isleta Department of Education along-side of the New Mexico Public Education Department – Indian Education Division is exploring new opportunities for building communication and collaboration between our education programs and Los Lunas Public Schools. Moving forward Local Educational Agencies aka Public School Districts/Educational Institutions will be held accountable by engaging in meaningful consultations and providing Native American students equal access to resources and services that support their educational needs. Parents you also have a voice in all this! If a District receives Title VI funding, districts are required to have an Indian Education committee per Indian Policy and Procedures. As an advisory committee, you have every right to make recommendations on the budget, give input on services you want provided for your children and ask how the local school district will implement those services. As we understand all

the new changes happening, we can greatly improve our ability to advocate and support our children and the future of their education. Every Student Succeeds Act (ESSA) which replaced No Child Left Behind (NCLB) is a Federal Regulation that places firm accountability rules directly on states and school districts to work closely with Tribal entities, disclose funding received, funding allocated, services provided and engage in meaningful dialogue regarding programs and services to support the Native American student. Each Local Education Agency (LEA) must engage in timely and meaningful consultation with tribes when developing their annual plans. If the Districts don't, they could delay receiving federal aid through programs such as Title I – Title VI for schools that serve low-income families. Raising the next generation is a shared responsibility. When families, communities and schools work together, students are more successful and the entire community benefits.

The activities JOM hosts allows students to express their creative spirit and I don't get this: parents their passion and dedication to family. As we think back over the past few weeks in April, the list of activities and events would include our Easter family Activity night and Friday Fractals! The students of our community represent who we are in the best ways possible by their respectful manners and focused engagement when participating in JOM activities and other community program events. Student's success is also demonstrated through their commitment when participating in school events such as sports, science fair and other extra-curricular activities. The students of the Pueblo of Isleta are fortunate to have so many opportunities here at JOM.

Activity & Event Highlights: Friday Night Fractals April 7, 2017



This once a month experience was a first for most! First Friday Night Fractals was a greatlearning experience for these group of students. Students learned how fractals are created and how long it takes to create a fractal!

A fractal is a geometric pattern that is repeated at small or larger scales to produce irregular shapes and surfaces. Fractals are geometric shapes or forms that are represented in natural objects, from a fern leaf or tree, to a spider web or snowflake, to larger phenomena such as clouds, hurricanes, or even galaxies in space. Fractals can be created using math equations from simple geometry or trigonometry.



Easter Eggstravaganza April 5, 2017





Our annual Easter Eggstravaganza was once again a hit! This year we were able to enjoy the evening without all the wind! Parents and students enjoyed time outside with gunny sack races and pass the egg races. Along with the outdoor games families were able to create their own arts & craft to take home.

What an enormous amount of information! We are grateful for all you do to nurture and guide your children during their school years. That, of course, includes you as parents, guardians, family members and all of us who support and encourage them every step of the way. It is the partnership between home, school and tribal programs that is at the foundation of the successes and achievements of our students, your children and we are committed to enhancing that partnership in



every way we can. We look forward to working with you as we continue to make possible these wonderful activities and accomplishments during the rest of the school year.

Marsha & Michelle



Isleta Health Center Child Safety Car Seats: Parent/Guardian Responsibility

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

Child Safety Seat Clinics are free and open to the public and are provided twice a year for parents and guardians. However, issuance of child safety seats is not guaranteed. These are state sponsored events with guidelines on when a seat may be provided to an attendee. If a replacement is deemed necessary, it may be replaced dependent on the availability of seats. These clinics also provide you, the parent/ guardian, with education on proper child car seat installation and can answer any questions you may have about child car seat safety. Trained car seat technicians can also help to identify car seats that may be on a manufacturer recall and can help determine if your child's seat has expired. Keep in mind that when you attend a child safety seat clinic you must arrive in a vehicle with all children secure in car safety seats; furthermore, you should have your vehicle's Operator's Manual on hand.

The Isleta Health Center has two certified Child Passenger Safety Technicians on staff. You can call at any time if you have any questions or concerns about child safety car seats. Our next car seat clinic is Saturday, May 6th in the Isleta Health Center parking lot starting at 9:00am to ending promptly at 11:00am. As a way to keep track of the people we see that are from Isleta, we are asking you to please bring your Tribal ID. There will be low cost replacement seats available for \$20, if your child's child safety seat is determined expired or inappropriate for your child, then you may need to switch out child safety seats. As always, we encourage you to buckle up yourself and your child every time you travel in your vehicle, even if you're 'just going down the street.'

Healthy Snacks for Kids

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

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

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

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

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

Dip it!

Baby carrots and cherry tomatoes in ranch dressing Strawberries and apple slices in yogurt

Pretzels in mustard

Graham crackers in apple sauce

Baked tortilla chips in bean dip or hummus Animal crackers in low fat pudding Bread sticks in salsa

For more healthy snack ideas visit www.eatright.org

Plan of Action!

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



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

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

2. Involve the entire family by coming up with a plan together.

3. Don't be afraid of mistakes and bumps along the way, no one is perfect.

4. WIC is here to help! We are happy to help you make a plan that you can stick to.

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

PUBLIC SERVICES DEPARTMENT UTILITIES DIVISION

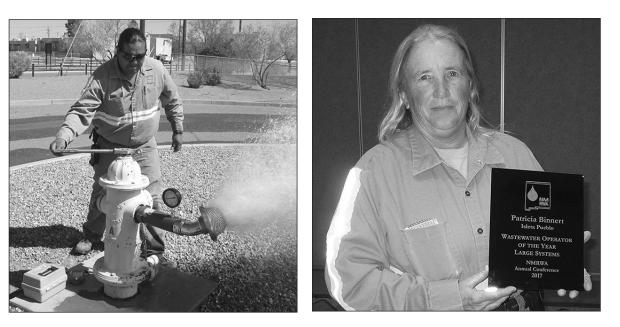
The Utilities Division of the Public Services Department is flushing the water main lines here on the Pueblo of Isleta as time allows.

The Utilities Division flushes the main lines to help remove any sand or other material that has settled out in the main lines. Flushing dead-end water lines helps to eliminate stagnant water and removes sand. We are also flow testing and color coding fire hydrants to help the fire department visualize which hydrant is best to use in the event of an emergency.

When flushing the water from a hydrant, flow through the area it is increased, "pulling" any sand or other material off the bottom of the main line pipe and flushing it out through the hydrant. Flushing is an important part of keeping your drinking water supply fresh and safe for consumption. It may appear that we are wasting our precious water when we flush the main lines but it is the best way to remove any

potential sources of contamination that may or may not be in the main lines.

Sometimes residents complain about "dirty" water or even "black" water when flushing is occurring near their residences. When flushing the main lines old water, sand or manganese (black in color) can get pulled into the service lines of homeowners if they are utilizing the water at the same time flushing is happening in the area. The quickest remedy is for the homeowner to open any outside water fixtures (frost free, spigot) to purge out the dirty water. This keeps the water from entering the home plumbing system. If dirty water does enter the house piping, remove the aerator screen from the sink faucet(s) and allow the water to run until the dirty water is no longer an issue. The best place for this to be done would be at the bathtub. Clean the aerator screen and replace it on the faucet when done. Check all the plumbing fixtures (shower heads, washer hoses) in the home,



cleaning the screens as needed.

The Utilities Division would also like to congratulate Patricia Binnert. Patricia was nominated and received the Wastewater Operator of the Year, Large Systems, from the New Mexico Rural Water Association. Patricia is our lead operator here and assists with training operators, upcoming projects, sampling plans, sampling and records. Patricia goes above and beyond to keep the water and wastewater operations running.

We would also like to recognize our crew who take care of our wastewater treatment plants, the lagoons, lift stations, pumps, motors, all our well houses, water storage tanks, water leaks, sewer backups and whatever else comes our way. Our Water and Wastewater Operators are Patricia Binnert, Walter Watkins, Carlos Candelaria, Anthony Keryte, Augie Lucero, Nathan Lente, Jeremy Abeita, Andrew Lente, Kevin Jojola and Jolene Jiron, apprentice. Our electrician is David Chavez who does electrical work not only for our department but Pueblowide when called upon. Our force account crew is Phillip Jiron, Supervisor and Brian Jaramillo who take care of septic systems, Division both new and replacements. Manager is Edwin Jaramillo, Operations Supervisor is Bernard Chavez.

Utilities Management would like to thank all of our hard working and dedicated staff!! Thanks for the great job!!

If you have any questions, please call our main office at 505-869-9782 and the Public Services Department staff will be glad to assist you.

Water Resources Department

May Water Outlook for the 2017 Irrigation Season

The Middle Rio Grande Conservancy District (District) provides irrigation water to the Six Middle Rio Grande Pueblos and non-Indian farmers from Cochiti to Bosque del Apache National Wildlife Refuge. The water is stored in El Vado Reservoir in northern New Mexico near Chama. As of April 1, 2017 the Bureau of Reclamation has stored 14,687 ac/ft. of P&P water for use by the Six Middle Rio Grande Pueblos.

This winter's snowpack is the greatest since 2005. The April runoff forecast of 2017 for New Mexico's rivers continued to El Vado for use by the Six Middle Rio Grande Pueblos only. The water may be released in large blocks to reduce carriage losses to the river system.

Irrigation diversions for the Six Middle Rio Grande Pueblos will be dependent on the Natural Flow in the Rio Grande and releases of Prior and Paramount (P&P) water stored in El Vado for use by the Six Middle Rio Grande Pueblos only. Releases of P&P water will be used to supplement the Natural Flow in the Rio Grande. Releases of P&P water may begin in July depending on monsoon

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improve. Flow on the Rio Grande at the Otowi gage, upstream of Cochiti reservoir is projected at 133% percent of the 1981-2010 average according to federal forecasters at the Natural Resources Conservation Service. The forecast for the rest of the summer calls for average rainfall and average temperatures.

There may be up to 5000 cfs in the Rio Grande on Isleta Pueblo for several weeks in late April through the entire month of May. These flows will inundate the floodplain on Isleta and may cause problems with the levees at some locations. Isleta Water Resources and Natural Resources staff will be monitoring the high flows and notifying the MRGCD and US Army Corps of Engineers of any problems with the levees.

The Bureau of Indian Affairs and the Bureau of Reclamation have stored Prior and Paramount water in El Vado during the spring runoff for the Six Middle Rio Grande Pueblos. After the first of July, Prior and Paramount water will be released from

inflows to the Rio Grande.

The Water Resource Department will continue to work with the Bureau of Reclamation, Bureau of Indian Affairs, and the MRGCD to ensure adequate deliveries to the Acequia Madre, Cacique, and Chical canals.

Scheduling of water deliveries with the Isleta Mayordomos will be required. Please work with your Mayordomos to make sure everyone receives adequate water in a timely manner. This will require watering when the water is available, including watering at night and during the week. Farmers are urged to cooperate with their Mayordomos and fellow farmers and use the irrigation water supply wisely.

Please contact Jessica Tracy, Water Resources Director, 869-5564 or Cody B. Walker, Water Protection Specialist, 869-9623 or 220-4595 with any questions regarding this information. The 2017 Women Economic Forum are looking for artists, speakers, and vendors etc. to help raise money to provide scholarships for Native youth. Thank you!



E-Cigarettes: Things Everyone Should Know

Stephanie Barela, Isleta Health Educator, 869-4479

From JourneyWorks Publishing

Nicotine in E-Cigarettes is Addictive

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

Nicotine Poisoning Risk

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

Health

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

E-Cigarettes are Not Regulated

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

Health Effects are Not Known

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

Can E-Cigarettes Help you Quit Smoking?

- People who sell e-cigarettes claim they can help a person stop smoking, but there is no proof this is true.
- In fact, some studies suggest they may keep

SAT. JUNE 10TH WOMENS SELF DEFENSE CLASS

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

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

Claim







AGES 10 & UP

Isleta Rec. Center Aerobics Room

Saturday June 10, 2017 @ 9:00a-12:30p

When To Use Isleta Health Clinic versus Calling 911

smokers hooked.

- They may also cause people who have quit smoking to start again.
- E-Cigarettes are not regulated, so no one really knows if they are a safe quitting aid.
- Nicotine is NOT harmless.
- Studies show it may increase problems with diabetes.

• Nicotine replacement therapy (NRT) has been proven to help people stop smoking. NRT includes nicotine patches, inhaler, nasal spray, lozenges and gum.

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

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

Calling 911

- Chest pain/discomfort
- High fever
- Shock

•

•

- Severe burns/cuts
- Severe headaches
- Severe trauma/injuries
- Shortness of breath/difficulty
 breathing
- Unconsciousness
- Uncontrollable bleeding
- Visible fractures

Isleta Health Center

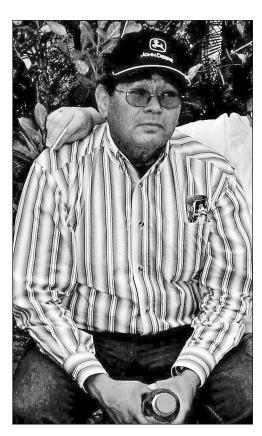
- Allergies
- Colds/flu/fever
- Ear pain/infection
- Insect bites
- Minor asthma
- Minor cuts/burns
- Rashes
- Sprains and strains
- Sore throat/cough
- UrinaryTract nfections

By: Kamilia Elsisie, Isleta EMS Manager

Family of Michael Paquin

The family of Michael Paquin wish to express our sincere gratitude to our family, friends, and the Isleta community for your support and prayers during the time of our loss.

Michael Paquin was born to Daisy and Alvin Paquin on December 19, 1966 in Albuquerque, New Mexico. He was raised in the Isleta Pueblo and attended both the Isleta Head Start and Elementary schools. He graduated from Los Lunas High School and continued his education in Jacksonville, Florida; Central New Mexico Community College; and the University of New Mexico to prepare himself to enter the Business Field of Landscaping. He was employed by Heads Up and other Landscaping companies until he started his business, Landscape Technologies, Inc. Design and Construction. He cared very deeply for the Isleta community and was very proud to be the local construction serving the Pueblo of Isleta, Isleta Resort and Casino, and Isleta Head Start School.



He served his community as Mayordomo and as Chairman on the Board of Directors for the Isleta Business Corporation. He was a kind, caring, generous, and happy person. He liked to joke around with everyone. He was a jack of all trades and could do anything once he put his mind to it. He loved to travel and be outdoors.

Our Thanks to You!

The family of Nana Bathu (Marie L. Zuni) would like to express our sincerest appreciation to our Uncle Albert, Auntie Isabel, cousins, relatives, friends, Tribal Tribal Community, Administration, and EMTs, who have supported us with prayers and with generous support during the loss of our mother, Chee-ee Bathu. Thank you to Father George for your care, and thank you to Lorraine Padilla and Frances Abeita for leading the Rosary, which Nana Bathu recited every day. She was a beautiful and wonderful person. Through the memories that she gave each of us, she will live on forever in our hearts. Nana Bathu will be missed tremendously by her children (Lorraine and Michael, Max, Margaret, Richard, Branda) 17 grandchildren, 34 great-grandchildren,



and one great-great grandson on the way. There are no words that can express our appreciation for those who gave generous support during the loss of our beloved mother, grandmother, and great-grandmother, Nana Bathu. Our family will pray to our Heavenly Father to keep you safe and protect your families. Thank you again.

Isleta Elder Center

PO BOX 1270 TR 40 Bldg 79 Isleta NM 87022 Office: 505-869-9770

Personal Care Services

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 & 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.

To see if you qualify or to obtain more information, please call our PCS Manager, Pauline Lucero.

> St. Augustine Parish **Isleta Pueblo** Ministry of Consolation

Family of Nana Lugarda Jojola

The family of Nana Lugarda Jojola want to express our heartfelt appreciation and gratitude for all the help and love during our time of loss. Your kind words, hugs, shared memories of her and true compassion during our time of grief helped make it easier to get through, and we truly thank you.

Nana Lou loved her friends, family and community. Before God came to take her home, he gave us the priceless gift of time to spend with her. She left this world knowing that she was loved, respected and appreciated by of all those who stopped to visit to show their compassion by laughing and praying with her which lifted her spirits. Nana Lou was one of a kind, a true treasure and her contagious smile, silly little ways and unconditional love will be missed by all who loved and knew her. Especially by her two sons, three granddaughters and six great grandchildren for whom her love was endless and now eternal.

On behalf of the entire family of Nana Lou, we pray that your life's path be lit by the light of God's smile, that you have wisdom, strength, good health, love, peace and joy in everything you do.

Thank you again......We Love You All



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.

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SUBSTANCE ABUSE EDUCATION

Call IBHS at 505-869-5475 for information or schedule an assessment.

The Isleta Behavioral Health Services (IBHS) provides a structured and consecutive three-hour education, counseling, and support program every Monday and Friday throughout the year:

Early Recovery Skills (ERS): 9am - 10am

ERS group provides open discussions on addiction topics to help individuals learn recovery skills for relapse prevention. We provide participants with a curriculum and the facilitator makes every

effort to ensure everyone feels comfortable and relaxed to share openly by using different teaching styles (e.g., drawings, educational videos, storytelling, and homework assignments presented during group sessions).

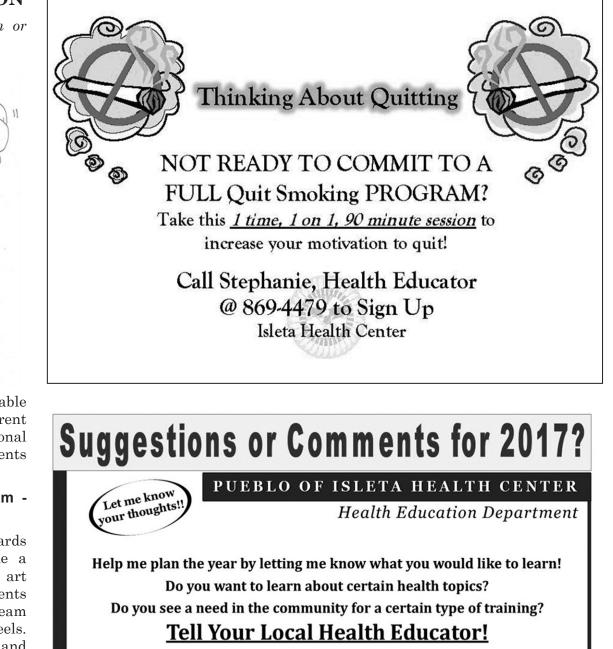
<u>Another Recovery Technique (ART):</u> 10am -11am

This particular ART group, geared towards substance abuse recovery, helps to provide a creative outlet to clients using different art mediums such as paint and clay sculpting. Clients can create items such as fetish bears, dream catchers, wellness ladders, and medicine wheels. They play a medicine wheel discovery game and practice affirmation writing for positive thinking. Further, it is an outlet to manage feelings for increased well-being. Participants may find that they have known these skills from their cultural experience but have drifted away from their time management to cultivate the skills.

IBHS also offers 8-week ART groups four times a year (Fridays from 1:00pm to 3:00pm). This group, hosted by different IBHS facilitators with an artistic flair, teaches clients painting and basket making using art designs from cultural pottery patterns with art mediums including color pencils and markers. They also dabble in jewelry creation, making necklaces, key chains and key rings. Polymer clay sculpting of storytellers, corn maidens and other figures is a highlight as well. The client can include a personal mission statement with any of their crafts to help them towards their recovery.

Alcoholic Anonymous (AA): 11am - 12pm

An AA (Alcoholic Anonymous) meeting immediately follows the Early Recovery Skills and ART Group. Here, participants share their experiences, strength, and hopes towards their recovery. They are also encouraged to find a sponsor by attending outside community AA meetings for relapse prevention. Information on other AA meetings outside the Pueblo of Isleta can be found by calling (505) 266-2177. *IBHS does not provide transportation to outside AA meetings*.



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



Isleta Health Center

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

Coffee & Conversation		2017 Meeting Pueblo of Cancer Suppo @ Isleta Healt 10:30am to 12	Coffee & Conversation	
*Most meetings are from		to 12.00pm in the Isleta He erwise noted; see all dates/	ealth Center Kitchen unless diff times in schedule below.	ferent times/locations
DATE		TOPIC	SPEAKER	LOCATION
5/9/2017 6:00pm - 8:30pm	310	e ning session ¹ Annual Isleta Survivors Day Event	Balloon Release/ Survivor Celebration	Health Training Center
6/13/2017 10:30am – Noon	Ca	ancer Support	Support	Health Center Kitchen
7/11/2017 10:30am – Noon		s Understanding of er/Chronic Illness	Mary O'Hara IBHS Child Adolescent Therapist	Health Center Kitchen
8/8/2017 6:00pm – 7:30pm	EVENING SESSION Familial/Hereditary Cancer Risk Assessment		amilial/Hereditary Cancer Anita Kinney Professor UNM	
9/12/2017 10:30am – Noon Is		leta Genealogy	Richard Garcia, POI Human Resources Director	Health Center Kitchen
10/10/2017 10:30am – Noon		Breast Cancer Dr. Lee Internist, Lovelace Women's Hospital Breast Care Center		
11/14/2017 10:30am – Noon		Potluck	Group	Health Center Kitchen
Topics are subject to change.		•	nie Barela to sign up and 9-4479 Email: sbarela@i	

• IBHS offers another AA evening group weekly on Thursdays at 6:00pm at the Health Training Center (IBHS transportation is provided).

We expect all group members to practice confidentiality and to abstain from any mood altering substance to participate. Finally, we also encourage laughter, a healing medicine, in all our groups.

Adult Day Services Calendar May 2017

Mon	Tue	Wed	Thu	Fri
1.) 9-2 Field Trip San Felipe Feast 9-3 Activities in ADS	2.)10-11 Nutrition Education With Tina 11-12 Chair Exercises 1-3 Plastic Canvas Activity	3.) Beading Day: Necklaces	4.) 10-11 Chair Exercises 11-12 Make Lady bug rocks 1-3 Continue/open activity	5.) 10-2 Field Trip Wal-Mart & Lunch Walmart Save money. Live better.
8.) 10-11 Chair Exercises 11-12 Make Hair Pins 1-3 Continue	9.) 10-11 Morning Walk 11-12 Card Games/ Board Games 1-3 ADS Choice	10.) 10-12 Mother's Day Crafts 1-3 Continue	11.) 10-11:30 ADS Choice 11:30-12 Catholic Mass 1-3 Afternoon walk/ Outdoor Activities	12.) Mother's Day Luncheon @ El Pinto
15.) 10-11 Chair Exercises 11-12 Watercolor Painting 1-3 Continue	16.) 10-12 Paint & Decorate Flower Pots 1-3 Continue	 17.) 9-10 Friendship Breakfast 10-12 General Meeting 1-3 Open Activity 	18.) 10-11 Chair Exercises 11-12 Bead Work 1-3 Continue Beading	19.) 10-12 Puzzle Crafts 1-3 Bingo
22.) 10-11 Chair Exercises 11-12 Manicures & Hand Massages 1-3 Plastic Canvas Crafts	23.) 10-12 Make Lanyards 1-3 Continue/ADS Choice	24.) 10-12 Memorial Day Snacks & Desserts 1-3 Eat & Enjoy!	25.) 10-12 Memorial Day Crafts 1-3 Continue	26.) 9-3 Field Trip El Santurario De Chimayo
29.) Closed	30.) 10-11 Chair Exercises 11-12 Canvas Painting 1-3 Continue	31.) 10-11 Outdoor Activities 11-12 Sew Summer Shawls 1-3 Continue	*Calendar Subject to Change	Commodities May 11th & May 31st

May 2017

Isleta Elder Center Menu

5/1/2017	5/2/2017	5/3/2017	5/4/2017	5/5/2017
Baked Pasta 1/2 c WW rotini, 2 oz g.turkey 1 oz mozz cheese, 1/2 c marinara Green Beans 1/2 c Garlic Bread = 26 g Fresh Fruit	Pork Loin 3 oz Rice Pilaf w/Brown gravy 1 oz Mixed Vegetable 1 c Fruit Cobbler = 1/2 c fruit and 1 grain eq	Turkey and Cheese Roll Up 2 oz turkey, 1 oz cheese 9" Tortilla 3 Bean Salad 1/2 c Potato Salad 1/2 c Fruit Cup 1/2 c Staff Meeting	Southwest Chicken Stew 3 oz Chicken, 1/2 c veggie Zucchini 1/2 c Biscuit = 56 g Fresh fruit	Baked Ham 3 oz Steamed Carrots 1/2 c Peas 1/2 c WW Roll = 56 g Fruit cup 1/2 c
5/8/2017	5/9/2017	5/10/2017	5/11/2017	5/12/2017
Chicken and Rice Soup	Green Chile Turkey Enchiladas	Soft Beef Taco	Meat Loaf 3 oz	Beef Lasagna
3 oz diced chicken, 1/2 c rice	2 oz turkey, 1 oz cheddar cheese	2 oz g.beef, 1 oz shred cheese	Brown gravy 1 oz	3 oz g.beef, 1/2 c marinara sauce
Red chile 1/2 c Winter veggie 1/2 c Breadstick = 26 g Fresh Fruit	corn tortilla = 2 grain eq green chile 1/2 c Chuckwagon corn Fruit crisp = 1/2 c fruit and 1 grain eq	6" Wheat tortilla Lettuce/Tomato 1/8 c Mixed veggies 1 c Fresh Fruit	Mashed Potato 1/2 c Green Beans 1/2 c WW Roll Fresh Fruit	Mixed veggies 1/2 c Garlic Bread Stick = 26 g Fruit Cup 1/2 c Mom's Day
5/15/2017	5/16/2017	5/17/2017	5/18/2017	5/19/2017
Vegetable Stew 3 oz g.beef mixed vegetables 1/2 c Beets 1/2 c WW Roll = 56 g Fruit cup 1/2 c	Pork Tamale 3 oz pork, 1 grain eq Red chile sauce 1/2 c Mixed Vegetables 1/2 c Spanish Rice 1/2 c Fresh fruit	Green Chile stew G.beef or pork 3 oz, Potato 1/2 c green chile in stew 1/4 c Steamed Carrots 1/2 c Biscuit = 56 g Fresh Fruit General Meeting	BBQ Sandwich 3 oz pork, ww bun = 56 g Steamed Broccoli 1/2 c Roasted Red Potato 1/2 c Fruit cup = 1/2 c	Red Chile Beans w/ground turkey G.turkey 3 oz, Red chile 1/4 c Pinto beans (V) 1/2 c Chuckwagon corn 1/2 c Corn bread = 2 grain eq Fresh Fruit
5/22/2017	5/23/2017	5/24/2017	5/25/2017	5/26/2017
Chicken Fajita 2 oz chicken Shred cheese 1 oz, Fajita Veggie 1/2 c Pinto Beans 1/2 c 6" WW Tortilla Fruit crisp 1/2 c fruit and 1 grain eq	Red Chile Posole 3 oz pork or chicken, 1/2 c hominy, 1/4 c red chile Spinach 1/2 c WW bread = 56 g Fresh fruit	Mac n cheese w/ham Ham 2 oz, cheese 1 oz WW elbows 1/2 c Winter Veggies 1 c WW Roll = 56 g Fruit cup 1/2 c	Green Chile Burger 3 oz patty, Green chile 1/4 c WW bun = 56 g Lettuce/Tomato 1/8 c Sweet Potato 1/2 c Brussels Sprouts 1/2 c Fresh fruit	Chicken Caesar Salad 3 oz Chicken, 1 C Lettuce Cucumbers 1 c/Tomato 1/2 c Crouton 1 oz Garlic Breadstick 2 ea = 56 g Fresh Fruit Caesar Dressing 1 oz
5/29/2017	5/30/2017	5/31/2017		
Memorial Day Memory Memory CENTER CLOSED	Bean/cheese burrito Pinto 1/2 c (M/MA), 1 oz cheese 8" Tortilla Mixed veggies 1 c Spanish Rice 1/2 c Fresh fruit	Cream of Potato & Ham Soup 2 oz ham, 1/2 c potato Mixed Vegetables 1/2 c WW Roll = 56 g String cheese 1 oz Fresh fruit		

Calendar Notes: Commodity Dates May 11 & 31, 2017 Location: Isleta Elder Center Time: 8:30am - 4:00pm San Felipe Pueblo Feast	N	b	201	Isler *Cale	tivities Calendar ta Elderly Center (505) 869-9770 ndar Events & Dates object to change.
Day Trip Monday, May 1, 2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Location: San Felipe Pueblo. Time: 9:00am - 4:00pm Catholic Mass Thursday, May 11, 2017 Location: Elder Center Time: 11:00am Health Discussion:	1 San Felipe Feast Day Elder Center Trip 9:00am - 4:00pm All Day Event	2 Open Activities Room: Elder Center 8:00am - 4:00pm	3 Senior Olympian's Meeting Isleta Elder Center 5:30pm - 7:00pm	4 Est. Run/Walk Practice Isleta Rec Center 9:00am - 10:00am Star Wars Day Movie Screening: Rouge One 1:30pm - 3:00pm	5 Shuffle Board Practice Elder Center Center 9:00am - 12:00pm Enhance Fitness Isleta Rec Center 9:00am - 10:00am
Dr. Cumby Thursday, May 11,2017 Location: Elder Center Time: 10:00am - 11:00am Mother's Day Event Luncheon	8 Late 1800's & Early 1900's Isleta Photo Sharing Elder Center 1:30pm - 3:00pm Enhance Fitness Isleta Rec Center 10:00am - 11:00am	9 Open Activities Room: Elder Center 8:00am - 4:00pm	10 Shuffle Board Practice Elder Center Center 9:00am - 12:00pm Enhance Fitness Isleta Rec Center 9:00am - 10:00am	Mass @ 11 Elderly Center Activities Room 11:00a.m. Health Discussion: Dr. Cumby Heat Exhaustion 10:00am - 11:00am	12 Mother's Day Luncheon El Pinto Restraunt 10:00am - 3:00pm Special Event
Friday, May 12, 2017 Location: El Pinto restraunt General Meeting: Snake Awareness Wednesday, May 17, 2017 Location: Elder Center Time: 10:00am - 12:00pm	15 AARP Smart Driver Course Elder Center: 1:00pm - 5:00pm	16 Native American Documentary Screening Elder Center Starting @ 9:00am ALL DAY EVENT	17 Friendship Breakfast & General Meeting: Snake Awareness By: Animal Control Isleta Elder Center 9:00am - 10:00am 10:00am - 12:00pm	18 Est. Run/Walk Practice Isleta Rec Center 9:00am - 10:00am Basic Exercise @ Elder Center 1:30p.m 2:30p.m.	19 Adult Board Games, Puzzles, Crosswords & Coffee 1:00pm - 3:00pm Enhance Fitness Isleta Rec Center 9:00am - 10:00am
AARP Smart Driver Course Monday, May 15, 2017 Location: Elder Center	21 Enhance Fitness Isleta Rec Center 10:00am - 11:00am	22 Shuffleboard Scrimage Monzano Mesa Center 10:30am - 4:00pm	23 Afternoon Bingo Isleta Elder Center 1:00pm - 3:00pm	24 ADVISORY COMMITEE MEETING: Workshop	25 ADVISORY COMMITEE MEETING: Workshop
Time: 1:00pm - 5:00pm Memorial Day Elder Center Closed Monday, May 29, 2017	29 ELDERLY CENTER CLOSED MEMORIAL DAY	30 Open Activities Room: Elder Center 8:00am - 4:00pm	31 Commodity Day Elder Center 8:30am - 4:00pm	Elderly Center All Day Event	Elderly Center All Day Event



Isleta Health Center

Pharmacy Prescription Refills

The staff at the Isleta Health Center's pharmacy knows how important it is that you receive your doctor prescribed medications in a timely manner and we work diligently to get them to you when you need them. However, did you know that it could take up to 24 hours to refill your prescriptions? With this in mind, we can help you get your meds on time by offering you the option to use our automated Prescription Refill Line.

What are the advantages of using this refill line? Here are a few:

- You don't have to come into the clinic to request a refill
- No waiting on hold to speak to a live person
- You can call at any time of the day (24-hour access line)
- You simply need your prescription # for each medication you need refilled (see location of prescription # on sample below)

Seasonal allergies (hay fever)

Allergies are an abnormal response of the immune system. People who have allergies have an immune system that reacts to a usually harmless substance in the environment. This substance (pollen, mold, and animal dander, for example) is called an allergen.

Allergies are a very common problem, affecting at least two out of every 10 Americans

Spring time brings budding trees, green grass, and of course, weeds.

With seasonal allergies, also called hay fever and allergic rhinitis, there are some strategies you can try to keep some of your symptoms under control. Bothersome symptoms include sneezing, congestion, runny nose and itchy eyes.

Try to reduce your exposure to the things that trigger your allergy symptoms.

Stay indoors on windy days.

If possible delegate lawn mowing and weed pulling.



Remove the clothing you have worn outside and shower to rinse the pollen form your skin and hair.

Don't hang laundry outside. Pollen can stick to sheets and towels.

Wear a pollen mask if you do outside chores.

Take extra steps when pollen counts are high

Check your local TV, newspaper or internet for current pollen counts and forecasts.

Close windows and doors at night or any other time when pollen counts are high.

Avoid outdoor activities in the early morning when the pollen counts are highest.

If high pollen counts are forecasted start taking your allergy medication before your symptoms start.

Isleta Pueblo News

MAY 2017	ISLETA	HEAL	TH CENTE	Question	ns? Call 869-3200
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
1 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11a-12p @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	2 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	3 Young Leaders Youth Krew: 4:30p @ BHS. DPP Walking Group: 5:30-6:30p @ DPP Wellness Center.	4 CLINIC OPENS AT 9:50am Grief Group: 1-2p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center. Alcoholics Anonymous: 6-7p @ Health Training Center. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	5 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	6 / 5 SATURDAY, MAY 6 TH Child Safety Seat Clinic 9:00am—11:00am @ Isleta Health Center *Must bring child & car seat *Bring Tribal ID *Low cost seats available if current one is deemed unsafe/unfit for your child (\$20)
8 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11a-12p @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	9 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center. POI Community Cancer Support 'Cancer Survivors Day Event: 6- 8:30p @ Health Training Center.	10 Young Leaders Youth Krew: 4:30p @ BHS. DPP Walking Gro p: 5:30-6:30p @ DPP Wellness Center.	11 <i>CLINIC OPENS AT 9:50am</i> Grief Group: 1-2p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center. Alcoholics Anonymous: 6-7p @ Health Training Center. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	2 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	12 / 14
15 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11a-12p @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	16 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	17 Young Leaders Youth Krew: 4:30p @ BHS. Community Healthy Cooking Class (Diabetes Prevention): 5:00p @ Health Center Kitchen.	18CLINIC OPENS AT 9:50amGrief Group: 1-2p @ BHS.Express Endurance: 5:30-7:30p @DPP Wellness Center.Alcoholics Anonymous: 6-7p @Health Training Center.Express Endurance: 5:30-7:30p @DPP Wellness Center.	19 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	20 / 21
22 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11a-12p @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	23 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	24 Young Leaders Youth Krew: 4:30p @ BHS. DPP Walking Group: 5:30-6:30p @ DPP Well- ness Center.	25 <i>CLINIC OPENS AT 9:50am</i> Grief Group: 1-2p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center. Alcoholics Anonymous: 6-7p @ Health Training Center. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	26 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	27 / 28
29 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11a-12p @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	30 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance: 5:30-7:30p @ DPP Wellness Center.	31 Young Leaders Youth Krew: 4:30p @ BHS. DPP Walking Group: 5:30-6:30p @ DPP Wellness Center.	Reminder: "DPP" = Diabetes Prevention "BHS" = Behavioral Health Se		

3rd Annual Cancer Survivors Day Event

MAY 9, 2017 \$ 6:00 - 8:30 p.m.

@ the Health Training Center (located behind the main Health Center building)





CANCER

SURVINORS

Call Stephanie

Barela for more

information at 869-4479.

NEEDED: We are looking for cancer

survivors and/or cancer caregivers to participate on a speaker's panel. Compensation is available. Please call if interested!

Child Safety Seat Clinic <u>3 OUT OF 4 CHILD SAFETY SEATS ARE USED INCORRECTLY.</u>

Could yours be one of them?

Learn How to Properly Install Your Child's Car Seat to Keep Them Safe!*



Saturday, May 6th 9:00am – 11:00am

Balloon Release, Food, Music, Presentations, Prizes & More!



Isleta Health Center 1 Sagebrush Street, Isleta, NM

Have your child safety seat or booster seat inspected for recalls, broken parts, improper installation, and appropriateness for your child. Learn the restraint law in New Mexico. There is no charge for this service.

Please bring Tribal ID.

*Must have child and car seat present!

A donation of \$20 is requested if a replacement child safety seat is needed.

CALL 869-4479 FOR MORE INFORMATION







