



# Isleta Pueblo News

Volume 10 Issue 10

Pueblo of Isleta website: [www.isletapueblo.com](http://www.isletapueblo.com)

October 2015

## FROM THE OFFICE OF THE GOVERNOR

### Saint San Agustinito Feast

On, September 3-4, 2015 the community celebrated a Mass in honor of our Holy Patron San Agustinito, Bishop and Doctor of the Church. Our community once again came together and celebrated the event with a Procession, Tribal Dance and feast. On behalf of the community I want to thank the Mayordomos Veronica Balenquah and Gloria Joan Zuni and their families for their hard work and dedication in hosting the feast for our Holy Patron Saint San Agustinito. I also want to express my appreciation to all the vendors whose display of their arts and crafts and food services made for an enjoyable celebration for all. Tribal Sheriffs Ray Jojola and Benny Piro collected \$2,400.00 from vendor permits which was donated to our St. Augustine church.

### 2nd Annual Southwest Regional Veterans Conference

September 20-21-23, 2015, the Pueblo of Isleta and Pueblo of Isleta Veterans Association hosted the 2nd Annual Southwest Regional Veterans Conference at the Isleta Resort and Casino. Governor Eddie P. Torres in his Keynote address thanked all veterans for their service to our country and encouraged their participation in the many opportunities being provided to veterans and their families through the Veterans Administration. Governor Torres was joined by Congressman Steve Pearce, New Mexico 2nd Congressional District, Michelle Lujan Grisham, U.S. Representative for the 1st District of New Mexico, Kelly Zuni, Cabinet Secretary, New Mexico Department of Indian Affairs and other State and Tribal Leadership in supporting all our Native veterans and men and women in active service for their service to our country. The three day conference was filled with valuable information for educational, entrepreneurial opportunities and health benefits for veterans and families. A special thank you to our Pueblo of Isleta Veterans Association who were instrumental in making this conference a success.

For information and/or assistance with Veteran's benefits, call Theresa Zuni, Region Manager/Veteran Service Officer, NM Dept. of Veteran's Services, 1000 Main St. NW Cottage 4, Los Lunas, NM 87031, (505) 841-5346.

### 23rd Annual Four Corners Indian Country Conference

August 25-27, 2015, John F. Walsh, U.S. Attorney, District of Colorado hosted the Four Corners Conference at the Southern Ute Tribe's Sky Ute Casino in Ignacio, Colorado. Co-sponsors of the conference were Damon P. Martinez, U.S. Attorney

District of New Mexico, John S. Leonardo, U.S. Attorney District of Arizona, Diana Hagen, First Assistant U.S. Attorney District of Utah and the U.S. Department of Justice Office for Victims of Crime. The conference provided valuable information and access to resources to enable tribal communities to collaborate directly with a broad range of law enforcement and victim assistance professionals at all levels including federal, tribal state and local entities. The emphasis of the conference was working together, we are best able to aid the victims of crime and improve the quality of public safety. The Pueblo of Isleta was represented at the conference by 1st Lieutenant Antonio Chewiwi.

We are especially proud of our United States Attorney Damon Martinez for his commitment in advancing our common mission and deepening tribal relationships of support and trust through outreach and consultation with Tribes.

### 8th Annual Tribal Leadership Conference

September 22-23, 2015, the American Indian Law Center, Inc. (AILC) hosted a two day 2015 PLSI Native American Pre-Law Advisors Training Conference at the Hyatt Regency Tamaya Resort, Santa Ana Pueblo, NM. AILC mission is to provide training and technical assistance to tribes, tribal organizations, and tribal courts; legal and policy analysis on various issues important to tribal governments; and preparatory legal education to individuals. AILC accomplishes its mission by directing its focus on: the Pre-law Summer Institute

(PLSI); Policy and legal Analysis; and the Southwest Intertribal Court of Appeals (SWITCA).

The Conference subject matter included:

- Financing Tribal Business and Infrastructure Projects with New Market Tax Credits
- Indian Country Appropriations and Taxation Issues in the 114th Congress
- Exercising Tribal Sovereignty through your Tribal Court
- National Indian Country Legislative Priorities in the 114th Congress
- The Need for Proper Case File and Records Management
- Building Culturally Responsive, Solution-focused Community Intervention Options
- Federal Indian Law 101
- Domestic Violence in Indian Country: Issues and Initiatives
- Judicial Ethics as a Foundation of Justice and Sovereignty
- Indian Case Law Updates
- Issues and initiatives in Indian Education

The Pueblo of Isleta was represented with attendance by Tribal Council Members and Administration.

### Message from Governor Eddie Paul Torres

*Thank you Great Spirits, Mother Earth for showing us ways to live in peace and harmony with one another and for bringing rains to help all living things grow. May the Great Spirit always guide you and look over you.*

## Agriculture News

### Groundwater Study on Isleta Agricultural Lands

Beginning in May 2015, the POI Water Commission and the US Bureau of Reclamation began a groundwater study in the Los Charcos, Butte Lateral and Chical farm land areas. The purpose of the study is to determine if the construction of subsurface drains will improve crop production in these areas by lowering the groundwater.

A series of shallow monitoring wells have been established in each area. The wells are placed along field borders and farm canals so as to not interfere with farming activities. The wells are two inch PVC pipe and extend above ground level from one to four feet. Each well site has a metal T post next to the well and the posts have been painted with high visible orange marking paint. The well sites have been treated with Roundup herbicide in order to make them visible to farmers.

The wells are generally aligned east to west and spaced approximately 1000'-2000' apart north to south. Environment Division staff measures the static water level in the wells every two weeks and this information is used to plot groundwater elevations and slope. The study will continue through the summer of 2016 in order to monitor groundwater during the irrigation and non-irrigation seasons.

We ask that Isleta farmers please exercise caution when operating farm equipment near the wells to avoid damaging the well heads.

For additional information you may contact Michael A. Lente, Tribal Council Vice President at 917-3044 or Cody B. Walker, Water Quality Specialist at 869-9623.

PROBATE NEWS

**First Notice – A petition to Probate the Estate of Raymond A. Jaramillo, deceased September 10, 2014. Case No. CV-15-PRO-00088**, 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, October 14, 2015 at 9:30 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 Marie Josephine Lente, deceased February 23, 2015. Case No. CV-15-PRO-00115**, 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, November 4, 2015 at 2:00 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

**First Notice – A petition to Probate the Estate of Miguelita Jojola Histia, deceased February 8, 2015. Case No. CV-15-PRO-00032**, 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, November 17, 2015 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 Joe P. Cherino, deceased May 18, 2015. Case No. 15-PRO-00113**, 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, November 17, 2015 at 1:30 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Join the Pueblo of Isleta Workforce!



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

(505) 869-7584  
(505) 869-7579 Fax  
poiemploymentgisletapueblo.com  
Pueblo of Isleta  
Human Resources  
P.O. Box 1270

Career Opportunities

Location	Position Posting	Closing Date
Assisted Living Facility	Caregiver I (Regular Full-Time)	Open Until Filled
Assisted Living Facility	Caregiver II (Regular/Full-Time)	Open Until Filled
Assisted Living Facility	Cook (RPT)	Open Until Filled
Elder Center	Home Chores/Retro Fit Worker (Part-Time) - NEW	09/29/2015
Elder Center	Personal Care Service Aide	Continuously Accepting Applications
Elder Center	Veteran Support Service Program Member	Open Until Filled
Headstart	Child Care Provider - NEW	Open Until Filled
Headstart	Data Clerk	Open Until Filled
Headstart	Disabilities Coordinator	Open Until Filled
Headstart	Nutritionist Coordinator	Open Until Filled
Health Center	Billing Clerk - NEW	Open Until Filled
Health Center	CHR Van Driver (Occasional)	Open Until Filled
Health Center	Dental Assistant	Open Until Filled
Health Center	EMT Paramedic (3-Positions)	Open Until Filled
Health Center	EMT Intermediate (4 Positions)	Open Until Filled
Health Center	Fitness Instructor	Open Until Filled
Health Center	Physical Therapist	Open Until Filled
Housing Authority	HVAC Technician	Open Until Filled
Housing Authority	Plumber	Open Until Filled
Isleta Business Corporation	Food Server	Open Until Filled
Isleta Business Corporation	Sales Associate	Open Until Filled
Police Department	Police Officer	Continuously Accepting Applications
POI Elementary School	Business Manager	Open Until Filled
POI Elementary School	Education Assistant (2 Positions) - NEW	10/05/2015
POI Elementary School	Elementary Teacher - NEW	Continuously Accepting Applications
POI Elementary School	Elementary Teacher —MUSIC/Part-Time - NEW	10/05/2015
POI Elementary School	Principal	09/23/2015
POI Elementary School	School Nurse (Part-Time)	Open Until Filled
Public Services	Pipe Layer/Laborer-Not to Exceed 2YR	Open Until Filled
Public Services	Road Maintenance/Groundskeeper	Open Until Filled
Recreation Center	Director, Parks & Recreation - RE-ADVERTISED	Open Until Filled
Recreation Center	Fitness Instructor	Open Until Filled
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting Applications
Treasury Office	Grants Coordinator - NEW	09/28/2015

The **PUEBLO OF ISLETA** is a Drug Free Employer.

Successful completion of pre-employment drug screen and background investigation is a condition of employment

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!

Carol Jiron (505) 869-7587 poi70103@isletapueblo.com	Myra Garro (505) 869-9792 poi07001@isletapueblo.com
Richard Garcia (505) 869-7585 poi70106@isletapueblo.com	

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

Isleta Health Center

Child Safety Car Seats:  
A Parent/Guardian Responsibility

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

The Isleta Health Center has two certified Child Passenger Safety Technicians on staff. You can call at any time if you have any questions or concerns about child safety car seats. Our next car seat clinic is Saturday, October 10th in the Isleta Health Center parking lot starting at 9:00am to ending promptly at 11:00am. As always, we encourage you to buckle up yourself and your child every time you travel in your vehicle, even if you’re ‘just going down the street.’

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

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



IBC was officially established effective January 1, 2011 by Tribal Charter  
Purpose was to provide management and operating oversight of existing enterprises and to make investments in other operations to provide future sources of revenue besides gaming.  
IBC was afforded funding and fixed asset values in land, equipment, buildings and livestock related to Isleta One Stop, Isleta Travel Center, Comanche Ranch and Conservation Services.  
Two operations reverted back to the Pueblo, the Conservation Service in June 2011 and Comanche Ranch in December 2014.

Operating and Invested Positions

Isleta One Stop & Isleta Grill @ 47  
Isleta Travel Center



The convenience stores offer some 2,000 products at competitive pricing in addition to fuel and tobacco sales.



An independent insurance agency, NAIG has a unique corporate contract with New York Life, and a variety of other insurance carriers. NAIG Currently provides 401k, Property & Casualty, and Life, Health, and Dental coverage for the Pueblo of Isleta and related entities.



IBC DBA OSSOTANIUM COPORATION is structured under a sales agency Agreement with BASIC Dental Implants of Albuquerque, NM. Ossotanium Corporation has exclusive distribution right in the USA for dental implants using proprietary nanostructured titanium. Ossotanium dental implants are currently being placed by the Isleta Dental Clinic.



Velocity Build is a newly created 100% Tribally Owned construction company under the Isleta Business Corporation. Primarily focused on horizontal and utility construction.



IBC acquired controlling interest in JAG Distribution Company as a subsidiary of Sacred Power Corporation. THE PRODUCT/SERVICE - Wine, Beer, Liquor, and Energy Drink Distribution.



Sacred Power engineers and installs custom solar and domestic hot water systems for residential, commercial, and government customers. The vision is to make alternative energy a viable option in Indian Country and all markets.



Native Merchant Services (“NMS”) is in the business of bankcard processing and related electronic payment services.

Venture Commerce Center



IBC in partnership with Allen Sigmon Real Estate formed VCC LLC to acquire, manage, and lease 20 units of a light industrial flexible work space property on the Westside of Albuquerque.

Home 2 Suites



IBC, Allen Sigmon Real Estate Group (ASREG), and Total Management Systems, Inc. (TMS) partnered up to purchase and finish the partially completed hotel at Interstate 40 and Interstate 25 - New Mexico’s busiest intersection.

Home 2 Suites by Hilton is an extended stay hotel featuring Studio Suites with kitchens and state-of-the-art media/working zone. Every Home 2 Suites features “The Oasis,” a multifunctional space for social gatherings, individual work and meeting zones; Home2 Market, open 24/7 to purchase food, drinks, and other essentials; ‘Inspired’ Breakfast, a complimentary breakfast offering a variety of continental and customizable breakfast items.

Natural Evolution, Inc.



An Electronics Recycling Company

Our goal is to be a profitable electronics recycling company, sustainable at all levels while providing real life benefits to our clients, employees and owners.

Natural Evolution recycles Computers, Monitors, Printers, Fax Machines, Copiers, Scanners, Plotters, Peripherals, Telecommunications equipment, Phone systems, Security equipment, Televisions, Medical equipment, UPS Systems, Cell phones, Satellites, Audio & Visual Equipment and more.

STRATEGIC CAPITAL PARTNERS INVESTMENT – SCPI, provides alternative financing for quality housing, with flexible short-term financing terms.

Residential marketplace needs:

First time homebuyers are continuing to drive demand for home purchases in the Albuquerque market. While neighboring states such as Arizona and Nevada experienced huge price inflations, and then reductions, Albuquerque has remained much more consistent overall.

The residential home purchase market is experiencing a very stringent lending atmosphere. This is due in large part to the unbridled lending practices of unscrupulous lenders in previous years. Unfortunately today’s regulators have let the pendulum swing too far in the other direction, thus preventing many families from qualifying for home loans.



⇒ PRC will assist with payment for medical services only.

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

⇒ PRC does not cover Labs at other facilities.

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

Call PRC for more information.

869-4488



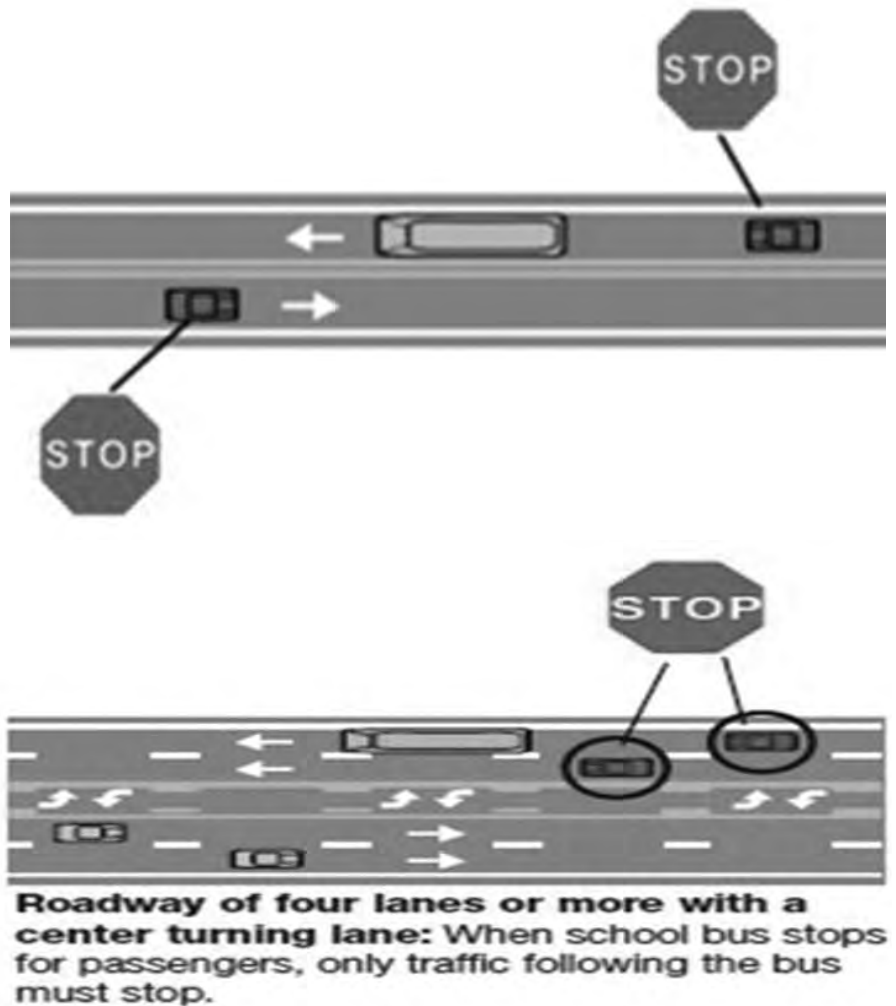


ISLETA POLICE DEPARTMENT

Good Day to everyone. We hope everyone has had a wonderful and safe summer. Our summer days have come to an end with the arrival of nights becoming noticeably earlier and the temperature cooling considerably. Autumn is a month to enjoy the changing of the leaves and leaves begin to fall to the ground. Animals, such as bears eat more to build body fat for energy to use during their hibernation and you begin to see birds in flight for migration. And of course we have all noticed our children, teenagers and adults have returned back to school. But don't let us forget all the wonderful family activities that happen during this time..... Halloween and Thanksgiving.

School has been in session for about two months. Isleta Police Department has been monitoring the school buses and bus stops for the safety of our children. We have not had any particular problems or excessive violations to report. Keep in mind our bus drivers communicate with Law Enforcement and on an occasion had a vehicle pass on the shoulder or simply over take a bus in a no-passing zone. These types of driving may lead into a crash with the bus, another vehicle, or a fixed object. Keep in mind these buses are carrying our community children and we would hate to see our children hurt. So we are reminding drivers be patient when traveling behind a bus and when you see flashing lights on school buses, slow down and get ready to stop.

I want to thank all drivers who do pay attention to the buses and our children at bus stops. The Isleta Police Department will continue to follow the school buses, be very active in school zones to reduce speeding in and around schools. Officers will continue to enforce the following in accordance with Pueblo of Isleta Resolution 87-35 Adoption of Motor Vehicle Laws.



OFFENSES	SECTION VIOLATED	PENALTY ASESSMENT
Overtaking and Passing School Bus	66-7-347	\$154.00
Speeding 1-10 miles over posted limit	66-7-301	\$ 79.00

Congratulations.....

The Isleta Police Department wants to recognize Officer Marcelina Anderson-Zuni. Officer Zuni has completed 16 rigorous weeks at the Federal Law Enforcement Training Center located in Artesia, New Mexico.

Officer Zuni had to put her personal life on hold to live in a dormitory, wake up at 5 am and turn out the lights at 10pm. Officer Zuni's day consisted of intense physical training along with academic classes, barely eating and trying to settle down for a few hours of studying before finally getting some rest. Officer Zuni's dedication has earned her recognition in firearms as a Sharp Shooter scoring extremely high, exceeding her classmates who have prior military experience. Officer Zuni's well-disciplined study habits also achieved her to receive above-average scores on all written or hands-on tests.

Officer Zuni has taken an oath to serve and protect our community. Officer Zuni is a member of our community and understands her need to protect lives, defend civil liberties, secure the safety of our community members and foster an atmosphere of mutual respect of our community members.

Officer Zuni is currently receiving on the field training with a specialized Field Training Officer. Officer Zuni is required to receive various training topics and will have the opportunity to apply her academy learning in the community environment by giving her real-life problem solving activities. Officer Zuni will also be participating in community events and assist the police department with open communication with our community members.

So we as the Isleta Police Department want to congratulate Officer Marcelina Anderson-Zuni and give her a well-deserved recognition of her completion and open the door of many opportunities in Law Enforcement.

Look for us.....

Isleta Police Department will continue to participate in community events. Look for us in the next scheduled events such as the Halloween Carnival, Domestic Violence Awareness Events, and school related activities. Isleta Police Department is looking forward to all the Fall Activities and want to remind everyone to be vigilant of our children participating in these events.

On Halloween night, Isleta Police Department will patrol the areas most common for our Trick-o-Treaters to provide the safe and fun evening of Halloween. Here are a few safety tips to consider.....

Walk Safely

- Cross the street at corners, using crosswalks
- Look left, right and left again when crossing, keep looking as you cross
- Put electronic devices down and keep heads up and walk, don't run across the street
- Always walk on sidewalks or paths
- Watch for cars that are turning or backing up. Do not dart out into the street or cross between parked cars

Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups

Keep Costumes Both Creative and Safe

- Decorate costumes & bags with reflective tape or stickers and if possible chose light colors
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers
- Select a right size costume to prevent trips or falls

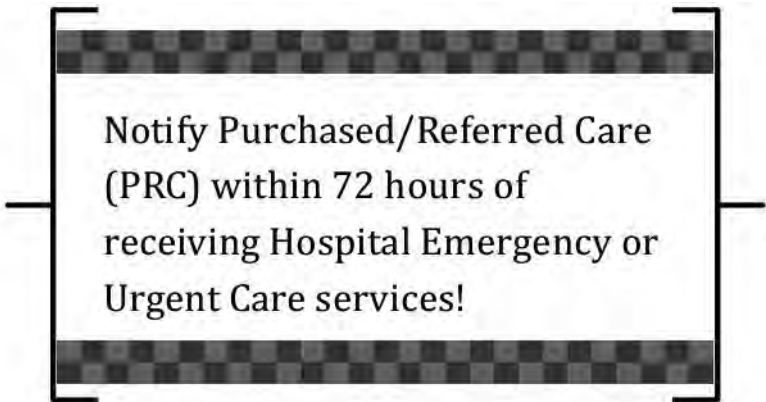
Drive Extra Safely on Halloween

- Slow down and be ESPECIALLY alert in residential neighborhoods. Children are exited and may move in unpredictable ways.
- Take extra time to look for kids at intersections and on sidewalks
- Enter and exit driveways slowly and carefully
- Eliminate any distractions inside your vehicle so you can concentrate on the road and your surroundings

Check your candy

- When sorting through candy at the end of the night, be sure to throw any candy that is not not in its original wrapper or looks as though it has been opened

Keeping these safety tips will help you and your family have a spooky and enjoyable evening.



## Traffic Division



### CHILD SEAT SAFETY

The Traffic Division is proud all three officers are certified carseat technicians. Enforcement is taken on blatant violations of child seat safety but we are also interested in ensuring the parents/adults responsible for transporting these precious pieces of cargo are educated on proper implementation of car seats to include onsite assistance and referrals to a child seat safety clinic. These are held regularly throughout Albuquerque and Los Lunas.

The Statewide Child Seat Safety effort was held this past Saturday and carseat technicians were present at multiple locations throughout the state to offer assistance in ensuring your child seats are appropriate for the child and installed properly.

For members of the Pueblo of Isleta a clinic is scheduled for Saturday, October 10, 2015 at the Health Clinic. Please contact Stephanie Barela for additional information and securing an appointment time if required.

Ensure your children are safe in their travel to this clinic as well and have them in carseats if possible. This clinic is held at least once a year, but this is the second for the Pueblo and are pleased to offer it to the community. The Traffic Division is also attempting to secure a grant for obtaining carseats as well and perhaps we can implement other programs to assist those families in need. If you have questions or need assistance, please call and leave a message with the Isleta Police Department Dispatch Center at (505) 869-3030 or leave a message for me at the following:

Officer Sharon K. Mitamura  
Traffic Division/Isleta Police Department  
(505) 869-9722/Office or (505) 382-1518/Cell

**An estimated 3 out of 4 child safety seats are used incorrectly.**

Could yours be one of them? Seat belts and child safety seats save lives, and Safer is dedicated to efforts which increase their proper use. According to the University of New Mexico Division of Government Research, of the people who were wearing seat belts in crashes in 2006 in New Mexico, only 1.6% died or suffered an incapacitating injury, compared with 28.8% of those who were not belted. Approximately 81% of belted crash victims were reportedly unharmed, compared to only 38% of unbelted occupants.

The NHTSA reports that using child safety seats decreases the risk of death by an estimated 71% for infants and 54% for older children.

The following programs are funded by the New Mexico Department of Transportation, Traffic Safety Division, and are administered by Safer New Mexico Now. For more information on any of these programs, please contact Safer at (505) 856-6143.

## TRAFFIC DIVISION NEWS Isleta Police Department October 2015

### WHAT IS THE TRAFFIC DIVISION?

The Traffic Division of the Isleta Police Department has been in existence for approximately seven and a half years. I have had the pleasure of becoming a member of this division just eight months after it was implemented. The duties of the Traffic Officer are many and widespread.

Of course the Traffic Division is responsible to constantly maintain vigilance over the roadways of the Pueblo to ensure the safety of all those who travel upon them. Statistics have shown many of the crashes investigated are the result of speed violations but there are also other contributing factors to crashes to include DWI, Careless Driving, and Distracted Driving to name a few. With the implementation of the various technological devices, distracted driving is becoming the number one factor in many crashes.

The Traffic Division is out patrolling the most traveled roadways through the Pueblo, which are Highway 47, Highway 45, Highway 314, and Interstate 25 but also respond to residents' complaints as best we can on the other traveled roads and neighborhoods. Thankfully, we have assistance from our Patrol Division who conduct District checks in the various areas of the Pueblo and will stop traffic violators.

The Traffic Division has become known for its tenacity in identifying traffic violations and enforcement. The end result we seek is compliance by motorists, cyclists, bicyclists, and even pedestrians in obeying traffic laws and proceeding safely along our roadways. The need for enforcement is evident in the number of citations issued monthly by the Traffic Division. Compliance is still in the distance because no matter how vigilant we are on Highway 47, Highway 314, etc., the violators are still high in number. The Division continues to identify distracted drivers, impaired drivers (drugs to include prescription medications and alcohol), careless and reckless drivers.

## Animal Control

Greetings to all community members and animals. Hope this article finds you all in good health. First of all, I would like to take this time to thank all animal owners for a good month of August in keeping your animals home. For the month of August there was a total of eleven (11) animals (four (4) dogs and seven (7) cats) impounded at Valencia County Animal Shelter as strays. We had eighteen (18) animals that owners surrendered. These animals went straight to adoption.

A special thank you goes out to the Rocky Mountain Puppy Rescue. They have helped in getting animals from Isleta Spayed and Neutered at a low cost to our community members. We have had two Spay/Neuter clinics held this year with a total of eighty (80) animals being sterilized.

It's that time of the year once again. Isleta Animal Control along with Indian Health Services will be hosting a fall rabies shot clinic on October 22, 2015. We once again will be at 2 locations. We will be at the clinic from 9 to 11:30 in the morning. In the afternoon, from 1:00 to 3:00 PM we will be at the Corporal Robert David Memorial Park located in Chical on Tribal Road 10. We encourage everyone to get their dogs and cats vaccinated against rabies.

## NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

NHTSA was established by the Highway Safety Act of 1970 and is dedicated to achieving the highest standards of excellence in motor vehicle and highway safety. It works daily to help prevent crashes and their attendant costs, both human and financial.

**Pueblo of Isleta Elementary School**

1000 Moon Light Drive  
Isleta, NM 87105  
Telephone: (505) 869-2321 Fax: (505) 869-1625

**Greetings Isleta Elementary Eagles Families!**

Beginning early October, we will be starting Project E.A.G.L.E.S. (Enrichment through Art, Games, Language & Education Services) to strengthen our Isleta culture, heritage, and education. Project E.A.G.L.E.S. will center around activities in academics, art, language, community service/projects, and physical activity. Activities will take place during the school day and begin with grades 4th-6th. As the school year and program progresses, we will be able to include grades K-3rd.

**Some of the proposed projects/activities include:**

- Tutoring
- Traditional games
- Painting/pottery art
- Diabetes awareness/healthy cooking classes
- Service projects with Senior Center and Headstart
- Field trips
- School newspaper
- School garden
- Outdoor "Living" classroom & ovens

We are looking for parents, grandparents, and other members of the community who will join us in this mission to educate and strengthen this area of our students' lives. If you have any skills in artwork, agriculture, building, or other activities you would be willing to share with us, please contact Alyssa Jojola at (505)933-4573 or email at [jojola.alysa@yahoo.com](mailto:jojola.alysa@yahoo.com).

Permission Slips/Sign-ups for student involvement will be announced at the school shortly.

**ADULT AND CHILDREN'S FLU SHOTS  
NOW AVAILABLE  
AT THE ISLETA HEALTH CENTER**

**COME TO THE HEALTH CENTER  
AND GET A FLU SHOT!**

- For Established Patients only
- Sign in at Reception for a 'Nurse Walk-in'
- State that you need a flu shot only

**A FLU SHOT IS THE BEST WAY TO PROTECT AGAINST  
GETTING THE FLU THIS WINTER!**

**A message from the Los Lunas Youth  
Basketball League (LLYBL):**

The Primary mission of the LLYBL is to reach and instruct basketball basics & fundamentals in a team sport environment. The LLYBL will emphasize building good basketball skills, learning the strategy of the game, good sportsmanship & respect. In doing this, we hope each participant will have fun, achieve success and learn self-discipline in the team spirit.

Regular registration ends on 9/30 and our draft occurs on 10/3 for the girls and 10/4 for the boys. After the drafts players are placed on teams by draft selection order.

We accept youth 5 years and older but if a parent volunteers to coach (head or assistant) we will take 4 years olds. We separate the divisions by grades, so it goes: Kindergarten/1st grade; 2nd/3rd grade; 4th/5th grades; and 6th/7th/8th grades.

Registration is currently \$102 and the season lasts from November to February. All games are on Saturdays from 8am -5pm, practices are Monday-Friday from 5-10pm.

You may contact us at 505.659.7905 or [llybl2@outlook.com](mailto:llybl2@outlook.com) should you have further questions.

FB: <https://www.facebook.com/LLYBL-485365351559428/timeline/>

Website: <http://llybl.org/> Thank you.

**Isleta Elementary School**

(505) 869-2321

**Community Eligibility Provision Media Released Statement**  
September 1, 2015

Dear Parent/Guardian:

Isleta Elementary School is participating in a Universal Lunch and School Breakfast Program for the current 2015-2016 school year. If your children attend Isleta Elementary School, breakfast and lunch will be available to them at no charge. All students enrolled at this school may participate in the breakfast and lunch program at no charge to them.

Studies have shown that children who are not hungry perform better in school. By providing lunch to all children at no charge, we are hoping to create a better learning environment for our students.

The school breakfast and lunches that we serve follow U.S. Department of Agriculture guidelines for healthy meals. The school Breakfast and Lunch Programs cannot succeed without your support: please encourage your children to participate in the meal programs.

Meals will be served to all the students at no charge regardless of the eligibility status.

If you have any questions about the program please feel free to contact us at 505-869-2321. Sincerely,

Marie Peterson, Kitchen Manager

**Non-Discrimination Statement:**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the base of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the department. (Not all prohibited bases will apply to all programs and/or employment activities). If you wish to file a Civil Right program complaint of discrimination, complete a USDA Program Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or by fax (202)690-7224 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (Spanish) USDA is an equal opportunity provider and employer.

**Title VII  
Indian Education Parent Meetings  
2015-2016 Schedule**

Come join us ever third Wednesday of the month where we discuss Native American programs and celebrate our students.

<u>Date:</u>	<u>Meeting Place</u>
September 16th	Century High School
October 14th	Teacher Resource Center
November 18th	Teacher Resource Center
December 16th	Teacher Resource Center
January 20th	Teacher Resource Center
February 17th	Los Lunas High School
March 16th	Teacher Resource Center
April 20th	Teacher Resource Center
May 18th	Teacher Resource Center

The Los Lunas Schools will send out a school message the night before each meeting. Contact the Los Lunas Schools or Valerie S. Otero at 866-2440 for questions or directions to the meetings.



The Pueblo of Isleta Department of Education and the Los Lunas Public School District presents the...

2016 College & Career Fair

Isleta Eagle Golf Course

Saturday  
January 16, 2016  
9AM - 12PM

Educational agencies and businesses are welcome to attend, cost is two door prizes. Space limited, first come first serve. Set up time is Friday, January 15 (3-6PM), or Saturday, January 16 (7:30-8:30AM). To request your space, please contact Kathleen Jojola at (505) 869-9790 or POI08004@IsletaPueblo.com by December 18, 2015.



Need Help Securing a Job?

Attend the Tribal Collaborative Employability Training!

Free Event!

Lunch will be provided.

Topics Include:  
Job Search  
Budget & Financial Planning  
Professional Attire (what to wear)  
Interview Process  
Motivation  
Networking

Isleta Eagle Golf Course  
Eagle II & III  
October 14, 2015  
Registration - 8:30-9:30AM  
Time - 9:30AM-2:30PM

Please contact the Pueblo of Isleta Dept. of Education at (505) 869-9790 to RSVP by October 12, 2015.



This event is supported by the Ten Southern Pueblo Governor's Council

## 24th Annual Multicultural Red Ribbon Relay Run

The 24th Annual Multicultural Red Ribbon Relay Run (MCRRR) started September 2nd and ended on the 11th at the New Mexico State Fair's Indian Village.

The community of Isleta had a great 3 days of running, with the first of three days beginning on September 9th. The run started off with 7 runners and ended with 5 more joining runners throughout the day, with representatives from Behavioral Health, the Isleta Recreation Centers, Isleta Police Department, and Isleta community members. With the help of the Isleta Police Department, the runners ran a total of 35 miles through the streets of Belen, Los Lunas and through the main street of Isleta Village TR 40. Along the way, some of the Elderly Center staff & Senior Olympic participants joined in. Further north the runners were cheered on by the Adult Day Care Program and Elderly Personnel, which included a Red Ballon Release. Once at the Church and Old Courthouse a Community Potluck was held, where Behavioral Health, Treasury personnel, and community members were waiting with a spaghetti lunch.

With day 1 in the books, day two started out with meeting at the St. Augustine Church, where the trek from Isleta to Bataan Park began. At 7:30, while on their journey, they were greeted with honks and cheers, making this 14 mile trek to the park by 10:00 a.m.

With the 3rd day being the shortest, it involves the New Mexico State Fair. The runners met at Bataan Park starting around 10:30, waiting for a start time of 11:15. With some of Isleta Police Traffic Units available for escort, they went in a group to the Fair's Indian Village. There, they were greeted by various community hosts, and the Isleta Pueblo Behavioral Health Program. While at the Indian Village, special recognition was given to the Pueblo of Isleta and all of our participants for their excellent involymnt in the Annual Multicultural Red Ribbon Relay Run. In conclusion, the 24th Annual Multicultural Red Ribbon Relay Run was a success.

A huge thank you goes out to Governor and his Administration Staff for being supportive of all of Behavioral Health's events. Behavioral Health would also like to thank the following:

- Governor's Office/Administration Staff
- Isleta Tribal Council
- Isleta Police Department
- Isleta Parks and Recreation Department
- Isleta Elementary School
- Isleta Elderly Center
- Isleta Treasurer's Office
- Pueblo of Isleta Community Member Runners
- All Supporters of Red Ribbon Relay Run Activities

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

Questions?  
Call PRC at 869-4488

LETTER FROM THE EDITOR

Deadline for November Newsletter articles is set for Thursday, October 22, 2015 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 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 Disk
- 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)



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.

RABIES FALL CLINIC



THURSDAY  
OCTOBER 22, 2015  
CLINIC PARKING LOT  
9:00 AM—11:00 AM  
CORPORAL ROBERT  
DAVID MEMORIAL PARK,  
TR 10  
1:00 PM– 3:00PM

- FREE RABIES CLINIC
- FOR RESIDENTS OF THE PUEBLO ONLY
- BE IN COMPLIANCE WITH THE ANIMAL ORDINANCE!
- DOGS MUST BE ON A LEASH
- CATS ARE TO BE IN A KENNEL OR WRAPPED IN A TOWEL
- FIRST 99 MICROCHIPS WILL BE SOLD FOR \$ 5.00



505-869-7564



Tiwa Lending Services is pleased to announce that we have received a \$750,000 FY 2015 Native American CDFI Assistance (NACA) Program Award from the US Department of Treasury's CDFI Fund. The NACA Program provides Financial Assistance (FA) and Technical Assistance (TA) awards to support the financing activities of certified Native CDFIs and to develop products and services that increase the organizational capacity of emerging Native CDFIs on the path to certification.

We would like to thank the Pueblo of Isleta community and the following programs and partnerships that assist us every way possible:

- |                                   |   |
|-----------------------------------|---|
| ◇ Pueblo of Isleta Tribal Council | ◇ Governor Torres, Lt. Abeita & Lt. Chewiwi |
| ◇ Isleta Pueblo Housing Authority | ◇ Indian Health Services                    |
| ◇ Bureau of Indian Affairs        | ◇ Public Services of New Mexico             |
| ◇ New Mexico Gas Company          | ◇ WESST                                     |
| ◇ David Baggerly & Associates     | ◇ New Mexico Mortgage Finance Authority     |

To our customers for the Home Loan Program and Signature Loan Program, thank you for your business! Also, our participants for the Financial Education Classes, thank you for taking the time to attend the 12 week course!

- Sheila Herrera, Executive Director & Miranda Lente, Loan Assistant



**PUBLIC SERVICES DEPARTMENT**  
**UTILITIES DIVISION**  
(505) 869-9782

**Where Are You ?**

The Utilities division receives a lot of requests for work to be performed at residences. Items such as septic pumping, clearing sewer service lines, inspecting septic systems and water leaks are just some of the types of calls we receive. You can reach us on regular business days at 869-9782.

It is important to have some basic information available to give us when you call requesting services. You should be prepared to supply us with your name, the name of the homeowner, the correct address and a call-back number in case we have anything to discuss with you about your request.

There are numerous times homeowners have told us they do not know their proper street address. Or they provide an address that isn't the correct one and we respond to the wrong house. Without a call-back number we cannot advise you of the situation and have to wait for you to call us back so we can obtain more information from you in order to locate the property and take care of the issue you have.

It would be a huge help if each homeowner had their proper street address posted at the entrance to the property. If you already have a mailbox out on the main road with your address on it, make sure the lettering is still readable — and mark both sides of the mailbox with the address so it can be seen from while driving the road in either direction.

There are also some properties on the Pueblo where the residences share the same street address. Each home is assigned an alphabetic letter to show which home is which. If you are in this situation, please make sure to show the letter on your residence. That way we are sure which house we are supposed to be going to and can quickly take care of the problem.

The Utilities division is always willing to help residents of the Pueblo but we need your cooperation to help us to be as efficient as possible. We don't want to waste your time or ours trying to locate your residence, especially if it's an emergency situation, such as a water leak in the home. No one likes a flooded house.

**Utilities Division is available to help you**

Remember to find the location of your outside water service shut-off to your home. There should be a water turn-off inside your home for your use in the event of a water leak. Some homes do not have a valve or the valve is not operational and they will have to rely on us to locate the outside water service line and turn off the valve at that point.

In the event of a water leak inside the home, the sooner the water is shut off the less damage to the home is done. Please be prepared and help us to help you ! We don't have a magic tool to locate water lines

or shut-off valves. If you don't know where they are, we will have to locate the valve prior to being able to turn off the water for you. This could take a lot of time as the shut-off valves are located in different areas throughout the Pueblo. Please take the time this summer to look for your water turn-off and install some kind of a marker next to it so it can be located quickly in an emergency situation. It's your home that will be better protected if you take the time to do this.

When you do have a water leak, if the issue is inside the home, Housing will have to be contacted to help with any repairs necessary, or you can repair it yourself. Utilities will only repair any issues OUTSIDE the home, such as a leak on the water line entering the building.

Contact the Utilities Division for assistance on regular business days at 896-9782. After hours emergencies are handled by the Pueblo of Isleta Police Dispatch. Use the non-emergency number of 869-3030 for assistance. DO NOT CALL 911 ! Dispatch will contact Housing or Utilities to respond to your call. Utilities will isolate your water service line in the event of a water leak but if the problem is located inside your home, you will need to repair it yourself or contact Housing.

Utilities will also respond if you have an issue with sewage backing up at your home. We do NOT pump out septic tanks after hours — septic pumpings will have to wait until the next business day. Homes on a septic system with a back-up problem can contact us thru the PD but we will not respond after dark for safety reasons. If your home is on a main sewer system, we will respond as quickly as we can since the issue could be in the main sewer piping and effecting numerous residences along the sewer collection pipes. If on a septic tank, a crew will respond to your home to check out the problem the following day and see if the issue is the tank or the service line. If the issue is a blockage in the sewer service line, an attempt will be made to clear the line for you. If it's just a kitchen sink or the washer drain line and not the entire home that is backing up, odds are it's a Housing related problem. Utilities only carries the larger sized "snake" to clear the larger outside piping and not the interior drain lines so a call to Housing will be necessary to get any desired assistance for the inside piping.

So please help us to help you more efficiently! Take the time to locate your water turn-off. Know where your sewer clean-outs are located and keep them exposed for easy access in the event of a problem, and have your residence address prominently displayed out at the main roadway.

**Thank You**

The Utilities Division of the Public Services Department would like to thank ALL the homeowners that assisted us with the recent Lead & Copper sampling done for the Eastside Water system.

Since the Eastside water system and the Casino water system were officially merged into one large system as of April 2015, it became necessary to re-sample for Lead & Copper in 2015 even though samples for Lead & Copper were obtained in 2014. Normally Lead & Copper is tested for in your drinking water once every 3 years; so it was an inconvenience to ask for help once again in obtaining these special samples only one year after the last samples were obtained.


A total of 29 sample containers and the appropriate paperwork were delivered to homes on September 15th, 2015. On September 16th collection from the residents of their completed paperwork and water sample containers was begun.

EPA required the Pueblo of Isleta to submit a total of 20 sample containers for the Lead & Copper sampling process, including the paperwork which had to filled out as completely and accurately as possible. As of Monday, September 21st, 2015 the necessary number of samples had been obtained from residents and forwarded on to the EPA analysis lab.

In these days of cell phones it is hard to contact homeowners prior to the start of the sampling process. The Utilities Division does not have your cell or home phone numbers on file so we just drop off the sampling supplies "out-of-the-blue".


Your cooperation and understanding during this process was and is greatly appreciated ! There is no possible way to do this mandatory sampling without the unselfish assistance of the residents of the Pueblo of Isleta !

Thank YOU ALL so very much!  
Utilities Division Staff,  
Ed Jaramillo, Manager



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.



**Isleta Pueblo News**

**Editor:**  
Nathaniel Lujan

**Asst. Editor:**  
Tara Abeita

**Published By:**  
Valencia Express

Isleta Elders Center

On September 14, 2015, a TRUE CHAMPION from the Pueblo of Isleta was honored with the Congressional Record Award at the 2015 New Mexico State Fair. Alberta Lente, 93 years old, received this award from U.S. Representative Michelle Lujan-Grisham. Alberta was recognized for her many accomplishments throughout her life as well as her career as a New Mexico Senior Athlete & National Senior Competitor.

Alberta has been involved with the New Mexico Senior Olympics for over 20 years and has competed at the national level numerous times. Her success has earned over 80 medals and is well known as being a top competitor in shuffleboard nationwide. She has represented the Pueblo of Isleta as true athlete through her compassion for being involved with senior games as well as the sportsmanship she shows toward her fellow athletes. Her dedication and outgoing look on life are what make Alberta Lente a true role model for our community. She is truly an inspiration for us all.

“It is clear that Alberta’s zest for life is endless and her dedication to her family is one of a kind. She reminds us to cherish our family, fight for those we love, and continue to strive for excellence in all that we do. Alberta is truly a remarkable woman....”

– US Representative Michelle Lujan-Grisham.



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.**

HOME SERVICES PROGRAM

With FALL soon upon us and the beautiful colors of autumn comes the cooler weather. Starting October 1st, we will start assisting our elders in applying for programs that can assist with payments for utility bills. All programs have Income Eligibility Criterias along with application requirements of all household members. What are these programs? What documents are required to apply for each program? All resources are Income Qualified Programs (earn less than 200% of Federal Poverty Level Guidelines).

- PNM Home Energy Checkup Program & Refrigerator Replacement Program
  - Proof of Income on all adults in household (proof of income is required even if the individual is not living in the home but is listed on the account or is the account holder).
  - A valid picture ID for all adult members in household.
  - Identification for children in home (Medicaid cards, birth certificate, shot record or school ID)
- DHHS Low Income Home Energy Assistance Program (LIHEAP)
  - Proof of Identification Head of Household (Driver’s license, State ID, Tribal ID w/ photo)
  - Proof of Income:
    - Employment 3 most recent Pay Check Stubs
    - Social Security 2015 Award Letter or recent Bank Statement showing Direct Deposit of Social Security check.
    - Self Employed 2014 Tax returns and notarized statement of earnings
    - Unemployment Benefits History Report
    - Not Employed Notarized Statement explaining financial situation
    - Other Pensions, retirements, rental income, veteran’s payments, child support, Indian monies, per capita payments
  - Information for ALL household members:
    - Full names, Date of Births and Social Security numbers
  - One Utility Bill that you are applying for assistance: Recent bill or Invoice
    - PNM, Gas Company of New Mexico, Propane, Wood
  - Information on the following Resources/Assets:
    - Cash on hand, checking account, savings account, CD, Stocks/Bonds, Retirement, Livestock
- Central New Mexico Housing Corporation - Weatherization Program on Indian Lands \* requires certification of home ownership.
  - Proof of Income:
    - Employment 3 most recent Pay Check Stubs
    - Social Security 2015 Award Letter or recent Bank Statement showing direct deposit of Social Security check.
    - Self Employed 2014 Tax returns and notarized statement of earnings
    - Unemployment Benefits History Report
    - Not Employed Notarized Statement explaining financial situation
  - Proof of Ownership:
    - Property Tax Statement (If applicable)
    - Mortgage Statement (If applicable)
    - Recorded Real Estate Contract
    - Statement of Occupancy (Pueblos Only)
    - One Proof of Home Ownership is required
  - Rental Property – Copy of Rental Agreement & Landlord Proof of ownership
  - Most recent Electric & Gas or Propane Bill
  - Picture ID for everyone over 18 years of age
  - Date of Birth for all members of the household

For more information and/or appointment for elders 60 years and older, please contact:  
Patricia L. Lucero,  
Home Services Manager at  
869-9770 Extension: 9338



Pueblo of Isleta  
Assisted Living & Memory Care Facility



It is with Great Honor and Pleasure that we announce the admission of our first residents into the Assisted Living & Memory Care Facility. We are the owner and operator of a State licensed facility. Our facility has been designed with our residents’ interests, comfort of home and, most importantly, type of care they will receive. We understand that caring and watching our elders go thru the aging process can be a difficult task for them and their families. Our program is designed to assist our residents with the changes that will affect their independent lifestyles. Our goal is to provide quality care while maintaining their cultural and traditional beliefs.

If you have any questions about the facility, would like to schedule a tour, or need more information about admission, please feel free to contact Natalie A. Abeita, Administrator, (505) 869-5560 or (505) 388-8579.

Features & Amenities

- \* 24-hour on-site Care Staff
- \* Assistance with all Activities of Daily Living
- \* Medication Assistance
- \* Individualized Service Plans
- \* Housekeeping Service
- \* Linen & Laundry Service
- \* Private Bedrooms & Bathrooms
- \* Secure Outdoor Area
- \* Pull Cord Call System
- \* Scheduled Transportation
- \* Activities uniquely designed to each resident’s needs & abilities
- \* Nutritional Services – Three meals a day (including snacks)




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 flu-related 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.



October 2015 ELDERLY CENTER MENU				
			10/1/2015	10/2/2015
			Salisbury Steak with Mushroom Gravy Buttered Noodles Orange Glazed Carrots Snap Peas WW Bread Slice Pineapple Chunks	Cream of Green Chile Chicken Soup Corn Beets Fresh Orange Tortilla
10/5/2015	10/6/2015	10/7/2015	10/8/2015	10/9/2015
Beef Vegetable Stew Broccoli and Cheese Lima Beans Apricots WW Roll	Tilapia w/Lemon Wedge Asparagus Garlic Mashed Potatoes Breadstick Mandarine Oranges	Ham and Cheese Roll-Up Tomato Basil Soup Steamed Spinach Grapes	Ground Beef with Corn and Potato Steamed Mixed Vegetables WW Bread Slice Apple Cobbler	Chicken Noodle Soup Carrot Raisin Salad Fresh Broccoli/Cauliflower WW Crackers Fruit Cup
10/12/2015	10/13/2015	10/14/2015	10/15/2015	10/16/2015
Cheeseburger Sweet Potato Fries Baked Beans Cinnamon Apple Sauce	Pepperoni and Sausage Pizza Cucumber/Tomato Salad Fresh Broccoli Diced Pear	Chicken Fajitas with Tri- Colored Veggies and Cheese w/ WW Tortilla Sour Cream Mexican Corn Pinto Beans Banana	Frito Pie w/Cheese Lettuce/Tomato Steamed Zucchini Mixed Veggies Fresh Orange Oatmeal Cookie	Baked Macaroni & Cheese with Diced Ham California Vegetables Broccoli Salad WW Roll Fruit Cup
10/19/2015	10/20/2015	10/21/2015	10/22/2015	10/23/2015
Ham and Cheese Quesadilla Stewed Tomato  Corn Fruit Cocktail	Baked Chicken Steamed Vegetables Steamed Vegetables  WW Roll Grapes	Beef and Potato Burrito Refried Beans with Cheese  Calabacitas Fresh Pear	Tuna Salad on Leaf Lettuce Cucumber/Tomato Salad  Carrot Sticks Applesauce Cake Fresh Orange	Ham and Bean Soup Mixed Vegetables Steamed Cauliflower with Cheese Peaches WW Roll
10/26/2015	10/27/2015	10/28/2015	10/29/2015	10/30/2015
Ravioli with Sausage Salad with Cherry Tomato Steamed Broccoli Breadstick Sidekick Fruit Cup	BLT on WW Bread Baked Fries Green Beans String Cheese Sugar Free Jello with Fruit	Chile Cheese Dog Steamed Carrots Steamed Broccoli Fruit Cup	Pork Chop Corn Bread Stuffing Mashed Sweet Potato Stewed Tomato Applesauce	Chicken Nuggets Cole Slaw Baked Beans Peanut Butter Cookie Apple



**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)

Oct. 19, 2015  
1 to 5pm

LOCATION

ISLETA  
ELDER CENTER


TO REGISTER

(505)869-9770

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


D17174(114)

San Juan “Sam” Montoya

05-08-29 through 08-27-15

The family of San Juan “Sam” Montoya would like to extend their sincere appreciation to the Isleta Pueblo community for their heartfelt outpouring of kindness, sympathy and condolences during the recent loss of our beloved Sam. We could not have gotten through the extreme grief and sorrow of this tremendous loss had it not been for the overwhelming support we received from so many members of our community. We know that Sam was loved by all and that he now rests eternally alongside his mother and father. We especially thank Governor E. Paul Torres and his staff; Father George Pavamkott, O. Praem; and the staff of St. Augustine Church including Shirley Zuni for reciting the rosary; and the beautiful choral tributes of the St. Augustine Church choir under the direction of Grace Jojola; and finally, to Dikki Garcia for his memorable words of kindness and inspiration during the eulogy. We love and miss you Sam. You are gone but not forgotten.

*John Felix, Veronica and the entire Montoya Family.*



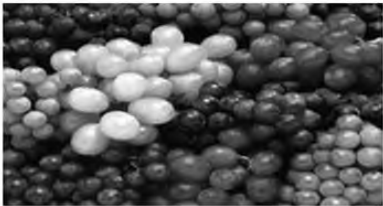
From the Elder Center Kitchen  
Mah-Tu-Wahn Café  
October 2015

## Spotlight Seasonal Fruit of the Month - Grapes

### Health benefits of grapes

- Grapes are rich in polyphenolic phytochemical compound **resveratrol**. Resveratrol is one of the powerful anti-oxidant which has been found to play a protective role against cancers of colon and prostate, coronary heart disease (CHD), degenerative nerve disease, Alzheimer's disease and viral/ fungal infections.
- **Resveratrol** reduces stroke risk by altering the molecular mechanisms inside the blood vessels. It does so, firstly by reducing the susceptibility of blood vessel through decreased activity of angiotensin (a systemic hormone causing blood vessel constriction that would otherwise elevate blood pressure) and secondly, through increased production of vasodilator substance, nitric oxide (a beneficial compound that causes relaxation of blood vessels).
- **Anthocyanins** are another class of polyphenolic anti-oxidants present abundantly in the red grapes. These phytochemicals have been found to have an anti-allergic, anti-inflammatory, anti-microbial, as well as anti-cancer activity.
- **Catechins**, a type of flavonoid tannin group of anti-oxidants, found in the white/green varieties have also shown to possess these health-protective functions.
- In addition, the berries are very low in calories. 100 g fresh grapes just provide 69 calories but zero cholesterol levels.
- Grapes are rich source of micronutrient minerals like copper, iron and manganese. Copper and manganese are an essential co-factor of antioxidant enzyme, superoxide dismutase. Iron is especially concentrated in raisins. In addition, 100 g of fresh grapes contain about 191 mg of health benefiting electrolyte, **potassium**.
- They are an also good source of **vitamin-C**, vitamin A, vitamin K, carotenes, B-complex vitamins such as pyridoxine, riboflavin, and thiamin.

<http://www.nutrition-and-you.com/grapes.html>



Grilled Grape & Rosemary Chicken Kabobs  
**Makes 4-5 servings**

#### Ingredients

- 3 tablespoons olive oil or canola oil
- 1 tablespoon chopped fresh rosemary
- 2 tablespoons fresh lemon juice (from 1/2 lemon)
- Salt & pepper
- 1 pound bite-sized chicken thigh pieces (uncooked)
- 1 pound California Table Grapes (any color)
- 8-10 rosemary sprigs (for skewers) or metal skewers or water-soaked bamboo skewers

#### Directions

1. In a small bowl, mix together 2 tablespoons oil, chopped rosemary, lemon juice, salt and pepper. Pour into large plastic bag or bowl.
2. Add chicken and shake until completely coated. Marinate in refrigerator for 30 minutes - 1 hour (or even 5 minutes like I did because I was pressed for time!)
3. Add the grapes to the marinade the last 5 minutes of marinating time.
4. Thread pieces of chicken alternately with grapes on each rosemary sprig or skewer. Discard marinade.
5. On a grill pan over medium heat, heat remaining tablespoon of olive oil. Place 3-4 skewers at a time on hot pan. Cook 3 minutes per side. Repeat until all skewers have been cooked.

*From Teaspoon of Spice Added by Kelly [http://www.yummly.com/recipe/Grilled-Grape\\_-Rosemary-Chicken-Kabobs-1301299?umns=4&position=18%2F65](http://www.yummly.com/recipe/Grilled-Grape_-Rosemary-Chicken-Kabobs-1301299?umns=4&position=18%2F65)*

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.



## Pueblo of Isleta Public Library

Halloween has arrived! Halloween will be on a Saturday this year which means late night trick-or-treaters and Halloween parties. Enjoy yourselves but please do not drink and drive. Be safe and wear reflective gear while trick or treating and remember to inspect all candy before devouring it with your children. Stop by the Library on Saturday the 31st and receive a Halloween candy!

### News

The Library is excited to announce that we have a new staff member that will be joining the Library. He will be learning the ins and outs of the library and sharing his knowledge of books with you. Help us in welcoming our new staff member when you visit the library.

The Library will be closed September 30th from 8:00am-12:00pm for our monthly staff meeting. We have a lot of exciting programs coming up! We hope to continue our creative flow during our meeting and bring you additional programs for you and your family.

The November newsletter deadline will be on October 22 at 4:30pm. If you need more information on submitting an article or general information, please call the Library at 505-869-9808.

This year we have some bittersweet news. We will be drifting away from the Halloween Carnival at the Recreation Center BUT we will be turning our Library into a Haunted House! This will take place on Saturday, October 24th from 5:00pm-8:00pm. This will be open to all ages, however, we cannot guarantee that anyone will not leave scared. The Library's Haunted House will be based on the book series Goosebumps. We hope to leave you with goose bumps.

The Isleta Head Start & Child Care will be starting their story time at the Library again. Please be aware of your surroundings while driving by the Head Start en route to the Library as the students occasionally walk over to the Library.

We have gotten lots of inquiries on whether our Library is a Public Library or not. YES! We are a Public Library open to all community members AND surrounding areas. All of our programs and services are open to the public. We invite and encourage everyone to come learn about our services and programs. We have something for everyone, as long as you leave here with a smile.

### Upcoming

Our Do-it-Yourself programs will be held on Thursday October 1st from 5:30pm-6:30pm. Both are open to ALL AGES. Valeri will be hosting a DIY Mason jar candle holder open to the first 10 participants. Calling all fishermen! Christino will be doing a DIY Make your own fish bait. This program is open to the first 10 participants. All supplies are provided for both programs and are open to all ages. If you need more information or want to sign up for either program please call the Library to speak with Valeri or Christino at 505-869-9808.

Art Night! Cheyenne will once again host an art class open to ages 13 & up on Wednesday and Thursday October 7th and 8th from 5:30pm-7:00pm. Participants will learn how to work with Acrylic paint and learn basic techniques from what paintbrushes to use, creating different colors, and how to apply them to painting still life to animated



*Do-it-Yourself participant learning how to make a bouncy ball out of cornstarch, glue and borax and food coloring.*

characters. All supplies will be provided. Bring your friends for a fun night out. For more information or to sign up please call Cheyenne at the library at 505-869-9808.

Halloween is coming up quick! What are your treats this year? Why not try cake pops! Tara will be hosting a class on Halloween cake pops on Wednesday October 14th from 5:00pm-6:00pm. You will learn how to make a Pumpkin and Ghost out of cake and a Frankenstein out of a marshmallow. All supplies are provided however you must come to class with a cake already baked and ready to go. This program is open to ages 13 & over. Disclaimer: Your hands will get dirty. For more information or to sign up please call Tara at the Library at 505-869-9808.

Legos everywhere! Lego Club will be Saturday October 17th from 10:00am-12:00pm. This program is open to all ages. All Legos are provided. No need to bring your own Legos. Free play time will be from 10:00am to 11:00am, and from 11:00am-11:45am you will be given a challenge to build something and share with everyone what you built. If you are up for the challenge give the Library a call to sign up at 505-869-9808.

The Library will be hosting a Tech Tuesday all about phone apps. The trend with everyone is APPS! What apps do you have? What game apps are out there? What exactly is an app? Class will be held on Tuesday October 27th from 5:00pm-6:30pm. Learn what an app can do for you. We will share apps that will help you financially, fun apps, exercise apps, and much more! This program is open to adults 18 & over. For more information or to sign up please call the Library 505-869-9808.



*Brothers having fun creating a house and playing with the Lego mini figures.*



*Two Lego participants creating their Zombie Apocalypse Shelter and sharing stories of zombies.*

### Recap

Our Do-It yourself workshops with adults and children have been becoming a hit. Just a reminder that our Do-It-Yourself workshops are the first Thursday of every month. On Wednesday September 2nd Valeri taught adult participants to make an air freshener made out of gelatin, essential oil, salt, and food coloring. Does it work just as good as a store bought air freshener? The essential oil smell to the freshener was quite strong and presented itself to last just as long as a store bought air freshener. The children's workshop, conducted by Cheyenne, took place at the same time and participants learned how to make their own bouncy ball. The bouncy ball was made out of cornstarch, glue and borax and food coloring. Did it bounce? Yes, it bounced with



*Art Workshop: Pen and Ink Participant practicing how to write letters with ink.*



Our Lego club met on Saturday, September 19 from 10am-12:00pm. We had a good crowd of children and parents who were eager to play with Legos. The first hour was free play and the second hour the children were given a challenge. Their challenge this month was building a shelter for a zombie apocalypse. Children and adults were excited to hear the challenge and were talking about how the zombies could not enter their shelter, along with debates on whether zombies can climb and run and do damage to their shelter. Challenges are different during each Lego Club Activity.

Our first Tech Tuesday participants were introduced to Pinterest! This took place on September 29th. Our Tech Tuesdays will take place every last Tuesday of the month unless noted otherwise due to the holidays. What is Pinterest? It is a virtual pin board where you can keep all your ideas in one location. They learned the art of “pinning” and organizing pins through “boards”. And of course got a glimpse of the many possibilities that Pinterest can be helpful.

Pinterest: [www.pinterest.com/poilib](http://www.pinterest.com/poilib)




**PUEBLO OF ISLETA PUBLIC LIBRARY**  
**TECH TUESDAY FOR ADULTS:**  
**APPS FOR YOUR PHONE**  
**OCTOBER 27TH**  
**5:00PM-6:30PM**

OPEN TO THE FIRST 10  
PEOPLE TO SIGN UP!  
AGES 18 & OVER

PHOTO EDITING APPS  
FINANCIAL APPS  
PRODUCTIVITY APPS  
FITNESS APPS  
AND MORE!

Learn what an App is. We will also share the benefits of having an app on your phone. We will help you search for Apps and download them. Most Apps are FREE so why not take advantage of them.

For more information please call Tara at the Pueblo of Isleta Public Library at 505-869-9808.



## Parks & Recreation Department

As September comes to a close this means summer is officially over and it is time to get ready for the fall and winter events.

### Halloween Extravaganza

With that said our next big event is the Annual “Halloween Extravaganza” held here at the New Recreation Center. This event is scheduled for Friday October 23, 2015 from 5:00pm until 8:00pm which is the week before Halloween. Currently, all booth spaces for this event have been taken by participating departments. The event is for everyone young and old. This is our way to bring the community together for a fun-filled family event. The event will include pumpkin carving contest, costume contest, best booth contest for all who participate. Food sales will be made available by our Isleta Parks & Recreation Cross- Country Team. Should you have any questions regarding this event, the Coordinators are Rochelle Zuni and Mary Ann Carpio and they may be reached at 869-9777.

On a sad note, our annual trip to Estancia, New Mexico for pumpkin picking is canceled for this year.

### Youth Cross Country Team

Coaches Antonio Garcia and Keenan Gurule report that their Cross- Country team has done an excellent job representing the Pueblo of Isleta. XC kicked off to a good season with the kids taking a big step into a healthier life style and showing signs of improvement. In the month of October, we will have two meets; one being at Cochiti on the 3rd and the Finals on the 10th at the Santa Fe Indian School. Feel free to attend our meets and cheer for our youth as the season comes to a close.

As stated earlier, the Cross Country Team will be conducting the Food Concession at the Annual Halloween Extravaganza as a mean of fundraising with the proceeds going to our end of the season banquet. Therefore, your support and monetary donations will be greatly appreciated.

We would also like to thank former Coach Philip Abeita for helping us with the practices and for his coaching guidance for our first year as Cross Country Coaches.

### Youth Basketball Teams

With the fall season upon us, Basketball Coaches John Matt and Keenan Gurule will be accepting registration for their youth basketball teams for students in grades 3rd through 6th, male or female. Students do not have to be attending the Isleta Elementary to be a part of our team, however, students must be of Native American descent. There is no cost to play on our teams and practice will be taking place at the New Rec. Center starting November 9th. Should you have additional questions, please contact us at 869-9777.

### Volleyball League

Our Co Ed Volleyball League will be starting here at the New Rec Center. Last year was a success with 17 teams but we hope to get more this year! The volleyball league is open to all Tribal and Non-Tribal members. This is a FREE & FUN league which consists of good sportsmanship. For more information contact Vanessa Martin at 869-9777.

### Cross Training

We would like to remind you all about our Cross Training Classes which take place at the New Rec., Monday thru Friday at 5am, 12pm, and 4:45pm. Classes are open to the entire community despite your level of fitness meaning beginners, intermediate, or advance. This class focuses on safety, flexibility, strength, and coordination. Feel free to take advantage of this opportunity to kick start your healthy lifestyle. For more information, please call Derrick at 869-9777.

### Spinning Classes

Another fitness opportunity we offer at our facility is our Spinning Classes which takes place at various times of the day throughout the week and weekends. Spinning classes are good for those individuals seeking to improve their endurance, strength, speed, and mental toughness with a workout routine that is less strenuous on the back, legs, and joints. Classes are designed with everyone in mind whether you’re a beginner or an advanced level spinner. With that said, we invite you to come to a class and get measured for a bike so you may begin on your path to a healthier lifestyle. Class days and times are: Mon./Wed.: 12pm. 5:10pm, 6:10pm; Tues./Thur.: 5:30am; Sat./Sun.: 1pm.

### Swimming Pool

Every Monday and Wednesday morning from 5:30 a.m. to 6:15 a.m. our water aerobics class is in the water. This is NOT your “grandma’s” water aerobics class!! Participants begin warm-up at 5:30 a.m. and continue through a structured class with a cool down at the end. All the moves are reviewed during warm-up, so students know what they will do during class. The class is held in the shallow and the deep ends of the pool. Classes may include upper body toning exercises using aqua bells. If you cannot swim... we have that covered!! Aqua belts are provided for all participants. These belts are flotation devices, so participants do not need to worry about anything other than the aerobic moves!

The “TWST” Swim Club began practice September 14, 2015. TWST is a private swim team. The team pays for use of the pool each swim season. Practices are held Mondays through Fridays from 4:30 p.m. to 6:30 p.m. The pool is NOT closed during TWST practice. (Due to a lifeguard shortage, the wading pool is closed during practice. There are not enough lifeguards to safely guard the wading pool and the main pool at the same time.) If a Tribal member wants to swim, the coaches will move the team over and open up a lane to swim. Please let the coaches know so they can make those arrangements.

Currently there are two Isleta Tribal members serving as assistant coaches. Tribal members also swim for the team. TWST is open to non-tribal members. Lin Onsaе can answer any questions you may have about the TWST swim team. You may reach him at 869-9783.

Due to our shortage of lifeguards, the pool area hours of operation are limited. Please see our enclosed flyer for the Pool Schedule.

We are currently hiring Life Guards (Regular Part Time, 30 hrs.). Applicants must be 17 years or older and must complete a series of swimming test. A job description for the positons may be obtained from the POI Career Opportunity Website page at [www.isletapueblo.com/careers.html](http://www.isletapueblo.com/careers.html) . All applications must be submitted to the Human Resources Department located within the Tribal Service Complex. Should you have additional questions regarding these Life Guard positons, please call LeeAnn Lente at 869.9783.

### Pool Schedule October, 2015

Due to a shortage of lifeguards, the pool area hours of operation are limited to provide safe coverage.

**Monday:** Hours of operation: Pool area open from 5:30am-7:30pm.  
Water Aerobics: **5:30am-6:15am.**  
**Wading pool** open from 11:15am-2:00pm.

**Tuesday:** Hours of operation: **Pool area** open from 11:00am-7:30pm.  
**Wading pool** 11:30am-1:00pm

**Wednesday:** Hours of operation: **Pool area** open from 5:30am-7:30pm.  
Water Aerobics: 5:30am-6:15am.  
**Wading pool** open from 11:30am-1:00pm.

**Thursday:** Hours of operation: **Pool area** open from 11:00am-7:30pm.  
**Wading pool** open from 11:15am-1:00pm.

**Friday:** Hours of operation: **Pool area** open from 8:00am-7:00pm.  
**Wading pool** open from 10:30am-4:30.

**Saturday:** The **pool area** is **CLOSED** on **SATURDAYS** until further notice.



Karate Programs



The Pueblo of Isleta martial arts program attended the 2015 Annual Karate Camp in Albuquerque, New Mexico hosted by Shihan Ray Barrera 9 degree black belt. Eight students and Mr. Chavez (the instructor) from the POI Martial arts program attended the two day event. They had the opportunity to train with several black belts from the Honbo (home) School on Judo, ground fighting, advanced weapons, Firearms (pistol) disarm, Knife disarm and the finer techniques of self-defense. All of the participants received a photo with Shihan Barrera and Mr. Chavez along with the certificate of completion of the two day training session.

Mr. Chavez, the martial arts instructor at the Isleta Recreation Center, is continually looking for a few good martial artists from the 8 years old, on up. Classes for beginners is from 5:30pm till 6:30pm and advanced students from 6:30pm till 7:30pm on Tuesdays, Thursdays and Fridays.

If you are interested in the Karate/Judo classes or would like to have Mr. Chavez conduct a special self-defense class for a group of 10 to 14 ladies (13 years plus), please contact Mr. Chavez at the IRC at

869-9777 or 620-5434 cell.

Yellow Belt promotions at the Isleta Recreation Center were conducted by Mr. Chavez whom is a 7 degree black belt instructor at the IRC-Martial Arts Program. The three students whom tested for their next belt were Michael Price, Ryan Price and Quincy Walker. The students physical test lasted almost three (3) hours which



included everything they learned such as Kata (forms), combinations, self-defense, kicks, punches, and Nihon Jujitsu (judo). They also took the rank written test which was about an hour to complete. Promotions were hosted by Mr. Chavez at the Isleta Recreation Center. If you are seeking more information about the Martial Arts Program, you can contact the IRC at 869-9777 or Mr. Chavez at 866-4360.


Park Management

As your Acting Director, I wanted to let everyone know our Parks Superintendent, Robert Apodaca is retiring and his last day will be October 16. He has been with POI Parks and Recreation program for 9 years and has reformed our beautiful Parks here in our Pueblo. A Special Thanks to Mr. Apodaca and his crew for whom the people of Isleta have these beautiful Parks they can enjoy for their activities and celebrations. He has been a great leader of his crew and has shared a lot of his knowledge with them so they may maintain the parks. The Staff and I would like to thank him for all his hard work he has put into our Parks Program and to let him know he will be greatly missed.


Thank you,

Mike Trujillo, Acting Director,  
Parks & Recreation Department


# KARATE / JUDO CLASSES



7th Degree Black Belt Karate  
2nd Degree Black Belt Judo



KARATE ONE  
KARATE ONE SUPPORT STAFF  
2014  
SHIHAN CLARENCE CHAVEZ KYOHEI, SHIHAN RAY BARRERA TIANHUI, SHIHAN JOHN REGGIE KYOHEI  
SENSEI, RYKANA BARRERA, LINDA CARPA, BERTY BARRERA, BRIAN BECKLEY, KEVIN CAMPBELL, JUSTIN GONZALEZ,  
DARRYL BROWN, RILEY ELLI, MARCELA HARTLEY, MADISON FORTNEY



6th Degree Kobudo

## Isleta Recreation Center Martial Arts Program

Both Kids (Boys and Girls 8 years and up) and Adults  
5:30 pm Beginners 6:30pm Advanced Classes  
Tuesday, Thursday and Friday

Isleta Recreation Center: 869-9777  
Mr. Chavez: 866-4360





**TIME TO HOOP IT UP!**

**The Los Lunas Youth Basketball League Winter Season is starting soon. Register NOW so you don't miss out!**

WHEN: In person—September 19 & 26 & Ongoing online  
WHERE: Los Lunas Soccer Complex & Online @ [www.llybl.org](http://www.llybl.org)  
CONTACT: 505.659.7905 or [llybl2@outlook.com](mailto:llybl2@outlook.com)  
Use Coupon Code "82264" for a \$10 discount. Expires 9/30/15

**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"*



**Volley Ball**  
**Co-Ed League**  
**is Back!!**

**Start Date: November 3, 2015**  
**Registration Deadline: October 23, 2015**  
**League Nights: TBA**  
**Location: Isleta Recreation Center**

**\*\*For Information Contact: Vanessa Martin @ 505-869-9777 From 11am-7pm**



Pueblo of Isleta  
DIABETES PREVENTION PROGRAMS PRESENTS

# WALKTOBER FUN RUN & WALK WEDNESDAY, OCTOBER 7th, 2015

PRE-REGISTER BY SEPTEMBER 18th  
TO ENSURE A T-SHIRT  
CALL: 869-4595


LOCATED AT DPP WELLNESS CENTER  
WEST OF IHS BLDG.  
SIGN-IN AT 4:30PM  
RUN/WALK STARTS AT 5:00PM

COSTUME CONTESTS



EVENT PARTNERED WITH BEHAVIORAL HEALTH DEPT. DOMESTIC VIOLENCE PREVENTION

# 2015 HALLOWEEN CARNIVAL



PUEBLO OF ISLETA RECREATION CENTER  
OCTOBER 23, 2015  
5:00pm - 8:00pm

HALLOWEEN COSTUME CONTEST  
OPEN TO EVERYONE:

AGES 0-3yrs	AGES 10-12yrs
AGES 4-6yrs	AGES 13-17yrs
AGES 7-9yrs	ADULTS 18 & Older

PUMPKIN CARVING CONTEST:

POI Departments:  
1 Pumpkin Entry

OPEN CONTEST:  
3 Entries Per Individual

Gift Card Prizes!!!

FOR MORE INFORMATION CONTACT: (505)869-9777

~WIC NOTES~

Is My Child Overweight?

Because children grow at different rates at different times, it is not always easy to tell if a child is overweight. If you think that your child is overweight, talk to your health care provider or your WIC staff.

How can I help my overweight child?

- The most important thing is to let your child know he or she is loved and is special and important. Children’s feeling about themselves often are based on their parents’ feelings about them.
- Accept your child at any weight. Children will be more likely to feel good about themselves when their parents accept them.
- Listen to your child’s concerns about his or her weight. Overweight children probably know better than anyone else that they have a weight problem. They need support, understanding, and encouragement from their parents.
- The goal should be not for your child to lose weight but to gain it more gradually. Talk with your child’s doctor or you Isleta WIC staff. We want to help.

Encourage healthy eating habits.

- Plan healthy meals and eat together as a family. Eating together at meal times helps children learn to enjoy a variety of food.
- Do not talk about food at the table. Use this time for relaxed conversation with your child. Families who eat meals together have children who are less likely to be use drugs and alcohol.
- Children are far more likely to eat healthy if they see their parents eating healthy. It is unfair to ask a child to eat a healthy meal or snack if the rest of the family is not eating the same food.
- Buy and serve more vegetables and fruits. Have **your child** pick out a different vegetable at the grocery store every week and help you prepare it for your family.
- Buy fewer soft drinks and high fat snacks like chips, cookies, and candy. These snacks are Ok once in a while, but keep healthy snack foods on hand and offer them to all your children.
- Have your child drink more water.
- Eat breakfast every day. Skipping breakfast will leave our child hungry, tired and less able to learn.
- Eat fast food less often.

Encourage daily physical activity

Adults and kids need daily physical activity. Set a good example. If your children see that you are physically active and having fun they are more likely to be active and stay active throughout their lives. Be sensitive to your child’s needs. If our child feels uncomfortable participating in activities like sports, help him or her find physical activities that are fun and not embarrassing.

Discourage inactive pastimes

Set limits on the amount of time your family spends watching TV and videos and playing video games.

Encourage your child to get up and move during commercials-have the whole family dancing during commercials 😊

Allow only healthy snacking while watching TV and playing video games.

The WIC staff is here to help you with creative ideas for better eating and incorporating more physical activity into your family’s life. Please stop by for a visit.

WIC Nutrition



TEST YOUR KNOWLEDGE

How Much Do You Already Know About the Flu (Influenza) Vaccine?

<http://www.cdc.gov/flu/about/qa/misconceptions.htm>

T   F   (Answer True = T or False = F)

☐ ☐ 1. The flu shot (vaccine) gives you the flu (influenza).

☐ ☐ 2. The nasal spray flu vaccine gives you the flu (influenza).

☐ ☐ 3. The most important thing to do to prevent from getting the flu is for everyone 6 months and older to get a flu vaccine.

☐ ☐ 4. It is better to get the flu than the flu vaccine.

☐ ☐ 5. If you got a flu shot last year, you don't need to get one this year.

☐ ☐ 6. Flu shot side effects are much worse than having the flu.

☐ ☐ 7. Vaccinating someone twice does not add immunity.

☐ ☐ 8. The "stomach flu" is one form of influenza?

☐ ☐ 9. I should wait to get vaccinated so that my immunity lasts through the end of the season.

☐ ☐ 10. It is too late to get vaccinated after Thanksgiving.

☐ ☐ 11. Pregnant women or people with pre-existing medical conditions do not need special permission or written consent from their doctor to receive the flu vaccine?

PLEASE CONTINUE READING NOW FOR ANSWERS THIS MONTH!

Flu vaccine information is too important to wait for next month!

TEST YOUR KNOWLEDGE: ANSWERS to this month's "How Much Do You Already Know About the Flu (Influenza) Shot?"

1. A flu shot gives you the flu. **FALSE** A flu shot cannot cause flu illness. Flu vaccines administered with a needle are currently made in two ways: a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (as in the case for recombinant influenza vaccine). Most common side effects: soreness, redness, tenderness or swelling where shot is given; low-grade fever, headache, muscle aches also may occur. In randomized, blinded studies, where some people get inactivated flu shots and others get salt-water shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot. There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

2. The nasal spray flu vaccine gives you the flu. **FALSE** The nasal spray vaccine cannot give you the flu. The viruses contained in the nasal spray flu vaccine are attenuated (i.e., weakened), which means they cannot cause flu illness. These weakened viruses are also cold-adapted, meaning they are designed to only cause mild infection at the cooler temperatures found within the nose. These viruses cannot infect the lungs or other areas of the body where warmer temperatures exist. The nasal spray is well tolerated and the most commonly reported side effects are mild and include runny nose, nasal congestion and cough.

3. The most important thing to do to prevent from getting the flu is for everyone 6 months and older to get a flu vaccine. **TRUE** For the 2015-2016 flu season ACIP recommends annual influenza vaccination for everyone 6 months and older with either LAIV or IIV with no preference expressed when either vaccine is available. There are many vaccine options to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional (<http://www.cdc.gov/flu/protect/vaccine/vaccines.htm>).

4. It is better to get the flu than the flu vaccine. **FALSE** Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

5. If you got a flu shot last year, you don't need to get one this year. **FALSE** The Centers for Disease Control (CDC) recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. Why? A person's immune protection from vaccination declines over time, so an annual vaccination is needed to get the "optimal" or best protection against the flu.

6. Flu shot side effects are much worse than having the flu. **FALSE** Some people report having mild reactions to flu vaccination. Common reactions to the flu shot and the nasal spray flu vaccine are described below.

**Reactions to the flu shot:** The most common reaction to the flu shot in adults has been soreness, redness or swelling at the spot where the shot was given; this usually lasts less than two days. This initial soreness is most likely the result of the body's early immune response reacting to a foreign substance entering the body. Other reactions following the flu shot are usually mild and can include a low grade fever and aches. If these reactions occur, they usually begin soon after the shot and last 1-2 days. The most common reactions people have to flu vaccine are considerably less severe than the symptoms caused by actual flu illness.

**Reactions to nasal spray flu vaccine:** People also may have mild reactions to the nasal spray vaccine. Some children and young adults 2-17 years of age have reported experiencing mild reactions after receiving nasal spray flu vaccine, including

runny nose, nasal congestion or cough, chills, tiredness/weakness, sore throat and headache. Some adults 18-49 years of age have reported runny nose or nasal congestion, cough, chills, tiredness/weakness, sore throat and headache. These side effects are mild and short-lasting, especially when compared to symptoms of seasonal flu infection.

7. Vaccinating someone twice does not add immunity. **TRUE** In adults, studies have not demonstrated a benefit of receiving more than one dose during an influenza season, even among elderly persons with weakened immune systems. Except for some children, only one dose of flu vaccine is recommended each season (<http://www.cdc.gov/flu/protect/children.htm>).


8. The "stomach flu" is one form of influenza. **FALSE** Many people use the term "stomach flu" to describe illnesses with nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses, bacteria or even parasites. While vomiting, diarrhea, and being nauseous or "sick to your stomach" can sometimes be related to the flu — more commonly in children than adults — these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.

9. I should wait to get vaccinated so that my immunity lasts through the end of the season. **FALSE** The CDC and the Advisory Committee on Immunization Practices (ACIP) recommend that flu vaccinations begin soon after vaccine becomes available, if possible by October. However, as long as flu viruses are circulating, it is not too late to get vaccinated, even in January or later. While seasonal flu outbreaks can happen as early as October, most of the time flu activity peaks between December and February, although activity can last as late as May. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu virus infection; it is best that people get vaccinated in time to be protected before flu viruses begin spreading in their community. Although immunity obtained from flu vaccination can vary by person, previously published studies suggest that immunity lasts through a full flu season for most people. There is some evidence, however, that immunity may decline more quickly in older people. For older adults, another flu vaccine option is available called the "high-dose" vaccine, which is designed specifically for people 65 and older. This vaccine contains a higher dose of antigen (the part of the vaccine that prompts the body to make antibody), which is intended to create a stronger immune response in this age group.

10. It is too late to get vaccinated after Thanksgiving. **FALSE** Vaccination can still be beneficial as long as flu viruses are circulating. CDC recommends that providers begin to offer flu vaccination soon after vaccine becomes available in the fall, but if you have not been vaccinated by Thanksgiving (or the end of November) it can still be protective to get vaccinated in December or later. Flu is unpredictable and seasons can vary. Seasonal flu disease usually peaks in January or February most years, but disease can occur as late as May.

11. Pregnant women/people with pre-existing medical conditions do not need special permission/written consent from their doctor to receive the flu shot. **TRUE** There is no recommendation for pregnant women or people with pre-existing medical conditions to seek special permission or secure written consent from their doctor for vaccination if they get vaccinated at a worksite clinic, pharmacy or other location outside of their physician's office. With rare exception, CDC recommends an annual flu vaccine for everyone 6 months and older, including pregnant women and people with medical conditions (<http://www.cdc.gov/flu/protect/vaccine/pregnant.htm>).

TEST YOUR KNOWLEDGE and CHECK NEXT MONTH'S Pueblo of Isleta Newsletter for ANOTHER QUIZ!  
Isleta Health Center Health Educator, Stephanie Barela, 869-4479  
<http://www.cdc.gov/flu/about/qa/misconceptions.htm>



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.



Isleta Health Center  
Behavioral Health Services Prevention Program  
Phone: 505.869.5475

Domestic Violence Awareness Month

**October is Domestic Violence Awareness month.**  
Domestic violence (DV) can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together, or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels. Many people who think and hear the words domestic violence refer to a scenario where the victim is physically abused. Domestic violence comes in many forms, such as physical abuse, sexual abuse, emotional and/or verbal abuse, teen dating violence, and unhealthy relationships.

What is domestic violence? Domestic violence can be defined as a pattern of assaultive and coercive behaviors that include physical, sexual, verbal and psychological attacks, as well as economic coercion, that adults or adolescents use against their intimate partners.  
**Abuse:** are any physical, sexual, emotional, economic or psychological actions or threats to diminish or dehumanize a person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

**Assault:** An act which intentionally inflicts bodily harm through the use of force or which puts someone in fear of imminent bodily harm.

**Battering:** A pattern of intimidation, coercion, and threats of or actual violence used by an individual to establish and maintain control over his or her partner.

**What are the signs?**  
According to the **U.S. Department of Justice**, domestic violence may include:

- Physical abuse such as slapping, kicking, hitting, shoving, or other physical force.
- Sexual abuse including rape, sexual assault, forced prostitution, or interfering with birth control.
- Emotional abuse such as shouting, name-calling, humiliation, constant criticism, or harming the victim's relationship with her or his children.
- Psychological abuse including threats to harm the victims' family, friends, children, co-workers, or pets, isolation, mind games, destruction of victims' property, or stalking.
- Economic abuse such as controlling the victim's money, withholding money for basic needs, interfering with school or job, or damaging the victim's credit.

Several or all of the above forms of violence and abuse may take place.

**If You Are a Victim of Domestic Violence**  
The most difficult step for you to take is to admit that you are being or have been abused by your partner. Remember, your partner's violence is the problem, not you. You do not provoke it. You do not deserve it. The physical and emotional suffering you experience may have long- and short-term effects. The suffering may seem to use up all of your energy. You may feel trapped, alone, and that you have lost control of your life. You may question yourself and your reactions. Regardless of your reactions, it is important to remember that every victim is different, as

is every response to domestic violence. The reactions you are having to your abuse are normal. Your safety is the first priority. Every person in an abusive relationship should have a safety plan— concrete steps you can take to stay safe or to get to a safe place if you or your family is in danger. Contact Isleta Behavioral Health Services for information or assistance.

**Build awareness to prevent DV, know how to help someone in need.**

- Attend the Isleta Community Summit on October 12, 2015; contact IBHS about registration.
- Look up information on Domestic Violence, and what the warning signs are.
- Raise awareness about domestic and sexual violence through formal and informal forums (media, community groups, schools, presentations).
- Learn how to respond appropriately if someone discloses to you. Help is available. Contact your local domestic violence/sexual assault program, Isleta Police Department, service providers, family members, and friends.
- Educate youth about violence, violence prevention, and how to help a friend.
- Support legislation that assists victims and increases accountability for the batterer.

National Domestic Violence Hotline  
1-800-799-SAFE (7233)  
1-800-787-3224 (TTY)

**Youth Domestic Violence or Teen dating violence** is a type of violence that happens between intimate partners, two young people in a close relationship. The nature of the harmful and aggressive behavior can be physical, emotional or sexual:

- **Physical** – For example, when a partner is pinched, hit, bit, shoved or kicked.
- **Emotional** – This action can involve threatening a partner or harming a partner's sense of self-worth. Some examples include name calling, shaming, bullying, embarrassing on purpose, or keeping the partner away from friends and family.
- **Sexual** – This is forcing a partner to engage in a sex act when he or she does not or cannot consent. Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a "normal" part of a relationship. But these behaviors can lead to more serious violence like physical assault and rape.

Dating violence can have a negative effect on health throughout life. Teens who are victims are more likely to do poorly in school. They may engage in unhealthy behaviors, like drug and alcohol use. The anger and stress that victims feel may lead to eating disorders and depression. Some teens even think about or attempt suicide.



**Pueblo of Isleta  
Community Cancer  
Support Group**

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



**October 13, 2015**  
**10:30-Noon**  
**ISLETA HEALTH CENTER SMALL CONFERENCE ROOM**

**GROUP SUPPORT  
ALL WELCOME!!**

**For Info Call  
Stephanie Barela @ 869-4479**

JOIN US

— IN SUPPORT OF DOMESTIC VIOLENCE —

AWARENESS MONTH

- Wednesday, October 7th 4:30PM Diabetes Walktober Fun Run & Walk /Costume Contest Located at DPP Wellness Center. Event Partnered with Behavioral Health Dept. & Social Services
- Monday, October 12th 8:00am-4:30pm Community Wellness Summit Located at the Isleta Recreation Center. Presentations, Self Defense Classes for both men and women, Zumba, Makeovers, Free Hair Cutting, Clothing Exchange ,Breakfast and Lunch will be served
- Thursday, October 15th 5:30pm-7:30pm Grocery Bingo Night at the Isleta Recreation Center. We will be serving Frito Pies, Popcorn, Water, and Soda. Admission to Bingo are Survival Kit and Emergency Kit items such as: Toiletries, soaps, shampoo, conditioner, toothbrushes, tooth-pastes, loofas, towels, Band-Aids, diapers, etc.



EVENTS HOSTED BY THE DOMESTIC VIOLENCE AWARENESS COMMITTEE ISLETA SOCIAL SERVICES, ISLETA BEHAVIORAL HEALTH, ISLETA RECREATION CENTER, AND ISLETA DIABETES PREVENTION PROGRAM



THURSDAY, OCTOBER 15<sup>TH</sup> @ 5:30PM

Grocery Bingo Night

Isleta Recreation Center

In Honor of Domestic Violence Awareness Month



Hosted by Isleta Social Services & Isleta Behavioral Health

Admission to Bingo are survival kits and emergency kits such as: toiletries, soap, lotion, diapers, toothpaste, tooth brushes, hand sanitizers, shampoo, conditioner, loofas, towels, band aids. All proceeds will be given to women and men who are in need of items after DV situations.

We will be serving Frito Pies, popcorn, water, and soda.

October is...

DOMESTIC VIOLENCE awareness Month!

Did you call for an Ambulance?

Please report the information to PRC within 72 hours.

869-4488

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

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



Just J.O.M.

YOUR ONE STOP FOR ALL JOHNSON-O’MALLEY  
NEWS AND EVENTS

Headlines in JOM

It was great seeing all of the students at the Los Lunas open houses that we attended. If you missed us during open house please stop by the JOM office to visit and get any upcoming information.

If you have not turned in your reimbursements for Lab fees/PE uniforms/Band instruments/Pre-AP-AP readings, the 60-day time frame is coming up now in October.

The program still has calculators available to those who have not received a calculator.

**One calculator per student in middle school or high school.**

School has been in session for 2 months now, if you think that your child is needing extra support in school, tutoring will start in October. Contact Lisa Smith for more information 505-869-9810.

Cumbres and Toltec Railroad

Middle & High school students are welcome to join us on October 3, 2015 to experience the Cumbres & Toltec Scenic Railroad in Chama, New Mexico.



We will be leaving the Department of Education by 5:30 am and returning by 8:00 pm.

Admission, breakfast, lunch and dinner will be provided for all JOM eligible students. Space is limited to 10 students. Permission slips are available at the JOM office. These forms must be signed by the parent or legal guardian and submitted to reserve a spot. JOM eligibility will be verified.

McCall’s Pumpkin Patch and McCall’s Haunted Farm

*McCall’s Pumpkin Patch Saturday, October 17, 2015 JOM eligible students K-6 grade*

The day time trip is for students in grades K-6 and is on a first come first serve basis. Spaces are limited to 12 students. We will be leaving from the Department of Education by 8:30 am and returning by 2:30 pm. The students experience a variety of agricultural activities as well as observe farm animals and their living habitats. Entrance fee and lunch will be provided for each student.

*McCall’s Haunted Farm October 17, 2015 JOM eligible 7-12 grade Students*

The Haunted Farm experience is for students grades 7-12 and is on a first come first serve basis. Spaces are limited to 10 students. Students will learn about drama, theater production, and the agricultural experience. We will be leaving from the Department of Education by 5:00 pm and returning by 10:30 pm.

Permission Slips will be available on October 1, 2015 at the JOM program and must be signed by the parent/guardian to reserve a spot.

JOM eligibility will be verified.

Activity Night

October 29, 2015 at 5:30 pm we will be hosting a variety of Halloween games and activities. We will have Trick O Treats for all JOM eligible students. Don’t worry about eating beforehand, dinner will be served to all who attend.



JOM OCTOBER CALENDAR

Saturday 3rd - Cumbres & Toltec Railroad Fieldtrip!

Saturday 17th - McCall’s Pumpkin Patch

Thursday 29th - Family Night 5:30 PM

**NOW OPEN**  
**ISLETA GRILL @47**

Located at the ISLETA ONE STOP Convenience Store



**Serving**


- 1/2 lb. Hamburgers
- Breakfast Burritos
- Gourmet Sandwiches
- Indian Tacos
- Fresh Cut or Ribbon Cut Chili
- Cheese Fries






**HOURS OF OPERATION:**  
Mon. - Fri.: 6 am—7 pm  
Sat.: 7 am—7 pm  
Sun.: CLOSED

**P: 505.869.9835**



**Halloween Cake Pop Workshop**  
**Wednesday October 14th**  
**5:00pm-6:00pm**



The Pueblo of Isleta Public Library invites you to come learn how to make Halloween Cake Pops.

~~~~~

Learn the process of making a cake pop. Trust us, it is not as hard as you think.

~~~~~

Bring your own cake baked and ready to go. All other supplies will be provided. Ready to get your hands dirty?

~~~~~

This Program is open to the first 10 patrons adults and ages 13 & over. Sign up starting October 1st.

~~~~~

For more information please call Tara at the Pueblo of Isleta Public Library at 505.869.9808.

**Thinking About Quitting**  
NOT READY TO COMMIT TO A FULL Quit Smoking PROGRAM?  
Take this 1 on 1, 90 minute session to increase your motivation to quit!  
Call Stephanie, Health Educator @ 869-4479





**We have these exciting, fun  
events for the month of October**

- **October 7** – Diabetes “Walktober” Fun Walk/Run. This event will commemorate and honor those who have lost their lives to domestic violence and give a voice to those who are still being affected. Sign in at 4:30 pm at the Diabetes Prevention Program Wellness Center. Flyers/registration forms are posted around the community; or you can call 869-4595 to register.
  - **October 12** – “The Good Fight” Community Summit, 8:00 am– 4:30 pm at the Isleta Recreation Center will have workshops, demonstrations, fun activities and food. Contact Isleta Behavioral Health Services at 869-5475 for more information or to register.
  - **October 15** – Grocery Bingo, 5:30 pm– 7:30 pm at the Isleta Recreation Center. Call Isleta Social Services at 869-2772 for more information.
- \* These events are planned in collaboration with IBHS, ISS, Diabetes Prevention Program, CSVANW (Coalition to Stop Violence Against Native Women)

**The Isleta Behavioral Health Services Prevention  
Program and Isleta Social Services is proud to introduce this year’s annual**

**Community Summit  
“The Good Fight”**

**October 12, 2015 @ the Isleta Recreation Center**

Registration is FREE and the information is priceless.  
We hope to see you there!

*The event will be an all-day event, beginning at 8:00 am with registration and breakfast, and will continue until 4:30pm. As in past years, we will have some dynamic speakers from IBHS, Isleta Social Services, and more. Scheduled speakers will discuss topics such as Healthy Communication: How to help someone; domestic violence prevention and information; not to mention Self-Defense, dress for success, ju-jitsu; Santa Fe Mountain Center facilitating fun, experiential activities.*

**For more information please contact Jennifer Sandoval, Santana Titla or Kory Kie at (505) 869-5475; our email addresses are [jsandoval@islclinic.net](mailto:jsandoval@islclinic.net), [stitle@islclinic.net](mailto:stitle@islclinic.net), or [kkie@islclinic.net](mailto:kkie@islclinic.net).**

**Behavioral Health Department  
September 16, 2015**

Dear Sir or Madam:

As the month of October 2015 approaches, the Pueblo of Isleta Behavioral Health Department, in collaboration and partnership with Pueblo of Isleta Social Services, will be hosting a number of Domestic Violence activities to address Domestic Violence awareness and prevention. Nationally, October is proclaimed as “Domestic Violence Awareness and Prevention Month.” Our 2015 activities will focus on positive messages of support for victims and families as well as community education. Prevention of Domestic Violence involves changing those individual and community attitudes, beliefs and circumstances which allow violence to occur and continue. It is our intention to increase community awareness of these issues that directly impact our community. We believe that education is the key to prevention.

Though 1 in 4 women will experience Domestic Violence in their lifetime, many are silent. Domestic Violence is defined as the victimization of an individual or individuals resulting from abuse, attacks, or assaults undertaken by their respective partners within the realm of a romantic relationship or courtship. That being said, Domestic Violence as a general term, is difficult to address, due to the many natures of the act; Domestic Violence may not only take place within a variety of settings, but also through the involvement of a vast array of individuals victimized, as well. Domestic Violence can be delivered as a physical, emotional, verbal, sexual or psychological attack. In addition to these various fashions, acts of Domestic Violence can be initiated by both partners, meaning both the male and female of a relationship.

With that said, we are extending this invitation to you and your program to be part of these activities which we hope will be designed to strengthen victims and their families’ interactions that promote healthy relationships. On October 7th, 2015 a Fun Walk/Run will be held in collaboration with the Isleta Diabetes Program. Sign-ups for the Walk/Run will begin at 4:30 pm and the event will start at 5:00 pm. On October 12th, 2015 a Community Wellness Summit will be held at the Isleta Recreation Center from 8:00 am to 4:30 pm, please join us for various presentations and activities to include Zumba, Self Defense Class, makeovers etc. Grocery Bingo will be our last activity on October 15th, 2015 at the Isleta Recreation Center from 5:30 pm - 7:30 pm.

We are asking for your help in the way of donations for our Grocery Bingo, grocery items will be greatly appreciated; your department may do themed meals and donate that way if you wish. We are also asking for gently used or new professional attire, which will be given to victims of DV to help them prepare for interviews and attain employment.

Please contact Isleta Social Services at (505) 869-2772 or Isleta Behavioral Health at (505) 869-5475 if you have questions.

Respectfully,  
Domestic Violence Planning Committee



**Community Summit  
“The Good Fight”**

**October 12, 2015 @ the Isleta Recreation Center  
8:00 am to 4:30 pm**

**REGISTRATION Information for Summit**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_

T-Shirt Size:    S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Service Providers:

Please list which program you represent:

Are you interested in receiving NMCTPB continuing education hours?    ☐ Yes    ☐ No

Please sign when registering: I give Isleta Behavioral Health Services authorization to take and use my photo for use in the monthly Pueblo newsletter.

Please initial:    ☐ Yes    ☐ No

Vendor Space (limited space – first come, first serve). Please bring your own tables and chairs

\_\_\_\_\_ Art & Crafts                      1 day                      Free plus raffle donation

\_\_\_\_\_ Information                      1 day                      Free plus hands on activity

\_\_\_\_\_ I want to volunteer    \_\_\_\_\_ earn CSW hours (bring sign in/out form)


\*\*\*\*\*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_


Donation/Item: \_\_\_\_\_ Value: \_\_\_\_\_



Isleta Head Start & Early Head Start

ACCEPTING APPLICATIONS

For the 2015-2016 program year!!



❖ Head Start applications are accepted for children ages;  
**3 years (as of August 31, 2015) up to 5 years of age**

*\*Bus Services may be provided if the pick-up/drop-off location is outside the ¾ mile boundary of the Head Start Building and a Transportation Request Form is completed for the child. All requests will be reviewed on an individual basis (Boundaries were established in accordance with the Federal Head Start Performance Standards)*

❖ Early Head Start applications are accepted for families that are;  
**Prenatal up to age 30 months**

Early Head Start Center-Based option can accept children as early as 3 months (classroom age assignment may vary dependant upon the need demonstarted by applications received)

Early Head Start Home-Based option assigns a Home Visitor to each family who provides weekly activities, education, & support in the home  
This option is open for Expecting Mothers and children up to age 3 years

**\*\*The following items are *needed* to fill out an application:**

- ✓ Tribal Identification w/CIB # (**REQUIRED** if residence is **outside** the reservation)
- ✓ Proof of Residency  
(New Mexico Driver's License, Utility Bill, Government/Tribal ID)
- ✓ Proof of income for previous 12 months  
(Such as: Public Assistance Award Letter, 2014 tax forms, W-2's, paystubs for last 12 months, etc.)
- ✓ Proof of Child's Birth (State issued Birth Certificate, CIB Letter, Baptismal Letter)
- ✓ A copy of your child's IFSP/IEP (if applicable)
- ✓ For Prenatal option, Pregnant Mothers need to provide proof of pregnancy

Please do not delay, call **869-9796** and schedule your application appointment today!

**There are still slots avaiable for both programs. Please make an appointment to complete your child's application ASAP!!**

**Thank you**

Leading the Way



HEAD START  
50 YEARS

*Come and Celebrate Head Starts 50<sup>th</sup> Anniversary*

*Head Start has been providing high quality education and services for the children and families of Isleta Pueblo since 1965. Join us in celebrating Head Starts impact on past and future generations of Isleta Pueblo through the foundation of education, culture and family engagement.*



Friday October 16<sup>th</sup> 2015

Center Tour: 9:00 – 10:00 am

Opening Ceremony: 10:00 am

Childrens Traditional Dance Performance: 11:00am  
(Classrooms 5 and 7)


Lunch to be served: 12:00pm



Attention All Head Start Alumni

We are asking for pictures to display for Head Start's 50th Anniversary Celebration. If you attended Head Start and would like to submit your Head Start picture, class picture(s) along with a recent picture and/or a biography. Please submit no later than October 9th, 2015 to Joy at the front desk. We would greatly appreciate your help. All photos will be returned. All alumni are encouraged to attend and join us for an alumni group picture. Any questions please call 505-869-9796.

Thank you in advance  
Isleta Head Start & Child Care Center Staff



ISLETA HEAD START AND  
CHILD CARE PROGRAM

Openings in  
Child Care Program

The Isleta Child Care program supports low-income working families through child care assistance. We offer access to affordable, high-quality early care for the Full day program and the Before & After school program. We promote children's learning by improving the quality of early care and education. We provide support for children and their families who are juggling work schedules and struggling to find a child care program that will fit their needs and that will prepare children to succeed in school. Our program serves children from the ages of 20 months to 5 years old. We operate from September to July. We incorporate the Creative Curriculum learning strategies through activities and experiences the children participate in on a daily basis.

We are currently seeking applications for Full Day child care. The Full Day child care operates from 7:30 a.m. to 5:00 p.m. To be eligible, the parents are required to be working and/or attending school. Income is verified for eligibility to determine co-payment to be paid on the first of each month. The children and their family are required to be living within the boundaries of the Isleta Reservation and near reservation areas of Valencia or Bernalillo County in which Native Isleta families reside. For enrollment, we will need proof of 30 days of income, school schedule and/ or work schedule, and the child's birth certificate, census number, immunization record, and physical exam. To apply, call the Head Start center at 869-9796. Ask for Elthia to set up an enrollment appointment. We hope to hear from you soon!!!

Isleta Head Start and Child Care

Phone: 505-869-9796

Fax: 505-869-7578

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



## Pueblo of Isleta WIC World Breastfeeding Week 2015

### Thank you!

Our event was a success with about 50 attendees. Thank you to all of the families, sponsors and WIC staff that made it possible.



“It was a great event. It’s awesome to know that so many people support breastfeeding and that breastfeeding is becoming more accepted in the community.”  
-Maria



“The event was so special because it gives us breastfeeding moms an opportunity to feel celebrated for all the hard work it takes to exclusively breastfeed. This (3rd) baby has been the hardest for me so this event came at a perfect time for me! Thank you WIC!”  
-Roshanna

### Celebrating Breastfeeding Families in our Community

The Pueblo of Isleta WIC Office celebrated World Breastfeeding Week 2015 by recognizing breastfeeding families, breastfeeding friendly professionals and businesses in our community. Our event had fun, food, prizes, and information about breastfeeding for the entire community. Mothers were honored for their hard work and dedication. Our WIC clients are amazing!



## Child Safety Seat Clinic

3 OUT OF 4 CHILD SAFETY SEATS ARE USED INCORRECTLY.  
Could yours be one of them?

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

WHEN:

Saturday, October 10<sup>th</sup>  
9:00am – 11:00am

WHERE:

Isleta Health Center  
1 Sagebrush Street, Isleta, NM

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

**Must have child and car seat present!**

**CALL 869-4479  
FOR MORE INFORMATION**



### HEALTH BEAT

Stephanie Barela | 869-4479

#### Flu Season Is Here!

##### WHAT IS THE FLU? AND WHO NEEDS THAT FLU SHOT?

The flu is an illness, also called influenza, which many people get during November to April. It can cause fever, chills, body aches, and a cough. It usually lasts about 2-3 weeks, but for some people it could last longer and make them very sick. The people at high risk for complications are:

- Babies and kids under 5
- People older than 65
- Adults and kids who have health problems, such as diabetes or asthma

These individuals definitely need a flu shot, but it is also important for everyone else to get a flu shot so they are less likely to get the flu and less likely to transfer it to someone who is more at risk.

##### DO I NEED A FLU SHOT EVERY YEAR?

**Yes**, even if you got a flu shot last flu season, you will need to get a new shot this season because every year the flu virus changes and a new vaccine will be helpful in fighting the new strain.


##### WHAT IF I GET THE FLU?

If you start to feel the symptoms of the flu (fever, chills, body aches, cough), and are in a high risk category, then you may want to go to the Isleta Health Center. You can also start taking these steps to feel better:

- Get a lot of rest
- Drink lots of liquids (water, chicken broth, and other clear fluids)
- Take medicine your doctor may have prescribed you, or just take certain over the counter drugs to help ease your fever, aches, and pains
- You may need to see a doctor if you have trouble breathing, your muscles hurt, or you feel confused



# Isleta Recreation Boys and Girls Basketball



**First day of open gym will be November 9<sup>th</sup>, 2015**

**Monday & Wednesday 4:30pm-5:30pm**

**If you have any questions please contact John Matt @ 869-9777**

# Halloween Activity Night!!

Come on over to the creepy JOM Classroom for a spooky good time! We will be hosting an Activity Night on October 29, 2015.

This event will be held in the JOM Barrack behind the Education Complex.

Open to ALL JOM eligible students and families

For more information or for any questions please feel free to contact JOM Office or DOE at 869-9790/869-9810

Food  
Fun  
Games  
Safety  
Tips!

Refined Grains

A refined grain, or its product, is made by processing a natural, whole grain so that some or most of the nutrients are lost. White rice, white bread, white pasta, cream of wheat, cookies, and bowls of snap-crackle-and-pop are all examples of refined grain products.

Limiting refined grains is crucial for optimal health. We all need a certain amount of carbohydrates but through our addiction to refined grains and sweets we are consuming far too many. The body's storage capacity for carbohydrates is quite limited, though, so here's what happens to all the excess: they are converted, via insulin, into fat and stored in the adipose, or fatty tissue.

Consequences of refined grains and sugars:

Excess weight and obesity lead to heart disease and a wide variety of other diseases. But the ill effect of refined grains and sugars does not end there. They suppress the immune system, contributing to allergies, and they are responsible for a host of digestive disorders. They contribute to depression, and their excess consumption is, in fact, associated with many of the chronic diseases in our nation, such as cancer and diabetes. A high insulin level in the body also leads to osteoporosis. Calcium will not absorb if the body has a high insulin level.

If you are experiencing any of the following symptoms, chances are very good that the excess carbohydrates in your body are, in part or whole, to blame:

- Excess weight
- Fatigue and frequent sleepiness
- Depression
- Brain fogginess
- Bloating
- Low blood sugar
- High blood pressure
- High triglycerides

Safe Grains:

The best grains include brown rice, quinoa, buckwheat, millet, corn, amaranth, and whole wheat products. Soaking brown rice overnight improves absorption of the vitamins and minerals up to 75%.

Recipe: Kale with Brown Rice Ingredients

- ▶ 3 t. oil or butter
- ▶ 1 C kale or spinach (fresh)
- ▶ 1 t salt
- ▶ 1/8 t pepper
- ▶ 2 C cooked brown rice (regular)
- ▶ 2 boiled eggs

Directions

1. Soak brown rice overnight or for 8 hours. Prepare brown rice as indicated on package directions.
2. Place two eggs in boiling water for 10 minutes.
3. Chop kale and sauté in oil or butter for 3 minutes. Stir in salt and pepper and reduce heat.
4. Put cooked rice on serving platter and top with sautéed kale and sliced boiled eggs.

WIC Nutrition

Isleta Health Center			OCTOBER 2015		Questions? Call 869-3200	
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
				<b>1</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>2</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	3 / 4
<b>5</b> 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.	<b>6</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>7</b> Parent Group: 9-11a @ BHS. Anger Mgmt. Skills: 1-2p @ BHS.  Diabetes Program 'Walktober' Fun Walk/Run: 5:00p @ DPP Wellness Center.  <b>National Walk to School Day!</b>	<b>8</b> 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.	<b>9</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS. <div>Registration Deadline for the 10-24-2015 ISLETA CANCER &amp; HEART HEALTHY CONFERENCE Call now! Open to first 75 registrants!</div>	10 / 11	
<b>12</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	<b>13</b> Women's Support Group: 10-11a @ BHS. POI Cancer Support Group: 10:30-12P, Health Center, small conf. room. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>14</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS.	<b>15</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>16</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	17 / 18	
<b>19</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	<b>20</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>21</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Healthy Cooking Class: 5:30-7p @ Health Center kitchen.	<b>22</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>23</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	24 / 25 <b>SATURDAY, OCTOBER 24th</b> <b>ISLETA CANCER &amp; HEART HEALTHY CONFERENCE</b> @ Isleta Eagle Golf Course Sign in begins 10:30am; Conference Starts 11:00am	
<b>26</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	<b>27</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>28</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Diabetes Alliance Group: 5:30-7p @ Health Center kitchen.	<b>29</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>30</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	31 Happy Halloween!	



NEED HELP STOPPING SMOKING?

SIGN UP FOR  
THE ISLETA HEALTH CENTER'S  
**Freedom From Smoking**  
PROGRAM NOW!

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



**Weekly Prizes!**

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

CONTACT:

Stephanie Barela @  
505-869-4479

for more information or to  
reserve your spot in this class!



Sponsored by the  
Isleta Health Center

4TH ANNUAL  
ISLETA CANCER & HEART  
HEALTHY EDUCATION  
CONFERENCE

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

- 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 & more!

SPACE LIMITED TO THE FIRST  
**75** TO SIGN UP!

Call **869-4479** to pre-register!

Registration deadline: October 9, 2015

Conference for 14 years +

Need a Ride? Please Call!

**PRIZES & LUNCH SERVED!**

