



Isleta Pueblo News

Volume 11 Issue 12

Pueblo of Isleta website: www.isletapueblo.com



December 2016

FROM THE OFFICE OF THE GOVERNOR

MA GU WAM

October 22, 2016 - Indian Cultural Center, Albuquerque New Mexico

At a special Awards Dinner held by the Coalition to Stop Violence against Women, the Pueblo of Isleta received a Community Partner of the Year award for its commitment to stopping violence against Native women and children. This Award exemplifies the excellent work being done by the Tribe's Domestic Violence programs and responders. The Pueblo of Isleta was represented at the Awards ceremony by 1st Lieutenant Antonio Chewiwi.

October 23-27, 2016 - Atlanta, Ga. - Annual 2016 Native CDFI Awards

At the 2016 Native CDFI Awards Ceremony hosted by Opportunity Finance Network and First Nations Oweesta Corporation, Ms. Sheila Herrera, Executive Director of Tiwa Lending Services was awarded the Visionary Leader Award for her outstanding achievements and visionary leadership as Executive Director of Tiwa Lending Services. Under her direction, Tiwa Lending Services has tripled their loan portfolio from 1 MM to over 4.5 MM, providing tribal members first time mortgage opportunities, new home construction as well remodeling options for tribal homeowners. Ms. Herrera has also



L to R: Mr. Francis Lutz, CEO of Opportunity Finance Network, Ms. Sheila Herrera, Executive Director, Tiwa Lending, Ms. Chrystel Cornelius, Executive Director, First Nations Oweesta Corporation

forged partnerships with local, state, and governmental entities to propel economic development efforts benefitting tribal members located on the Isleta Pueblo.

We are very proud of Ms. Shelia Herrera for her hard work and dedication to help improve the lives of our tribal members.

Isleta Hotel Casino Resort

On November 17, 2016, the Isleta Resort and Casino hosted the New Mexico Hospitality Association's TopHAT--Hospitality And Tourism--Awards ceremony. These awards are considered the "Oscars" of the

hospitality industry and are extremely competitive. Out of more than 1,200 entries submitted this year, the collective work was judged by exceptional experts throughout the industry.

The awards will be officially announced on the 60th Annual HSMAI Adrian Awards Competition Gala on Tuesday 21 February at the New York Marriott Marquis.

Thank you to the hospitality partners on The Santa Fe Margarita Trail for helping to launch this extremely well-received, permanent fixture on the award-winning Santa Fe travel landscape. Congratulations to the Isleta Resort and Casino management for their recognition and participation. The event was attended by 1st Lieutenant Antonio Chewiwi who provided a welcome and invocation.

Message from Governor

As I reflect on the past two years I deeply appreciated our communities guidance and support and the blessings of our culture and traditions which makes our people stronger to meet future challenges. Only through our mutual trust and respect of self and others, will we realize personal growth and continued wellness of our community and our future generations. May the Great Spirit always guide you and protect you and your loved ones in the coming Years.

8th Annual Light the Path Memorial Walk

December 9, 2016 @ 5:00PM
Isleta Recreation Center

The annual memorial walk is nearing and is in the final planning stages of this holiday time event. Please join us on Friday, December 9th beginning at 5:00pm at the Isleta Recreation Center as we remember all of our loved ones that have journeyed before us. This event is sponsored by the Isleta Community Action Team (ICAT), which is a made up of POI service providers and departments, as well as Isleta community members.

The event starts with a community procession from the village Recreation Center to the St. Augustine church and back. It's a great walk because the memorial path, as well as village entrances, the church/plaza and the Rio Grande bridge, are lit with hundreds of luminarias! Once back at the Recreation Center, a memorial service and dinner will be held. Also, a slideshow will display pictures of loved ones that we've lost and then "awesome" door prizes will be raffled.

Last year's event was a huge success with over 2,000 luminarias lighting the procession's way. With over 250 participants in 2014 and 2015, we anticipate this number to grow larger each year. **If you would like to include your loved one's names and photos, the deadline for submitting them is December 1, 2016.** Luminaria bags may be picked up the next day after the event for your own personal use. If you would like to volunteer and help fill the bags with sand, placing them on the path, and lighting them, you are more than welcome to join us. Call IBHS for more information about volunteering.

In closing WE all have someone special that has left so many memories while they were here with us on Earth. So in turn, we want to honor them.

If more information is needed, please contact Behavioral Health Services @ 505.869.5475.



2016 MEMORIAL WALK

COME JOIN US
For a remembrance of those who have passed.

WHERE
Isleta Rec Center

WHEN
Friday, December 9, 2016
5:00 p.m. — 8:00 p.m.

Submission of names
Submit the names of your loved ones with your luminaria donation to Isleta Behavioral Health
Deadline is December 1, 2016

Photos
You may submit photos at IBHS and Isleta Library
Deadline is December 1, 2016

Information: Contact IBHS @ 505.869.5475

PROBATE NEWS

First Notice – A petition to Probate the Estate of Jose M. Olguin, deceased December 21, 2015. Case No. CV-16-PRO-00129, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 01, 2017 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

SECOND NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner Joe Edward Lujan (Chewiwi) has applied to the Honorable Vincent Knight Tribal Court Judge of the Pueblo of Isleta, at the Tribal Services Complex, Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from (No Name) Lujan to Joe Edward Chewiwi. Any person claiming an interest in this matter may notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for October 18, 2016 at 2:45 p.m. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

News from the Comanche Ranch

This will be the final article from the ranch for 2016. It has been a busy year for us and here is a list of just some of the things that have happened:

- Hosted a group of JOM students
- Hosted a training session for USDA interns
- Fee-to-Trust action was completed. The Comanche Ranch was the largest single piece of land to be taken into Trust by the US government under the Obama Administration
- Gave a presentation to the tribal Elders on the ranch
- Donated beef for the annual Child Abuse Awareness events held by the Social Services department
- Gave a powerpoint presentation to a USDA veterinarians group on the ranch
- Awarded USDA financial assistance to construct 4.5 miles of new fence, a 10,000 gallon water storage tank and 1 mile of new waterline

Along with these activities we also performed the usual ranch duties of rounding up, branding, repairing fences and waterlines, feeding supplemental feed, purchasing bulls, and all the other tasks that come with a ranch. Perhaps the biggest accomplishment is that we have cut spending significantly, shortened the list of vendors and have gotten rid of excess equipment. We have also established good working relationships with AC Nutrition, Bar T Bar ranch, Hooper Cattle Company, C2 Consulting. With the help of these companies we will improve the performance of the cattle herd which translates into more revenue for the Pueblo.

In the future we would like to change how we market our cattle by changing the breeding seasons and looking at working with the casino to serve Comanche Ranch beef. We would like to be able to work with the youth by hosting more activities and having the Elders come and spend some time with us and possibly combining the Elders and the youth in a day long trip to the ranch. If you all can't come to the ranch, we will bring it to you by having presentations at the schools, Elder center or any other forum. The Comanche Ranch is more than just a cow/calf operation. It is a unique opportunity to educate and share knowledge about ranching and the many "parts" to a ranching enterprise. There is also the beauty of the land, wildlife and many plants that are edible or have medicinal and traditional uses.

On behalf of myself, my family and the Comanche Ranch hands, I would like to wish you all a happy and prosperous Holiday Season. May you all have the warmth of family and friends, a warm place to sleep, a roof over your head and a warm meal. May the Creator bless you all and keep you safe and healthy every single day.

Merry Christmas and Happy New Year!!!

LETTER FROM THE EDITOR

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

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

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

Thank you,

Nathaniel Lujan

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

- 1) The Administration Building (Governor's Office): Receptionist Desk
- 2) Census Office: Receptionist Desk
- 3) Health Center: Lobby(Newsletter Stand)
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk & Breakroom (Newsletter Stand)
- 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)



Lorraine Y. Chavez Insurance Agency Inc

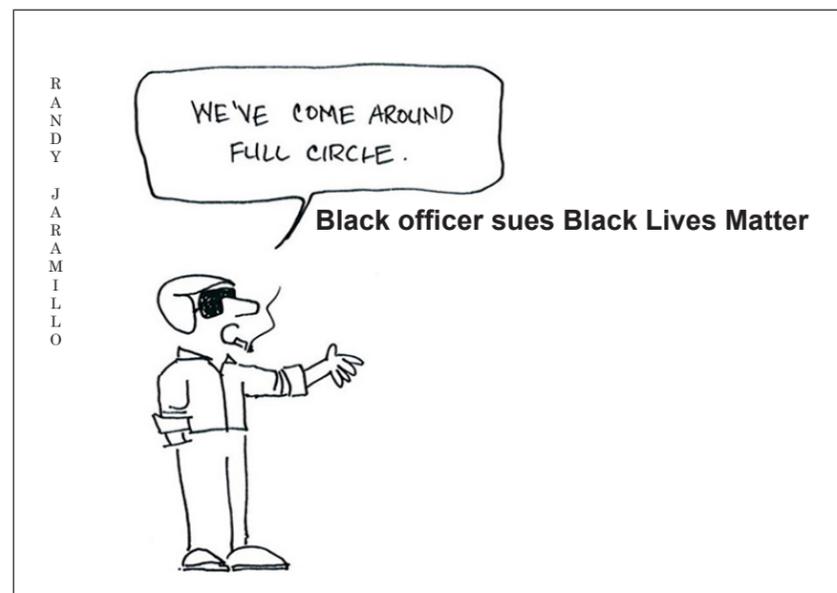
Receptionist Wanted (Albuquerque)

Compensation: TBD

Employment type: Full-Time

- Looking for dependable and hardworking receptionist to join our team. Fast paced working environment. 40+ hours with great benefits. Must have experience! You must also be willing to multi-task and be a team player. Bilingual a plus. Serious inquiries only. Please submit resume to:

Lorraine Y. Chavez Insurance Agency Inc
8224 Louisiana Blvd NE Suite A
Albuquerque, NM 87113
Ph: 505-821-7123
Fax: 505-821-7507
jpadilla@lycinsurance.com



News Release

Local rodeo student sixth in the region at Mesalands Community College

TUCUMCARI, NM- Mesalands Community College is pleased to announce that Clayton Torres from Isleta Pueblo, NM, is currently sixth in the Grand Canyon Region in the team roping (heeler) event.

The Mesalands Rodeo Team hosted the 9th Annual Mesalands Grand Canyon Region Intercollegiate Fall Rodeo last month, which was the last rodeo of the semester. Torres finished second in the average, winning the reserve championship title with teammate Zack Toberer (header) from Mount Ulla, NC.

Torres is a recipient of the Stampede Rodeo Scholarship and majors in Agri-Business at Mesalands.

The Mesalands Rodeo Team will kick off the spring season in March.



Clayton Torres

Picture courtesy of Mesalands Community College.

Additional information about the Mesalands Community College's Rodeo Team can be obtained at 911 South Tenth Street in Tucumcari, or at (575) 461-4413, ext. 138, or on the Web at www.mesalands.edu.

Pueblo of Isleta Higher Education Program



Spring /winter 2017 Semester / Term
All Students Supporting documents due
December 31st, 2016



FYI: Most schools will close last two weeks of December get documents in early.

FERPA

Any student who wishes to share 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.

You are cordially invited to attend the...

2017 College
& Career Fair

Network, job search, explore and learn more about the educational and professional options available to you! Representatives from colleges will be available to answer questions.

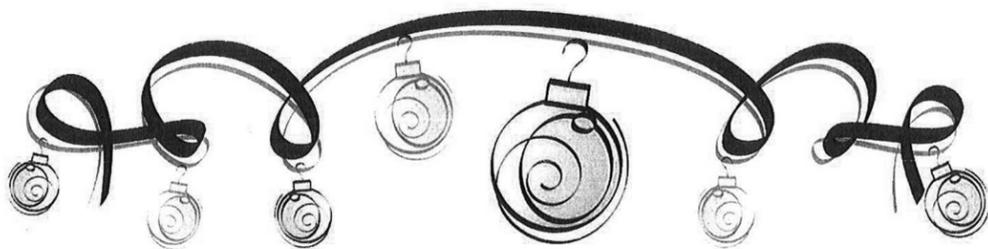
Saturday
January 21, 2017
9AM - 1PM

Isleta Eagle Golf Course

Hosted by the Pueblo of Isleta Department of Education and the Los Lunas Public School District. For more information, please contact Kathleen Jojola or Beverly Piro at (505) 869-9790.
Kathleen Jojola: poi08004@isletapueblo.com
Beverly Piro: poi08101@isletapueblo.com

Open to the public...
Door Prizes!!



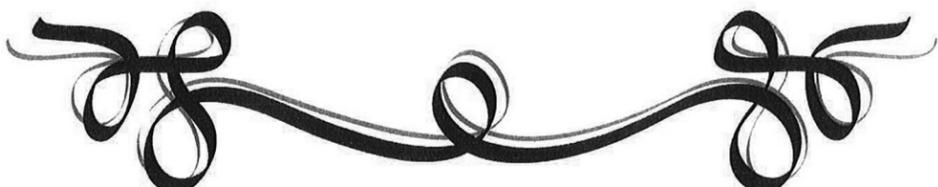
LIZARD FLATTS CARRY-OUT
IS NOW TAKING

TAMALE ORDERS FOR CHRISTMAS

Tamales will be made with
Pork and Red Chile / \$24.00 Dozen

Please place your orders by Thursday, December 20, 2016
Angie D. Jojola/Charles B. Tenorio at
angijojola@gmail.com or
(505)589-2034/ (505)589-0898
SERIOUS INQUIRES ONLY

Orders will be delivered on Thursday, December 22, 2016
And Friday, December 23, 2016 or may be picked up at
12B Tribal Road 76, Isleta, NM 87022



Pueblo of Isleta Elementary School

Students at the Pueblo of Isleta Elementary School have been busy in November and we have had much to be "Thankful" for!

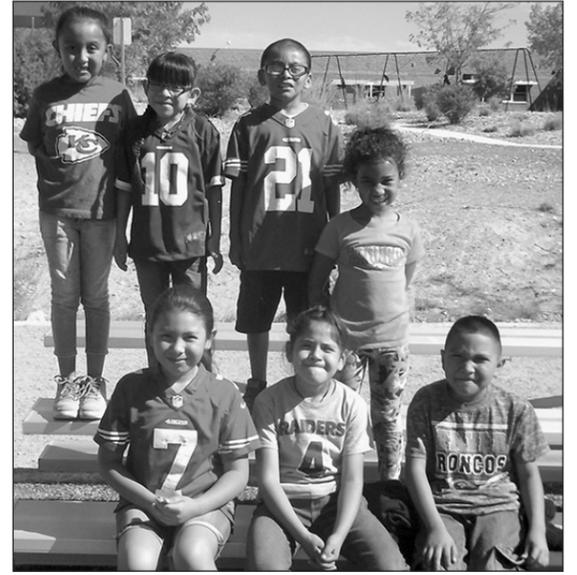
A big **THANK YOU** goes out to all the parents and community members that attended the Thanksgiving Dinner on Friday, November 18th. The Kitchen was packed with the family and friends of our POIES Students. Thank you for joining us and thank you to the staff that prepared and served the meals!

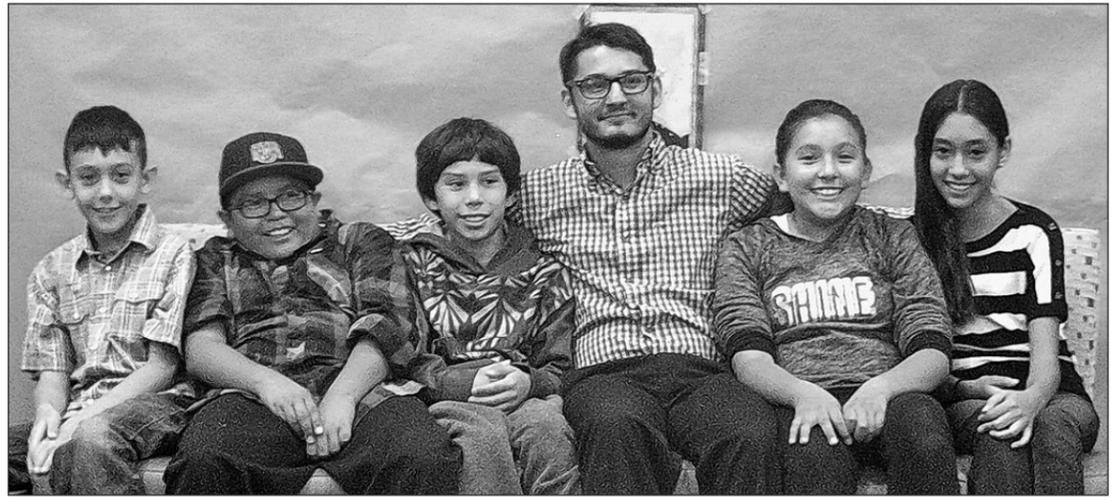
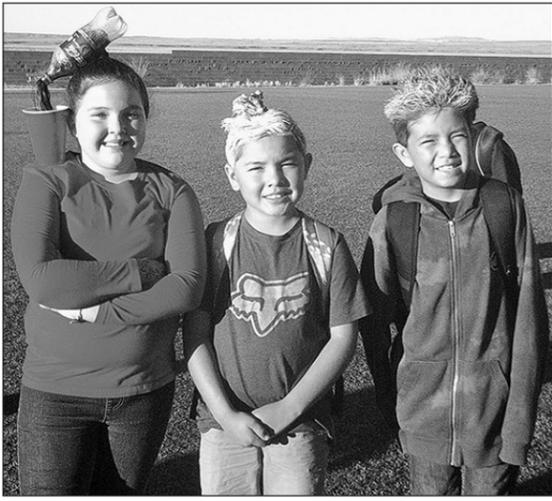
POIES Students are continuing to learn the importance of giving back in their community. November marked our second Annual Canned Food Drive. Ms. Hope Campos, School Counselor, asked students to bring in non-perishable food items, to be donated to the local families of the Isleta Community and to the Roadrunner Food Bank in Albuquerque. This was a shared effort of the Pueblo of Isleta Elementary School and the Recreation Department. Ms. Cynthia Lucero's Third Grade Class bested their peers in providing the most items for the food drive. They will receive a Pizza Party for their efforts. We are so proud of our students!

On December 7th, students and staff will get into the spirit of things once again for "Wear Your Pajamas to School Day." We ask that they please wear shoes. Students and staff have participated in activities such as "Crazy Hair Day," "Crazy Sock Day," "Breast Cancer Awareness Day," "Favorite Football Jersey Day," and "Orange and Black Day" as part of the Isleta Elementary School Spirit/Pride Days.

The school's Christmas Program and Christmas Dinner will be held on Friday, December 16th. We will begin the program at 9:00 A.M. Following the student performances, family and friends are invited to participate in our Christmas Dinner. Students will be dismissed at 12:30 P.M. The school will be on a Christmas/Winter Break from Monday, December 19th, 2016 – Monday, January 2nd, 2017. School will resume on Tuesday, January 3rd, at 8:00 A.M.

We want to wish our students, families and community members of the Pueblo of Isleta Elementary School a very Merry Christmas and a Happy New Year!







Isleta Elementary Boys Basketball
2017 Season
Boys 3rd-4th grades
Boys 5th-6th grades

Registration begins: October 24, 2016
 Location: Isleta Recreation Center

Open gym will begin on November 2, at the Isleta Rec Center on Mondays and Wednesdays from 4:00pm-5:00pm.

For more information, please contact John Jojola at the Rec Center @ 869-9777

Girls Basketball Registration



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

LOCATION: Isleta Rec Center
TIME: 4:00pm- 5:30pm
DAYS: Monday-Thursdays
FOR MORE INFO: Contact Keenan Gurule @ 869-9777 or 859-2432



GOLDEN EAGLE



PASS PROGRAM






FOR MORE INFORMATION CONTACT:
(505) 869-9770

PUEBLO OF ISLETA
ELDER CENTER



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.



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

Call PRC for more information.
869-4488



Position Posting

PHYSICIAN,
 PLUMBER,
 RANCH HAND (Seasonal),
 RANGELAND/IRRIGATION OPERATOR,
 RANGELAND MANAGEMENT TECHNICIAN,
 RE-ADVERTISED - REGISTERED NURSE (RPT),
 TEACHER - COMPUTER,
 TEACHER-ELEMENTARY SCHOOL,
 TEACHER II-EARLY HEADSTART,
 TIWA LANGUAGE TEACHER,
 UNEXPLODED ORDNANCE /HZMAT,
 VETERAN SUPPORT SERVICE PROGRAM MEMBER,
 WILDLAND FIRE CREW (4 Positions),
 WILDLAND FIRE CREW BOSS,
 WILDLAND FIRE SQUAD BOSS,

Location

Health Center,
 Housing Authority,
 Comanche Ranch. WITHIN-
 Public Services. WITHIN ONLY-
 Public Services Dept,
 Health Center,
 POI Elementary School,
 POI Elementary School,
 Head Start & Child Care,
 Elementary School,
 Natural Resources Division,
 Elder Center,
 Natural Resources Division,
 Natural Resources,
 Natural Resources,

Closing Date

Open Until Filled
 Open Until Filled
 Continuously Accepting Applications
 Open Until Filled
 Open Until filled
 Open Until Filled
 Open Until Filled
 Continuously Accepting Applications
 Open Until Filled
 Open Until Filled

Pueblo of Isleta WIC

505 869-2662

December 2016

Happy Holidays!

Make Holiday Recipes Healthier!

Any recipe can be modified to be more nutritious. Don't be afraid to experiment, there are a lot of small changes you can make to benefit the health of your family.

- Substitute apple sauce for all or part of the butter or oil in a recipe
- Reduce the amount of sugar in desserts—you can reduce by 1/4 to 1/2 of the sugar called for in a recipe without compromising the flavor.
- Use whole wheat flour instead of white flour for all or a portion of the flour in your recipes
- Increase the vegetables in recipes that call for them and make multiple kinds of veggies for holiday meals.

Berry Bread Pudding

(WIC Version of Supa)

- Vegetable cooking spray
- 6 cups dense whole grain bread cut into 3/4" cubes
- 1/2 cup slivered almonds, toasted
- 1 cup raisins
- 1 3/4 cup 1% milk
- 1 tsp vanilla extract
- 1 1/2 cups brown sugar
- 1 1/2 tsp cinnamon
- 3 cups sliced fresh strawberries or peaches
- 2 cups fresh blueberries, raspberries or blackberries

Spray the inside of a crockpot and place the bread, almonds and raisins in the crockpot and toss to combine. In a separate bowl, whisk together the eggs, milk, vanilla, sugar and cinnamon. Pour the egg mixture over the bread mixture and toss to blend. Set the crock pot on LOW and cook for 4 1/2 hrs or HIGH for 3 hrs. Turn off and remove from heat and allow to cool and set prior to serving. Scoop out pudding and serve garnished with fruit and berries. Add whipped cream if desired.

The Isleta Pueblo WIC family wishes you a safe and nutritious holiday season!



Pueblo of Isleta Public Library

If you are reading this, it means you've survived Black Friday, Small business Saturday, and Cyber Monday and are probably already broke before December 1st. With that said, welcome to the Christmas Season! New Year is not too far away and before you know it you will be planning out your summer vacation. We at the Library wish you nothing but the best for the rest of 2016 and hope 2017 brings you everything you hoped for and more.

News

The Library will be closed from 8:00am-12:00pm on Wednesday December 7th for our monthly staff meeting. Our meetings are held every first Wednesday of the month to prepare for the upcoming months. We will be planning January and February Programs as well as brainstorming for our Summer Reading Program.

The Holidays are here which means family time and upcoming closures. Here is a list of the Library's closures:

Monday, December 5th-
Closing at 4:30pm

Wednesday, December 7th-
Closed 8:00am-12:00pm- Library staff meeting

Saturday, December 24th-
Closed in observance of Christmas Eve

Monday, December 26th-
Closed in observance of the Christmas Holiday

Tuesday, December 27th-
Closing at 12:00pm

Wednesday, December 28th-
Closing at 12:00pm

Monday January 2nd-
Closed in observance of the New Year

Thank you to all who donated to our food drive, which was in collaboration with the Isleta Recreation Center. Library Patrons received \$5 OFF their fine for every three cans they bought in. Donations were picked up on November 21st and taken to the recreation center where they were given to organizations that needed them. Thank you again for your kind gesture this holiday season.



Tara (Library) and Arnold (Rec.) pictured with all the food drive donations which were donated by Library patrons to lower or clear Library fines.

We wanted to share some exciting news about your own Pueblo of Isleta Public Library. We were informed on November

7th that our Library has been named one of America's Star Libraries and has been given a 5 star rating from the Library Journal. Library Director Nathaniel Lujan and the entire Library staff would like to thank you all for your continued support of the Library and of course coming to visit our Library, participating in our programs, and donating to us throughout the year. We appreciate it!

Upcoming

Santa will be coming to the Library on Wednesday December 7th from 2:00pm-6:00pm. This is a FREE event and open to the public! Pictures will be emailed out on December 8th. Family pictures will be printed out and will be ready for pick up on Monday December 12th. Santa enjoys seeing you all every year and hope that you have been good this year. If you have any questions please give the Library a call at 505.869.9808.

Get in the Christmas spirit and sign up for our DIY Ugly Sweater program. This program is open to 6 adults and 6 children. Adults will meet on Monday, December 12th and Tuesday, December 13th from 5:00pm-6:00pm and children will meet on Thursday, December 15th and Friday, December 16th from 5:00pm-6:00pm. Participants will be provided a sweater and supplies to create the ugliest sweater in the Pueblo. The Uglier the sweater the better. Show off your ugly sweater during our ugly sweater social which will be held on December 21 from 5:15pm-6:15pm. This will be a potluck style dinner. For more information please call the Library and speak with Diane at 505.869.9808.

The Pokémon Go club has been going strong since October and the participants have been active in attending field trips and sharing tips and tricks with fellow members. The Library will be taking the participants on their last field trip to Old Town, which is known for many pokestops and Pokémon on December 23rd. They



Pokemon Go Club (Los Lunas Student Group) Members striking a pose while visiting the "Center of the Universe" on UNM Main Campus.

will also be treated to Golden Corral for lunch. For more information please call the Library and speak with Nate 505.869.9808. Attention students! Have nothing to do

for the winter break? Come to the Library on December 29th and December 30th for some fun. On December 29th we will be taking students to the Isleta Recreation Center to play Star Wars tag. This will involve the Dark side, beanbags and lots of running around. Please call the Library for the time on this day. On December 30th from 10:00am-1:00pm we will turn our Library into a Mario Kart arena. Students are encouraged to bring their own wireless remote control cars and race them around while trying to keep their balloons inflated. No need to sign up! For more information please call the Library at 505.869.9808.

Recap

Adult Personalized 2017 Calendar computer class started on November 10th with 6 participants. The program will end on December 8th. Thus far participants are learning how to use Microsoft Publisher to make their own 2017 calendar. They were able to retrieve picture from their phones, Facebook and personal computers to implement in their calendars. The calendars are coming out quite nice and we hope to have them done soon. Microsoft Publisher is a great computer program to use for invitations, flyers, cards, calendars and much more! Come into the Library and make an appointment with us to learn how to use Microsoft Publisher.

Students ages 10-17 participated in our Gingerbread House program where houses were delivered to the Indian Pueblo Cultural center for their annual contest. We had a total of 10 participants who will be entered into the contest in hopes of winning a cash prize. The deadline to turn in Gingerbread houses is December 5th. All supplies were provided for them and they were able to create a Pueblo style Gingerbread house. We invite you all to visit the Indian Pueblo Cultural Center and take a look at what they created. Gingerbread houses will be on display until January 2. On Tuesday, December 20th participants will take a field trip to see their Gingerbread houses and all the competition.

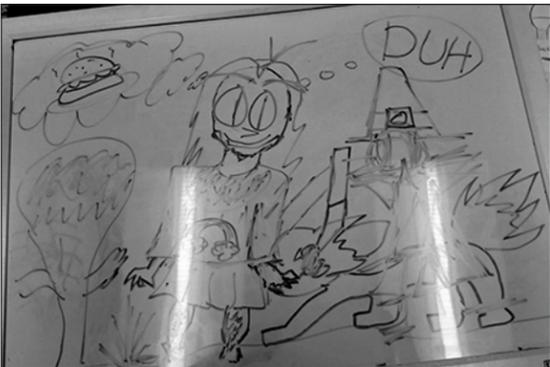
We took students of our Homework Help Program to see the movie Moana on November 23rd and treated them to lunch at Fuddrucker's. This was a treat from the Library to our students for attending the program and doing homework while they are here. We look forward to finishing off the school year with them and helping them in any way we can.



Gingerbread House participants putting together their Pueblo Style gingerbread

Library staff member Cheyenne held a Manga/Anime program in which participants earned their way to Con Jikan Anime Convention. This took place on December 3rd and 4th at the MGM Elegante. Participants were to attend 3 out of the 4 events which were the following: How to draw anime style head and facial features, make your own anime character charm, make props for Attack in Titan game and Attack on Titan game. This was open to the first 6 participants. We know there are more anime and manga fans out there and we invite you all to the Library and check out our collection of manga books and anime movies.

Harry Potter Book Club started on November 14th with 10 participants who have been attending regularly. Library staff member Kyle has been running this book club and has incorporated many fun activities and many more to come. They meet every Monday and Tuesday and will end on December 22.



One of many Manga drawings by one the participants in the Library's Anima / Manga Club.

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

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

Facebook Page:
www.facebook.com/IsletaPuebloLibrary

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

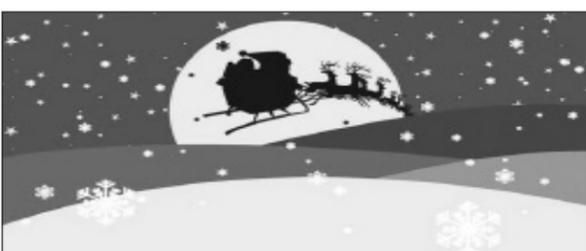
YouTube:
www.youtube.com/user/poilibrary

Pinterest:
www.pinterest.com/poilib

Isleta Pueblo News



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



Pueblo of Isleta Public Library
A Very Merry Mickey Christmas
 Santa Photos December 24th 4pm-6pm

Come meet and take a picture with Santa!

All photos will be sent out via email with the exceptions of family photo's which will be printed out.

For more information please call the Library at 505.869.9808

Pueblo of Isleta Public Library
UGLIEST
Sweater Program

{ **THE UGLIER THE SWEATER THE BETTER!** } *Sign Ups Start December 1st!*

Adult
December 12th & 13th
5PM-6PM

Kids
December 15th & 16th
5PM-6PM

Kids will bake Christmas cookies at 1pm followed by an Ugly Sweater Social December 21st at 5:15pm.

Open to the first 10 adult and kid sign ups. All supply's provided!

For more information please call the library at 505-869-9808.

Isleta Recreational Center



Isleta Rec. Staff collecting pumpkins for the community.



Highlights from the 2016 Halloween Carnival at the Isleta Rec. Center





Martial Arts Program

The Martial Arts program at the Pueblo of Isleta is proud to announce the certification and promotion of: M. Herrera to yellow belt, Q. Walker to Orange belt and J. Coley to 2nd Brown belt. The testing for the Yellow and Orange belts was approximately three and half hours with an additional hour for the written test. The Brown belt test for Ms. Coley was over seven hour long with a written test of 2 hours. The tests covered everything that the karate students have learned since they started. In the case of Ms. Coley she had to perform all of her Katas, self-defense, combinations, judo, weapons and basics that she has learned over the last 6 years from Mr. Chavez.

If you are interested in more information about the Martial Arts program or would like to start taking lessons with Mr. Chavez at the Isleta Recreation Center, please feel free to come visit the class on either Tuesday, Thursday or Friday between the hours of 5pm and 6:30pm, or call the Isleta Recreation center at 869-9777 or Mr. Chavez at 866-4360.



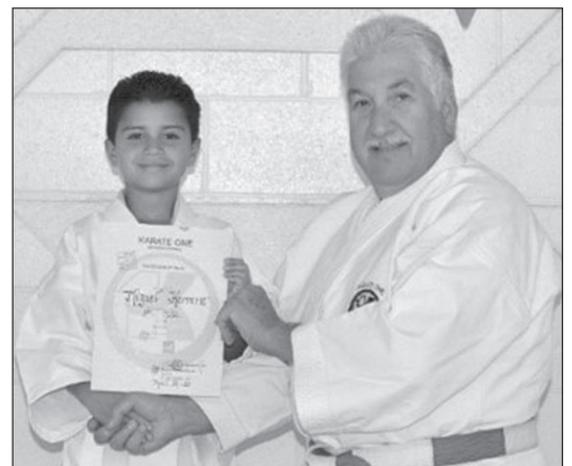
Photo L to R: J. Coley, M. Herrera, Q. Walker with Mr. Chavez Center.



Q. Walker with his Orange Belt

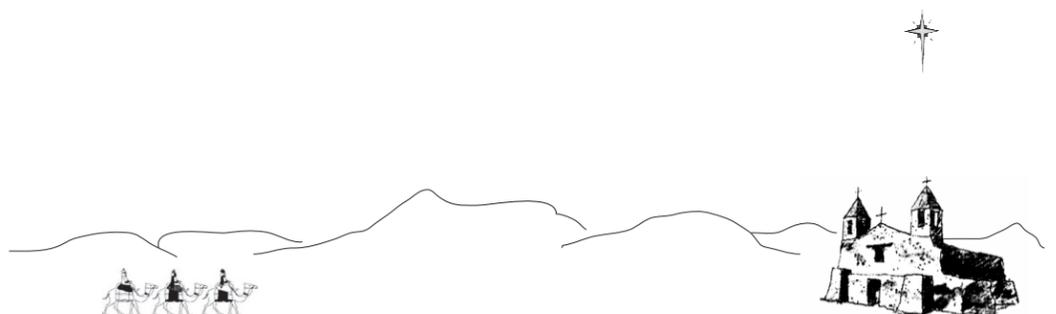


J. Coley with her 2nd Brown belt



M. Herrera with his Yellow Belt

Did you call for an Ambulance?
Please report the information to PRC within 72 hours.
869-4488



Isleta Resort & Casino



Visitors at Isleta Resort & Casino will find some extra sparkle this month, as the Resort celebrates the holiday season. A 40-foot tall beautifully adorned Christmas tree greets guests in the hotel lobby, while trees, wreaths, garland, and more are scattered throughout the rest of the resort.

The ornate display was officially dedicated to guests from around the world during a November press conference, attended by local dignitaries, community members, and the media. The resort also held a special ribbon cutting for its large handmade gingerbread house. The structure includes approximately 400 pounds of gingerbread, sugar windows, snow drifts of marshmallow, and gum paste flowers. Not to mention, the mouth-watering rice crispy snowman, coated in creamy fondant. Entirely edible, the display is a stunning reminder of the talents working behind the scenes at the resort. During the event, families were also



able to create their own gingerbread men, and sip hot cocoa.

Not only did guests enjoy the sites and excitement, they also shopped with local artists while the 4th Annual Pueblo Market took place on the same day. With more than 140 vendors and a day of native dances filling the resort with beautiful tradition, the event was a tremendous opportunity to celebrate and showcase local talent.

Team Members across the Resort also rallied throughout November for a special food drive, benefiting the Pueblo of Isleta Social Services Department. 1,985 pounds of food was donated!

The resort continues to welcome community members throughout the month of December, with free visits to see Santa Claus. You can find Old Saint Nick at the Hotel, every Saturday and Sunday throughout the month of December, from 12pm to 3pm. There is no charge to see Santa and receive a complimentary photo. The large gingerbread house will also remain on display throughout the holiday season. Additionally, tribal elders are invited to the resort on December 15th, for the annual Isleta Pueblo Elders Holiday Event.



Santa's
SAFE CRACKER
 Help Santa crack his safe and win your share of over **\$100,000**
 EVERY FRIDAY & SATURDAY NOVEMBER 20 - DECEMBER 24
 DRAWINGS HELD AT 2, 4, 6, 8 & 10PM!

Santa's Stash of Cash
 Win up to **\$500** Every Hour!
 HOURLY HOT SEAT DRAWINGS 10AM - 10PM
 EVERY SUNDAY & TUESDAY | NOVEMBER 27 - DECEMBER 27

LeAnn Rimes
 GRAMMY AWARD WINNER
 DECEMBER 14 | 8PM
 TICKETS ON SALE AT ISLETA CASINO BOX OFFICE OR HOLDMYTICKET.COM

NYE 0017
 WIN YOUR SHARE OF OVER **\$90,000**
 DRAWINGS FRIDAY, SATURDAY, AND SUNDAY
 Management reserves the right to modify or cancel any promotion at any time

ISLETA
 resort • casino

11000 BROADWAY SE | ALBUQUERQUE, NM 87105 | 505.724.3800 | ISLETA.COM

HAPPY HOLIDAYS
 FROM THE ISLETA ONE STOP/TRAVEL CENTER

Isleta Grill @47
 Catering for the Holidays
Enchilada Casserole
 1/2 Tray \$32
 Full Tray \$64
Posole
 1/2 Gallon \$18
505.869.9835

Also Offering
Breakfast Burritos
 by the dozen for
 your **Office Parties** or
 early morning
 festivities!!

Johnson-O'Malley Program Updates...
Tis' the Season, fa' la' la' la' la' la' la' la'...

It is hard to believe that 2016 is already nearing the end. We had a very exciting and busy fall here at the JOM Program. We know students, parents and the community are looking forward in anticipation to what the New Year will bring. As we head toward the holidays, I want to express my deep appreciation to our parents, students, and the community with words of thanks for your support and encouragement.

During the month of November, we held our annual JOM's Thanksgiving Grocery Bingo along with the regularly scheduled IEC meeting. For several months, the JOM program had been soliciting for an active parent to fill one vacancy on the Indian Education Committee. Before bingo started we quickly called a meeting to order and requested nominations. Each interested parent spoke briefly to share their experience and knowledge about JOM. Upon conclusion of the election Patricia Lujan was elected as our new IEC member. Welcome to the Team! Despite the heavy downpour, our rain soaked families packed firmly like turkeys in the three classrooms to enjoy BINGO NIGHT! In the end, I think the highlight of the night was the warm bowl of posole, oven bread and bread pudding to warm our tummies. **WE ALSO WANT TO THANK THE PARENT VOLUNTEERS THAT ASSISTED WITH SERVING FOOD, MOVING CHAIRS, CLEANING UP, AND ALL THE OTHER WONDERFUL THINGS YOU DID TO HELP DURING BINGO NIGHT, YOU ALL ARE AMAZING!!!**

We have had so many events this fall – school supply distribution, Homework 101, Trick-O-Treating safety provided by the Isleta Police Department, McCall's Pumpkin Patch and Haunted Farm, Disney's The Lion King at Popejoy, Thanksgiving Grocery Bingo and many more. But we've also had some changes within the program. Lisa Smith, our JOM's Academic Coach has applied and accepted the position as the Adult Education Coordinator within the Isleta Education Department. Even though she is still right around the corner from us we want to thank Lisa for her hard work and dedication to the JOM program, students and parents! Great Job Lisa!

Before we move on to the list of upcoming activities, the JOM staff want to extend our deepest appreciation to the Isleta Education Department staff for doing an excellent job these past months assisting us with activities. With Christmas around the corner, it will be even busier. Our Department of Education team has been working hard to assist with the many events JOM hosts for the community. The vision we have for the educational future of our children is shared by all; it does requires team work, commitment, dedication, and perseverance by staff, students and their parents.

Each JOM family will receive a 4 pack of tickets to a private screening of the Polar Express! **One 4 pack per eligible family please.** To receive your tickets, families are asked to sit down and talk about the importance of the holidays. We ask you to create heartfelt homemade Christmas cards that would be donated to Elders in our community (a minimum of 3 cards per family).

Please submit all cards no later than December 1, 2016 to receive your tickets. Families are encouraged to dress in pajamas for this event!!



The Polar Express (Private Showing for Eligible JOM Families)
December 4, 2016
6:00 PM

Dyna Theater @ the Natural History Museum

Family Literacy Night
December 13, 2016
5:30 pm – 7:30 pm



Join us for Family Literacy Night! Each JOM eligible student will have the opportunity to look at different genre of books and select 5 books to add to their home library. This will be a fun filled night. Refreshments will be served!

Tamale Making
December 17, 2016
9:00 am



Department of Education Kitchen

Have you ever wondered how to make tamales? Join us for a hands-on experience in learning how to make tamales for the holidays. The program will provide all the supplies for making your tamales. All attendees will be learning about cooking and food safety. Each family will be making and taking home a dozen tamales. This is an event for all JOM eligible students and their immediate families. JOM Student must be in attendance.

A New Year is fast approaching and the Holiday season is in full swing - Christmas shopping seems to be the theme of most commercials but let's not lose sight of the true meaning of Christmas: It's not the receiving of gifts but giving that really matters. Most importantly, giving of yourself is a precious gift that you can offer to your families and friends. So this holiday season make sure to take time building memories with loved ones: play board games, watch a movie, snuggle those precious gifts we call our children and create memories that will last a lifetime.

In closing, I pray that you and your families are blessed this holiday season!

Marsha, Shelly and one last time Lisa



TIWA
LENDING SERVICES

Tribal Road 40, Building 117A
Isleta Pueblo, NM

Tiwa Lending Services (TLS) celebrated Native American Heritage Month and acknowledged Miranda Lente for her outstanding leadership with the Pueblo of Isleta community!

Tiwa Lending Services and Pueblo of Isleta community joins in honoring and celebrating the contributions and accomplishments of a distinguished young lady who has been instrumental in the success of Tiwa Lending Services Credit Builder Loans and Financial Literacy classes. Miranda Lente is a wonderful young lady empowering Isleta Tribal members to take more control over their economic lives, she believes is essential to our mission. Miranda and Tiwa Lending Services made financial education a critical component of our work. We're focusing on assisting Isleta Tribal members with the financial aspects of big life decisions, such as going to college or buying a home; and on ongoing financial management choices that can have big life consequences, such as starting a habit of savings, managing debt, and passing along financial life skills to family and children.

Upcoming News: Voluntary Income Tax Assistance (VITA) Program Coming Soon!

Tiwa Lending Services will be partnering up with IRS and Tax Help New Mexico to provide free tax help in 2017 for the Pueblo of Isleta community. TLS wants to make a difference by offering this new development service for Isleta Tribal members. For further details please contact Sheila Herrera or Miranda Lente at 505-916-0556.

WHY WAIT TO ESTABLISH OR REPAIR YOUR CREDIT – CALL TODAY

Contact: Miranda Lente
miranda@tiwalending.org



Behavioral Health Services
 Phone: 505-869-5475

Pueblo Women Rising

The Pueblo Women Rising group meets each Tuesday from 10:00-11:00 am in the conference room at Isleta Behavioral Health Services. The group is comprised of Native women (ages 18+) who have a desire to be healthier (physically, emotionally, spiritually & mentally) and could benefit from the support of other women. We enjoy each other's company and have breakfast together. Members of the group may or may not have a history of addiction and/or trauma, but all of us are here to help one another in times of need, or just to chat and laugh. We enjoy attending offsite activities once a month like fishing, hiking, and experiential activities at the Santa Fe Mountain Center. It's a safe place to talk and we all respect each other's stories, and information shared is confidential. If you are interested in becoming a member, please feel free to contact Krystal Lucero at 869-5475.



A fellow group member teaching us how to make beautiful hair bows.



We had so much fun this day and caught many fish!



A beautiful day at the Santa Fe Mountain Center participating in an activity that gave us an opportunity to utilize our problem solving skills and team work.

Suggestions or Comments for 2017?

Let me know your thoughts!!

PUEBLO OF ISLETA HEALTH CENTER

Health Education Department

Help me plan the year by letting me know what you would like to learn!

Do you want to learn about certain health topics?

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

Tell Your Local Health Educator!

Stop by the 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 send an e-mail to sbarela@isclinic.net



Isleta Health Center

Stephanie Barela, Health Educator:
 Phone: 505-869-4479

Ham Distribution

Date: December 13th & 14th 2016
 Time: 8 a.m.– 6 p.m.
 Location: Isleta Recreation Center Game Room
 All tribal members are allowed

ONE HAM PER
HOUSEHOLD ONLY

Native American Farm Training Program

Presentations at this Training Session:

Ms. Marydale De Boer, JD
 Marydale will discuss her experiences and success in advancing efforts to increase the procurement of fresh local foods from local producers.

Mr. Jedrek Lamb
 Jedrek- General Manager of the Agricultura Network- will discuss how local farms benefit by collaborating and sharing the costs of marketing and transporting locally grown produce to institutional buyers.

Ms. Jennifer Prentiss
 Jennifer is the Executive Director of Three Stone Hearth Community Kitchen. She will share her thoughts on how to establish and grow a large consumer base, for a local community kitchen.

LOCATION:
 Executive Board Room, Convention Center
 Pueblo of Isleta

DATE: December 8th, 2016

RSVP: Phone, Text, or Email - Raphael Nevins
 505.463.3152 / healthyfuturesinc@gmail.com

Hosted by Healthy Futures Inc

THE CLINIC WORE PINK IN OCTOBER FOR BREAST CANCER AWARENESS!

Have you had your mammogram or done a self-check?

MAKE SURE YOU ARE AWARE OF YOUR RISKS

Risk Factors You Can't Control

- Gender -Women are more likely to develop breast cancer than men, however, men can develop it.
- Genes - A genetic predisposition is felt to be responsible for 5 to 10% of breast cancers.
- Race - Whites are more likely to develop breast cancer than other races.
- Age - The risk of breast cancer increases with age.
- Drugs and treatments - Some medications may increase and others decrease risk.
- Start of period and age of menopause- An early age of menarche (first period) or late menopause increase the risk of breast cancer.
- Medical radiation to the chest - Radiation therapy to the chest, for example for Hodgkin's disease, increases the risk of breast cancer, especially radiation at a young age.
- Dense breasts - Women with dense breasts are more likely to develop the disease than women without dense breasts.

Risk Factors You Can Control

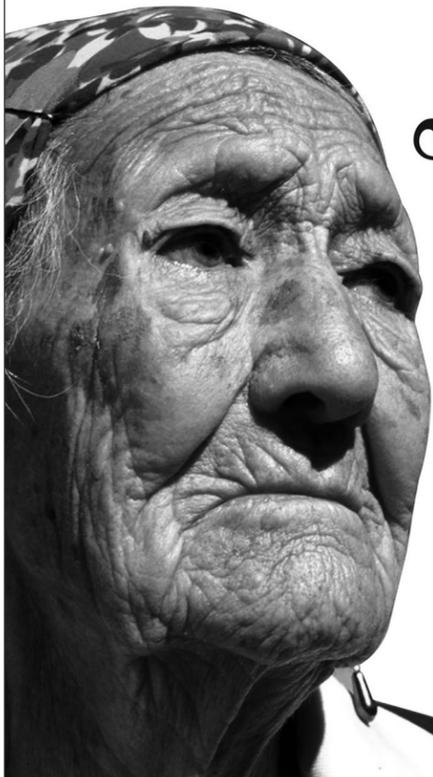
- Pregnancy - The age a women is during her first pregnancy is correlated with the risk of breast cancer.
- Breastfeeding - Breastfeeding appears to lower breast cancer risk.
- Hormone replacement therapy - Some forms of hormone replacement therapy may increase risk



- Alcohol / Smoking
- Diet / Exercise / Weight
- Medical imaging studies - Studies such as x-rays and chest CT scans may increase risk, especially in women with gene mutations which increase risk.

Protect Your Breast Health

- Self-breast exams - Doing regular breast self-exams.
- Be familiar with your cyclical changes.
- Become familiar with common breast lumps such as breast cysts, fibroadenomas, pseudolumps, and breast hematomas. Talk with your doctor about ANY change.
- Learn about benign breast conditions
- Have a clinical breast exam as part of your yearly visit.
- Schedule your annual mammogram, and learn how to understand your mammogram report.
- Understand additional studies your doctor may order such as breast ultrasounds, or MRI's.



PUEBLO OF ISLETA
ELDER CENTER

Senior Companion Program

YOU CAN MAKE A DIFFERENCE!

VOLUNTEER 20 - 40 HOURS A WEEK!!!

Are You age 55 or older? | WE NEED YOUR HELP!

BENEFITS INCLUDE:

- Stipend for those who are income eligible
- Mileage & Meal Reimbursement
- Paid Holidays & Trainings

"All you need to know is how to be a Friend."

TO VOLUNTEER OR FOR MORE INFORMATION, CONTACT: (505) 869-9770





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



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



Pueblo of Isleta Elder Center: Fall 2016

It's hard to believe that in the blink of an eye, our 2016 year is coming to a close. As we prepare for our winter season and the New Year, we at the Elder Center would like to say that we are truly grateful to serve the elders of our community. The constant support of our community and fellow departments was apparent these past several months. The Isleta Elder Center hosted a number of great events for the older adults of our pueblo, starting from October onto November. The Elder Center was able to host our annual Senior Trip to Laughlin, NV, our first ever Elder Center Benefits & Resource Fair, and our annual 2016 Thanksgiving Luncheon.

During the early part of October 2016, the Elder Center hosted our annual Senior Trip to Laughlin, NV. Thanks to our friends at Herrera Coaches, the Elder Center was able to provide a low cost bus trip for seniors that included a 3 night, 4 day stay at the Tropicana Hotel & Casino in Laughlin. It was a great trip for all of those who were able to attend. This year we had over 40 individuals participate! If you missed the trip this year, don't worry, you will have another chance to attend next year in October 2017.

Also, this October the Isleta Elder Center hosted our first ever Benefits & Resource Fair for community members and seniors alike. There were over 200+ participants in attendance from the Isleta community as well as surrounding communities for this two day event. Those in attendance were able to participate in various panel discussions, awareness presentations, and also receive various types of information from Pueblo of Isleta Programs, State entities, as well as other organizations. The Elder Center was fortunate to have such a great participation rate for this first time event. We had over 30+ programs distributing various sources of information and had a large number of guest speakers for this event. Thank you to everyone who helped make this event a great success!



As the fall season quickly started to pass and November started to bring us into the holiday season, the Elder Center was very blessed to host the 2016 Thanksgiving Luncheon. On November 10, 2016 the Elder Center added some live music with some Veteran's Day splash into the Thanksgiving Luncheon. We were able to accommodate 200+ Isleta community members with a very tasty Thanksgiving meal. The Elder Center had guest seating throughout the entire building for this event. We started the event with Lt. Governor Antonio Chiwewe who gave our welcoming as the Isleta Veterans Association honored our attendees with the Presentation of Colors. We were very privileged to have Ta-ta John D. Jojola Jr. give our invocation for the day and have Father George bless our food. This would not have been a great success if it wasn't for all the hard working staff and volunteers that made this event possible. A special "THANK YOU!!!" to all of our volunteers from the Isleta Police Department, Recreation Department, Human Resource Department, Steve Armijo (Mr. Fifties), & everyone who took the time to help out during this special occasion.





Of course we could never say “Thank You” enough to all of our elders for all of their hard work throughout the years to have made it possible for programs like ours to continue. There are truly no words that can express how grateful our program is for the wisdom, encouragement, & guidance of our Isleta Elders. To everyone in our community, we wish you all a blessed holiday season and New Year!



December 2016: Isleta Elder Center Activities & Closures
All Isleta Elder Center Events are subject to change.

- December 8, 2016: Catholic Mass
- December TBD, 2016: Health Discussion W/Dr. Cumby
- December TBD, 2016: Live Music w/Tony Jaramillo
- December 21, 2016: General Meeting – Topic/Presenter TBA
- December 26, 2016: Pueblo of Isleta Closure – Elder Center Closed
- December 27, 2016: Pueblo of Isleta Closure – Elder Center Closed at 12:00pm
- December 28, 2016: Pueblo of Isleta Closure – Elder Center Closed at 12:00pm

Senior Center Exchange Activities

December 7, 2016: NM Rail Runner Exchange Christmas Party – Volcano Vista Senior Center

Open to adults 60 & older. First 13 to sign up only.

December 13, 2016: Silver Shuffler’s/Isleta Shuffleboard Team Christmas Exchange – Manzano Mesa Multigenerational Complex

December 2016: Adults 50 & Older Exercise/Recreation

Mondays, Wednesdays, & Fridays: 10:30am – 11:30am

Enhance Fitness Exercise Classes: Starting December 12, 2016!!!

Instructor: Bernadette Jojola

Isleta Recreation Center

Earn Incentives!!!

Thursdays: Swimming Hours

1:30pm – 3:00pm

December 2016: Major Isleta Elder Center Activities

December 15, 2016: Isleta Elder Center’s Annual Christmas Luncheon 60 & Older, Isleta Resort & Casino Grand Ballroom



Santa Fe Indian School's
Annual
Elders' Holiday Lunch

We cordially invite our
Elders and Veterans
to join us on
Thursday, December 8th, 2016

1:00 pm – Lunch—Cafeteria
2:15 pm – Holiday Concert sponsored by our
Students – Pueblo Pavilion

RSVP: 505-989-6302
Or svigil@sfis.k12.nm.us





Recruiting Volunteers 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.



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



Pueblo of Isleta Community Cancer Support Group

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



Coffee & Conversation Coffee & Conversation



Meets 2nd Tuesday of the month!



Next Meeting: January 10, 2017

Time: 10:30am – 12:00pm

Location: Isleta Health Center Kitchen

Topic: Cancer Support & 2017 Planning

Call Stephanie Barela @ 869-4479 for more information.

please join us!  Everyone welcome!

December Menu

Isleta Elderly Center
(505) 869-9770

<p>Homebound Deliveries PLEASE call to cancel your meal. This saves on time and money. We kindly ask for 24 hour notice on cancelled meal. Thank You.</p> 	<p>*Menu subject to change due to availability of product. *All meals prepared with LOW FAT/SALT/SUGAR</p>	<p>Congregate Meal for Tuesday, Dec. 6th will be served at 11:00 am due to a Staff Meeting on this day.</p>	<p>12/1/16 Spaghetti w/Ground Turkey Steamed Mixed Vegetables Salad w/Low Fat Dressing Garlic Toast Spiced Apples</p>	<p>12/2/16 Soft Beef Taco w/Lettuce Tomato & Cheese Pinto Beans Steamed Squash Fruit Cup</p>
<p>12/5/16 Rice w/Beef Stew Beets WW Dinner Roll Fresh Fruit</p>	<p>12/6/16 Turkey & Cheese Sandwich on Croissant Carrot Salad Fresh Sugar Snap Peas Fruit Cup Staff Meeting 12:30</p>	<p>12/7/16 Chicken Tenders Mashed Potato w/Gravy Steamed Carrots Biscuit Apple Crisp</p>	<p>12/8/16 Beef Barley Soup Baked Yams Steamed Vegetables WW Dinner Roll Fruit Cup</p>	<p>12/9/16 Chicken Fettuccini w/ Alfredo Sauce Steamed Broccoli Buttered Corn Kernel Pineapple Up-Side Down Cake Banana</p>
<p>12/12/16 Pork Posole Red Chile Steamed Squash Tortilla Fresh Fruit</p>	<p>12/13/16 Beef Stroganoff Egg Noodles w/Peas Buttered Green Bean Crackers SF Jell-O w/Fruit Cocktail</p>	<p>12/14/16 Beef Potato Stew Cauliflower & Carrots WW Roll Fruit Cup</p>	<p>12/15/16 CENTER CLOSED ELDER CHRISTMAS LUNCHEON</p>	<p>12/16/16 CENTER CLOSED STAFF CHRISTMAS PARTY</p>
<p>12/19/16 Macaroni Stew w/Ground Beef & Stewed Tomato Biscuit Mixed Vegetables Fresh Fruit</p>	<p>12/20/16 Tilapia Fish w/Lemon Wedge Rice Pilaf Steamed Mixed Vegetables Fruit Cup</p>	<p>12/21/16 Chicken Cheese Macaroni Casserole Brussels Sprouts Crackers Banana</p>	<p>12/22/16 Pork Roast Wild Rice Steamed Carrots Green Bean Applesauce</p>	<p>12/23/16 Cheese Burger on WW Bun Lettuce, Tomato & Onion Buttered Corn Kernel Coleslaw Pear Cup</p>
<p>12/26/16 CENTER CLOSED IN OBSERVANCE OF THE CHRISTMAS HOLIDAY</p> 	<p>12/27/16 Spinach Lasagna 3 Bean Salad Garlic Bread Fruit Cocktail CLOSED AT NOON NO CONGREGATE MEAL WILL BE SERVED</p>	<p>12/28/16 Salisbury Steak w/Gravy Baked Sweet Potato Fries Buttered Corn Kernel WW Roll Fruit Cup CLOSED AT NOON NO CONGREGATE MEAL WILL BE SERVED</p>	<p>12/29/16 Tuna on WW Bread Cucumber Cup Carrot Salad Fruit Cup</p>	<p>12/30/16 Tamales w/Red Chile Spanish Rice Steamed Vegetables WW Crackers Banana</p>

ADS Activities Calendar December 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Commodities</i> December 15th & December 28th</p>	<p>For More information call Emma Obeyta 869-9770 Nicole Obeyta 869-9770</p>	<p>Calendar Subject to Change</p>	<p>1) 10-11 Chair Exercises 11-12 Sew Scarves 1-3 Continue w/ Scarves</p>	<p>2) 10-12 ADS Choice 1-3 Open Activity</p> 
<p>5) 10-11 Chair Exercises 11-12 Christmas Storytelling 1-3 Christmas Movies</p>	<p>6) 10-12 Christmas Crafts 1-3 Continue w/ Crafts</p> 	<p>7) 10-11 Chair Exercises 11-12 Make Peppermint & Gingerbread ornaments. 1-3 Continue</p>	<p>8) 10-11:30 Coffee & Conversation 11:30-12 Catholic Mass 1-3 Elf Bell Kisses</p>	<p>9) 10-11 Chair Exercises 1-12 Snow Man Crafts 1-3 Continue w/ Crafts</p> 
<p>12) 10-2 Field Trip Wal-Mart & Lunch</p> 	<p>13) 10-12 Bake Christmas Cookies 1-3 Eat & Enjoy!</p> 	<p>14) 10-12 ADS Choice 1-3 Card/Board Games</p> 	<p>15) 11-2 Christmas luncheon @ Isleta Resort & Casino</p> 	<p>16) Center Closed Staff Luncheon</p> 
<p>19) 11-2 Field Trip ADS Christmas Luncheon</p> 	<p>20) 10-1 Field Trip Belen Senior Center</p> 	<p>21) 10-12 Christmas Crafts 1-3 Bingo</p> 	<p>22) 10-11 Chair Exercises 11-12 Plastic Canvas Activity 1-3 Continue w/ Plastic Canvas</p> 	<p>23) 10-12 Christmas Caroling in ADS 1-3 Clothspin Christmas Crafts</p> 
<p>26) Center Closed</p> 	<p>27) Center Closed</p> 	<p>28) Center Closed</p>	<p>29) 1 Chair Exercises 11-12 New Year's Activity 1-3 New Year's Crafts</p> 	<p>30) 10-12 ADS Choice 1-3 New Year's Pizza Party</p> 

Health Beat

Stephanie Barela

Health Educator @869-4479

Influenza (Flu)

It's that time of year, the weather is colder and we tend to be inside more, so the chance of getting sick increases. Flu season is among us and what a better way to talk about this than during National Influenza Vaccination Week, which is December 4-10, 2016. This week provides an opportunity to remind everyone 6 months and older that it's not too late to get a flu vaccine. This national observance highlights the importance of continuing influenza vaccination after the holiday season into January and beyond.

What is influenza (flu)?

The flu is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. Illness is usually mild or moderate, not requiring hospitalization. However, at times flu can be severe, even leading to death. It is not the same as the "stomach flu."

What are the symptoms?

Flu symptoms usually begin suddenly and might be severe enough to stop your daily activities. They include:

- Fever
- Extreme tiredness
- Headaches
- Sore throat
- Dry Cough
- Body aches

Should I get a flu vaccine?

YES. Everyone 6 months of age and older should get a flu vaccine EVERY YEAR. The flu vaccine is the best tool out there to protect you from getting the flu and passing it to people who could get very sick.

Who is most at risk for getting very sick from flu?

- Young children, especially those under 2 years old
- People with chronic health conditions such as asthma, diabetes, and heart disease
- People age 65 or older
- Pregnant women
- American Indian and Alaska Natives

How is the flu different from a cold?

Colds are generally less serious than the flu. With a cold, you're more likely to have a runny or stuffy nose, while the flu causes body aches, fever, and extreme tiredness. A person with a cold can usually do their normal activities, but someone with the flu can't. Flu can result in serious health problems like pneumonia, bacterial infections, and hospitalization.

Can I get the flu from the flu vaccine?

No. Some people get a mild fever or have discomfort for a short time after being vaccinated, but this is a sign that your body is responding to the vaccine; it is not the flu. Also, because there are many viruses circulating in the fall, it is possible to get sick with a different virus around the same time they get flu vaccine. It takes about two weeks after vaccination for the immune system to build the antibodies your body needs in order to provide protection against the flu.

When should I get vaccinated?

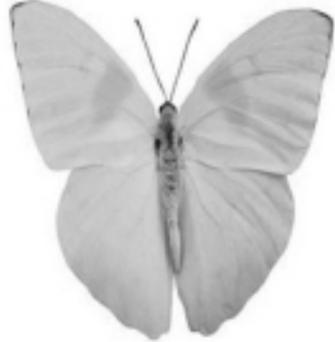
For best protection, flu vaccine is usually given in early fall before flu season starts. But you can get it anytime during flu season which is typically October through April.

New for the 2016-2017 Flu Season:

- Only injectable flu shots are recommended this season.
- Flu vaccines have been updated to better match circulating viruses.
- There will be some new vaccines on the market this season.
- The recommendations for vaccination of people with egg allergies have changed.

National Influenza (FLU) Vaccine week
<http://www.cdc.gov/flu/nivw.htm>
<http://www.health.state.mn.us/divs/idepc/diseases/flu/basics/ffufacts.html>

<div style="display: flex; justify-content: space-between;"> Coffee & Conversation  <div style="text-align: center;"> 2017 Meeting Schedule Pueblo of Isleta Cancer Support Group @ Isleta Health Center 10:30am to 12:00pm* </div> Coffee & Conversation  </div>			
*Most meetings are from 10:30am to 12:00pm in the Isleta Health Center Kitchen unless different times/locations are otherwise noted; see all dates/times in schedule below.			
DATE	TOPIC	SPEAKER	LOCATION
1/10/2017 10:30am – Noon	Support/Yearly Planning	Group	Isleta Health Center Kitchen
Friday 2/3/2017 8:30am – 1:00pm	4 th Annual Go Red For Native Women Heart Health Summit (Rides available; contact Stephanie)	Hyatt Regency Downtown ABQ	330 Tijeras Ave. NW ABQ, NM 87102
📍 Contact Stephanie at 869-4479 to register for Heart Health Summit 📍			
3/14/2017 6:00pm – 8:00pm	EVENING SESSION Older Driver Safety Presentation	Mark McCracken Safer NM Now	Isleta Health Center Training Center
4/11/2017 10:30am – Noon	Child's Understanding of Cancer/Chronic Illness	Mary O'Hara Child Adolescent Therapist	Isleta Health Center Kitchen
5/9/2017 6:00pm – 8:30pm	EVENING SESSION 3 rd Annual Isleta Cancer Survivors Day Event	Balloon Release/ Survivor Celebration	Isleta Health Center Training Center
6/13/2017 10:30am – Noon	Cancer Support	Support	Isleta Health Center Kitchen
7/11/2017 10:30am – Noon	Cancer Support	Support	Isleta Health Center Kitchen
8/8/2017 6:00pm – 7:30pm	EVENING SESSION Cancer Support	To Be Announced	Isleta Health Center Training Center
9/12/2017 10:30am – Noon	Cancer Support	Support	Isleta Health Center Kitchen
10/10/2017 10:30am – Noon	Cancer Support	Support	Isleta Health Center Kitchen
11/14/2017 10:30am – Noon	Potluck	Group	Isleta Health Center Kitchen
Topics are subject to change.		Contact Stephanie Barela to sign up and to learn more! Phone: 869-4479 Email: sbarela@islclinic.net	



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.

ISLETA HEALTH CENTER
 Questions? Call 869-3200

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>➔ December 1st is World Aids Day</p> <p>➔ National Influenza Week is December 4-10, 2016</p>				<p>1 CLINIC OPENS AT 9:50am Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance: 5:30-7p @ DPP Wellness Center.</p>	<p>2 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.</p>	<p>3</p>
<p>4</p>	<p>5 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.</p>	<p>6 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Express Endurance: 5:30-7p @ DPP Wellness Center. Str8 Rez: 5-7p @ BHS.</p>	<p>7 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Walking Club: 5:30p @ DPP Wellness Center.</p>	<p>8 CLINIC OPENS AT 9:50am Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance: 5:30-7p @ DPP Wellness Center.</p>	<p>9 8th Annual Light the Path Memorial Walk 5:00pm to 8:00pm @ Isleta Recreation Center Sponsored by the Isleta Community Action Team . Call Isleta Behavioral Health Services for information at 869-5475.</p>	<p>10</p>
<p>11</p>	<p>12 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.</p>	<p>13 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Express Endurance: 5:30-7p @ DPP Wellness Center.</p>	<p>14 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Diabetes Activities Assessment Night: 5-7p @ Health Center Kitchen.</p>	<p>15 CLINIC OPENS AT 9:50am Diabetes: Optometry Education: 8:45a-9:15a @ Health Training Center Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS. Express Endurance: 5:30-7p @ DPP Wellness Center.</p>	<p>16 Early Recovery Skills: 9a-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.</p>	<p>17</p>
<p>18</p>	<p>19 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.</p>	<p>20 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS.</p>	<p>21 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.</p>	<p>22 CLINIC OPENS AT 9:50am Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS.</p>	<p>23</p>	<p>24 Christmas Eve </p>
<p>25 Christmas Day </p>	<p>26 Christmas Holiday Observed Isleta Health Center CLOSED</p>	<p>27 Women's Support Grp: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ BHS.</p>	<p>28 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.</p>	<p>29 CLINIC OPENS AT 9:50am Grief Group: 1-2p @ BHS. Circle of Security Parenting: 2-4p @ BHS.</p>	<p>30</p>	<p>31 NEW YEAR'S EVE</p>



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)

DEC. 19, 2016
1 to 5pm

LOCATION

ISLETA ELDER CENTER

TO REGISTER

(505)869-9770

CLASSROOM COURSE: FOR DRIVERS 50 YRS. & OLDER

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

For more information visit www.aarp.org/drive



AARP Real Possibilities

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

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

D17174(314)



Freedom From Smoking

WANT TO STOP SMOKING, BUT AREN'T SURE HOW?

SIGN UP FOR ISLETA HEALTH CENTER'S Freedom From Smoking STARTS 2017 @ ISLETA HEALTH CENTER

98% OF PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION QUIT SMOKING!



Weekly Prizes!

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

➔ Get TIPS for quitting and 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