



Isleta Pueblo News

Volume 11 Issue 7

Pueblo of Isleta website: www.isletapueblo.com

July 2016

FROM THE OFFICE OF THE GOVERNOR

MA GU WAM

SANTA FE INDIAN SCHOOL 39TH ANNUAL COMMENCEMENT CEREMONY

May 26, 2016, the Santa Fe Indian School, Santa Fe, New Mexico, held their 39th Annual Commencement Ceremony at the Pueblo Pavilion Wellness Center during which the First Lady, Michelle Obama gave the commencement address to an audience in excess of twenty five hundred people.

In her address, the First Lady told the students that the nation needs their voices and values now as a reminder that we are all interconnected, all obligated to treat one another with respect. To act with integrity and to give back to those in need. The First Lady encouraged all the students to strive for great goals.

Governor Eddie Paul Torres, Chairman of the All Pueblo Council of Governors joined the First Lady in congratulating all the graduates on their outstanding achievements and remarkable personal growth. Governor Torres told the students we have no doubt that every one of you will excel in your future roles and contribute to the future wellbeing of society, our Indian Nations and the world at large, but always bear in your hearts that the key to success in life is respect of self and respect of all life.

GRAND OPENING OF ISLETA VETERANS CENTER

May 27, 2016, Pueblo of Isleta Veterans celebrated the grand opening of the new Isleta Veterans Center located off State Highway 314 in Los Charcos. Fred R. Lujan, Commander of the Isleta Veterans, welcomed an audience of approximately 250 people to include Native Veterans and families, Tribal Governors, Congressional Representatives, NM State Legislators, County and Municipal representatives.

FORMER PRESIDENT BILL CLINTON VISITS NEW MEXICO



President Bill Clinton and Governor Eddie Paul Torres

May 24, 2016 - Governor Torres joined other tribal leaders at a rally in Espanola, NM with former President Bill Clinton. The former President was in state to support the candidacy of Hillary Clinton for President. After the speech, Governor Torres attended a small group meeting with Bill Clinton. During the meeting, Governor Torres extended an invite for Hillary Clinton to visit Isleta when she comes to New Mexico.



First Lady Michelle Obama was presented an Indian design blanket by graduates Shilyn Platero-Fisher, Paiute and Fatima Garcia, Santo Domingo

CAMP TRIUMPH

Isleta Pueblo – June 20-24, 2016 -The U.S. Attorney's Office, U.S. Marshals Service, New Mexico State Police, Bernalillo County Sheriff's Office, New Mexico Army Reserve National Guard, Isleta Pueblo Tribal Police Department, Isleta Behavioral Health kicked off the 2016 Camp Triumph Summer Youth Prevention Program at the Isleta Recreation Center.

The U.S. Attorney's Office and its law enforcement and outreach partners have operated this summer youth camp – a youth drug, gang and gun violence prevention collaborative effort – for 20 years. Camp Triumph originally was funded by the Justice Department's Weed & Seed Project and currently is operated as part of the Justice Department's Project Safe Neighborhoods program in Bernalillo County that has an Urban Indian focus.

Camp Triumph, which is open free of charge to at-risk youth from ten to 13 years of age, is designed to keep middle school youth free of substance abuse and criminal involvement by providing physically challenging recreational and life skills activities, interaction with positive role models, evidence-based gang and substance abuse resistance training, and team building. Campers participate in fishing trips, visits to the zoo, bowling, swimming, and other fun physical activities, but also have class time during which law enforcement officers and Guardsmen make presentations on drug, gang and violence prevention.

Rio Grande High School in Albuquerque was the host for the Camp's first session, June 13-16, 2016. Isleta Pueblo is hosting the second session, June 20-24, 2016, and To'Hajiilee (Navajo Nation) is hosting the third session, June 27-29, 2016.

Project Safe Neighborhoods is the Department of Justice's nationwide commitment to reduce gun and gang crime in America by networking existing local programs that target gun and gun crime and providing these programs with additional tools necessary to be successful. Since its inception in 2001, approximately \$2 billion has been committed to this

initiative. This funding is being used to hire new federal and state prosecutors, support investigators, provide training, distribute gun lock safety kits, deter juvenile gun crime, and develop and promote community outreach efforts as well as to support other gun and gang violence reduction strategies.

MESSAGE FROM THE GOVERNOR:

I want to express my sincere appreciation for the community's participation and support during the Governor's Feast. Only by working together and celebrating our traditional observance can we continue to lay a strong foundation for our people and our youth to enjoy and learn respect of our customs and traditions for a meaningful prosperous life. A special thanks to all the families that worked very hard to make the Governor's Feast a happy rewarding day.

Eddie Paul Torres

Governor, Pueblo of Isleta.

Pueblo of Isleta Census/Tribal Enrollment Department

In accordance with the newly amended Pueblo of Isleta Constitution, the Census/Tribal Enrollment Department is accepting applications for Tribal Membership from Registered Descendants. Registered Descendants who are currently listed on the Descendants list and who are **not** enrolled with another federally recognized tribe are entitled to a priority process. This priority process will continue through January 31, 2017. Beginning February 1, 2017, all applications will be processed as they are received.

Expedited Applications for Registered Descendants are available at the Census/Tribal Enrollment Department in the Governor's Office and online at the Pueblo of Isleta Website, www.isletapueblo.com.

The Census/Tribal Enrollment Department will be accepting applications from 8:30 a.m. to 4:00 p.m., Monday through Friday. Tribal Members can come to the Department for their Tribal ID's after the Member receives a Resolution and a Certificate of Tribal Verification via certified mail.

Contact the Pueblo of Isleta's Census/Tribal Enrollment Department at (505) 869-9766 with any questions.

PROBATE NEWS

First Notice — A petition to Probate the Estate of Jose Ignacio Abeita, deceased October 28, 1992. Case No. CV-16-PRO-00045, 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, August 17, 2016 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

First Notice — A petition to Probate the Estate of Edwina Isabella Jojola, deceased March 02, 2016. Case No. CV-16-PRO-00029, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Thursday, August 18, 2016 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

First Notice — A petition to Probate the Estate of Carmelita Zuni, deceased May 05, 2016. Case No. CV-16-PRO-00053, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming

an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Tuesday, September 20, 2016 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice — A petition to Probate the Estate of Dolores F. Abeita, deceased August 08, 1998. Case No. CV-16-PRO-00022, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Tuesday, July 26, 2016 at 09:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699

Second Notice — A petition to Probate the Estate of Joseph L. Jaramillo, deceased May 02, 2016. Case No. CV-16-PRO-00055, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for

Thursday, August 25, 2016 at 09:00 a.m. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice — A petition to Probate the Estate of Petra I. Lujan, deceased December 27, 2014. Case No. CV-15-PRO-00048, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Thursday, August 25, 2016 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

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

News from the Comanche Ranch

Summer is officially here and with it comes heat and dry conditions. With this being the case it is a daily task of ours to make sure the livestock and wildlife have sufficient water. The ranch has approximately 60 miles of waterlines; 55 drinking tubs; 14 storage tanks, and we are planning on installing more tubs, storage facilities and waterlines. While we do have dirt tanks they are not a reliable, permanent source of water. Another factor to consider is the quality of water. There is one natural spring however the water is so full of salt and other minerals, neither livestock nor wildlife will drink it. Overall the quality of water is poor so we are working with an animal nutritionist to develop a supplemental feeding program to offset the effects of the poor water quality.

Our other future plans include additional cross-fencing of the pastures. One of our pastures has over 21,000 acres in it. A pasture this large is difficult to manage and our plan is to break it up into 3, maybe 4 pastures. This will make it easier to manage when we are rounding up livestock and will play a large part in the grazing rotation plan that we are also developing. Smaller pastures can also be used as breeding pastures. A smaller area will make it easier for the bulls to breed therefore increasing our calving percentage.

All these plans require support and most importantly, time and patience. The Administration has been extremely supportive. Governors and Council have made visits to the ranch so they are aware of the work we are doing and the challenges we face. We are grateful and appreciative of their support and efforts to make the ranch a success.

In future articles I will include some facts about livestock that you may or may not know since this article is about water, the first fact will be the amount of water a cow will consume in one day. Do you know the answer?.....depending on several factors such as: temperature, humidity, size of the cow and whether or not she is nursing a calf, a cow will consume 15 to 30 gallons per day. That's a lot of water!!!

In closing I would like to welcome all of you out to the ranch. Thanks to the Transportation Department the roads are in excellent condition. They recently came out and spent a week grading the main roads. If you do come out, all we ask is that you be respectful to our Mother Earth, please do not litter or drive off the roads.

Until next time, happy trails to all and may the Creator bless each and every one of you.

LETTER FROM THE EDITOR

Deadline for August Newsletter articles is set for Wednesday, July 20, 2016 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

Thank you,

Nathaniel Lujan

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

The sixteen Newsletter distribution locations are:

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



Approved Tribal Council Resolutions for April, May, and June 2016

2016-057	Authorizing Engagement of Tracy AHR, ESQ., As Special Legal Counsel to Advise on 401(k) Plan Restructuring	2016-068	Authorizing Fiscal Year 2016 Contract Proposal between the State of New Mexico Children Youth and Families Department and the Pueblo of Isleta in Order to Enhance and Improve the Handling of Civil and Criminal Child Abuse Cases by First Responders
2016-058	Appropriating Funds to Temporarily Relocate the Census/Tribal Enrollment Office Pending Completion of a Permanent Facility	2016-069	Approval of the 2016-2017 Pueblo of Isleta Early Head Start/ Head Start Program Refunding Application
2016-059	Approval of a Sole Source Contract with Cibola Research Consultants in the Amount not to exceed \$180,000 for three (3) years to provide qualified Archeological Oversight Services for POI with the Cost to be Absorbed by Previously Approved Funding as Indicated in the Resolution	2016-070	Approving the Sole Source procurement of a computer server for RPMS for the Isleta Health Center
2016-060	Approving Two (2) Temporary Positions for the PSD Survey and Mapping Division	2016-071	Approving the Purchase of the Modular Building from Palomar Modular Building LLC for the New Census Office
2016-061	Approving the PSD to Seek the Bureau of Indian Affairs Approval to use the Settlement and Natural Resources Act of 2006 Funds for Comanche Ranch Land Management Oversight and Range Improvements	2016-072	Approving a \$10,000 Budget Increase to the PSD Budget to Purchase and Install Secondary Containment for Above Ground Fuel Tanks at Comanche Ranch
2016-062	Authorizing Acceptance and Use of Bureau of Indian Affairs Funding to Conduct a Comanche Ranch Range Assessment	2016-073	Resolution for POI Tribal Court Peacemaking Pilot-Project
2016-063	Approving a Rangeland Management Technician Position for the PSD Natural Resources Division in Support of Conducting the Comanche Ranch Range Assessment to be Supported by BIA and Other Grant Funding	2016-074	Resolution Approving Amended FY 2016 Budget
2016-064	Approving the FY 2016 Health Services Department Budget	2016-075	Approving the Printing of the Pueblo of Isleta Constitution to Include the Amendments Adopted in the April 6, 2016 Secretarial Election
2016-065	Resolution Approving Amended FY 2016 Budget for Department of Education (DOE)	2016-076	Approval of Liquor Licenses to Isleta Resort & Casino
2016-066	Approving a Limited Waiver of Sovereign Immunity for the Traveler Preference Contract with Expedia Lodging Partner Services	2016-077	Head-Start
2016-067	Temporarily Assign Property to Accommodate the Relocation of the Census Office	2016-078	Approval of Liquor Licenses to Isleta Business Corporation for One Stop and Travel Center Locations
		2016-079	Amending the Tribal Enrollment Ordinance and the Policies for the Census/Enrollment Department to Conform to the 2016 Constitutional Amendment

Brandon Trujillo

A huge congratulations to Brandon Trujillo who was notified he passed the CPA exam in May 2016! The Uniform CPA Examination is the examination that individuals must pass in order to qualify for licensure as Certified Public Accountants (CPAs). The exam protects the public interest by helping to ensure that only qualified individuals become licensed as U.S. CPAs. The Uniform CPA Examination consists of four sections: Auditing and Attestation, Business Environment and Concepts, Financial Accounting and Reporting, Regulation.

Brandon is giving back to Indian Country as an Auditor with the Office of the Special Trustee for American Indians and travels across Indian Country to evaluate tribes that compact trust programs. Brandon is the son of Joseph Trujillo of Ohkay Owingeh and of the late Evelyn Trujillo of the Pueblo of Isleta.



Isleta EMS

By Kamilia Elsisie, EMS Manager
505-869-4486

What happens when you call 911?

Hopefully you have never had to call 911, but if you have, you know it can be scary and frustrating at times. First off, you must know where you call from makes a difference. If you are calling from a landline within Isleta, it will go directly to our dispatch center. If you call from a cell phone multiple things can happen depending on your location within the Pueblo;

- 1) Your call could go to our POI dispatch center,
- 2) Your call could go to Bernalillo County EMS, or
- 3) Your call could go to Valencia County EMS.

If you call from a cell phone the dispatch center will not have a location or name. So please make sure you let the operator know your name and location before you tell them what is happening. This will ensure emergency units are sent as soon as possible. If dispatch does not have this information there is no way they can dispatch emergency services quickly. If you reach an outside dispatch center, just let them know you need Isleta Dispatch and they can transfer/connect you. Also please answer all the questions dispatch has for you. It may seem mundane, but all the information is critical for Police, Fire and EMS. As in the last article, tell dispatch something distinctive about your residence. This will help ensure PD and EMS can locate your property more quickly.

Please remember dispatch is there to help you just as much as EMS, FIRE and PD. Dispatchers of the 911 service are just as important as the rest of the Emergency Services offered here on Isleta Pueblo.



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

Pueblo of Isleta Veterans' Association Has a Permanent Home

After nine, maybe ten years of hard work the Pueblo of Isleta Veterans' Association (POIVA) has a permanent place to call "home". On May 27, 2016, the POIVA celebrated the official dedication/opening of the Pueblo of Isleta Veterans Association Center located at Richard "Dickie" Baker Field in Los Charcos.

It was a memorial day for all veterans, especially for those who worked hard to make the Veterans' Center a reality. The work began with a handful of veterans realizing that there were over 300 veterans within the Pueblo of Isleta, and many of these veterans were in need of a veteran's service center. A place from where information on available services would be provided, and a place for veterans could meet and share "war stories".

Ulysses Abeita, Adjutant, presented a brief history of the Association, beginning with a handful of veterans organizing and starting American Legion Post 209, and later, reorganizing as an independent veterans association...the Pueblo of Isleta Veterans' Association, and one day, walking the halls of the NM State Capital lobbying state legislatures for capital outlay funds. It was also an emotional event when the Adjutant gave a brief biography about Richard "Dickie" Baker, Pueblo of Isleta Tribal Member, Marine Corps, Vietnam Veteran, who one day called the Adjutant and offered eight acres of land he owned to the Pueblo of Isleta Veterans for the location of a veterans' center. Richard's dream has been fulfilled, but unfortunately, he has passed away and was not here to see his dreams fulfilled.

Governor Torres, Lt. Gov. Antonio Chewiwi and Isadore Abeita assisted Commander Fred R. Lujan, who also served as Master of Ceremonies, and members of the Association with the ribbon cutting ceremony. This was followed by introduction of dignitaries and speeches. The association was honored to have in attendance the POI Governor's administration, NM State Sen. Michael Sanchez, Secretary of NM Department of Indian Affairs Kelly Zunie, NM Department of Veterans Services Deputy Secretary Alan Martinez, Drew Setter, POI Lobbyist and his Assistant Pam Mahood, Capt. Steve Abeita, Army Reserve, Commander James Garley, VFW Post 9676, and James Toya, Native American Liaison, Albuquerque VA Medical Center. Also attending were representatives from Congressman Steve Pearce's office, Kirtland Air Force Base, NM Air National Guard, and our fellow veterans. Invitations were sent out to our state legislators, but due to conflicting

meetings, with the exception of Sen. Michael, who spoke, were unable to attend. Nonetheless we wish to thank Rep. Alonzo Baldonado, who actually sent his dad Arturo to represent him, Sen. Michael Sanchez, Rep. Kelly Fajardo, Rep. Georgine Louis, Rep. Sharon Clauschingchille, Sen. Benny Shendo, Sen. Clemente Sanchez, and Sen. Michael Padilla. Without their support with capital outlay funds, the Center may not have been. We also wish to thank past Rep. Elias Barela and David Chavez.

The POIVA wishes to thank Governor Torres and his administration for his support to our tribal Veterans and the Association and for providing the tents and food, and a special Thank You to Carmella Sutherland for assisting Commander Lujan with all the clerical work, i.e. developing

the agenda, letters of invite, mailing, etc., Harold Baugus, Isleta Casino Resort & Casino and his staff for preparing and serving the great delicious food, and thank you to all veterans and non-veterans who have supported our efforts.

The hours of operation have not yet been set as there are still a few "house - cleaning ceremonies that need to be completed, i.e., telephone, computer hook-up, landscaping chores, etc." Regular monthly meetings are held at the Center on the first and third Wednesday of the month at 6:00 PM. All honorably discharged veterans may join the Association for an annual fee of \$10 per year. For more information, call Commander Fred R. Lujan at 573-3733, or Adjutant Ulysses Abeita at 264-4110.





Thinking About Quitting

NOT READY TO COMMIT TO A FULL Quit Smoking PROGRAM?

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

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



Did you call for an AMBULANCE?

Please report the information to **PRC** within 72 hours.

869-4488

Pueblo of Isleta Elementary School

We hope all of our Pueblo of Isleta Elementary Students are having fun in the sun! While many of the students are off enjoying summer fun activities and spending time with their families and friends, some of our students have been busy at Summer School. Students enrolled are working hard in Reading, Mathematics and an elective course. Students are able to choose from Tiwa Language, Tiwa Art, Tiwa Cooking and Keyboarding. The second half of the summer session will also offer Endurance Training for Cross-Country Running. We will complete our Summer School Program on June 30th. The Tiwa Cooking/Language Class has been learning all about making cookies, pies and bread and the Tiwa Language that describes them. The Tiwa Art Class has produced some talented artists. We look forward to extending these courses into our Fall After-School Programs.

The School has applied for a "Ticket to Ride Grant," for School Year 2016/2017. This would allow all of our students to visit some of our New Mexico National Parks, as well as be a part of the Jr. Ranger Program and work with some of our local National Park Rangers. As part of this nationwide-program, the National Parks Service invites all of our current Fourth Grade Students to visit a National Park with their family for free, until August 1st. You may get the details online at: everykidinapark.gov or call the school for info at 505-869-2321.

Enrollment for School Year 2016/2017 for the Pueblo of Isleta Elementary School has begun. Enrollment packets were sent home with students and additional packets are available at the POIES Front Office. Staff will be offering assistance with the applications during the summer break. We would like to have all of the student information updated and in place, prior to the school start on August 8th. All Kindergarten and new enrolling students will need the following documents to complete their application:

- * Certificate of Indian Blood (C.I.B.) or Tribal Verification Letter
- * Updated Immunization Record
- * Birth Certificate
- * School Physical (Kindergarten or New Students)
- * Social Security Card (If not enrolled at Isleta)

The School Staff are busy making plans for School Year 2016/2017. We hope you see you soon!

PRC

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

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

Questions? Please call 869-4488



Isleta Health Center
Medical Clinic News



Prepare for the new school year!

- ➔ Does your child need a physical exam?
- ➔ Are your child's immunizations up to date?

Call us today to make a summer appointment for your child's physical exam or update their immunizations!

869-4089

Please bring all required forms to the appointment. Patients under 18 years of age must be accompanied by a parent or legal guardian.

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

Thank you for your cooperation



Isleta Health Center Staff

ISLETA GOLF CLUB

Presents



Space is Limited!

Junior Eagle

GOLF CAMP

July 6 & 7 • 8am - 12pm

Only \$40 Per Child

Professional Instruction
Prizes to be awarded
Lunch provided Daily

Ages 7-17 Years

To Register Call 505.848.1900

Please see Isleta Golf Shop for complete details



ISLETA
golf club



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

Staffing Specialist:
 Mari Valenzuela 724-3920 or Vickie Carrion 244-8206
 www.isleta.com

Updated: June 16, 2016
 (Internal Postings In **BOLD**)

Auto req ID	TITLE	DEPARTMENT	DIVISION
822BR	ATTENDANT FLOOR-SLOTS	SLOTS	GAMING
820BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
819BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
818BR	ATTENDANT CONCESSIONS - FUN CONNECTION	F&B FUN CONNECTION	FOOD & BEVERAGE
817BR	SUPERVISOR FUN CONNECT FB	F&B FUN CONNECTION	FOOD & BEVERAGE
816BR	ATTENDANT CONCESSIONS - FUN CONNECTION	F&B FUN CONNECTION	FOOD & BEVERAGE
815BR	SUPERVISOR PW F&B	F&B PALACE WEST	FOOD & BEVERAGE
814BR	TIWA LINE COOK	F&B TIWA	FOOD & BEVERAGE
813BR	ATTENDANT 505 EXPRESS RETAIL	RETAIL MAIN	HOTEL
812BR	UTILITY-F&B	F&B UTILITY	FOOD & BEVERAGE
811BR	DEALER TABLE GAMES	TABLE GAMES	GAMING
810BR	ATTENDANT LAUNDRY	HOTEL HOUSEKEEPING	HOTEL
808BR	COOK-DELI	F&B DELI	FOOD & BEVERAGE
802BR	REGULATORY COMPLIANCE TECH	COMPLIANCE	GENERAL & ADMINISTRATION
799BR	ATTENDANT EMPLOYEE DINING ROOM	F&B EMPLOYEE DINING	FOOD & BEVERAGE
788BR	SUPERVISOR - BAR	F&B CENTER BAR	FOOD & BEVERAGE
558BR	ATTENDANT VALET	VALET	HOTEL
616BR	COOK - PREP KITCHEN	F&B PREP KITCHEN	FOOD & BEVERAGE
774BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE
689BR	AGENT-GUEST SERVICE	HOTEL GUEST SERVICES	HOTEL
715BR	CAPTAIN SHIFT MANAGER	SECURITY	GAMING
803BR	CASINO HOST - PLAYERS CLUB	MARKETING PLAYERS CLUB	MARKETING
792BR	ATTENDANT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE
772BR	AGENT-GUEST SERVICE	HOTEL GUEST SERVICES	HOTEL
767BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
760BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
757BR	EXECUTIVE HOST	MARKETING PLAYERS CLUB	MARKETING
636BR	COOK-BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE
686BR	ATTENDANT VALET	VALET	HOTEL
690BR	AGENT-GUEST SERVICE	HOTEL GUEST SERVICES	HOTEL
793BR	ATTENDANT CONCESSIONS - DAUBERS	F&B BINGO SNACK BAR	FOOD & BEVERAGE
728BR	SUPERVISOR FLOOR TABLE GAMES	TABLE GAMES	GAMING
806BR	REPRESENTATIVE GUEST SERVICE	MARKETING PLAYERS CLUB	MARKETING
809BR	RECEPTIONIST - SPA	SPA SALON	HOTEL
804BR	TEAM MEMBER-COUNT	COUNT	GENERAL & ADMINISTRATION
770BR	SUPERVISOR FLOOR TABLE GAMES	TABLE GAMES	GAMING
651BR	MANAGER BINGO	BINGO	GAMING
599BR	SUPERVISOR FLOOR TABLE GAMES	TABLE GAMES	GAMING
433BR	SUPERVISOR CENTER BAR	F&B CENTER BAR	FOOD & BEVERAGE
821BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE
791BR	BUFFET ATTENDANT	F&B TIWA	FOOD & BEVERAGE
807BR	SPA REPRESENTATIVE	POOL MAINTENANCE	FACILITIES
801BR	DEALER - POKER	POKER	GAMING
805BR	TEAM MEMBER-COUNT	COUNT	GENERAL & ADMINISTRATION
429BR	BARTENDER-CENTER BAR	F&B CENTER BAR	FOOD & BEVERAGE

Pueblo of Isleta Career Opportunities

Position Posting	Location	Closing Date
RE-ADVERTISED - DIRECTOR,	ADMINISTRATIVE SERVICES,	Health Center, 06/17/2016
RE-ADVERTISED - FACILITIES COORDINATOR,	Head Start & Child Care,	Open Until Filled
RE-ADVERTISED - DATA CLERK,	Head Start & Child Care,	Open Until Filled
NEW - BUSINESS MANAGER,	Head Start & Child Care,	Open Until Filled
NEW - MENTOR TEACHER,	Head Start & Child Care,	Open Until Filled
NEW - TIWA LANGUAGE INSTRUCTOR,	Head Start & Child Care,	Open Until Filled
RE-ADVERTISED - LABORER,	Isleta Pueblo Housing Authority,	Open Until Filled
AMERICORPS VISTA POSITIONS,	POI Elementary School, By Laguna Community Foundation	
CAREGIVER II (RFT),	Assisted Living Facility,	Open Until Filled
CHILD CARE PROVIDER,	Head Start & Child Care,	Open Until Filled
CUSTODIAN,	Facilities Management,	Open Until Filled
DENTAL ASSISTANT,	Health Center,	Open Until Filled
DISABILITIES COORDINATOR,	Head Start & Child Care,	Open Until Filled
DISPATCHER,	Police Department,	Open Until Filled
ELEMENTARY TEACHER,	POI Elementary School,	Continuously Accepting Applications
EMT-INTERMEDIATE (2 positions),	Health Center,	Open Until Filled

Medical Fields and Medicine as a Career

Hello. I am reaching out to the tribe to see if we can get more of our youth interested in medical fields and medicine as a career.

My name is Adela Lente and I am the daughter of the late Joe Michael Lente Sr. and Daisy Lente. I went to medical school at UNM. I lived in Isleta until I left for residency in 2002 (I trained in Tucson, AZ). After my residency I worked on the Navajo reservation in Tuba City, AZ and worked mainly with the Navajo and Hopi there. I currently live in El Paso, TX and am a board certified general surgeon practicing acute care surgery and trauma.

I am interested in getting more Native students into medical careers, so I have accepted a position with the new medical school in Las Cruces, the Burrell College of Osteopathic Medicine. I am the Chair of the Surgery department and am on the admissions committee.

In order to have better health care, we need to get more Native students into medicine. There are many things about the reservation and health care for Natives that most people do not understand. Having made my way through the process of undergraduate and graduate school, I think there is a better way to guide our students. We have to start early to direct students that are interested into health education pathways. This is one of our missions at Burrell.

Health care is changing at a fast pace and even those of us who work in the field are confused by all that is happening. We need a voice in the changes. We as Natives make up a significant portion of this state's residents, but we are a very small minority of the health care field. I believe we can change that. I hope that those youth that show aptitude for the health care fields are encouraged to pursue those fields.

My colleagues and I are available to guide and mentor students in this regard. If you are a student already in the process of pursuing a career in medicine or know of a student interested, please contact me at alente@bcommn.org.

Thank you.
Adela Lente MD

NOTICE OF AVAILABILITY

The 2015 Annual Drinking Water Quality Reports for each of the Pueblo of Isleta's four community public water systems are available at:

- Governor's Office
- Public Services Department at the Tribal Services Complex
- Environment Division Office at 6 Sagebrush Street
- Pueblo of Isleta Public Library
- POI Intranet

These annual drinking water reports are also known as Consumer Confidence Reports or CCRs. Annual CCRs provide consumers with information about what contaminants, if any, are in their drinking water and how these contaminants might affect their health.

For further information contact:
Ramona M. Montoya, Pueblo of Isleta, Public Services Department, Environment Division, PO Box 1270, Isleta NM 87022

(505) 869-7565

Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911.

Sometimes, first aid is YOU!

Someone you know could be experiencing a mental illness or crisis. You can help them. You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 12-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you. Take the course, save a life, strengthen your community.



Mental Health First Aid Course – 8-hour course

Isleta Behavioral Health Services
Time: 9:00 am – 1:00 pm
Date: July 16 & 23, 2016
Location: Isleta Health Training Center (located behind the Isleta Health Center)

For more information contact:
Krystal Lucero 869-5475

This course brought to you by: UNM-Health Sciences Center-Health Extension Rural Offices, Kewa Family Wellness Center and Isleta Behavioral Health Services



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

You will learn:

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

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

DATE(S) & TIME(S)

July 18, 2016
From: 1:00 to 5:00 pm

LOCATION

ISLETA
ELDER CENTER

TO REGISTER

Call (505) 869-9770
Bring Driver's Lic. & AARP Card

CLASSROOM COURSE:

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

For more information visit www.aarp.org/drive

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



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

www.MentalHealthFirstAid.org




Mental Health First Aid 8 hour Course

Isleta Health Training Center (Located behind Isleta Health Center)
Saturday July 16 & 23, 2016
9:00 AM – 1:00 PM

REGISTRATION

To register, please email the information below to klucero@islclinic.net or fax this completed form to:

Isleta Behavioral Health Services
Attn: Krystal Lucero
505-869-5489

Questions? Call Krystal Lucero at 505-869-5475 ext. 5483

Name _____

Phone number, if any _____

E-mail address, if any _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

Sponsored by:

UNM-Health Science Center, Office for Community Health, Health Extension Rural Offices
Kewa Family Wellness Center Prevention Program & Isleta Behavioral Health Services



ALGEE, the Mental Health First Aid Action Plan

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

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



**Pueblo of Isleta Veterans Association
and the Pueblo of Isleta present...**



FREE

Lunch and Business Counseling

**For Veteran Entrepreneurs
and those who support them**

August 13, 2016

Lunch and Program 9:30 - 2:00
Followed by Individual Business Counseling

At the Isleta Resort and Casino

Call 505-573-3733 to pre-register
WALK-INS WELCOME









Funded in part through a cooperative agreement with the U.S. Small Business Administration
Reasonable accommodations will be made for persons with disabilities



EDUCATING THE COMMUNITY TOGETHER

Financial Education Classes

\$Thinking Money\$

Tiwa Lending Services will be offering free financial education classes to the community. These classes will help to educate and promote financial stability and independence through group learning and outreach. The classes will consist of a variety of topics geared toward building your wealth and creating financial stability for yourself and family.

(Free Classes)

First Class:
July 14, 2016

Class Times:
12:00pm-1:30pm
5:30pm-7:00pm

- 1 class a week, for 6 weeks.
- Two sessions will be offered daily to accommodate schedules.
- Classes held every Thursday
- Classes will take place at the Elderly Center.

Class Topics		
• Super Saving	• Buying Smarter	• College/Tuition
• Relating With Money	• Insurance Buying	• Retirement
• Cash Flow Planning	• Negotiating Deals	• Mortgages
• Getting Rid of Debt	• Stocks, Bonds, and	• Fraud
• Credit	Mutual Funds	

For more information on upcoming events and classes check us out at:



tiwalending.org

Call us to register:
(505)-916-0556

Please call Sheila or Miranda to register so that arrangements can be made to order your books and supplies. Thanks! :)

• Home Loans • New Construction • Renovations

Behavioral Health Service Community Garden Update

June 2016

Things continue to move along nicely in the community garden. So far we've planted beans, lemon cucumbers, chile, peas, carrots and a variety of flowers to attract hummingbirds and bees. One month ago the transplants were tiny and now they've almost doubled in size and look happy and healthy! Many of our community members — elders and young people — have made their way to the garden and shared family stories of gardening, seed saving and harvesting while cutting weeds and irrigating. The garden has been a natural environment for laughter, playful water fights and healing to those who recently lost family members and friends. It also serves as an avenue for physical activity and entices us to be ourselves while we plant and nurture life. Just recently the community garden was recognized by Native Seeds/SEARCH thus was selected to be a part of their small grant program which is "designed to support the work of educators and those working to enhance the nutritional, social, economic, or environmental health of underprivileged groups...while simultaneously keeping locally-adapted varieties alive and in active use in schools, farms and gardens" like ours. This small grant provided our garden planning committee with seeds from our own Pueblo of Isleta including melon, chile and tobacco, which we hope to plant soon.

The planning committee NOW meets every Wednesday at 9:00 am! Please join us.

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

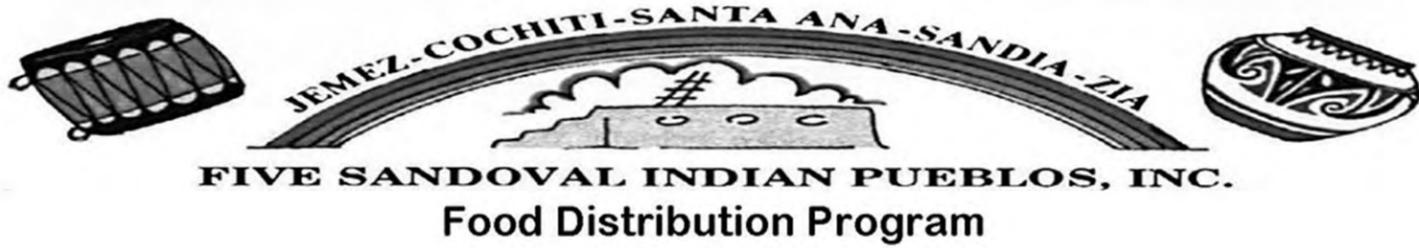
1. Leaves
2. Old hay, straw, or alfalfa bales (the kind that cannot be fed to animals)
1. Grass clippings
2. Any berry transplants
3. Any fruit bearing or nut bearing tree transplants

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

The community garden is also a great place to secure community service hours!

Please call (505) 869-5475 and ask to speak to Jennifer Padilla for more information about the community garden.





ATTENTION!!!



On Monday, July 18, 2016, the Five Sandoval Indian Pueblos, Inc. Food Distribution Program staff will be at the Isleta Elderly Center from 9:00 a.m. to 12:00 p.m. to process applications for eligibility (**certification ONLY for New and Recertification**) for the Food Distribution Program. If you are interested in applying for the Food Distribution Program, applications and additional information will be available at the Isleta Elderly Center.

Distribution Dates for Isleta: July 19 and July 28, 2016

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- 1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- 2) Fax: (202) 690-7442; or
- 3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

REVISED: 11/2015

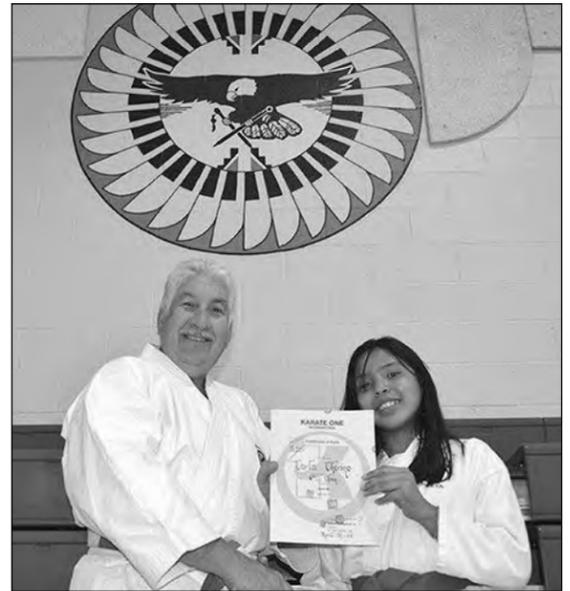
RECREATION

Karate Promotions

If you have any questions about the Martial Arts program at the Isleta Recreation Center, please call 869-9777 or contact Mr. Chavez at 866-4360.



Sebastian Jaramillo recently was promoted to Yellow Belt after passing the Karate exam. (Mr. Chavez and Sebastian)



Carla Cherino recently was promoted to Green Belt after passing the Karate exam. (Mr. Chavez and Carla)



Michael Price recently was promoted to Orange Belt after passing the Karate exam. (Mr. Chavez and Michael)



Ryan Price recently was promoted to Orange Belt after passing the Karate exam. (Mr. Chavez and Ryan)



Mary Cherino recently was promoted to Green Belt after passing the Karate exam. (Mr. Chavez and Mary)



SPAY & NEUTER CLINIC

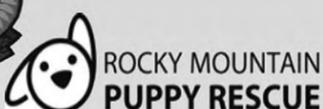
July 15, 16, 17, 2016

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

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

Brought to you by:

Isleta Animal Control



✿ Cost is \$30.00 per animal

✿ Pet must be current with rabies shots

✿ 120 slots available
40 slots per day

Tips for Night Driving From the Isleta Health Center's Optometry Clinic

- 1. Never wear tinted lenses while driving at night**
– So called night driving lenses with any amount of tint or polarization only reduce the already limited amount of light available to your eyes making driving more hazardous.
- 2. Wear lenses with Anti Reflective (AR) coating**
– AR coatings minimize distracting internal lens reflections which can be significantly more noticeable at night.
- 3. Have regular eye exams and ensure your eyewear prescription is up to date**
– Even slightly uncorrected refractive errors can make night time driving more difficult.
- 4. Make sure your corrective lenses are clean**
– Dirty lenses can limit your view and induce glare.
- 5. Make sure your windshield is clean**
– As with corrective lenses, dirty windshields will also limit your view and induce glare.
- 6. Make sure your head lights are clean and properly aligned**
– Dirty headlights can reduce efficacy by 75%.

Johnson O'Malley

Summer Bridge Program

Greetings from JOM!!! Hope you all are enjoying your summer break and staying cool! Here at the JOM Program we know that continuous learning is important as it contributes to a successful transition into the new school year. Have you heard about our Summer Bridge Program? The Summer Bridge program enhances a student's confidence, self-esteem and motivation to learn. It's also a great opportunity for your child to practice academic skills and maintain their current knowledge base. Each student is engaged in thematic learning that supports reading, mathematics, and science activities and includes individualized instruction through a 6-week period.

The Summer Bridge program kicked off on Monday, June 6, 2016. This year as in years past the program is offered in two sessions from June 6 – July 15, Monday-Thursday. The morning session consists of eleven (11) students from Pre-K to 3rd grades and eight (8) students in the afternoon session from 4th thru 8th grades. This year the kiddos are very enthusiastic and eager to participate in activities and learn!

Summer Bridge is a fun way for children to learn through interesting and exciting activities. Each week consists of a theme the students will focus on. Week 1 the students learned and taught us about themselves and the world around them. They created a dream home, drew a self-portrait, learned about rule making and engaged in an ice cream social. We know that living in the environment that we do, there is a great potential for coming in contact with unpleasant critters and such. We know that safety is a critical element to having a fun and safe summer. Animal control was invited to talk to the children about snake awareness along with the dangers of venomous snakes. Week 2's theme was about insects. Students had the opportunity take a fieldtrip to the new Bugarium located at the Albuquerque Biopark Aquarium. The students learned about the Life Cycles of a Ladybug and Butterfly. Understanding the concepts of an insect's life cycle, the students created a ladybug and butterfly habitat. Week 3 the

students will learn about Ocean Life which coincides with the Albuquerque Bio Park Aquarium fieldtrip. By the way, has anyone found Dory yet???

Upon the completion of the Summer Bridge program we will be planning the Back-to-School supply distribution. As you know, this is a great time for you to get to know us and the services we provide through the JOM contract. These meetings are also mandatory for the parents and legal

guardians of JOM Eligible students. During the meeting you will get a short overview of the history of JOM, budget information, eligibility requirements and learn about services provided to students. This is also a great opportunity to update all your contact information.

If you have any questions, please do not hesitate to contact us at 505-869-9810.

Marsha, Shelly and Lisa

A Step Back in History: Crow Canyon

The Pueblo of Isleta & Los Lunas Public School District are seeking 6th through 8th grade students interested in science and history to participate in a co-sponsored historical and archeological exploration. We will embark on an adventure that takes us back in time at Crow Canyon, located in beautiful Cortez, Colorado.

This trip begins on July 17, 2016 and ends July 22, 2016.

Spaces are extremely limited and a parent or legal guardian must be present to complete all required documents on July 8, 2016 at 8AM, NO EXCEPTIONS.

Students will be required to submit daily journals, artwork, and a report discussing the overall impact and experience of this trip. Student must provide a copy of their current report card when registering.

JOM eligibility will be verified. Los Lunas students must have a 506 form on file with Los Lunas Public Schools. If you have questions or would like more information, please contact Michelle "Shelly" Valdez at (505) 869-9810.

**Isleta Health Center's
COMMUNITY HEALTH FAIR
is coming!**

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

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

**Isleta Pueblo
News**



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

PUEBLO OF ISLETA PUBLIC LIBRARY



Hello People of the Island,

Summer is officially here according to the calendar, but PNM via my electricity bill says it has been summer for the last month or so. With that said, I would like to remind all of you NOT to leave your children in your vehicles, ESPECIALLY at the Library. Leaving the air conditioner on for your children while you leave your vehicle unattended is just as bad. Why you may be asking, because someone may steal your vehicle with your children in it and then we have an Amber Alert in Isleta. Not cool at all!!! Now that my seasonal Public Service Announcement (PSA) has concluded, let's get to the real reason you're here...to read the Library article.

NEWS:

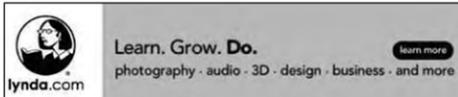
The Library will be CLOSED on Monday, July 4th due to America's Independence Day Holiday.

Since the start of June the Library has been and will continue to be busy with our Summer Reading Program (SRP) which takes place Monday through Friday from 9 am to 4 pm. However, that does not mean we have forgotten about you our everyday patrons. You may still visit the Library to take advantage of our services and FREE Library materials during our normal hours of operation.

Should you have children ages 0-18, you may bring them to the Library for our FREE Breakfast & Lunch programs. Breakfast is served Monday through Friday at 8 am to 9 am. Lunch is served Monday through Friday at 11:30 am to 1 pm. The only catch is, all meals MUST be consumed on site. Not bad, right!?

There will be NO SRP during the week of June 27 through July 1 as many of students tend to travel with their families for the 4th of July. However, the Library will still be open for your daily needs and the FREE Breakfast & Lunch programs will still be in effect.

We are very excited to provide our Library members with the wide range of online training programs on Lynda.com FREE online software training with your Pueblo of Isleta Library Card (password must be created with Library). We have licenses for 5 simultaneous users!



The Lynda.com Online Training Library is a massive online training resource. Using their thousands of videos, members are able to learn – self-paced and on-demand – topics ranging from Excel and PowerPoint to Tumblr and CSS. Pueblo of Isleta Library has purchased 5 licenses. Members must have Library card in order to register and utilize Lynda.com site. If you have any questions, please call the Library. The link to Lynda.com may be found on our Library website at <http://isletapueblo.com/library.html> Just click on the “Start Learning, Click Here” button to start your digital continuing education.



Do you remember the Fitness Bags we mentioned in our April Article?!? If not, let me refresh your memory. We now have fifteen fitness bags which consist of a digital media or fitness object, fitness books pertaining to stretching, recovery, healthy recipes, and nutrition, along with fitness cards. Work out logs are available upon request. Currently, we have three categories of fitness bags for you to check

out: Home Fitness, Home Cardio and Sports Endurance. By request by patrons, we will have Zumba Fitness Bags, Yoga, speed ladder and much more. You may check out these bags for 1 week with one renewal per patron. It must be returned after the max allowed time has been reached. A \$5 late fee will be charged for each day the bag is late. For any lost or damage to the contents in the bag, patrons will be charged for the full price of the set we paid for. Unfortunately we cannot replace individual items because we bought these items as box sets. If you have any questions please give the Library a call at 505.869.9808.

UPCOMING:

The Library has NOT forgotten about our adult patrons, which is why they are continuing monthly Food Programs throughout the summer. The June Food Program will focus on salads and salad dressing while July's program will focus on Bar-B-Que. Hopefully, you remembered to sign up for the classes and they will be programs which the participants will be talking about.

RECAP:

As stated in the earlier paragraphs, the Library has been busy with both SRPs. The Juniors program which consist of 3 to 6 year olds are focusing on physical fitness. Every Monday and Wednesday, they visit various parks in Isleta and Los Lunas areas. Unfortunately for the parents, our activities do not make a dent in the children's high octane energy and they are just as hyper when the parents pick them up when the program concludes.



Junior students enjoying their bouncy ball project.



Junior students testing their strength against Christino & his B-Nox!!!



Two Junior students enjoying their hand crafted Bubble Maker



Junior student refusing to accept that our time was up during the Gravity Park Field Trip.

The Youth program which consists of 7 to 12 year olds are focusing on News broad casting. They have been given lessons on how to use the digital cameras, lighting, audio, video editing, and the art of conducting a professional interview by conducting their own research. The toughest lesson so far has been the interviewees not keeping their promises of conducting their interviews on the days and time which both parties have agreed on. My only advice to them was, "not everyone wants to talk to the media!" They will also be taking a field trip to the KRQE News Station so they may get professional look at how they should be conducting themselves as "reporters". After all...Why can't POI have more than one Tribal members working in the news media profession via newspaper and daily news channels in the near future???

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

Library Hours

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

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

Mailing and Physical Address:

950 Moonlight Drive Albuquerque, NM 87105
Phone: (505)-869-9808
Fax: 505-869-8119
Email: poi02002@isletapueblo.com

Facebook Page:

www.facebook.com/IsletaPuebloLibrary

Web Address:

www.isletapueblo.com/library2.html

YouTube: www.youtube.com/user/poilib

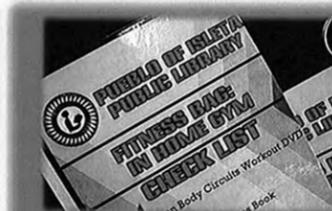
Pinterest: www.pinterest.com/poilib

WE NOW OFFER FITNESS BAGS FOR CHECK-OUT!
THESE BAGS INCLUDE EVERYTHING YOU NEED FOR YOUR NEXT WORK OUT.
*YOU MUST BE 16 OR OLDER TO CHECK OUT A BAG
*ALL BAGS ARE AVAILABLE FOR A 1 WEEK CHECK-OUT
MOST BAGS INCLUDE WORK OUT EQUIPMENT, DRILL CARDS & BOOKS PERTAINING TO TARGET AREA
FOR MORE INFORMATION CALL US AT 869.9808



**SPORTS
ENDURANCE**

- Hurdles
- Agility Ladder
- Perfect Push-Up
- Quick Cones



**IN-HOME
GYM**

- Prenatal Yoga
- Lean Body Circuits
- Slim Sculpting
- 10 Pounds down with Jessica Smith
- Cardio & Conditioning Yoga



CARDIO

- Power Series Triple H DVD
- Piloxing
- Chair Resistance Band
- Zumba Tone Up



- ⇒ PRC will assist with payment for medical services only.
- ⇒ PRC does not cover Durable Medical Equipment (DME) like Orthopedic braces, crutches, wheelchairs, hospital beds.
- ⇒ PRC does not cover Labs at other facilities.
- ⇒ PRC does not cover pharmacy, rehab services or long term care facilities.

Call PRC for more information.

869-4488



**Summer Lunch Program
June 1st- July 29th**

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

Open to ALL KIDS 18 years and younger!

Breakfast : 8:00am to 9:00am

Lunch : 11:30am to 1:00pm

ALL MEALS MUST BE EATEN ON SITE!

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

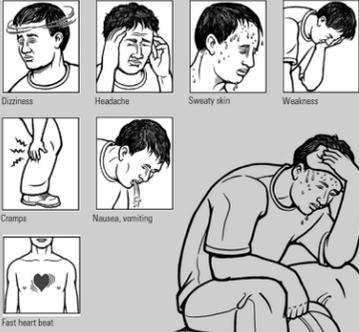




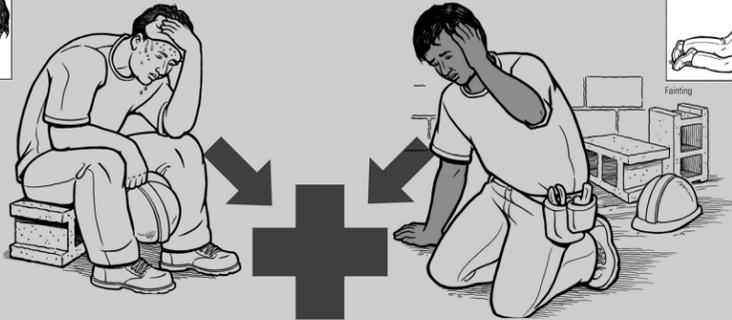
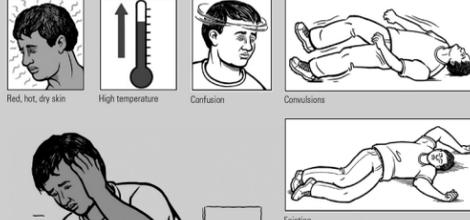
Health effects of heat

Two types of heat illness:

Heat Exhaustion



Heat Stroke



Watch out for early symptoms. You may need medical help.

People react differently — you may have just a few of these symptoms, or most of them.

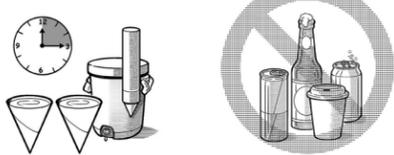
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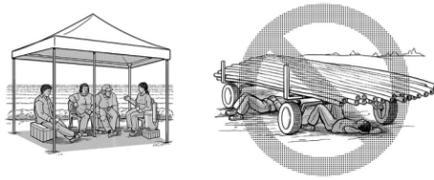
Stay safe and healthy!

WATER. REST. SHADE. The work can't get done without them.

Drink water even if you aren't thirsty — every 15 minutes.



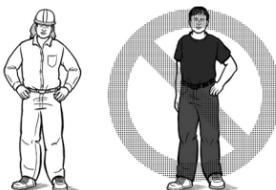
Rest in the shade.



Watch out for each other.



Wear hats and light-colored clothing.



"Easy does it" on your first days of work in the heat. You need to get used to it. Rest in the shade — at least 5 minutes as needed to cool down.

2

Behavioral Health Services

Isleta Health Center

Phone: 869-5475

New Group Meeting! AA (Alcoholics Anonymous)

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is non-professional, self-supporting, multiracial, apolitical, and now available for members of the Isleta Pueblo community. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. Mondays & Fridays | 11:00 am – 12:00 pm @ Isleta Behavioral Health Services

Mental Health First Aid

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Isleta Behavioral Health Services will host a free 2-day (4 hours/day) Mental Health First Aid training on Saturday July 16th & July 23rd, 9:00 am - 1:00 pm. Please call IBHS to register or to gain more information (lunch will be provided).

IBHS provides individual, family, and group counseling for those who are struggling with addiction, mental health issues (anxiety, depression, etc.) family violence, trauma, and grief or loss. You can remain anonymous and speak to a mental health professional anytime Monday-Friday 8:00 am - 4:30 pm (excluding holidays). If you or anyone you know may be in need of services, please feel free to contact IBHS at 869-5475.

St. Augustine Parish Isleta Pueblo Ministry of Consolation



MISSION STATEMENT

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

OBJECTIVES:

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

With Sympathy

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



ISLETA HEALTH CENTER

"Did you know?"

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

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

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

NURSE ADVICE LINE 1-877-752-2552

This line is available 24 Hours a Day, 7 Days a Week, 365 Days a Year and is available for FREE to all established Isleta Health Center patients!

*** CALL 911 FOR LIFE THREATENING EMERGENCIES**

This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

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

WE ARE SURVIVORS

Stephanie Barela, Health Educator
869-4479 □ sbarela@islclinic.net

2nd Annual Isleta Cancer Survivor's Day Event

Every year in June, people all over the country CELEBRATE National Cancer Survivor's Day. On May 25th, the Pueblo of Isleta Community Cancer Support group took part and held their 2nd Cancer Survivor's Day event at the Isleta Health Center. Although it was a month early, the support group believes any time is the right time to celebrate the cancer survivors in the community.

The evening began with a very informative presentation on cancer prevention and early detection by Michele Suina of the Albuquerque Area Southwest Tribal Epidemiology Center. She reminded us that cancer is not a death sentence and that the sooner it is detected the more likely one is to survive the disease. Of course, our event could not continue without recognizing the cancer survivors in the community, as well as the cancer support team members who made this event possible.

The main high point was the messages, poems, and prayers of encouragement and remembrance that participants had the opportunity to write on stickers that were placed on balloons to be released at the end of the evening. The balloons were not only an acknowledgment of cancer survivors, but also a reminder of those who have lost the battle with cancer. As the balloons were released, we watched our dreams, hopes, and prayers being carried up to the Creator, headed north. It was fitting as it is said that the Navajo believe that all negative thoughts go to the north.

It was indeed a heartfelt and healing occasion and the POI Community Cancer Support group thanks everyone who participated and helped to make the night a success. Thank you to Lt. Isador Abeita for the moving invocation and to the Thunder Knife Drum Group who regaled us with their beautiful songs. I especially want to thank the POI Community Cancer Support group and planning committee - Lupita Chewiwi, Eddie Gomez, Mary Ann Johnson, Frances McElhane, Carol Martin, and Clem Romero - for their personal time and monetary donations that went towards the food that we shared together.

In closing, I would like to extend an open invitation to all community members to attend our monthly POI Cancer Support Group. We meet on the 2nd Tuesday of each month at the Isleta Health Center at 10:30 a.m. However, do keep in mind that our August meeting will take place on August 9th from 6:00 p.m. to 7:30 p.m. and we will be offering a Hands Only CPR Program called Project Heart Start. Please call for more information.

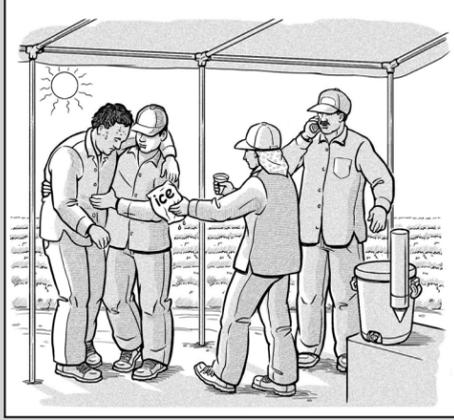
Purchased/Referred Care provides a referral for 1 visit at a time.

Questions? Call PRC at 869-4488



Be prepared for an emergency

Heat kills -- get help right away!



If someone in your crew has symptoms:

- 1) Tell the person who has a radio/phone and can call the supervisor – you need medical help.
- 2) Start providing first aid while you wait for the ambulance to arrive.
- 3) Move the person to cool off in the shade.
- 4) Little by little, give him water (as long as he is not vomiting).
- 5) Loosen his clothing.
- 6) Help cool him: fan him, put ice packs in groin and underarms, or soak his clothing with cool water.

When you call for help, you need to:

- Be prepared to describe the symptoms.
- Give specific and clear directions to your work site.

3



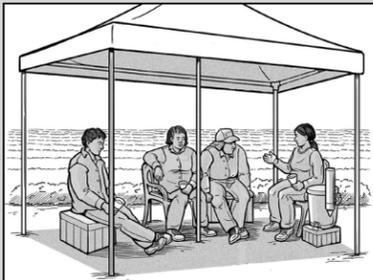


Heat illness can be prevented!

At our work site, we have:



Water



Shade to rest and cool down

We are extra careful when there is a heat wave or temperature goes up. Then we may change our work hours, and we all need more water and rest.



For more information:
1-800-321-OSHA (6742) • TTY 1-877-889-5627 • www.osha.gov
OSHA 3431-04N 2011



Training and emergency plan

WIC

505.869.2662

Breastfeeding and Native American Culture

Women of the Pueblo have been mothering through breastfeeding throughout history. Providing nourishment, comfort and safety at the breast was an extension of the ways and customs that were passed down from mother to daughter.

Native Americans work hard to reclaim the traditions and knowledge that was handed down so easily in the past.

There is value in learning the ways of our ancestors. Sharing stories and mothering wisdom bonds families and strengthens our communities.

For more info: www.nativemothering.com

One of the best things about traditions is being able to leave it to our children, especially our daughters. Keep the tradition alive and support our daughters to breastfeed".

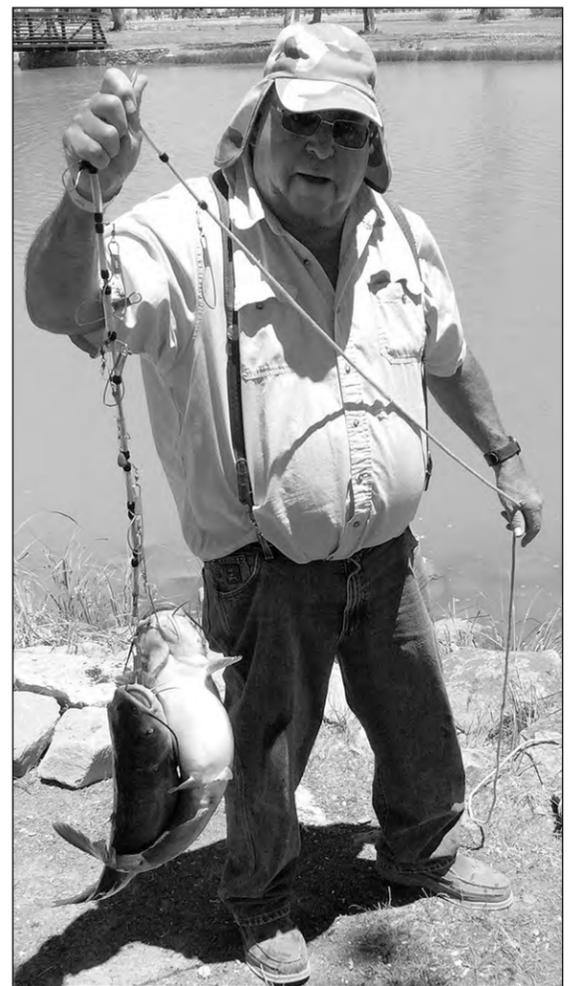
Caroline Jim

Tips for Supporting Breastfeeding

1. Talk about breastfeeding with your family. Mothers, grandmothers, aunties, sisters and cousins all have valuable experiences to share that can help you in your mothering journey.
2. Ask for help from your family and your community. Each culture has it's own customs around pregnancy, childbirth, the postpartum period and breastfeeding designed to support new families.
3. Combine new and old ideas and ways of doing things. Traditions should be celebrated, not forgotten. Talk to your elders about ways to incorporate traditional ways into your life in a way that makes you feel comfortable.
4. Celebrate parents and all types of families. Families make communities, and strong families are powerful.
5. Take ideas about how to support breastfeeding to your elders in the community and get involved. It takes every generation to make changes that will benefit all families.

Isleta Elder Center:

The summer is here and the fun has really started to heat up at the Isleta Elder Center. During the month of June the Isleta Elder Center had a lot of events that took place. In an effort to make the summer safe for our community's elders, we hosted a Snake Safety Awareness Presentation in collaboration with the Isleta Animal Control Department. This an excellent opportunity for our elders to meet and learn important safety tips when it comes to the various snakes that are common to our pueblo from the Animal Control officers. The presentation also covered what a person should do if they were to encounter a snake as well as learn about what to do if a person should do if they are bitten. It was an overall informative and useful presentation by our Isleta Animal Control Department. As the month continued, the Isleta Elder Center hosted our annual Father's Day event. We would like to send a special "Thank You" to Jackie Keryte and her staff at the Isleta Lakes for providing the pavilion area and supporting us in making this event possible. Our "Just for Pops" Father's Day event was a great success as the fathers of community enjoyed a day of fishing, food, and time with their friends. During the event we helped Mr. Joe D. Lucero celebrate his 99th birthday and making the day even more special. Thank You, to all our dads out there who participated in this year's event.



July 2016: Major Activities

July 4, 2016: Elder Center Closed

July 8, 2016: Elder Health discussion with Dr. Cumby & Dr. Lil 11:00am – 12:00pm

July's discussion topic will be about Diabetes. This is a great opportunity for anyone interested in learning about the disease of diabetes. As diabetes has become an epidemic among Native American Communities as well as older Americans around the United States, it is important to become more aware and informed about this deadly disease. This is also your chance to speak to our local physicians about any questions you may have when it comes to the topic of diabetes.

July 14, 2016: Catholic Mass 11:00am – 12:00pm

July 20, 2016: General Meeting: Isleta Courts – Probate Presentation 10:00am – 12:00pm

During July, the Isleta Elder Center will be hosting a presentation from the Isleta Tribal Courts about Probate. This informative presentation will discuss what probate actually is and the probate process through our Isleta Tribal Courts. This is also a great opportunity for the older community members to meet our Tribal Judges & Tribal Court Staff.

July 27, 2016: Elder Center Bingo Day 1:30pm – 3:30pm

Enjoy an afternoon of Bingo here at the Isleta Elder Center. Elders 50 and older come join us for some intense games of bingo & great snacks. Games will range from a nickel to a quarter!!! Bring your friends and have a great time with the Isleta Elder Center Staff.

July 29, 2016: Movie Field Trip & Lunch: Icon Cinema 10:00am – 3:00pm

The Isleta Elder Center will be taking elders 55 & older to a day at the movies. Join us as we visit Icon Cinema for a movie and have lunch at Olive Garden. We will be providing transportation to both locations in Albuquerque. Participants will need to cover their fees for the movie as well as purchase lunch. Don't miss out and have a great time at the movies.

July 2016: Senior Olympics

July 12 - 17, 2016: NM State Senior Olympics – Roswell, NM

The Isleta Senior Olympic Program is proud to announce that this year 27 athletes will be participating in the 2016 New Mexico State Senior Olympics in Roswell, NM. These athletes will be representing our pueblo with pride as they compete for a chance to qualify for the 2017 National Senior Games

in Birmingham, Alabama. These athletes have prepared all year and ambitious to bring the gold home to Isleta. All these competitors have shown tremendous dedication and are true ambassadors of sportsmanship for our community. Come and wish our athletes good luck as we depart for the state games on July 12, 2016.

Special Events:

New Mexico Indian Council on Aging Dinner & Dance at Sandia Casino

Throughout the month of July, the Isleta Elder Center will have a signing up for individuals 50 & older interested in attending the NMICOA Dinner & Dance at Sandia Casino & Resort in September 2016. The Isleta Elder Center will also be providing transportation to & from the event. Enjoy a special meal and dessert, live music from the Chris Riley Band, as well as a chance to win some great door prizes. This special event is hosted by both Sandia Pueblo & Santa Clara Pueblo. There is a cost of \$20.00 dollars to attend this event. The deadline to submit your fee and sign up is July 29, 2016. Don't miss out on a great event.

For more information about any of the upcoming events, please contact the Isleta Elder Center at (505)869-9770.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Isleta Elder Center Hours: Mondays - Friday 8:00am - 4:30pm				1
4 Elder Center Closed	5 Morning Walk Isleta Rec. Center 9:00am - 10:00am Afternoon Games: Soccer Kick, Washers, & More 1:00pm - 3:30pm	6 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m. Open Activities Room Isleta Elder Center 1:00pm - 4:30pm	7 Morning Walk Isleta Rec. Center 9:00am - 10:00am Afternoon Games: Soccer Kick, Washers, & More 1:00pm - 3:30pm	8 Health Discussion Diabetes topics Dr. Cumby & Dr. Lil 11:00a.m. - 12:00p.m.
11 Open Activities Room Isleta Elder Center 8:00am - 4:30pm	12 Staff Meeting 1:00pm - 3:00pm NM State Senior Olympic Games Roswell, NM	13 NM State Senior Olympic Games Roswell, NM	14 Mass @ Elderly Center Activities Room 11:00a.m. NM State Senior Olympic Games Roswell, NM	15 NM State Senior Olympic Games Roswell, NM
18 Commodity Certification Day 9:00am - 12:00pm Open Activities Room Isleta Elder Center 8:00am - 4:30pm	19 Video Exercise: Activities Room 2:00pm - 3:00pm Commodity Distribution 8:30am - 4:00pm	20 Friendship Breakfast: 9:00am - 10:00am General Meeting: Probate Presentation Isleta Tribal Courts 10:00am - 12:00pm	21 Morning Walk Isleta Rec. Center 9:00am - 10:00am Video Exercise: Activities Room 2:00pm - 3:00pm	22 Shuffleboard Practice @ Elder Center 10:00a.m. - 12:00p.m. Open Activities Room Isleta Elder Center 1:00pm - 4:30pm
25 Open Activities Room Isleta Elder Center 8:00am - 4:30pm	26 Morning Walk Isleta Rec. Center 9:00am - 10:00am Video Exercise: Activities Room 2:00pm - 3:00pm	27 Shuffleboard Practice @ Elder Center 8:00a.m. - 10:00a.m. Bingo Day Isleta Elder Center 1:30pm - 3:30pm	28 Advisory Committee Meeting Commodity Distribution 8:30am - 4:00pm	29 Field Trip Day: ICON Cinema Movie Olive Garden Lunch 10:00am - 3:00pm



Adult Day Services Calendar July 2016

Mon	Tue	Wed	Thu	Fri
Information Call 869-9770 Emma Abeita Extension 9022 Nicole Abeyta Extension 9033	*Calendar Subject to Change	<u>July Birthdays</u> Lucille July 19th Christine July 19th Na-Na Elizabeth 7/20	<u>Commodities</u> July 19th & July 28th *Recertification July 18th	1) 9-2 Field trip Wal-Mart & Lunch  Save money. Live better.
4) Closed <i>Independence Day</i>	5) 10-11:30 Horse Stick Patterns 11:30-12 Head to Toe Exercise 1-3 Continue with Patterns	6) 10-11 Make Stick Horses 11-11:30 Chair Exercise 1-3 Sew Aprons	7) 10-11 Continue with Stick Horses 11-11:30 Back Massages 1-3 Listen to Classic Music	8) 10-11 Make Popcorn Balls 11-12 ADS Choice 1-3 Nickel Bingo
11) 10-12 Paint Ceramics with Youth Group 1-3 Board/Card Games	12) 10-11 Morning Walk 11-12 Crossword Puzzles 1-3 Shuffle Board	13) 9-1 Field Trip Five Sandoval Distribution Center & Lunch @ Santa Ana	14) 10-11:30 Coffee & Conversation 11:30-12 Catholic Mass 1-3 Movie Time	15) 10-12 Open Activity 1-3 ADS Closed-Staff Meeting
18) 8-3 Field Trip El Santuario De Chimayo 	19) 10-11 Health Discussion w/ IHC Field Nurses 11:30-12 Jigsaw Puzzles 1-3 Finish Puzzles	20) 10-11 Morning Walk 11-12 Mind Games 1-3 Weight Lifting	21) 10-12 Outdoor Painting 1-3 Sew Napkin Holders	22) 10-11 Card Games 11-12 Relaxation & Mediation 1-3 Shuffleboard
25) 10-11 Shuffleboard 11-12 Make Collages 1-3 Finish Collages	26) 10-11 Morning Walk 11-12 Make Summer Bowls 1-3 Continue with Bowls	27) 10-3 Field Trip Isleta Casino & Resort Bingo Matinee 	28) 10-11 Chair Exercises 11-12 Plastic Canvas Crafts 1-3 Make & Enjoy Fruit Smoothies	29) 10-11 Chair Massages 11-12 Bead Work 1-3 ADS Choice

Celebrating 25 years !!

ISLETA AARP CHAPTER

Just recently NM AARP Representatives visited with our seniors at the Elder Center and presented them with an Award for being the only Native American AARP Chapter in the entire United States and commemorating 25 years! As told by current members, the Chapter was founded by Ms. Agnes Dill and Mr. Lorenzo Jojola in 1991.

Over the years, the members were instrumental in organizing and implementing various types of projects benefiting the community. As they talked about their work, they reminisced about how involved, dedicated and committed they were as they promoted the concept of "Civic Duty." They talked about the fulfillment of working together for the good and betterment of Isleta life.

We salute all members past and present for placing "Isleta" on the map of a prestigious National Organization such as the AARP!

The Elder Center invites you to join us in celebrating this Honorable Award on July 19, 2016 (6-7pm) and learn where the Isleta AARP Chapter is heading! Maybe it's time we consider becoming members!!



PLEASE READ YOUR APPOINTMENT LETTER ATTACHED TO YOUR REFERRAL CAREFULLY. IT HAS A LOT OF GOOD INFORMATION TO GET YOU TO YOUR APPOINTMENT ON TIME.

QUESTIONS? CALL 869-4488.



PURCHASED/REFERRED CARE

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

For more information, Call PRC at 869-4488.

July 2016

Isleta Elder Center Menu

<p>CONGREGATE MEALS Salad Bar offered daily</p> <p>Based on the availability of ingredients/produce or other unforeseen circumstances, menus are subject to change.</p>	<p>If you know that you will not be home, please call to cancel your home delivered meal. This saves on time and money. We kindly ask for 24 hours notice on cancelled meals. Thank you.</p> 	<p>Congregate meals age 55+ free of charge.</p> <p>Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.</p>	<p>7/1/2016</p> <p>Tuna Salad Sandwich Tuna 3 oz, 2 slice ww bread Carrot Sticks 1 c Celery sticks 1 c Fresh Fruit</p>	
<p>7/4/2016</p>  <p>Elder Center Closed</p>	<p>7/5/2016</p> <p>Sloppy Joe on WW Bun 3 oz g,beef or turkey ww bun Chuckwagon corn 1/2 c Steamed Carrots 1/2 c Fruit Cup = 1/2 c fruit</p>	<p>7/6/2016</p> <p>Chicken and Rice Soup 3 oz diced chicken, 1/2 c rice Red chile 1/2 c Mixed veggie 1/2 c WW Crackers 24 g Fresh Fruit</p>	<p>7/7/2016</p> <p>Potato Stew w/ground beef 3 oz g, beef, 1/2 c potato Green Bean 1/2 c Biscuit = 56 g Fruit Cup 1/2</p>	<p>7/8/2016</p> <p>Turkey n Cheese Sub Sandwich 2 oz ham, 1 oz cheese 1 Bun = 56g Potato Salad 1/2 c Cucumber 1 Fresh Fruit = 1/2 c</p>
<p>7/11/2016</p> <p>Chicken Caesar Salad 3 oz Chicken, 1 C Lettuce Cucumbers 1 c/Tomato 1/2 c Crouton 2 oz = 26g Garlic Breadstick 1 ea = 26g Fresh Orange Caesar Dressing 1.5 oz Staff Meeting 12:30 - 2:30 pm</p>	<p>7/12/2016</p> <p>Grilled Ham n Cheese Sandwich 2 oz ham, 1 oz cheese, 2 WW bread = 56g Tomato Soup 1/2 c Mixed Veggie 1/2 c Baked apples w/cinnamon 1/2 c</p>	<p>7/13/2016</p> <p>Pork Loin 3 oz Wild rice 1/2 c Brown Gravy 1 oz Country Veggies 1/2 c WW Dinner roll = 24 g Fresh Fruit</p>	<p>7/14/2016</p> <p>Macaroni Stew 3 oz g,beef, elbow pasta 1/2 c Stewed tomato in stew 1/2 c Mixed Veggie 1 c 6" WW tortilla = 24 g Fresh Fruit</p>	<p>7/15/2016</p> <p>Southwest Chicken Stew 3 oz Chicken, 1/4 c veggie Broccoli/Cauliflower 1 c 2 6" WW Tortilla Fresh Fruit</p>
<p>7/18/2016</p> <p>Baked Macaroni & Cheese with Diced Ham 2 oz Ham, 1 oz cheese 1/2 c pasta California Vegetables 1 c WW Roll 1 ea Fruit Cup 1/2 c</p>	<p>7/19/2016</p> <p>Oven baked parmesan chicken chicken breast 3 oz, mozz cheese 1 oz, marinara sauce 1/2 c Wild rice 1/2 c Steamed broccoli 1/2 c Fresh Fruit</p>	<p>7/20/2016</p> <p>Rice Stew 3 oz ground beef, 1/2 c rice Mixed Vegetables 1 c Biscuit = 26 g Fresh Fruit</p>	<p>7/21/2016</p> <p>Chicken Fajita 2 oz chicken Shred cheese 1 oz, Fajita Veggie 1/4 c Mexican Corn 1/2 c Pinto Beans 1/2 c 2 ea 6" WW Tortillas Fruit Cup 1/2</p>	<p>7/22/2016</p> <p>Smothered Breakfast burrito 1 c scrambled egg, 1 oz cheese, diced ham 1 oz Red chile sauce 1/2 c Mixed vegetables 1/2 c Sweet Rice with Raisins 1/2 c</p>
<p>7/25/2016</p> <p>Barley soup w/ground beef and cabbage, g,beef 3 oz barley 1/2 c, cabbage 1/2 c Carrot salad w/raisins carrots 1 c, raisins 1/4 c French bread = 26 g Banana pudding 1/4 c banana</p>	<p>7/26/2016</p> <p>Meatloaf 3 oz ground beef Mashed Potato 1/2 c Brown Gravy 1 oz Green Beans 1/4 WW Roll = 56 g Fresh Orange 1 ea</p>	<p>7/27/2016</p> <p>Turkey Pot Pie 3 oz diced turkey, peas & carrots 1/2 c, pie crust = 2 grain eq Beets 1/2 c Fresh Fruit</p>	<p>7/28/2016</p> <p>Ravioli with Meat Sauce 2 oz sausage, 1 oz mozzarella cheese 1/2 c marinara sauce Mixed Veggie 1/2 c Garlic Breadstick 1 ea Fresh Fruit 1 ea</p>	<p>7/29/2016</p> <p>Red Chile Beans 6 oz 2 oz Beef, 1/2 c Beans Red Chile Puree 1/8 c Mixed Vegetables 1 c Corn Bread 1 ea Fresh Fruit 1 ea</p>

In Loving Memory Of

Lupita M. DeCora

July 29, 1924 — May 17, 2016

Funeral Services

Thursday, May 19, 2016 at 2:00 p.m.
Winnebago Reformed Church
Winnebago, Nebraska

In Charge

Pastor Lowell Tenclay

Pallbearers

Wilbur DeCora - Brian Doenhofer
Lori Doenhofer
Quiana Galloway - Adrienne Kennedy
Kenn Mallory - Sage DeCora

Honorary Pallbearers

Levi DeCora - Kimo DeCora
Rochelle Doenhofer
Cornelius "Ha-ga" DeCora
Miriam DeCora - Jennie DeCora

Interment

Winnebago Indian Cemetery
Winnebago, Nebraska

God Holds My Hand

*Sometimes I cannot seem to see
The Wisdom of God's way
And yet I trust His loving hand.
To guide me through the day.*

*Though darkest shadows fall about
And make my path obscure,
One thing I know God holds my hand
of His dear care I'm sure.*

*I feel His presence always near
Together we shall stand
And faith shall be my strong support,
Because God holds my hand.*

- Wilbur DeCora



The Family of
Raymond Abeita Jr. (Shukea)

would like to express our gratitude to our family, friends, and the whole community for the prayers, love and support during our loss.

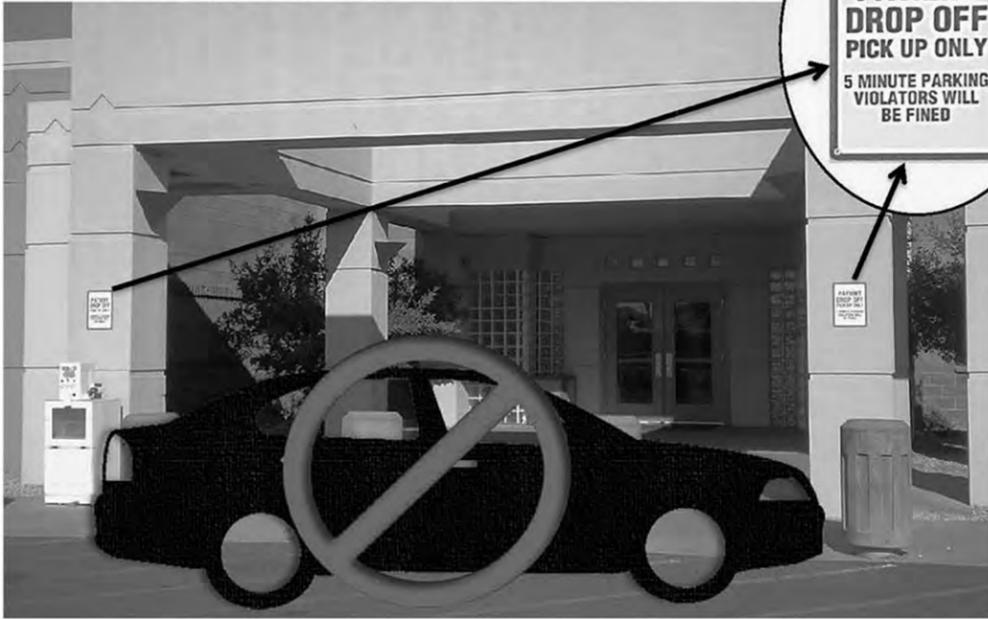
Our loss was unexpected but we are grateful to the Lord to allow us to have him for 28 years. He was one of a kind. From his story telling to his famous Cupid Shuffle dance.

We will miss him greatly.

"Though his time was short. We can't change the past but we can learn from it for the future. Time is so valuable. We must love and forgive for that in itself is everlasting comfort."

May God bless each and every one of you

ISLETA HEALTH CENTER Patient Drop Off / Pick Up Only



We would like to kindly remind all of our patients and visitors that the area directly in front of the Isleta Health Center is at all times **designated for the pick-up and drop-off of patients ONLY**. Further, this area must also be clear for Emergency Medical Services, if needed.

If you are visiting us for any other reason, such as to pick up prescriptions, referrals or eye glasses please use the available parking spaces for your business at the Health Center. Your cooperation is very much appreciated.

Thank you,

Isleta Health Center
Safety Committee

Recruitment Announcement Pueblo of Isleta Head Start & Child Care Center

Is your child 0-5 years old?

Are you interested in signing your child up for Early Head Start or Head Start services?

Is your schedule so busy during the week that you don't have time to schedule an appointment?

If you answered yes, then bring **ALL** of your documents (see list below) to the 3rd Annual Environmental Fair at the Recreation Center on Saturday, July 16, 2016 from 10am-2pm!

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

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

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

Isleta Health Center NOTICE: Proof of Eligibility for Services

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

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

Thank you!

Isleta Health Center Optometry Clinic

It's that time of the year again! If you would like your child to get their eyes examined before school starts, please give us a call at 505-869-4080.



We look forward to
'seeing you'!



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

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

**Call 869-4488
for more information.**



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

Health Beat

Stephanie Barela, Health Educator
869-4479 □ sbarela@islclinic.net

Arthritis is inflammation of one or more of your joints, which cause pain, swelling and stiffness. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. Arthritis is a term used for over 100 conditions affecting joints and connective tissue. The most common types of arthritis are osteoarthritis, which causes cartilage to break down, and rheumatoid arthritis, which is an autoimmune disorder that first targets the lining of the joints. Both types target the joints in different ways.

OSTEOARTHRITIS

- Most common form involves wearing away of the cartilage that caps the bones in your joints.
- Enough damage can result in bone grinding directly on bone, which causes pain and restricted movement. This wear and tear can occur over many years, or it can be hastened by a joint injury or infection.

RHEUMATOID ARTHRITIS

- Involves wearing away of the cartilage that caps the bones in your joints.
- Joint erosion may follow.
- The body's immune system attacks the lining of the joint capsule, a tough membrane that encloses all the joint parts. This lining, known as the synovial membrane, becomes inflamed and swollen. The disease process can eventually destroy cartilage and bone within the joint. Synovial membrane that protects and lubricates joints becomes inflamed, causing pain and swelling.

SIGNS AND SYMPTOMS (Depending on the type of arthritis you may have):

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion

TREATMENTS: vary depending on the type of arthritis, the main goal of this treatment is to reduce symptoms and improve quality of life.

RISK FACTORS:

- **Family history.** Some types of arthritis run in families, so you may be more likely to develop arthritis if your parents or siblings have the disorder. Your genes can make you more susceptible to environmental factors that may trigger arthritis.
- **Age.** The risk of many types of arthritis increases with age.
- **Your sex.** Women are more likely than are men to develop rheumatoid arthritis, while most of the people who have gout, another type of arthritis, are men.
- **Previous joint injury.** People who have injured a joint, perhaps while playing a sport, are more likely to eventually develop arthritis in that joint.
- **Obesity.** Carrying excess pounds puts stress on joints, particularly your knees, hips and spine. Obese people have a higher risk of developing arthritis.

<http://www.mayoclinic.org/diseases-conditions/arthritis>

<http://www.webmd.com/arthritis/questions-answers-about-arthritis>

www.CDC.gov

Arthritis Pain: Do's and don'ts

Staying on top of your pain is easiest when you:

- Talk to your doctor about your symptoms, even if you don't believe they are related to your arthritis, because sometimes what you think is unrelated, may actually be connected.
- Give your doctor complete information about your medical conditions and medications, including over-the-counter medications and supplements.
- Ask your doctor for a clear definition of the type of arthritis you have.
- Find out whether any of your joints are already damaged.

Everyday routines

Do some gentle exercise in the evening; you'll feel less stiff in the morning. When you're sitting still, either watching TV, reading or working at your desk, be sure to:

- Adjust your position frequently.
- Periodically tilt your neck from side to side, change the position of your hands, and bend and stretch your legs.
- Pace yourself. Take breaks so that you don't overuse a single joint and cause more pain.
- Stand and walk around every half-hour or so.

In addition, lifestyle changes are important for easing pain.

- **Manage weight.** Being overweight can increase complications of arthritis and contribute to arthritis pain. Making small permanent lifestyle changes

resulting in gradual weight loss is often the most effective method of weight management.

- **Quit smoking.** Smoking causes stress on connective tissues, this leads to more arthritis pain. CALL STEPHANIE the Isleta Health Center (869-4479) to help you quit smoking.

- **Exercise:** When you have arthritis, movement can decrease your pain, improve your range of motion, strengthen your muscles and increase your endurance.

What to do:

- Choose the right kinds of activities, those that build the muscles around your joints but don't damage the joints themselves.

- Focus on stretching, range-of-motion exercises and gradual progressive strength training.

- Include low-impact aerobic exercise, such as walking, cycling or water exercises, to improve your mood and help control your weight.

What to avoid:

Avoid activities that involve high impact and repetitive motion, such as:

- Running
- Jumping
- Tennis
- High-impact aerobics
- Repeating the same movement, such as a tennis serve, again and again

What to do for Mood

- Cognitive behavioral therapy.
- Relaxation therapy.
- Acupuncture.
- Heat and cold.

Reference: <http://www.mayoclinic.org/arthritis/art-20046440>

Hands Only CPR

Project Heart Start

Non-certification CPR Course



August 9, 2016

6:00pm-7:30pm

Health Training Center

@ Isleta Health Center

LEARN COMPRESSION ONLY CPR

Contact Stephanie Barela for more information or to sign up at 869-4479.

This training will take place during the POI Community Cancer Support monthly meeting. **ALL WELCOME!**



ISLETA HEALTH CENTER
JULY Questions? Call 869-3200 **2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	2
4  4th of July Clinic Closed	5 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance Workout: 530-7p @ Diabetes Wellness Center.	6 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Diabetes Walking Club: 530p @ Rec Center/Village.	7 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Workout: 530-7p @ Diabetes Wellness Center.	8 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	9
11 Early Recovery Skills: 9-11a @ (BHS). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Destination Health Packet Drop Off/ Pick Up: @ DPP Wellness Center.	12 POI Community Cancer Support Group: <i>Death & Dying w/John Barton</i> , 10:30a-12p @ IHC, small conference room. Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance Workout: 530-7p @ Diabetes Wellness Center.	13 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Diabetes Walking Club: 530p @ Rec Center/Village.	14 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Workout: 530-7p @ Diabetes Wellness Center.	15 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	16 Mental Health First Aid: 9:00a—1:00p @ Health Training Center. Hosted by Behavioral Health Services; call 869-5475 for information.
18 Early Recovery Skills: 9-11a @ (BHS). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Destination Health Post Measurements: @ DPP Wellness Center.	19 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. DPP Healthy Cooking Class: 530-7p @ IHC Kitchen. Express Endurance Workout: 530-7p @ Diabetes Wellness Center. Destination Health Post Measurements: @ DPP Wellness Center.	20 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Diabetes Walking Club: 530p @ Rec Center/Village. Destination Health Post Measurements: @ DPP Wellness Center.	21 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Workout: 530-7p @ Diabetes Wellness Center. Destination Health Post Measurements: @ DPP Wellness Center.	22 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS. Destination Health Post Measurements: @ DPP Wellness Center.	23 Mental Health First Aid: 9:00a—1:00p @ Health Training Center. Hosted by Behavioral Health Services; call 869-5475 for information.
25 Early Recovery Skills: 9-11a @ (BHS). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	26 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance Workout: 530-7p @ Diabetes Wellness Center.	27 Circle of Security Parenting: 9-11a @ BHS. Alliance Support/Rez Café: 10-1130a @ DPP Administration office. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Diabetes Walking Club: 530p @ Rec Center/Village.	28 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Healthy Cooking Class: 530p @ IHC Kitchen.	29 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	30



Pueblo of Isleta Community Cancer Support Group

Support the health of your family.
Educate yourself on cancer.
REDUCE YOUR RISK!



We meet every 2nd Tuesday of the month!



Next Meeting:	July 12, 2016
Time:	10:30am – Noon
Location:	Small Conference Room @ Health Center
Topic:	“Death & Dying” with John Barton

Call Stephanie Barela @ 869-4479 for more information.

Please join us!  **Everyone welcome!**



WORLD BREASTFEEDING WEEK 2016 BREASTFEEDING A KEY TO SUSTAINABLE DEVELOPMENT

Pueblo of Isleta WIC Nutrition Program
505.869.2662

July 2016

World Breastfeeding
Week Celebration

Who: Pregnant and breastfeeding moms and families, as well as community members interested in supporting breastfeeding

What: Annual Breastfeeding Celebration

When: Friday August 12th 11am-2pm

Where: Pueblo of Isleta WIC Office 4 Sagebrush across from Isleta Health Center

Join us for food, fun and prizes, all are welcome!

For more information
<http://worldbreastfeedingweek.org>

What role does breastfeeding have in all areas of our lives?

Environmental. Can breastfeeding help to reduce waste and positively affect climate change?

Nutrition, Food Security and Poverty. How can breastfeeding help low income and food insecure families across the world provide the best nutrition for their children?

Survival and Health. How does breastfeeding contribute to the survival of and general health of human beings? How does it affect our short and long term health?

Women's Productivity and Employment. How are we supporting women to continue breastfeeding once they return to work and school?