



Isleta Pueblo News

Volume 10 Issue 5

Pueblo of Isleta website: www.isletapueblo.com

May 2015

FROM THE OFFICE OF THE GOVERNOR

MA GU WAM

Pueblo of Isleta hosts International Visitors

April 1, 2015, the Pueblo of Isleta Administration played host to a delegation of Afghanistan Government Officials sponsored through a U.S. State Department Program for International Visitors. The delegation of 16 Afghanistan officials were in the States to examine effective governance of a sovereign community under the federal umbrella. Governor Eddie P. Torres and 1st Lt. Antonio Chewiwí responded to questions from the delegation on various subject matter to include;

- U.S. Federal system of government, division of powers and interaction between national, state, and Tribal Governments.
- Laws and initiatives to promote government accountability, transparency, and the ethical conduct of government officials.
- Tribal member and civil social engagement with tribal government and policy development.
- Tribal initiatives and trends such as economic development, environmental sustainability, & governmental partnerships.

We are proud that the US State Department Program for International Visitors views the Pueblo of Isleta as being an example of an effective tribal governance.

Governor E. Paul travels to Washington, D.C.

April 21, 2015

Governor E. Paul Torres traveled to Washington, D.C. to meet with the Department of Interior Officials to demand the Pueblo's rights concerning the Isleta Diversion Dam pursuant to the 1983 Stipulation for Compromised Settlement entered into by the United States and the Middle Rio Grande Conservancy District (MRGCD) (United States v. MRGCD, No. 80-945P (D.N.M.)). The Pueblo has long sought to resolve not only the trespass issue but also agricultural, operational, and practical problems stemming from MRGCD operation of the Isleta Diversion Dam (IDD). Among the problems that the Pueblo has previously brought to the attention of the Bureau of Reclamation (BOR) are: (1) the formation of islands and sand bars both up and down stream of the IDD, (2) the repeated sedimentation of the Pueblos' irrigation ditches, (3) the unsightly nuisance and potential safety hazard caused by the drying piles of silt dredged from canals and Acequia on both the east and west sides of the Pueblo and, (4) that

MRGCD has been operating the dam without any formal agreement or license from the Pueblo of Isleta. The Pueblo recently issued a letter to the Department of Interior officials demanding the Pueblo's rights under the 1983 Stipulation.

April 28, 2015

Governor Eddie P. Torres traveled to Washington DC., to provide testimony before a Congressional Committee regarding the National Labor Relations Board, which ruled that tribal governments are subject to the NLRA when acting more "commercially" than "governmentally," a distinction and classification that the NLRB has never applied to state and local governments operating enterprises, liquor stores, lotteries, and providing other goods and services in the marketplace. Governor Torres will provide testimony that supports federal legislation that would amend the National Labor Relations Act to clarify that tribal governments are not subject to the provisions of the National Labor Relations Act.

Southwestern Indian Polytechnic Institute, Albuquerque, NM

On April 17, 2015 the Southwestern Indian Polytechnic Institute (SIPI), a National Indian Community College, held their 2015 Commencement Ceremony at the SIPI Gymnasium. The commencement speaker for the event was Congresswoman Michelle Lujan Grisham, representing New Mexico's 1st Congressional District. The message from Congresswoman Lujan Grisham was



Congresswoman Michelle Lujan Grisham at the 2015 SIPI Commencement.

that we will all need to work together to lift the state out of poverty by creating opportunities for New Mexico families. We are all very proud and honored to recognize all the students who have attained their Degrees/Certificates. The Pueblo of Isleta was represented at the Commencement Ceremony by 1st Lieutenant Antonio Chewiwí.

Message from Governor Eddie Paul Torres

Thank you Great Spirits, for allowing us to participate and live our culture and traditions so we may endure and live in peace and harmony with one another. Let us remember our dearly departed brothers and sisters in our prayers and hold in your hearts fond memories. May the Great Spirit always guide you and look over you.

PROBATE NEWS

FIRST NOTICE – A Petition to Probate the Estate of Mary Isabel Cooka, deceased November 4, 2014, Case. CV-PR-0190-2014, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for Wednesday, May 13, 2015. 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. If you have any questions, please contact the Isleta Tribal courts Clerk at (505) 869-9699.

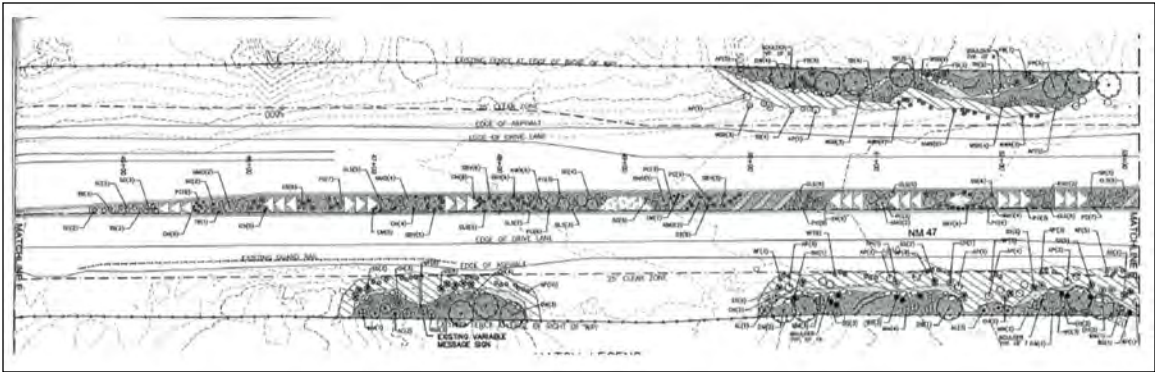
NOTICE OF PUBLIC INFORMATION MEETING

PROJECT:
TRIBAL ROAD 78
IMPROVEMENTS PROJECT

A Public Information Meeting will be held on Wednesday, May 20th, 2015 from 5:30pm – 7:00pm to review the design details of the PROJECT. The meeting location will be posted at various locations throughout the Pueblo well in advance of the meeting.

NM47 Landscape Improvements Project

The NM47 Landscape Improvements Project is under construction as of Monday April 20, 2015. The project includes landscaping the median from north of the Tribal Services Complex Intersection where the existing landscaping ends, to the Isleta Lakes Road Intersection. In addition, five (5) locations along the roadside between the asphalt pavement and the right-of-way fencing will be landscaped. **The Plan Drawing provides a sample of the areas that will be landscaped.**



PLAN DRAWING SHOWING SEVERAL AREAS THAT WILL BE LANDSCAPED

The roadside landscaping will include artwork designed by Local Artists. The **Architectural Renderings** provided below were developed by the Architect in collaboration with PSD Staff and Pueblo of Isleta local Artists, Robin Teller and Ron Olguin, during the early stages of the design process. The Design Drawings shown below are 2 of the 3 final art pieces that will be fabricated and installed during construction.

The landscaped areas will include irrigation, lighting, maintenance-parking pads, colored concrete accents, various shrubs and trees, boulders, gravel and seeding.

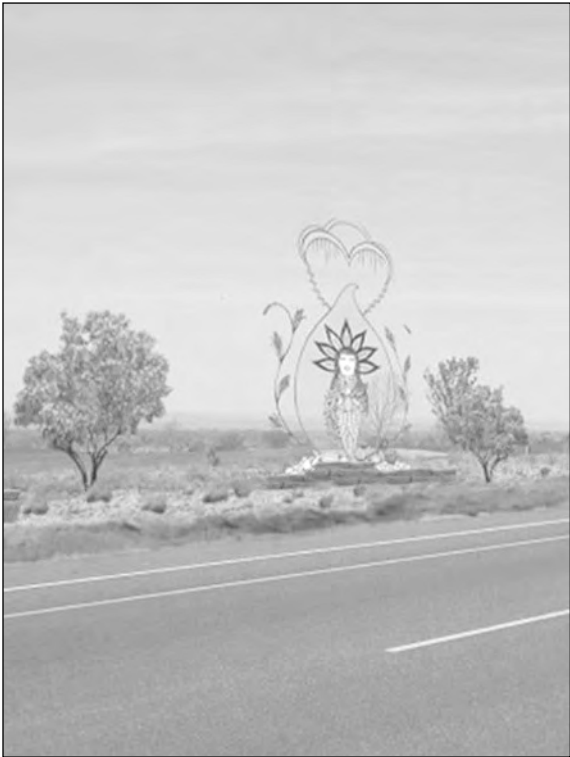
The project is scheduled to be completed by October 2015 and the Prime Contractor is Kimo Constructors. Please be aware that various lane closures will be set up along NM47 during the day and at night at different times throughout construction of the Project.



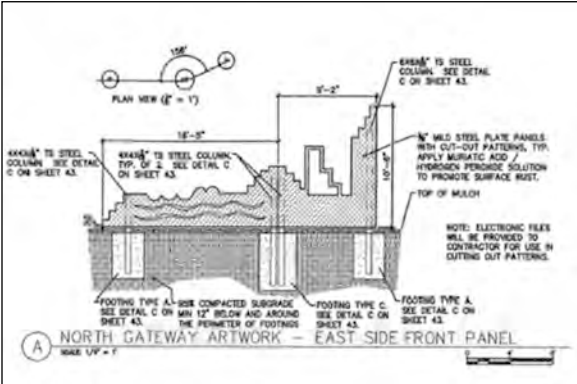
ARCHITECTURAL RENDERING OF STEEL ARTWORK – NORTH END OF PROJECT EAST SIDE OF NM47



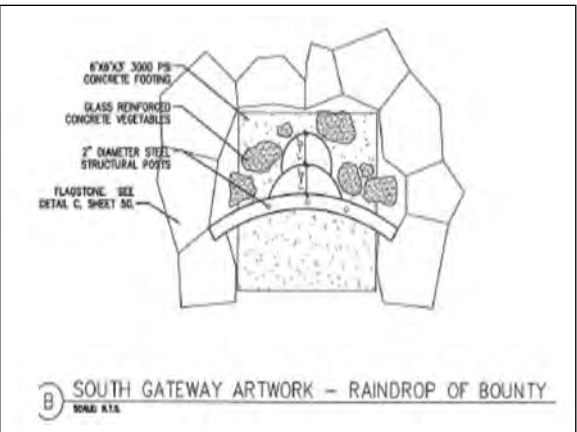
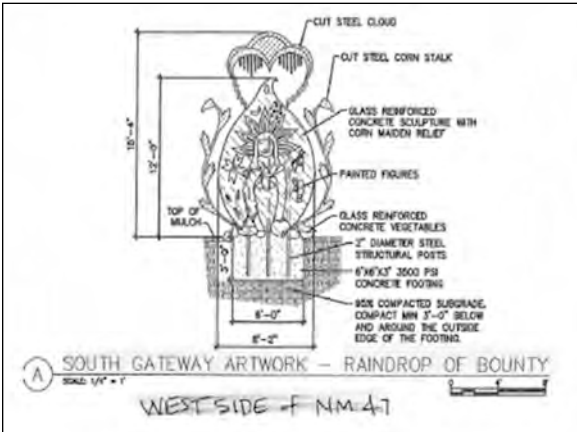
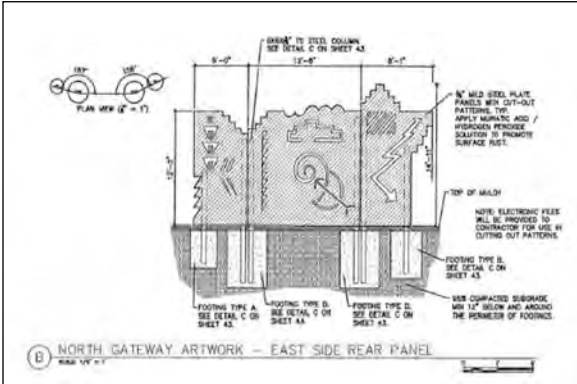
RENDERING – NORTH END OF PROJECT WEST SIDE OF NM47



RENDERING – SOUTH END OF PROJECT WEST SIDE OF NM47



DESIGN DRAWINGS FOR STEEL ARTWORK - NORTH END OF THE PROJECT EAST SIDE OF NM47



DESIGN DRAWINGS FOR CONCRETE/GLASS ARTWORK - SOUTH END OF THE PROJECT WEST SIDE OF NM47

Attention Isleta Irrigators

Please attend an

INFORMATIONAL MEETING

Wednesday, May 13, 2015

At Isleta Resort & Casino

6:30 – 8:30 p.m.

AGENDA

1. Water Availability Update
 - Reservoir storage report (Amount to be stored for Prior & Paramount Water)
 - Runoff projections
 - Long-term water & weather forecast
2. MRGCD Water Delivery and Distribution Policy including:
 - Delivery of Prior & Paramount Water this season
 - Enforcement of unlawful diversions by MRGCD users
 - New Agreement for MRGCD Water Delivery to Indian Lateral #1
3. Call(s) for P & P Water
4. Discussion on Isleta Diversion Dam
5. Announcements
6. Questions & Answers from audience
7. Closing

MRGCD INVITED GUESTS

Board Chairman, Derrick Lente
MRGCD Board Members & Candidates
MRGCD CEO, Mike Hamman
MRGCD Hydrologist, David Gensler
MRGCD Ditch Rider, Raul Vargas
Bureau of Reclamation, Viola Sanchez

FOR FURTHER INFORMATION, CONTACT

Your Mayordomo
or
Michael Allen Lente
Tribal Council Vice President

THIS INFORMATIONAL MEETING IS FOR TRIBAL MEMBERS ONLY

Hosted by the Isleta Water Commission



Election Day for the Middle Rio Grande Conservancy District Board of Directors is Tuesday, June 2, 2015

The Isleta Pueblo polling location for the June 2nd MRGCD Election is the New Recreation Center on Tribal Road 40. Any qualified elector may vote at any polling location within the Conservancy District. Polls will be open from 7:00 a.m. until 7:00 p.m.

Information about the election including the list of qualified candidates for the MRGCD Board of Directors is available on the MRGCD website at <http://www.mrgcd.com/>. Look for the red checkmark "Vote" icon on the MRGCD homepage.

Tribal members who are 18 years old or older are qualified and encouraged to vote in MRGCD Elections. Be aware that MRGCD uses names of tribal members as they appear on the tribal roll. MRGCD recommends that tribal members take their official tribe identification card to the voting location.

Early voting is available:

Any qualified elector may vote early. A map and list of early voting locations is available at the Governor's Office and on the MRGCD website.

Early voting dates are May 18 to May 22 and May 26 to May 30th. Early voting is not available on Memorial Day (May 25th).

Early voting locations are open Monday through Friday 8:00 a.m. to 5:00 p.m. and on Saturday, May 30th from 8:00 a.m. to 5:00 p.m.

How to vote by Absentee Ballot:

Any qualified elector may vote by absentee ballot. The Absentee Ballot Application form is available at the Governor's Office and can be printed from the MRGCD website. The application is a two-page form that must be filled out, signed and returned to the MRGCD Election Director at Automated Election Services, PO Box 44607, Rio Rancho, New Mexico 87174, dropped off at the MRGCD District Office or any MRGCD Division Office.

In the box for "Legal description of qualifying property," write: Pueblo of Isleta tribal member.

Absentee voting began April 23, 2015. IMPORTANT NOTE: The District must receive Absentee Ballots by Saturday, May 30th (this is not a postmark deadline).

Questions?

If you have any questions about the MRGCD Election, you may contact the Conservancy District during business hours at 247-0234.

LETTER FROM THE EDITOR

Deadline for the June Newsletter articles is set for Thursday May 21 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02005@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 other the phone to generate your article.

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

The sixteen Newsletter distribution locations are:

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



Probate News: Since Probates are a court and legal matter where spelling and information is highly critical, it is best that the family member's submitting the Probate notice take the time write the notice. Remember, it is the petitioner's responsibility to provide all information to the Isleta Newsletter.

The Newsletter staff and Valencia Express should not be expected to write your article as we know nothing of the Probate Case. For questions regarding Probates, please call the Tribal Courts at 505.869.9699. Thank you for understanding.

For more information about restocking newsletters and newsletter articles, please call the Pueblo of Isleta Public Library at 505.869.9808.

Isleta Business Corporation Employment Opportunities

The following IBC subsidiaries are looking for talented and driven individuals who are seeking to work for a business corporation that promotes, encourages, and values professional growth and development; and, who is guided by the Pueblo of Isleta's (POI) culture, traditions, and values of adaptability, integrity, honor, and leadership.

Isleta Travel Center/Isleta One Stop/Heisenburger Restaurant: Open Until Filled

Line Cook:

The Line Cook works in a team-oriented, high-volume, fast-paced, guest-centric environment to fulfill our customers' craving for a Pueblo of Isleta and Hispanic traditional eating experience. The Line cook is directly responsible for preparing high quality food order for guests by way of accurately and efficiently cooking hot food products/orders and preparing and portioning food products prior to cooking. Additional responsibilities include, but are not limited to, following recipe and presentation guidelines to meet or exceed customers' expectations; coordinating food orders to support timely and efficient delivery to each table; plating and garnishing cooked items and preparing appropriate garnishes for all hot and cold menu items/plates; ensuring proper food safety and sanitation standards to ensure guest safety and meeting special guest requests while ensuring same high quality standards.

Qualifications:

1. Must be able to perform basic mathematics to include, but is not limited to, adding, subtracting, multiplying, and dividing in all units of measure, using whole numbers, common fractions, and decimals.
2. Must be able to keep abreast with updates to policies and procedures and must be able to perform all duties and responsibilities in a timely and professional manner, at all times.
3. Must be able to communicate, in English, in an effective courteous manner. Must have good interpersonal skills. Second language, preferred.
4. Must exhibit and promote good customer service skills to include a high level of integrity, confidentiality, and respect for all customers and IBC.
5. Must possess strong organization, time management and planning skills and be able to take direction and feedback well.
6. Must be able to work a flexible and varying schedule to include days, evenings, weekends, and holidays.
7. Must be able to work cooperatively and professionally both with others and independently.
8. High School Diploma or General Educational Degree (GED), required.
9. Associates Culinary Degree, preferred.
10. Two (2) years previous cooking experience, required.
11. Must possess and maintain or be able to obtain, within the first 30 days of employment, and maintain a valid Food Handlers Card (FHC) New Mexico Alcohol Server's License (NMASL), or be able to obtain a FHC and NMASL within one (1) month of employment, required.

Sales Associate:

The general responsibility of the Sales Associate is to conduct, one-on-one, sales transactions for all incoming C-Store customers in a timely and professional manner. The Sales Associate maintains general upkeep of the concession area and is responsible for protecting and securing all store assets and company issues property, by way of, adhering to all IBC established policies and Standard Operating Procedures. Additional responsibilities include promoting a welcoming and professional customer service atmosphere through professional, courteous, and professional customer service interactions.

Qualifications:

1. Must be 19 years of age, or older as this is a packaged alcohol sales position;
2. Must possess a current and valid New Mexico Alcohol Server's License or be able to obtain one within one (1) month of employment, required and mandatory;
3. Minimum of three (3) consistent months of cash handling and customer service experience;
4. Must be able to professional and tactfully communicate, in English, in an effective and informative manner. Second language preferred.
5. Must be able to perform basic mathematics in include, but is not limited to, adding, subtracting, multiplying, and dividing all units of measurements.
6. Must possess moderate computer skills and be able to operate Microsoft applications and Passport cash register systems.
7. Must be able to work a flexible and varying work schedule to include days, evenings, nights, weekends, and holidays

Native American Insurance Group (NAIG): Open Until Filled

Native American Insurance Group (NAIG) offers a broad range of insurance products to include Health, Dental, Vision, Supplemental

and Property and Causality products. NAIG is seeking qualified, driven, team oriented, and enthusiastic Licensed Agents to promote and develop organizational growth.

If you are interested in applying, submit your resume to IBC Human Resources (HR) at 3950 Highway 47 SW Suite C127A Albuquerque, NM 87105 either in person or via traditional mail, or via email at HR@isletabc.com. If you have questions or would to obtain further information please contact IBC HR at HR@isletabc.com, by phone at (505) 869-7568, or in person. For a listing of all open positions for the above subsidiaries please visit the POI career page at <http://www.isletapueblo.com/careers.html>.

Velocity Build, LLC: Always Accepting Applications

IBC, doing business as Velocity Build, LLC is a Native American owned construction company specializing in water and sewer utilities and earthwork.

Construction Foreman:

This individual will be in charge of overseeing a 2 to 10 person construction crew and is responsible for the day to day operations, on assigned construction projects. Such responsibilities includes, but is not limited to, scheduling and coordinating work, site paperwork, grade checking, and directing employees.

Qualifications:

1. Applicants should have a good driving record and current driver's license; and
2. Applicants should have a minimum of 5 years of verifiable experience as a Foreman in the water and sewer and earthwork industry.

Heavy Equipment Operators:

This individual is responsible for operating all heavy equipment, as needed and directed.

Qualifications:

1. Applicant should have a minimum of 2 years verifiable experience as a Heavy Equipment operator; and
2. Applicant should be able to operate excavators, loaders, rollers, dozers, motor graders, and scrapers as used on construction projects.

Pipe layers:

This individual is responsible for direct installation and fabrication of materials for construction projects.

Qualifications:

1. Applicant should have a minimum of 2 years of experience as a pipe layer, in all types and facets of water and sewer utilities.

Laborers:

This individual is responsible for performing labor intensive work for various construction projects, as needed and as directed.

Qualifications:

1. No prior experience necessary;
2. Applicants should possess basic skills working with hand tools; and
3. Applicants should be willing to take and apply direction and guidance.

IBC, through, Isleta Travel Center and Isleta One Stop Introduces:



IBC is excited to announce Heisenburger is now open and the remodel of the Isleta One Stop has been completed. In celebration of this, we invite the Pueblo of Isleta Community and its many members, to come enjoy our freshly made to order burgers, burritos, deli sandwiches, and more at 20% off your entire purchase in honor of our Grand Opening. Discount valid until May 31, 2015 and cannot be combined with any other offer(s).



RÉSUMÉ WRITING & INTERVIEW SKILLS TRAINING

HOSTED BY ISLETA RESORT & CASINO

THURSDAY, MAY 7, 2015

10AM | RÉSUMÉ WRITING SESSION

3PM | INTERVIEW SKILLS TRAINING

PUEBLO OF ISLETA DEPARTMENT OF EDUCATION
950 MOONLIGHT DRIVE, ALBUQUERQUE, NM 87105

The résumé writing & interview skills training sessions are free and open to all Tribal Members.

For more information please contact

LAURA HILDALGO
STAFFING SPECIALIST
505.244.8206

MARI VALENZUELA
STAFFING SPECIALIST
505.724.3920



2015

PUEBLO OF ISLETA JOB FAIR



ISLETA
resort • casino

OPEN TO ALL PUEBLO OF ISLETA TRIBAL MEMBERS

BUSINESS CASUAL

BRING PRINTED COPIES OF YOUR CURRENT RESUME

MAY 9, 2015 | 9AM - 1PM
ISLETA EAGLE GOLF CLUB

Internal Career Opportunities



****PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED****
PLEASE SUBMIT TRANSFER REQUEST TO HUMAN RESOURCES

Staffing Specialist: Laura Hidalgo 244-8206 OR Mari Valenzuela 724-3907

Updated: April 27th, 2015

| Auto req ID | Title | Department | Division | Date opened |
|-------------|-------------------------------------|------------------------|--------------------------|-------------|
| 390BR | MANAGER CUSTODIAL | CUSTODIAL | FACILITIES | 14-Apr-2015 |
| 287BR | PREVENTION MAINT TECHNICIAN | FACILITIES MAINTENANCE | FACILITIES | 07-Nov-2014 |
| 28BR | SERVER BEVERAGE | F&B BEVERAGE SERVICES | FOOD & BEVERAGE | 10-Mar-2014 |
| 139BR | COCKTAIL SERVER CENTER BAR | F&B CENTER BAR | FOOD & BEVERAGE | 22-Apr-2014 |
| 364BR | CASHIER SERVER - F&B CHILLS | F&B CHILL COFFEE BAR | FOOD & BEVERAGE | 10-Mar-2015 |
| 168BR | ATTENDANT CONCESSIONS - CHILI RISTA | F&B DELI | FOOD & BEVERAGE | 02-Jun-2014 |
| 378BR | SERVER - TIWA | F&B TIWA | FOOD & BEVERAGE | 16-Mar-2015 |
| 35BR | DEALER - POKER | POKER | GAMING | 10-Mar-2014 |
| 328BR | ATTENDANT FLOOR-SLOTS | SLOTS | GAMING | 30-Dec-2014 |
| 162BR | FLOOR TECHNICIAN-SLOTS | SLOTS | GAMING | 20-May-2014 |
| 385BR | TEAM MEMBER-COUNT | COUNT | GENERAL & ADMINISTRATION | 26-Mar-2015 |
| 219BR | SAFETY TECHNICIAN | RISK MANAGEMENT | GENERAL & ADMINISTRATION | 04-Aug-2014 |
| 389BR | AGENT-GUEST SERVICE | HOTEL GUEST SERVICES | HOTEL | 14-Apr-2015 |
| 392BR | ATTENDANT LAUNDRY | HOTEL HOUSEKEEPING | HOTEL | 14-Apr-2015 |
| 398BR | MANAGER CONVENTION SVCS | HOTEL SALES | HOTEL | 22-Apr-2015 |
| 399BR | MANAGER SALES CATERING | HOTEL SALES | HOTEL | 24-Apr-2015 |
| 151BR | ATTENDANT VALET | VALET | HOTEL | 20-May-2014 |

Join the Pueblo of Isleta Workforce!



The Pueblo of Isleta offers a wide range of career opportunities with competitive salaries and excellent benefits. Search the current career opportunities and apply today!

(505) 869-7584 Office
(505) 869-7579 Fax
poemployment@isletapueblo.com

Pueblo of Isleta
Human Resources
P.O. Box 1270
Isleta, NM 87022

Career Opportunities

| Location | Position Posting | Closing Date |
|-----------------------------|--|-------------------------------------|
| Administration | Tribal Treasurer | Open Until Filled |
| Administration | Ranch Foreman (2 Positions) - NEW | 05/05/2015 |
| Elder Center | Personal Care Service Aide (4 positions) | Open Until Filled |
| Elder Center | Veteran Support Service Program Member | Open Until Filled |
| Headstart | Child Care Provider | Open Until Filled |
| Headstart | Disabilities Coordinator | Open Until Filled |
| Headstart | Nutritionist Coordinator | Open Until Filled |
| Health Center | Billing Clerk | 04/28/2015 |
| Health Center | CHR Van Driver (Occasional) | Open Until Filled |
| Health Center | EMT Paramedic (3 Positions) | Open Until Filled |
| Health Center | Physical Therapist (Part-Time) | 04/28/2015 |
| Health Center | PRN EMT-Basic (Occasional) | Open Until Filled |
| Health Center | PRN EMT-Intermediate (Occasional) | Open Until Filled |
| Health Center | PRN EMT Paramedic (Occasional) | Open Until Filled |
| Health Center | Special Events Communication Assistant | Open Until Filled |
| Housing Authority | Carpenter (Two Positions) | Open Until Filled |
| Housing Authority | HVAC Technician | Open Until Filled |
| Housing Authority | Plumber | Open Until Filled |
| Human Resources | Human Resources Assistant | 04/28/2015 |
| Isleta Business Corporation | Alcohol Beverage Sales Rep | Open Until Filled |
| Isleta Business Corporation | Food Server | Open Until Filled |
| Isleta Business Corporation | Licensed Agent | Open Until Filled |
| Isleta Business Corporation | Line Cook - UPDATED | Open Until Filled |
| Isleta Business Corporation | Sales Associate | Open Until Filled |
| MIS | Network Administrator | Open Until Filled |
| MIS | PC Technician I | Open Until Filled |
| Police Department | Police Officer | Continuously Accepting Applications |
| Police Department | Police Sergeant | Open Until Filled |
| Public Services | GIS Specialist | Open Until Filled |
| POI Elementary School | Educational Program Administrator | Open Until Filled |
| POI Elementary School | IES Governing Board Member (7-Seven) | Open Until Filled |
| POI Elementary School | Principal | Open Until Filled |
| Recreation Center | Lifeguard (Regular Part-Time) | Continuously Accepting Applications |
| Recreation Center | Recreation Aide (14 Positions) | Open Until Filled |
| Recreation Center | Weed/Litter Crew (8 Positions-Part Time) | Open Until Filled |
| Treasury | Accountant - NEW | 05/05/2015 |

Interested persons who meet the minimum qualifications must submit a completed, signed Pueblo of Isleta Employment Application. A resume may be submitted with the application but not in lieu of.



Carol Jiton
(505) 869-7587
po70103@isletapueblo.com

Contact A POI Recruiter Today!
Myra Garro
(505) 869-9792
po7001@isletapueblo.com

Richard Garcia
(505) 869-7585
po70106@isletapueblo.com

Up to the minute Position Postings and Employment Applications may be obtained from the Career Opportunity Webpage at: <http://www.isletapueblo.com/careers.html>



Pueblo of Isleta Public Library

Greetings earthlings! Time is flying by; can you believe it is already going to be summer soon? May marks the halfway point between the first day of spring and the summer solstice. Now is a good time to start “working out”, for some of us we have been saying that since January. Happy Mother’s Day to all the Mothers, Grandmas, Aunties, Sisters, and Fathers who also play that special role of being a mother. Blessings to you and your family. We would also like to recognize those who have passed on and served in the United States Armed Forces. You are not forgotten.

News

Once again, the Library will be closed from 8:00am-12:00pm on Wednesday May 6th for our monthly staff meeting. We will be preparing for the upcoming Summer Reading Program and discussing future programs.

The Library will also be closed on Saturday May 23rd and Monday May 25th for the Memorial Day Weekend. Friendly reminder that Library Media material checked out on Thursday will be due on Tuesday May 26th.

As a friendly reminder that our book drop in front of the Library has been closed as of last year due to vandalism and misuse of the book drop. Please do not try to force movies or books in the box as you might damage them or they may be stolen and you will be held liable for the items. Thank you!

Upcoming

We will be having a Mother’s Day Craft open to 10 students. Come into the Library Art Room and make a special gift for your mom or that special person in your life that you consider “mom”. No moms allowed during the craft! Please call the Library to speak to Dianna for more information on this craft at 505-869-9808.

Summer Reading Program Registration will be May 15th starting at 7:00am. We have openings for 20 juniors ages 3 years old to 6 years old, and 30 youth ages 7 years old to 18 years old. Unlike previous years we have had the same theme for both Juniors and Youth. This year the juniors will focus on Art, drama, and song, while the youth will focus on science. Juniors will be doing activities that are hands on, learn about colors and shapes, and create art based on daily readings from a book chosen for that day. Youth will be meeting in reading groups based on the age group for 30 minutes and then they will be conducting experiments within their groups while writing daily science logs. Juniors will meet in the morning from 9:00am-12:00pm. Youth will meet in the afternoon from 1:00pm-4:00pm. We will be collaborating with the Bernalillo county summer lunch program so Lunch will be provided for all Summer Reading Program students as well as ANY children ages 1-18 years old. Lunch will be served everyday from 11:30am-1:00pm. We do not provide transportation to or from the library. If you have questions about the Summer lunch program or the Summer Reading Program, please give the library a call to talk to a library staff member 505-869-9808.

Attention all gamers!! The Library will host a Computer Game tournament featuring the game HALO on Friday, May 29th

starting at 1:30pm. This will be open to 16 gamers and is first come, first serve. “Slayer” will be the game of choice, the first person to get 25 kills wins or who has the most kills at the end of the round. The top 10 will advance to the next round; there will be a total of 3 rounds. Prizes will be given to 1st, 2nd and 3rd places. Please call Christino at the Library for any additional questions 505-869-9808.

Breaking Bad fans, did you hear we now have a restaurant called the Hiensburger, which opened up at the Isleta One Stop? The Library will take 10 adults on the Breaking Bad RV tour! What is the catch? Come into the Library and sign up for our book club based off the Philosophy of Breaking Bad and critical thinking about the motives of Walter White and the rest of the Breaking Bad characters. The tour will take place on May 30th and you must attend at least 4 out of 5 book club meetings where we discuss readings from the book, review the seasons of Breaking Bad and share our thoughts on the Philosophical side of the show. Please speak with Cheyenne or Tara at the Library 505-869-9808.

Recap

Peralta Playhouse made a visit to the Library on Friday April 17th and Monday April 20th. Diane Abeita read the each group of students a story called “Elephants can’t jump” by Jeanne Willis. After the story was done Diane led them into the Art

room to do a craft where they made paper sunglasses and were able to decorate them with sequins and beads. Thank you Peralta Playhouse for coming to visit us and hope to see you all again!

Our Fancy Shawl Dance group has come to an end. For the past month and a half the girls learned about Fancy Shawl Dancing, outfit making, and powwow etiquette led by Library staff member Tara Abeita. The Girls had their first and final performance at the Los Lunas/Valencia high school honoring the seniors of 2015 powwow held at the Isleta Recreation Center Saturday April 18th. The Final weeks of the dance program the parents, grandparents and girls worked on their Fancy Shawl Regalia. The group was able to get some practice in before the performance and also practiced at home in preparation. The girls were given two songs back to back during the powwow and danced their hearts out and made their families proud. The ultimate goal of this program was to build confidence and pride of their Native American heritage, expression through dance, design, sewing and to bring families together. All the girls showed dedication and patience during the program while being energetic during all practices held at the library. Thank you to the parents, grandparents, friends and families for supporting the girls. The girls kept their outfits and are now able to participate in local powwows and represent the Isleta community proudly.



Girl’s Fancy Shawl Dance Group posing before Grand Entry at the Isleta Recreation Los Lunas/Valencia High School Powwow Saturday April 18th.



Fancy Shawl Dance Group Performance during the powwow.



Spinning and showing her moves during the Fancy Shawl's Dance Group performance.

Hours of Operation:

Library Hours

Mon-Thurs - 8:00a.m. - 6:30p.m.
 Friday- 8:00a.m. - 4:30p.m.
 Saturday- 9:00a.m. - 1:00p.m.
 Closed on Sundays, all federally recognized holidays and also Isleta traditional holidays.

Please contact library for more information on closures.

Mailing and Physical Address:

950 Moonlight Drive
 Albuquerque, NM 87105

Phone: (505) 869-9808

Email: poi02002@isletapueblo.com

Facebook Page:

www.facebook.com/IsletaPuebloLibrary

Web Address:

www.isletapueblo.com/library2.html

YouTube:

www.youtube.com/user/poilibrary

**The LORD will fulfill
 his purpose for me.**

Psalm 138:8



Thank you to the Isleta Pueblo community and the St. Augustine Parish community for all your prayers during the recovery of our son, Soorwhee (Damacio Chewiwi).

From the
 Zuni and Chewiwi families

Isleta Pueblo News



Editor:

Nathaniel Lujan

Asst. Editor:

Tara Abeita

Published By:

Valencia Express

Pueblo Of Isleta Public Library
HALO GAME TOURNAMENT
May 29th 2015

AGES 8&UP

DO YOU HAVE WHAT IT TAKES TO PLAY HALO? THERE WILL BE A HALO GAME TOURNAMENT ON MAY 29TH AT 1:30PM ON THE LIBRARY COMPUTERS IN THE GENERAL AREA WE WILL HAVE 16 SLOTS OPEN FIRST COME FIRST SERVE THE TYPE OF GAME WE WILL BE PLAYING IS SLAYER THE FIRST PERSON TO GET 25 KILLS WINS OR WHO HAS THE MOST KILLS WHEN THE ROUND ENDS THE TOP 10 WILL ADVANCE TO THE NEXT ROUND THEN WE WILL DO THE TOP 5 THEN TOP 3 OUT OF THE 5 WILL PLAY AGAINST EACH OTHER FOR 1ST 2ND AND 3RD PLACE.

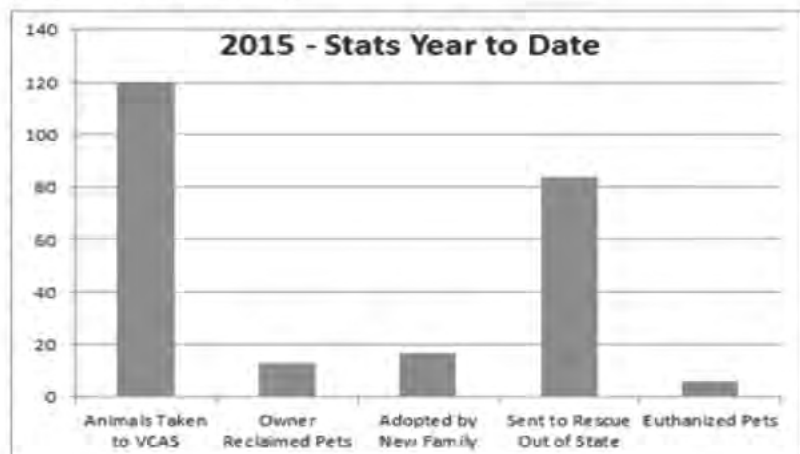
IF YOU HAVE ANY QUESTIONS PLEASE
 CALL CHRISTINO AT THE LIBRARY
 PHONE: (505) 869-9808

GameWallpapers.com

POI Animal Control

Stats for New Year to date

From the beginning of this year, 2015, Animal Control has transported 120 animals to the Valencia County Animal Shelter (VCAS). Of those 120 animals, only 11% of the animals were reclaimed by their owners, 14% were adopted by a new family, 70% were sent to various "rescue" organizations in other states and 5% were euthanized. It is very important to call Animal Control immediately if your pet has gone missing.



Stats for March 2015

In March the combined total number of animals taken to VCAS was fifty two (52), forty three (43) were dogs and nine (9) were cats.

DOGS:

- Twelve (12) were stray* dogs from various areas and none of the twelve dogs were reclaimed by owners.
- Two (2) of those dogs were taken to VCAS for quarantine due to biting a person or attacking another animal.
- Twenty nine (29) dogs were released by owners for various reasons to animal control.
- One (1) canine running at large was returned home to its owner.
- Ninety seven percent (97%) of all the dogs taken to the shelter in March have been put up for adoption or sent to rescue facilities in Colorado and Utah.
- None of the dogs taken in to the shelter in March have been euthanized.

*Stray meaning, an animal that has no identification to properly identify its owner.

CATS:

- Nine (9) cats were taken to VCAS.
- Sixty seven percent (67%) of the cats have been put up for adoption.
- Thirty three percent (33%) were euthanized because they were unfit for adoption.

Welcome to your New Elder Center

Every year the spring season is a new beginning for a lot of different reasons. However, this year the spring has brought the Pueblo Of Isleta Elder Center Program a new building as well as a fresh start. On April 13, 2015, the Isleta Elder Center officially opened the doors of its brand new facility to the Isleta Pueblo community.

The new building has an all-around beautiful pueblo design featuring smooth textured walls, wood floors, large vigas, fire places, and various outdoor patio areas, this facility is truly a site to see.

All services are now back on regular scheduled time 8:00am – 4:30pm with lunch being served starting at 12:00pm. A Grand Opening Ceremony for both the Isleta Elder Center & Assisted Living Facility is scheduled for May 30, 2015. For more information about any of the Isleta Elder Center services please call (505)869-9770.

PRESS RELEASE

On Monday April 20, 2015 at 1334 hours a black Labrador mixed eight (8) month old puppy was picked up from a residence located within the village proper area. The canine was requested to be picked up due to it running around and began to show aggression after biting two small kids on Sunday April 19, 2015, the dog bites were never reported to Isleta Animal Control.

While talking with the calling party and getting information on the canine, we were informed the canine's temper and demeanor had changed in less than a 12 hour period. The canine displayed confusion, biting the air and salivating (which are some signs of rabies)

It's that time of year again ... time to Pre-enroll your children for school!

Hello and happy Spring to you all from the Pueblo of Isleta Elementary School Transition Team! It is with great excitement that we announce that the Pueblo of Isleta Tribal Council has now confirmed six (6) Pueblo of Isleta Elementary School (POIES) Governing Board members. Please help us in congratulating: Mr. (Tata) Michael Jojola, Ms. Paulette Tewaheftewa, Ms. Margo Michelle Jojola, Dr. Tracia Jojola, Mr. Gilbert Sanchez and Mr. Jose Richard Lucero. By Tribal Council's confirmation, the POIES now has an official quorum and will begin to function as our school's new Governing Board.

In more exciting news, we will be conducting pre-enrollment for the 2015-2016 School Year. This event will take place on Saturday, May 16, 2015 from 10:00 – 1:00 pm at the Isleta Rec Center Game Room. We will have food, fun and prizes for everyone! So, please come and join us please bring your child(s) CIB, Immunization Records and Birth Certificate. And please pass on the word to friends and family that you know have K-6 age children. We hope to see you there! Ha-wu and Her-kem!

ADDITIONAL SUMMER PROGRAM NEWS

Not posted are Summer Programs which are offered by Behavioral Health and the Johnson O'Malley (J.O.M.) Programs. Normally, JOM provides two programs with one being the morning and the other after lunch. Please contact the following people to inquire about their Summer Programs.

Behavioral Health – Kory Kie, 505.869.5487, kkie@islclinic.net

Johnson O'Malley – Bernadette Correa, 505.869.9785, poi08102@isletapueblo.com

BREAKFAST & LUNCH PROGRAMS

Like the Recreation Center, the Library will also be a site for both the Breakfast & Lunch Programs.

Breakfast will be served at the Library 8 AM to 8:45 AM, Monday – Friday.

Lunch will be served at the Library from 11:30 AM to 1 PM, Monday – Friday.

Should you have additional questions about the Library's Breakfast & Lunch Programs, please call the Library at 505.869.9808 and speak to a Library staff member.

Thank you,

Fun Summer Snack for Kids

Peanut Butter Dip

Kids love to dunk fruits and vegetables in this dip.


- ½ cup creamy peanut butter
- ½ cup plain lowfat yogurt
- ½ teaspoon cinnamon

1. Place all ingredients into a small mixing bowl.
2. Stir until fluffy.

Try dipping sliced carrots, celery, apples, pears or bananas.

Children under three choke easily on raw vegetables. To prevent choking cook vegetables enough to make them easy to chew. Cool before serving.


WIC Nutrition




Pueblo of Isleta Elementary School (POIES)
Pre-Enrollment for SY 2015-2016

Information!

Food! Fun!



Electronic Tablet Giveaway!



(Giveaway may not be the same as item shown
One tablet per grade level will be given away)

When? Saturday, May 16, 2015
10:00 AM – 1:00 PM

Where? Isleta Recreation Center
A POIES T-shirt for each child registered

Please bring the following documents for your child(ren): CIB, Immunization Record, and Birth Certificate

Info Contact: Dept of Education at 869-9790



Pueblo of Isleta Recreation Summer Program
June 1st-July 31st

Registration Starts Friday, May 1st.

Age Groups

- **4-5 years old:** Registration will be at the **Old Rec.** Open to the first 26 sign ups. For more information regarding this age group please contact Connie Olguin at 869-5741
- **6-18 years old:** Registration will be at the **New Rec** with no limit. For more information regarding this age group please contact the Rec. Staff at 869-7605





Lunch Program

Breakfast: 7:30am-8:30am
Lunch: 11:30am-12:30pm



Parks & Recreation

As I prepare my final newsletter prior to my retirement from the Pueblo of Isleta Parks & Recreation Department and I do it with heavy heart but yet with great anticipation for what is to come. For everyone's information, I have been in the Parks & Recreation business for over 44 years of which 14 years was here at the Pueblo of Isleta. A good friend of mine once told me, "Rick, you will know when it is time to retire" and I honestly believe I have come to that point to hang on up my tennis shoes and let someone else carry on the torch. As I said to Governor E. Paul Torres, I honestly know that I am leaving a department that is well set in our budget, with employees, and in the best possible shape as far as equipment and facilities are concerned. I have had the honor to build you a park system of 8 parks that is second to none and have a staff that is totally committed to doing the best they can for the people we served, you tribal members. We have upgraded most of our equipment (vans, rec. equipment, tractors swimming pool, etc) and have built a Park Management staff that is equipped to maintain and build more parks if warranted. For this I leave with pride knowing all of our divisions: Parks, Aquatics, Old Rec. and New Rec. will continue to function at a high level because of the standards we set over the years I served as your Director. With that said, it's time to let you know that our April 2015 was an extremely busy one for our staff and facilities by like always our staff was up to the challenge. April 4th, we had the Easter Egg Hunt, April 11th we had two events, The 10 year Anniversary and Grand Opening of the Isleta Little League Program, along with the Child Abuse Awareness Event. On April, 16th, we assisted with Child Abuse Fun Walk/Run at Cottonwood. On Saturday, April 18th we hosted the Los Lunas/Valencia High School Pow Wow and the Bernie Jojola Memorial Run as part of the start of the Pueblo Crossroads Program in Indian Country. And on Thursday, April 23rd, we will be hosting the Child Abuse Awareness Grocery Bingo in our gymnasium.

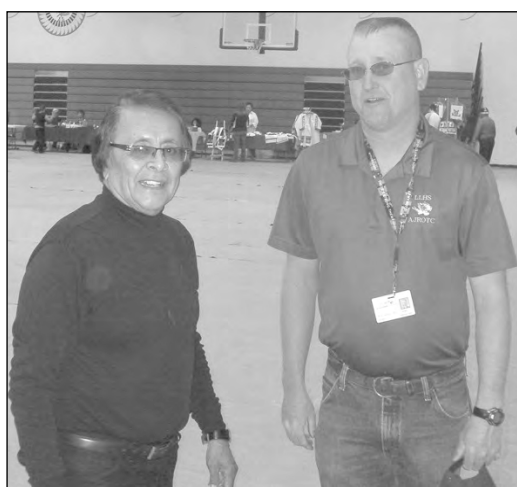
Easter Egg Hunt

On Saturday, April 4th we hosted our Annual Easter Egg Hunt that had over 5000 eggs for everyone to find. The age categories were 5 and under, 6-9 year olds, 10-11 year olds, 12 and up along with our newest category for any adult who was willing and able. Governor E. Paul Torres was on hand to welcome everyone along with Senator Tom Udall who came by not only to greet the children and their parents but to read a story to all the children about how bills are passed in the National level of Congress. The Easter Bunny was also on hand to take pictures with those children who were wanting and willing to do so. Pictured on the first picture is that of Governor E. Paul Torres, Senator Tom Udall along with the Easter Bunny and one of our youngest children here for the event. The fourth picture is of Senator Tom Udall reading a story book of how bills are passed in Congress. The other two pictures are of the children with the Easter Bunny and of the several hundred children who were on hand for this beautiful event.



Los Lunas/Valencia High Pow Wow

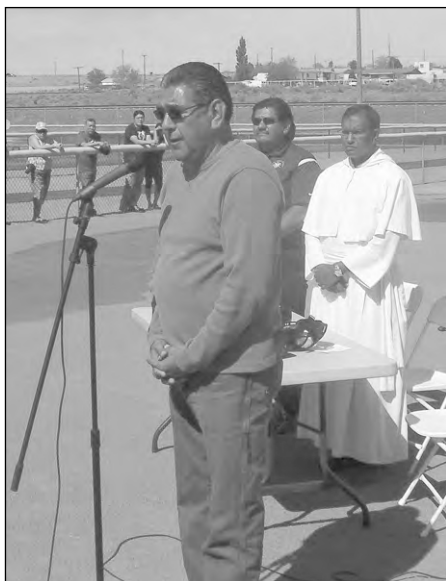
On Saturday evening April 18th we were the host site of the Annual Los Lunas/Valencia High School Pow Wow hosted by the Native American Club of both high schools. School Counselor Ben Analla and coordinator Mike Abeita of this annual event were once again at the helm making sure all dancers, drum groups and vendors were properly placed and taken care of for this beautiful presentation. Pictured on the first picture is of Coordinator Ben Analla and of ROTC Commander Eric Hedlund. The rest of the pictures are of vendors and a young Pueblo/Dakota Sioux dancer who was in preparation of the Grand Entry.



Little League 10 year Anniversary

On the morning of Saturday, April 11th Lt. Governor Isidor Abeita and Father George were on hand to welcome and bless the players and fields on this the 10th Anniversary of the founding of the Isleta Little League program. Also on hand was League President Vernon Abeita and many of the past Board of Directors from throughout the years since the league's formation. First League President and founder Charlene Lucero was also present and had a few words to say to all in attendance about the creation of the league in its early years. After the parade of all the teams, fans and families were treated to a barbecue and four baseball games with our children from the Pueblo of Isleta.

Pictured are several pictures depicting the event.



17th Annual Social Services / Child Abuse Awareness Event

Also on Saturday, April 11th a second event took place at the New Rec. Center regarding Child Abuse Awareness Activities. Many programs from throughout the State were on hand to help celebrate Child Abuse Awareness Month held throughout the Country along with Lt. Governor Antonio Chewiwi who opened up the event with a welcoming address and prayer. Besides the many programs on hand advertising their services and upcoming events for our Pueblo residents many took advantage of the Rock Climbing and barbecue. Pictured are Lt. Governor Antonio Chewiwi and Isleta Police Chief Kevin Mariano prior to welcoming and addressing all those who were in attendance for this awareness event. Also pictured is Social Services Director, Caroline Daily at the Social Service booth.



Bernie Jojola Memorial Run

On Saturday, April 18th we hosted the 3rd Annual Bernie Jojola Memorial Run at Big Momma Hill. We had over 150 runners come to our Pueblo of Isleta to participate from some 11 different Pueblos from throughout the State. Taos Pueblo sent the most (19) runners to be part of this the start of the Pueblo's Crossroads program where Pueblos from throughout the State of New Mexico are working together to promote Health and Wellness in Indian Country. All Pueblos who are part of this series will be hosting their own run beginning with ours the "Bernie Jojola Memorial Run". For more information about going to the different Pueblos for these runs, please contact our Cross Country Coach, Phillip Abeita or Vanessa Martin at 869-9777. Pictured is Bernie's family members (Phoenix, Karly, his brother Emil Jojola, his daughter Raeann and son Carl) who were on hand to kick off this event. The second picture is of all the runners who were here to participate.



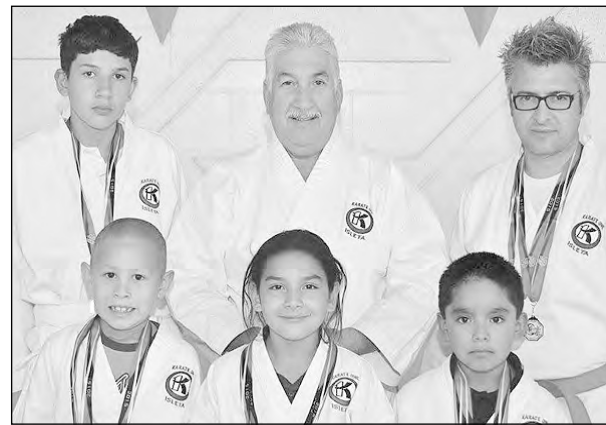
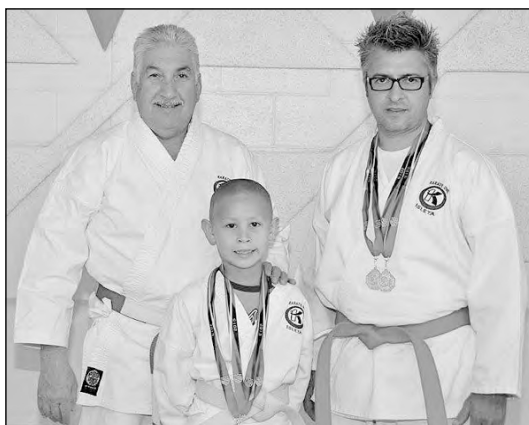
Karate Program

The Pueblo of Isleta Karate One Program did great in the Region 10 Tournament. All students from our program received Gold, Silver and Bronze medals at the Regional AAU Karate Tournament held in Albuquerque. Pictured in front (left to right) Danyael Blackowel (Bronze in both Kata and Kumite), Ryan Price (Silver in Kata and Gold in Kumite), Andrew Correa (Bronze in both Kata and

Kumite), Back row (left to right) Michael Price (Gold in both Kata and Kumite), Instructor Mr. Chavez, and Martin Olivas (Gold in both Kata and Kumite). Not pictured Brooke Mosteller (Gold in both Kata and Kumite). For more information about the Isleta Parks & Recreation Martial Arts program please contact Mr. Chavez at 869-9777 and leave a message.

Students test for Karate Belts.

Danyael Blackowel (center front) and Martin Olivas, students with the Isleta Parks & Recreation Department Karate One Program recently tested to their next belts. The test took over 3 hours which included both a physical test and written test. Blackowel is now a yellow belt and Olivas is now an orange belt. Instructor, Mr. Chavez 7th degree black belt in Karate 6th degree in Japanese weapons and 2nd degree in Nihon Jujitsu pictured on back right.



Summer Program

Registration for our busy summer program will begin May 1, 2015 for both Old Rec. and New Rec. Programs. The Old Rec. program will house the 4 & 5 year olds and registration must be done in person with either Connie Olguin or Kimberly Chiwewe. There is a registration limit open to the first 26 students ONLY. Both programs begin June 1st until July 31st. The 4 & 5 year old program times are from 9:00 am until 2:00 pm. The 6 year olds and up housed at the New Rec. Center begins with walk-ins beginning at 7:00 am until 3:00 pm. Breakfast and lunch will be served to all children 18 years and younger. If you don't enroll them here in our program, please put your children in another Department's program. Don't forget the Library and the Language program will be operating as well. Don't let them stay home in front of a television all summer long. We will have many exciting and fun activities for them to do. All major field trips will take place every Friday. The first one will be on Friday, June 5th going to Cliff's Amusement Park. To qualify for every major field trip you must be here at least 3-times per week. The only exception is for those children attending summer school.

Rick Giron's Closing Statement

To all people from the Pueblo of Isleta, my last day of serving you as your Director will be on June 1st, which will be the opening day of our summer program. I must say farewell to all the children. In closing my long time career of 44 years I would like to thank Governor E. Paul Torres and the entire previous Governors, along with all the different Tribal Councils that I had the honor and privilege to serve. And of course, I would not have enjoyed such an incredible run of 14 years here without the beautiful people of this great Pueblo of Isleta. For these 14 years and the 30 years with the City of Albuquerque, I know I will miss. These 44 years of public service have all been in the Parks & Recreation business, and have been the best years of my life. With time comes a new beginning. Mine, God willing, will be enjoying my family and doing lots of traveling. To **Governor Torres**, it's been my honor to have served under your current administration knowing you are a firm believer in your tribal traditions and yet with the understanding of allowing your Department Directors to run their departments as true professionals. To me, there is no greater honor than your bosses believing in our ability to do so. God bless your administration and this great Pueblo of Isleta.

Congratulations to Bekah and Rachel Lovato

Congratulations to Bekah and Rachel Lovato and the Hope Christian girls' basketball team for winning the Class 4A Basketball State Championship. On March 13, 2015 the Huskies defeated the defending state champions, Portales, with a score of 47-42. The Hope Huskies are also the 2015 4A District Champions with a district record of 9-0. The team ended the season with a 25-6 record.

Bekah, a senior, had 16 points and 9 rebounds in the championship game! She is one of the team captains and displayed strong leadership on and off the court. Just recently she was selected to: 4A All-District Girls Basketball Team, 4A All-State Girls Basketball 2nd team, Girls Basketball 4A All-Metro Honorable Mention and was chosen to play on the 2015 4A Girls North/South All-Star Basketball Team.

Rachel, an 8th grader was also on the varsity team. She was a full time starter for the J.V. team and was a reserve player on the varsity team. Rachel also led the JV in steals.

Both of them represented the Pueblo of Isleta and Santo Domingo well this season. We are happy to see that all of your hard work has paid off. Both of them spent countless of hours working on their game at the Isleta Recreation Center and having access to this facility played a huge part in their success!

A HUGE thank you to all our family and friends who came out to support and cheer on the Huskies this season.

We are all so proud of you!

Your loving Parents,

Joe and Marsha Lovato



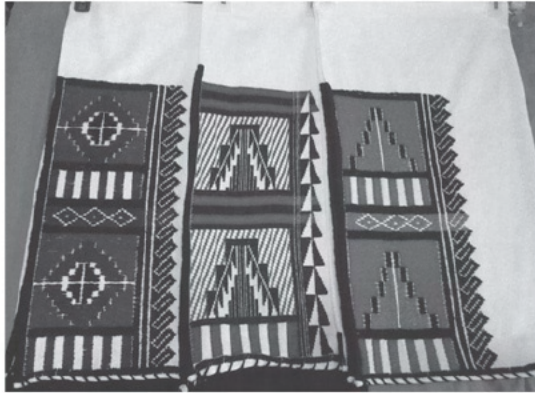
Hope Christian Huskies - 2014/15 4A Girls State Champions



From Left to Right: Joe, Bekah, Rachel, & Marsha Lovato

Traditional Kilt Making

Hosted by the Tiwa Language Program



Want to learn how to make your own traditional Kilts? Well this class will help you do just that! Class begins May 7, 2015. Classes are two nights a week for 2 to 4 hours. .

- Days: Thursday and Friday
- Time: 6pm to 8pm

Space is limited. Please call the Department of Education to Register.



Department of Education

950 Moonlight Drive
Albuquerque, NM

Phone: 505-869-9790
Fax: 505-869-7573
Email: poi08200@isletapueblo.com

Weaving Class

Hosted by Tiwa Language Program

Learn to weave traditional belts. Classes offered two nights a week for 8 weeks. To register call the Department of Education, space is limited to 10 students.

- ⇒ Starting: May 19, 2015 thru July 8, 2015
- ⇒ Tuesday and Wednesday nights 6pm to 8pm

Located in the Portable Buildings just west of the Library Education complex



Department of Education

950 Moonlight Drive
Albuquerque, NM 87105

Phone: 505-869-9790
Fax: 505-869-7573
Email: poi08200@isletapueblo.com



2015 Summer Reading Program June 8-July 24

Registration Friday May 15th @ 7:00am Until all Spots are filled
Pueblo of Isleta Public Library



3 years old-6 years old

9:00am-12:00pm

Story Time

Art & Hands on Activity

Summer Lunch Program

Water Fun Days

Field Trips

Final Play Performance



7 years old-18 years old

1:00pm-4:00pm

Summer Lunch Program

Grade Level Reading Groups

Science Experiments

Field Trips

Water Fun Days

Science Experiment Presentation



No Program the week of July 4th

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

The Library does not provide transportation to and from the Library

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

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

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

Isleta Health Center
Community Health Representatives
Phone: 869-4485



Child Safety Car Seats: A Parent/Guardian Responsibility

The Community Health Representative (CHR) office at the Pueblo of Isleta Health Center would like to clear up some misinformation regarding the availability of child safety car seats. CHR does not carry an inventory of child car seats and does not give away car seats.

What we do provide for parents and guardians are child car seat clinics at least twice a year, at which time you may receive a replacement seat (these are state sponsored events with guidelines on when a seat may be provided to an attendee depending on availability of seats). Child car seat clinics are free and open to the public and can provide you with proper child car seat installation and 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 they can help determine if your child's seat has expired. Keep in mind that when you attend a child car 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 us at any time if you have any questions or concerns about child safety car seats. At this time, we don't know when the next car seat clinic will be, but as soon as we have one scheduled we will inform you via posters around the community and an article in an upcoming Pueblo of Isleta newsletter. 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'. Be safe and have a wonderful summer!

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

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



Thinking About Quitting

NOT READY TO COMMIT TO AN 8 WEEK Quit Smoking PROGRAM?

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

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

Isleta Health Center Partners in Your Healthcare

DID YOU KNOW?

PURCHASED / REFERRED CARE

Department Manager: Jenny Davis @ 869-4488

- **PURCHASED/REFERRED CARE** (formerly Contract Health Services) is the payer of last resort, which means Isleta PRC will require you to apply for any alternate resources for which you may qualify.
- All referrals provided by PRC must be presented at the time you receive your medical services.
- Patients are responsible for notifying PRC of any follow up appointments, continued care or additional procedures. Please give PRC as much advance notice as possible to allow us time to enter your information and mail the referral directly to you.
- PRC will assist with payment for medical services only. PRC does not have funding for short/long-term rehabilitative or nursing home care, pharmacy, laboratory, or durable medical equipment like wheelchairs, crutches, braces, etc.
- We require notification within 72 hours of Urgent Care and Emergency Room visits.
- PRC phone line 869-4488 is on 24/7. Please leave a message with name, phone number, date of birth and where patient received services.
- Bring any medical bill(s) you receive to PRC as soon as possible. If not, you may be sent to collections and this will affect your credit. If you are receiving a bill this is your red flag that they are not billing PRC for your medical services.
- PRC eligible, fulltime College Students that reside outside the PRC service delivery (outside of Bernalillo, Valencia and Tarrant counties) area must provide PRC with their student forms every semester.
- If you have obtained a Radiology referral from PRC, it is your responsibility to obtain a disk copy of your radiology procedure before you leave the facility performing the CT Scan/MRI.
- PRC is not allowed to discuss your medical information with anyone but you! (Unless, you have a Personal Representative Form completed and submitted to the Medical Records department.)

National Melanoma/Skin Cancer Detection and Prevention Month

TEST YOUR KNOWLEDGE

How Much Do You Already Know About Skin Cancer?

Answer True (T) or False (F)

T F

- ☐ ☐ 1. Self-Examination is important in the detection of skin cancer.
- ☐ ☐ 2. Most moles become skin cancer.
- ☐ ☐ 3. Because you have a sun burn, your risk of developing cancer has increased.
- ☐ ☐ 4. Changes in colored lesions are rarely signs of skin cancer.
- ☐ ☐ 5. The ABCs of Skin Cancer are Asymmetry, Border irregularity, Color multiplicity, Diameter greater than ¼ inch and Evolution (Change) in the size and/or shape.
- ☐ ☐ 6. Skin Cancer is the most common form of cancer in humans.
- ☐ ☐ 7. Most cases of skin cancer are cured.

TEST YOUR KNOWLEDGE and CHECK THE CORRECT ANSWERS
in NEXT MONTH'S Pueblo of Isleta Newsletter!

Isleta Health Center Health Educator, Stephanie Barela, 869-4479

http://www.medicinenet.com/skin_cancer_melanoma_quiz/quiz.htm

TEST YOUR KNOWLEDGE: ANSWERS

How Much Do You Already Know About Infant Immunizations?

1. A pregnant woman passes antibodies to her unborn baby through the placenta to protect against certain diseases. About how long does this natural immunity last after birth?

D. 3 Months. A pregnant woman passes on antibodies to those diseases she herself is immune to. That may last for 1 month to one year, depending on a number of factors. And women cannot pass on immunity to all vaccinated diseases. So immunizations need to begin before natural immunity wears off and to protect a baby from all vaccine preventable illnesses.

2. Which vaccine is given soon after birth?

B. Hepatitis B. The CDC recommends that this vaccine be given at birth and a second dose at age 1 to 2 months; please discuss with your child's health care provider to see whether a possible third dose is needed at age 6 months. This vaccine is especially important for infants who spend time in day-care centers or if the mother is hepatitis B positive, in which case the newborn is given both hepatitis B immune globulin and hepatitis B vaccine.

3. Bacterial meningitis strikes infants more often than any other age group. Which vaccine will help prevent one previously common type of meningitis?

B. Hib. Hib vaccine prevents Haemophilus influenzae, type B infections, which can cause meningitis, pneumonia, and epiglottitis. The number of Hib meningitis cases have dropped dramatically since the vaccine was introduced. A meningococcal meningitis vaccine is also available, starting at age 11 or 12, to protect against another kind of meningitis.

4. What type of reaction commonly occurs after the diphtheria, tetanus, and cellular pertussis (DTaP) vaccine?

A. Swelling and tenderness at the injection site. A high fever, continual crying, or limp, listless behavior is signs of severe reaction that warrant a call to the doctor.

5. When should an infant not be given a DTaP vaccine?

D. All of the above. A mild illness, such as a cold with or without fever, shouldn't prevent immunization.

6. In the combined DTP immunization used in the past, which of the three vaccine components reportedly caused severe reactions?

B. Pertussis. Today, the pertussis vaccine is acellular (the whole bacteria cell is not present) and is denoted as DTaP, a much safer form with minimal side effects.

Adapted from <http://cholesterol.about.com/od/aboutcholesterol>

Moccasin Making

Hosted by Tiwa Language Program



If are interested in learning how to make traditional Moccasins, then this class is for you. This class will offer the basic techniques on how to make Moccasins.

This is an 8 week course with class offered two nights a week.

⇒ Tuesday's and Thursdays nights 6-8pm

To sign up for the class please call the Department of Education. Space is limited 10

Date: May 12, 2015 to July 02, 2015

Time: 6pm to 8pm

Portable buildings located West of the Library Education Complex

Department of Education

950 Moonlight Drive
Albuquerque, NM 87105

Phone: 505-869-9790
Fax: 505-869-7573
Email:
poi08200@isletapueblo.com



PUEBLO OF ISLETA DEPARTMENT OF EDUCATION LANGUAGE PROGRAM



2015 Summer Language Camp 6 Week Program

Date: June 1, 2015 through July 10, 2015

Two sessions per class:

Time: Monday thru Thursday

Age: (Four age groups for this program)



Group 1: Carol Lucero Teacher (Girls)

Session 1: 9am - 11:30am

Ages: 11-12 (max # of students 15)

Session 2: 1:00pm - 3:30pm

Ages: 13 and up (max # of Students 15)

Registration begins: April 1, 2015

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.

Group 2: David Lente Teacher (Boys)

Session 1: 9am - 11:30am

Ages: 11-12 (max # of students 15)

Session 2: 1:00pm - 3:30pm

Ages: 13 and up (max # of Students 15)



Group 3: Erica Montoya Teacher

Session 1: 9am - 11:30am

Ages: 6 - 8 (max # of students 15)

Session 2: 1:00pm - 3:30pm

Ages: 9 - 10 (max # of Students 15)

Group 4: Bernadette Cotten Teacher

Ages: 3 - 5 (must be potty trained)

Session 1: 9:am to 11:am (max 10 students)

Session 2: 1:pm to 3:pm (max 10 students)

DEPARTMENT OF EDUCATION
LANGUAGE PROGRAM

P.O. Box 1270
Isleta, New Mexico 87022

Phone: 505-869-9795
Fax: 505-869-7573
E-mail: poi08200@isletapueblo.com

**Preserving Language for
culture and tradition**

**Isleta Health Center:
Behavioral Health Services
Prevention Program**
Phone: 505.869.5475

Prevention Program: Mental Health Awareness Month

Back in February, 4 Isleta youth voluntarily attended a 2-day Mental Health Awareness training. Glorianna Jaramillo, Richard “Zach” Abeita, Lucas Jiron, and Michael Zuni learned about Mental Health and the importance of creating awareness, as well as learning about the stigmas associated with mental health. The youth are now advocates of mental health through the “Breaking the Silence” curriculum. The youths’ take on mental health is illustrated in the following write ups:

“Not that many people know what ‘mental health’ is. Mental Health is a person’s condition with regard to their psychological and emotional well-being. A mental illness is a condition and or disorder that affects our moods”, writes Youth Mental Health Advocate Glorianna Jaramillo. “Some examples of mental illness are Depression, Anxiety, and Attention Deficit Hyperactive Disorder (ADHD). Signs of depression are helplessness, appetite changes, sleep changes, loss of energy, and self-loathing. Signs of anxiety are rapid breathing, weak/tired, nervousness, sense of impending danger, or panic. Signs of ADHD are getting easily distracted, poor listening skills, restlessness, and trouble relaxing, trouble starting tasks/finishing tasks, angry outbursts and prioritizing issues.”

“Many people do not know what causes mental illness, but some say it is genetic. Warning signs of mental illness are changes in eating or sleep, substance abuse, intense fear of weight gain, suicidal thoughts, social withdrawal, excessive fears of worries, confused thinking, hyperactivity, persistent nightmares.” Glorianna states, “There are more common celebrities who suffer from mental illness, such as Johnny Depp (anxiety), so does Oprah Winfrey. Leonardo DiCaprio has Obsessive-Compulsive Disorder (OCD). Russell Brand has Bi-Polar, Demi Lovato has eating disorders and Bi-Polar. Lady Gaga has an eating disorder, and Snooki, Beyonce and Jim Carrey have Depression. Anyone can have and get a mental illness, even a well-known celebrity.” Glorianna was asked what her goals to help improve community awareness are. She stated “she wants to share her information with others. To do a presentation or host a summit so others can be aware of mental health awareness and show how it can affect anyone.” She further states that the community should be aware of warning signs for mental health because it can get to anyone, even for the people we least suspect. Her final message, “Also, if anyone they know shows symptoms, they can help get that person the help they need before it gets worse. If someone has families or individuals with a mental illness, you should get the help you need at a clinic, or Behavioral Health Center or a therapist/counselor.”

“Test Your Knowledge about Mental Health”

| | |
|--|---------------|
| 1. Serious mental illness can happen to any family. | True or False |
| 2. The suicide rate for people who suffer from mental illness is 15%. | True or False |
| 3. Psychopath and psychotic mean the same thing. | True or False |
| 4. The great majority of people with mental health are not violent. | True or False |
| 5. Substance Abuse (i.e., drugs and alcohol) may be a way for people with mental illness to medicate themselves to relieve their symptoms. | True or False |
| 6. Mental illness and mental retardation is the same thing. | True or False |
| 7. People with mental illness can really pull themselves together if they really wanted to. | True or False |
| 8. Mental illness strikes one in five people at some point in their lives. | True or False |
| 9. Mental illness is physical biochemical illness affecting the brain. | True or False |
| 10. All people with mental illness live in their own world and are completely out of contact with reality. | True or False |

What is Mental Health?

Mental Health, according to The National Alliance on Mental Illness defines Mental Health as “Disorders of the brain that can often profoundly disrupt a person’s thinking, feeling, mood and ability to relate to others”

Types of Mental Illnesses

Anxiety Disorders, Obsessive-Compulsive Disorder (OCD), Eating Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Schizophrenia, Major or Clinical Depression, Personality Disorder, Substance Use Disorder, Mood Disorder.

Anxiety disorders are illnesses that fill people’s lives with overwhelming anxieties and fears that are chronic and constant. These are different from ‘normal’ anxiety like before a big test, big event, or big game. Some anxiety disorders are generalized anxiety disorder, social anxiety disorder, Post Traumatic Stress Disorder (PTSD) or OCD.

OCD is a form of anxiety disorder, and is characterized by repeated rituals and behaviors with high anxiety. A person has the feeling of the need to check things repeatedly, or have certain thoughts or to perform routines and rituals over and over. These thoughts and/or rituals can cause distress and get in the way of daily life.

Bipolar is a mood disorder with extreme highs and extreme lows characterized by mania and depression.

Substance use disorder involves the dependence on or abuse of alcohol and/or drugs.

Prevention Program: Spring Break Week

The youth participants of the Behavioral Health Prevention Program were involved in activities during the week of Spring Break. On March 30, they got the

opportunity to visit the Santa Fe Mountain Center where they participated in both High & Low Rope activities. Some notable sessions dealt with pueblo culture and the ability to look at the Isleta culture and traditional ways of life. On our second day, the youth were engaged in two session presentations: Native American Voter’s Alliance (NAVA) and the Native Health Initiative (NHI). They were presented with information on Positive Youth Development and Community Mapping. On Wednesday, the youth were given the opportunity to head out to the Pueblo’s Lakes and do some fishing. While there, the youth were able to reel in four fish. In the evening, the youth hosted a Bingo fundraiser. The fundraising has been a success and has helped the youth develop their social skills, life skills and overall development. The youth are solely responsible for the events and they have made a huge success out of the fundraisers they have had. On Thursday, the youth were taught and learned hands-on with a cooking class. The participants were taught how to make blue corn tortillas with corn grown in the IBHS Community Garden. They also learned how to prepare Jemez enchiladas and cookies. With the help of community members they were able to make a successful lunch they could all enjoy. For Easter Monday, we provided the youth with an outing to the Santa Fe Community College. Again, they were able to participate in both High and Low Ropes Course events. The high events featured the High Y, Rock Climbing Wall and the most intense one, the Free Swing. At the conclusion of Spring Break, the youth were burnt out and not ready to get back into school mode.

The Prevention Program will continue to meet after school until the end of the school year. The summer program will begin on June 1, 2015. Anyone who is interested in joining the program please contact IBHS @ 505.869.5475.

(Continued on next page)

Day 1: Santa Fe Mountain Center “Team Journey” High Event

Joseph and Zach starting off.



Glorianna and Mia.



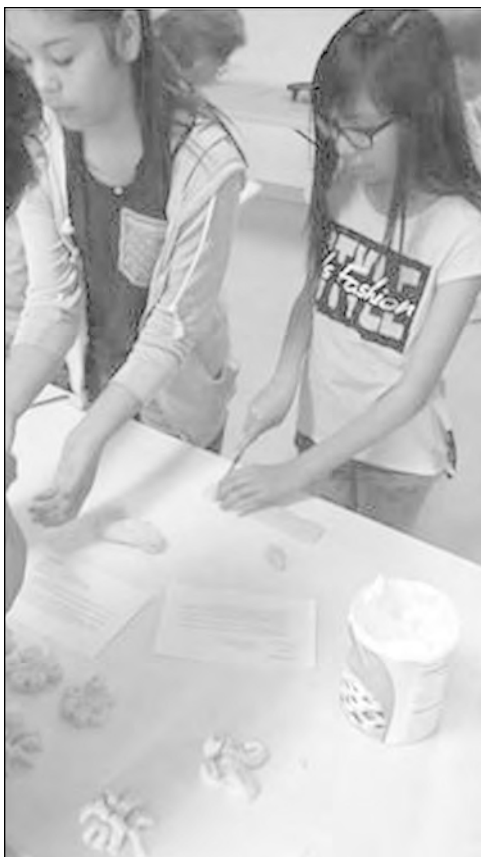
Hula Hoop Contest!

Day 3: Fishing



First catch of the day!

Day 4: Cooking Class



Youth hands on learning with cookies.

Day 6: S.F. Community College



“Challenge by choice” Zoey extending her comfort zone! Go ZOEY!!



Rock Climbing Wall!

WIC Program

What is WIC?

The WIC or Women, Infants, and Children Program serves pregnant, breastfeeding, and newly post-partum mothers, as well as infants until age 1, and children until they turn 5 years old. We have a food package that includes whole grains, healthy cereals, milk, fruits and vegetables, cheese, juice, and beans.

We also provide breast pumps and extra food for our breastfeeding moms, as well as infant formula for infants under 1 year. Our food packages are perfect for a family on a budget that wants to stock their pantry with healthy foods.

We also help parents and caregivers to be their very best by providing information on healthy pregnancies, breastfeeding, infant feeding and nutrition tips for the entire family.

Who is eligible?

Pregnant women, breastfeeding and newly post-partum women, infants until 1 year of age and children until they turn 5 years old are encouraged to apply for the WIC Program. There are income, residency and nutrition criteria that is screened at your first appointment and if you qualify you can get your healthy food package benefits and head right to the supermarket.

How can I apply?

Call our office at 505 869-2662 and we will be happy to schedule you for our soonest available appointment. We will tell you what you need to bring and with our flexible scheduling times and hours of operation you can rest assured that we value your time and understand your busy schedule. Call us now for an appointment and we'll see you soon!

PUBLIC SERVICES DEPARTMENT UTILITIES DIVISION

(505) 869-9782

Help Protect YOUR Water Supply

In these days of bottled water it is easy to forget that you have a source of drinking water right in your home! The water coming out of your tap has been pumped out of the ground via wells, disinfected, stored and distributed to every home, business and public entity on the Pueblo of Isleta. The water is tested for various contaminants as per the Safe Drinking Water Act regulations on a routine basis to ensure the water you receive is safe.

The Utilities division would like to remind you that it takes everyone to protect the water supply here at the Pueblo. The Utilities staff is responsible for providing each and every resident and visitor with safe drinking water on a continual basis.

We cannot do this alone however. Once the water reaches your property, we need your help to protect this water from any potential contamination. By using a simple device called a “vacuum breaker” on any outside faucet or frost free, you will prevent any water in the hose from going back into the main water line due to a low pressure situation, a water break or any other possible issue.

If you are using large water tanks to haul water to livestock – remember there are two locations available to load the water quickly and easily into the water tanks. A truck loading station is available on TR 2 and a second station is located by the Conservancy on TR 40. Both of these truck loading stations provide an ample air-gap between the pipe supplying the water and your tank to protect the groundwater supply.

If you are using a liquid chemical and mixing it with water for use in a large tank, be sure to use water from one of the truck loading stations available for your use. If it's a smaller tank and you use your water supply available at home, DO NOT put the hose directly into the tank to fill it. Keep the end of the hose above the tank and let the water flow downward into the tank. At no time do you want the hose near the liquid in the tank! If a low pressure issue were to occur, the liquid in the tank could be back-siphoned into the drinking water supply at your house, your neighbor's house and all of the distribution system. This is also true for filling up any stock tanks you may have as well.

The water distributed throughout the Pueblo is for everyone's benefit. The flush and fire hydrants are used by the utilities division to maintain the quality of the water in the system. They are not

provided for individuals to use to water a garden, fill livestock tanks, etc. If you would like to use water to irrigate a large area, contact Edwin Jaramillo at 869-9782 and he can work with you on how to utilize the groundwater available to you in your area instead of using the treated water supply we all rely on.

ARTICLE # 2

Do You Have a Septic Tank on your Property?

A septic system is an approved method for disposal of wastewater from a dwelling. There are hundreds of septic tanks located here on the Pueblo of Isleta and most of them are working well to protect the environment from contamination.

A septic system works great if properly maintained. The sewage from your home; which includes the used water from showers, sinks, bathtubs, laundry and toilets; is sent thru pipes to the septic tank. The tank has two areas, one for the solids to settle in and the other where the water leaves the tank and goes out and disperses thru the leach field. A leach field can be a “mounded” system which would include a pump to get the water from the tank to the raised field, or a gravity system which uses gravel with perforated pipes or infiltrators instead of gravel to spread the water throughout the leach field. All methods work equally well and are installed here on the Pueblo.

Some septic tanks have a filter installed in the tank itself. Every six months or so the homeowner should remove the filter, clean it thoroughly and replace it. If the filter is forgotten it will become plugged, causing the sewage to back-up in the system, eventually coming up in bathtubs or other low areas in the home. If you are un-sure if you have a filter or not comfortable removing and cleaning the filter, contact the Utilities division and help is available.

Grease is a big problem for your septic system. Grease can clog the pipes and the tank where the water enters it. Grease will build-up on the inside of the pipes and tissue or paper towels can get stuck to the grease, creating a blockage in the lines. Please do not put any grease down the drains of your home! Put grease in a can to cool and then throw the cooled grease in the trash. Try to limit the amount of baby wipes, hygiene supplies and tissue flushed down the toilet. These should be

thrown into the trash as well to prevent the possibility of the pipes being blocked.

A few guidelines for septic tank owners:

Do NOT plant trees near your tank, leach lines or clean-outs. The roots from these trees love to find a continuous source of water. The problem is, the roots can find a way into the tank, the leach line or the service line and cause major problems for you. Sewer can back up into your home due to roots blocking the pipes. Roots in a septic tank can grow so large that the tank needs to be replaced. Roots can crack the septic tank causing wastewater to leak into the surrounding ground – and with the natural groundwater levels being so close to the surface, this is a major contamination issue. Roots in a leach line cause the smaller sized pipes located there to become totally plugged up – requiring new pipes or an entire new leach field to be installed.

Take a tour of your property. Do you know where the septic tank is located? Where are the clean-outs for your home? Where is the leach line for the system?

You should be able to easily see the clean-outs for the sewer piping. If not, try to locate these because if you ever have sewer backing up into your home, you will want to have these clean-outs available when Utilities or Housing arrives to find and fix the problem.

If you do not see the tank lids for your septic tank, try to locate them. If Utilities is called out to pump out (clean) your tank, access to the tank has to be available. You should not be driving over your sewer pipe, your tank or your leach field at any time or for any reason. The pipes can be damaged due to the weight of your vehicle/tractor, the tank can be cracked or the lids knocked down into the tank and the leach line can be destroyed due to the traffic continually driving over it. If you see any damage to the clean-outs, the tank (missing lids) or leach lines, contact Utilities and someone will respond to assess the situation.

A properly working septic system should give you no trouble at all. Utilities suggests that your tank be pumped out (cleaned) at least once a year to help maintain a good working system. If you see wastewater surfacing anywhere near the tank, pipe or leach field, contact us immediately at 869-9782 and someone will be out to inspect the system.

May is Food Allergy Awareness Month

Brought to you by Pueblo of Isleta WIC

Although about 15 million people in the United States suffer from allergies to common foods, many people don't know very much about this potentially deadly condition.

You may already know someone who has to bring a special dish to a barbecue, or you might have gotten a letter from your child's school about a "nut free" classroom. It's easy to see how inconvenient food allergies can be, but there is much more to what sufferers of food allergies face every day.

It's possible for any food to cause an allergy, however about 90% of all food allergies are caused by peanuts, tree nuts, milk, eggs, wheat, soy, fish and shellfish. But what happens when allergic people eat these foods can be dangerous, and even fatal.

Mild and moderate symptoms of food allergies include hives, eczema, itching of the mouth and ears, stomach pain, nausea or vomiting, diarrhea, nasal congestion, sneezing, and cough. Severe symptoms include swelling of the lips, tongue or throat that can cause trouble with breathing and swallowing, shortness of breath and wheezing. Feeling weak and fainting, chest pain, and loss of consciousness are also possible. If the severe symptoms are not treated immediately, they can result in death.

Children make up about 5.9 million of the total food allergy sufferers in the U.S. If your child is one of them there are steps you can take to keep your child comfortable, happy and safe. Kids may describe a food allergy reaction in a way that is difficult for adults to understand. They may say that the food they are eating is too hot or spicy, that their tongue feels heavy or funny, or they may complain of an itchy tongue, mouth and ears. Sometimes they describe it as having something stuck in their throat or a tightness of the lips and face. Other symptoms can be much easier for parents to notice such as rashes, eczema, vomiting and diarrhea. If you ever suspect your child is having an allergic reaction contact your doctor as soon as possible if the symptoms are mild and call 911 immediately if there are any signs of severe symptoms.

Keeping your child safe every day at home and school will require communication between you and your child's caregivers and school team. Your child may have a plan in place that allows them to carry medicine in case of a reaction, and that tells school staff what to do in case of an emergency. The U.S. Food and Drug Administration (FDA) requires that food labels include information about potential allergens on all packaged foods so that you can feel more confident when food shopping. Your health care team will also give you instructions and tips specific to your child's situation.

There are many resources to help you get educated and advocate for your child, including foodallergy.org, kidswithfoodallergies.org, and the American Academy of Pediatrics website healthychildren.org. Managing food allergies can be overwhelming but you can help your child live a full, fun and healthy life.



PUEBLO OF ISLETA
DIABETES PREVENTION PROGRAM
"TOTAL BODY HEALTH"

Destination Health Summer & Fall Exercise Program is Back!

- ⇒ Sign Up as a Family or Individual
- ⇒ Learn Stress Management Techniques
- ⇒ Exercise Logs Provided
- ⇒ Learn about Nutrition
- ⇒ Open to ages 10 to Adult

The Summer Program Starts May 25 thru July 17, 2015
this is an 8 week program



- ⇒ Achieve your own personal goals
- ⇒ Earn points by attending our Healthy Cooking Class, Fun Run/Walk, Podiatry Class, etc.
- ⇒ Based upon your points incentives will be rewarded for achievements see Thomas for more details

For more information contact:
Thomas Zuni or Andre Bird

Phone: 505-869-4595
E-mail: tzuni@islclinic.net
E-mail: abird@islclinic.net

Pre-Measurements: Monday May 18th thru Friday May 22nd @
Diabetes Wellness Center
4:30—6:30 PM



Isleta Cancer Survivors Day 2015


JUNE 9, 2015 @ 6:00 PM

ISLETA REC CENTER PICNIC AREA

- . Balloon Release
- . Dream Catcher Activity
- . Speakers

For information,
Contact
Stephanie Barela
505-869-4479



| Isleta Health Center | | MAY 2015 | | Questions? Call 869-3200 | |
|---|--|--|--|---|---------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
| Did you know? May is "National Skin Cancer Detection & Prevention Month!" | | May 17-23  NATIONAL EMERGENCY MEDICAL SERVICES WEEK | | 1 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. | 2/3 |
| 4 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 5 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. Podiatry Class: 5-7p @ Diabetes Wellness Center. | 6 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. National Ride Your Bike to School Day! | 7 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 8 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. | 9/10 |
| 11 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 12 Women's Support Group: 10-11a @ BHS. Isleta Cancer Education & Support (ICES): 10:30-12p, planning meeting @ Health Center, small conf. room. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 13 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. Diabetes Fun Run/Walk: 5-7p @ Diabetes Wellness Center. | 14 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 15 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. | 16/17 |
| National Nurses Appreciation Week! Thank you to our wonderful Isleta Health Center nursing staff! | | | | | |
| 18 Early Recovery Skills: 9-11am @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 19 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 20 Parent Group: 9-11a @ BHS. Anger Mgt. Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. Healthy Cooking Class: 5:30-7:30p @ Diabetes program. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 21 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 22 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. | 23/24 |
| 25 Memorial Day Isleta Health Center CLOSED <i>No CHR Transports</i> | 26 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 27 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. DPP Alliance Support Group: 5:30-7:00p @ Diabetes program. | 28 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. | 29 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. | 30/31 |



Freedom From Smoking

NEED HELP STOPPING SMOKING?

SIGN UP FOR THE ISLETA HEALTH CENTER'S

Freedom From Smoking

PROGRAM NOW!

SIGN UP FOR THE NEXT GROUP!
97% OF THE PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION QUIT SMOKING!!




Weekly Prizes!

- Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!
- Get support from others that are going through the same thing.

CONTACT:
Stephanie Barela @
505-869-4479
for more information or to
reserve your spot in this class!

Sponsored by the

Isleta Health Center



Isleta Cancer Education & Support Group

ICES


PLANNING

DEB OPENDEN

May 12, 2015
10:30-noon

ISLETA HEALTH CENTER • SMALL CONFERENCE ROOM

PARTICIPATE IN THIS ACTIVITY AND SHARE IDEAS FOR THE PROGRAM

Please join us!  **Everyone Welcome!**

For Info Call
Stephanie Barela @ 869-4479