



# Isleta Pueblo News

Volume 10 Issue 11

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

November 2015

## FROM THE OFFICE OF THE GOVERNOR

### Guatemalan Mayan Indians visit Isleta Pueblo

September 29, 2015, PUEBLO OF ISLETA

— The Washington, D.C.-based nonprofit organization Global Ties sponsored a site visit of Mayan leaders from Central America to the Pueblo of Isleta Elementary School. It was truly one of the most inspiring visits here in Isleta by descendants of the great Mayan civilization of Central America.

Upon their arrival at the Isleta Elementary School the visitors were welcomed by the children of our school and 1st Lieutenant Governor Antonio Chewiwi. The respect our Mayan visitors showed our elders upon entering the meeting room was just what we expected from our relatives down south. We share the common courtesy and respect towards each other as native peoples. It was easy for us to communicate our feelings with them even though we spoke different languages. They knew who we were and we knew who they were. The many prayers and good tidings expressed by both sides was something that all will cherish for many years to come. Our elders will speak of this visit and of their discussion with their Mayan visitors for many years to come. We were very interested to hear their stories and share with them the experiences we have endured as native peoples. We also appreciate the courtesy they showed our elders, especially 98 year old Jose Desiderio Lucero, who reciprocated their kindness with a special song he sang for them during an assembly of all of the children of the school and traditional dances held in honor of the honorable visitors to the school. We also were very pleased to see their interest in the exhibitions given by the staff of the school, by David Lente, Tiwa Language Instructor, who demonstrated the teaching of our native Tiwa language to the students. We hear that our visitors were also very pleased to hear about how our students are utilizing computer technology in the classrooms. It was also extremely fortunate that our Computer Teacher, Marvin Montoya, was fluent in Spanish and could fully detail his teaching experience to our visitors. Finally, the Elders of our Cultural Committee were also very elated to be able to hear from the Mayan visitors about their culture and religion. We are glad to have had the visitors eat a traditional lunch with our children and to be able to honor them with traditional dances by our children. Finally, we are thankful for the opportunity for our children to experience a cultural exchange with the Mayan visitors.

### 2015 MILAGRO AWARDS

Saturday, October 3, 2015, Animal Protection of New Mexico (APNM) hosted the 2015 MILAGRO AWARDS at the Santa Ana, Hyatt Regency Tamaya Resort & Spa. APNM's mission is to advocate the rights of animals by effecting systemic change, resulting in the humane treatment of all animals. We are extremely proud to announce that Officer Ruben Lucero was a recipient of the prestigious MILAGRO AWARD for his dedicated service as an



Animal Control Officer for the Pueblo of Isleta. During his tenure he was dedicated to changing practices and attitudes harmful to animals, and to building public awareness about the plight of animals and animal suffering. Throughout the years he built alliances and increased resources for fellow officers, children and the public. Officer Lucero sought training for himself and other officers through the National Animal Care & Control Association (NACA) and the National Animal Cruelty Investigations School with the Law Enforcement Training Institute through the University of Missouri. With the help of the Indian Health Service and Rocky Mountain Puppy rescue, he set up vaccination and low cost spay/neuter clinics for the Pueblo. He also worked to strengthen the Pueblo's Animal Control Ordinances which imposes stiffer fines and penalties for animal cruelty. The Pueblo of Isleta was represented at the MILAGO AWARDS by 1st Lieutenant Antonio Chewiwi.



*Ruben Lucero, Law Enforcement Award*

### 6th ANNUAL ILIS 2015 SYMPOSIUM

October 19-21, 2015, Pueblo of Isleta hosted the 6th Annual Indigenous Language Institute Symposium at the Isleta Resort and Casino. The Indigenous Language Institute (ILI) was founded in 1992 as a publicly supported 501(C)3 non-profit organization based in Santa Fe, New Mexico. The Board of Directors is majority Native American representing numerous nations.

The Mission of (ILI) is to provide vital language related services to Native American nations and communities so that their individual identities, traditional wisdom and values are passed on to future

generations in their original language. There is urgency to revitalize Native Languages as the small population of Elder speakers is rapidly declining. ILI is dedicated to assist communities to create speakers of the endangered languages so that Native Languages are Everywhere, Every day for everyone. We have less than 10 years to ensure that our cultural heritage-history, traditional stories, songs, values, memories are documented and revitalized.

The workshop topics included: Technology with a Limited Budget; Language Apps-Using Technology to Teach ancestral Languages; Using Major Motion Pictures to Encourage Youth to Learn Their Language; Designing Culturally – Responsive Language Curriculum for Computer Based instruction; User-Driven Technologies that Support Myaamia Language Revitalization; Introducing Aikuma: A Free App for Recording and Interpreting Stories in Any Language; Generating Indigenous Spaces for Language and Cultural Revitalization; and Total Immersion in Preschool Groups: How to Prepare Parents, Teachers & Students – Part 1 & 2.

The three day Symposium was a success and was attended by approximately 200 Native Language practitioners from throughout the country including members of the Pueblo of Isleta Language Program and Cultural Committee. The Invocation and Welcoming Address were provided by 1st Lieutenant Governor Antonio Chewiwi.

### ASSISTANT SECRETARY FOR AGING, KATHY GREENLEE VISITS ISLETA

October 21, 2015, PUEBLO OF ISLETA – Washington DC. - Assistant Secretary of Aging, Kathy Greenlee, with the U.S. Department of Health and Human Services traveled to New Mexico to meet with tribal leaders of ISLETA, SAN FELIPE AND ACOMA and visit the tribes' elderly care and health facilities. On Thursday, October 22, 2015, Assistant Secretary Greenlee visited the Pueblo of Isleta, Assisted Living and Elderly Center and was welcomed to the Pueblo of Isleta by 1st Lieutenant Governors Antonio Chewiwi and 2nd Lieutenant Governor Isidor Abeita. Secretary Greenlee received a warm welcome from facility residents and was provided a very informative tour of the operational and physical facilities of both the Assisted Living and Elderly Care programs by staff and Directors Natalie

Abeita and Rita Jojola. Assistant Secretary Greenlee complimented the Pueblo of Isleta on the excellent operations and facilities. Secretary Greenlee said she believes that Native people with functional support needs should have the opportunity to live independently in a home of their choosing, receiving appropriate services and support. As the Assistant Secretary of Aging, she is committed to building the capacity of the national aging and disability networks to better serve older persons, caregivers and individuals with disabilities.



Rita Jojola, Director Elderly Center and Assistant Secretary of Aging, Kathy Greenlee



Natalie Abeita, Director of Assisted Living - Assistant Secretary of Aging, Kathy Greenlee and staff member.

2015 Per Capita Distribution

At a duly called meeting, the Tribal Council of the Pueblo of Isleta authorized a 2015 Per Capita distribution for Pueblo of Isleta Tribal Members. The Per Capita distribution will be in the amount of \$2,000.00 per Tribal Member and will be distributed in two installments. The first installment of \$950.00 will be on August 4, 2015 and the second installment of \$1,050.00 will be on December 8, 2015. The Pueblo of Isleta shall not withhold or garnish any amount from the first distribution from any individual. The Pueblo of Isleta will withhold up to 75% of the second distribution from individuals who have outstanding Tribal Court judgments against them for unpaid housing payments, court fines, child support, civil restitutions, ditch dues, or incarceration bills as of October 30, 2015. Tribal Members that are requesting for their Per Capita check to be mailed or picked up by another individual must provide an Original Notarized Letter. The Treasurer’s Office will NOT accept copies of the Notarized Letters.

Check release will be on December 8th, 2015, at the New Isleta Recreation Building from 8:00 a.m. – 6:00 p.m. If you are unable to pick up your Per Capita Check on this day you may pick it up at the Treasurer’s Office located at the Isleta Tribal Service Complex between the hours of 8:00 am – 4:30 p.m. Monday through Friday. Distributions not picked up or requested before February 28, 2016 will be VOID and NO Longer available.

**PLEASE Note** that the 2nd installment of \$1,050.00 will be taxable. Therefore, keep an eye out for a 1099 Misc. that will be mailed no later than January 31st, 2016.

If you should have any questions feel free to contact Frances Benavidez in the Treasurer’s Office at 505-869-5291.

72nd NCAI Annual Convention – San Diego, CA

October 17-23, 2015, San Diego CA – the National Congress of American Indians held its 72nd Annual Convention in San Diego, California. Governor Eddie Paul Torres attended the conference to represent the Pueblo of Isleta and participate in consultations and listening sessions representing the Pueblos’ issues and priorities in advancing tribal sovereignty.

The 72nd NCAI agenda included:

- Large Land Base Tribal Nations Task Force
- Task force on Violence Against Women
- Tribal, State and County relations: Coordinating Jurisdictions for Safer Shared Communities
- Customs and Border Protection
- Sharing strategies for Collecting Tribal-Level Data
- Federal Recognition Task Force
- Native Languages Working Group
- Tribal TANF Task Force
- Addressing Homelessness in Indian Country
- DOJ Consultation on VAWA Funding
- EPA Consultation National Initiatives
- Tribal Policy that Heals: Resilience Models that Allow Youth to Thrive
- Building a Sustainable Economy Strategy Session on Legislative and Administrative Efforts to Modernize Land into Trust
- Health Sovereignty
- Fashioning an ICWA Advocacy Plan for your Tribe
- Establishing the Tribal Mechanisms to Bridge the Digital Divide
- Higher Education & Tribal Communities
- Dual Taxation: Chronic Impact of

- State Taxation in Indian Country
- Tribal Homeland Security and Emergency Management
- Protecting Indian Water Rights Under Drought Conditions
- Honoring the Sacred, Protecting Our Culture
- Building the Human Capacity to Rebuild Tribal Nations
- Federal Controlled Equipment for Law Enforcement

Message from Governor Eddie Paul Torres

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

Tribal Council Boards, Committees, and Commission Vacancies

Tribal Council hereby announces two (2) upcoming vacancies in December 2015 on the Isleta Pueblo Housing Authority (“IPHA”) Board of Directors. Interested individuals should submit a resume to Tribal Council office, located at the Tribal Services Complex. These positions are open until filled.

If you are interested in serving in any board, committee, or commission please submit your letter of interest/resume to the Tribal Council office. P.O. Box 1270, Isleta N.M., 87022.

**Isleta Pueblo News**

**Editor:**  
Nathaniel Lujan

**Asst. Editor:**  
Tara Abeita

**Published By:**  
Valencia Express

3rd Annual  
**ROCK YOUR MOCS**  
**5K FUN RUN & 1M WALK**  
Sunday, November 15, 2015  
© Isleta Behavioral Health Services

**OPEN REGISTRATION AT 8:00AM**  
**WALK & RUN STARTS AT 8:30AM**  
**CALL 869-5475 FOR MORE INFO**

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



LETTER FROM THE EDITOR

Deadline for December Newsletter articles is set for Thursday, November 19, 2015 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

People whom wish to submit an article or flyer are responsible for generating their own article or flyer. Should you need help, please call the Library at 505.869.9808 and set up a date and time to sit down with a Library staff member whom will help you throughout the process. The Library will NOT accept notes dropped off at the Library or information over the phone to generate your article. Newsletters may be found at the sixteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at <http://www.isletapueblo.com/newsletters.html>

- The sixteen Newsletter distribution locations are:
- 1) The Administration Building (Governor's Office): Receptionist Desk
  - 2) Census Office: Receptionist Desk
  - 3) Health Center: Receptionist Desk
  - 4) Housing Department: Receptionist Desk
  - 5) Department of Education: Receptionist Desk
  - 6) New Recreation Center: Newsletter Stand
  - 7) Old Recreation Center: Front Desk
  - 8) Tribal Service Complex: Receptionist Desk
  - 9) Tribal Service Complex: I.P.D. Dispatch Window
  - 10) Tribal Service Complex: Tribal Courts Window
  - 11) Elders Center: Receptionist Desk & Lunch Delivery
  - 12) Head Start: Receptionist 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)



FLU SHOTS @

ISLETA HEALTH CENTER

For minimum wait time, please come in between 10:30am–11:30am OR 2:30pm–3:30pm.

For *Established Patients* only. Sign in at Reception for a Nurse Walk-In and inform staff that you need a flu shot only.

PRC

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

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

Questions? Please call 869-4488



Turkey Distribution

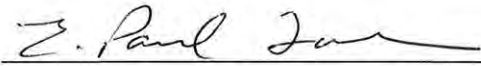
**DATES:** Monday, November 9, 2015  
Tuesday, November 10, 2015

**WHERE:** New Recreation Center Game Room

**TIME:** 8:00 a.m. to 6:00 p.m.

**FOR:** Tribal members (1/2 enrollment) living in Isleta Pueblo, Los Lunas, Belen, Bosque Farms, Albuquerque, Rio Rancho and Bernalillo ONLY!!

Individuals must provide proof of tribal membership. Only one turkey per household your cooperation will be appreciated. Thank you!

  
E. Paul Torres, Governor

Carmel Salazar

The family of Carmel Salazar would like to say thank you to our community for their love, support and generosity during our time of sorrow at the loss of our mother. A special thank you to John D. Jojola Jr. for the beautiful rosary. A gracious thank you to Father George, Allen Cherino, the Altar Servers, our brother Charles Lente along with the Choir for the beautiful liturgy. May the Lord richly bless you and continue to give you the desires of your heart. You are in our prayers.

Thank You.



Lorenzo Jojola

The Family of Lorenzo Jojola would like to extend their sincere appreciation for all your heartfelt sympathy and kindness during the recent loss of our loved one. A great big thank you to all of you for your generosity and support during our time of need. A special thanks to Dr. Ligan and the nurses from Hospice (Sharon Sanders and Pam Marest). May God bless all of you keep you all safe.


Thank you,

Na-Na Vangie & the entire Jojola Family.




2016  
College  
&  
Career  
Fair

hosted by



Isleta Pueblo  
Department of Education



Los Lunas Schools

To Whom It May Concern:

The Los Lunas Schools Title VII Native American Program and the Pueblo of Isleta Department of Education will be hosting a College and Career Fair on Saturday, January 16, 2016, from 9:00AM to 12:00 noon at the Isleta Eagle Golf Course. Set-up for the fair will be the evening before the event, January 15, from 3:00PM to 6:00PM, or the day of the event, from 7:00AM to 8:00AM. The purpose of this event is to provide information about educational and employment opportunities to high school students and community members.

We would like to extend an invitation to your organization to participate in this event, as this will be an opportune time to promote your educational agency or business for recruitment. Space is available at no cost. We would like to have at least one representative from the organization or institute at each table. As an incentive to attendees, the Career Fair Committee requests you provide two items from your organization to be given away as door prizes.

If you are interested, please RSVP by December 18, 2015 to the Isleta Department of Education, at (505) 869-9790, or by contacting Kathleen Jojola at [POI08004@IsletaPueblo.com](mailto:POI08004@IsletaPueblo.com). If you have any questions, please call the number above.

We look forward to seeing you on January 16, 2016!

Sincerely,  
The College-Career Fair Committee

**Mayans from Guatemala Visit Isleta Elementary School**  
By Edward Calabaza

The distance between Isleta and Guatemala may be more than 25-hundred miles, but when 10 indigenous leaders of Mayan descent from Guatemala visited the Isleta Elementary School, last month, it seemed a lot closer.

When our religious leaders greeted the group with a traditional blessing in Tiwa, members claimed they could hear sounds or words similar to their native language. And Lt. Governor Antonio Chewiwi told the group that artifacts with Mayan influence have been found in the area.

Some of the mayors even carried canes that reflect their authority or position. The canes are similar to those carried by our Tribal leaders that were given to NM pueblos by President Abraham Lincoln.

The group told our Tribal leaders that their visit was foretold by two events: the ending of the Mayan Calendar in 2012 and events detailed in the Mayan “sacred book.”

Even though three out of four people in Guatemala are indigenous, members of the group are worried about the loss of language and culture. That’s why they wanted to visit Isleta and other pueblos in New Mexico to learn how other tribes are tackling these two issues that are vital to their survival.

While at the school, the visitors were greeted by students, toured the school, and learned more about the Tiwa language curriculum taught by David Lente.

Before leaving to visit with administrators at BIA Headquarters in Albuquerque, the delegation was treated to a traditional meal in the school cafeteria and traditional dances by some of the elementary students.

The group toured numerous states and cities across America as part of a cultural exchange program sponsored by the U.S. State Department and the U.S. Embassy in Guatemala.

**Pueblo of Isleta  
Higher Education Program**

The Pueblo of Isleta Higher Education Program recently held the Tribal Collaborative Employability training October 14, 2015 at the Isleta Eagle Golf Course. The training in collaboration with the Bureau of Indian Affairs – Job Placement and Training Program and institutions Pima Medical Institute, Carrington College and Brookline College provided training to high school students, community members and college students on topics such as how to apply and seek employment, resume writing, networking, professional attire and budget and financing. There were 68 participants in attendance with students from Los Lunas High School, the Pueblo of Isleta community and a group from the Southwestern Indian Polytechnic Institute in attendance. The participation and feedback from participants was very positive and the Isleta Department of Education is looking forward to the opportunities to provide more training like this in the future.

**Reminder:**

Pueblo of Isleta Higher Education Scholarship Applications for the spring 2016 term are due November 1, 2015. All supporting documentation for the spring 2016 term are due to the higher education department by December 31, 2015. Please call, email, or stop by the higher education department to verify your application and document status. Higher education staff can be reached at (505)869-9790 or please email: Thoer Peterman – Scholarship Coordinator at [POI08001@isletapueblo.com](mailto:POI08001@isletapueblo.com) or Kathleen Jojola – Scholarship Assistant at [POI08004@isletapueblo.com](mailto:POI08004@isletapueblo.com)



Los Lunas Public Schools  
& the Pueblo of Isleta  
Department of Education  
presents

2016 College  
& Career Fair

Isleta Eagle  
Golf Course

Saturday  
January 16, 2016  
9AM - 12PM

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







## Pueblo of Isleta Public Library

Greetings to all! November has arrived bringing colder weather, beautiful fall scenery, fall holidays, pumpkin spice, not spice, and everything nice.

### News

In observance of Veteran’s Day the Library will be closed on Wednesday November 11. We would like to thank the men and women who have served in the military for your courage and service to our nation. Of course we cannot forget about them and the less fortunate during Thanksgiving and upcoming holidays.

The Library will also be closed on November 26 and 27 for the Thanksgiving break. Enjoy your time with your families while stuffing your face with stuffing and turkey. For all you Holiday travelers and late night/early morning Black Friday shoppers, please be safe and courteous on the roads. The deadline for the December Isleta Newsletter will be on November 19th at 4:30pm. If you would like to submit an article or have any questions please feel free to give the Library a call at 505-869.9808.

### Upcoming

Tuesday- November 17th will be another exciting Tech Tuesday dealing with Apple’s Macs. Who wants to deal with trying to figure out a Mac on their own? We are here to help! Join us as we provide a small workshop on the basic functions of an Apple Mac Computers and learn the different programs which Macs offer. As well as comparing the difference between a Mac computer and a regular PC computer. This program is open to 6 adults 18 & over. Call the Library and speak with Tara for more information at 505.869.9808.

Wednesday- November 18th the Library will be offering another food program. Everyone likes fries, but not all fries are “healthy”. The fries we will make will be BAKED and made out of Asparagus, Sweet Potatoes, and Zucchini. This is a fun healthy spin on fries. These would make great appetizers for thanksgiving or football game nights! Of course we have books on other fried food and healthy food for you food junkies. This program is open to 10 adults 18 & over. Call the Library and speak with Tara for more information or should you have additional questions 505.869.9808.

### Recap

Our Do-It-Yourself program was held on October 1st with Library staff member Valeri. She taught a group of adult participants how to make a fall leaf inspired jar candle. Participants each got a



Mother and daughter enjoying their time in the DIY program Fall Lanterns.



Group photo of the participants of the “Make Your Own Fishing Bait” at the Library.

mason jar and used Mod Podge to glue fall leaves on their jar. For some this was more challenging than it looked trying to get the leaves to stay on the Mason jar. In the end they all came out beautiful and made great nightlights and table displays just in time for Thanksgiving.



Ladies laughing and having a fun time as they attempt to glue leaves onto their Mason Jar during the DIY program.

The Library held a night for all fisherman and their families on October 1st. Participants learned how to make fish bait out of common ingredients and some odd ingredients. Some of the ingredients used were Olive oil, pond pellets, flour, eggs, food coloring and garlic powder. Library staff member Christino shared stories of his fishing experiences and started a



2 boys showing off their 3.2 lbs. catfish which they caught at the Isleta Lakes with their bait which they made at the Library’s “Make Your Own Fishing Bait” program.

conversation among the group, which got everyone excited. We plan on doing more types of these programs and would like to thank the families that came in and made it a family night of fun!

Art night with acrylic paints was held on October 7 & 8th with a class of 8 participants instructed by Library staff member Cheyenne. They learned about acrylic brush strokes and mixing colors. Each participant received a paint pad and paints and created an Acrylic Masterpiece. We had some experienced painters and some that were learning. All in all they got to take home their paintings and enjoyed a night out of the house. Next Art workshop will be in December so keep a look out for flyers or come talk to Cheyenne at the Library.



A participant of our Acrylic painting workshop focusing on what needs to be done on his painting.



Another participant putting the finishing touches on her Acrylic flowers during our Acrylic Painting Night.





Mother and daughter rolling up cake pop balls to put in the freezer before dipping in melted chocolate.



Mother and daughter posing with their finished cake pops which they took home to share with their families.

Library staff member Diane just finished up her book club based on two books titled “Dark places” and “Sharp Objects” by Gillian Flynn. As mentioned in previous Library newsletter articles the first month participants used a nook book provided by the Library as an alternative to reading from a paperback book. The book club participants raved and loved the idea of reading a book on a nook book. The second book participants went back to the regular paperback reading and some found it more difficult to be engaged in the book as opposed to reading from a nook. All of your comments have been taken into consideration since this was our first book club to use nook

books. Book club participants who attended regularly were entered into a drawing to win an older model of a nook book and were treated out to dinner at the Tiwa Café at the Isleta Resort and Casino. Thank you to all whom attended this book club program. Halloween Cake Pops took place on October 14th with a total of 10 participants. We had only a few who had attempted to make cake pops prior to the workshop. They all bought cakes to class and were ready to get their hands dirty. They crumbled their cakes with their different flavors. We had three that bought chocolate, spice cake, strawberry, red velvet, lemon, yellow, and vanilla cakes. They shaped their cakes into ghosts, pumpkins, and popped them in the freezer. While they waited they made Frankenstein Pops made out of Marshmallows. They all had a great time learning the process which I hope they took away and are able to make cake pops all on their own. Because of the success and the popularity of this program we will be planning another cake pop program in the future. If you want to learn to make cake pops come by the Library, we have plenty of books and a video our Summer Reading Program did on how to make cake pops.

On Saturday October 25 we decided to experiment with a haunted house here at the Library for Halloween which was themed as Goosebumps based off the R.L Stine books and the new Goosebumps Movie. We had a good crowd who came and walked through our themed rooms based on a few books with characters ranging from scarecrows, mad scientists, clowns, ghosts and creepy dolls including slappy! All the Library staff and a few volunteers were all in costume and stayed in character as people made their way in. We would like to thank everyone who volunteered and made this event possible.

This past Tech Tuesday held on October 27th

went well with a few participants who came to learn about apps to put on their phone. We taught them what an app was and how they can use them to be more productive and stay organized. And of course we talked about some apps that are fun and come in handy. Some of the apps we talked about were Business Calendar, Flipp, Favado, Shazam, CamScanner, Countdown, and many more. There were a lot of apps to talk about and didn’t get through many but they got the gist of things and talked about downloading them and learning on their own. Thank you for all that attended and showed interest in Mobile Apps.

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

**Library Hours**

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

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

Please contact library for more information on closures.

**Mailing and Physical Address:**

950 Moonlight Drive  
Albuquerque, NM 87105

Phone: (505)-869-9808  
Fax: (505)-869-8119


Email: poi02002@isletapueblo.com

Facebook Page:  
www.facebook.com/IsletaPuebloLibrary


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

YouTube:  
www.youtube.com/user/poilib

Pinterest: www.pinterest.com/poilib




PUEBLO OF ISLETA  
**ELDER CENTER**



**Arts & Crafts**  
FAIR


**NOVEMBER 21, 2015**  
ISLETA CASINO & RESORT GRAND BALLROOM

**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

# Holiday Arts & Crafts Fundraiser

**Saturday, November 14<sup>th</sup>, 2015**

**At Isleta Recreation Center**


**9:00am-3:00pm**

**Spaces \$30.00**  
Need to bring own table and chairs.

Concession will be available  
\*\*No outside food sale\*\*

**\*\*Fundraiser proceeds to Isleta LLMS students attending  
New York School Trip April 2016\*\***

**Call LeeAnne Zuni for more information (505) 659-0092**



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

**You will learn:**

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

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

**DATE(S) & TIME(S)**

**NOV. 16, 2015**

**1 to 5pm**

**LOCATION**

**ISLETA**

**ELDER CENTER**

**TO REGISTER**

**(505)869-9770**

**CLASSROOM COURSE:**

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

For more information visit [www.aarp.org/drive](http://www.aarp.org/drive)

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

**DRIVER SAFETY** Real Possibilities

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

D17124(314)

**Just J.O.M.**  
YOUR ONE STOP FOR ALL JOHNSON-O'MALLEY

**Headlines in JOM**

The month of October was a busy month! This month we were able to take two field trips. One to the Cumbres and Toltec Railroad and another to the McCall's Pumpkin Patch.



**Field trip to Cumbres and Toltec Railroad was a success!**

On October 3, 2015 we had the opportunity to take children to experience the Cumbres & Toltec Scenic Railroad in Chama New Mexico.

The children were able to see how the leaves change colors during the fall time. They were able to meet other children and interact while on the train.



**Field trip to McCall's Pumpkin Patch Field Trip!**

Children who attended the pumpkin patch had a great time. We were able to take a hayride, go through the corn maze, ride tractors, play tic tac toe, and much more! Each child who attended the pumpkin patch was able to get a pumpkin from the farm!



**Field trip to McCall's Haunted Farm**

It was a night of zombies, clowns, and many other scary creatures. The children were able to conquer their fear and see the different ways to make theatrical events come to life. The children talked about the different ways the haunted farm was set up and their favorite parts of the night!

**Up-Coming Field Trip**

A Christmas Story at Popejoy Hall on Thursday November 19, 2015. Permission slips will be available Wednesday November 4, 2015.



**Family Night**

Join us on Tuesday November 23, 2015 for grocery bingo



**NEWS AND EVENTS - November**

19th - The Christmas Story  
24th - Family Night  
26th - Thanksgiving • HAPPY THANKSGIVING



Indian Health Service ,  
NM VA Health Care System & Pueblo of Isleta  
Presents:

**17th Annual**

**Native American Veterans Health and Wellness Symposium**

**Friday, November 6, 2015**

**Isleta Resort and Casino**

**11000 Broadway Blvd SE, ABQ., NM**

**The event is free in honor of Veterans**

7:30-8:15 AM Military Cadence Run/Walk >Meet in Hotel Lobby

8:30 AM Opening Session>> Grand Ballroom A & B

Pre-register by Friday, October 23 to Grace or Emilia by mail, email, fax, or phone!

Indian Health Service

Attn: Grace Baca

5300 Homestead Road NE

Albuquerque, NM 87110

Telephone No: 505.248.4600 or 4714

Fax No: 505.248.4265

Email: [grace.baca@ihs.gov](mailto:grace.baca@ihs.gov) OR [emilia.lovato@ihs.gov](mailto:emilia.lovato@ihs.gov)

Isleta Resort Hotel Room Reservation

Hotel Code: "IHS1115"

\$83/night Thursday & Friday



November 5 & 6, 2015

Please make your room reservations by

October 16th, 2015

(special rate is limited)

Phone: 505.724.3800



> PRC will assist with payment for medical services only.

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

> PRC does not cover Labs at other facilities.

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

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



## Isleta Recreation Boys and Girls Basketball



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

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

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

## FRUITS AND VEGGIES

## Diabetes Prevention Program

There's a huge variety of fresh produce available during the summer and it's not too late to get started! Aside from being delicious, low calorie and full of vitamins, minerals and fiber, eating 5 or more servings a day may help protect you from chronic diseases, including stroke, heart disease and certain cancers.

## SAVE TIME & MONEY!

- ▶ Pick ones that require little peeling or chopping-- ready to grab when tempted to snack on something less healthy.
- ▶ Buy "in season" when less expensive, store properly & freeze or can excess.
- ▶ Make vegetable based one-pot meals using beans or smaller amounts of meat.
- ▶ Grab & go! Make a fruit roll-up with whole wheat tortilla, thin spread of peanut butter & add your favorite fruit.

**TRY THESE SUPER SNACKS  
WITH A TWIST:**

### 1 MINUTE BANANA SPLIT

Cut a banana lengthwise & place in a dish. Top with 1 or 2 scoops of vanilla or lemon frozen yogurt, strawberries, crushed pineapple & non-dairy whipped cream

## TORTILLA TREATS

Bake tortillas until lightly browned, about 5 minutes. Top with a mixture of low-fat cream cheese, honey or sweetener, raisins and chopped apples; sprinkle with cinnamon sugar (sweetener)

## CRAZY CURRY VEGETABLE DIP

Mix in a bowl, plain low-fat yogurt, a little low-fat ranch dressing, some shredded carrots, minced green onions, pinch of sugar, and dash of curry powder. Taste & chill. Thread a colorful variety of veggies on skewers & serve with dip.

*THE 45-SECOND  
FRUIT SALAD SNACK*

Stir together mandarin oranges, a sliced banana, cut-up apple & a few frozen blueberries for a colorful, refreshing, fast salad or snack!



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

**Questions?  
Call PRC at  
869-4488**

## Reservation Party Rentals

Isleta Pueblo, NM 87022 Chris (505) 270-8453 Sharon (505) 235-7967 (text only)

WEB: reservationparty.rentals

Tables- Chairs- Linen- Chafers, Bouncers, Popcorn Machines and More....



- Free Delivery and Pick Up for Tribal Members
  - Credit Cards Accepted
  - Active and Retired Military Discounts



<https://www.facebook.com/reservationpartyrentals>

**Book Early, Book Now!!!!**  
**270-8453**

Beverage Dispensers- 60 Cup Coffee Maker, Tea Dispensers- Popcorn Machine, Snow Cone Machine, Chocolate Fountain, 5 Gallon Beverage Dispensers, Large Fruit Bowls, Ice Chest, Poker Tables, Black Jack Tables, Poker Chips, 18x12 Tent, 10x10 Gazebo, Wedding Arch-Wedding Cylinder Center Pieces- Martini Glass Ware- Helium Latex Balloons- Mylar Balloons-Fog Machine- Castle Bounce House -Mega Combo Castle Bounce House Slide and Pool, Monkey Bounce

Rug Doctor, 2000 Moving Dollies, Compressor, Dewalt ½" Impact, 5 Ton Floor Jack, Staple Gun, Generators, Sawzall, Hammer Drill,



## GROCERY BINGO

WEDNESDAY, NOVEMBER 4TH, 2015

5-8PM

ISLETA COURTHOUSE

COME AND SUPPORT ISLETA LLMS STUDENTS  
FUNDRAISER FOR SCHOOL TRIP TO NEW YORK 2016.





# From the Elder Center Kitchen

## Mah-Tu-Wahn Café

### November 2015

#### Spotlight Seasonal Fruit of the Month – Pears

What do pears have to offer?  
Pears are an excellent source of fiber.  
Pears are a good source of Vitamin C.  
Pears are fat free and cholesterol free.  
Pears are sodium free and provide 190 mg of potassium.  
Pears are a nutrient-dense food.

A medium sized pear (about 166 grams) is a nutrient-dense food that contains only 100 calories, and is fat free. A nutrient-dense food is any food that provides vital nutrients (such as vitamins and minerals), but relatively few calories. Nutrient-dense foods are also usually higher in fiber and water, components that tend to make us feel full faster and for longer.

Pears are nutrient-dense and an excellent source of fiber. One medium pear provides 6 grams of fiber, which is about 24% of the Daily Value, and can help you feel satisfied longer between meals and snacks. According to the Dietary Guidelines for Americans, the average American adult should consume approximately 2 cups of fruit per day. One medium-sized pear is approximately one cup, so you're halfway there with just one pear!

www.usapears.org

#### Pear-Kiwi-Lime Smoothie

Start with the refreshing flavor combination of fresh, ripe pears, kiwi and lime, and you've got an amazing breakfast smoothie.

##### INGREDIENTS

- 1 tablespoons fresh lime juice
- 1/4 cup water
- 2 peeled and halved kiwis
- 1 halved and cored ripe Anjou (or other) pear
- 2 tablespoons honey
- 1 cup ice cubes

##### DIRECTIONS

In a blender, combine all ingredients. Puree until smooth, pour into glasses, and serve.

– Recipe developed by the Williams-Sonoma Test Kitchen

#### RIPENING AND HANDLING

A ripe pear is a sweet pear.

A little known fact about the pear is that it is one of the few fruits that does not ripen on the tree. The pear is harvested when it is mature, but not yet ripe, and, if left at room temperature, it slowly reaches a sweet and succulent maturity as it ripens from the inside out.



So, how do you know when the pear has ripened to sweet and juicy perfection?

While a Bartlett's skin color brightens as it ripens, most varieties of pears show little change in color.

The best way to judge ripeness for non-Bartlett varieties is to Check the Neck™: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's ripe. For a host of information about pears go to [www.usapears.org](http://www.usapears.org)

#### Elder Center Program

##### Elder Center Activities:

As October passes and the cold air begins to settle in, we begin to realize just how fast this year has gone. Here at the Isleta Elder Center we have definitely had a lot of great activities, participation, and of course trips throughout the year. During the month of October 2015 the elders of our community were given an opportunity to take a low cost bus tour to Laughlin, Nevada from Herrera Coaches.

Many elders took advantage as the Elder Center was fortunate to host 39 participants on this year's annual trip. The tour consisted not only of a beautiful bus ride to Laughlin, NV, but also included 4 day, 3 night stay at Tropicana Casino & Hotel. A meal ticket for both breakfast & dinner was given to all guests as part of the travel package. This trip was a great experience all around as many community members were able to relax and have fun." It was an honor to be around the elders of our community and be a part of such amazing people, Hawu," – Eugene Jojola, Activities Coordinator.

If you are interested in any of the Elder Center Events as a Participant or Volunteer please contact Eugene Jojola at (505)869-9770.

##### Up Coming Events:

###### Native American HealthCare Project Presentation

November 4, 2015: Isleta Elder Center Activities Room  
Time: 10:00am – 12:00pm

###### Elder Telephone & Internet Scam Awareness: NM District Attorney

November 9, 2015: Isleta Elder Center Activities Room  
Time: 10:00am – 12:00pm

###### Presbyterian Hospice Presentation: Dr. Kathy Ligon

November 10, 2015: Isleta Elder Center Activities Room  
Time: 10:00am – 11:30am

###### Isleta Elder Center Veteran's Luncheon Event

All Veterans are welcome to join us for this event!!!  
November 10, 2015  
Time: 11:30am – 1:00pm  
Please R.S.V.P By: November 6, 2015

###### Isleta Elder Center's Annual Thanks Giving Dinner

November 19, 2015: Isleta Elder Center Dining Area  
Time: 12:00pm

##### Closure Dates:

**Veteran's Day**  
November 11, 2015

**Thanksgiving Closures**  
November 26 & 27, 2015



#### ISLETA HEALTH CENTER

*"Did you know?"*

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

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

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

#### NURSE ADVICE LINE

### 1-877-752-2552

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

**\* CALL 911 FOR LIFE THREATENING EMERGENCIES**  
**This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.**

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



Pueblo of Isleta Elder Center  
Advisory Committee

Attention Seniors Residing in Districts 2 and 3

The Isleta Elder Center Advisory Committee will be mailing out voting packets to all seniors residing in districts 2 and 3 to vote on the following individuals who have been self-nominated or nominated by their peers.

**District 2** (2 Vacancies) – Covers the Village area and Wheh nahm (Oribi). This district extends from the west side of the Rio Grande River to the east side of the Rail Road Tracks and extends from the north to the south boundaries of the reservation.

Nominees:

1. Richard Lucero
2. E. Frances Cherino
3. Moses E. Lujan

**District 3** (1 Vacancy) – Covers the area east of the Rio Grande River and west of Highway 47 and also extends from the north to the south boundaries of the reservation.

Nominees:

1. Mary Evelyn Jojola

If you have any questions, please feel free to call Lillian Jaramillo, President of the Advisory Committee at 450-5515. You may also contact the other members: District 1 – Priscilla Reyna-Jojola, and Elsie Lucero; District 4 – Edwina Abeita

The Pueblo of Isleta Elder Center  
Golden Eagle Pass Program



The Isleta Elder Center in partnership with Isleta Resort & Casino will issue a Golden Eagle Pass to Tribal Member Elders 65 plus years of age.

The pass will allow you to enjoy 5 free passes to the following

- Isleta Resort & Casino Venues:
- Isleta Eagle Golf Course
- Fun Connection
- Isleta Lakes

Tribal Member Elders will also receive “One” free Birthday lunch or dinner of your choice (not to exceed \$20) at any restaurant at the Isleta Resort & Casino.

Come visit the Isleta Elder Center for your “Golden Eagle Pass.” Passes must be renewed annually, counting from the date of issue.

Please bring your Tribal Identification Card and State Issued Driver’s License/ID.

Did you call for an Ambulance?

Please report the information to PRC within 72 hours.

869-4488

Isleta Elder Center  
Legacy Corps Veteran In-Home Respite Program

Isleta Elder Center is partnering with AmeriCorps to provide in-home respite to support veteran and active military families who are caregivers.

Help us help your clients

- Isleta Elder Center has 12 Legacy Corps members (volunteers) who will help support veteran and military families across the Isleta Reservation by allowing family caregivers regular time away from caregiving tasks.
- Isleta Elder Center requests assistance from partner organizations with identifying appropriate caregiver families and potential Legacy members (volunteers) to provide respite.

AmeriCorps/Legacy Corps

- AmeriCorps 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) and the family caregiver (reduction of 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.

Care recipients

- Veterans or family members of veterans or active military members

Legacy Corps members (volunteers) will...

- Complete 450 hours of service between November 1, 2015 and October 31, 2016
- Participate in 90 hours of training, including 20 hours of pre-service training
- Pass criminal and sex offender background checks
- Provide companionship-low level care (no toileting, transfers or medication)
- Program member should be a veteran or military family member.

For their service, Legacy members (volunteers) receive the following benefits:

- \$100 bi-weekly stipend
- Education award (approximately \$1,527.78) upon completion of 450 hours, to be used by the member or transferred to child or grandchild for older volunteers.

**For more information or to refer:** Contact Rebecca Gonzales at (505) 869-9770 or poi23084@isletapueblo.com

### Recruiting Volunteers for 2015-2016 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.

Complete 450 hours in a year

Earn \$200 a month Stipend

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

Provide Companionship-level care for 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

November 2015				
ELDERLY CENTER MENU				
11/2/2015	11/3/2015	11/4/2015	11/5/2015	11/6/2015
Chicken and Vegetable Soup with Rice 6 oz Chicken 3 oz, Veggies 1/8 c Rice 1/2 c Biscuit 1 ea = 56g Fresh Steamed Broccoli 1/2 c Corn 1/2 c French Bread 1 Slice = 28 g Plums 1/2 c	Cheese Burger w/ mustard Beef 3 oz, Cheese 1 oz WW Bun 1 ea = 56g Baked Beans 1/2 c Corn on the cob = 1/2 c Lettuce & Tomato Slice 1 Fresh Pear 135 ct	Breaded Fish w/Lemon 4 oz Breeding on Fish = 1 grain eq Salad w/Tomato Wedge 1 c Peas/Corn 1/2 c French Bread 1 ea = 28 g Peaches 1/2 c Tartar sauce 1 oz	Red Chile Chicken Adovada Chicken 3 oz, Red Chile 1/8 c Spanish rice 1/2 c Calabacitas 1 c Coleslaw 1/2 c Tortilla 9" 1 ea Gala Apple 1 ea 125 ct	Spaghetti w/Meat Sauce Beef 3 oz, Spaghetti 1/2 c Marinara Sauce 1/2 c Mixed Vegetables 1/2 c Garlic Bread Stick 1 ea = 28 g Grapes 1/2 c **
11/9/2015	11/10/2015	11/11/2015	11/12/2015	11/13/2015
Chicken ala King over rice Chicken 3 oz, Rice 1/2 c Brussels Sprouts 1/2 c Corn 1/2 c Biscuit 1 ea = 56g Mandarin oranges 1/2 c	Ground Beef with Corn and Potato Beef 3 oz, Corn 1/4 c, Potato 1/2 c Steamed Cauliflower 1/4 c WW Bread Slice 1 ea = 28g Apple Crisp 1 piece = 1 Grain equivalent and 1/2 cup apple	VETERAN'S DAY CENTER CLOSED	Pork Tamale w/Cheese Tamale 3 oz, Cheese 1 oz Pinto Beans 1/2 c Peas/Carrots 1/2 c Tortilla 9" 1 ea Banana 1 ea	Meatball Sandwich Meatball 3 oz, Mozz 1 oz Hot Dog Bun 1 ea = 56 g Marinara Sauce 1/2 c Mixed Vegetables 1/2 c Grapes 1/2 c
11/16/2015	11/17/2015	11/18/2015	11/19/2015	11/20/2015
Chicken Nuggets 3 oz Breeding = 1 grain equivalent Baked Beans 1/2 c Corn 1/2 c Biscuit 1 ea = 56g Fruit Cocktail 1/2 c	Bean and Cheese Burrito Bean 1/2 c, Cheese 1 oz Tortilla 9" 1 ea Stewed Tomato 1/2 c Steamed Cauliflower 1/2 c Banana 1 ea	Beef Vegetable Soup 6 oz 3 oz Beef, 1/4 c veggie Steamed Baby Carrots 1/2 c Steamed Broccoli 1/4 c 1 Biscuit = 56 g Sidekick Fruit Cup 1/2 c	Turkey 3 oz Mashed/Gravy 1/2 c, 2 TBS Green chile w/pork 1/4 c Sweet Potato 1/2 c Jellied Cranberry 1/8 c Stuffing 1/4 c Vanilla Ice Cream Cup Fresh Bread 1 slice	Red Chile Beans 6 oz 1 oz Beef, 1/2 c Beans Red Chile Puree 1/8 c Mixed Vegetables 1/2 c Steamed Broccoli 1/2 c Bread or Crackers 56g Applesauce 1/2 c **
11/23/2015	11/24/2015	11/25/2015	11/26/2015	11/27/2015
Hot Roastbeef Sandwich w/gravy 3 oz Roastbeef, 2TBS Gravy, 1 Slice Bread = 28 g Steamed Cauliflower 1/2 c Steamed Carrots 1/2 c Mandarin Oranges 1/2 c Oatmeal Cookie 1 ea	2 Beef Soft Tacos w/Cheese 2 oz Beef, 1 oz Cheese 2 ea 6" WW Tortilla Shredded Lettuce & Tomato 1/8 c Pinto Beans 1/2 c Stewed Tomato 1/2 c Fruit Cocktail 1/2 c	Chicken Caesar Salad 3 oz Chicken, 1 cup Lettuce Cucumbers 1 c Cherry Tomato 1/2 c Crouton 2 oz = 26g Garlic Breadstick 1 ea = 26g Fresh Orange 138 ct Caesar Dressing 1.5 oz	Happy Thanksgiving 	Closed for Holiday
11/30/2015	<b>Homebound Deliveries</b> <b>PLEASE</b> Call the day before to CANCEL meals. Congregate Meals Salad bar offered daily.		***Menu Subject to change due to the availability of products. ***All Meals prepared with LOW SALT AND LOW SUGAR.	
Sloppy Joe on WW Bun 3 oz Beef, 1 Bun=56g Baked Beans 1/2 c Beets 1/2 c Peaches 1/2 c			***Low Fat Milk Served Daily	

Pueblo of Isleta WIC

505 869-2662

Diabetes

November is National Diabetes Month

Get educated!

Get support!

Get empowered!

Get the facts:

- Every 19 seconds someone is diagnosed with diabetes in the U.S.
- 1 out of 11 Americans have diabetes
- If not controlled diabetes can cause many health problems including blindness, nerve damage, kidney disease, and even death
- Type 1 Diabetes
  - caused by genetic and unknown factors that trigger it's onset
- Type 2 Diabetes
  - caused by genetics and lifestyle factors
- Native American and Hispanic populations have an increased risk of developing diabetes

What can you do?


Even small changes to your lifestyle can make a big difference!

- Choose healthy whole foods
  - eat more lean proteins such as chicken and fish
  - try to get 2-3 cups of fruits and vegetables every day (keep on hand for snacks and add to smoothies)
  - swap white refined flour products with whole grains
  - Reduce and eliminate sugary drinks such as soda, sweet tea, flavored drinks and high sugar energy drinks (increase water and flavor with fruit, a splash of 100% juice or fresh herbs like mint or cinnamon)
- Get regular exercise
  - a walk after dinner, basketball with the kids, jumping on the trampoline, get creative!
- Maintain a healthy weight
  - even a small amount of weight loss (5-10 lbs) can reduce your risk of developing diabetes or make it easier to control if you've already been diagnosed
- Breastfeed your babies
  - formula feeding increases the risk of both Type 1 and Type 2 diabetes in children and later adulthood
  - mothers who don't breastfeed have a higher risk of developing type 2 diabetes
  - the longer you breastfeed, the lower the risk for both mother and child

For more information:

www.diabetes.org


www.cdc.gov/diabetes



PURCHASED/REFERRED CARE

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

For more information, Call PRC at 869-4488.



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

QUESTIONS? CALL 869-4488.







-WIC NOTES-

**Tips for Healthy Diaper Changes at Home**

At Home try to always change your baby in the same place. If you can always use at a changing table, that’s great. If you change diapers on the floor, try to change your baby in the same spot each time. Why? If you’re throwing down a diaper pad and doing diaper changes anywhere in the house, you could be spreading germs. If possible, set up a changing station in the bathroom that way you’re close to the sink.

**Be prepared:**

Have everything you need before you begin the diaper change. If you have to jump up in the middle of a diaper change to open a cabinet and grab wipes or a tube of ointment, you’re increasing the odds that you’re spreading germs around the house. So before you take off baby’s diaper, make sure you have everything you need.

**Wipe carefully:**

With a girl, always wipe from front to back to prevent infections. Although that’s not an issue with a boy, you should always put a cloth over his penis to prevent a spray of urine during the diaper change. Roll up the diaper carefully. Yes, it’s not always easy -- especially if your child is shrieking and kicking you in the chin. But if you can roll up the diaper and reseal the adhesive tabs, you’ll have a ball that’s more or less germ-free on the outside.

**Get a diaper pail:**

The way diaper pails are designed can help reduce the spread of germs and help to keep the odor down. They are also helpful in keeping other children’s hands away from the dirty diapers.

**Use distractions:**

Changing a squirming baby can be a real struggle. It’s also less likely to be sanitary -- if you’re wrestling with your toddler and rushing to pull off the dirty diaper, you’re more likely to be spreading germs. So if your baby is a changing table squirmer, have distractions ready. Keep a couple of toys on the changing table that you can use to divert her attention. Just a couple of extra seconds may be enough. Once the diaper change is over, make sure to wash off or disinfect the toys afterward.

**Double check:**

During diaper changes, a baby’s flailing hands -- and especially feet -- have the unfortunate tendency to land in poop. So after he’s changed but before he’s dressed, make sure that baby’s still clean.

**Wash off your baby’s hands:**

Whether or not you’ve actually seen your baby touch anything nasty during the diaper change, it’s still a good idea to wash her hands once you’re done. Wash your own hands right away: If you’re not near a sink, you can use alcohol-based gel instead -- just make sure to keep the bottle out of your baby’s reach.

**Changing cloth diapers:**

If you’re washing your cloth diapers yourself, the American Academy of Pediatrics recommends presoaking them. Then wash them in hot water -- apart from other clothes -- and double rinse each wash.

**Clean and disinfect the changing area:**

Regularly wipe down the changing table with soap and water or a disinfectant. Clean the diaper pail as well -- inside and out. Be especially careful if you have more than one child using diapers. A dirty changing area is an easy way for your two kids to swap germs.

**Wash the diaper pad cover regularly:**

Changing pads and covers can get dirty quickly. Get in the habit of washing yours routinely -- and change it right away if it’s stained. Another easy idea is to lay a receiving blanket over the pads during changes. They’re easy enough to throw in the wash.

**Tips for Diaper Changes on the Go**

**Have a big changing pad:**

You never know where you’ll wind up having to do a diaper change or how disgusting the surface will be. So always bring a changing pad that’s big -- big enough that your baby can fit on without having to touch the surrounding area

**Wipe down public changing tables:**

If you’re in a public bathroom with a changing table, make sure to wipe it down first with a disinfectant wipe.

**Dispose of the diaper carefully:**

Obviously, throw the used diaper in the

trash immediately if you can. But for those times when you’re not near a trashcan, always bring some extra plastic bags in your diaper bag. Seal the diaper in the plastic bag and then carry it with you until you can throw it out.

No matter how hurried you are, never forget to wash your hands. If you’re not near a sink, use an alcohol-based gel that you carry in your diaper bag.

**Wash your diaper bag:**

Over time, your diaper bag is going to get dirty, especially if you occasionally have to stuff a dirty diaper in there. So get in the habit of washing it occasionally.

(Other healthy baby tips can be found at Webmd.com )

**WIC Nutrition**

**Lower the Leading Cause of Childhood Death by Buckling Them Up Properly**

Isleta Health Center  
Health Educator Stephanie Barela, 869-4479

Crashes are among the leading causes of kids’ deaths and injuries. At the Centers for Disease Control and Prevention, Dr. Arlene Greenspan says crashes kill about 550 children up to 9 years old, and send about 220,000 to emergency rooms with injuries per year.

Dr. Greenspan says safety seats can reduce that, if they are used properly:

“Parents often move their child into the next stage of car seat too early. Parents make mistakes in the way they install car seats. And parents may strap their children into the car seat too loosely or incorrectly.”

A certified car seat technician can show you how to do it right. Contact Frances Anchondo, 869-4482, or Stephanie Barela, 869-4479 to find out if your car seat is properly installed and to learn how to properly install it.

*Adapted from  
Indian Health Services Article*



Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

3. Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

4. Get your family vaccinated for seasonal flu when vaccines are available.

If flu conditions become MORE severe, parents should consider the following steps:

- Extend the time sick children stay home for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.

• If a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the school year:

- Plan for child care at home if your child gets sick or their school is

- dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.

• Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.

• Identify a separate room in the house for the care of sick family members.

• Update emergency contact lists.

• Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

www.CDC.gov

NOVEMBER IS AMERICAN DIABETES MONTH

PRE-DIABETES means that blood sugar (glucose) levels are higher than normal but not high enough to be called diabetes. Most people have it before they develop type 2 diabetes yet they don't even know it. There are 57 million people in the US who have pre-diabetes!

Normal fasting blood glucose is below 100 mg/dl. A person with pre-diabetes has a level between 100 and 125 mg/dl. If it rises to 126 mg/dl or above, please see your doctor for further testing.

Recent research has shown that long-term damage to the body, especially the heart & circulatory system, may already be occurring during pre-diabetes, so GET IT CHECKED OUT NOW! If you take action to manage your blood sugars when you have pre-diabetes, the good news is you can delay or prevent type 2 diabetes from ever developing!!!

Start today with making changes toward healthier eating and increasing your level of physical activity. Be active for 30 minutes a day (can be divided out over the day's time) most days of the week. Start gradually, 5-10 minutes a day and work up towards that goal. Even walking is great!

Achieving a healthy weight can also help. If you're overweight, any weight loss, even 5 or 10 pounds, will lower your chances of getting diabetes. Be conscious of portion choices and preparing foods with less fat. Choose more nutrient rich, energy enduring foods, as well.

Healthy eating can be achieved by following the Food Pyramid guidelines which include a variety of foods low in fat, sugar & salt, yet high in fiber (include more non-starchy fresh vegetables, fruits & whole grains). Limit the less healthy "treats" to smaller amounts less often. **SMALL STEPS. BIG REWARDS.**

(<http://www.diabetes.org>; American Diabetes Association pamphlet: Pre-diabetes)

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

PREVENT FROZEN PIPES

The winter months mean freezing outdoor temperatures which can cause water lines to freeze. Frozen pipes can burst and cause extensive water damage. An eighth-inch (three millimeter) crack in a pipe can emit up to 250 gallons (946 liters) of water a day. Both plastic (PVC) and copper pipes can burst. By taking a few simple precautions, you can save yourself the mess, money and aggravation frozen pipes cause.

Before the cold hits

Insulate pipes in your home's crawl spaces, garage, unfinished basement and attic. These exposed pipes are most susceptible to freezing. Remember - the more insulation you use, the better protected your pipes will be.

Disconnect garden hoses and insulate all outdoor faucets (hose bibs). This reduces the chance of freezing in the short span of pipe just inside the house.

Heat tape or thermostatically-controlled heat cables can be used to wrap pipes. Be sure to use products approved only for the use intended (exterior or interior). Closely follow all manufacturers' installation and operation instructions.

Seal leaks that allow cold air inside near where pipes are located. Look for air leaks around electrical wiring, dryer vents and pipes. Use caulk or insulation to keep the cold out and the heat in. With severe cold, even a tiny opening

can let in enough cold air to cause a pipe to freeze.

When the temperature drops

A trickle of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet on an outside wall.

Open cabinet doors to allow heat to get to un-insulated pipes under sinks and appliances near exterior walls.

Before you go away

Set the thermostat in your house no lower than 55°F (12°C).


Ask a friend or neighbor to check your house daily to make sure it's warm enough to prevent freezing or shut off and drain the water system.

Be aware that if you have a fire protection sprinkler system in your house, it will be deactivated when you shut off the water.

If your pipes freeze

Don't take chances. If you turn on your faucets and nothing comes out, leave a faucet turned on for water to drain from, and so you can see when the water starts to flow again.

**If you have any further questions or concerns, please contact the Public Services/Utility division**




Thinking About Quitting


NOT READY TO COMMIT TO A FULL Quit Smoking PROGRAM?

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

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



Isleta Health Center NOVEMBER 2015 Questions? Call 869-3200						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.  Freedom From Smoking: Session 8 – Congrats Group 24!, 5:30p @ small conference room, Health Center.	3 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	4 Parent Group: 9-11a @ BHS. Anger Mgmt. Skills: 1-2p @ BHS.	5 Dental Class (DPP): 8:45am @ Small conference room. Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	6 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	7
8	9 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	10 Women's Support Group: 10-11a @ BHS. POI Cancer Support Group: 10:30-12P, Health Center, small conf. room. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	11 HEALTH CENTER CLOSED Veterans Day Thank you!	12 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	13 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	14
15	16 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	17 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	18 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Healthy Cooking Class: 5:30-7p @ Health Center kitchen.	19 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.  Great American Smokeout Day! Stop dipping, chewing or smoking for ONE day!	20 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	21
22	23 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Diabetes Alliance Group: 10-11a @ Diabetes Prevention Administration building.	24 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	25 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS.	26 Thanksgiving Day  Health Center CLOSED	27 Have a happy and safe holiday weekend!  Health Center CLOSED	28
29	30 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	November is COPD Awareness Month!  "Chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, is a chronic lung disease that makes it hard to breathe. The disease is increasingly common, affecting millions of Americans, and is the third leading cause of death in the U.S. The good news is COPD is often preventable and treatable."  <a href="http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/">http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/</a>				



# Freedom From Smoking

NEED HELP STOPPING SMOKING?

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

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



## Weekly Prizes!

→ Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!

→ Get support from others that are going through the same thing.

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



Sponsored by the  
Isleta Health Center



## Pueblo of Isleta Community Cancer Support Group

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



**November 10, 2015**  
**10:30am - Noon**  
**GROUP SUPPORT**

For information call Stephanie Barela @ 869-4479.

**SAVE THE DATE!**

We will meet on December 14<sup>th</sup>  
(the 2<sup>nd</sup> Monday) @ 10:30am for our  
Annual Holiday Potluck!