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Volume 10 Issue 9

Pueblo of Isleta website: www.isletapueblo.com

September 2015

### FROM THE OFFICE OF THE GOVERNOR

I want to take the opportunity to thank all our program service workers and community members who participated in the Community Clean Up on Thursday, August 20, 2015 in preparation for our Annual St. Augustine Feast. It was heartwarming to see our community come together to celebrate the Mass for Saint Augustine our Patron Saint and participate in the Procession, Tribal Dance and feast. A very special "thank you" to the Mayordomos and families for their dedication and hard work in hosting the St. Augustine feast: Marie and Christopher Peterson, Michael and Reanna Lucero, Mark and Sandra Montoya and Anthony and Shay Jiron. Thank you all for an enjoyable and memorable feast.

#### National Leaders Visit Isleta Pueblo for Official Transition Ceremony for Tribe's Elementary School

ISLETA PUEBLO --- On Saturday, August 1 at 11 a.m., local, state and national leaders descended on Isleta Pueblo to officially celebrate the tribe's takeover of the Isleta Elementary School from the Bureau of Indian Education (BIE) after nearly 120 years.

In opening remarks, Governor Eddie P. Torres said, "Generations of Isleta tribal members have attended the school under BIE control, today, we have reason to celebrate as we take control of it. Most importantly, creating a curriculum that puts an emphasis on teaching our native language."

The tribe's exercise of self-determination was applauded by National leaders present, which included: US Dept. of the Interior Secretary Sally Jewell; Asst. Sec. of Indian Affairs Kevin Washburn; BIE Director Monte Roessel; Rep. Steve Pearce and Rep. Michelle Lujan-Grisham.

Isleta is just one of four pueblos in New Mexico to take over the operation of a local school that was first established by the BIE. The tribe began the lengthy process of requesting the takeover last June. It received final approval from BIE this past March.

The tribe also established a 15-member transition team that has been meeting monthly since January to implement to-do lists, timelines and other tasks.

"You need only look at the list of dignitaries to see how special and significant this event is," added Governor Torres. "We hope students, teachers and parents notice our efforts and look forward to many years of success."



Governor Eddie Paul Torres and Interior Secretary Sally Jewell at the Ribbon cutting of the transitional ceremony of the Isleta Elementary School.

The school (K-5) serves approximately 150 students from the Isleta Pueblo. The first day of school for the 2015-16 school year is August 10.

#### New Mexico Annual Conference on Aging – August 18-19, 2015

ISLETA PUEBLO - On Tuesday, August 18th and Wednesday 19st, 2015, a Conference on Aging was held at the Isleta Resort and Casino. Governor Eddie Paul Torres opened the conference with an invocation and opening remarks. On Wednesday August 19, 2015, New Mexico State Governor Susana Martinez addressed the attendees and announced the Conference on Aging offers New Mexico seniors and those who care for them valuable information and tips that can help seniors live independently as long as possible, and while there is a lot of valuable information, this is also a great event for seniors to get out, meet new people and have some fun. The event provided a wide variety of topics in more than 50 workshops and was attended by over 1000 participants from throughout the State.

#### Native American Mass – Santa Fe, New Mexico

Santa Fe, New Mexico – On Saturday, August 22, 2015, Governor Torres and Second Lt. Governor Abeita attended the annual Native American Mass held at the Cathedral Basilica of St. Francis of Assisi in Santa Fe. The Native American Mass helps to launch the start of Indian Market in Santa Fe which ran the weekend of August 22-23.

Gov. Torres and Lt. Gov. Abeita represented the Pueblo of Isleta along with three other pueblo representatives: Acoma Governor Fred Vallo, Sr., Pojoaque Gov. Joseph Talachy, and Santa Ana Lt. Gov. Leonard Armijo.

The Native American Mass is a Catholic-Native American themed mass. Almost everyone helping to serve and celebrate the mass are from among several New Mexico tribes. Native people serving are altar servers, liturgy readers, Eucharistic (communion) ministers, and choir singers. Several Isletans served in these roles for the mass.

This year's mass was also the first Native American Mass to be celebrated by the Archdiocese's newly installed Archbishop, John C. Wester. Archbishop Wester was installed as the 12th Archbishop of Santa Fe on June 4, 2015 following Archbishop Michael Sheehan's retirement.

#### Message from Governor Eddie Paul Torres

As we celebrate these special days let us all be mindful and give thanks to our Great Spirits "Na Ha Drem" for their blessings they bestow upon us and let us hold in our hearts the fond memories of our recently departed love ones. May the Great Spirit give us the strength to continue to prosper by living our values of: RESPECT, HONESTY AND INTEGRITY. **PROBATE NEWS** 

Page 2

**SECOND NOTICE - A Petition to Probate the Estate of Janice Terecita** Desselle, deceased November 22, 2014. Case No. CV-14-PRO-0008, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court within (30) days of this notice being posted. A hearing in this matter has been scheduled for Thursday, October 15, 2015 at 1:30 PM. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 HWY. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Courts Clerk at (505) 869-9699.

SECOND NOTICE - A Petition to Probate the Estate of Josephine Anzara, deceased April 17, 1989. Case No. CV-14-PRO-00018, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court within (30) days of this notice being posted. A hearing in this matter has been scheduled for Thursday, October 15, 2015 at 1:30 PM. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 HWY. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Courts Clerk at (505) 869-9699.

# Isleta Elder Center

#### **Title VI Notice to Public**

#### Notifying the Public of Rights under Title VI - English

• The New Mexico Department of Transportation operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with The New Mexico Department of Transportation.

· For more information on the New Mexico Department of Transportation's civil rights program, and the procedures to file a complaint, please call 1-800-554-0936 or (505) 827-1774, email: damian.segura@state.nm.us; or visit our administrative offices at 1596 Pacheco St., Santa Fe, NM 87505. For more information, visit www.dot.state.nm.us.

• A complainant may file a complaint directly with the Federal Transit Administration (FTA), Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE, Washington, DC 20590. Phone: (202)366-4043.

• If information is needed in another language, please contact 1-800-554-0936 or (505) 827-1774.

#### Notificación al Público de los Derechos Garantizados por Título VI - Español

• El Departamento de Transporte del estado de Nuevo México opera sus programas y servicios, sin distinción de raza, color y origen nacional, según el Título VI de la Ley de Derechos Civiles. Cualquier persona que cree o que ha sido perjudicada por una práctica discriminatoria ilegal bajo el Título VI, puede presentar una queja con el Departamento de Transporte de Nuevo México. Para obtener más información sobre el programa de derechos civiles del Departamento de Transporte de Nuevo México o para obtener más información sobre los procedimientos para presentar una queja, llame al 1-800-554-0936 o al (505) 827-1774. Email: damian.segura@state.nm.us, o visite nuestras oficinas administrativas en 1596 Pacheco St., Santa Fe, NM 87505. Para obtener más información, visite www.dot.state.nm.us

• Un demandante puede presentar una queja directamente a la Administración Federal de Tránsito (FTA), Oficina de Derechos Civiles, Atención: Coordinador del Programa de Título VI, East Building, 5th Floor TCR, 1200 New Jersey Ave, SE, Washington. , DC 20590. Teléfono: (202) 366-4043

· Si se necesita información en otro idioma, por favor póngase en contacto con 1-800-554-0936 or (505) 827-1774.

September 2015

ENDORSED FILED IN MY OFFICE THIS

0 9 2015 COURT

IN THE MATTER OF THE ESTATE OF: Marie E. Baca (DOD: June 20, 2015)

IN THE TRIBAL COURT

ISLETA, NEW MEXICO

PUEBLO OF ISLETA

Case No. 15PRO00082

#### LETTERS OF ADMINISTRATION AND ACCEPTANCE

THIS MATTER having come before this Court on July 9, 2015 with all parties present having agreed upon the appointment of John P. Evergreen to serve as Administrator of the estate herein.

The Administrator have all the powers and authorities provided by the laws of the Pueblo of Isleta and by §45-3-715 NMSA 1978.

SO ORDERED, this 9th Day of July, 2015.

Honorable R. Lar Thomas Associate Judge

STATE OF NEW MEXICO COUNTY OF BERNALILLO

I hereby accept the duties of Administrator of the Estate of Marie E. Baca. pt, and do solemnly swear that I will perform the duties of administrator of the

7/9/2015

FILED IN MY OFFICE THIS

STATE OF NEW MEXICO IN THE PROBATE COURT PUEBLO OF ISLETA

CLERK, ISLETA TRIBAL COURT

BERNALILLO COUNTY

Case No. CV-PR-0193-2014

LETTER OF ADMINISTRATION

THIS MATTER OF PROBATE came before the Court on the undersigned date and the court being fully informed hereby issues notice that CHRISTOPHER PADILLA been appointed to serve as the administrator of the estate of JUAN ANTONIO PADILLA, and has qualified as the decedent's administrator by filing with the court a statement of acceptance of the duties of that office.

The administrator shall have all of the powers and authorities provided by law of the Pueblo of Isleta and the laws of the State of New Mexico, specifically, by Section 45-3-715 NMSA 1978.

It is so ordered on this 26th, day of May, 2015

IN THE MATTER OF THE ESTATE OF

JUAN ANTONIO PADILLA

an Vincent L. Knigh Associate Judge Pueblo of Isleta

STATE OF NEW MEXICO COUNTY OF BERNALILLO

I hereby accept the duties of administrator of the Estate OF JUAN ANTONIO PADILLA and do solemnly swear that I will perform the duties of administrator to the best of my abilities and in accordance with applicable law.

Jade Christopher Padilla Subscribed and Sworn before me this  $29^7$ day of

ANA E. JIRON

My Commission Expires on: (Manch 1,

#### From the Judiciary Isleta Newsletter September

#### JUDICIAL INDEPENDENCE AND THE DOCTRINE OF SEPARATION OF POWERS

According to legal scholars and historians one of the great principles on which this Nation was established is the doctrine of separation of powers; the system of checks and balances between the Executive Branch, the Legislative Branch and the Judicial Branch of our government. Interestingly, this principle is not directly stated in the U.S. Constitution but implied and was recognized by the U.S. Supreme Court in a **Marbury v. Madison**, 5 U.S. 137 (1803) in which judicial review of acts of Congress could be reviewed regarding their constitutionality by the Supreme Court.

Much to the credit of the current Isleta Constitution this same principle of judicial review is stated in Article IX -THE JUDICIAL BRANCH, Section 5, to wit; "In addition, the tribal court shall determine the constitutionality of enactments of the council submitted to the court for review." Judicial branches of government sort of act like "referees" in protecting the rights of citizens against government acts that may violate their rights set for in the Constitution under general principles of due process and fairness. This principle has been further stated in other Council enactments.

The rights of members are generally set forth in Article III Section 1 subsections (a)-(j). Section 2 is significant in that it provides for recognition of other rights possessed by the people. Sort of a recognition of "inherent rights" of citizens not otherwise delegated to the government. For example, one of the main sources of these other rights is the Indian Civil Rights Act. (25 US 1301, et seq). Section 1(a)-(j) of our Constitution parallels these same rights except for the right to a jury trial. The right to a jury trial is set forth in Council Resolutions 134 section 10 for criminal offenses punishable by imprisonment. Offenses that do not require imprisonment but only fines or penalty assessments, no right to a jury trial exists. We all share these rights and enjoy them not only as citizens of Isleta but also as citizens of the state and federal government when off reservation.

The separation of powers doctrine is applicable to all three branches. In the event the courts go too far, the legislative branch may enact a new law that covers or corrects the judicial holding of the court. A good example of this occurred in Duro v. Reina, 495 U.S. 676 (1990), in which the United States Supreme Court held that Indian tribes could not prosecute Indians who were members of other tribes for crimes committed on their reservations. In response, Congress amended a section of the Indian Civil Rights Act, 25 U.S.C. § 1301, to include the power to "exercise criminal jurisdiction over all Indians" as one of the powers of self-government. Thus, the checks and balances works on all branches of government.

The council or any legislative body cannot possibly write a law that covers every conceivable or for that matter inconceivable situation that might arise. Each executive department may be authorized to promulgate regulations to govern the implementation of the act. Where there is a need for further interpretation of an enactment, the specific department involved may determine policy and procedures to let people know what or how the enactment is going to be implemented. This is readily seen in the US Code of Federal Regulations that each Federal Department or Agency promulgates to govern their internal The courts operations and procedures. will monitor this process to ensure that the regulation comports to the act and does not go too far in its authority as to infringe upon the legislature's authority.

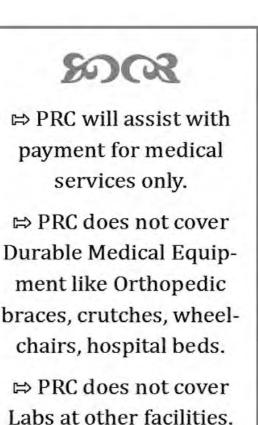
The primary power of the chief executive is to veto legislation passed by the legislature. However, this may not be a recognized power of our Governor, because it is not specifically provided for in the Isleta Constitution. However, as the chief executive officer of the Pueblo this may be one of that office's inherent powers.

Independence of each branch is recognized by the other branches as an "inherent power" to be protected vigorously by each branch. Determining the boundaries of each branches' "inherent authority" is critical and up to the courts to ultimately determine. The Police Department, as a part of the executive branch, determines the schedules, authority and procedural processes that maintains the efficiency The Social Services of their officers. Department and the Behavior Health Department do the same thing. These departments are all a part of the executive branch. They can infringe on the rights of citizens and go too far in their operations and implementation of their authority, and if they do this is where to courts or the legislative branch comes in.

The judiciary does the same for its internal operations such as court procedures, admissions to practice before the court, judicial ethics, staff ethics, or other procedures that affect the operations of the court including probation terms and conditions, release conditions, fines, and the like.

Needless to say, one of the most responsible duties of citizens is to know your government and its powers and limitations. After all, the power to govern comes from its citizens, and we all must be vigilant in their delegation to the government as well as their exercise. The Isleta Judiciary, including the Appellate Court is available to each citizen to insure their rights are protected and to govern the rights of citizens in controversies that may arise between them. We strive to insure fairness and may not always be understood. It is vital to any self-determined government that its citizens accept the rulings and decisions of our courts regardless of the outcome.

The topics take years to master and many academics and legal scholars and courts differ widely in their views on what and how they are to operate in a democracy. This article barely scratches the surface of these complex topics but hopefully makes the reader a little more aware of the independence of each branch and the idea of separation of powers, and the inherent authority of each branch including the people to whom we owe our existence.

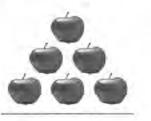


⇒ PRC does not cover pharmacy, rehab services or long term care facilities.

Call PRC for more information. 869-4488



# Spotlight Seasonal Fruit of the Month - Apples



#### Introduction of Apples

Apple-king of all fruits have long been associated with the biblical story of Adam and Eve. Between the Caspin and the Black Sea, the fruit was originated in the Middle East just about 4000 years ago! It is one of the most favorite and popular fruits ever known. As with the well-known adage "An apple a day keeps a doctor away" the fruit has been doing much good to people who are health conscious. In addition, even the fitness freaks prefer having this wonderful nutrient packed fruit. By all aspects, the fruit is indispensable. Apart from health care and nutrition, it is also known for medicinal values. While the study of apples health benefits dates back to early stages, research to date suggests that its nutrients may play a role in promoting human health in a number of ways.

http://www.fruitsinfo.com/apples.php

Center Kitchen September 2015

#### Apples are undeniably good for you -- especially if you have diabetes.

Soluble fiber content is the biggest focus for diabetic nutrition facts about apples, and the main reason why diabetic apple recipes are so good for type 2 diabetics. Apples are high in the soluble fiber pectin, making them good at controlling blood sugar by releasing it a little more slowly into the bloodstream. In addition to helping to regulate blood sugar and bowel function, soluble fiber is thought to have an anti-inflammatory affect that may help diabetics recover faster from infections.

The recommended daily intake for fiber is 28 to 35 grams a day. For carb-counting purposes, one medium-size apple has about 60 calories and 15 grams of carbohydrate. A skinned apple is still good for you, but with skin an apple provides 4 grams of fiber about 20% of the recommended total daily intake of fiber.

http://diabetes.about.com/od/dieticianapprovedrecipes/a/W hat-An-Apple-Can-Do-For-Your-Diabetes.htm

#### NOMINATE A CANCER CAREGIVER!!

The Pueblo of Isleta Community Cancer Support group would like to recognize those who have been a great support/caregiver during your cancer experience. If you or someone you know has suffered from cancer and would like to recognize someone for being there for you and being a great support, please submit a name and a bio of the person and explain to us why they should be recognized. Please drop off or mail your nominations to Stephanie Barela, c/o Isleta Health Center at PO Box 580, Isleta, NM 87022 before October 9, 2015.

The 4th Annual Cancer and Heart Healthy Education Conference planning committee will pick the Isleta Cancer Caregiver of the Year and announce the winner during the conference on October 24, 2015. Please recognize those who have been there to help and submit a nomination!

Any Questions, please Contact Stephanie Barela 869-4479.



September ELDERLY CENTER MENU				
	9/1/2015	9/2/2015	9/3/2015	9/4/2015
Homeboud Deliveries: Please Call 24-Hours in Advance to Cancel Meals.	Hot Roast Beef Sandwich on WW Bread Mashed Potato w/Brown Gravy Mixed Vegetables Apple Crisp	Sloppy Joe on WW Bun Spinach/Salad with Fresh Strawberries Steamed Cauliflower/Broccoli Grapes	Turkey Frank on WW Bun Orange Glazed Carrots Snap Peas Canned Plums	Feast Day Elder Center Closed
9/7/2015	9/8/2015	9/9/2015	9/10/2015	9/11/2015
Labor Day Elder Center Closed	Baked Fish w/Tartar Sauce Vegetable Rice Pilaf Steamed Carrots Steamed squash Red Apple Biscuit	Meatball Sandwich w/Marinara Sauce and Mozzarella Cheese Steamed Broccoli Salad w/Cherry Tomato Fresh Melon	Chicken Nuggets Sweet Potato Fries Green Beans Steamed Broccoli Apple Cobbler	Red Chile Beans Steamed Vegetable Steamed Vegetable Corn Bread Fruit Cocktail
9/14/2015	9/15/2015	9/16/2015	9/17/2015	9/18/2015
Beefy Mac Steamed Broccoli Steamed Carrots WW Roll Pear	Chicken Caesar Salad Cucumbers Cherry Tomato Crouton Garlic Breadstick Fresh Orange	2 Beef Soft Tacos w/Cheese Shredded Lettuce & Tomato Pinto Beans Yellow Squash Applesauce	Chicken ala King over rice Brussels Sprouts Corn Biscuit Mandarin oranges	Cream of Potato Soup with Har Snap Peas Steamed Carrots WW Roll Sugar Free Jello with Fruit
9/21/2015	9/22/2015	9/23/2015	9/24/2015	9/25/2015
Beef Vegetable Stew Orange Glazed Sweet Potato WW Roll Fresh Melon	Parmesan Chicken Pasta with Marinara Sauce Steamed Cauliflower Fruit Cocktail Bread Stick	Ham and Cheese Sub Sandwich Carrot Sticks Fresh Broccoli Banana	Meat Loaf w/Brown Gravy Mashed Sweet Potato Mixed Vegetables WW Roll Fresh Orange	Turkey and Noodle Casserole Asparagus Yellow Squash Roll/Biscuit Sidekick Fruit cup
9/28/2015	9/29/2015	9/30/2015		
Pork Posole with Red Chile Mixed Vegetables Tortilla Fresh Apple	Green Chile Chicken Enchiladas Lettuce/Tomato Spanish Rice Refried Beans Pear	Ham and Provolone Sandwich with Lettuce/Tomato Tomato Soup Sliced Cucumber Fresh Melon	Menu subject to change due to availability of products.	Congregate Meals: Sala offered daily All meals prepared with LOW SALT & SUGAR

#### **Isleta Pueblo News**

#### LOOKING FOR A FEW GOOD LEADERS PUEBLO OF ISLETA, ELDER CENTER **ADVISORY COMMITTEE**

#### Attention Seniors Residing in District 2 and 3

The Isleta Elder Center Advisory Committee is searching for candidates 60 years of age or older to serve on the committee. The committee meets once or twice a month to discuss very important and interesting issues from state to federal levels related to healthy aging and the multitude of available resources. We are the voice for our senior community, our representation is taken seriously Advisory Committee at all levels.



Elder Center meets once a month

Currently, we have three vacancies in two districts: District 2 (2 vacancies) which cover the Village area and Wheh nahm (Oribi). This district extends from the west side of the Rio Grande River to the east side of the Rail Road Tracks and extends from the north to the south boundaries of the reservation; District 3 (1 *vacancy*) which covers the area east of the Rio Grande River and west of Highway 47 and also extends from the north to the south boundaries of the reservation.

Ballots will be mailed out no later than September 16, 2015 to all eligible tribal members residing in these districts. On the ballot you may submit 2 nominations (self-nominations encouraged). Deadlines will be included on the ballots. Another mailing will be sent out indicating the names of nominees on a voting ballot, with another deadline date. Once this process is completed we will have three new members.

For a better representation of our community the candidates must live in these districts to be eligible. If you have any questions please feel free to call Lillian Jaramillo, President of the Committee at 450-5515. You may also contact the other members: District 1 -Priscilla Reyna-Jojola, and Elsie Lucero; District 4 -Edwina Abeita.

 $\rightarrow$  Apples contain antioxidant such as polyphenol and flavonoid that reduces the risk of cancer.

 $\rightarrow$  The fiber content in it helps in regulating bowel movements which reduces the risk of colon cancer.

 $\rightarrow$  Apples fruit helps in reducing cholesterol levels in the body.

 $\rightarrow$  The apples reduce the risk of neurodegenerative diseases such as Parkinsonism and Alzheimer's.

 $\rightarrow$  The antioxidants in it protect the nerve cells caused by oxidative stress which ultimately prevents neurodegenerative diseases.

 $\rightarrow$  An apple a day reduces the risk of skin diseases. It also prevent digestive and liver problems.

 $\rightarrow$  Apple cider vinegar used as beverage prevents the formation of kidney stone.

→ Apples have been recommended for arthritis. obesity, gallbladder stones, bronchial asthma, gonorrhea, tuberculosis, anemia, insomnia, neuritis and halitosis.

http://www.fruitsinfo com/apples.php





#### Cran-Apple Turkey Skillet Recipe

"This quick and easy skillet meal has such wide appeal that it will become one of your favorite go-to recipes." -Lisa Renshaw, Kansas City, Missouri

TOTAL TIME: Prep/Total Time: 20 min. YIELD: 6 servings

#### **INGREDIENTS**

- 2 medium apples, peeled and thinly sliced 3/4 cup apple cider or unsweetened apple juice
- 3/4 cup reduced-sodium chicken broth
- 1/3 cup dried cranberries
- 1/8 teaspoon ground nutmeg
- 3 cups cubed cooked turkey breast
- 1 package (6 ounces) corn bread stuffing mix

#### DIRECTIONS

1. In a large skillet, combine apples, cider, broth, cranberries and nutmeg; bring to a boil. Reduce heat; simmer, covered, 4-5 minutes or until apples are tender, stirring occasionally.

2. Stir in turkey and stuffing mix. Cook, covered, 2-3 minutes or until liquid is almost absorbed. Yield: 6 servings.

#### NUTRITIONAL FACTS

1 cup equals 267 calories, 2 g fat (trace saturated fat), 60 mg cholesterol, 630 mg sodium, 36 g carbohydrate, 2 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 fruit.

**Isleta Elder Center:** PHONE: 505-869-9770 FAX: 505-869-7593

#### **Elder Center Transportation Services**

The Elder Center provides transportation services to elders 60+ years of age for the following (please call the Elder Center to be placed on schedule):

• Grocery Shopping (Wal-Mart, Smith's, Albertson's, etc.) – 1st Friday of each month

• Retail Shopping (Wal-Mart, JC Penney, Sears, etc.) – 2nd Friday of each month

 Mail, Banking, and Bill Paying – **Every Monday** 

• Pick-up for elders who would like to have lunch at the Elder Center (pick-up will begin at 11:00 am and return after lunch around 1:00 pm)

Transportation services will be provided as a back-up for families that are unable to transport for the following or are unable to schedule with Isleta Health Center's CHR Program:

#### (Elders need to make sure they have their referrals from Isleta Health Center for scheduled appointments to locations such as Presbyterian, Lovelace, Eye Associates, etc.)

Doctor's Appointments (Isleta Health Center, Presbyterian, Lovelace, etc.)

Eye Appointments (Isleta Health Center, Eye Associates, etc.)

Dental Appointments (Isleta Health Center, etc.)

Podiatry Appointments (Isleta Health Center, etc.)

Prescription Pick-Up – Staff will not pick up medications (narcotics) that require an ID for pick up at the Isleta Health Center Pharmacy

#### Other types of transportation services needed (pick-up/drop-off) from those listed will be considered based on scheduling/vehicle availability.

Policies and Procedures for transportation services that involve clients expending their personal funds will be utilized to protect both client and staff. Transporter will not be allowed to conduct any type of transaction on behalf of the elder.

If you are in need of transportation services, we ask that you "Please provide a minimum of a 24-hour notice for scheduling purposes."

If you have any questions on the Elder Center Transportation Services, or if you need to schedule, please call the Operations Department at 869-9770.

#### Page 6

#### August 20, 2015

#### Dear Parents, Guardians and Families,

The staff at the Pueblo of Isleta Elementary School is excited to let you know we have enrolled one-hundred and forty-four students and are growing on a daily basis. We are in the process of opening up a second kindergarten class due to the high number of students in the class. We want to keep our pupil to teacher ratio low to ensure for more one-on-one support for student learning. It is not too late to enroll your children!

You are invited to come in to visit our school and talk to our teachers and education assistants. They will tell you about the wonderful things that are going on in their classrooms. The staff is motivated, enthusiastic and actively involved to develop a solid educational program.

There is more information to come regarding new parent involvement and after school opportunities. One of our goals is to strengthen the bond between the school and the community.

#### Respectfully,

Pueblo of Isleta Administration and Staff

Frank Fast Wolf, Principal Eileen Montoya,' Education Program Manager For Immediate Release

Contact: Edward Calabaza (505) 238-8203

#### National Leaders to Visit Isleta Pueblo for Official Transition Ceremony for Tribe's Elementary School

ISLETA PUEBLO --- It will be a venerable "who's-who" of Indian education on Saturday, August 1 at 11 a.m., as local, state and national leaders descend on Isleta Pueblo to officially celebrate the tribe's takeover of the Isleta Elementary School from the Bureau of Indian Education (BIE) after nearly 120 years.

"Generations of Isleta tribal members have attended the school under BIE control," said Isleta Pueblo Governor E. Paul Torres. "Today, we have reason to celebrate as we take control of it. Most importantly, creating a curriculum that puts an emphasis on teaching our native language."

National leaders expected to appear include: US Dept. of the Interior Secretary Sally Jewell; Asst. Sec. of Indian Affairs Kevin Washburn; BIE Director Monte Roessel; Rep. Steve Pearce and Rep. Michelle Lujan-Grisham.

Isleta is just one of four pueblos in New Mexico to take over the operation of a local school that was first established by the BIE. The tribe began the lengthy process of requesting the takeover last June. It received final approval from BIE this past March.

The tribe also established a 15-member transition team that has been meeting monthly since January to implement to-do lists, timelines and other tasks.

"You need only look at the list of dignitaries to see how special and significant this event is," added Governor Torres. "We hope students, teachers and parents notice our efforts and look forward to many years of success."

The school (K-5) serves approximately 150 students from the Isleta Pueblo. The first day of school for the 2015-16 school year is August 10.



# Pueblo of Isleta Elementary School GRAND RE-OPENING CEREMONY

Just think how fast time has flown by with August coming to an end.

With the conclusion of our Summer Program, my staff and I have been busy with our annual cleaning of the facility which took place from August 5 -16. During those two weeks, we sanded and varnished the gym floor, stripped and waxed the tile floors, emptied the swimming pool tank, conducted some electrical repairs on our lighting, and some minor painting. As you have just read, we have done a lot to keep our facility in top condition for you all, therefore, I would like to thank my staff for all the hard work they did in keeping this facility presentable.

With that said, I would like to welcome you all back to the Recreational Center as we have resumed our regular business hours of operation as of Monday, August 17.

Now that school is back in session, our main focus has been on the students. The Rec. Center has two after-school programs, one at each facility (New & Old Rec.) to help with homework or conduct mini activities.

The New Rec. after school program is run by Antonio Garcia and Keenan Gurule whom may be reached at 869-9777 should you have further questions.

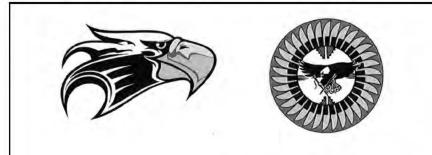
The Old Rec. after school program is run by Kim Chiwewe whom may be reached at 869-7605 or 382-0208 should you have further questions.

Our Annual Halloween Carnival is just around the corner in October which means our first planning meeting will take place on September 9, 2015 at 9 am in the game room of the New Rec. Center. For additional information, please contact Rochelle Zuni at 869-9777.

The 2015 Cross Country season has started with the coaches being Antonio Garcia and Keenan Gurule. Practices are Monday – Thursday from 6 pm – 7 pm. Should you want to register your child or children, please contact Antonio or Keenan at 869-9777 because there is still time to do so. Attached is the schedule for this year's Cross Country season. Please get your child or children involved in sports or any of the various activities held within the Pueblo.

Thank you,

Mike Trujillo, Acting Director, Parks & Recreation Department



#### Cross Country 2015 Schedule

Saturday, August 29 <sup>th</sup>	Santa Clara Pueblo
Saturday, September 5 <sup>th</sup>	Tsiya Day School (Zia)
Saturday, September 12 <sup>th</sup>	Jemez Day School
Saturday, September 19 <sup>th</sup>	San Felipe Day School
Saturday, September 26 <sup>th</sup>	
Saturday, October 3 <sup>rd</sup>	Acoma Pueblo
Saturday, October 10 <sup>th</sup>	Jemez Riverside-FINALS

#### Day of Meet Running Schedule

All Meets start at 9:00am

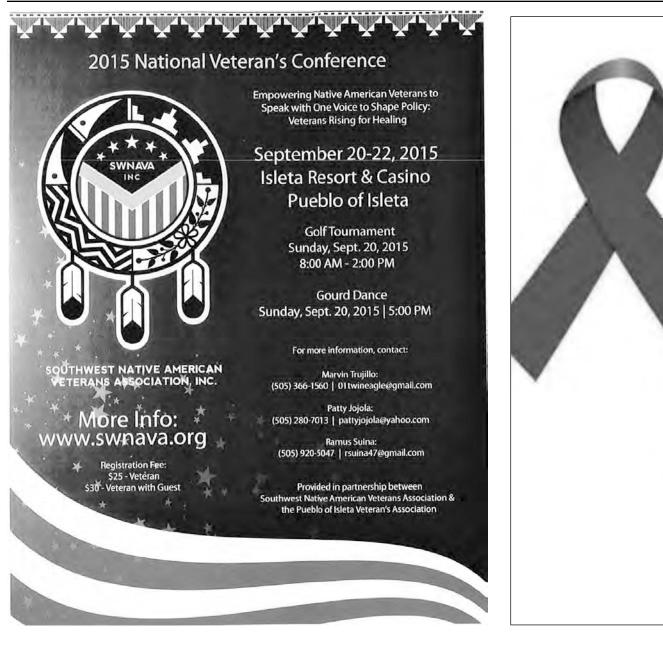
- ✓ 11-12 Year old girls, then boys
- ✓ 10 Year old girls, then boys
- ✓ 9 Year old girls, then boys
- ✓ 5 Year old girls, then boys
- ✓ 6 Year old girls, then boys
- ✓ 7 Year old girls, then boys
- ✓ 8 Year old girls, then boys





#### UNITED WE RUN TO BE *"DRUG AND ALCOHOL FREE"* 24<sup>th</sup> ANNUAL MULTICULTURAL *RED RIBBON RELAY RUN* Communities making a difference!!!!

		September 2 - 11, 2015
DAY	DATE	LOCATION
1	9/2	Farmington to Shiprock
2	9/3	Shiprock to Naschitti
3	9/4	Naschitti to Tohatchi
5	9/5	Ft. Defiance to Window Rock Window Rock to Gallup Zuni to Gallup Pinehill to Grants RV park
6	9/7	Gallup to Thoreau Crownpoint to Thoreau
7	9/8	Thoreau to Grants Pinehill to Grants
0	0/0	Taos to Santa Clara, Santa Clara and Northern Pueblos to Santa Fe
7 8	9/9	Grants to Acoma to Laguna Alamo to Socorro <u>Bernardo to Isleta</u> Santa Fe to Cochiti to
9	9/10	Santo Domingo to San Felipe - Sandia Laguna to Tohajiilee BH – to East Tohajiilee Isleta to Bataan Park
10	9/11	Bataan park to State Fair Grounds
riday, 9/11	/2015 – All rur	nners will convene at Bataan Park @ 10:30 am / Start run @ 11:15 am to State Fair Grounds – Gate 3 then to Indian Village
San	itana Titla @	For more information contact: (505) 869-5475 / <u>Cell # 270-8498</u> or Dennis Lorenzo @ Cell # 870-4001



#### Join the Pueblo of Isleta Workforce!

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The Pueblo of Isleta offers a wide range of career opportunities with competitive salanes and excellent benefits Search the current career opportunities and apply todayl

**Position Posting** 

**Career Opportunities** 

Location

Administration Executive Director (Appointed Poston) Elder Center Elder Center Headstart Health Center Housing Authority Isleta **Business Corporation** Police Department POI Elementary School POI **Elementary School** Public Services **Public Services Recreation Center** Truancy

Personal Care Service Aide Veteran Support Service Program Member Nutritionist Coordinator CHR Van Driver (Occasional) **Dental Assistant EMT** Paramedic EMT Intermediate (4 Positions) **Fitness Instructor Physical Therapist** PRN EMT Paramedic (Occasional) **HVAC** Technician Food Server Police Officer **Business Manager** Elementary Teacher (8-Positions) Irrigation Technician Pipe Layer/Laborer-Not to Exceed 2YR - NEW Open Until Filled Lifeguard (Regular Part-Time) Truancy Coordinator

**Open Until Filled Continuously Accepting Applications Open Until Filled Open Until Filled** Open Until Filled **Open Until Filled Open Until Filled Continuously Accepting Applications Open Until Filled Open Until Filled Open Until Filled** Continuously Accepting Applications 08/24/2015

(505) 869-7584 (5050 869-7579 Fax

poiemploymentgisletapueblo.com

Pueblo of Isleta

Human Resources

P.O. Box 1270

**Closing Date** 

The PUEBLO OF ISLETA is a Drug Free Employer. Successful completion of pre-employment drug screen and background investigation is a condition of employment

Carol Jiron

Pueblo of Isleta Application Process



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

**Contact A POI Recruiter Today!** Myra Garro (505) 869-7585

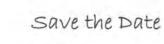
poi70103@isletanueblo.com **Richard Garcia** (505) 869-7587

(505) 869-9792

poi07001@isletapueblo.com

poi70106(isletapueblo corn

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



Monday-October 12th, 2015

"The Good Fight"

Family, well Being 5 Self Esteen

# Pueblo of Isleta

#### **Community Summit**

Fun filled day of various presentations and activities



More Information to come

Sponsored by: Isleta Behavioral Health and Isleta Social Services



#### 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.



Tara Abeita **Published By:** Valencia Express

# J.O.M. Johnson-O'Malley Program 505 869-9810

#### **Back to School!** Yay! School is back in session.

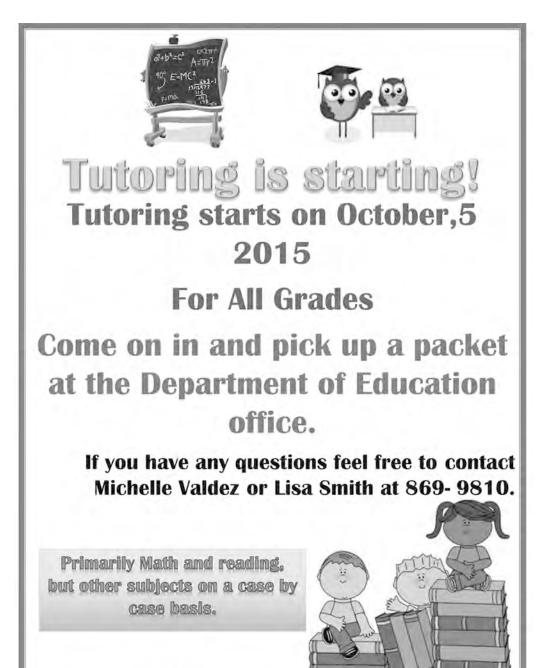
I cannot believe how fast the summer flew by. We here at the Johnson-O'Malley Program would like to give a big welcome back to all the students and parents in the community. We are so excited for this new school year and we hope that all the students are happy to be back at school learning.

We wanted to thank all the J.O.M. eligible students and parents that came to our Annual School Supply It was awesome to see everyone! Distribution. Approximately 425 students came in to receive school supplies. We also help with calculators for JOM eligible students in middle school and high school. If your student needs one for class, please feel free to come on in a pick up a Calculator Form.

We also wanted to give a big welcome to Michelle Valdez. She is the new Administrative Assistant here at the J.O.M. Program. Michelle came onboard in August and we are delighted to have her as part of our team. She is looking forward to meeting everyone.

The J.O.M. staff will be attending the following Open Houses: Sundance Elementary on August 27th at 5:30 pm, Los Lunas Middle School on August 31st at 6:00 pm, Bosque Farms Elementary on September 10th at 5:30 pm and Valencia Middle School on September 24th at 5:30 pm. We hope to see you there.

Once again we want to welcome everyone to a brand new school year. We hope to see families at the upcoming Open Houses. If you have any questions please feel free to contact us at 869-9810.



**Open House Dates !** for Los Lunas Schools

**Isleta Pueblo News** 

#### Below are the Dates for Open House in the Los Lunas School District.

Ann Parish Elementary	9/3/15	5:30 – 7:00 pm
Bosque Farms Elem.	9/10/15	5:30 - 7:00  pm
Century High School	9/17/15	6:00 - 7:00  pm
Desert View Elementary	9/3/15	4:30 – 6:00 pm
KGE and Family School	9/10/15	5:30 - 7:30  pm
Los Lunas Elementary	8/20/15	5:30 - 7:00  pm
Los Lunas High School	9/1/15	6:00 - 7:30  pm
Los Lunas Middle School	8/31/15	6:00 - 7:30  pm
Peralta Elementary	9/17/15	5:30 - 7:00  pm
Raymond Gabaldon	8/24/15	5:30 - 7:00  pm
Sundance Elementary	8/27/15	5:30 - 7:00  pm
Tomé Elementary	8/10/15	5:30 - 7:00  pm
Valencia Elementary	9/1/15	5:30 - 7:00  pm
Valencia High School	8/27/15	5:30 - 7:30  pm
Valencia Middle School	9/24/15	5:30 - 7:30  pm

#### New J.O.M. Tutoring Schedule!

The J.O.M. Program will start its Tutoring Program on October 5th. Tutoring Services are not limited to only J.O.M. eligible students. This is not homework help and once enrolled attendance is mandatory. The program is twice a week for six weeks and focuses on the specific area of need for each child. Spots are limited, so please call Lisa Smith for more information.

Monday & Wednesday

3:15 pm – 4:15 pm 4:15 pm - 5:15 pm 5:15 pm - 6:15 pm Tuesday & Thursday 3:15 pm – 4:15 pm 4:15 pm - 5:15 pm 5:15 pm - 6:15 pm

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

#### **MISSION STATEMENT**

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

#### **OBJECTIVES:**

1. To assist our spiritual leader in Christ with his duties to render pastoral care and/or services.

2.To assist families with hospitality and Christian fellowship after the liturgy and burial services when requested.

3. The bereavement group will offer informal continuing support.

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



**Pueblo of Isleta Public Library** 

hot dog or a deep fried Oreo.



News

We will be having our monthly Library staff meeting on September 2. The Library will be closed from 8:00am-12:00pm. We will be discussing upcoming programs and planning our holiday events. Keep your ears open and eyes peeled for our flyers of upcoming events or come pick up a calendar from our front desk or at the Library's website or Facebook.

We have recently updated our General Library Policies, Computer Policies, Homework Help Rules and our Unattended Children's Policy. These policies and the Library bill of rights are posted inside the Library and are available to the public upon request.

The Library will be attending school open houses to provide information and talk about our services to the surrounding area. Sundance Elementary Open House August 27 from 5:30pm-7:00pm, and Bosque Farms Elementary September 10 from 5:30pm- 7:00pm. If your child attends any one of these schools come by and see what upcoming programs will have for adults and children.

Great news! The Library now provides FREE family passes for museums and historic sites. How does it work? Come to the Library and ask for our family pass. This pass is available for check out for a total of 7 days. One pass is good for up to 6 family members. Come take advantage of this and enjoy your time with family exploring the history of New Mexico.

# The Library will be closed on the following days:

Friday, September 4th Isleta Feast Day

Saturday, September 5th Labor Day Weekend

Monday, September 7th Labor Day

The deadline for the October newsletter will be on September 22. If you have an article you would like to be mentioned in the newsletter, please give the Library a call at 505-869-9808.

#### Upcoming

Do you like to experiment with making your own cleaners, makeup, or scents? Come check out Our Do-It-Yourself Program which will be on September 2nd from 5:30pm-6: 30pm. Participants will learn how to make their own Air Freshener great for making your room, car or bathroom smell lovely! This is open to the first 10 Adults. Register with Valeri at the Library or give us a call 505-869-9808. While the DIY program for the adults is taking place, we will have one for the youth. They will be making their own Bouncy Ball and test it to see if it really works! This program is will be the same time as the adult program from 5:30pm-6:30pm. This program is open to the first 10 children to register with Cheyenne or you can give us a call at 505-869-9808.

Greetings Isleta Pueblo Community! I hope you all are transitioning well to school schedules & bus schedules. Please remember to be cautious while driving in school zones and bus stops. Remember to save some money for the feast day and the New Mexico State Fair. Those events are just around the corner. At least go get a

> Do you love Art? We will have our second Art Program based on Basic Ink techniques on September 9th and 10th from 5:30pm-7:00pm. This program is open to the first



Art Class participants drawing with pencil and charcoal. Drawing shadows show on the foam models.

10 participants ages 13 and up. All supplies are provided. To register please call the library and speak with Cheyenne.

Attention all Book lovers! Our book club program is coming back. Every Wednesday for 8 weeks, September 2-October 21, from 5:30pm-6:30pm. For the month of September you will enjoy reading from a Nook tablet with the book called *Dark Places* by Gillian Flynn. Gillian Flynn was also the author of *Gone Girl*, which is now a motion picture and available for check out at the Library. For the month of October the book club will return to a traditional book. The book is the next in this series called *Sharp Objects* also by Gillian Flynn. Enjoy discussions on the book and a night away from home. Nooks will be provided to all registered participants with a signed user agreement. This program is open to the 8 adults to register with Diane or you can give us a call at 505-869-9808.

Legos everywhere! If you love playing with Legos and expanding your mind coming up with new things to build, come to the Library's Lego club. We meet every 3rd Saturday of the month. This month's Lego club will meet on Saturday, September 19th from 10:00am-12:00pm. Free play is for the first hour and the second hour you will be given a challenge. New sign-ups will take place every month. An adult must accompany their child during this program. This is open to the first 10 children to register at the Library or you can give us a call at 505-869-9808.

Tech Tuesdays! Our first Tech Tuesday: How to use Pinterest will be September 29th from 5:00pm-6:30pm in the Library conference room. Basic computer skills and an email account are required for this class. You will learn how to set up an account for Pinterest and search for ideas, crafts, pictures, fashion, recipes, and learn how to share your ideas with friends and family. This program is open to the first 8 adults to sign up with Tara at the Library or you can give us a call at 505-869-9808. The Library will now incorporate one computer class every last Tuesday of the month unless noted otherwise due to holidays or unexpected closures.

#### Recap

Cutz for Kids took place on August 1st and we were present to provide a game while children waited to get their hair cuts for free. Our game was based on Star Wars and participants had to throw a Ping-Pong ball into cups to earn prizes. Prizes ranged from Library pens, water bottles, backpacks, movies and cds. We even had our Star Wars life size cut outs on display and along with music from the movie. The event brought the community together and was great to see the smiles on the children's faces as they walked out rocking their new hair dos! Some even walked out with a library bag full of prizes they won.

Our first Do-It-Yourself Programs were held on August 6 from 5:30pm-6:30pm for both Adults and Children. These programs were offered together so that a parent and child can come at the same time and not have to worry about a babysitter. We want you to come and enjoy our programs we offer. Adult participants made their own lip scrub and lip gloss and children participants made a candy bowl made out of a balloon, glue and confetti. Do-It-Yourself programs will be every first Thursday of the Monday unless noted otherwise.

Our Art Program consisted of two days of pencil and charcoal on August 12th and 13th. This was open to 10 participants of all ages and filled up quick with students excited to learn. Students learned how to draw and add shadow techniques using a light source.

Lego club started on Saturday 15th and will continue every 3rd Saturday of the each month. We had a total of 10 students join us along with their families. They enjoyed the first hour of free play with all Legos and Lego mini figures. The second hour they were challenged to make their version

#### September 2015

of a spaceship. Once they finished everyone talked about their spaceship creation with the whole group. Since Lego club was held at the Library, the kids have been talking about Legos and asking when the next Lego club will be held.



Students working in a group enjoying the Lego Club.



A Parent enjoying the Lego Club with their child as they build things together.

#### 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

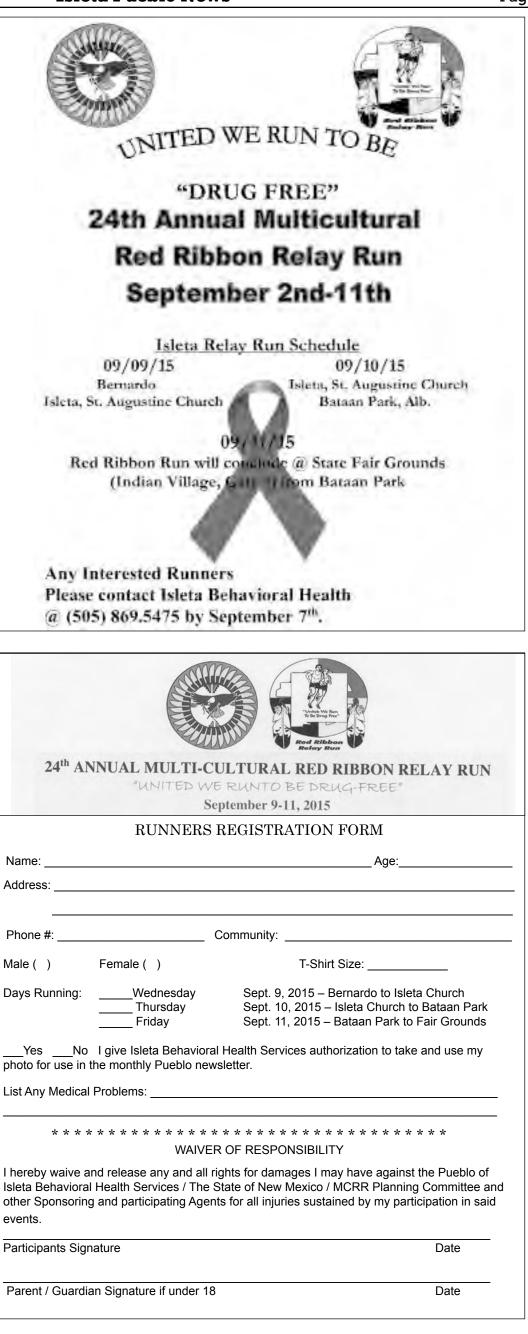
Phone: (505)-869-9808 Fax: 505-869-8119 Email: poi02002@isletapueblo.com

Facebook Page: www.facebook.com/IsletaPuebloLibrary

Web Address: www.isletapueblo.com/library2.html

YouTube: www.youtube.com/user/poilibrary







Isleta Eagle Golf Course 11000 Broadway SE Albuquerque, NM Phone: 505-848-1900

September 20, 2015 8:00 - 2:00

Cost: \$125 per player Registration: 7AM 125 players

Enjoy a complete program of 18 holes of golf Golf cart included Golf Bag for each player Exciting awards banquet

Contests/Challenges: Longest Drive Closest to the Pin Long Putt

> Sponsorships **Gold Sponsor** \$1,500

Silver Sponsor \$1,000

**Bronze** Sponsor \$500

Tee Sign Sponsor \$250

*Sponsorships* **Opportunities** 

<u>Gold</u> \$1,500 **One Foursome** Two Tee Signs Special Recognition

<u>Silver</u> \$1,000 **One Foursome** One Tee Sign Special Recognition C

<u>Bronze</u> \$500 **One Foursome** 

Tee Sign Sponsor \$250 One Tee Sign

Tax Deductible **Donation** 

Entry Deadline September 11, 2015

# Southwest Native American Veterans Association 2015 Golf Tournament

#### **4 Person Scramble**

This year's event will be held at the well-manicured Isleta Eagle Golf Course in Isleta, NM

> Sunday, September 20, 2015 Registration begins at 7:00 am with a shot-gun start at 8:00 am

Golf attire is required. No steel spikes are allowed on the course.

#### Cost of entry includes

Entry into all events, 18 holes of golf, riding cart and range balls.

The golf tournament will conclude in the banquet room with an awards presentation and raffle.

Assist us to properly plan for this event, please preregister by calling, emailing, or online.

#### Call: 505-280-7013

Email: pattyjojola@yahoo.com

On-Line: www.swnava.com

Please join in honoring all veterans, our Warriors who have served us bravely in the United States Armed Services to preserve and protect our freedoms and liberties, they deserve our utmost praise.

Your contributions will go directly towards providing services to all Veterans whose needs far exceed the capacity of any single stand-alone program. Your support will contribute to the well-being of these Veterans as they leave the military, return to their communities seek health care, and employment opportunities.

A day of golf with these heroes will be fun and exciting!

Entry deadline SEPTEMBER 11, 2015

#### Entry Form

ENTRY LEVEL	PRICE	TOTAL				
□ GOLD SPONSOR	\$1,500.00	\$				
□ SILVER SPONSOR	\$1,000.00	\$				
BRONZE SPONSOR	\$500.00	\$				
□ TEE SPONSOR	\$250.00	\$				
□ TAX DEDUCTIBLE DC	NATION	\$				
Contact Name:						
Contact Number:						
Team Members:						
Method of Payment: Check, Money Order, or Cashier's Check						
	Make Checks ve American V	payable to: eteran's Association				
\$	Send Entry For	m to:				
Patty Jojola, SWNAVA, PO Box 425, Isleta, NM 8702 CONTACT INFORMATION: Patty Jojola, pattyjojola@yahoo.com or 505-280-701						

#### LETTER FROM THE EDITOR

Deadline for October Newsletter articles is set for Tuesday, September 22nd 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.

Newsletters may be found at the sixteen distribution locations mentioned below. Remember, Digital copies of the Newsletters 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 Recreational Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk
- 8) Tribal Service Complex: Receptionist Desk
- 9) Tribal Service Complex: I.P.D. Dispatch window
- 10 Tribal Service Complex: Tribal Courts window
- 11) Elders Center: Receptionist Desk & Lunch Delivery
- 12) Head Start: Receptionist Desk
- 13) Library: Newsletter Stand
- 14) Ranchitos Park: Blue Box (see picture for example)
- 15) Old Head Start Complex: Blue Box (see picture for example)
- 16) Intersection of Tribal Road 82 and Tribal Road 84: Blue Box (see picture for example)

Newsletter Blue **Boxes** mentioned in above paragraph





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.

# TEST YOUR KNOWLEDGE -- ANSWERS for Last Month's Quiz How Much Do You Already Know About Adult Immunizations?

- 1) Among these vaccine-preventable diseases, which one kills the most people? The flu. Seasonal flu kills the most people. Each year, an average of 50,000 U.S. adults dies from vaccine-preventable diseases or their complications. Of this number, an average of 36,000 is flurelated deaths; 90% of these cases occur in those 65 and older. In contrast, an estimated 100 people die from hepatitis A, another vaccine-preventable disease, each year in the U.S.
- 2) Exposure to bacteria in soil may cause which disease? Tetanus. Bacteria in soil can cause tetanus, commonly called "lockjaw." Tetanus bacteria enter the body through a break in the skin, which can range in size from a pinprick to a deep puncture wound. Tetanus symptoms include spasms of the jaw muscles and painful muscle contractions in the neck, stomach, and limbs. Adults should get a tetanus booster shot every 10 years.
- 3) Which of these infections can lead to cancer? Hepatitis B. Both, Infection with human papillomavirus HPV can cause cervical cancer. An HPV vaccine approved for girls and women ages 9-26 can help prevent this cancer. Hepatitis B, a viral infection often spread through sex with an infected person or sharing a needle, can lead to liver cancer. A hepatitis B vaccine is available.
- 4) Which groups are at high risk of complications from a pneumococcal infection? All of the above. All of these groups are at higher risk, as well as those with a weakened immune system or a non-functioning spleen. Those at high risk, including anyone 65 or older, should get the pneumococcal polysaccharide (PPSV) vaccine. It won't prevent all cases of pneumonia but can cut the chance of severe or life-threatening complications from pneumonia.
- 5) Which of these infections can lead to shingles? Chickenpox. Chickenpox can lead to shingles later in life, an infection marked by tingling itching pain and a rash with red bumps or blisters. About one in five people who have had chickenpox will eventually get shingles. The varicella vaccine can protect children from chickenpox, and people 60 and older can get a shingles vaccine.
- 6) Which of these vaccines is usually given only to travelers? Typhoid. The typhoid vaccine is usually reserved for those traveling abroad to protect against typhoid fever. The types of vaccines that a traveler needs depend on the itinerary. Other travel vaccines include yellow fever, Japanese encephalitis, and polio vaccine if not already vaccinated for adults going to areas where the disease still occurs, including parts of Africa.
- 7) Which of these groups is at increased risk for meningococcal meningitis? Teens and young adults. Anyone can get meningococcal meningitis, but the disease can break out in living situations where people are in close contact with each other. As a result, college freshmen and military recruits should get the meningococcal meningitis vaccine. So should all youths ages 11 to 18. The symptoms of this potentially fatal disease include high fever, headache, neck stiffness, vomiting, confusion, drowsiness, seizures and stroke.
- 8) What does the herpes zoster vaccine protect against? Shingles. The herpes zoster vaccine protects against shingles. In people who have had chickenpox, the virus can remain dormant in the nerve cells, then reactivate later and cause the painful rash of shingles. Even after shingles has healed, some people will continue to have chronic pain called postherpetic neuralgia in the affected areas.

http://www.webmd.com/vaccines/what-you-should-know-11/quiz-adult-vaccines

# **ISLETA HEALTH CENTER** "Did you know?" Did you know about the 24-hour Nurse Advice Line? Have you ever wondered what to do when the Health Center is closed and you aren't feeling well? Have you ever wondered if you were in an emergency situation and should call 911? Have you been unsure if you needed to visit the walk-in clinic or make an appointment? If you need answers to health related concerns and aren't sure if you need to visit the walk-in clinic or call 911, use the toll-free NURSE ADVICE LINE\*. When you speak with a Registered Nurse, please follow the nurse recommendations for home care or the need for health facility care. NURSE ADVICE LINE 1-877-752-2552 This line is available 24 Hours A Day, 7 Days A Week, 365 Days A Year and is available for FREE to ALL Isleta Health Center patients! \* CALL 911 FOR LIFE THREATENING EMERGENCIES This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

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



# 4th Annual Isleta Cancer & Heart Healthy Education Conference Tentative Agenda (Subject to Change)

#### October 24, 2015 🗆 10:30am-4:30pm

10:30am-11am	Registration and Pre-Test
	Prayer & Welcome Governor E. Paul Torres
11am-11:15am	Introduction of Isleta Health Education Programs Stephanie Barela
11:15am-12:15pm	Cancer Clinical Trials Leukemia Lymphoma Society (Separate pre- and post-test)
12:15pm-1:00pm	LUNCH
1:00pm to 1:45pm	Raffle Drawing Cancer Screening and Early Detection Dr. Guo
1:45pm to 2:30 pm	Coping Skills for Cancer Patients and their families Deb Openden
2:30pm to 2:45pm	Break View Exhibitor Tables Cancer Support Now, New Mexico Department of Health Comprehensive Cancer Program, People Living Through Cancer, American Cancer Society, Leukemia & Lymphoma Society, The Cancer Center at Presbyterian, Cancer Alliance, Amber Care, Isleta Assisted Living, American Heart Association Raffle Drawing
2:45pm-3:15pm	Cancer & Cardiovascular Disease - Making the Connection Bambi Bevill , Heart Disease & Stroke Prevention Coordinator
3:15pm to 4:00pm	A Future Free of Heart Disease and Stroke for Native Americans Kelli Moore
4:00pm to 4:30pm	Awards/Evaluation/Post-Test/Closing Raffle Drawing
5:00pm to 6:00pm	PLEASE join us at St. Augustine Catholic Church in Isleta for a Mass dedicated to those individuals & families who have suffered from cancer and heart disease.

#### A BIG THANKS to all of our Donors and the PLANNING COMMITTEE!

Pueblo of Isleta Community Cancer Support (POICCS), especially Carmen Martin, Mollie Poafpybitty, Frank Martin, Pricilla Reyna-Jojola, Clem Romero, Mary Ann Johnson, Andrea Rockwell.

#### Food paid for by Leukemia & Lymphoma Society, Sponsored by Celgene and Takeda Oncology

\*Cancer Treatment Options Program brought to you by the Leukemia & Lymphoma Society; sponsored by Celgene and Takeda Oncology

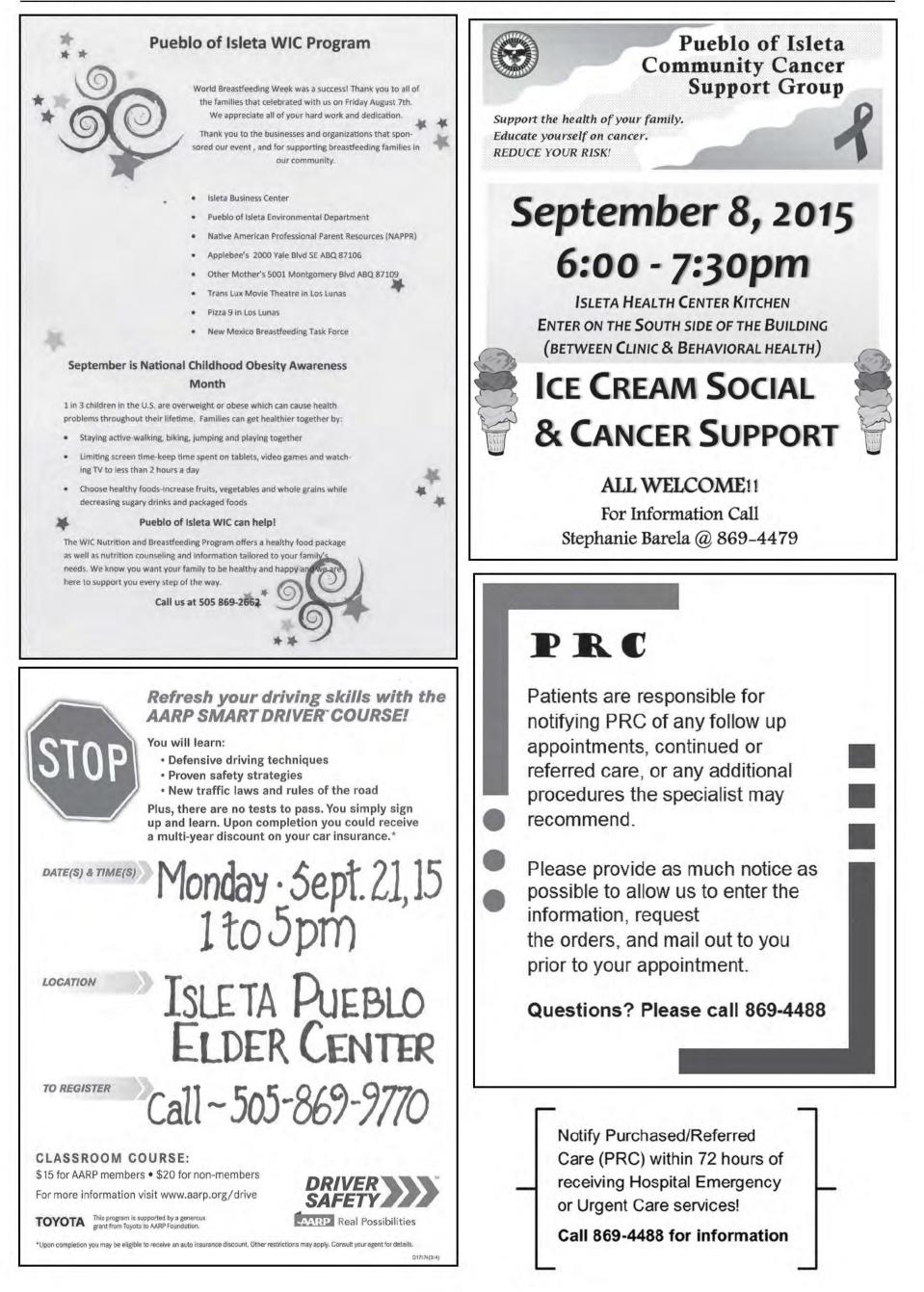
#### Isleta Health Center - School Physicals

Call us today at 869-4089 to make a summer appointment for your child's physical exam. 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.

TEST YOUR KNOWLEDGE How Much Do You Already Know About Health Care Reform?
T F (Answer True = T or False = F) □ □ 1. Because of health care reform, you have to change your insurance plan.
<ul> <li>2. Who can use the new Health Insurance Marketplaces?</li> <li>A. Insurance Agents</li> <li>B. Employers</li> <li>C. Any U.S. Citizen</li> </ul>
3. Under Health Care Reform, women will pay more than men.
<ul> <li>4. If you're pregnant, health reform will make:</li> <li>A. Insurance cost more</li> <li>B. It illegal to deny you coverage</li> <li>C. Neither</li> </ul>
<ul> <li>5. Health care reform replaces private insurance with government plans.</li> </ul>
6. When did the law go fully into effect? A. 2014 B. 2017 C. 2023
<ul> <li>7. Under health care reform, young adults can be covered under their parent's insurance up to <ul> <li>A. Age 18</li> <li>B. Age 21</li> <li>C. Age 26</li> </ul> </li> <li>8. The Affordable Care Act cuts Medicare benefits for seniors.</li> </ul>
9. People who don't have insurance will have to pay a penalty.
<ul> <li>10. Health care reform will make your health insurance costs go up.</li> <li>A. Yes</li> <li>B. No</li> <li>C. It depends.</li> </ul>
TEST YOUR KNOWLEDGE & CHECK THE CORRECT ANSWERS IN NEXT MONTH'S PUEBLO OF ISLETA NEWLETTER!
Isleta Health Center Health Educator, Stephanie Barela, 869-4479 http://www.webmd.com/health-insurance/rmg-health-reform





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
The Freedom From Smoking program is starting this month. Sign up now at 869-4479!	1 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	2 Parent Group: 9-11a @ BHS. Anger Mgmt. Skills: 1-2p @ BHS.	3 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	4 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS. Isleta Feast Day! Health Center OPEN!	5/6
7 Labor Day Health Center Closed No CHR Transports	8 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center. POI Cancer Support Group's ICE Cream Social: 6-7:30p, Health Center kitchen. ALL WELCOME!	9 Parent Group: 9-11a @ BHS. Anger Mgmt. Skills: 1-2p @ BHS.	10 Dental Class (DPP): 8:45am @ Small conference room. Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	11 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	12/13
14 Early Recovery Skills: 9-11a @ BHS. POI Community Cancer Support Group: Cancer Conference Planning, 10:30-12p, small conference room, Health Center. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	15 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	16 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Healthy Cooking Class: 5:30-7:30p @ Health Center kitchen.	17 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>18</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	19/20
21 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. World Alzheimer's Day:	22 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	23 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Diabetes Alliance Group: 5:30-7:30p @ Health Center kitchen. Fall Prevention Awareness Day!	24 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.  ONE MONTH UNTIL THE OCTOBER 24th CANCER & HEART HEALTHY CONFERENCE Call 869-4479 to sign up!	25 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	26/27
28 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	29 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>30</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS.	BHS (Behavioral Health Services National C	am): call 869-4595 for more inform s): call 869-5475 for more informat the source of the source of t	



## **4TH ANNUAL ISLETA CANCER & HEART** HEALTH EDUCATION CONFERENCE

SATURDAY • October 24, 2015 10:30am- 4:30pm @ Isleta Eagle Golf

This is your chance to learn about Cancer and Heart Disease • Cancer Treatment Options\* •Cancer Screening and Early Detection • Coping Skills for Cancer Patients and their families •Future Free of Heart Disease in Native Americans and more!



**Registration deadline: October 9, 2015** 

Conference for 14 years +

Anter someday is today. Cegene Takeday

# PRIZES & LUNCH SERVED!

\*Cancer Treatment Options Program brought to you by the Leukemia & Lymphoma Society; sponsored by Celgene and Takeda Oncology Company

Need a Ride? Please Call!

Pueblo of Isleta Health Center