Volume 11 Issue 9

Facebook Pueblo of Isleta website: www.isletapueblo.com

October 2016

MESSAGE FROM THE GOVERNOR

MA GU WAM

24th Annual Four Corners Indian **Country Conference**

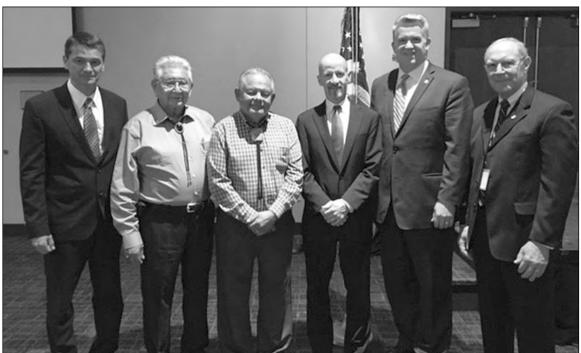
ISLETA PUEBLO, NM – U.S. Attorney Damon P. Martinez of the District of New Mexico hosted the 24th Annual Four Corners Indian Country Conference at the Isleta Pueblo Hotel and Conference Center in Isleta Pueblo, N.M., on Sept. 7-9, 2016. U.S. Attorney Martinez was joined by cohosts U.S. Attorney John S. Leonardo of the District of Arizona, U.S. Attorney John W. Huber of the District of Utah, and Acting U.S. Attorney Bob Troyer of the District of Colorado.

The annual conference, which is sponsored by the U.S. Department of Justice's Office for Victims of Crime and the U.S. Attorneys for the Districts of Arizona. Colorado, Utah and New Mexico, promotes a collaborative approach to addressing the needs of victims of crime in Indian Country in the Four Corners' region. In addition to representatives of the four U.S. Attorney's Offices and other DOJ agencies, approximately 320 conference attendees participated which included tribal leaders, victim advocates and social services providers, tribal judges and prosecutors, and law enforcement officers.

U.S. Attorney Damon P. Martinez announced the partnership with the Pueblo of Isleta to establish one of the first reentry programs in Indian Country. By working to ensure that formerly incarcerated tribal citizens have access to housing, substance abuse programs and education and employment opportunities, it is hoped that they will avoid recidivist behavior and have the tools to again serve as valued members of their community.

The conference was opened with an invocation by 1st Lieutenant Antonio Chewiwi and welcoming remarks by Eddie Paul Torres, Sr., Governor of Isleta Pueblo, and the U.S. Attorneys.

This annual conference, which is held in each of the four districts on a rotating



Left to Right: Honorable Damon P. Martinez, United States Attorney, District of NM; 1st Lieutenant Governor Antonio Chewiwi, Governor Eddie P. Torres, Honorable Bob Troyer, United States Attorney, District of Colorado, Honorable John W. Huber, United States Attorney, District of Utah and Honorable John S. Leonardo, United States Attorney, District of Arizona.

basis, exemplifies the Justice Department's commitment to addressing the high rates of victimization of our women and children in our Native communities. The conference theme – "Serving Victims: Restoring Hope" - embodies what the Department of Justice is striving to achieve in Indian Country; helping victims overcome trauma, and preventing these crimes from re-occurring in the future. The conference provides a forum for developing strategies for assisting victims of crime and tackling other serious public safety challenges confronting our Native communities. It provides an opportunity for DOJ officials to hear from members of our Native communities about their needs and to work with them to address their unique challenges.

White House Tribal Nations **Conference – Washington DC**

- On Monday, September 26, President Obama hosted the 2016 White House Tribal Nations Conference in Washington, DC. This was the President's eighth and final Tribal Nations Conference, providing tribal leaders from the 567 federally recognized tribes with the opportunity to interact directly with high-level federal government officials and members of the White House Council on Native American Affairs.

Governor Eddie P. Torres received a special request from the White House to attend the conference and provide the Tribal Leaders Keynote Address in which he highlighted some of President Obama's Administration's accomplishments in Indian Country. Governor Torres stressed the importance of continuing to build upon the President's commitment to strengthen the governmentto-government relationship with Indian Country and continue to improve the lives of American Indians and Alaska Natives.

MESSAGE FROM THE GOVERNOR:

Let us all give Thanks to the Great Spirit as we welcome the autumn months, for the harvest from the fields that reminds us of the abundance we have been given and bounty we share with all. Thank you Father Sun for your earlier setting reminding us to take time to rest and dream.

PUEBLO OF ISLETA ARTISTS Official Public Notice – Tribal Governor and Tribal Council Elections for 2017 - 2018 Terms The New Mexico Arts - Art in Public Places Art Program

You will soon be receiving in the mail, information on the up-coming Election Pueblo of Isleta Tribal Governor and Tribal Council for the 2017 - 2018 terms.

Registration and nominations for Tribal Governor and Tribal Council will be held on Saturday, October 29, 2016, and Sunday, October 30, 2016, from 8 AM – 7 PM at the Elderly Center.

Voting for Tribal Governor and Tribal Council will be held on Saturday, November 26, 2016, from 8 AM – 7 PM at the Elderly Center.

In accordance to the POI Tribal Constitution, "Article VI -Nominations, Elections and appointments, Section 2. Any enrolled member of the Pueblo of Isleta aged eighteen (18) years or more on the date of election shall be eligible to vote in any general election of the Pueblo, provided that he or she has registered to vote ... "

Remember, more information will be forth coming in the mail. Should there be any questions, you may call Ulysses Abeita, Tribal Council Secretary at 350-0958 or Tribal Council Office at 869-9695, and as always you may talk to one of the Tribal Council Members, or the Governor's Office at 869-3111.

Call to Artists Meeting

The Pueblo of Isleta is seeking artwork for placement in the Pueblo of Isleta Public Library facility. The New Mexico Arts, A division of the New Mexico Department of Cultural Affairs is coordinating this Art Program with the Pueblo of Isleta.

Please attend to learn more about the Art Program, eligibility, timelines and submission requirements.

When:	Thursday, November 3rd
Time:	5:30pm-7:00pm
Location:	Pueblo of Isleta Public Library

Accepted Artwork: The preference is for artwork to be hung on walls. Artwork may include but not limited to:

Two-dimensional artwork (paintings), ceramic tile art, fabric art, metal art, clay art, wood art, glass art, other materials (feathers, leather, etc.)

For more information about The New Mexico Arts - Art in Public Places Art Program contact: Paul Fragua, Coordinator at 505-269-3041 or Paulfragua@gmail.com

LETTER FROM THE EDITOR

Deadline for November Newsletter articles is set for Wednesday, October 19, 2016 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo. com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

Thank you,

Nathaniel Lujan

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

The sixteen Newsletter distribution locations are:

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





PROBATE NEWS

First Notice – A petition to Probate the Estate of Carmel O. Salazar, deceased October 02, 2015. Case No. CV-16-PRO-00090, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for Thursday, November 11, 2016 at 9:00 a.m. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquergue, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Frances Aragon, deceased March 05, 2005. Case No. PT-090-08, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for Thursday, October 20, 2016 at 10:00 a.m. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Alvin Peterson, deceased June 30, 2015. Case No. CV-15-PRO-00103, 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, October 25, 2016 at 09:00 a.m. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

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

Notice from Isleta Pueblo Housing Authority (IPHA):

Please be advised that the IPHA will be accepting requests for Seasonal service to include but not limited to turning on heaters and turning off swamp coolers.

We will be starting the Seasonal services immediately

Unfortunately, due to high volume of seasonal service requests, we will not be going back out to your home to shut down the heater and turn the swamp cooler back on should the weather change.

• A current Renovation application must be on file; along with a letter of disability if noting a disability.

• *Rental homes do not qualify for any type of services to include* seasonal services. Responsibilities for rental repairs are with the landlord.

• The charge for the services for homeowners under the age



Stand

We are saddened to inform that Dr. Emily Rothman will be leaving the Isleta Health Center in mid-October.

ISLETA HEALTH SERVICES

Please join us for a **Farewell Reception in honor of** Dr. Rothman's 14 years of service to the Isleta Community

Date: October 13th (Thursday)

Time: 3:00 to 4:00pm

Location: Isleta Health Center

Please come give your best wishes to Dr. Rothman

of 62 and those that are not eligible for free services will be charged twenty-five (\$25.00) dollars plus the cost of material and labor time, provided that the tribal member make payment for such services immediately or agree to do so within fifteen (15) days of billing.

This service includes, but is not limited to, lighting of furnace pilot lights, changing of air filters, seasonal setting up and taking down of evaporative coolers, and installation or replacement of weather stripping.

 Elders and those disabled will be first priority for seasonal services.

Payments will be accepted in the form of Cashier Check or Money Order only.

Should you have any questions or need more information please feel free to contact our office at (505) 869-4153 during working hours of Monday through Friday 8:00 to 4:30.

2.

Howdy from the Comanche Ranch:

As we head into the Fall of 2016 it is time to start marketing this year's calf crop. As I look over the herd while working the cattle or just watching them as we go about our everyday chores, I notice this year's calf crop is physically smaller in size than last year. This is undoubtedly due to the lack of moisture this year compared to last year. While we have had rain it has not been consistent and our rain gauges have recorded less than 6 inches. The average rainfall for this area is 12 -14 inches so we have received less than half. With this in mind we are going to begin working on installing 1 mile of new waterline with 1 drinker and adding a 10,000 gallon storage tank. We have been awarded financial assistance from USDA to do this plus 4.5 miles of cross fencing. As of now we are awaiting an archaeological clearance to begin both projects. Once these projects are completed it will make it much easier to implement a pasture rotation system.

When it comes to marketing I have used 3 methods in the past. These methods are:

- 1. Local auction barn
- 2. Video auction
- 3. Private treaty

There are advantages and disadvantages to each and I will explain according to the list above.

1. Local auction barn

Advantage:

- + Open 24 hours a day
- Convenient since they are within a short drive
- Sale every week
- Same day payment
- Wide variety
- Ideal for small lots

Disadvantage:

- Transportation costs come out of your pocket
- Total fees charged to you
 - 1. Commission
 - 2. Yardage
 - 3. Feed
 - 4. Brand inspection
 - 5. Beef council

Refresh your driving skills with the AARP SMART DRIVER COURSE! You will learn: • Defensive driving techniques

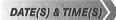
Proven safety strategies

• New traffic laws and rules of the road

OCT. 17, 2016

1 to 5pm

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.*



- 6. Vet inspection
 7. Insurance
- Co-mingling of sick and healthy animals
- Local buyers/sellers

Video auction

Advantage:

- Many buyers/sellers. Sales are conducted through satellite or the internet
- You set terms and conditions
- You can accept or decline bids
- Forward contracting is accepted
- Payment is guaranteed
- The representative is working for you. Let him/her sell your cattle
- Transportation is not your problem
- · Good for large lots, preferably semi-truck loads

Disadvantage:

- Commission charge between 3 and 5 %
- Freight adjustment for light or partial loads
- Not practical for small lots
- Representative can and will sort for size

3. **Private treaty**

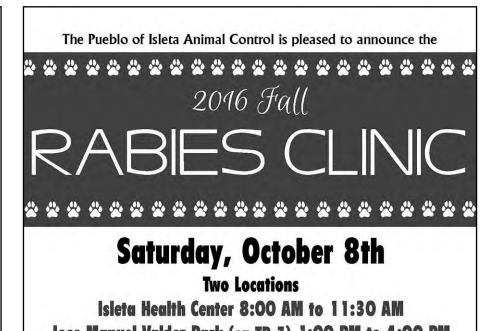
Advantage:

- Negotiate terms and conditions
- No fees
- Buyer arranges transportation
- Forward contracting is acceptable
- Some buyers will accept cull cows

Disadvantages:

- You do the legwork
- · Banking/method of payment

If anyone would like further information in marketing your livestock or if I can be of any assistance, please do not hesitate to contact me at 917-4217. Until next month let's all continue to pray for moisture, good health and our families and friends. Happy Trails to all!





Jose Manuel Valdez Park (on TR 7) 1:00 PM to 4:00 PM

- FREE Rabies Clinic
- . For residents of the pueblo only
- Be in compliance with POI Animal Ordinance!
- · Dogs must be on a leash
- · Cats are to be in a kennel or wrapped in a towel
- Microchips will be sold for \$5.00



PUEBLO OF ISLETA ANIMAL CONTROL 505-869-7564



NEWS RELEASE

Isleta Resort & Casino Marks 30 Year Celebration

Albuquerque, NM - Thirty years ago this past September, our community saw the birth of Isleta Resort & Casino. In honor of the milestone, the Resort hosted a month-long celebration in September. The anniversary celebration included special promotions and discounts for Guests, who were also treated to cupcakes and commemorative pins. Well aware that reaching the major milestone wouldn't be possible without its team members, the Resort also celebrated employees. They were treated to a special event at the Isleta Fun Connection, which included free bowling, jumpers for kids, food, and giveaways.

"I just want to thank the employees for showing up, thank them for doing their hard work, and we appreciation all of the effort that they give us. That was just a small token of our appreciation for them," said Isleta Resort & Casino CEO Harold Baugus.

Employees also received exclusive commemorative pins. The administration also held 30 Days of Giveaways for its team members, conducting random drawings throughout the month for fun prizes every day. More than 3,600 items were given away to employees during throughout the month.

"I want to personally thank all of our employees that work here on a daily basis and make sacrifices to provide for their family, and also for assisting in providing revenues for the Pueblo of Isleta," Baugus continued.

Isleta Resort & Casino's actual birthdate is September 19, 1986. The Resort is currently looking into a bright future, with some exciting changes and renovations in the works.

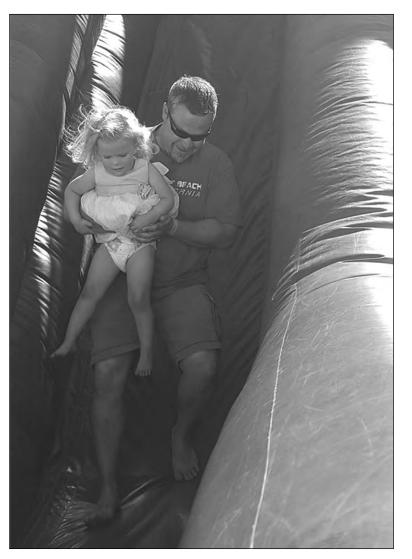
Below are photos of our Team Member Celebration. We had a very successful turn out. All the Team Members & their families of Isleta Resort & Casino really enjoyed it.















October 2016





Pueblo of Isleta Career Opportunities

Position Posting

NEW- LEAD CUSTODIAN. NEW-WILDLAND FIRE CREW (4 Positions). NEW-FITNESS INSTRUCTOR.

AMERICORPS VISTA POSITIONS. BUSINESS MANAGER. CARPENTER. CHILD CARE PROVIDER, CHR VAN DRIVER (Part-Time). CLINICAL APPLICATION COORDINATOR. DATA MANAGER. DIRECTOR, PROCUREMENT. DISABILITIES COORDINATOR. EDUCATION ASSISTANT. EMT-INTERMEDIATE (2 positions). EMT PARAMEDIC (PRN/Occasional). FACILITIES COORDINATOR. FAMILY SOCIAL WORKER. FITNESS INSTRUCTOR, HOME VISITOR, HVAC TECHNICIAN, INTERNAL AUDITOR. LABORER (4 Temp. Positions). LAND SURVEY TECHNICIAN. LANGUAGE COORDINATOR, LIFEGUARD (2 Positions). LIFEGUARD (4 Positions 30 hr wk), NUTRITIONIST. PERSONAL CARE SERVICE AIDE. PHYSICAL THERAPIST. PHYSICIAN, PLUMBER. POLICE OFFICER, RANCH HAND (Seasonal). REGISTERED NURSE. **REGISTERED NURSE (RPT). TEACHER - COMPUTER. TEACHER-ELEMENTARY SCHOOL** TEACHER HEAD START, TEACHER II-EARLY HEADSTART, **TEACHER - MENTOR HEADSTART.** TIWA LANGUAGE INSTRUCTOR, UNEXPLODED ORDNANCE /HZMAT, VETERAN SUPPORT SERVICE PROGRAM MEMBER,

Location

Facilities Management, WITHIN ONLY-Natural Resources Division, Recreation Center.

Closing Date 09/29/2016 **Open Until Filled Open Until Filled**

POI Elementary School. By Laguna Community Foundation POI Elementary School, **Open Until Fllled** Housing Authority. **Open Until Filled** Head Start & Child Care. **Open Until Filled Open Until Filled** Health Center, Health Center, **Open Until Filled Open Until Filled** Head Start. Procurement. **Open Until Filled** Head Start & Child Care. **Open Until Filled** POI Elementary School. **Open Until Filled Open Until Filled** Health Center. Health Center, **Open Until Filled Open Until Filled** Head Start & Child Care. Social Services. 09/27/2016 Recreation Center, **Open Until Filled** Head Start. **Open Until Filled** Housing Authority. **Open Until Filled** Gaming Commission. 09/21/2016 Housing Authority, 09/27/2016 Survey & Mapping, 09/27/2016 Dept.. of Education. **Open Until Filled** Recreation Center, **Open Until Filled** Recreation Center. **Open Until Filled** Health Center. **Open Until Filled** Elder Center, Health Center, Open Until Filled Health Center, **Open Until Filled** Housing Authority, **Open Until Filled** Police Department. 09/27/2016 Comanche Ranch, WITHIN-Health Center, **Open Until Filled** 09/26/2016 Health Center. POI Elementary School, **Open Until Filled** POI Elementary School, Head Start & Child Care, **Open Until Filled** Head Start & Child Care. **Open Until Filled** Head Start & Child Care. **Open Until Filled** Head Start & Child Care, **Open Until Filled** Open Until Filled Natural Resources Division, Elder Center, **Open Until Filled**

Continuously Accepting Applications Continuously Accepting Applications Continuously Accepting Applications





Pueblo of Isleta Elementary School

The Pueblo of Isleta Elementary School Students have been very busy since school started on August 8, 2016. Students are busy learning with their new reading, math, and library books!! Parents were invited to an Open House on August 17th to meet with teachers and to get acquainted with new staff. We had a great turn out! Thank you to all of our Parents and Guardians that were able to join us!

School Spirit Days are continuing this year. Everyone was getting into the spirit by dressing up with their classmates and school staff on "Super-Hero Day" and "Story-Book Character Day." The students and staff had fun dressing up and sharing why they had selected their costumes.

September 21st was the first of several scheduled evening Family Nights at POIES. The evening focused on Science. Following supper, students, parents and guests were encouraged to participate in a variety of science experiments that involved topics such as color, floating popcorn, helicopter flight, microscopic views, cloud formation, and visual perceptions. We were also very fortunate to have three special showings for seventy-five of our guests, of the TAAS Planetarium from the Natural History Museum in Albuquerque, NM. They got to experience the night sky under a specially designed bubble. Seats were limited in each showing, so we have requested to be put on the waiting list for another night's viewing. We apologize to those that could not attend the showing.

The Library will be hosting a Scholastic Book Fair at the school from October 10th – 14th. Mrs. Fryar, the School Librarian will be sending out more information. We hope to see you there. There will be an evening session during the Parent/ Teacher Conferences that are scheduled on Wednesday, October 12th from 1:00 – 7:00 P.M.

Red Ribbon Awareness Month will be held on October 24th-28th at the Pueblo Isleta Elementary School. During this week, we will be hosting special events to engage the students on the importance of why drugs and alcohol are bad, and to promote positive awareness on the ways to "Say no to drugs and alcohol." We strongly encourage parents, friends and community members to participate with us during this week, and to have your own conversations at home on the importance of why the use of drugs and alcohol are not safe.















The Pueblo of Isleta Elementary school will also be holding a Kick-off Assembly on Red Ribbon Awareness on October 10th at 9:00 A.M. in the Gymnasium. During the assembly there will be special guest speakers such as Detective Kathy from the Isleta Police Department, Kory from Behavioral Health, and our own staff from Isleta Elementary speaking on various school topics such as Bullying, Domestic Violence, drugs, and alcohol. After the assembly there will be a short skit, and song which will be performed by the students and our very own AmeriCorps Vista Volunteer Samson Zilic.

Date to remember...Our next Family Night will be on Wednesday, October 26th from 5:00 - 7:00 P.M. This will be our "Fall Festival."





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.

RIO GRANDE HIGH SCHOOL CLASS OF 1966

There will be a GATHERING of former RGHS graduates of 1966, at Little Anita's on Rio Grande and Mountain Road in Albuquerque on October 18th, 2016 beginning at 5:30 pm. This is an informal get together if you are interested. The cost for dinner will be \$20.00 (cash only) per person-with a choice of 5 entrees. Watch for more info on Classmates.com.



<u>For Students K – 6th grade</u> <u>McCall's Pumpkin Patch Saturday, October 22, 2016</u>

The day time trip is on a first come first serve basis (spaces are limited). Students need to be at the Department of Education Building by 8:00am and will be returning to the DOE building by 5:30 pm. The students experience a variety of agricultural activities as well as observe farm animals and their living habitats. Entrance fee, breakfast and lunch will be provided for each student.

<u>For Students 7th – 12th grade</u> <u>McCall's Haunted Farm Saturday, October 22, 2016</u>

The Haunted Farm experience is on a first come first serve basis (spaces are limited). Students will learn about drama, theater production, and the agricultural experience. Students will need to be at the Department of Education by 4:00 pm and we will be returning by 11:00 pm to the DOE building. Must be willing to walk through haunted mazes and haunted barn.

Permission Slips will be available on **October 13, 2016** at the JOM office and must be signed by the parent/guardian to reserve a spot. If you have any questions you may contact Marsha Leno, Michelle Valdez or Lisa Smith @ 869-9810. JOM eligibility will be verified.





Questions? Please call 869-4488



IDENTIFY and SET UP AND ADDRESS OF ADDRESS

October 2016

Pueblo of Isleta Higher Education Program

Spring /Winter Semester Term

New Students Application due November 1st All Students Supporting documents due December 31st

FERPA

Any student who will allow a family member or spouse access information from your file:

Must have a signed FERPA with the person listed on the form.

It is required the FERPA form be up-dated each and every year.

REMINDER:

Continuing Students Must Submit **Official Transcripts Class Schedule** After each and every term funded.

FREE EVENT

October 14, 2016 Fall Employability Training 9AM -1PM (Skills for Job Placement)

> Sign up by October 10, 2016 Free Lunch/ Door prizes For more information please contact the Dept. of Education at (505) 869-9790

Everybody Welcome

October 14, 2016 College-Career Fair 12PM - 6PM (Employment or Higher Education Placement)

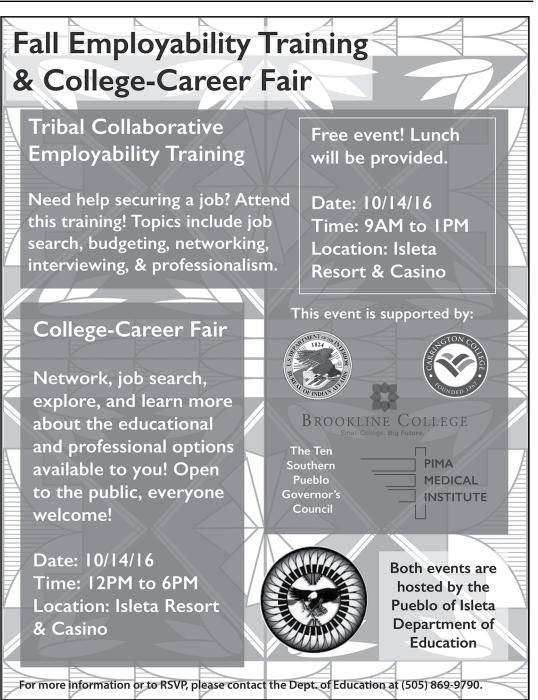
For more information please contact the Dept. of Education at (505) 869-9790



Our students from the Religious Education Program of Saint Augustine Parish will be sponsoring a community Novena.

Saint Peregrine is the patron saint of those suffering from cancer, foot ailment or incurable diseases.

Cancer survivors and those currently suffering from these illnesses are invited, along with your family, to attend a nine day Novena from Thursday October 6th through Friday October 14 from 6:00 - 7:00pm in the church.





Recruiting Volunteers

Complete 450 hours in a year

Earn \$200 a month Stipend

Upon completion of hours receive an Educational Award of \$1,527.78

Provide Companionshiplevel care for

Then on Saturday October 15th, the 100th Anniversary of Our Lady of Fatima, all CCD students will pray the rosary in honor of Our Lady of Fatima beginning at 4:00pm. The rosary will be made of balloons and released. We will then attend the 5:00pm mass.



PLEASE READ YOUR APPOINTMENT LET-TER ATTACHED TO YOUR REFERRAL CAREFULLY. IT HAS A LOT OF GOOD IN-FORMATION TO GET YOU TO YOUR AP-POINTMENT ON TIME.

QUESTIONS? CALL 869-4488.

for 2016-2017 Program Year

The AmeriCorps Veterans Legacy Program is a federal service program funded by the Corporation for National and Community Service. Legacy Corps is a branch of AmeriCorps; it is a national program administered by the University of Maryland that supports family caregivers with respite (substitute) care. Legacy Corps is an internationally-recognized, award-winning program. Outcomes measures for Legacy Corps show significant benefits for both the member volunteer (civic engagement, employment) and the family caregiver (stress levels). For over 10 years Legacy Corps was funded as a general in-home respite program; the program now focuses on veteran and military families.





veterans and veteran families

Must be 18 years and older

ISLETA ELDER CENTER

Rebecca Gonzales-Legacy Coordinator Tribal Road 40 Building 79 Isleta, NM 87022

505-869-9770

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Child Safety Seat Clinics

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

Have you ever been to a Child Safety Seat Clinic? What is it? Why do we have them?

The purpose of a Child Safety Seat Clinic is to educate parents, grandparents and guardians on the proper use and installation of their child/grandchild's child safety seat (also known as a car seat). If the child safety seat is out of date, recalled, or not appropriate for the child, there is a possibility that the safety seat may be replaced if there are seats available, but our child safety seat clinics do not just give car seats away. There are guidelines we must follow and we are not allowed to give away car seats freely. Our Child Passenger Safety Technicians (Frances Anchondo, 869-4482 and Stephanie Barela, 869-4479) are available by appointment year round. Keep in mind that each appointment can take up to an hour and your child and their child safety seat MUST be present in order to complete the child safety seat check. During each Child Safety Seat Check, we will Inspect – Install – Educate:

- review the suitability of the child safety seat
- ensure the harness is properly fitting with the child
- $\cdot \quad {\rm demonstrate \ the \ correct \ installation}$
- discuss injury prevention
- answer any questions

Why is it important to use Child Safety Seats for your child?

It's reported that motor vehicle injuries are the leading cause of death among children in the United States, but many of these deaths can be prevented. Placing children in age- and sizeappropriate car seats and booster seats reduces serious and fatal injuries by more than half, according to the Centers of Disease Control (www.CDC.com). One CDC study found that in one year, more than 618,000 children ages 0-12 rode in vehicles without the use of a child safety seat, booster seat or a seat belt at least some of the time. Not only are parents not insuring the child to be in a safety seat, but if they do put them in a safety seat, it is usually used incorrectly. Another study found that 72% of nearly 3,500 observed child safety seats and booster seats were misused in a way that could be expected to increase a child's risk of injury during a crash.

Not only do we see national studies showing a high number of child safety seats installed incorrectly, but every year we see this in our community during the Health Center's safety seat clinics. This shows how important it is to get your child's safety seat checked in order to insure it's safe for your child. If you want to ensure your child's seat is being used correctly, come to the child safety seat clinic on November 5, 2016. Let's work together to keep your child safe!





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





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.



8:00AM - 5:00PM Free admission



OVER 100 VENDORS Original hand crafted items Raffle drawings all day SUPPORT YOUR LOCAL ARTISTS Vendor space available great prices



FOR MORE INFORMATION CALL: (505) 869-9770

Greetings to all near and far. The fall season is here and making changes already. Leaves are changing, the nights are getting longer and of course Football season has arrived. October also brings the Halloween season. Please remember to check children's candy and send them with flashlights

Pueblo of Isleta Public Library

and/or glow sticks to let drivers know they are walking around.



News

The Library would like to thank those whom participated in the September dances. It was great to witness this dance and to see the community come together for a common cause. Of course this would not have been made possible without the help and support of their family and friends.

The Library will be closed from 8:00am-12:00pm on Wednesday October 5th for our monthly staff meeting. We will start to get back into our regular routine of staff meetings, which will be every first Wednesday of the month. We use this time to discuss upcoming programs for the community and how we can better our services.

Spooky News! The Library will be hosting our Haunted House once again. This will take place on Saturday October 29th from 5:00pm-8:00pm. We will be closing at 12:00pm on Friday October 28th to set up the Library. With that in mind, if you have a child who attends the Library afterschool please make prior arrangements.

Upcoming

Teens! If you are looking for something scary for you and your friends to do, come to the Library and read a scary story from our selected books. Read 4 scary short stories, write a summary and earn your ticket on our field trip to the New Mexico Slaughter House in Albuquerque on Friday, October 14th. Read 4 short ghost stories and earn a ticket...that's a pretty good deal on the table. Tell your friends and take advantage of this program made just for teens! For more information please call the Library and speak with Christino 505.869.9808.

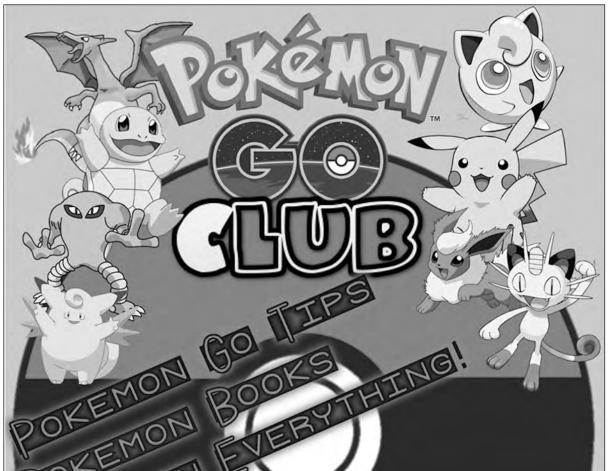
Do you have an old Halloween Costume laying around at your house? Donate it to our Halloween Costume Drive. As a Thank You from us you will receive a \$5 off token OR waive on your Library fines based on what you donate. Costumes must be gently used preferably without stains or rips. Donation box can be found in the Library. Donations will be used for our DIY Costume making program for children who cannot afford a Halloween costume. This will take place on Thursday October 20th and Friday

Our Haunted House details are coming along and from the looks of it, it is going to be scary for everyone. Our Haunted House is scheduled for Saturday October 29th from 5:00pm-8:00pm at the Pueblo of Isleta Public Library. The Haunted House will take up all of the Library. Last year we had a good turn out and want to continue this FREE event for the community. This is open for all ages but we cannot guarantee that you will not leave here scared, crying or screaming. We will not spoil the surprise by telling you what will be in our Haunted House but we can tell you that it is not designed for kids who are easily scared. Nonetheless come and bring the family and friends and have a good time. For more information please give us a call at 505.869.9808.

With the popularity of Pokémon Go and our Library being a "Gym", Nate has decided to host a Pokémon Go Club. The Club will meet monthly preferably during half days of the Los Lunas and Isleta Elementary. We will discuss attack, hunting, evolving, and powering up strategies. We will also research and visit "Pokémon nests" in and around our community as well as visiting areas in Albuquerque, which have an abundance of poke stops. This is geared toward the tween and teen whom do not have the means to travel to popular poke stop destinations. Of course Adults and Families are welcome to join and attend on field trips. Please call the Library and sign up. There is a limited amount of seats in our activity van.

Recap

Our Harry Potter Book Club has concluded and gained more Harry Potter Fans just in time for the new release of the upcoming movie "Fantastic Beasts and Where to find them". Library staff member Kyle led the book club with readings, discussion and Harry Potter inspired crafts. Although the Harry Potter following was not as big as the last Harry Potter Book Club Kyle continued to be creative and kept their interest doing crafts with lively discussions about the different characters in the book. This program started on September 12th and ended on September 30th and was open for all ages.



October 21st. For more information please give the Library a call at 505.869.9808.

Creepy snacks are back at the Library! What is a creepy snack? It's a snack made to look too scary, gross or weird to eat. Some examples of Creepy Snacks we have done in the past are Jell-O worms, Zombie sushi, Twinkie rats and skeleton meathead with cheese. Creepy snacks will be Thursday October 6th and October 13th from 4:30pm-5:30pm. This program is open to all ages. No need to sign up! Bring the whole family! Program will run until supplies last. For more details about what is featured for that day please give us a call or keep a look out for flyers on our Facebook page and in the Library. For more information please give the Library a call at 505.869.9808.

Every Half Day of School! Discover Pokestops, Pokemon nests and seek out "candy" & "stardust" to make your Pokemon stronger! Transportation provided. Due to limited space, sign up is necessary. Questions or conserns all the Pueblo of Isleta Public Library at 505.869.9808.

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This Harry potter book club consisted of children ages 9 and up and we got our first adult participant.

The Library celebrated Scooby Doo's Birthday on September 20th. Library staff member Valeri led the class teaching 10 participants how to make cookies and dog treats. Dog lovers learned how to make dog treats made with peanut butter and bananas and also made cookies to snack on. These were easy cookie recipes. We hope they did not get the regular cookies mixed up with the dog treat cookies.

DIY Bath Bombs and Facial Scrub took place on September 22nd. Library staff member Cheyenne taught participants how to make Bath bombs from a few ingridents including cream of tartar and Epsom salt. Bath bombs are a form of bath fizzies. She also wanted to share a recipe for a facial scrub which will help unclog your pores and moisturize your skin. Participants were able to make these fancy "Spa" items and take them home to use. Hopefully your bath bombs didn't explode in your tub when you took them home to relax.

State Fair Foods took place on September 28th. Library staff member Tara led this class of 10 participants. She taught them easy but tasty recipes for funnel cakes and deep fried Oreos. Who knew you can make deep fried Oreos made from pancake mix, water and Oreos. For those who had never tried deep fried Oreos are now lovers. They all had a double dose of fried goodness that night. These are good treats to make for family for a fast desserts. But don't indulge too much or you are going to have to work 10 tens harder at the gym.

Pueblo of Isleta Public Library Hours of Operation:

Library Hours

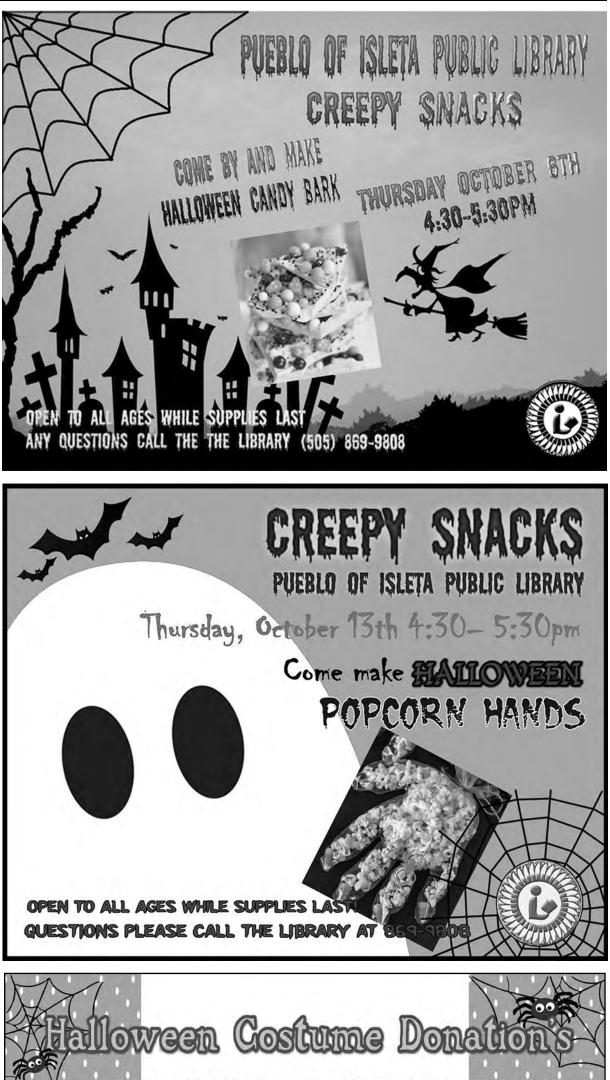
Mon-Thurs -	8:00a.m 6:30p.m.
Friday -	8:00a.m 4:30p.m.
Saturday -	9:00a.m 1:00p.m.

Closed on Sundays, all federally recognized Holidays and also Isleta traditional Holidays.

Please contact library for more information on closures.

Mailing and Physical Address: 950 Moonlight Drive SW Albuquerque, NM 87105

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



Halloween is one of the holidays that most kids look forward to during the year. It's the one day where they get to dress up as their favorite superhero or character, and go from door to door yelling "trick

Facebook Page: www.facebook.com/IsletaPuebloLibrary Web Address:

www.isletapueblo.com/library2.html YouTube:

www.youtube.com/user/poilibrary Pinterest:

www.pinterest.com/poilib



Nathaniel Lujan **Published By:** Valencia Express or treat!, and have a candy overload! So if you don't know what to do with last year's costume, don't let it sit unused in your closet! Think about donating it to someone who would enjoy it this Halloween!

All donations will be used for our Create a Costume Program for kids.

Donations can be dropped off at the front desk.

Before you donate:

- · Gently used costumes with no rips, holes or stains.
- Costumes do not have to be complete.
- Halloween accessories are greatly appreciated as well!



FROM THE DESK OF Arnold Sena (PARKS & RECREATION DEPARTMENT DIRECTOR):

The 2016 – 2017 School Year is going strong and all the children in the pueblo are back in school and learning. Our focus has switched from the summer program to our afterschool program and I'm glad to say that the afterschool program doing great at both sites (Pickle Heights and the New Rec Center). Every day the children in both programs are given an opportunity to participate in a variety of activities (Homework Help, Arts & Crafts, Sports Activities, Free Play Time, Field trips, Swimming, Cooking Projects, etc.). All the children currently participating in our programs are having a great time.

Children and parents, if you are interested in our After-school programs at either the Old Rec. Center (869-5741) or the New Rec. Center (869-9777) please call the numbers listed for more information or to get your child/children registered in one of our programs. Although most of our children were registered for the summer program we do want up-dated information for the fall, winter and spring program. New Rec. Center will have the 3 Nanas doing the Arts/Crafts program as well.

CROSS COUNTRY



2016 Isleta Cross Country Team with Coaches at Chalky Hill for practice.

The Youth Cross Country program is also going strong and if you are interested in getting your child involved in the cross country program please contact the Rec Center at 869-9777 and we will pass on your information to the Cross Country Coach. As I mentioned the program is going strong, we hosted our meet on Saturday, September 10th, 2016 and the meet was a huge success. We had over 400 children from different pueblos compete in our meet at Big Mama



Vectore Verside

Isleta Cross Country Team meeting before the race at Big Mama.

Isleta runner completing her race.

AQUATICS

Now that summer has come to an end and school is back in session the pool has changed their hours. The new Pool hours are:

Mondays:

7 am to 11 am and 2 pm to 6:30 pm



Tuesdays:

8:30 am to 11:00 am and 2 pm to 6:30 pm Wednesdays:

7 am to 11 am and 2 pm to 6:30 pm Thursdays:

 $8:30~\mathrm{am}$ to $11:00~\mathrm{am}$ and $2:00~\mathrm{pm}$ to $6:30~\mathrm{pm}$ Fridays:

7 am to 11 am and 2 pm to 5:30 pm Saturdays:

10:30 am to 1:30 pm

Please take advantage of our beautiful pool and new hours, we have a great crew that is here to make sure that your swimming experience is a great one.

Along with our new hours there is a swim club available every Monday, Wednesday, and Friday morning starting at 7:00 am. There will be a workout written and you can either complete the workout or do your own workout. There is also an experienced swimmer available to answer any questions you may have about swimming or your technique.

You can also look forward to a new Swim Training Program. We are in the development stages and training of that program right now. This is tentatively scheduled to launch the first week of January. This program will be geared to learning the basics of swimming, becoming comfortable with the water, and being able to swim across the pool. (Continued next Page)

October 2016

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(Parks and Recreation, Continued)

The Swim Training Program is for everyone starting from 3 months and up. The first level of courses is the freestyle curriculum. If the child is too young or not yet at the required skill level there are pre-requisites available.

The two pre-recs are parent/baby glade and glide. The parent/baby glide allows the parent to be in the water with their child, getting the child acquainted and comfortable with the water and basic water movements. This is geared towards babies 3 months to 2 years of age. After the Parent/Baby Glide there is the Glide training, which is geared towards children 3-5 years of age. This will work on the basics of swimming getting children ready for the first level of curriculum which is freestyle. We are adding these new programs, to help people enjoy, and become more comfortable with the water.

We are looking forward to seeing some of you at Swim Club and more of you in January. More information as well as sign-up sheets will be in future issues as we get closer to the beginning date.

PARK MANAGEMENT

Because it is now starting to get dark earlier and days are now beginning to cool, our park management staff has recently gone back to the fall, winter and spring schedule which is coming in at 6:00 am until 2:30 pm as opposed to the summer schedule of 5:00 am to 1:30 pm, so you will be seeing them out later these days. I also want to thank my Parks crew for helping clean up at the Clinic, Assisted Living Center, Elderly Center, Library and Cemetery. I was asked if we could help them out and my guys did a great job of carving out some time to those facilities. Great job guys!

REMINDER: Let's all do our part to help beautify our community. Please pick up your trash we you use our parks and any time you see trash in our community. Also make sure and clean up after your pets when you are using our parks. The parks are for all our community to enjoy and leaving them clean makes the parks and our community look better. Let's all do our part to help beautify our community.

HALLOWEEN CARNIVAL

We are currently in the planning stages of this vear's Halloween Carnival; it is scheduled to take place on Friday, October 28th, 2016 from 5 pm to 8 pm in the New Recreation Center Gymnasium. Like always this carnival will give the children in our community an opportunity to enjoy Halloween in a safe and friendly environment. Please bring your children to the center and enjoy the evening with them. The Cross Country Club will be selling food that evening to raise money for their club, so please come join us for a fun safe evening. When we host the party, we want children and parents spending the evening with us and not just dropping in for a few minutes.

CO-ED VOLLEYBALL LEAGUE IS BACK!

GAMES BEGIN THE WEEK OF NOVEMBER 1^{ST .}

GAME DAYS: EVERY TUESDAY AND THURSDAY NIGHTS

LOCATION: ISLETA REC CENTER FREE REGISTATION, OPEN TO ALL!

> **REGISTRATION STARTING SEPTEMBER 1ST OCTOBER 24TH** MONDAY-FRIDAY 7:30AM- 8:00PM FOR MORE INFO CALL THE REC CENTER @ 505-869-9777

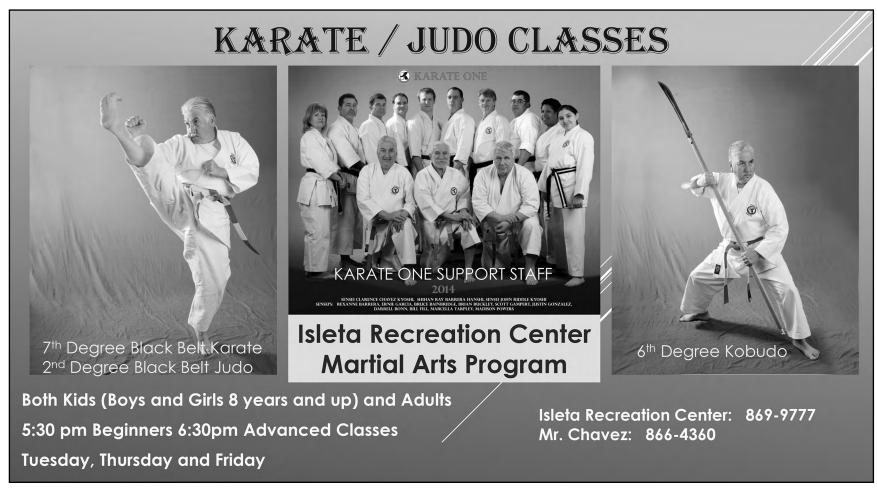
Girls Basketball Registation

Starting October 17th, 2016 3rd-4th grade & 5th-6th grade.

As always if you have any concerns, questions or if you need any additional information please feel free to contact us at the New Rec Center at 869-9777. I would love to hear from you!



October 2016



Martial Arts Program

Trying to get Kimi which means Focus in Japanese:

One of the ways that Mr. Chavez trains the karate kids to focus (Kimi = focus) on their Kicks and punches is to put balloons on the 50lbs punching bag and let the students have only one chance to bust a balloon. The students kick or punch the bag one time and then go to the end of the line and then take their turn again when it comes up. It teaches the students both hand and feet with their eye coordination. When the students hit the balloon right on, it will bust. But when the kick or punch is off target a little the balloon will not bust. This is one of the fun ways to teach the students coordination.

If you are interested in registering your child or adult into the martial arts classes, call the Isleta Recreation Center at 869-9777 or Mr. Chavez 866-4360. Classes are every Tuesday, Thursday from 5:30PM and Friday at 5:00PM.





Our newest white belt, Miss Jaramillo is trying her first time attacking the balloons on the big bag. The bag has a weight of about 50 pounds and I do not think that



Mr. Price is almost too fast for the camera. He busted the hanging balloon on the bag with a round house kick. Way to go Orange belt.



Our Brown Belt is busting another balloon with an elbow strike. Her focus (KIMI) was so good with her kicks and punches that she decided to try something else.

Miss Jaramillo is even half of that.

Fantastic Job.



Mr. Zamora, a new white belt is working on his Kimi (focus) by trying to punch a balloon to make it bust. Sometimes it takes several times to get it.



One of our Yellow belts, Mr. Jaramillo is attempting to bust one of the balloons on the back side of the bag with a Round House Kick. Great Job on Kimi (focus)



Partnership Opportunity Home Fire Preparedness Campaign



A home fire can strike anywhere, anytime. Fires can leave families without their home and personal belongings and, in many cases, cause serious injury and even death. *Nearly 1,000 times a day, fire departments are called to a home fire. Someone dies in a home fire seven times a day, and a fire-related injury is reported every 40 minutes.*

Often, these injuries or deaths occur because people aren't prepared. For example, not having a working smoke alarm greatly increases the risk of fire related death and injury. In fact, three of every five home fire deaths occur in homes without a working smoke alarm.

Additionally, people don't often know how to respond when a smoke alarm sounds. Instead of immediately evacuating, they attempt to confirm a fire, try to fight the fire on their own or ignore the alarm altogether.

Fires spread rapidly. A small flame can turn into a major fire in less than 30 seconds and can completely engulf a home in two minutes. Because people have very little time to escape, they must take smoke alarm warnings seriously.

The Solution

Through the Home Fire Preparedness Campaign, the Red Cross will arm families with fire prevention and preparedness tools and information— ultimately reducing injuries and decreasing needless loss of life. Working with an array of national and local partners, this campaign will combine grass roots neighbor-to-neighbor engagement with comprehensive national marketing and public relations outreach to ensure people across the country receive preparedness tools and information.

Over the next five years, *the Home Fire Preparedness Campaign aims to reduce the number of fire deaths and injuries in the U.S. by 25 percent* through visiting more than 1.6 million homes to install smoke alarms, replace smoke alarm batteries, complete home safety checklists and help families and individuals develop a disaster plan.

Home Fire Preparedness Campaign

Our campaign will focus on:

• **Community Canvassing:** Volunteers will go door-to-door, meeting with families across the country to install smoke alarms, replace smoke alarm batteries, complete fire safety checklists and help develop disaster plans.

• Youth Engagement: Using technology and interactive programming, we will reach young people in classrooms and afterschool programs to teach youth about the science of fire and explain how to prevent fires and what to do if a fire occurs.

• **National Marketing and Public Relations Outreach:** Through national outreach, we will motivate ordinary people to take action to save themselves, their families and their neighbors by checking smoke alarms and practicing a home evacuation when an alarm goes off.

Focus on Vulnerable Populations

Home fires don't impact everyone equally. The elderly, disabled, youth and low-income populations are more likely to be impacted by fires in their homes than the general population. The Home Fire Preparedness Campaign will specifically emphasize reaching the most at-risk populations and communities across the country.

ESSAY CONTEST

GREEN DREAMS

Purpose of the Essay Contest

To encourage, and promote the sustainability of traditional tribal farming, Healthy Futures, Native American tribal organizations, and rural farmers believe that young Native American agricultural leaders can serve as effective role models for their peers by sharing their worthy Green Dreams. We invite you to enter the essay contest!

PRIZES: 1 st Place \$250 / 2nd Place • \$100 / Ten 3rd Place Prizes Certificates for all eligible entrants

For essay contest details go to www.healthyfuturesnm.org

Join Us

Each year, the Red Cross responds to nearly 70,000 disasters most of which are home fires. By supporting the Home Fire Preparedness Campaign through Home Fire Relief, you can help save the lives of people affected by home fires. Your gift enables the Red Cross to provide critical recovery services to those impacted by home fires, and it will also provide communities with lifesaving tools and information to support home fire prevention efforts.

Home Fire Solution: Smoke Alarms

- Nearly 5 million homes in the U.S. do not have smoke alarms.
- Over 60 percent of home fire deaths occur in homes without a smoke alarm or without a working smoke alarm.
- Having working smoke alarms can double a person's chances of surviving a home fire.

Please contact your relationship manager for more information. David M. Lente, POI Safety Coordinator Phone: 505-869-9822 Email: poi90203@isletapueblo.com

Isleta Elder Center

Title VI Notice to Public

Notifying the Public of Rights under Title VI - English

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

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

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

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

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

• El Departamento de Transporte del estado de Nuevo México opera sus programas y servicios, sin distinción de raza, color y origen nacional, según el Título VI de la Ley de Derechos Civiles. Cualquier persona que cree o que ha sido perjudicada por una práctica discriminatoria ilegal bajo el Título VI, puede presentar una queja con el Departamento de Transporte de Nuevo México.

• Para obtener más información sobre el programa de derechos civiles del Departamento de Transporte de Nuevo México o para obtener más información sobre los procedimientos para presentar una queja, llame al 1-800-554-0936 o al (505) 827-1774. Email: damian.segura@state. nm.us, o visite nuestras oficinas administrativas en 1596 Pacheco St., Santa Fe, NM 87505. Para obtener más información, visite www.dot.state. nm.us

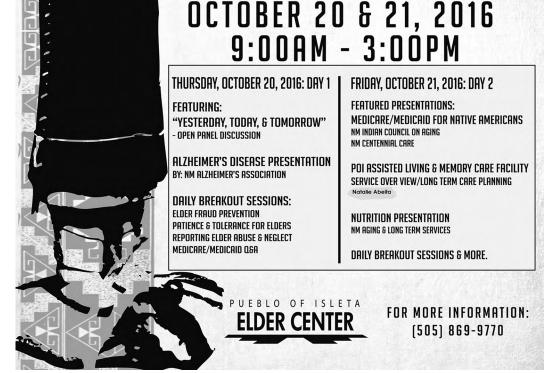
• Un demandante puede presentar una queja directamente a la Administración Federal



de Tránsito (FTA), Oficina de Derechos Civiles, Atención: Coordinador del Programa de Título VI, East Building, 5th Floor TCR, 1200 New Jersey Ave, SE, Washington. , DC 20590. Teléfono: (202) 366-4043

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

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



BENEFITS & RESOURCE FAIR

Isleta Elder Center: September 2016 Recap

As the fall season quickly approaches and we near toward the end of the year, we all have a lot to be grateful for this year. During the month of September 2016, the Isleta Elder Center managers, Advisory Committee, and members of our community were given the opportunity of a life time to journey out to Niagara Falls, NY, for the 2016 National Indian Council on Aging (NICOA) Conference. These individuals were able to meet with over a 1000 different Native Americans from around the country and learn about issues affecting various areas throughout Indian country. Through these various topics, each participant was able to get a better picture of aging around Indian country beyond the Isleta community. This year the NICOA organization celebrated its 40th anniversary as well as hosted its 21st national conference.

Many of the issues that were discussed during this conference were issues that many of our community elders face daily. Many of these topics included Alzheimer's disease among Native Americans, Elder Abuse, Drug Abuse, Older Adult Fitness, and many more topics. Each of the presenters included experts as well as directors from various national organizations and senior programs from around the country. Through this conference each of the attendees had a chance to communicate how their Tribal programs were currently addressing some of these issues and discussed the importance of communication in solving these issues. We were truly grateful to have had the opportunity to attend this conference as well as represent the Pueblo of Isleta. Thank you to our great community for

supporting the Elder Center throughout both 2015 & 2016 by donating or participating in various fundraisers for us to attend.

October 2016:

As the Isleta Elder Center starts the October month, there is a lot to look forward to. There are many different events that will be taking place throughout the month. The events will begin with the Elder Center's annual Arts & Crafts Fair.

The 2016 Isleta Elder Center's Annual Arts & Crafts Fair will be taking place on October 8, 2016, located at the Isleta Casino Grand Ballroom from 8:00am – 5:00pm. This year the Elder Center is anticipating over a 100 vendors from around New Mexico. This is a great opportunity to see what local artists have to offer or begin your Christmas shopping. This event will be taking place during the last weekend of Balloon Fiesta so don't miss out! See our advertising in the Albuquerque Journal Balloon Fiesta Venue Edition and Alibi.

This year the Isleta Elder Center will be hosting our 2016 Benefits & Resource Fair. This is a great event opportunity for anyone interested in seeing what the Elder Center has to offer the community. The event will be taking place at the Isleta Elder Center on October 20th & October 21st, 2016, from 9:00am – 3:00pm. The event will be hosting various agenda items such as open panel discussions, informational breakout sessions, and an informational exhibition area. For more information please contact Pauline Lucero at (505)869-9770.

October 2016 Upcoming Activities

October 12, 2016:

General Meeting: Fire Safety Awareness & Fire Extinguisher Training, Isleta Fire Department & Isleta Facilities Department

October 13, 2016: Catholic Mass

October TBD, 2016: Health Discussion W/ Dr. Cumby

Activity Room Closure – Early Voting & General Election

October 18, 2016 – week of November 8, 2016.

October 2016: Major Activities

October 8, 2016: Isleta Elder Center's Annual Arts & Crafts Fair

October 20 & 21, 2016: Isleta Elder Center Benefit/Resource Fair

October 2016: Exercise/Recreation

October 24, 2016: Shuffleboard Collaborative Practice with Jemez Pueblo at Isleta Rec. Center

October 25, 2016: Driving Range Practice at Isleta Eagle Golf Course

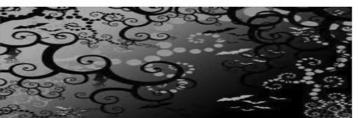
Mondays, Wednesdays, & Fridays: Enhance Fitness Exercise Classes Isleta Recreation Center

Thursday's: Swimming Hours 1:30pm – 3:00pm

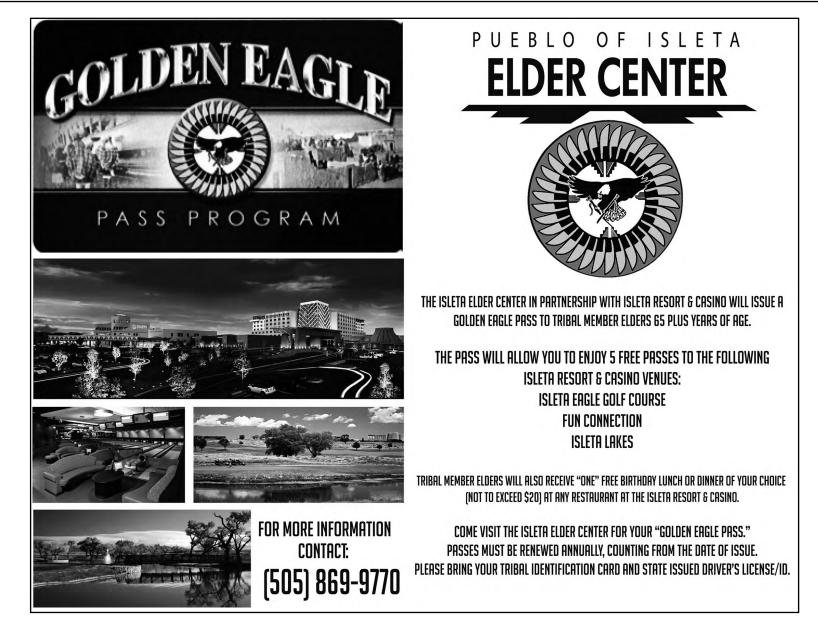
October 2016: Major Trip

October 11 – 14, 2016: Laughlin, NV Trip

Adult Day Services Calendar October 2016



		Contraction of the second	N77782	
Mon	Tue	Wed	Thu	Fri
3) 10-11 Falls Presentation 11-12 Crafts for Arts & Crafts Fair 1-3 Continue w/ Crafts	4) 10-12 Crafts for Arts & Crafts Fair 1-3 Continue w/ Crafts	5) 10-11 Chair Exercises 11-12 Crafts for Arts & Crafts Fair 1-3 Continue w/ Crafts	6) 10-12 Crafts for Arts & Crafts Fair 1-3 Continue w/ Crafts	7) 10-2 Field Trip Wal-Mart & Lunch Walmart > Seve money. Live better.
10) 10-11 Chair Exercises 11-12 Halloween Activities 1-3 Continue w/ Halloween Activities	11) 10-11 Moming Walk 11-12 Halloween Crafts 1-3 Continue w/ Crafts	12) 10-11:30 Moming Outing 1-3 Open Activity	13) 10-11:30 ADS Choice 11:30-12 Catholic Mass 1-3 Card/Board Games	14) 10-11 Chair Exercises 11-12 Halloween Crafts 1-3 Continue w/ Crafts
17) 10-11 Morning Walk 11-12 Sew Pillow/Aprons 1-3 Continue w/ Sewing	18) 10-12 Good Food/Good Mood Presentation 1-3 Plastic Canvas Activity	19) 10-11 Moming Walk 11-12 Paint Pottery 1-3 Continue w/ Painting	20) Resource Fair 10-12 Resource Fair 1-3 Make Lanyards	21) Resource Fair 10-12 Card/Board Games 1-3 Nickel Bingo
24) 10-11 Chair Exercises 10-11 Halloween Crafts 1-3 Continue w/ Crafts	25) 10-12 ADS Choice 1-3 Halloween Activity	26) 10-11 Morning Walk 11-12 Sewing 1-3 Continue w/ Sewing	27) 10-12 Fall Crafts 1-3 Continue w/ Crafts	28) 10-12 Make Halloween Treats 1-3 Open Activity
31) Halloween 10-11 Make Halloween Goodies 1-3 Halloween Party	Calendar Subject To Change	Commodities October 11th & October 25th	LIHEAP Open Season Octo- ber 1st Isleta Elder Arts & Crafts Fair October 8th	Laughlin Trip October 16th-19th



October 2016		Isleta Elder Center Menu	u	
10/3/2016	10/4/2016	10/5/2016	10/6/2016	10/7/2016
Crispy Baked Chicken 3 oz Sweet Potato Fries 1/2 c Peas 1/2 c Stuffing 1/2 c Fresh Fruit	Pork Loin w/mushroom gravy Pork 3 oz Wild Rice 1/2 c Mushroom gravy 1 oz Mixed Veggies 1 c WW Bread = 56 g Fresh Fruit	Barley soup w/ground beef and cabbage, g.beef 3 oz barley 1/2 c, cabbage 1/2 c WW Roll = 56 g Fruit Crisp = 1/2 c fruit and 1 grain eq	Breaded Fish Sandwich Fish filet 3 oz, WW Bun = 56 g Baked Beans 1/2 c Winter Veggies 1/2 c Fresh Fruit Staff Meeting 12:30	Split Pea w/Ham Soup 1/2 c Split Pea M/MA, 2 oz ham Beets 1/2 c Steamed Carrots 1/2 c WW Crackers = 56 g Fruit Cup = 1/2 c
10/10/2016	10/11/2016	10/12/2016	10/13/2016	10/14/2016
Frito Pie G.beef 2 oz, Pinto 1/2 c Red Chile 1/4 c Shred cheese 1 oz, Corn Chips 1 oz Lettuce/Tomato 1/8 c Mixed Veggie 1/4 c Apple crisp = 1/2 c fruit, 1 grain eq	Baked Ham 3 oz Garlic Mashed Potato 1 c Corn Bread stuffing 1/2 c Sweet Rice w/Raisins 1/2 c rice 1/4 c raisins Fresh Fruit	Meatball Sandwich Meatball 3 oz, Mozz .5 oz Hot Dog Bun 1 ea = 56 g Marinara Sauce 1/2 c Mixed Vegetables 1/2 c Fresh Fruit	Southwest Chicken Stew 3 oz Chicken, 1/4 c veggie California Veggies 1 c WW crackers = 24 g Oatmeal cookie Fresh Fruit	Ham and Cheese Roll Up Ham 2 oz, Cheese 1 oz 10" WW Tortilla = 104 g Chilled Pork and Beans 1/2 c Potato Salad 1/2 c Fresh Fruit
10/17/2016	10/18/2016	10/19/2016	10/20/2016	10/21/2016
Chicken and Rice Soup	Ravioli with Meat Sauce 2 oz	Posole	Turkey and Cheese Sandwich	Chicken & Black Bean Burrito
3 oz diced chicken, 1/2 c rice Red chile w/g.beef 1/2 c Mixed veggie 1/2 c WW Crackers 24 g Fresh Fruit	sausage, 1 oz mozzarella cheese 1/2 c marinara sauce Corn 1/2 c Garlic Breadstick 1 ea Fresh Fruit 1 ea	Diced Pork or chicken 3 oz, Hominy 1/2 c Red chile 1/4 c Mixed Veggies 1/2 c Biscuit = 56 g Fresh Fruit	on Croissant Turkey 2 oz, Cheese 1 oz Croissant = 56 g Carrot Sticks 1 c Cucumber 1 c Apple Crisp = 1/2 c fruit No Congreate	Chicken 2 oz, Black Bean (M/M 1/2 c, Rice 1/4 c, 10" WW tortilla Chuckwagon Corn 1/2 c Winter veggies 1/2 c Fresh Pear Meals to be Served
10/24/2016	10/25/2016	10/26/2016	10/27/2016	10/28/2016
Meatloaf 3 oz ground beef Mashed Sweet Potato 1/2 c Brown Gravy 1 oz California Veggies 1/2 c WW Roll = 56 g Fresh Fruit 10/31/2016	Breaded Chicken Tenders 3 oz Baked Beans 1/2 c Steamed Corn 1/2 c WW Crackers = 26 g Fresh Fruit	Mac n Cheese w/Ham 2 oz Ham, 1 oz cheese Mixed Veggies 1 c WW Roll = 56 g Fresh Fruit	Sloppy Joe on WW Bun 3 oz g.turkey WW Bun = 56 g Steamed Carrots 1/2 c Sloppy joe mix 1/2 c Baked apple w/cinnamon 1/2 c	Garbanzo Beans w/Ground Bea G.Beef 2 oz, Garbanzo beans 1/2 o Mixed veggies 1 c Biscuit 1 ea Fruit Cup = 1/2 c
Smothered Burrito 2 oz G.beef, 1/2 c Potato Corn 1/4 c Green Chile 1/4 c, Shred Cheese 1 oz 1 10" WW tortilla = 131 g Fresh Fruit Halloween			If you know that you will not be home, please call to cancel your home delivered meal. This saves on time and money. We kindly ask for 24 hours notice on cancelled meals. Thank you.	Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.

JOM Welcomes you Back to School!

has begun? The Johnson-O'Malley staff hopes everyone has enjoyed the hot summer and took time to relax, spend time with family, and have fun! We are looking forward to another year of partnership, sharing and learning.

Whether you are new to the Johnson O'Malley program or a returning student/family, we look forward to you being a part of the program and welcome you to participate in our events. I encourage every student and parent to embrace the opportunities to make this a great program. The staff hopes you were able to attend our Back to School Distribution in August. If not, limited school supplies are still available! It was a huge success with 593 students from 55 different schools who received school supplies. This was a great opportunity for parents and students to meet the JOM staff and Mr. Ben Analla from the Indian Education Program with the Los Lunas School District, to hear about services available for your student. We had several Isleta Interns who assisted our program, Mariah Montoya, Alexandria Aragon and Brandon Lujan. Thank you Department of Education Staff and Interns for assisting with preparing the backpacks for distribution!

We want to clearly communicate our beliefs about partnering with families, opportunity and advocacy for your students in the school. The JOM staff believes it is important for all of us to work together and share responsibility for student success. We very much value your input and ideas about activities and experiential learning opportunities for your students.

In addition to providing school supplies, we have family activities and educational enrichment opportunities. Students are heading into a workforce where the skills of listening, problem solving, communication, and collaboration are essential to compete in an ever increasingly global economy. The program will continue to provide students with experiential learning opportunities and fieldtrips that require students to think critically, problem solve, and assess the process and the outcomes. So look out for our JOM newsletters, flyers and emails! To be eligible for services the following are required documents that must be on file for each student:

1. An updated contact sheet;

2. Certificate of Indian Blood or enrollment verification from a Federally Recognized Tribe:

3. Native American student enrolled in either the Los Lunas Public schools or Albuquerque Public schools (Isleta students only) for the remainder of the 2016 Calendar Year.

WOW! Can you believe another school year Listed are the schools and number of students served from both the Los Lunas and Albuquerque Public School Districts during our Back to School Distribution. These students received school supplies and backpacks from the JOM program in partnership with the Los Lunas Public School District.

	Johnson O'Malley Eligible Schools Eligible Schools with Nun					16			
Elementary					Grade I	evel			
-	Los Lunas Public Schools	Kinder	1st	2nd	3rd	4th	5th	6th	Total
1	Ann Parish Elementary						1	1	2
2	Bosque Farms Elementary	15	13	12	12	19	12	11	94
3	Desert View Elementary	2	1		1	1	3		8
4	Katherine Gallegos Elementary	2	1	3	1	2		4	13
5	Los Lunas Elementary		2		1	2	1	1	7
6	Peralta Elementary	5	1	1	2	1	1		11
7	Raymond Gabaldon Elementary			2	1	-			3
8	Sundance Elementary	9	14	12	17	18	19	12	101
9	Tome Elementary	1	1	1	1	1	1		6
10	Valencia Elementary				1	2	1	1	5
	Albuquerque Public Schools								
11	Alamosa Elementary	1							1
12	Atrisco Elementary					1			1
13	Barcelona Elementary			1					1
14	Corrales Elementary					1			1
15	Edward Gonzales Elementary					1			1
16	Emerson Elementary		1						1
	George I Sanchez Collaborative Community								
17	School			1	1	2			4
18	Griegos Elementary	1					1		2
19	Helen Cordero Elementary	1							1
20	Hodgins Elementary			1					1
21	Los Padillas Elementary	1		1	1		1		4
22	Mary Ann Binford Elementary						1		1
23	Pajarito Elementary		1				1		2
24	Rio Grande Charter School					1			1
25	S.Y. Jackson Elementary			1	1				2
26	The International School (Charter)							1	1
27	Tierra Antigua Elementary	2	1		1		1		5
28	Zuni Elementary					1			1
	TOTAL:	40	36	36	41	53	44	31	

Total Elementary Students: 281

Middle School

	Los Lunas Public Schools	
29	Los Lunas Middle School	
	School of Dreams Academy (District	
30	Charter)	
31	Valencia Middle School	
	Albuquerque Public Schools	
32	Cleveland Middle School	
33	George I Sanchez Collaborative Community	
34	Grant Middle School	
35	Jimmy Carter Middle School	
36	Native American Community Academy	
37	Polk Middle School	
38	Public Academy for Performing Arts	
39	Taylor Middle School	
40	Tony Hillerman Middle School	
41	Truman Middle School	

6th	/tn	8th	lotal
	40	37	77
	2	1	3
	8	7	15
	1		1
2	2		4
	1		1
		1	1

TOTAL:	6	57	55		
			1	1	
	1			1	
		1		1	
			1	1	
		1	3	4	
my	3	1	4	8	
			1	1	
		1		1	

Total Middle School Students:

118

High School

42

43

44

45

46

47

49

51

53

54

LOS LUNAS PUDIIC SCHOOIS
Century High School

Century High School
Los Lunas High Schoo

9th	10th	11th	12th	Total
	1	1	6	8
28	24	32	33	117

As a new school year approaches, we think about all the new possibilities and challenges it may bring. It is not only the knowledge that will be gained; it is the new friendships that will be made and the personal growth every student will experience. It's important that our students understand that we are here to support them, and to help them set goals and make the kinds of choices that will lead them to achieve those goals. It is our highest priority to support a climate of respect, responsibility, and resiliency within our program. We hope that everyone feels welcome in participating in the educational opportunities made available through the federal funds received.

Thank you for your commitment to your child's education.

School of Dreams Academy (District Charter)

- Valencia High School
 - **Albuquerque Public Schools**

Academy of Trades and Technology

- (Charter)
- Atrisco Heritage Academy
- **Del Norte High School** 48
 - **Highland High School**
- La Cueva High School 50
 - Native American Community Academy **Public Academy for Performing Arts**

TOTAL

- 52 (Charter)
 - **Rio Grande High School**
 - Sandia High School
- 55 Valley High School

3	2	2		7
11	3	8	9	31

1 3 49	6 2 41	4	2 1 1 56	13 1 3 2 1
		4	1	1 3 2
		4		1
	6	4		1
1	6	4		
1	6	4	2	13
2	1			3
			1	1
	1		1	2
1	1	1		3
			2	2
		1	1	1 1 1 1 1 1 1

School Students: 194

TOTAL STUDENTS:	593
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REIMBURSEMENT DEADLINE IS OCTOBER 14, 2016 FOR LOS LUNAS AND ALBUQUERQUE PUBLIC SCHOOL DISTRICTS (Isleta Student ONLY) BY CLOSE OF BUSINESS DAY

UPCOMING JOHNSON O'MALLEY EVENTS in October, verified eligibility required:

Lion King at Popejoy Hall: October 14, 2016 from 6:00pm – 11:00pm (6th thru 12th grade ONLY)

* Permission slips available September 26, 2016 (MUST SIGN UP IN PERSON) starting at 7:00pm SHARP. (first come, first serve for students in grades 6th - 12th) Limited space available.

Family Activity Night - Trick-O-Treating Safety: October 17, 2016 from 5:30pm – 7:30pm

Experiential Learning Opportunity: McCall's Pumpkin Patch:

October 22, 2016 from 8:00am - 5:30pm

(GROUP 1: Kindergarten thru 6th grades ONLY)

* Permission slips available October 13, 2016

Experiential Learning Opportunity: McCall's Haunted Farm:

October 22, 2016 from 4:30pm – 10:00pm (GROUP 2: 7th thru 12th grade ONLY, admission to walk through haunts included, student must be willing to participate in this activity because there is a cost incurred in this event.)

* Permission slips available October 13, 2016

Tutoring is Back in session!

Is your student struggling IN SCHOOL? If they need help understanding what they are being taught, after school tutoring services are available. Skill building sessions will run for 6-weeks, this is not homework help...

> Monday & Wednesday and Tuesday & Thursday From 3:30pm – 4:30pm or 4:30PM – 5:30pm

Stop by the Department of Education building and pick up a packet. We can also email or fax a packet to you.

If you have any questions, please contact Lisa Smith, Michelle Valdez or Marsha Leno at 869-9810.

rips!

Safety

Suggestions or Comments?



PUEBLO OF ISLETA HEALTH CENTER

Health Education Department

ames

Do you want to learn about certain health topics?

Do you see a need in the community for a certain type of training?

Please let your local Health Educator know!

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

🛞

Isleta Health Center

Health Educator, Stephanie Barela @ 505-869-4479

Prevention is the Key to Staying Healthy

1. Wash Hands Often with Soap and Warm Water.

2. Cough into your hand, elbow, or tissue, not toward another person.

3. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines).

4. Avoid touching your eyes, nose and mouth.

5.Avoid contact with sick people



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.

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Domestic Violence Awareness Month

In honor of Domestic Violence Awareness Month, Isleta Social Services K'ea-wah Supervised Visitation & Safe Exchange Program is promoting Safe, Respectful, and Equitable relationships while providing access to support services. Domestic Violence is an issue that many choose not to speak of, but it is an issue in our Pueblo. There are many different forms of abuse: physical abuse, verbal or emotional abuse, sexual abuse, stalking or cyberstalking, economic or financial abuse, and spiritual abuse. There are many ways to protect oneself from abuse. If you or anyone you know is in an abusive relationship, please seek assistance. As a community, it is our responsibility to take initiative to break the cycle of violence. In support of Domestic Violence Awareness, Isleta Social Services K'ea-wah SV & SE Program will be hosting events during the month of October.

Please keep a look out for dates and details about the events as bulletins will be posted through out the Pueblo.

Domestic Violence isn't just "something" that happens to "someone" we may read about in the news. This is an issue affecting our friends, family, neighbors, and coworkers every day.

1st Event will be held on Saturday October 15th, 2016 at 5:00 o'clock Mass in Honor of Domestic Violence Survivors at St. Augustine Church followed by a dinner at the court house at 6:00 pm.

2nd Event will be held on Saturday October 22nd, 2016 from 9:00 am-1:00 pm for the Celebration of Life & Survival Summit held at POI Health Training Center.

3rd Event will be the Grocery Bingo held on Tuesday October 25th, 2016 from 5:30 pm-7:30 pm at the Isleta Recreation Center

4th Event will be held on Wednesday October 26th, will be a run in collaboration with the Diabetes Program held in Pickle Heights, pre-registration starts at 4:30 pm and the run will start at 5:00 pm.

The last Event will be on Saturday October 29th, 2016 at the Health Training Center from 10:00 am-12:00 pm. Krystal Lucero will conduct a presentation on Methamphetamine and the correlation with suicide.

A Native Man's Warrior Spirit:

"Warriors are not what you think of as warriors. The warrior is not someone who fights, because no one has the right to take another life.

The warrior, for us, is one who sacrifices himself for the good of others.

His task is to take care of the elderly, the defenseless, those who can not provide for themselves, and above all, the children, the future of humanity." -Sitting Bull

It is not okay:

To be humiliated in public

For you to be forced to do something you do not agree with

To be told, "nobody will ever love you the way your boyfriend/girlfriend does"

To be forced to choose between your boyfriend/girlfriend and your friends

To be controlled

To be made to feel guilty for somebody else's anger. It is their issue and not your fault.

"I am your wife, I am your daughter, your sister, you were suppose to protect me, protect me from you"

> -To the Indigenous Women Indian Law Resource Center

If you or anyone you know is in an abusive relationship, please seek assistance.

Pueblo of Isleta Social Services	505 - 869 - 2772
Pueblo of Isleta Police Department	505-869-3030
National Domestic Violence Hotline	1 - 800 - 799 - 7233
Domestic Violence Resource Center A	lbuquerque
	505 - 248 - 3165

Valencia Shelter for Domestic Violence 505-864-1383

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

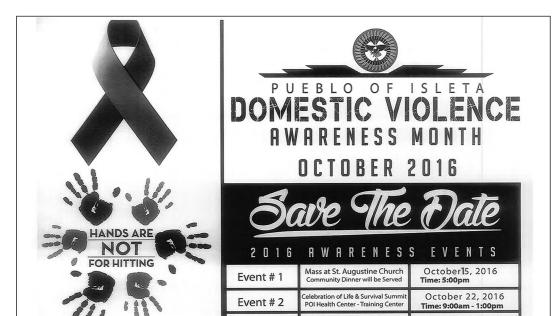
1. Never wear tinted lenses while driving at night

- So called night driving lenses with any amount of tint or polarization only reduce the already limited amount of light available to your eyes making driving more hazardous.

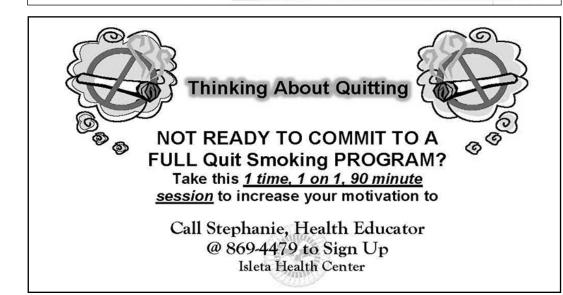
2. Wear lenses with Anti Reflective (AR) coating

- AR coatings minimize distracting internal lens reflections which can be significantly more noticeable at night.

3. Have regular eye exams and ensure your eyewear prescription is up to date



For more information	Event # 3	Grocery Bingo Night Isleta Recreation Center	October 25, 2016 Time: 5:30pm - 7:30pm
Contact Isleta Social Services:	Event # 4	Diabetes 5k Fun Run/Walk Isleta Diabetes Center	October 26, 2016 Time: 5:00pm - 7:00pm
(505) 869-2772	Event # 5	Meth & Suicide Presentation POI Health Center - Training Center	October 29, 2016 Time: 10:00am - 12:00pm



 Even slightly uncorrected refractive errors can make night time driving more difficult.

4. Make sure your corrective lenses are clean

– Dirty lenses can limit your view and induce glare.

5. Make sure your windshield is clean
As with corrective lenses, dirty windshields will also limit your view and induce glare.

6. Make sure your head lights are clean and properly aligned

– Dirty headlights can reduce efficacy by 75%.

Isleta Health Center Optometry Clinic 505-869-4080.

World Breastfeeding Week 2016



Thank you!

Our event was a success with about 50 attendees who came out to support breastfeeding in the community.







Celebrating Breastfeeding Families in our Community

The Pueblo of Isleta WIC Office celebrated World Breastfeeding Week 2016 by recognizing breastfeeding families and breastfeeding supportive professionals 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!

Thank you to the staff at Isleta Health Services for supporting, promoting and protecting breastfeeding, we appreciate you!

-WIC Staff







The JOM Program is proud to announce an **Experiential Learning Opportunity for** students 6th through 12th grade!!

"Disney Presents: The Lion King" While enjoying the "granddaddy of all family shows" the students will learn the different types of music that will be showcased during the show. They will also get to see the different types of costumes that the performers wear along with the theatrical performance. Students will need to be at the Department of Education building by 6:00pm and will return by 11:30pm.

ATTENTION!!

WANNA GET IN SHAPE?

"The first step to reaching progress in your fitness level is to create a base of aerobic

> fitness" From Spinning News



What a better way to reach your fitness progress and goals than to join a Spin class?

Motivation, endurance, a challenge, a healthy heart, speed, and just a GREAT workout are things that Spinning will assist you with!

COME-ONE-COME-ALL! Spinning is for everybody!

> Get measured for a bike! Challenge yourself! **COME during lunch!**

Permission slips available September 26, 2016 (MUST SIGN UP IN PERSON) starting at 7:00pm SHARP. (First come, first served for students in grades $6^{th} - 12^{th}$.) Limited space available.

JOM eligibility will be verified and Dinner will be provided.



Beginners, no worries, this class is a great kickstart to a great healthy lifestyle.

Feel you are *advanced*? Spin will challenge ALL! It's all up to you!

"I believe that true success is within reach when we, as individuals, begin to reshape how we see ourselves and the world." By Luciana Marcia-Vincion, Spinning Master Instructor

October 2016

Isleta Head Start & Early Head Start

NOW ACCEPTING APPLICATIONS For the 2016-2017 program year!!

**Head Start applications are accepted for children ages 3 years (as of August 31, 2016) up to 5 years of age

**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 dependent upon the need demonstrated by applications received)

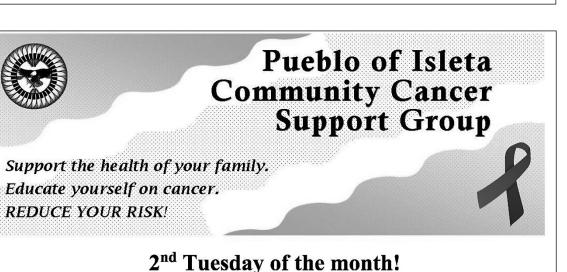
Early Head Start Home-Based option assigns a Home Visitor to each family who provides weekly activities, education, & support in the home This option is open for Expecting Mothers and children up to age 3 years

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

- $\sqrt{}$ Tribal Identification w/CIB # (REQUIRED if residence is outside the reservation)
- $\sqrt{}$ 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, 2015 tax forms, W-2's, paystubs for last 12 months, etc.)
- √ Proof of Child's Birth (State issued Birth Certificate, CIB Letter, Baptismal Letter)
- $\sqrt{}$ 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 available for the HEAD START program. Please make an appointment to complete your child's application ASAP as program staff will have limited availability to take applications during the month of August due to Professional Development training.



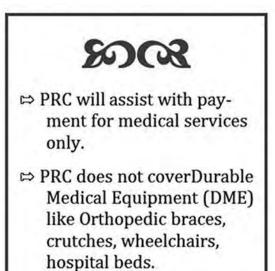
NOTICE from the Isleta Health Center

The Isleta Health Center is devoted to providing comprehensive health care in a family practice setting through an <u>established</u> patient relationship. A patient is considered <u>established</u> once they have been accepted through an application process and have completed a comprehensive health care visit with a primary care provider. <u>Established</u> patients are eligible for all direct care services provided at the Isleta Health Center, including access to **Same-day** appointments and **Walk-in** services to address urgent care needs, when available. Newborn infants within two months of birth are eligible for expedited access to receive immunizations prior to their first medical exam.

Prospective new patients looking to establish their care with the Isleta Health Center are required to complete a new patient application to determine their eligibility for services as a qualified Native American. If approved, the new patient will be notified by letter with information on how to schedule their initial appointment for a comprehensive visit with one of our physicians. Please be aware that demand for appointments is already high and an appointment may not be scheduled for several weeks. Nonetheless, a patient will not be considered an **established** patient until the first comprehensive exam is complete. Thereafter, the new patient will be eligible for walk-in services and same-day appointments.

Generally speaking, the Isleta Health Center is not an Urgent Care center and has minimum walk-in slots available for its established patients. It is encouraged that any Isleta tribal member who wishes to access **Same-day** or **Walk-in** services, complete a new patient application as soon as possible. Please do not wait until you are in a situation where you need urgent care attention.

Thank you for your cooperation in this matter.



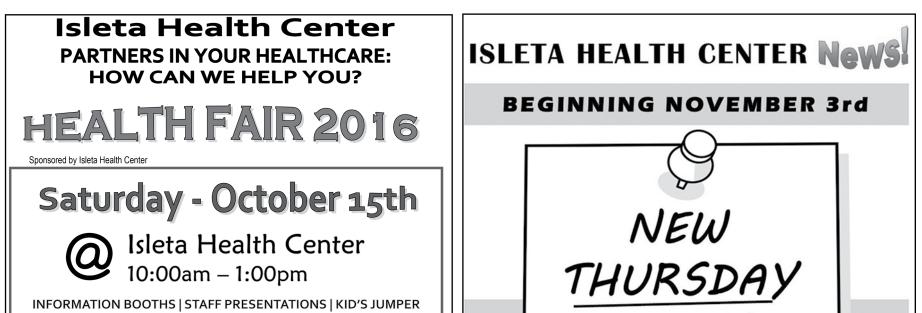
	S U P Z N B	PORT BOBL				
10/11/2016 10:30am – Noon	HPV Vaccine	Dorine Conley	Small Conference Room			
11/8/2016 10:30am – Noon	Potluck Planning for 2017 Contact me if you have topic ideas!!	Group	Health Center Kitchen			
CONT	Topics are subject to change. CONTACT Stephanie Barela to sign up and to learn more @ 869-4479					
Plea	Please join us! Everyone welcome!					

- ospital beas.
- ▷ 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

BOCS

	1SLETA HEALTH CENTER					
	OCTOBER Questions? Call 869-3200 2016					
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3 Early Recovery Skills: 9-11a @ BHS. Fall Prevention Presentation: 10- 11a, Elder Center Women's Path to Recovery: 1- 2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	4 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance Wk. 1: 5:30p @ DPP Wellness Center.	5 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Walking Group: 5:30p @ DPP Wellness Ctr. National Walk to School Day!	6 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Wk. 1: 5:30p @ DPP Wellness Center.	7 Early Recovery Skills: 9a -11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	8
9	10 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Destination Health Wk. 8: Call 869-4595 for more info.	11 Women's Support Grp: 10-11a @ BHS. POI Community Cancer Support Group: HPV Vaccine Information, 10:30-12 noon @ small conference room, Health Center. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Express Endurance Wk. 2: 5:30p @ DPP Wellness Center.	12 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Walking Group: 5:30p @ DPP Wellness Ctr.	13 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Wk. 2: 5:30p @ DPP Wellness Center.	14 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	15 Isleta Health Center's COMMUNITY HEALTH FAIR 10am to 1pm @ ISLETA HEALTH CENTER
16	17 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Destination Health Post Measure- ments: Call 869-4595 for more info.	18 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance Wk. 3: 5:30p @ DPP Wellness Center.	19 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Healthy Cooking Class (DPP): 5:30- 7p @ Health Center Kitchen.	20 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Wk. 3: 5:30p @ DPP Wellness Center.	21 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	22
23	24 Early Recovery Skills: 9-11a @ BHS.Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	25 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS. Express Endurance Wk. 4: 5:30p @ DPP Wellness Center.	26 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. DPP Halloween Ghostly Gala Fun Walk/Run: 4:30p registration @ DPP Wellness Ctr.	27 Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Wk. 3: 5:30p @ DPP Wellness Center.	28 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Tech- nique (ART): 1-4p @ BHS.	29
30	31 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	Community Health Fai	ith Center Community 1 r: Saturday, October 15 th c: Saturday, November 5 th	@ the Health Cente		tly 10:00am)



Find out about services offered by Isleta Health Center (IHC)
 Gain clarity on common misconceptions of IHC services
 Attend Presentations by different IHC Departments*

For more information contact Stephanie Barela at 869-4479 or sbarela@islclinic.net



Department Presentation Schedule:

 10:30am - 10:50am
 Medical Clinic

 11:00am - 11:20am
 How Can PRC Help You?

 11:30am - 11:45am
 EMS: Our Process

 12:00pm - 12:20pm
 Medical Records Processes

 12:30pm - 12:45pm
 Community Health Nursing

*Attend any of our <u>department presentations</u> and be entered to win a raffle prize! You must be present to win.

LOBBY HOURS

NOTICE TO ALL PATIENTS: Health Center's main lok

The Health Center's main lobby doors will open <u>9:50 a.m.</u> for all patient services on Thursday mornings only.