



# Isleta Pueblo News

Volume 14 Issue 4

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

Like us on  
Facebook

April 2019

## Governor's Report

Ma Gu Wam,

Thank you to all who attended our traditional dances as it is one of the many events that help heal and contribute to community. Also, who could have asked for more beautiful weather.

April is Child Abuse Awareness Month and Isleta Social Services has several events planned for the community. Please come out to support these events as the issue of Child Abuse spreads through to all nationalities and community structure. Let's be aware and learn the signs of child abuse and neglect.

What a busy spring! I am happy to report that our spring activities are well on their way. Easter will soon be upon us and church events are already in place. Palm Sunday will be on April 14th. As always, we will hold a vigil at Saint Augustine Church beginning the evening of Holy Thursday through to Good Friday morning April 19th. Easter falls on April 21st this year. After Easter we will have the Governor's Feast in June 2019, possibly the 22nd, and Corpus Christi will fall on June 23rd. Don't forget San Juan's Day on June 24th.

Recently, Governor Zuni, along with other Tribal Leaders and dignitaries, spoke about the importance of establishing and maintaining relationships with local governments. "People in our community work, go to school, shop, and seek healthcare and other important services in Albuquerque and in the towns bordering our Pueblo," said Governor Zuni. "We have always tried to keep open and positive communications with our neighbors because working together benefits all of us." The City of Albuquerque Recognizes



Tribal Sovereignty by Establishing Government-To-Government Relations. The Albuquerque City Council unanimously passed a bill to formally recognize tribal sovereignty and the government-to-government relationship between the City of Albuquerque and the surrounding Pueblos and Tribes. Mayor Tim Keller signed the measure on March 12 at a signing ceremony held at the Indian Pueblo Cultural Center. The ordinance increases the size of the City's Commission on American Indian and Alaska Native Affairs from five to nine members. The representatives will be appointed by Pueblos or Tribes they represent. The ordinance also requires the board to regularly consult with tribal governments on actions that affect federally recognized tribal governments and to assess the impact of City programs

on tribal communities.

On March 18, 2019, I swore in Verna Teller as the new Chief Judge for the Pueblo of Isleta Tribal Courts. Judge Teller is well versed with the laws of the pueblo, having previously served as Chief Judge, Tribal Council Member and the first female Pueblo Governor of Isleta. Congratulations Judge Teller.

We hope to hold our next community meeting in May 2019. A definite date and agenda will be forthcoming.

In closing, I wish everyone a great planting season and may your crops be plentiful this summer.

Ha woo,  
Max A. Zuni  
Governor

## Isleta Pueblo Housing Authority

The Isleta Pueblo Housing Authority is accepting applications for the FYI 2019 Home Improvement Program (HIP) for safety or sanitation repairs, renovations, and replacement of a home for substandard dwellings. Applications are available at the Isleta Pueblo Housing Authority Office. After submission of the application with all required documentations, it will be determined if you meet the "eligible" criteria for the HIP Program.

### Documentation required with the application:

1. Copy of C.I.B. (Certificate of Indian Blood)
2. Proof of Income (Last year's Tax Return, SSI Award Letter, etc.)
3. Most Important: Proof of ownership to either the existing home and/or land.
4. Provide documentation if the applicant is stating family member has disability or is handicap (Letter from a "Doctor", Veterans' Administration, or Social Security, etc.)

If you have any questions or need assistance, please contact Bernadette Lente, Executive Assistant at (505) 869-4153 Ext. 9345.



**Take the NEW AARP Smart Driver™ Course and you can save money on your car insurance!\***

**Drive smart. Save smart.**

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass. *Sign up today!*

#### CLASSROOM COURSE

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

#### TO FIND ADDITIONAL COURSES IN YOUR AREA:

Call 1-866-955-6301 or visit [www.aarp.org/driving36](http://www.aarp.org/driving36)

TOYOTA  
CASH OR CHECK MADE OUT TO AARP

There's a course near you!  
Date:

**APRIL 12, 2019**

Location:  
**ISLETA ELDERLY  
CENTER**

To Register:  
**CALL: 869-9770**

**AARP  
DRIVER  
SAFETY**



LETTER FROM THE EDITOR

**DEADLINE for May Newsletter articles is set for WEDNESDAY, April 17, 2019, at 4:30 pm.** 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 who 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 who 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>.

**CLASSIFIED ADS:** The new administration has requested that the Newsletter start a Classified Ad section for Tribal members selling land, houses, mobile homes, vehicles, and farm equipment. Leasing of houses and mobile homes will be accepted. Smaller items which can be sold at the local flea markets or weekly yard sales will NOT be accepted.

Currently, this service is **FREE** to Tribal members. Land, houses, and mobile homes must be within the reservation boundaries. Ads must meet the 160 character limit. Ads that exceed the 160 characters will NOT be submitted into the Newsletter. A single picture may be submitted with the ad. Submitters of classified ads are responsible for generating their own ads as this is a FREE service.

As a reminder, Tribal business owners may submit a small flyer at no charge. Like the classified ads, business owners are responsible for generating their own flyers as this is a FREE service.

Classified ads and business flyers will be posted no more than two consecutive months. In the event where the Newsletter may exceed the 24-page limit, classified ads and business flyers will be "bumped" for newsletter articles. Again, this is a FREE service for Tribal members.

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter. For additional questions, you may call the Library and speak with Nate or Tara at 505.869.9808.

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)
- 16) Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)



Congratulations Bobby!!

Airman First Class Robert James Lucero completed his Air Force Basic Military Training at Lackland AFB, Texas on 15 March 2019. He is flanked by his Dad, Retired Air Force Master Sergeant, Robert (Lucky) A. Lucero and Grandfather, Retired Air Force Command Chief Master Sergeant, Robert L. Lucero. Both retired after serving 26 years and 33 years, respectively.



Airman Lucero has been accepted to the loadmaster career field and will soon be attending the Air Force Aircrew Survival Training before attending the Loadmaster Technical Training requirements. His training location will be determined after the Air Force decides which type of aircraft he will be assigned to as a loadmaster. After he completes loadmaster training the Air Force will assign him to a permanent duty location.

His wife Alyssa Lucero is patiently waiting for him to complete all of his training requirements so she can join him at his permanent duty station. She supports her husband 100% to be in the Air Force and with his choice to be a loadmaster.

\*\*\* ATTENTION LOS CHARCOS AND BUTTE LATERAL FARMERS \*\*\*

Please attend a meeting with Governor Zuni and POI Water Resources Staff to discuss the subsurface drain project in the Los Charcos and Butte Lateral agricultural areas.

**WHEN:** Thursday, April 4, 2019, 5:30 pm - 6:30 pm  
**WHERE:** Conference Room at the Governor's Office

Los Charcos and Butte Lateral farmers will be briefed on the progress of the project. Please take this opportunity to learn about the project, and provide your input to the Governor and staff.

CLASSIFIED

Need a place to plant a garden? I have a one acre plot next to the Acequia Madre. Good fertile soil, for details contact Eugene Abeita at (505)934-6538.



PUEBLO OF ISLETA  
PUBLIC SERVICES DEPARTMENT  
UTILITIES DIVISION

IMPORTANT CONTACT INFORMATION

The Utilities Division of the Public Services Department has a NEW phone number. If you need to put in a work order for a septic pumping, sewage back-up, or water leak; please call 505-869-5170.

Any water leaks or sewage back-ups *inside* the home must still be requested through the Housing Authority. Housing's phone number is: 505-869-4153.

Work orders for Solid Waste issues or Transfer station questions may still be submitted through the 505-869-9782 phone number.

After hours please call Isleta Police Dispatch at 505-869-3030 for any emergencies. Dispatch will contact the proper department and someone will respond to assist you.

Thank you for your cooperation.

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
AQUATICS COORDINATOR	Recreation Center	03/20/2019
CAREGIVER II	Assisted Living Facility	03/20/2019
COMMERCIAL ELECTRICIAN	Public Services/Utilities Division	Open Until Filled
EDUCATION ASSISTANT	POI Elementary School	Continuously Accepting Applications
DENTAL ASSISTANT Part Time	Health Center	04/02/2019
EMS MANAGER	Health Center	03/28/2019
EMT - INTERMEDIATE PRN	Health Center	03/28/2019
EMT - PARAMEDIC PRN	Health Center	03/28/2019
EXECUTIVE DIRECTOR	Housing Authority	04/05/2019
HOME CARE ATTENDANT ( 2 Positions )	Elderly Center	Within Only 03/28/2019
FITNESS COORDINATOR	Recreation Center	04/02/2019
IRRIGATION & LANDSCAPE TECH ASSISTANT	Recreation Center	03/20/2019
LICENSING CLERK	Gaming Commission	03/20/2019
PARKS MAINTENANCE WORKER	Recreation Center	03/20/2019
PERSONAL CARE SERVICE AIDE ( Occasional )	Elder Center	Continuously Accepting Applications
PHYSICIAN	Health Center	Open Until Filled
PHYSICAL THERAPIST	Health Center	Open Until Filled
PRINCIPAL / EPA	Isleta Elementary School	04/10/2019
PROJECT ASSISTANT	Social Services	04/02/2019
REGISTERED NURSE PRN)	Health Center	Open Until Filled
SUMMER LIFE GUARDS (3 Positions)	Recreation Center	Within Only 03/20/2019
SUMMER RECREATION AIDES ( 16 Positions )	Recreation Center	Within Only 03/20/2019
SUMMER WEED & LITTER WORKER ( 6 Positions )	Recreation Center	Within Only 03/28/2019
SPECIAL EDUCATION TEACHER	Head Start/Early Head Start/Child Care	Open Until Filled
TEACHER	POI Elementary School	Continuously Accepting Applications
TEACHER ( Substitute Positions )	POI Elementary School	Continuously Accepting Applications
TEACHER	Head Start & Child Care	Open Until Filled
TIWA LANGUAGE TEACHER	POI Elementary School	Open Until Filled
VETERAN SUPPORT SERVICE PROGRAM	Elder Center	Open Until Filled
WATER / WASTEWATER OPERATOR APPRENTICE	Public Services/Utilities Division	Open Until Filled



Updated: 3 / 22 / 2019 ( Internal Posting in BOLD )  
www.isleta.com

REQ	TITLE	DEPARTMENT	REMOVAL DATE
1913BR	TEAM MEMBER	COUNT	Internal 03/29/2019 External 04/05/2019
2001BR	GROUNDKEEPER	GOLF COURSE MAINTENANCE	Internal 03/28/2019 External 04/04/2019
1999BR	LOBBY PORTER	HOUSEKEEPING	Internal 03/29/2019 External 04/05/2019
1997BR	BAKER I	F&B BAKERY	Internal 03/26/2019 External 04/02/2019
1998BR	BAKER I	F&B BAKERY	Internal 03/27/2019 External 04/03/2019
2004BR	BEVERAGE SERVER	F&B BEVERAGE	Internal 03/29/2019 External 04/05/2019
2003BR	BEVERAGE SERVER	F&B BEVERAGE	Internal 03/29/2019 External 04/05/2019
2002BR	BEVERAGE SERVER	F&B BEVERAGE	Internal 03/29/2019 External 04/05/2019
1994BR	COOK II	F&B DELI	Internal 03/22/2019 External 03/21/2020
1995BR	COOK II	F&B DELI	Internal 03/22/2019 External 03/21/2020
1927BR	ADMISSIONS/ISSUE CLERK	BINGO	01/01/2020 or until filled
1930BR	CAGE CASHIER	CAGE	01/04/2020 or until filled
1907BR	TEAM MEMBER-COUNT	COUNT	01/04/2020 or until filled
1913BR	TEAM MEMBER-COUNT	COUNT	03/18/2020 or until filled
1996BR	TEAM MEMBER-COUNT	COUNT	03/18/2020 or until filled
1750BR	CUSTODIAN (GRAVEYARD)	CUSTODIAL	09/27/2019 or until filled
1751BR	CUSTODIAN (GRAVEYARD)	CUSTODIAL	09/27/2019 or until filled
1749BR	CUSTODIAN (SWING)	CUSTODIAL	09/27/2019 or until filled
1692BR	FOOD ATTENDANT (BEVERAGE)	F&B BINGO SNACK BAR	01/04/2020 or until filled
1753BR	FOOD ATTENDANT (BEVERAGE)	F&B BINGO SNACK BAR	01/04/2020 or until filled
1757BR	FOOD ATTENDANT (BEVERAGE)	F&B BINGO SNACK BAR	01/04/2020 or until filled
1805BR	FOOD ATTENDANT (BEVERAGE)	F&B BINGO SNACK BAR	01/04/2020 or until filled
1570BR	BANQUET SERVER (on-call)	F&B CATERING BANQUETS	10/31/2019 or until filled
1855BR	COOK I	F&B CATERING BANQUETS	01/04/2020 or until filled
1900BR	BARBACK-CENTER BAR (PART-TIME)	F&B CENTER BAR	01/04/2020 or until filled
1918BR	BARBACK	F&B CENTER BAR	01/04/2020 or until filled
1919BR	BARTENDER	F&B CENTER BAR	01/04/2020 or until filled
1937BR	CASHIER	F&B CHILLS	01/04/2020 or until filled
1938BR	CASHIER	F&B CHILL	01/04/2020 or until filled
1957BR	ASSISTANT RESTAURANT MANAGER	F&B DELI	03/14/2020 or until filled
1870BR	COOK I	F&B DELI	01/04/2020 or until filled
1871BR	COOK I	F&B DELI	01/04/2020 or until filled
1964BR	COOK I	F&B DELI	03/14/2020 or until filled
1965BR	COOK I	F&B DELI	03/14/2020 or until filled
1966BR	COOK I	F&B DELI	03/14/2020 or until filled



<u>REQ</u>	<u>TITLE</u>	<u>DEPARTMENT</u>	<u>REMOVAL DATE</u>
1967BR	COOK I	F&B DELI	03/14/2020 or until filled
1986BR	COOK I	F&B DELI	03/14/2020 or until filled
1987BR	COOK I	F&B DELI	03/14/2020 or until filled
1988BR	COOK I	F&B DELI	03/14/2020 or until filled
1989BR	COOK I	F&B DELI	03/14/2020 or until filled
1990BR	COOK I	F&B DELI	03/14/2020 or until filled
1991BR	COOK I	F&B DELI	03/14/2020 or until filled
1933BR	COOK II	F&B DELI	01/01/2020 or until filled
1934BR	COOK II	F&B DELI	01/01/2020 or until filled
1992BR	COOK II	F&B DELI	03/14/2020 or until filled
1993BR	COOK II	F&B DELI	03/14/2020 or until filled
1994BR	COOK II	F&B DELI	01/04/2020 or until filled
1995BR	COOK II	F&B DELI	01/04/2020 or until filled
1968BR	COOK III	F&B DELI	03/14/2020 or until filled
1969BR	COOK III	F&B DELI	03/14/2020 or until filled
1970BR	COOK III	F&B DELI	03/14/2020 or until filled
1971BR	COOK III	F&B DELI	03/14/2020 or until filled
1972BR	COOK III	F&B DELI	03/14/2020 or until filled
1973BR	COOK III	F&B DELI	03/14/2020 or until filled
1579BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1800BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1801BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1802BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1804BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1974BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1975BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1976BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1977BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1978BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1979BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1980BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1981BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1982BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1983BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1984BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1985BR	FOOD ATTENDANT	F&B DELI	03/14/2020 or until filled
1868BR	FOOD ATTENDANT (BEVERAGE)	F&B DELI	01/04/2020 or until filled
1869BR	FOOD ATTENDANT (BEVERAGE)	F&B DELI	01/04/2020 or until filled
1953BR	RESTAURANT MANAGER	F&B DELI	03/25/2019
1903BR	SUPERVISOR F&B	F&B DELI	01/04/2020 or until filled
1944BR	CASHIER	F&B EMBERS STEAKHOUSE	01/04/2020 or until filled
1943BR	EXPEDITOR	F&B EMBERS STEAKHOUSE	01/04/2020 or until filled
1631BR	SERVER	F&B EMBERS STEAKHOUSE	01/04/2020 or until filled
1872BR	COOK I	F&B EMPLOYEE DINING	01/04/2020 or until filled
2000BR	EDR ATTENDANT	F&B EMPLOYEE DINING	01/04/2020 or until filled
1522BR	RESTAURANT CHEF	F&B EMPLOYEE DINING	01/04/2020 or until filled
1901BR	OFF-SITE ATTENDANT	F&B FUN CONNECTION	01/04/2020 or until filled
1923BR	SUPERVISOR F & B	F&B FUN CONNECTION	01/04/2020 or until filled
1867BR	COOK - PREP KITCHEN	F&B PREP KITCHEN	01/04/2020 or until filled
1765BR	COOK STEAKHOUSE	F&B STEAKHOUSE	01/04/2020 or until filled
1782BR	CASHIER - F&B TIWA	F&B TIWA	01/04/2020 or until filled
1845BR	CASHIER - F&B TIWA	F&B TIWA	01/04/2020 or until filled
1857BR	CASHIER - F&B TIWA	F&B TIWA	01/04/2020 or until filled
1859BR	COOK I	F&B TIWA	01/04/2020 or until filled
1834BR	COOK I	F&B TIWA	01/04/2020 or until filled
1939BR	COOK I	F&B TIWA	01/04/2020 or until filled
1940BR	COOK I	F&B TIWA	01/04/2020 or until filled
1941BR	COOK I	F&B TIWA	01/04/2020 or until filled
1942BR	COOK I	F&B TIWA	01/04/2020 or until filled
1860BR	COOK II	F&B TIWA	01/04/2020 or until filled
1846BR	ROOMSERVICE CASHIER	F&B TIWA	01/04/2020 or until filled
1914BR	BUSSER TIWA	F&B TIWA	01/04/2020 or until filled
1397BR	SERVER –TIWA	F&B TIWA	01/04/2020 or until filled
1468BR	SERVER - TIWA	F&B TIWA	01/04/2020 or until filled
1936BR	SERVER - TIWA	F&B TIWA	01/04/2020 or until filled
1764BR	SOUS CHEF – TIWA	F&B TIWA	01/04/2020 or until filled
1960BR	HDC SPECIALIST	F&B UTILITY	03/14/2020 or until filled
1961BR	HDC SPECIALIST	F&B UTILITY	03/14/2020 or until filled
1962BR	HDC SPECIALIST	F&B UTILITY	03/14/2020 or until filled
1951BR	HDC SPECIALIST	F&B UTILITY	01/04/2020 or until filled
1958BR	STEWARD	F&B UTILITY	03/14/2020 or until filled
1959BR	STEWARD	F&B UTILITY	03/14/2020 or until filled
1935BR	STEWARD	F&B UTILITY	01/04/2020 or until filled
1911BR	STEWARD	F&B UTILITY	01/04/2020 or until filled
1854BR	HVAC TECH II	FACILITIES MAINTENANCE	01/04/2020 or until filled



Career Opportunities Continued

REQ	TITLE	DEPARTMENT	REMOVAL DATE
1826BR	LANDSCAPE SUPERVISOR	FACILITIES MAINTENANCE	01/04/2020 or until filled
1823BR	LANDSCAPE TECHNICIAN I	FACILITIES MAINTENANCE	01/04/2020 or until filled
1824BR	LANDSCAPE TECHNICIAN II	FACILITIES MAINTENANCE	01/04/2020 or until filled
1825BR	LANDSCAPE TECHNICIAN III	FACILITIES MAINTENANCE	01/04/2020 or until filled
1725BR	PLUMBER	FACILITIES MAINTENANCE	01/04/2020 or until filled
1759BR	PREVENTION MAINT TECHNICIAN (graveyard)	FACILITIES MAINTENANCE	01/04/2020 or until filled
1887BR	GREENS KEEPER	FACILITIES MAINTENANCE	01/04/2020 or until filled
1886BR	HEAD GOLF PRO	GOLF COURSE MAINTENANCE	04/04/2019
1830BR	SHOP CLERK	GOLF COURSE OPERATIONS	01/04/2020 or until filled
1929BR	FRONT DESK AGENT (Part-Time)	GOLF COURSE OPERATIONS	04/04/2019
1781BR	ATTENDANT LAUNDRY	HOTEL FRONT DESK	04/09/2019
1925BR	HOUSEPERSON	HOTEL HOUSEKEEPING	01/04/2020 or until filled
1954BR	ROOM ATTENDANT	HOTEL HOUSEKEEPING	01/04/2020 or until filled
1892BR	ROOM INSPECTOR	HOTEL HOUSEKEEPING	03/26/2019
1636BR	POOL ATTENDANT	POOL MAINTENANCE	01/04/2020 or until filled
1405BR	SECURITY OFFICER I	SECURITY	01/01/2020 or until filled
1406BR	SECURITY OFFICER I	SECURITY	01/01/2020 or until filled
1418BR	SECURITY OFFICER II	SECURITY	01/01/2020 or until filled
1419BR	SECURITY OFFICER II	SECURITY	01/01/2020 or until filled
1420BR	SECURITY OFFICER II	SECURITY	01/01/2020 or until filled
1500BR	SECURITY OFFICER II	SECURITY	01/01/2020 or until filled
1501BR	SECURITY OFFICER II	SECURITY	01/01/2020 or until filled
1955BR	SLOTS FLOOR TECHNICIAN	SLOTS	03/29/2019
1909BR	COSMETOLOGIST - SPA	SPA SALON	01/04/2020 or until filled
1894BR	TABLE GAMES DEALER Part Time	TABLE GAMES	01/04/2020 or until filled
1821BR	VALET ATTENDANT	VALET	01/04/2020 or until filled
1878BR	VALET ATTENDANT	VALET	01/04/2020 or until filled
1874BR	VALET ATTENDANT(graveyard)	VALET	01/04/2020 or until filled
1875BR	VALET ATTENDANT(graveyard)	VALET	01/04/2020 or until filled

FUNDED BY THE  
DEPARTMENT OF LABOR

YOUTH EMPLOYMENT  
OPPORTUNITY

The Isleta WIOA Supplemental Youth Services Program is hiring youth, ages 14-24 to work as a summer WIOA Youth worker. This program gives participants the opportunity to work in an assigned POI department for up to 130 hours. Youth will earn \$7.89/ hr. and will attend a one-day employability skills training.

Eligibility:

- Must be Native American, Alaskan, or Hawaiian Indian
- Must be 14 - 24 years of age
- Must live on the reservation or within Bernalillo or Valencia County

Priority will be given to low-income applicants.  
Accepting applications until positions are filled.

Summer Youth employment starts June 3rd and ends at the completion of 130 hours.

CONTACT US FOR AN  
APPLICATION

Natasha Jiron

HR Generalist/ WIOA & Summer Intern Coordinator

(505) 869-9792

poi70105@isletapueblo.com



Pueblo of Isleta  
Human Resources

2019 POI SUMMER INTERNSHIP  
PROGRAM

INTERNSHIP APPLICANTS  
WANTED

- Must be an Isleta tribal member
- Must be a college student who has completed at least 12 credit hours.

What you need to apply:

- Tribal ID or CIB
- POI Employment Application
- Resume
- Letter of interest indicating your field of study. Identify a POI department that would benefit you in your field of study.
- Unofficial Transcript


Accepting applications now until  
positions are filled.

Internships start June 3rd.  
Internship I's pay \$9.98/hr.  
Internship II's pay \$10.50/hr.

Submit applications to Natasha Jiron at the  
Isleta Human Resource Office (505) 869-9792 /  
poi70105@isletapueblo.com









# Ag Burning Causes 65 % of Our Escaped Fires on Tribal Lands




## We Have a Problem .... Farmers You Are the Solution

Let's Work Together To Keep Our Community Safe

-  Careless Planning  Plan Before You Burn
-  Escaped Burns  Be ready with hoses- shovels
-  Property Damage  Do Not Burn When Windy

The landowner is responsible for controlling their agricultural fires.

If a fire should escape the control line, the responsible party may be found negligent and held accountable for property damage, as a result of an escaped fire. Remember, only you.....




**Funded by the  
Department of Labor**

**Employability  
skills training**

**Job search  
assistance**

**250 hours of  
paid work  
experience**

**Pueblo of Isleta  
WIOA Program**



**Employment and Training  
Services**

**Resume  
writing  
assistance**

**Mock  
interviews**

**Free  
CareerScope  
Assessment**

**Referrals to  
local  
programs &  
resources**

**Eligibility:**

- Must be 18 yrs. or older
- Must be Native American, Hawaiian, or Alaskan Native
- Must be a resident of Bernalillo or Valencia county
- Must be low income, unemployed, or underemployed
- Must be registered for the selective services if born after 1960, male, and 18 years +

**NATASHA JIRON  
(505) 869-9792**



## Pueblo of Isleta Long Range Transportation Plan

The Pueblo of Isleta Public Services Department has hired Wilson & Company, Engineers & Architects, Inc, as our consultant to update our road inventory database and update our Long Range Transportation Plan for the Pueblo. We have been working over the last 9 months to update our road inventory to understand the road conditions, which is a very important aspect of updating the Long Range Transportation Plan. We are asking the community at large to contribute opinions and feedback for this very important effort as it impacts how we invest our transportation funding from the Federal Highway Administration and the Bureau of Indian Affairs. Your participation in completing this survey would greatly contribute to understanding mobility needs for our community. We sincerely value your input!

### WHAT IS THE ROAD INVENTORY?

The Road Inventory Features Data System (RIFDS) is a comprehensive database of all transportation facilities within the Pueblo of Isleta that are eligible for Tribal Transportation Program funding administered through the Federal Highway Administration. The Public Services Department has to maintain an up-to-date inventory of our roads in the Bureau of Indian Affairs RIFDS database to assist us in our project planning, justify expending funds on roadway maintenance, and to invest in additional transportation needs such as widening or improving a road, building a path and installing a sidewalk.

Our current efforts resulted in updating the database of 735.3 miles of roadway information that was in the RIFDS database. Additionally, the Pueblo added 200 new entries that totaled an additional 545 miles of new roadways that were not in the RIFDS system. Once the Bureau of Indian Affairs accepts the inputs, the RIFDS become "Official" and are eligible for federally funded activities. This is important as a road has to be in the RIFDS system in order for the Pueblo to use federal Tribal Transportation Program funds for the maintenance activities and expenses associated with that road.

### WHAT IS A LONG RANGE TRANSPORTATION PLAN?

The Long Range Transportation Plan (LRTP) is a planning process to research, draft and develop a path forward for multimodal transportation investment within the Pueblo of Islets. The LRTP defines a set of goals to provide funding guidance in order to improve overall transportation system conditions, and direct funding towards the types of investments that are needed moat. The LRTP also identifies short and long-range transportation improvement strategies that will address current and future transportation needs according to Tribal, Federal, and State government policies. As required by the statutory requirement 26 CFR 170, developing a LRTP is necessary because it serves as the defining vision for the region’s transportation needs. The LRTP is required to be updated every five years. Our Pueblo of Isleta LRTP has not been updated since 2004. Multimodal transportation spending includes investing in infrastructure and strategies to improve mobility for those that drive, bicycle, walk, fly, use transit, and ship freight. The strategies developed in the LRTP assist to develop a direction forward relating to future land use, economic development, traffic demand, transportation system safety, health and social needs over a 20-year period.

### THE LRTP UPDATE PROCESS

Once the inventory update is complete, we will have a comprehensive understanding

of our road system. Historically, we have focused much of our Tribal Transportation Program (formally Indian Reservation Roads or IRR) funds to complete pavement preservation projects which includes purchasing materials and equipment, hiring staff and contractors, and completing routine roadway preservation. Based on our updated inventory, we are working to understand how we should best spend our federal funding to address our maintenance needs, enhance our roads, improve shoulders and install sidewalks for our members that walk and bicycle in the community, and as we recently started, provide transit in the community.

We need your help in order for us

to understand your opinions on our transportation system, and your thoughts on priorities. This information will be used to help us define a draft program that we will obtain additional public input on in the future.

### LRTP VISION AND GOALS

On the following page is the draft Transportation Vision and Goals. **We need your help** to let us know if we are on the right track! The Vision and Goals of the Transportation Plan help to keep us focused on what is important to the community. We will be looking for your feedback on the following **Vision and Goals**.

WILSON & COMPANY

VISION AND GOALS

THE TRANSPORTATION SYSTEM WITHIN THE ISLETA PUEBLO WILL BE AN INTERCONNECTED NETWORK OF ROADS, TRAILS AND SUPPORTING INFRASTRUCTURE TO PROVIDE A SUSTAINABLE, RELIABLE AND SAFE SYSTEM THAT ACCOMMODATES ALL USERS THAT MAY DRIVE, WALK, BICYCLE, USE TRANSIT OR OTHER MODES OF TRAVEL.

GOAL 1

Maintain the existing transportation system..

GOAL 2

Provide for connectivity, growth and development within the Pueblo..

GOAL 3

Provide mobility for all transportation modes.

GOAL 4

Promote economic development.

GOAL 5

Enhance safety.

GOAL 6

Enhance quality of life through improved transportation modes.

COMMUNITY SURVEY

- A COMMUNITY SURVEY IS PROVIDED BELOW SO WE CAN UNDERSTAND YOUR PRIORITIES. A FUTURE PUBLIC MEETING WILL INCLUDE A SUMMARY OF THIS INPUT.
- PLEASE PICK UP SURVEYS AT THE TRIBAL SERVICES COMPLEX – PUBLIC SERVICES DEPARTMENT OFFICE, LIBRARY, OR GOVERNORS OFFICE.
- COMPLETED SURVEYS CAN BE DROPPED OFF AT THE TRIBAL SERVICES COMPLEX – PUBLIC SERVICES DEPARTMENT OFFICE OR THE GOVERNORS OFFICE.

1

Which roadway maintenance activities should the Pueblo dedicate additional resources to? (Resources include funding, employees and/or equipment) (Please number the activities in order of priority: 1= highest priority and 5 = lowest priority)

a.

Maintaining paved roads (e.g. repairing potholes, crack sealing, resurfacing) \_\_\_\_\_

b.

Blading dirt/gravel roads \_\_\_\_\_

c.

Watering dirt/gravel roadways \_\_\_\_\_

d.

Maintaining roadside ditches for drainage \_\_\_\_\_

e.

Maintaining ponds for drainage \_\_\_\_\_

\*Please describe why:

2

Are the following improvement goals important to you? (Check YES or NO)

a.

Improve safety for vehicular traffic YES \_\_\_\_\_ NO \_\_\_\_\_

b.

Improve traveler information (e.g. message signs) YES \_\_\_\_\_ NO \_\_\_\_\_

c.

Support economic development (e.g. commercial/office space, freight movement) YES \_\_\_\_\_ NO \_\_\_\_\_

d.

Improve access to recreation (e.g. trail access, park access) YES \_\_\_\_\_ NO \_\_\_\_\_

e.

Improve all road (dirt and asphalt) for bicycles (e.g. adding bike lanes or shoulders) YES \_\_\_\_\_ NO \_\_\_\_\_

f.

Improve sidewalks for health benefits and safe walking YES \_\_\_\_\_ NO \_\_\_\_\_

g.

Improve asphalt roadways YES \_\_\_\_\_ NO \_\_\_\_\_

h.

Improve dirt roadways YES \_\_\_\_\_ NO \_\_\_\_\_

\*Please describe why:

3

What are your TOP TWO priorities regarding new construction? (1 = highest priority and 2 = lowest priority)

a.

Roadway improvements or new roadways \_\_\_\_\_

b.

Bicycle improvements or new bike paths \_\_\_\_\_

c.

Sidewalk improvements or new sidewalks \_\_\_\_\_

\*Please describe why:

4

What are your TOP TWO priorities regarding road maintenance?

a.

Resurface / seal / maintain paved roads now to minimize need to reconstruct later \_\_\_\_\_

b.

Repair potholes on all roads (dirt, gravel and asphalt) \_\_\_\_\_

c.

Blade and water dirt and gravel roads \_\_\_\_\_

d.

Apply a dust suppressant to dirt and gravel roads \_\_\_\_\_

\*Please describe why:

5

What are your TOP TWO priorities regarding road enhancements?

a.

Upgrade dirt roads to gravel \_\_\_\_\_

b.

Upgrade gravel roads to asphalt pavement \_\_\_\_\_

c.

Add sidewalks \_\_\_\_\_

d.

Add lighting \_\_\_\_\_

e.

Improve roadway drainage \_\_\_\_\_

\*Please describe why:

6

Do you feel that it is safe (roadway safety) to drive in your community? YES \_\_\_\_\_ NO \_\_\_\_\_

7

Do you walk in your community? YES \_\_\_\_\_ NO \_\_\_\_\_

a.

If yes, where? \_\_\_\_\_

b.

Where would you like improvements to be made for better walking access? \_\_\_\_\_

8

Do you feel that it is safe (roadway safety) to walk on or along the roads? YES \_\_\_\_\_ NO \_\_\_\_\_ prefer not to walk \_\_\_\_\_

9

Do you ride a bike in the community? YES \_\_\_\_\_ NO \_\_\_\_\_

a.

If yes, where? \_\_\_\_\_

b.

Where would you like improvements to be made for better bicycling access? \_\_\_\_\_

10

Do you feel that it is safe (roadway safety) to ride a bike on or along the state roads? YES \_\_\_\_\_ NO \_\_\_\_\_ prefer not to bike \_\_\_\_\_

11

Do you use the Rail Runner? YES \_\_\_\_\_ NO \_\_\_\_\_

12

Are you using the new Isleta Transit Service (Dial-A-Ride Service or NM47 north-south service)? YES \_\_\_\_\_ NO \_\_\_\_\_

13

What is your association with Isleta? (Please check all that apply)

Community Member \_\_\_\_\_

Community Employee \_\_\_\_\_

Tribal Employee \_\_\_\_\_

Elected Official \_\_\_\_\_



ISLETA POLICE DEPARTMENT NEWSLETTER



Seems as though Mother Nature had not quite decided whether to end our wintry weather and spring into SPRING! The blustery winds of March appeared and hopefully gentle April showers will be in store for us this month.

The winds can be treacherous so be sure to check weather forecasts. The tremendous winds the State experienced already were anything but gentle causing low to no visibility and in one town was responsible for a train being “blown off the tracks”. High profile vehicles are especially dangerous in high winds and for those of us who are driving small passenger cars, the winds are definitely a force to be reckoned with. So be cautious and slow down or just stay in when there are severe wind gust warnings.

**The Law Enforcement Exploring Program** will have had its second Meet and Greet by the time this newsletter is out and due to many scheduling conflicts was rescheduled a second time for March 26, 2019 at 5:30 p.m. We will be pushing this program forward and are always interested in the youth of Isleta who may want to test the waters in the field of law enforcement. The training, guest speakers, and demonstrations will all be a part of this program with Isleta Tribal Officers providing guidance and mentorship for our young people who we feel would be a valuable asset to the Isleta Police Department. In addition to their training they will assist with community and police projects throughout the year. Feel free to contact Officer Sharon Mitamura at 505-382-3459 for more information regarding this worthwhile program for our youth. The age group is 13-20 years of age and youngsters under the age of 18 will need to have parent approval.

CAMP TRIUMPH

We are looking forward to hosting camps in June and July which will have at least 40 participants. So be on the lookout in May for our opening of applications. The age group will range from 9 to 15 years of age. Camp will be a four-days filled with fun activities and give our youth a chance to develop a variety of skills to help them resist the temptation of drug use and gang activity. We believe Camp can be the starting point for a lifetime of positive decisions and build a relationship with law enforcement. If you have any questions, please fill free to contact Detective Kathy Lucero at 869-9728.

We now have an avenue to report crimes via Crimestoppers. Chief Stanley met with the coordinator and we are now linked to the Albuquerque Metro Crimestoppers Program. Any and all tips will be addressed through this program and is a useful tool to help investigate crime on the Pueblo and maintain safety for the residents. As always you can remain anonymous, but any information a person provides is useful and assists us in putting a damper on crime in Isleta and you could be eligible for a reward.

INDIAN HIGHWAY SAFETY PROGRAM (IHSP)

Lead Traffic Officer J.P. Abeita will be working in conjunction with the Bureau of Indian Affairs in the production of a public service announcement video regarding DWI. Keep an eye out for it. For those of you who are not familiar with IHSP, it is a division targeting traffic enforcement, investigation of crashes, and providing information and education

regarding such topics as DWI, Texting While Driving, etc. They are annual participants in the “Don’t Shatter the Dream Project” as well and are instrumental in keeping the roadways through the Pueblo of Isleta as safe as possible. Please watch your speeds, Don’t Text and Drive, and **DON’T DRINK AND DRIVE!**

CONSTRUCTION:

Thanks to all for your patience and cooperation during the road construction taking place on

Highway 314 at Highway 147. The end is in sight and there are still a few more weeks to finish with paving, striping, and signing but the project should be completed soon. Please be alert and aware there are many workers out there, some on machinery and some on foot. Watch for them and be courteous, slow down as the speed limit is 25 mph and obey all flagmen on site as they are there to slow, and occasionally stop traffic during this construction period.

Albuquerque Metro

CRIMEstoppers

WAYS TO REPORT  
AN ANONYMOUS TIP

CALL (505) 843-7867  
crimestoppersnm.com  
www.P3tips.com  
P3 mobile app

WORLD'S FIRST  
CRIMESTOPPERS  
PROGRAM  
FOUNDED 1976

You could be eligible for  
up to a \$1000 REWARD

National Prescription Drug TAKE BACK DAY

Got Drugs?

Dispose of your unused medications properly!

April 27, 2019 from 10:00am - 2:00pm

Drop Off Location  
Main Recreation Center

Turn in your unused or expired medications we will accept the following:

- All Prescription Medications  
Antibiotics, codeine, morphine, Ritalin, anti-depressants, steroids, inhalers, cough syrup, and many more
- Ointments
- Prescription Patches

- Over-the-Counter Medications
- Vitamins
- Samples
- Medications for Pets

For More Information Contact Isleta Police Department at 505-869-9737



PUEBLO OF ISLETA  
PUBLIC SERVICES DEPARTMENT  
UTILITIES DIVISION

POI Resident Water wasting vs.  
Conservation

Water generated by the Pueblo and distributed to the residents via water main lines is meant to be shared by all. As of now, this water is produced and distributed to you at no cost. This may change in the near future as the costs to bring this water to you continues to increase.

Pueblo residents are concerned about water conservation and report what they consider to be water wasting. It is hard to see water running down the streets from hoses being left on, over-watering gardens, trees or plants, and using the water as a dust control measure. All residents need to take care of this most precious resource and not waste it.

Swimming pools are a great way to cool off in the summer. If properly maintained, larger swimming pools can utilize the water in the pool for many seasons. Smaller pools may need to be emptied at the end of the swimming season. Pool filters do a great job of removing dirt and debris from the swimming pool waters. Disinfection supplies for the pool water are available at many locations to keep the pool water safe so the pool may be enjoyed without the need of emptying and re-filling the pool frequently.

Be a responsible pool owner and maintain the pool as the manufacturers suggest. There is no need to empty and refill swimming pools on a regular basis. Dumping the pool water creates a mess in your yard and can affect your neighbors if the water flows out of your yard and into theirs. Filling the pool up with water from your spigot on a routine basis can be a large draw on the entire water system and can create a back-flow condition that could impact the entire water system.

Small home gardens are a benefit to have in the yard. Trees, shrubs, plants all need to be watered regularly. Leaving a garden hose running overnight or for hours at a time is not a good practice. Overwatering can do harm to gardens, plants and landscaping. Please be responsible in your water use. Do the research and find out just how much and how often certain trees, shrubs, plants, and garden produce needs to be watered.

Using existing ditch water or your own private water well to irrigate larger gardens is preferred. The use of Pueblo flush and fire hydrants is NOT allowed as a watering source for your gardens, livestock, water or fertilizer tanker (especially this!). There are non-potable wells available for filling up water tanks. Contact Mr. Edwin Jaramillo, Utilities Division Manager at 869-9781 for more information on how to keep your drinking water safe for all to enjoy.

2019 Fire Season  
beginning soon.  
Isleta Pueblo Volunteer Fire  
Department

Fire Season coming soon! The Fire Department will be available 7 days a week to assist residents with agricultural burns. Burn permits are still required and instructions must be followed on burn permit.

For more info, call the numbers below. Burn permits are available at the Pueblo of Isleta Natural Resources Department located across the Clinic.

For more info call (505) 869-9725 or (505) 401-5119

OFFICE OF THE GOVERNOR



PHONE: 505-869-3111  
FAX: 505-869-7596

PUEBLO OF ISLETA

P. O. BOX 1270, ISLETA, NM 87022

March 21, 2019

To: Pueblo of Isleta Residents  
Pueblo of Isleta Departments  
Pueblo of Isleta Housing Authority  
Isleta Resort and Casino

RE: Water and Sanitary Sewer Service Connections

**EFFECTIVE IMMEDIATELY:** To ensure the safety, health, and welfare of the Pueblo of Isleta Tribal Members and Pueblo of Isleta property, any connections (taps) to water or sewer mains including any operations of gate valves will be scheduled through the Pueblo of Isleta Utility Division.

For non-emergency connections, a 72-hour notification will be required with the submittal of plans and/or details of the project to the Pueblo of Isleta Utility Division. For scheduled and emergency connections during working hours, please call:

Pueblo of Isleta Utility Division  
Location: 3921 NM-47 Albuquerque, NM 87105  
Phone: 505-869-5170  
Working Hours: 7:00am – 3:30pm Monday-Friday

In the event of an after hours emergency, please call the Isleta Police Department Dispatch phone number at 505-869-3030 an IPD Dispatch will notify the Pueblo of Isleta Utility Division.

I extend my appreciation in advance for adhering to this letter.

Sincerely,

M. Zuni  
Pueblo of Isleta  
Governor

Ditch Burning Check List

Pre-Burn Checklist

- ☐ Have you considered other alternatives to burning?
- ☐ Have you obtained your burn permit?
- ☐ Have you checked the weather forecast?
- ☐ What are the forecasted winds?
- ☐ Have you checked with local authorities to see if it is a "Burn or No Burn Day?"
- ☐ Have you notified proper authorities of your burn, i.e. Location and size?

Before You Light

- ☐ Have you scouted the area you are going to burn?
- ☐ Have you cleared weeds and grass around telephone poles, utility boxes, gas meters, propane tanks, cottonwood trees, corrals or sheds?
- ☐ Have you created fire breaks to keep your fire from spreading beyond the intended burn area?
- ☐ Do you have adequate equipment, tools, water and personnel on site to keep your fire from escaping?

While You're Burning

- ☐ Keep your fires small.
- ☐ Avoid burning large areas at one time.
- ☐ Always burn against the wind and be aware of wind shifts.
- ☐ If winds increase, consider extinguishing your fire.
- ☐ Monitor your fire at all times.

After the Burn

- ☐ Stay on site until your fire is out.
- ☐ Check for any smoldering piles or debris that could reignite if winds increase.



Remember Only You Can Prevent Wildfires



Department of Education

Summer programs here we come! Please review the summer program schedules and registration dates. We hope the times and dates will meet the needs of all students. Continue to read with your children at home, here are some helpful tips:

- Pay attention to what your child is interested in, and encourage him or her to read books on those subjects.
- Set aside time to read with your child every day. Spend time reading together just before bed and take turns reading out loud with younger children.
- Set time aside every week for family reading night
- Make reading a daily part of life, including reading road signs, recipes and directions out loud.
- Make reading interactive – ask your children’s opinions on what they are reading.
- Set goals, such as challenging your child to read three books over Christmas break.
- Ask older children to help younger ones with reading. This activity will boost older kids’ confidence, in addition to providing important practice for younger children.
- Spend at least an hour a week with literacy activities such as reading magazines, comic books, puzzles etc. We need to instill the love of reading and incorporate fun activities, because learning is fun.
- Actively encourage children to read and congratulate them on their progress.
- Set an example—seeing you read will encourage your child to do the same!

Multicultural Summer Honors Program at the Albuquerque Academy

Congratulations to our students who applied for the summer honors program at Albuquerque Academy; Brielle Allen, Brady Garcia, Sienna Flores, Kevin Lujan Jr., Mia Mershon, Koral Paquin.

The six week Multicultural Summer Honors Program is a half day summer scholarship program for academically talented and motivated Native American students. Each “Summer Honors” scholarship recipients receive tuition-free scholarships equal to the cost of four class periods (\$940). The 2019 program begins on Monday, June 3rd and ends on Friday, July 12th, Monday-Friday, 8:10 a.m.-12:05 p.m. Congratulations to our students that will be attending the summer program.



**Isleta Pueblo News**

**Editor:**  
Nathaniel Lujan

**Asst. Editor:**  
Tara Abeita

**Published By:**  
Valencia Express



PUEBLO OF ISLETA HIGHER EDUCATION PROGRAM

# Scholarship Application Deadline is April 1st for Summer Term!


*The deadline for all OTHER Required Documentation is DUE May 31st, for the Summer Term*

**Do not forget to get your Class Schedule and Degree Plan Signed by your Academic Advisor**

If you have any questions please feel free to contact Lisa Smith Scholarship Coordinator or Johnna Shiye Scholarship Assistant at (505)869-9790

PUEBLO OF ISLETA HIGHER EDUCATION PROGRAM

# ★ STUDENT ORIENTATION ★



Calling all Higher Education Students!

The Higher Education Program will be having a Mandatory Student Orientation for new students and current students that have not yet attended orientation. This orientation provides the process of the POI/HEP guidelines, policy, funding, and deadline dates.

When	Where
April 16th: 1:00 p.m.	The Educational Complex
April 17th: 5:00 p.m.	Department of Education

Refreshments will be served for all who attend!

For More Information Please Contact the Higher Education Program:

<b>LISA SMITH</b> SCHOLARSHIP COORDINATOR	<b>JOHNNA SHIJE</b> SCHOLARSHIP ASSISTANT
Phone: (505)869-9790	Phone: (505)869-9790



Los Lunas Tigers Softball 2019

Varsity Softball 2019

Day	Date	Opponent	Place	Time
Tuesday	March 05	Volcano Vista	Los Lunas High School	4:00 PM
Thursday	March 07	vs TBD	Bullhead City, AZ	TBD
Friday	March 08	vs TBD	Bullhead City, AZ	TBD
Friday	March 08	vs TBD	Bullhead City, AZ	TBD
Saturday	March 09	vs TBD	Bullhead City, AZ	TBD
Saturday	March 09	vs TBD	Bullhead City, AZ	TBD
Thursday	March 14	@ Valley	Valley High School	4:00 PM
Tuesday	March 19	Los Alamos	Los Lunas High School	6:00 PM
Friday	March 22	vs Artesia Invite	Artesia High School	4:00 PM
Saturday	March 23	vs Artesia Invite	Artesia High School	TBD
Saturday	March 23	vs Artesia Invite	Artesia High School	TBD
Tuesday	March 26	La Cueva	Los Lunas High School	4:00 PM
Thursday	March 28	vs Rio Rancho Invite	Rio Rancho High School	TBD
Friday	March 29	vs Rio Rancho Invite	Rio Rancho High School	TBD
Friday	March 29	vs Rio Rancho Invite	Rio Rancho High School	TBD
Saturday	March 30	vs Rio Rancho Invite	Rio Rancho High School	TBD
Saturday	March 30	vs Rio Rancho Invite	Rio Rancho High School	TBD
Tuesday	April 02	@ Eldorado	Eldorado High School	4:00 PM
Thursday	April 04	Belen High School	Los Lunas High School	6:00 PM
Tuesday	April 09	@ St Pius High School	St. Pius High School	4:00 PM
Thursday	April 11	Grants High School	Los Lunas High School	6:00 PM
Tuesday	April 16	@ Valencia High School	Valencia High School	6:00 PM
Tuesday	April 23	@ Belen High School	Belen High School	6:00 PM
Thursday	April 25	St. Pius High School	Los Lunas High School	4:00 PM
Tuesday	April 30	@ Grants High School	Grants High School	6:00 PM
Thursday	May 02	Valencia High School	Los Lunas High School	6:00 PM
Friday	May 10	1st Round State Tournament	Los Lunas High School	6:00 PM
Thursday	May 16	5A State Tournament	Cleveland / Rio Rancho /UNM	TBD
Friday	May 17	5A State Tournament	Cleveland / Rio Rancho /UNM	TBD
Saturday	May 18	5A State Tournament	Cleveland / Rio Rancho /UNM	TBD

LLYBL's  
2<sup>nd</sup> ANNUAL

3 ON 3  
BENEFIT TOURNAMENT  
FOR  
Former VHS Basketball player  
EMMA HART  
In Partnership with the Peace Corps and FIFA

\*\*April 13<sup>th</sup> and 14<sup>th</sup>  
\*\*\$50 per team  
\*\*Ages: 8u thru 18u

Located at:  
Belen Rec. Center  
305 Eagle Lane,  
Belen, NM, 87002

REGISTER@ [www.llybl.net](http://www.llybl.net)  
For more INFO: (505)916-1120

PLAY HARD. GIVE BIG.  
Making a difference around  
the WORLD!

St. Augustine Parish  
Isleta Pueblo  
Ministry of Consolation



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

OBJECTIVES:  
1. To assist our spiritual leader in Christ with his duties to render pastoral care and/or services.  
2. To assist families with hospitality and Christian fellowship after the liturgy and burial services when requested.  
3. The bereavement group will offer informal continuing support.

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



PUEBLO OF ISLETA ELEMENTARY SCHOOL

Spring has sprung and so have we, with a variety of interesting activities and opportunities for our wonderful students. None of these are possible without the hard work and dedication from some specific teachers. Here are some of the people who deserve a special “Thank-you”:

JERRI FRYAR-LIBRARIAN

Most folks have no idea how hard a good librarian works. Our wonderful Librarian, Ms. Fryar, is the brains behind our students going to Santa Fe to participate in the CENAC Science Fair. Our students were on their best behavior and we can be proud of them representing Isleta. A big “Thank-you” to Ulysses Abeita who helped recruit judges from the community for our local science fair.

In addition, Sunni Costello (PE) traveled with the students and Holly Gilster (Music) went up the night before to set up the science projects so our kids were ready to present when they arrived. She also led the budding scientists in Line Dancing when they weren’t being judged! What a great team!



Congratulations to these future scientists:

- 3rd Grade: Ali Panteah, Adam Castillo, Amyiah Jojola
- 4th Grade: Sienna Flores, Eppie Lente, Alyshia Jojola
- 5th Grade: Tyler Otero, Josue Zuni-Garcia, Michael Jaramillo, Isabella Jojola
- 6th Grade: Sierra Baca, Jayden LaPahe, David Castro

SUNNI COSTELLO-PE

Ms. Costello and Ms. Sanchez started the Archery Club as an extracurricular activity. We have some very gifted archers! Our fabulous Ms. Sheri Moore (an ex-Lady Lobo no less) also works with these kids to keep them safe while developing native skills.



CHANGE IN LEADERSHIP

You have probably heard there is a change in leadership. Ms. Vesely has moved on and we wish her success in her next endeavors. She was instrumental in supporting programs that raised our students test scores. A big thank-you to her when you see her! Ms. Hope Campos is assuming some of the administrative duties with the assistance of Ms. Betty Lovato, Ms. Sunni Costello, Ms. Miquela Vargas, Ms. LaCrisha Cuaron, and Ms. Marsha Chavez. In addition, the teachers (many of them are Level III instructors) are pooling together their collective wisdom and skills to manage the day to day functioning of the school. Until a new administrator is hired, we will continue to place the education of your child at the top of our priorities.

ROSANA SANCHEZ-RTI COORDINATOR

Many of you might not know one of our newest staff members, Ms. Sanchez. Her expertise is in coordinating and managing the RTI program. Her work is invaluable, and our test scores have gone up! But wait! That’s not all she does! Ms. Sanchez also brought the Zoo to You Van for our 3-6 graders to explore, which was a treat and dovetails nicely with the Native Fish Project the 4th graders are participating in. She has scheduled a future visit from a conservation officer to speak to 4-6th grade about career opportunities and conservation.

And she brought us the funny and informative visit from Dr. Duda, who taught us the difference between base and acid liquids with explosive results!

FUTURE DATES:

- Please continue to support your school and keep track of these important dates:
- April 10th: Half day/Crazy Hair Day
  - April 11th: 4th and 5th field trip to Los Lunas High School to see the drama production Aladdin
  - April 19: No School
  - May 8: Half Day/Wear a college t-shirt



# Greetings from Isleta Archery Club

2019 is here and Isleta Archery is ready to start this new year with a Straight shot! Looking forward to another great year. It's been a crazy busy past couple months, but we are finally back at it and getting our youth back on them bows. We have had a couple new members join. We are continuously accepting members.



March 17th we had our first fundraiser at the court house. We would like to thank those that attended our **BINGO**, we appreciate your support and we all hope you had fun.

Special Thank You to Governor Zuni for supporting our club and attending our fundraiser. I also like to Thank those who have donated prizes for our Bingo.



Donations were greatly appreciated! Our fundraisers will help members pay for their shoots, shirts, lunches, purchase new equipment when needed, get new targets, and end of the year banquet. Our main goal this year is to raise enough money to have our First Annual shoot. Look out for upcoming fundraisers and shoot.



We have several upcoming shoots that we will be practicing for and attending. Practice is held at Big Mamas or at Fina's house. Course at big mamas is set-up like a typical archery shoot and the targets at Fina's are set at different distances but each member shoot at the same line all at once.



We have been working with HIT OR MISS in Albuquerque for indoor range time, sponsorship, and purchasing. We like to thank them for allowing Isleta Archery Club to practice in their House. We look forward to working with you!



87068



## Logo Design Contest --- Calling All Artist---

Seeking your talent by designing our Club Logo. The winning artist will receive a t-shirt and cash prize

**Logo Design should express:** Archery, Indian Design, Color, Animal of choice; Deer, Elk, Bear, Cougar, Antelope

### Submission:

Email to [isletaarchery@yahoo.com](mailto:isletaarchery@yahoo.com), hand deliver to Fina Jiron or mail to 60D Tribal Road 7 Bosque Farms, NM 87068

Please submit your name and contact information with design logo.

## VERY SPECIAL THANK YOU TO

Isleta Sponsorship Committee Isleta Veterans Association  
Parents, Grandparents, Aunties, Uncles, Siblings, & Friends

Without the dedication, believe and encouragement we would not be a successful club. I appreciate the time and support you have given our kids to become great shooters!



## UPCOMING SHOOTS

2019 **CHOKECHERRY**  
3-D SHOOT Farmington NM  
23-Mar-19

**BISON 3D** Archery Shoot Ganado, AZ  
30-Mar-19

SCBA Turkey Warm -Up  
SCBA 31-Mar-19

Little Doggie Red River Warm Up  
Tijeras, NM  
13-Apr-19

Church Rock Shootout  
Church Rock, NM  
28-Apr-19



# SUMMER PROGRAMS



## Summer Reading Program

JUNE 10TH TO JULY 26TH

## Pueblo of Isleta Public Library



### Juniors

3yrs-6yrs

Card Board Construction

9am to 12pm

Open to 20 Students



### Youth

7yrs-18yrs

Multiple Curriculum

1pm to 4pm

Open to 25 Students

### Registration May 10th at 7am

Registration must be completed by PARENT or GUARDIAN NO EXCEPTIONS!

For more information please contact the library at 505-869-9808

Space is limited and will be filled on a first come first serve basis.



**FREE AND OPEN TO THE PUBLIC!**



## Pueblo of Isleta Parks & Recreation Summer Program

### Summer Recreation Begins:

### June 3rd--July 26th



### Registration will start

### April 8th until May 1st.

Requirements for Summer Recreation:

- \*Ages: 4yrs. —17 yrs. old
- \*Must be Potty trained
- \*Tribal Youth from Isleta Pueblo

Highlights of Summer Activities

\*Swimming \*Hiking \*Movies \*Exploring State Parks \*Cultural Activities

\*Basketball/Running Camps \*Arts & Crafts \*Cooking \*Zumba Fitness

Please come in to fill out Registration forms at the New Isleta Recreation Center. Limited Slots on all age groups!!

For more information, please contact LeeAnne Zuni, Recreation Activities/Summer Rec Coordinator at 505-869-9777.



## J.O.M. SUMMER BRIDGE S.T.E.A.M. PROGRAM

June 10th- July 19th 2019

Registration Begins 04-25-2019 8AM

### Morning Session

9AM-12PM K-3rd grades

Monday-Thursday



### Afternoon Session


1PM-4PM 4th -8th grades

Monday-Thursday


Registration must be completed by PARENT or GUARDIAN NO EXCEPTIONS

SPACE IS LIMITED AND WILL BE FILLED ON A FIRST COME FIRST SERVE BASIS FOR J.O.M ELIGIBLE STUDENTS. FOR MORE INFORMATION CALL 505-869-9810





## 2019 Pueblo of Isleta Summer Language Program




June 10th- July 19, 2019

Registration Begins Thursday April 25, 2019 8am

### Morning Session:

9:00am-12:00pm

Grades: 4th-8th






### Afternoon Session:

1:00pm-4:00pm


Grades: K-3rd

Registration must be completed by: PARENT or GUARDIAN NO EXCEPTIONS



SPACE IS LIMITED AND WILL BE FILLED ON A FIRST COME FIRST SERVE BASIS.

FOR MORE INFORMATION CALL 505-869-9790





Why Should Cigarette Taxes Concern You?

The current cigarette taxes in New Mexico are **\$1.66 per pack**, which averages out to a total cost of **\$6.53 per pack**. NM is ranked 18th highest in the nation for cigarette taxes. In comparison, the proactive state, New York, is rated #1 in the country with cigarettes taxed at **\$4.35 per pack**.

The total price of the tobacco product plays a key role in the ultimate effects of cigarette use - per-capita consumption, smoking rates, and the number of cigarettes smoked daily. According to the Truth Initiative® Campaign, and best practices, one of the most effective way to reduce smoking and tobacco use is a tobacco tax increase (2019).

However, there is a chance the increase in cigarette taxes does not matter to some cigarette smokers. In that case, take a look at the top reasons to stop smoking and accompanying health benefits:

- Smoking related illnesses are the **leading cause of preventable death** in the United States
  - o **540,000** deaths annually
  - o **\$170 billion** for direct medical care (2016)
  - o More than **\$156 billion** in lost productivity (2016)
- Tobacco companies target minority and socioeconomic groups
- Tobacco taxes are an effective tool for discouraging youth initiation
  - o Youth and young adults are **3x more likely** to respond to an upcharge
  - o Higher cigarette prices make it **more likely** adult smokers will quit



Which Would you choose?

The collected funds through higher cigarette taxes are important because they are often allocated to cancer research centers, improvement of health facilities, enforcement of tobacco control policies, youth smoking prevention programs, education, and tobacco cessation programs. A 10% increase in cigarette prices will lead to a significant decrease in consumption as much as 3-5%.

Are you ready to get the conversation started on cigarette taxes in your tribal community?

For more information:

<https://www.salestaxhandbook.com/new-mexico/tobacco>  
<https://truthinitiative.org/news/importance-tobacco-taxes>  
<https://www.smokefreesignals.com/>

Keres Consulting | 2700 San Pedro Dr. NE  
Albuquerque, NM 87110 | (505) 837-2104



Isleta  
Animal  
Control

2019 Rabies Clinic

Friday May 10

Saturday May 11

9am to 3pm

*Vaccination of cats and dogs must be over 3 months of age. All pets must be on a leash.*

For more information  
please contact Animal  
Control  
Tel: 505-869-7564

Rabies Vaccine  
Clinic 2019



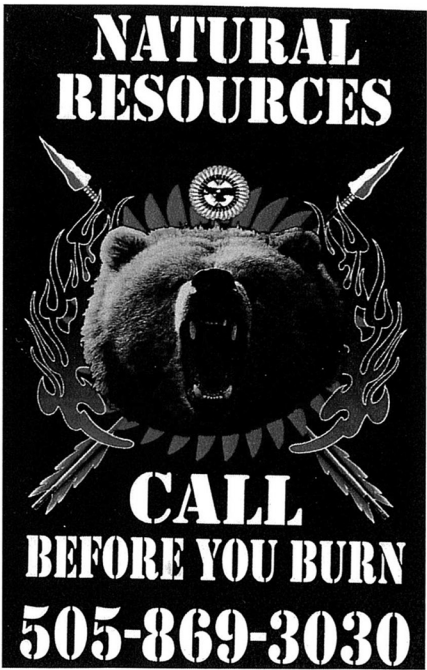
*Event will take place at the animal control office located next to the post office*



Attention

2019 Burn and  
Wood Permits

Permits are now being issued at the  
Department of Natural Resources Office ONLY.  
You must have a burn permit before you burn.



Pueblo of Isleta  
Department of  
Natural Resources

# 6 Sagebrush St.  
(Across from the Clinic)  
Office Hours:  
M-F 8:00 am - 4:30 pm  
(505) 869-9817



Pueblo of Isleta Public Library



This April the library will be acknowledging Stress Awareness Month with various programs throughout the month. Let’s admit it, we all get stressed. Sometimes stressed over things we have no control over. Stress comes and goes but how do we handle stress? We have some suggestions for some good distractions to alleviate some stress.

Exercise- The Isleta Recreation Center has two facilities with exercise equipment and great walking paths to take advantage of. Isleta Diabetes also has a facility open with specialized work out programs and helpful information. Take advantage of these facilities, unlike a lot of gyms, there is no fee for community members.

Talk about your stress- Talk about what is troubling you with someone you trust, a family member, good friend, or visit a support group. Don’t be afraid to reach out to someone. Sometimes talking about stress and receiving feedback and advice can be comforting enough to let it go. Like the Beatles say in their song, “ Let it be.”

Time Management- To do lists can pile up at the blink of an eye. Managing our time and prioritizing duties can help reduce stress. Although we can’t control everything, time management can provide some organization of thoughts and keep you on track. And don’t forget about yourself! “Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”- Elenor Brownn

In other words, we can all overcome stress. If you are looking for other ways to alleviate stress, join us at the library for one of our stress relief programs mentioned below in our upcoming section of this article.

News

The Library will be closed from 8am-12pm on April 5th for our monthly staff meeting. Sorry for any inconvenience this may cause. We will be discussing upcoming programs and addressing any concerns before our Summer Reading Program starts. Signs of our closure will be posted throughout the library as well as posts on our Facebook and Snapchat accounts.

In observance of Good Friday on April 19th the library will be closed along with other POI departments. All library media checked out on Wednesday, April 17th will have a due date of Monday, April 22nd. We apologize for any inconvenience this may cause. We will resume regular business hours on Saturday, April 20th.

Attention eBook readers! The Pueblo of Isleta Public Library now has Overdrive. We encountered a few issues with the login process, but we took care of it. All patrons have access to an online library of books and audiobooks. Overdrive is a free eBook service offered for all library patrons, which allows you to check out eBooks and audio books. Each patron has a limit of 4 loans per account with a 2-week checkout. Like other libraries you have a due date but with no late fees. The books will automatically be checked in on the due date. Overdrive carries all the bestselling books, graphic novels, teen, children books, and audiobooks. To access Overdrive you will need to set up a pin on your library account. If you already have a pin on your account you may use that to log on to Overdrive. For a mobile friendly version download the Libby app through the Google play store for android users or app store for apple users. If you need help navigating Overdrive or the Libby app please call the library at 505-869-9808 and speak with a library staff member.



Summer Reading Program  
Registration will be  
May 10th starting at 7am.

Registration will be on the first come, first serve basis. Due to issues with our registration line last year, we will have one single line for registration for youth and junior groups. This will insure that priority

is given to those whom showed up early for registration. Which means registration time may take longer than expected. Summer Reading Program Calendars will be released on Saturday, April 20th at the Isleta Recreation’s Annual Easter Egg Hunt.

Some reminders to keep in mind before registering:

- Only Parents/Legal Guardians of students are allowed to sign up students for the Summer Reading Program.
- 3 year olds MUST be potty trained.
- We will be asking for BASIC information on registration form along with a list of allergies.

If you have any questions regarding our Summer Reading Program please give us a call at the library and speak with a staff member at 505-869-9808.

Looking for a \$5 OFF library fine token? We are currently accepting donations of used Easter Baskets. You will receive a \$5 OFF library fine token in return. One token per patron. The baskets we receive will be donated to Easter Egg Hunters during the Annual Isleta Recreation Hunt on Saturday, April 20th. Baskets must be in good condition, we don’t want eggs to fall out or have handles break while they are trying to find the golden egg. Thank you in advance for your donation. If you have any questions please give the library a call at 505-869-9808.

# AVENGERS READING CHALLENGE

The Avengers Challenge will start on March 20th and end on April 25th.

The students and patrons will have to earn 25 points to go see Avengers Endgame.

The points are earned by doing their homework or by reading for 20 minutes. The first 10 kids to get 25 point will go see the movie on May 3rd.

Ages 7-13

25 Points

AVENGERS ENDGAME

For more information about the program call the library at 505-869-9808 and speak with Kyle.

Email poi02007@isletapueblo.com



Upcoming

Looking for ways to take a break from all the stress you have been dealing with? Join us at one of our Stress free Programs this month. These programs are open to the community and public. Catch up with an old friend and invite them along to de-stress with you.

De-Stress with our Bad Art Night taking place on Thursday, April 11th from 5:00pm-6:30pm. What is Bad Art Night? It is a stress free environment to create a sculpture using any type of art materials. Express your stress through art, or simply create your own masterpiece using the materials we provide. At the end of the night we will select a “Bad Art” winner and they will receive a \$10 OFF library fine token and a trophy. This is open to the first 10 patrons ages 16 & over. Sign up starting April 1st. For more information please call the library and speak with Cheyenne at 505-869-9808 or by email at poi02004@isletapueblo.com.

Learn about Essential Oils during our Learning Series and Stress Relief program and DIY Aroma Bracelet Craft on Thursday, April 18th from 5:30pm-6:30pm. Talk Essential Oils with, Jessica Quesada, a doTerra advocate and make yourself an aroma bracelet. These aroma bracelets are made from volcano rocks made to tiny drops of essential oils, which brings you calmness and balance throughout the day. All supplies will be provided. This will be open to 10 adult patrons. Sign up starting April 1st. For more information or sign up please call the library and speak with Diane at 505-869-9808 or by email at poi02006@isletapueblo.com.

Join in as a family for our Family Yoga session on April 23rd from 6pm-7pm at the library. This is a beginner’s session and is open to families of all ages (5 years old and up). Space is limited. 30 spots will be available, call to RSVP. This yoga class will be taught by Felicia Otto, Certified Yoga instructor at Elevation Yoga Studio. Please call the library at 505-869-9808 to RSVP or for more information please speak with Rebekah or by email at poi02008@isletapueblo.com.

Make time for yourself and join us for our Adult Beginner Yoga Night on April 24th from 6pm-7pm at the library. This will be an adult only yoga session for 18 and over for those who want to relieve stress. Learn the basics and take with you techniques you can utilize at home. 20 spots will be available, call to RSVP. Limited yoga mats will be provided. If you have a yoga mat please bring it. This yoga class will be taught by Felicia Otto, Certified Yoga instructor at Elevation Yoga Studio. Please call the library at 505-869-9808 to RSVP or for more information please speak with Rebekah or by email at poi02008@isletapueblo.com.

Learn to code! Elementary school students now have the opportunity to join us for Junior Botball. What is Junior Botball? Junior Botball brings together coding, problem-solving, teamwork and mechanical skills in a fun robotic environment. This will be open to grades 4th, 5th, and 6th graders. Junior Botball will meet at the library on Saturdays beginning April 6th, 13th, and 20th. Learn the basics of coding a robotic and learn how to maneuver a simple course with a robot. No sign up required. Coding can open up the door for future opportunities and build an interest in a growing field of coding and

robotics. If you followed us last year during this time we had the opportunity to build a Robotic Botball team of middle school and high school students. They received the opportunity to travel to California to compete against the world during the Global Conference for Educational Robotics. This year a participant of last year’s team, Delsin Jaramillo, will be instructing this program and showing students what he has learned. If you have any questions about this program please give Nathaniel Lujan a call at 505-869-9808 or by email at poi02002@isletapueblo.com.

Summer Reading Program is coming fast and we are excited to share with you all our new themes for our youth and junior programs. Summer Reading Program will start June 10th and end July 26th.

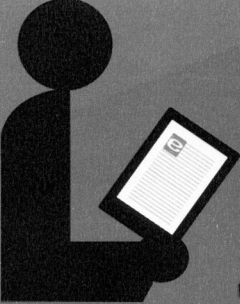
Our Junior Program, 3- 6 years old, students will be building and constructing items. Everyday story time will be incorporated along with constructing items such as a play kitchen, boxcars, a space rocket, robots, skeeball, ball drop and a small bowling alley. At the end of each week the students will play with their creations. All items will be made of cardboard. Students will also engage in daily recess time and breakfast and lunch will be served everyday.

Our Youth Program, ages 7-17 years old, will feature 5 different themes to choose from. We will be accepting 25 students with 5 spots available for the mentioned programs below.


- Art- Do you have a passion for art and self-expression? Library staff member, Diane Abeita, will be leading

an Art curriculum featuring various art techniques such as drawing, painting, photography, and pottery. Each week students will create a quality piece to display at the end of the program. Students will take a field trip to a location to paint still life scenery and enjoy the outdoor environment. They will also have projects such as a comic strip, which will be featured in the Isleta Newsletter, a photomontage, and a painted pottery. Many more crafts and activities will be available on curriculum calendars which will be available to the public starting April 20th. If you have any questions regarding this curriculum you may contact, Diane Abeita, at 505-869-9808 or by email at poi02006@isletapueblo.com.

- Film/Vlogging- Creating videos is the craze right now. Do you enjoy making your own videos? Library staff member, Cheyenne Castillo, will be leading this program with various film projects. Each week students will learn different film concepts including tutorials, vlogging, skits, and reviews. They will take a trip to Empire Board Game Library and Catopia to review it. Film different tutorials and upload them to Library’s YouTube Channel. Learn the process of being a Vlogger and take part in challenges, plus learn from their favorite Vloggers. They will learn how to make a storyboard for their skit and make fun props to feature in their videos. Students will learn how to edit and upload all their video footage. Many more crafts and activities will be available on curriculum calendars which will be available to the



# E-Books & Audiobooks





The Pueblo of Isleta Public Library will now be offering **OverDrive**, a free service that allows you to check out up to 4 E-Books and Audiobooks for 2 weeks.


You can access **OverDrive** by going to <https://www.overdrive.com>

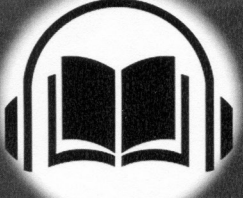
You will need your library card number and pin to log on. You can set up your pin at the library.

You can also download the Libby mobile app that corresponds to OverDrive to access E-Books and Audio books right from your mobile device!

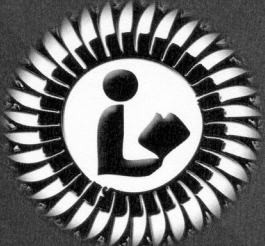


**Meet Libby.**  
The one-tap reading app from your library





If you need help accessing OverDrive or the Libby app, visit the Library or call us at (505)869-9808.





public starting April 20th. If you have any questions regarding this curriculum you may contact, Cheyenne Castillo, at 505-869-9808 or by email at [poi02004@isletapueblo.com](mailto:poi02004@isletapueblo.com).

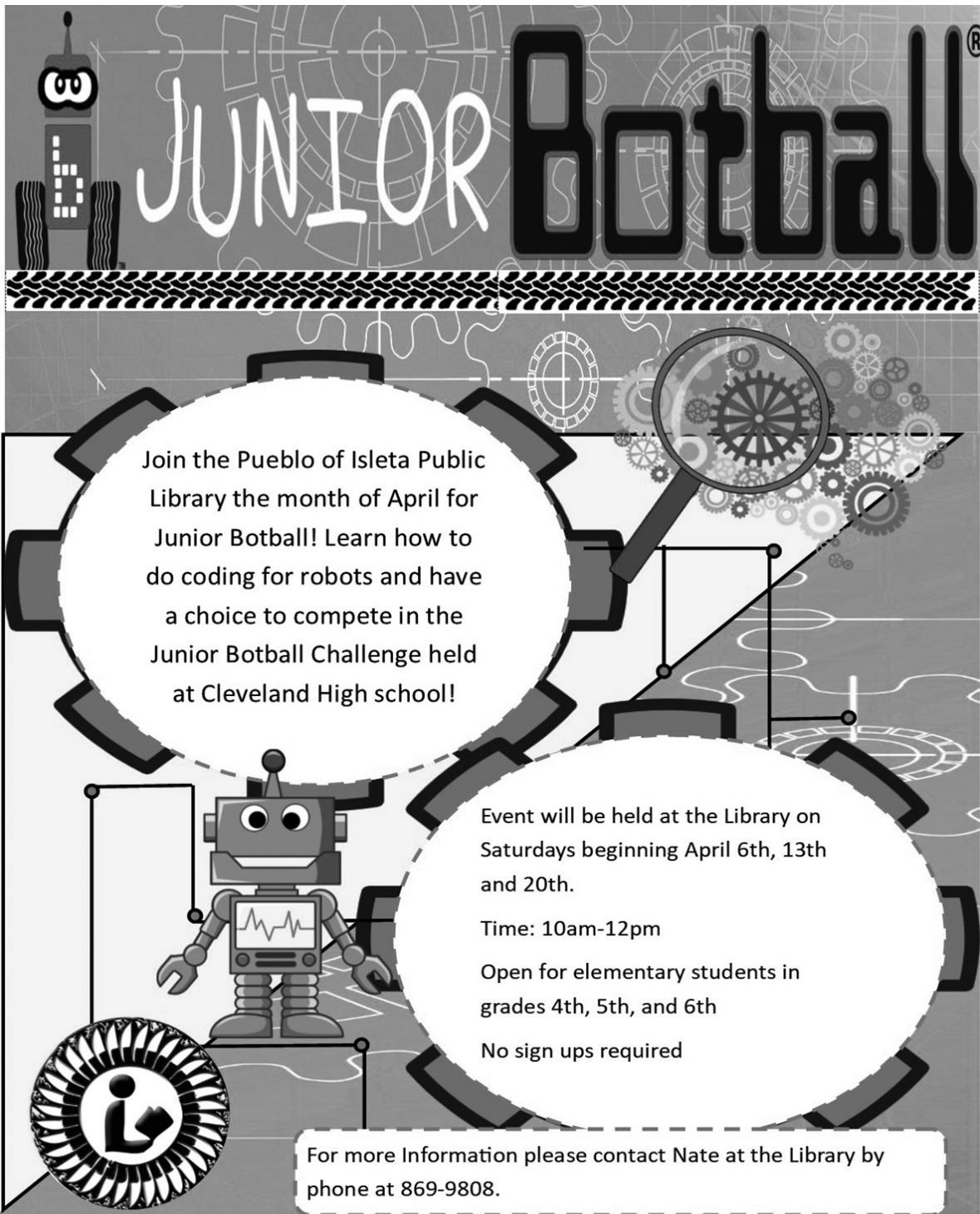
• Travel Around the World- Are you curious how other people live in other countries? Library staff member, Rebekah Lovato, will be leading this program featuring “trips” to 5 different countries. Visit Great Britain, Italy, Mexico, France, and China to learn about their language, sports, food, and culture. Each week students will learn their language, play games and make food celebrating that country. They will make a “Passport”/Travel Journal to keep their thoughts and memories of each country. Many more crafts and activities will be available on curriculum calendars which will be available to the public starting April 20th. If you have any questions regarding this curriculum you may contact, Rebekah Lovato, at 505-869-9808 or by email at [poi02008@isletapueblo.com](mailto:poi02008@isletapueblo.com).

• Food- Library staff member, Kyle Lujan, will be leading this program all about food. From cooking to baking, students will learn the process from start to finish. Each week students will learn how to make simple easy recipes such as State Fair Subs, Pizza Pretzels, Ice Cream in a Bag, Milkshakes, and Cheeseburger Pockets to name a few. Students will also be making their own recipe books to take home at the end of the program. Many more food crafts and activities will be available on curriculum calendars which will be available to the public starting April 20th. If you have any questions regarding this curriculum you may contact, Kyle Lujan, at 505-869-9808 or by email at [poi02007@isletapueblo.com](mailto:poi02007@isletapueblo.com).

• Do you have an interest in all types of animals? Library staff member, Ashley Morales, will be leading this curriculum featuring different topics each week. Learn about Shelter Animals, Pets, Exotic Animals, and New Mexico Animals. Students will be making a donation craft for a local animal shelter and visiting them to present them the gift. They will learn how to properly care for pets and make a simple dog treat. During July the Exotic Bird Lady will be here to present on different birds and reptiles. Students will also take a trip to Catopia to learn about how they operate and take in cats to get adopted. Many more crafts and activities will be available on curriculum calendars which will be available to the public starting April 20th. If you have any questions regarding this curriculum you may contact, Ashley Morales, at 505-869-9808 or by email at [poi02009@isletapueblo.com](mailto:poi02009@isletapueblo.com).

**Recap**

We hosted an Adulging 101 presentation featuring Summer Jobs. This presentation featured speakers from Isleta Human Resources, Natasha Jiron and Patty Jojola as well as Janus Herrera from Rocky Mountain Youth Corps. Natasha shared information on the various programs they offer through the WIOA Youth and Adult Program and well as a College Internship Program. All programs have limited space, please put in your applications as soon as possible.

A graphic for Junior Botball featuring a robot, gears, and a clock. The text is as follows:

**JUNIOR Botball®**

Join the Pueblo of Isleta Public Library the month of April for Junior Botball! Learn how to do coding for robots and have a choice to compete in the Junior Botball Challenge held at Cleveland High school!

Event will be held at the Library on Saturdays beginning April 6th, 13th and 20th.

Time: 10am-12pm

Open for elementary students in grades 4th, 5th, and 6th

No sign ups required

For more Information please contact Nate at the Library by phone at 869-9808.

A graphic for Spring into Easter! featuring a rabbit, flowers, and Easter baskets. The text is as follows:

**Spring into Easter!**

*The Pueblo of Isleta Public Library will be accepting donations of used Easter baskets. Baskets will be donated to the Isleta Recreation Center Annual Easter Egg Hunt on April 20<sup>th</sup>.*

**Donate your used Easter Baskets & receive a \$5 OFF Library fine token. One token per patron.**

*Questions? Please call the Pueblo of Isleta Public Library at 505-869-9808.*




Pattie talked about various job openings throughout the pueblo during the summer such as employment at the Isleta recreation center.

Janus shared a short power point presentation on Rocky Mountain Youth Corps and what opportunities they offer. The ages for the program started at 17 with a max age of 25 years old. In completion of the program, participants are awarded a living stipend and also a scholarship.

If you would like any information on the programs mentioned you may contact them directly or find the flyers in this month's newsletter and at the library front desk. We would like to thank Natasha Jiron, Pattie Jojola and Janus Herrera for taking the time to share these opportunities with the community and public.

Basketball March Madness is a go! Everyone's predicted brackets are in and now it's time to cheer on their favorite teams. Library staff member, Rebekah, put together a series of events that took place throughout March and will conclude on April 6th. March 19th was the deadline to turn in basketball brackets, which were then posted to our Facebook page for everyone to see and keep track of. On March 28th, Rebekah showed participants how to make two appetizers for game day, which were Jalapeno Poppers and Mozzarella sticks. Rebekah will conclude with two events in April. April 4th participants will learn how to make Cake Pops and April 6th we will have a get together at the library to watch one of the Final Four games. We would like to thank all the participants and basketball fans for their participations and hope you all had fun.



# Yoga Nights

At the Library!

April is Stress Awareness Month

## Family Yoga Night

**APRIL 23RD 6PM-7PM**

Come enjoy a family yoga session! This beginner's session is open to families of all ages (5 and up). Space is limited. 30 spots available, sign ups start April 1st.

## Adult Beginner Yoga Night

**APRIL 24TH 6PM-7PM**

Adult only yoga session (18 and older) for those who want to relieve stress.


Free your mind, body, and spirit.

20 spots available, sign ups start April 1st .


Limited yoga mats will be provided. If you have a yoga mat please bring it.

Yoga classes taught by Felicia Otto , Certified Yoga Instructor at Elevation Yoga Studio

For more information please contact Rebekah by phone at 869-9808 or by email at poi02008@isletapueblo.com



Sponsored by  
Isleta Diabetes Preventions Program  
"Total Body Health"



**IRON EAGLE FITNESS**

STARTS TUESDAY,  
APRIL 9, 2019

# STAY FIT

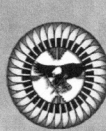
# GET FIT

Earn Points for showing up and working out!

- Track your workouts
- Total your points
- Earn incentives for your efforts

4/2/19 through 4/5/19-Pre-Measurements	Incentives & Points Earned
10 Week Program	Infused Water Bottle 3pts
Personal Goal Setting	Fitness Shaker 5pts
Fitness Education	Fitness Towel 7pts
Group Setting	Workout Shirt 9pts
Circuit Training	Gym Bag 11pts
6/17/19 through 6/21/19-Post-Measurements	Attend a Community Cooking Class and receive a additional incentive
Classes are held Tuesday and Thursday Evenings 5:30pm-7:30pm	In order to receive a <b>Grand Prize Incentive</b> you must accumulate 15pts

For more information or would like to join, please contact Thomas Zuni or Travis Lente: 869-4595



# Logo Design CONTEST

CALLING ALL ARTIST

Isleta Archery Club is seeking your talent by designing our Club Logo

The winning artist will receive a t-shirt and cash prize

Logo Design should express:

\*Archery\* Indian Design \*Color\*

\*Animal of choice -Deer, Elk, Bear, Cougar, Antelope\*

Submission: Email to isletaarchery@yahoo.com hand deliver to Fina Jiron, or mail to 60D Tribal Road 7 Bosque Farms, NM 87068

Please Submit your name and contact information with design logo

**Deadline April 12, 2019**

**For more information: Fina 505-990-9836**



## News from Isleta Parks & Recreation

### Isleta Basketball News:

The Isleta Eagles boy's and girl's basketball teams have had a very victorious season! What a great way to end the season by placing 4th place in the SPA Final Tournament held at Jemez Pueblo. Our boys took 1st place in the SENAI tournament and the girls took 2nd place. We would like to thank our teams for putting in all their dedication towards their practices and games. You all made Isleta proud!

Also, a BIG Thank You to our team coaches, John Matt Jojola and Brianna Tower for taking time out of their schedules to lead the boy's and girl's towards victory. We hope to see everyone next year!



### Other Basketball News:

We also hosted a district game for N.A.C.A. and Menaul High schools. The gym was packed and we were happy to host this game. We also hosted the Los Lunas basketball and N.A.C.A. teams with their practices as they needed throughout their basketball season.

### Jiu Jitsu:

We are very happy with all the participants involved in our new Jiu Jitsu program here at the New Rec. Center taught by Matt Zuni. The program has two sessions that are held Mon-Thurs from 5 pm to 6 pm. We are still accepting new participants for the Adult and Children sessions. If you would like to join please contact us at (505)869-9777.



### Fitness Classes:

We recently installed new exercise equipment for the Weight Room. Come in and try out the 4 new treadmills, the fly machine, and the stair stepper. We also have access to Exercise programs such as YouTube workouts, Zumba, and children dance routines on our new 70" big screen tv.



Our After School Program does a fitness class on Tuesdays with Aaron Kyle Wade. The children are doing basic stretch activities and have learned kid's Zumba from the programs provided by Aaron Kyle.



### Upcoming Events:

#### Easter Egg Hunt:

Our Annual Easter Egg hunt will be held Saturday, April 20th, 2019 at 10:00 A.M. at the soccer field. This year's Egg Hunt will include new Easter activities that will include an Egg Spoon Race and a Bunny walk for Live Bunnies!! We will have Easter baskets for the Golden Egg prizes, bikes, and other prizes to give away!! We want to encourage a healthy lifestyle by giving away bikes to get our youth out to enjoy the fresh air!!

#### Crossroads:

The Annual Bernie Memorial Run is scheduled for Saturday, April 27th at Big Momma Hill. On site registration will take place at 8:00 a.m. The Run will start at 9:00a.m. For more information please call John Matt Jojola at (505)869-9787

( Continued Next Page )

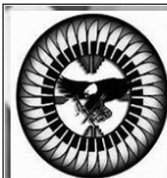
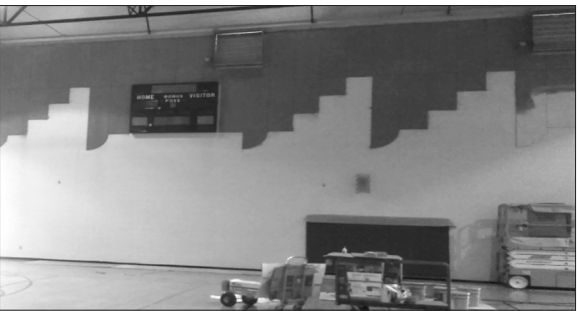


Summer Recreation Program:

Summer Recreation Program Registration will be ready by the end of the April along with other information regarding the Program. Our start date will be June 3rd through July 26th. We are planning many activities this summer for the children such as visiting Wildlife Parks, State National Parks, cultural activities, art time, fitness classes, and much more. Please remember that we will have a limited number of spaces available. Applications can be picked up and filled out at the New Recreation Center.

Isleta Parks and Recreation Center Update:

Isleta Parks and Recreation crew have been painting the gymnasium. Our crew staff are also working on other projects such as getting the Little League fields ready and for our summer recreation program. Come on in and visit the gym which is now modified to include our famous Isleta Eagle Blue border!!



Pueblo of Isleta Recreation Center Presents:

# Easter Egg Hunt

## Saturday, April 20th, 2019

Time: 10AM

Location: New Isleta Recreation Center

Egg Hunters Age Group:

5 & Under, 6-8, 9-11, 12 & Up, Elders 50+

Bunny Walk  
for

Live Bun-

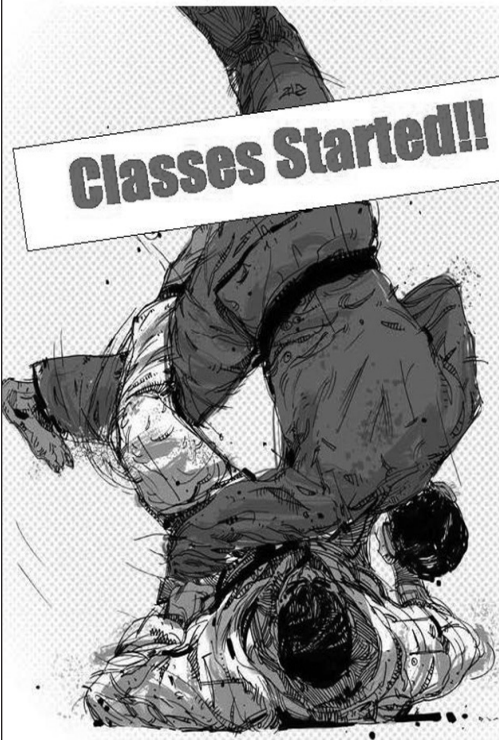
Golden Egg Prizes for  
Easter Baskets & Bikes

Egg Spoon

For More Information, Call Isleta Recreation Center at 505-869-9777

## BRAZILIAN JIU JITSU CLASSES

Classes Started!!



WHEN  
MONDAY, MARCH 4TH, 2019

WHERE  
NEW ISLETA RECREATION  
CENTER



**DAYS OF CLASSES:**

MONDAY/WEDNESDAY

YOUTH AGES 7-13

TUESDAY/THURSDAY

ADULTS: INCLUDING  
AGES 14-17 WITH  
PARENTAL CONSENT

**TIME OF CLASSES:**

5:00-6:00PM

FOR MORE INFORMATION, CALL  
THE RECREATION CENTER  
505-869-9777  
*"Building a Healthy Community"*

# ISLETA ARCHERY CLUB

PRACTICE  
Every Sundays  
1pm -3pm  
(NO PRACTICE DURING SHOOTS)

WHERE  
Big Mama's or  
Fina's house

BOARD MEMBERS • Fina J President • Clem J Vice President •  
Christina L Treasury • Valarie S Sectary •

ISLETAARCHERY@YAHOO.COM  
(505-990-9836)

ALL AGES  
SPORT:  
Continuously accepting  
new members

SHOOTS ALL  
THROUGH NM  
& OUT OF STATE

LOOK OUT FOR  
UPCOMING  
FUNDRAISER'S

SPONSORS  
Isleta Sponsorship  
Committee  
Isleta Veterans  
Association  
Hit or Miss Archery

BENEFITING  
Club members  
Shoots  
Lunches  
Equipment  
Shirts



Isleta Resort & Casino is celebrating more accolades, after an amazing performance at Chocolate Fantasy. The Resort's Bakery Team competed in the event, which serves as an annual fundraiser for the Natural History Museum. The team was tasked with creating an "Arabian Nights" themed chocolate display, which was to be judged by some of the toughest chocolate judges in the State. Isleta's team won Best in Show, 1st Place for

Most Artistic, and 1st Place for Best Tasting Samples. Congratulations to Charles Guiswite, Executive Pastry Chef, and Alan Sanchez, Banquet Chef, who collaborated to create an absolutely amazing display. Additionally, congratulations to Francine Chavez, Bakery Sous Chef, and bakers Margret Vazquez and Diana Maestas. The event resulted in a great deal of recognition for the Resort as a whole.

Meanwhile, the Resort is also celebrating a tremendous first few performances in its new Showroom. The renovated space opened in late December and has received a tremendous welcome. The new venue is attracting a higher level of entertainment, as well as happier guests! Please visit [www.isleta.com](http://www.isleta.com) for a complete entertainment lineup.



Take steps to control certain Chronic Conditions (high blood pressure, high cholesterol, diabetes, obesity)

- ▶ Quit Smoking! Call 869-4479 to sign up for Freedom From Smoking or Thinking About Quitting.
- ▶ Eat Healthier! Call 869-4093 to speak with the Nutritionist.
- ▶ Get Active! Call 869-4595 to sign up for the Diabetes programs or go to the Isleta Rec.
- ▶ Manage Your Chronic Disease! Call 869-4479 to sign up for the MYCD 6 Session program Starting 2/24/2016.
- ▶ Limit your Alcohol Intake! Call 869-5475 to help manage your drinking.

April 2019

April 2019

## What can we do?

In our communities:

**Help families get healthy foods.** Improve access to food programs such as SNAP and WIC.

**Help kids eat well at school.** We can help address nutrition and hunger by providing children with healthy meals while they're at school.

**Help people make informed choices about what they eat.** New federal standards now require chain restaurants to post nutrition information about the food they sell on menus and menu boards. Programs like WIC offer nutrition counseling that can help families make better choices.

**Wipe out food deserts.** Many urban neighborhoods and rural towns have plenty of fast food chains and convenience stores but not enough grocery stores selling fresh, healthy and affordable food. The U.S. Department of Agriculture estimates that 23.5 million people in the U.S. live in a food desert. A recent study found that low-income areas had half as many supermarkets as wealthier areas. Work with your city and county planners to change local policies that increase access to healthy food options.

For more info: <http://www.nphw.org/tools-and-tips/themes/give-everyone-a-choice-of-healthy-food>

The WIC Program offers healthy foods for women, infants and children, as well as nutrition information and counseling.  
Call us at 505 869-2662 for our soonest available appointment.

**In our families:**

**Eat lots of fruits and veggies.** Fruits and vegetables contain fiber, as well as vitamins and minerals important for our minds and bodies. Studies show that a diet high in these foods can lower your risk of heart disease, obesity, Type 2 diabetes, high blood pressure and some types of cancer.

**Choose whole grains.** Whole wheat breads and pastas, brown rice, and oatmeal are all good choices for fiber. Many whole grain products are fortified with folate which can help reduce the risk of neural tube defects when eaten before and during pregnancy.

**Breastfeed.** Breastfeeding your babies and supporting other family members to breastfeed greatly improves the health of yourself and your children for an entire lifetime and generations to come. Studies have shown reduced risks of cancers, asthma, diabetes, obesity, and many other childhood and adult illnesses.



**MARCH 31 - APRIL 27**

## 5 WINNERS EVERY DRAWING!

**DRAWINGS HELD EVERY FRIDAY & SATURDAY  
AT 2PM | 4PM | 6PM | 8PM & 10PM**

*Swing for a* **SINGLE, DOUBLE, TRIPLE**  
or  
**HOME RUN!**

Win your share of

# \$200,000!



**TICKETS  
STARTING  
AT \$25**



HOURLY HOT SEAT DRAWINGS • 12PM-8PM  
EVERY SUNDAY • APRIL 7-APRIL 28

Win up to  
**\$1,000!**



*Little Joe y la Familia*

**MAY 3 | 8PM**

TICKETS STARTING AT  
\$25 GENERAL ADMISSION

Tickets for all shows are on-sale now at Isleta Casino Box Office. All shows are 21 years and older.

ISLETA<sup>TM</sup>  
resort + casino

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



Isleta Health Center  
Behavioral Health Services Prevention Program  
Phone: 505.869.5475

Spring Break

The Isleta Behavioral Health Services Youth Prevention Program is excited to share with you the multiple spring break activities the group participated in such as:

- Hiking
- Painting
- Cultural Arts Projects
- Rock Climbing

Participation in these exiting and new activities helped create teambuilding skills as well as individual growth within the group.

**Hiking** – The group completed a 4 mile hike on the BEAUTIFUL Piedra Lisa Trail which is located on the northern end of the Sandia Mountains. Although the trail was physically difficult to complete, the youth pushed through and made it to the top of the trail!! We are happy to announce that our youth group participants admitted that being outside hiking helped in improving their mental state in a positive way.

**Canvas painting** - In collaboration with the JOM Program this activity took place at a business called Art Attack which is located in Albuquerque. Each of the participants was able to paint their own robot!

**Cultural Arts Project** - This is a continuation of the offered After School Program activity Isleta Cultural Arts Program (ICAP). The youth continued

sewing their traditional clothing and completing their bead work and moccasins.

**Rock Climbing** - On the last day of spring break activities, the youth attended Stone Age Climbing gym. Each of the participants attempted climbing the various faces of the rock walls that were structured by difficulty levels. This alternative fitness experience



was a great way for the youth to venture out of their comfort zones and experience something that they truly enjoyed!

The atmosphere throughout this entire spring break week was positive as was the connection between the youth and their mentors. Overall, the activities helped



the participants move toward positive youth development in sectors that relate to prosocial approaches. These approaches engage youth within their communities, schools, organizations, peer relations, and families in a manner that is productive and constructive while recognizing and utilizing the youth’s strengths that will carry them on in their future development.

-Isleta Behavioral Health Services

Well Child Visits

A Key to Healthy Kids

Naturally, we bring our kids to the clinic when they’re sick. Did you know it’s important to bring them in when they are well, too?

Well child visits help:

PREVENT PROBLEMS

The clinic team will:

- ❖ Find health problems early
- ❖ Make sure shots are current
- ❖ Review healthy eating
- ❖ Check on the child’s safety

TRACK GROWTH AND DEVELOPMENT

The doctor will measure:

- ❖ Height and weight
- ❖ How your child learns and grows
- ❖ Milestones
- ❖ Mental and social health

BRING UP CONCERNS

You can talk to your doctor about your child’s:

- ❖ Behavior
- ❖ Sleep
- ❖ Eating
- ❖ Growth
- ❖ Ability to get along with others
- ❖ Learning, thinking and problem solving
- ❖ Physical activity

CREATE A TEAM APPROACH

You and the clinic team can:

- ❖ Build trust in each other
- ❖ Help when well and help when sick
- ❖ Work together for your child and family needs
- ❖ Find other resources to help your child

“Well child visits help give your child the best chance to grow into a healthy adult.”



WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD			
2—5 DAYS OLD	1 mo.	2 mo.	4 mo.
	6 mo.	9 mo.	12 mo.
	15mo.		
18 MONTHS to 3 YEARS OLD			
3 to 6 YEARS OLD			
3 yr.	4 yr.	5 yr.	6 yr.
	8 yr.		
PRETEEN AND TEEN			
9—12 yr.	13—16 yr.	17—20 yr.	
**CONTINUE YEARLY WELL VISITS INTO ADULTHOOD**			



We are Here to Serve  
Isleta Health Center Team  
(505) 869-3200

Source: www.healthychildren.org

Seasonal allergies (hay fever)

Allergies are an abnormal response of the immune system. People who have allergies have an immune system that reacts to a usually harmless substance in the environment. This substance (pollen, mold, and animal dander, for example) is called an allergen.

Allergies are a very common problem, affecting at least two out of every 10 Americans

Spring time brings budding trees, green grass, and of course, weeds.

With seasonal allergies, also called hay fever and allergic rhinitis, there are some strategies you can try to keep some of your symptoms under control. Bothersome symptoms include sneezing, congestion, runny nose and itchy eyes.

Try to reduce your exposure to the things that trigger your allergy symptoms.

Stay indoors on windy days.

If possible delegate lawn mowing and weed pulling.

Remove the clothing you have worn outside and shower to rinse the pollen form your skin and hair.

Don’t hang laundry outside. Pollen can stick to sheets and towels.

Wear a pollen mask if you do outside chores.

Take extra steps when pollen counts are high.

Check your local TV, newspaper or internet for current pollen counts and forecasts.

Close windows and doors at night or any other time when pollen counts are high.

Avoid outdoor activities in the early morning when the pollen counts are highest.

If high pollen counts are forecasted start taking your allergy medication before your symptoms start.



FOR IMMEDIATE RELEASE  
Call to Sign Up: Isleta Behavioral Health Services  
505.869.5475  
APRIL 2019

**Adult ‘Mental Health  
First Aid’ Trainings**

*Similar to traditional ‘First Aid’ and CPR,  
‘Mental Health First Aid’ teaches individuals  
how to help those experiencing mental health  
challenges or crises*

**WHO:**  
Community Members- 30 community members  
at a time (per training session)

**WHAT:**  
Training on mental health first aid in Isleta  
(Youth Curriculum available upon request)

**WHEN:**  
Thursday/Friday, May 2nd & 3rd, 2019, 8:00  
– 12:00 (8-hr Certification Course)  
**OR**  
Thursday/Friday, May 9th & 10th, 2019, 8:00  
– 12:00 (8-hr Certification Course)

**WHERE:**  
Isleta Health Center; Training Center  
(Modular Building on Westside of Clinic)

**WHY:**  
Mental health challenges – such as depression,  
anxiety, psychosis and substance use – are  
shockingly common in the United States. In  
fact, more than one in five American adults will  
have a mental health problem in any given year.  
The National Council for Behavioral Health  
certifies individuals throughout the nation,  
including IBHS, to provide Mental Health First  
Aid courses to prepare their communities with  
the knowledge and skills to help individuals  
who are developing a mental health problem or  
experiencing a mental health crisis. Identified  
on SAMHSA’s National Registry of Evidence-  
Based Programs and Practices, the training  
helps the public better identify, understand and  
respond to signs of mental illnesses. For more  
information on Mental Health First Aid, visit  
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).

**Adult Mental Health First Aid:  
Program Overview**

- What is Mental Health First Aid (MHFA)?
- Mental Health Problems in the United States
- Mental Health First Aid Action Plan
- Understanding Depression and Anxiety
- Mental Health First Aid Action Plan for Depression and Anxiety
- Mental Health First Aid Action Plan for Depression and Anxiety
- Panic Attacks
- Traumatic Events
- Symptoms of Anxiety
- Understanding Psychosis
- Mental Health First Aid Action Plan
- Psychosis
- Disruptive or Aggressive Behavior
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
- Overdose
- Withdrawal
- Substance Use Disorders
- Using your Mental Health First Aid Training

**JOIN US!**

**Training for Caregivers  
and Community Health  
Representatives (CHRs)**

Presentation-type training for Home  
Health Aides, Personal Care  
Attendants, Nursing Attendants and  
Orderlies and Community Health  
Representatives:

- **Communications Skills You  
Need for Work**
- **Dealing with Difficult Care  
Recipients**
- **Special Skills Needed for  
Working with Persons with  
Dementia**

Appropriate for caregivers of persons who are  
elderly and those with disabilities. **Care  
recipients welcome!**

To bring this training to your agency or facility, or to  
join a local training, **free of charge, contact NMDCC**

*This material was produced under grant number SH-  
29637-SH7 from the Occupational Safety and Health  
Administration, U.S. Department of Labor. It does not  
necessarily reflect the views or policies of the U.S.  
Department of Labor, nor does mention of trade names,  
commercial products, or organizations imply  
endorsement by the U.S. Government.*

Presented by New Mexico Caregivers Coalition

**COMING SOON**

**Isleta Pueblo  
Elder Center**

Isleta Pueblo, NM

**Thursday  
May 16, 2019  
11:30am-12:30pm**

Contact: Emma Abeita 505-869-9770

Certificate of completion  
awarded

**CHRs Earn Continuing  
Education Units required  
for Re-certification**



**NEW MEXICO  
DIRECT CAREGIVERS  
COALITION**

Facebook: [www.facebook.com/  
NewMexicoDirectCaregivers Coalition](http://www.facebook.com/NewMexicoDirectCaregiversCoalition)  
Twitter: <https://twitter.com/NMCCaregivers>  
[www.nmdcc.org](http://www.nmdcc.org)  
[info@nmdcc.org](mailto:info@nmdcc.org)

NMCC is a statewide 501(c)(3) organization created to  
promote the voice of family and professional caregivers and  
those they serve. We advocate for direct care workers’  
education, training, benefits, wages and professional  
development.



Sponsored by:  
Isleta Diabetes Prevention Programs  
“Total Body Health”

**DON'T IGNORE DIABETES**

**Come join the Diabetes Program for an evening  
to learn more about Diabetes.**

- **Identify Low and High Blood Sugar Symptoms**
- **Diabetes and Exercise**
- **Diabetes and Healthy Snacking**
- **Diabetes and Complications**

**Thursday, April 11, 2019**

**Located-At the Training Center**

**The Training Center is located West of the Clinic,  
North of the Wellness Center**

**For more information call: 869-4595**





Pueblo of Isleta

Pueblo of Isleta  
Assisted Living Facility  
And Memory Care

Frequently  
Asked  
Questions  
Q & A Section

Question: Who Qualifies for Assisted Living?

Answer: Assisted Living is for Tribal Elders (60 years or older) who require 24/7 care and need assistance with their ADLs (activities of daily living), medication management, and overall basic care needs. Every admission is reviewed thoroughly with their PCP (primary care provider), POA (power of attorney), and/or appointed guardian. Once they are reviewed, it is then determined if their LOC (level of care) can be met at an assisted living level or if they need higher medical attention, which would then be nursing home level.

Next month we will answer the question, Who pays for Assisted Living?

If you have any questions you would like addressed, please feel free to submit them to our office and we will be happy to post the answer in the monthly newsletter.

Please Call 869-5560 if you have any questions

Medicare.gov

How to fight Medicare fraud & protect your identity

Happy National Consumer Protection Week! Now's a great time to brush up on your Medicare rights and protections, and take action to protect your identity.

Here are 3 things to do:

- 1. **Protect your identity.** Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Guard your Medicare Number and card, and keep your Social Security Number safe.
- 2. **Help fight Medicare fraud.** Use your **MyMedicare** account to stay on top of your claims. If you find errors or fraud, **report it to us**. Don't have a MyMedicare account yet? Sign up for free at **MyMedicare.gov** today.
- 3. **Know your rights.** You have certain rights and protections designed to make sure you get the health care services the law says you can get.

Sincerely,  
The Medicare Team

Isleta Elder Center

For more information visit *Medicare.gov* or please call: Pauline Lucero, Benefits & Billing Manager  
Monday thru Friday 8 a.m. to 4:30 p.m.  
505-869-9770 ext. 9339



2019



INDIAN GAME DAY  
Presented by New Mexico Senior Olympics

Calling  
National Qualifiers and All  
Native American Elders 50+!

When: April 24-25, 2019

Where: Santa Fe Indian School

\$15.00 Registration Fee

Contact your Senior Program Directors

- 10 Sports Offered
- 1st, 2nd & 3rd place awards - 5-year age division
- Lunch on your own
- Health Fair with Screenings
- Join in the Parade of athletes to compete for the Team Spirit Award
- Statewide Torch Relay

NEW MEXICO SENIOR OLYMPICS \* PO BOX 2690, ROSWELL, NM 88202-2690  
1-888-623-6676 \* nmso@nmseniorolympics.org \* www.nmseniorolympics.org

Optometry Services



Optometry Services  
being  
offered to Patients:


- Frame and lens selection
- Frame repair and adjustment
- Ordering glasses and contact lenses

Optometry will accept prescriptions for glasses and contacts from outside providers as long as the prescription is not expired.


If you have questions or concerns please contact  
Optometry services @ 869-4080.

THANK YOU  
-Isleta Health Center Optometry Department





Isleta Elder Center



LIHEAP  
Low-Income Home Energy Assistance Program

Apply Today

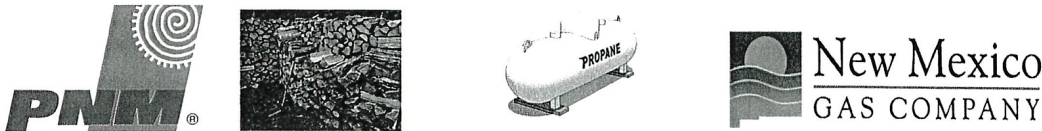
Applications & assistance is available for LIHEAP (Low Income Home Energy Assistance Program). LIHEAP is a federally-funded program that helps low-income households with their home energy bills such as gas, electric, propane, or firewood. *There is no deadline to apply, however, you can only apply once a year.*

The New Mexico LIHEAP program may be able to offer you one or more of the following types of assistance:

- Bill payment assistance.
- Energy crisis assistance.
- Weatherization and energy-related home repairs.

**For Elders 60+ years of age, please call or visit:**  
Pauline Lucero, Benefits & Billing Manager  
Monday thru Friday 8 a.m. to 4:30 p.m.  
505-869-9770 ext. 9339

If you know of anyone under the age of 60 that would benefit from this program, please have them visit their nearest State Health and Human Services Department, or call 505-841-2300.



**THEME: "BE A HERO-TAKE A STAND AGAINST CHILD ABUSE & NEGLECT"**


Event 1: Special Mass Intention for Victims of CA/N & Dinner  
Date: Tuesday, April 2, 2019  
Time: Children's Mass (4:45 p.m. to 5:30 p.m.)  
Location: Mass @ St. Augustine Church & Dinner @ CCD Building  
Dinner will be served.

Event 2: Child Abuse & Neglect Awareness Community Summit  
Date: Saturday, April 13, 2019  
Time: 8AM to 12PM  
Location: CCD Building  
Breakfast Buffet. (Agenda & Registration Forms forthcoming)

Event 3: Super Hero Fun Walk/Run  
\*Participants are encouraged to dress up as their favorite Super Hero\*  
Date: Tuesday, April 16, 2019  
Time: Registration @ 5PM, Run starts at 5:30 p.m.  
Location: Isleta Social Services-Cottonwood  
Healthy snacks will be served. (Pre-registration forms forthcoming)

Event 4: Grocery Bingo  
Date: Thursday, April 25, 2019  
Time: 5:30 p.m. to 7PM  
Location: Isleta Recreation Center  
Dinner will be served.

Event 5: Special Mass Intention for Foster Care Providers & Appreciation Breakfast  
Date: Sunday, May 5, 2019  
Time: Mass @ 8AM; Breakfast from 9AM to 10:30 a.m.  
Location: Mass @ St. Augustine Church, Breakfast @ Old Courthouse  
Breakfast will be served



For more information:  
Contact Reyes Jiron at  
Isleta Social Services.  
505-869-2772

**WE ARE HERE TO SERVE**  
**Isleta Health Center Team**  
**Proper Medication Disposal**

Stephanie Barela, Isleta Health  
Center Health Educator  
505-869-4479

Have you ever wondered what you should do with your old or expired medications that you no longer use? You are actually in luck because there is a drop off location right here in Isleta! The Isleta Police Department in the Tribal Services Complex actually takes any unused or expired medications 8am-4pm Monday through Friday. Call them with any questions (505) 869-9737. They also participate in the Take-Back dates that are in April and October, which offer other times and locations for proper disposal.

It is important to properly dispose of medications because this lowers the risk of harming someone through overdose or illegal abuse. The safest way to dispose of these harmful substances is to take them to a collection site:

**DRUG TAKE-BACK PROGRAM**

Drop off medication, with no questions asked, at the:

**Pueblo of Isleta Police Department**  
Tribal Services Complex  
3950 NM-47 A, ABQ, NM 87105  
8am-4pm (505) 869-9737

**Los Lunas Police Department**  
Event in April and October  
(505) 839-3855

**DON'T FLUSH DOWN TOILET**


- **Do not flush** prescription medication unless the label or patient information says to do so.

**THROW IN TRASH**

If disposal instructions are not provided or you are unable to drop off medication at a disposal site, you can throw them with household trash. **BUT FIRST:**

- **Take medication out of original container** and mix with an undesirable substance, like used coffee grounds or kitty litter.
  - This makes it unappealing to children or pets, and unrecognizable to people searching for them.
- **Place in a sealable bag**, empty can, or closed container to prevent medication from leaking out.
- **Scratch out all identifying information** before throwing away medicine containers.
- **Do not give your medications to others.** Doctors prescribe medication based on individual symptoms and medical history. A medication that works for you can be dangerous for someone else.
- **Over-the-Counter medication** should be discarded exactly the same way as prescription

The Isleta Health Center offers 5 minute PowerPoint presentations on this to the POI Departments and the community. Please contact **Stephanie Barela, 869-4479**, if you would like to schedule a presentation.



**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**



5<sup>th</sup> Annual  
Isleta Cancer Survivors  
Day Event

MAY 14, 2019 ♦ 5:00 - 7:30 p.m.  
@ the Isleta Health Training Center  
(located behind the main Health Center building)



Call Stephanie Barela for  
more information  
869-4479.

**NEEDED:**  
We are looking for cancer  
survivors and/or cancer  
caregivers to participate on a  
speaker's panel.  
Please call if interested!

ALL ISLETA COMMUNITY WELCOME!!

Balloon Release, Music, Presentation,  
Prizes, Activity & More!

In Loving Memory  
Stephanie L. Romero

On February 26, 2019  
the Isleta Health Center  
Dental Clinic lost a  
member of our family.



Stephanie Romero won  
her battle against breast  
cancer and has gone to be  
with her Lord. Stephanie  
served the Isleta Pueblo  
Community for over 15 years and will be greatly  
missed by her patients and co-workers.

Isleta Behavioral  
Health Services

Chronic or Acute Disease

Diseases are generally  
classified as either  
chronic or acute. In order  
to better understand the  
disease of addiction, it is  
important to understand  
the difference between  
chronic and acute.



The simplest explanation  
is that chronic diseases  
refer to long term  
disorders that require  
on-going treatment and can have frequent relapses.  
Arthritis and Diabetes are both examples of chronic  
diseases or conditions that require regular attention.  
What happens to the diabetic who does not take  
medication as prescribed or does not pay careful  
attention to diet and exercise? This person would  
probably become very sick and might even need  
hospitalization. In other words, the diabetes can be  
treated but not cured and a relapse happens if the  
condition is not given the attention needed.

An acute disease or disorder, on the other hand, is a  
condition that does have a cure or can be "fixed". For  
example, an individual suffering from appendicitis  
has the infected appendix removed and thus the acute  
disease or disorder of appendicitis is cured.

Addiction to alcohol and/or drugs is a chronic disease  
that when left untreated causes lasting damage to  
the person with the addiction as well as to family  
and community. There are some people with alcohol  
or drug problems who were able to get sober through  
a counseling or residential treatment program who  
return to alcohol or drug use right away. Why does  
this happen? Remember that addiction is a chronic  
disease or disorder that requires attention and has  
no cure. This attention can be found in different ways  
that include ongoing counseling, recovery support in  
the community, and active involvement in a support  
group. What happens to the alcoholic/addict who does  
not pay careful attention to staying sober? Relapse to  
alcohol or drug use is highly likely because addiction  
is a chronic disease that requires ongoing attention.

Untreated addiction is a tragedy that has a devastating  
ripple effect on children, parents, communities, and  
nations. If you or someone you know has the chronic  
disease or disorder of addiction, remember that  
this chronic condition requires ongoing attention to  
minimize the damage and help improve the overall  
quality of sobriety.

If you have questions or would like to learn more about  
how we can help, please call Isleta Behavioral Health  
at 505-869-5475.

-Bonnie Evans, LPCC, LADAC  
IBHS Program Manager

Child Safety Seat Clinic

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

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

WHEN:

Friday, April 26, 2019  
9:00am - 11:00am

WHERE:

Isleta Head Start & Childcare  
2 Sagebrush Street, Isleta, NM

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

*Please bring Tribal ID.*

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

A donation of \$20 is requested if a replacement child safety seat is needed.

**CALL 869-4479  
FOR MORE INFORMATION**





Isleta Elder Center/Adult Day Services

Isleta Adult Day Services is a program for Elders over 60 years of age, with one or more Activities of Daily Living (ADL), such as a person using a walking device or someone 50 years of age with a disability. Adult Day Services is a place where elders come together to socialize, engage in different activities, attend field trips, partake in education trainings relating to health, nutrition, and home safety. Elders come to spend their days in Adult Day Services while their family member is out at work or tending to errands.



If you have an interest for your loved one to attend Adult Day Services, please do not hesitate to call the Isleta Elder Center and speak to Michael Valdez, Outreach Manager, to schedule an appointment. We would be more than happy to have your loved one spend the day with us! Happy Easter!

Emma Abeita, Adult Day Services, Manager  
Karla Trujillo, Adult Day Services Assistant



PUEBLO OF ISLETA

ELDER CENTER

Frequently Asked Questions

Q&A Section

Question:

How do I qualify for services?

Answer:

The Elder Center, provides services to seniors 50 years of age and older.

Your eligibility for services depend on:

1. Your age at the time of your request for service.

2. Whether you meet the score required for a particular type of service.

At the time of your assessment, you will be asked questions about what you can and cannot do on your own, such as: can you drive to the store to buy groceries? can you cook your own meal? Do you use a walking device? which are called Activities of Daily Living (ADL's). Basically, there are only two types of services that you may be denied if you do not score the 1 or more required ADL Total Dependence Score, and that is Home Delivered Meals and Adult Day Care. Below is a list of services eligibility requirements:

Service Type	Required Age	Required ADL Score
Senior Olympics	50	No ADL's required
In-Home Services	60	2 or more limited ADL's
Activities / Recreation	50	No ADL's required
Adult Day Services	60	1 Total Dependence ADL
Transportation	60	No ADL's required
Benefits Assistance	50	No ADL's required
Congregate Meals (dine-in)	55	No ADL's required
Home Delivered Meals	60	1 Total Dependence ADL
Personal In-Home Care	18+	Eligibility Determined by State
Veteran Support	18+	A Veteran or family member of

Please feel free to contact the center with your question for next month's newsletter!

For information, please call us at 869-9770

Pueblo of Isleta Elder Center – "Nurturing Independent Lifestyles"

Health Beat: Distracted Driving Awareness Month

Stephanie Barela, Health Educator

www.nsc.org

Phone: 505-869-4479

Since April is Distracted Driving Awareness Month, it is the perfect time to remind ourselves the importance of paying attention to the road when we are driving. Distracted Driving is the “practice of driving a motor vehicle while engaged in another activity, typically one that involves the use of a mobile phone or other electronic device”. I am sure you have seen people on their phones while you are driving down the road, maybe you were actually one of those people. Well this is the month that we should all PUT DOWN OUR PHONES and focus on the road. According to the nsc.org/JustDrive, “Thousands have died in vehicle crashes because drivers are distracted by cell phone conversations, emails, text messaging and social media.” Nearly all crashes can be prevented, because according to the National Safety Council (NSC), 94% of all crashes are caused by driver error.

Below are some tips from the NSC to keep your eyes on the road, hands on the wheel and your mind on the drive.

1. Turn off your Cell Phone! There is NO safe way to make a call while driving—not even hands free.

2. Send and Receive text messages BEFORE you start driving.

3. If your drive is long, schedule breaks to stop, park safely and respond to messages.

4. Take care of communications before you start driving, using voice features on your car's infotainment system is also distracting.

5. Know where you are going before you leave. Put your destination into your GPS, so you don't have to touch it on the road.

6. Social media can wait. No update, tweet or video is worth your life.

7. Park in a safe area if you must take a call, return a text or check email.

8. Do not call or text family if you know they are driving.

Important facts from the National Safety Council:

• Distraction leads to driver error

• 7% of all drivers at any given time are using their phones while driving

• Drivers talking on phones (hand-held and hands-free) miss seeing up to 50% of what is around them, including:

• Other drivers

• Pedestrians

• Bicyclists

BEFORE YOU START YOUR CAR,

TURN OFF YOUR PHONE

AND JUST DRIVE



# April 2019

Based on the availability of ingredients/produce or other unforeseen circumstances, menus are subject to change.







QUARTERLY REVIEW  
ELDER CENTER FOOD SERVICES  
APRIL 2019

Highlights from 1st Quarter

We have delivered approximately 5900 meals to home bound elders and their caregivers

Served approximately 1650 Lunch and Breakfast Congregate Meals (dine-in)

Provided Nutrition education to approximately 300 elders during Congregate meals

**Still missing Cancelled Meals** The Elder center Food Services strives to provide our home bound elders with a nutritious lunch, Monday through Friday. We understand that there may be times that our clients have appointments or other engagements that take them from the home during our delivery time. We always ask for a courtesy call to cancel a meal when our clients will not be home.

**So far we have recorded:** 226 meals that were undeliverable—no client home and/or no call to cancel meal.

**By calling to cancel your meal you can save the Food Service Program approximately \$6/meal, as you can see this adds up!!**

To cancel a meal call 869-9770 by 9 AM

**Tina Louise Carpenito with ICAN** (Ideas for Cooking and Nutrition) is here at the Elder Center Congregate lunch, every 2nd Thursday of the month. She talks about nutrition, she prepares a simple dish that everyone can make and she always brings goodies to share with everyone in attendance. If you have not stopped by during her presentation why not start this month.

**ICAN Nutrition Education**

**Where:** Elder Center Dining Room

**When:** Thursday, April 11, 2019

**Time:** 12:30 pm—1:30 pm

**Cost:** Free to anyone



Isleta Elder Center  
505-869-9770



Lifeline:  
A Phone and Internet Benefit

The Lifeline Program is a federal benefit that provides low-income, Tribal consumers with a monthly discount of up to \$34.25 towards their phone or internet bill. Lifeline helps consumers across the United States stay connected to family, work, education, quality health care, and public safety services.

There are a few ways you may prove eligibility for this benefit. The first is through participation in a federal program. If you are in programs like Supplemental Nutrition Assistance Program (SNAP) or Medicaid you qualify for Lifeline. If you live on federally-recognized Tribal lands and take part in programs like the Bureau of Indian Affairs General Assistance, Tribal Temporary Assistance for Needy Families (Tribal TANF), or Food Distribution Program on Indian Reservations you also qualify for Lifeline. You may also prove program eligibility through your income. If is at or below 135% of the federal poverty guidelines you qualify for Lifeline.

To apply for Lifeline, you will need a document that proves you are eligible for the benefit. You may also need an item that proves your identity such as an unexpired Driver's License or Tribal issued ID and an item that proves your address such as a utility bill. For more information on Lifeline eligibility, visit the program's website. This will also give you additional information on the application process and how a Lifeline phone or internet company can help you through the process. Search for companies that serve your area by typing in your zip code or city and state in the Companies Near Me tool on Lifeline's website.

For more information, contact Lifeline at (800) 234-9473 or visit LifelineSupport.org

For assistance you can call the number listed above or call:

Pauline Lucero, Benefits & Billing Manager  
Isleta Elder Center  
Monday thru Friday 8 a.m. to 4:30 p.m.

Isleta Head Start and  
Child Care Center

Important Dates:

- April 10, 2019- Professional Development Day (NO School for students)
- April 16, 2019- Policy Council @ 5:00 PM (Dinner and Child Care Provided)
- April 17, 2019- Family Night @ 5:00 PM (Dinner and Child Care Provided)
- April 18, 2019- Parent Committee @ 5:15 PM (Dinner and Child Care Provided)
- April 19 & 22, 2019- April Break (NO School for Students)
- April 23, 2019- Children resume back to school



HELP IS HERE!

Do you have  
Medicare Part A & B and  
New Mexico Medicaid?

If you do, we may be able to help you.  
**DO YOU NEED:**

Do you need help with dental care?  
Do you need help with dentures or false teeth?

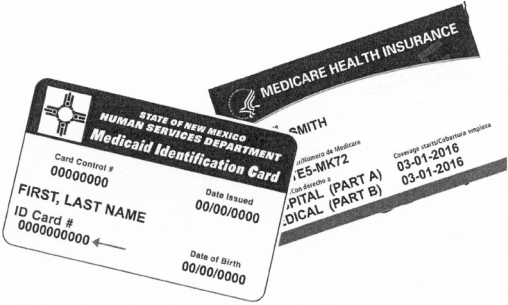
Do you need help with eye glasses or hearing aids?

Do you need transportation to your doctors?

Do you need health care products like vitamins, allergy medicine, cough medicine, adult diapers, walkers and more?

Life Alert Necklace

**NO COST TO YOU!**  
**LET US HELP YOU...CALL JR or Robin Trujillo at 1-505-747-2346 for more information.**



**Isleta Elder Center**

For more information call the number above or if you need assistance call:  
  
Pauline Lucero, Benefits & Billing Manager  
Monday thru Friday 8 a.m. to 4:30 p.m.  
505-869-9770 ext. 9339

HOW do you REDUCE YOUR RISK FOR A STROKE:

Take steps to control certain Chronic Conditions (high blood pressure, high cholesterol, diabetes, obesity)

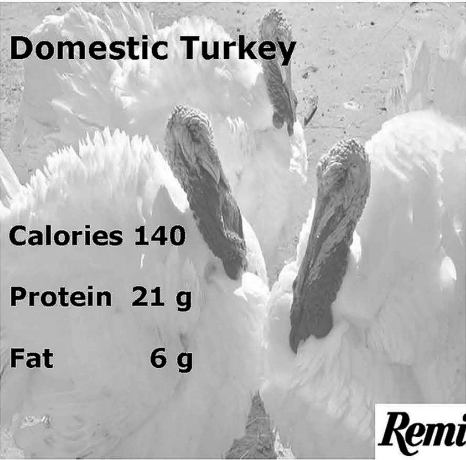

- ▶ Quit Smoking! Call 869-4479 to sign up for Freedom From Smoking or Thinking About Quitting.
- ▶ Eat Healthier! Call 869-4093 to speak with the Nutritionist.
- ▶ Get Active! Call 869-4595 to sign up for the Diabetes programs or go to the Isleta Rec.
- ▶ Manage Your Chronic Disease! Call 869-4479 to sign up for the MYCD 6 Session program Starting 2/24/2016.
- ▶ Limit your Alcohol Intake! Call 869-5475 to help manage your drinking.



WILD GAME RECIPE  
FROM THE ELDER CENTER FOOD SERVICES  
APRIL 2019

BY GILBERT HENRY, ELDER CENTER STAFF

2019 Nutritional Guide for  
Spring Wild Turkey

Domestic Turkey	Turkey (Wild Game)
	
Calories 140	Calories 160
Protein 21 g	Protein 25.7 g
Fat 6 g	Fat 1.1 g

Spring Turkey Season is right around the corner. The last part of Hunting Season before the Fall Season of 2019-2020 license year begins, above are some nutritional facts about whole bearded Wild Turkey. Bag Limit is generally 2 bearded turkeys. See the 2019-2020 Hunting Rules and Regulations from the New Mexico Department of Game and Fish on the Turkey Section. Wild Game has very little fat, which is healthier and gives more nutrients for your body typically with less calories. Recipes for cooking wild game can be found online by searching Wild Turkey Recipes. For those who were successful in the draw or you purchased a new OTC (Over the Counter) Hunting License for Turkey, good luck and we hope this guideline will help in preparing some delicious wild turkey.

Crock Pot Wild Turkey

Preparation Time: 8 hours and 30 minutes

Ingredients:

- ◆ 1 Wild Turkey Breast
- ◆ 2 (1 ounce) packages of Dry Onion soup mix
- ◆ 1 cup Chicken Stock
- ◆ 2 Tbsp. Onion Powder
- ◆ 2 Tbsp. Garlic Powder
- ◆ 1 Tbsp. Dried Parsley
- ◆ 1 Tbsp. Seasoned Salt
- ◆ 1 Tbsp. Dried Oregano
- ◆ 1 Tbsp. Dried Basil

Directions:


- ◆ Put your harvested wild turkey breast in the crockpot.
- ◆ Whisk onion soup mix and chicken stock in a bowl and pour over turkey breast
- ◆ Stir garlic powder, onion powder, parsley, seasoned salt, basil, and oregano in a bowl and sprinkle generously over turkey breast.
- ◆ Cook on low for about 8 hours or until turkey is very tender (internal temperature should be 165 degrees Fahrenheit)

From Mojo Outdoors at [www.mojooutdoors.com](http://www.mojooutdoors.com)

Good Luck in the Hunt  
From the Pueblo of Isleta Elder Center Kitchen




APRIL 2019



ISLETA HEALTH CENTER


Questions? Call 869-3200

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>1</b> Podiatry Clinic: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Alcoholics Anonymous: 11-12 @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth –ICAP 4:30-6:30pm @BHS Iron Eagle Pre-Measurements: 9-5:30 @DPP Wellness Eagle Hit Week 9: 5:30-7pm @DPP	<b>2</b> DM Clinic: 8:30-12 @DPP Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth –Power Skills 4:30-6:30 @BHS Iron Eagle Pre-Measurements: 11-7:30 @DPP Wellness	<b>3</b> DM Clinic: 8:30-12 @DPP Iron Eagle Pre-Measurements: 9-5:30 @DPP Wellness Youth-Life skills 4:30-6:30pm @BHS Eagle Hit: Week 9 : 5:30-7pm @DPP Wellness	<b>4</b> <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm @DPP Iron Eagle Pre-Measurements: 11-7:30 @DPP Wellness	<b>5</b> Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Alcoholics Anonymous: 11-12pm @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS Iron Eagle Pre-Measurements: 11-7:30 @DPP Wellness	<b>6</b>
<b>7</b>	<b>8</b> Podiatry Clinic: 8-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Alcoholics Anonymous: 11-12 @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth –ICAP 4:30-6:30pm @BHS Iron Eagle Pre-Measurements: 9-5:30 @DPP Wellness Eagle Hit Week 10: 5:30-7pm @DPP Wellness	<b>9</b> DM Clinic: 8:30-12 @DPP Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth –Power Skills 4:30-6:30 @BHS Iron Eagle Week 1: 11-7:30 @DPP Wellness POI Community Cancer Support—Dealing with Chronic Pain: 10:30-12:00 @IHC Training Center	<b>10</b> DM Clinic: 8:30-12 @DPP Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life skills 4:30-6:30pm @BHS Eagle Hit Week 10 : 5:30-7pm @DPP Wellness	<b>11</b> <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm @DPP Iron Eagle Week 1: 5:30-7:30 @DPP Wellness	<b>12</b> Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Alcoholics Anonymous: 11-12pm @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS	<b>13</b>
<b>14</b>	<b>15</b> Podiatry Clinic: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Alcoholics Anonymous: 11-12 @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth –ICAP 4:30-6:30pm @BHS. Eagle Hit Post Measurements: 5:30-7pm @DPP Wellness	<b>16</b> DM Clinic: 8:30-12 @DPP Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth –Power Skills 4:30-6:30 @BHS Iron Eagle Week 2: 5:30-7:30 @DPP Wellness Social Services Child Abuse Screening: 5-6pm @DPP	<b>17</b> DM Clinic: 8:30-12 @DPP Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life skills 4:30-6:30pm @BHS Eagle Hit Post Measurements: 5:30-7pm @DPP Wellness Community Healthy Cooking: 5-7pm @Health Center Kitch-	<b>18</b> <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm @DPP Elderly Screening TBD Iron Eagle Week 2: 5:30-7:30 @DPP Wellness	<b>19</b> Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Alcoholics Anonymous: 11-12pm @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS	<b>20</b>
<b>21</b>	<b>22</b> Podiatry Clinic: 8-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Alcoholics Anonymous: 11-12 @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth –ICAP 4:30-6:30pm @BHS. Eagle Hit Pre-Measurements: 5:30-7pm @DPP Wellness	<b>23</b> DM Clinic: 8:30-12 @DPP Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth –Power Skills 4:30-6:30 @BHS Iron Eagle Week 3: 11-7:30 @DPP Wellness	<b>24</b> DM Clinic: 8:30-12 @DPP Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life skills 4:30-6:30pm @BHS Community Healthy Cooking: 5-7pm @Health Center Kitchen Eagle Hit Pre-Measurements: 5:30-7pm @DPP Wellness	<b>25</b> <div>CLINIC OPENS AT 9:50am</div> Podiatry Clinic: 8:00-4:30pm @DPP Iron Eagle Week 3: 5:30-7:30 @DPP Wellness	<b>26</b> Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Alcoholics Anonymous: 11-12pm @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS Car Seat Clinic: 9-11am @ Isleta Head Start Parking Lot	<b>27</b>
<b>28</b>	<b>29</b> Podiatry Clinic: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique: 10-11am @BHS Alcoholics Anonymous: 11am--12pm @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth –ICAP 4:30-6:30pm @BHS. Eagle Hit Week 1—Block 2: 5:30-7pm @DPP Wellness	<b>30</b> DM Clinic: 8:30-12 @DPP Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth –Power Skills 4:30-6:30 @BHS Iron Eagle Week 4: 11-7:30 @DPP Wellness	<div><div><div>Music</div><div>Balloon Release</div><div>Activities</div></div><div><div>All Isleta Community Welcome!!</div><div>5th Annual Isleta Cancer Survivors Day Event</div><div>May 14, 2019 - 5:00 - 7:30 p.m.</div><div>@ the Isleta Health Training Center (located behind the main Health Center Bldg.)</div></div><div><div>Prizes</div><div>Presentation</div><div>&amp; More!!!</div></div></div>			<div><b>NEEDED:</b> We are looking for cancer survivors and /or cancer caregivers to participate on a speaker's panel. Please Call if Interested.  Stephanie Barela — 869-4479</div>




Pueblo of Isleta  
Community Cancer  
Support Group

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



<div><div>Tuesday, April 9th</div><div>10:30 am - noon</div><div>NEW LOCATION: Isleta Health Training Center</div></div>	<div><div>Dealing with Chronic Pain</div><div>Anjie Cureton, UNM</div><div>ALL WELCOME!</div></div>	<div>Call to sign up to bring snacks.</div>
--	---	---



Contact  
Stephanie Barela  
869-4479

ALL WELCOME

Healthy Cooking Class

Come join the Isleta Diabetes Program as we help you prepare, discuss, and enjoy a Healthy meal!

Wednesday, April 17, 2019

5:00pm-7:00pm

Located-Isleta Health Center Kitchen

Recipes from our River of Recipe Cookbook

For more information call: 869-4595

Sponsored by:  
Isleta Diabetes Prevention Programs  
"Total Body Health"

