



Isleta Pueblo News

Volume 14 Issue 5

Pueblo of Isleta website: www.isletapueblo.com

Like us on Facebook

May 2019

Governor's Report

Ma Gu Wam,

Warm weather – finally. Although the winter precipitation provides much needed water for our lands, this past winter has been a true weather challenge. The water is plentiful at this time with the spring runoff. It is good to see the farmers busy with field preparation for their crops and I wish you all a bountiful harvest this year. We have met with tribal farmers to discuss water issues according to the individual ditch associations. Please read the article provided by our Water Resource Director on the current water situation and announcement for the Middle Rio Grande Conservancy District Election this June.

The date for the next Community Meeting is set for May 18, 2019, 9:00am to 1:00pm, in the Showroom at the Isleta Resort and Casino.

Now that the session is over, here are critical items that the New Mexico State Legislature produced in the form of funding commitments to the Pueblo of Isleta through **Capital Outlay SB-280**

•Moonlight Drive Extension:	\$1,129,000
•Realignment of Highway 314/45/317:	\$1,000,000
•Veterans' Center	\$149,206
	<hr/>
	\$2,278,206

Report from the Water Resources Department

2019 Irrigation Water Season

The 2019 irrigation season is upon us and New Mexico has been blessed with a plentiful winter and spring precipitation. Due to Article VII of the Rio Grande Compact, which mandates irrigation water deliveries to Texas, water storage in our upstream reservoirs is limited until Elephant Butte and Caballo reservoirs reach a combined total of 400,000 acre feet (ac-ft) (currently at 266,531 ac-ft). Middle Rio Grande water managers are passing as much water as possible to try and achieve that storage target in the southern reservoirs, so subsequent irrigation water storage in El Vado and Heron is unencumbered by Article VII Compact restrictions. Despite passing water down south for now, it is expected that the MRGCD will still meet its full storage supply for the 2019 irrigation season.

Irrigation water delivered to the Pueblo by MRGCD is stored in El Vado and Heron, with Pueblo Prior and Paramount (P&P) water stored entirely in El Vado. Regardless of the Rio Grande Compact, Pueblo P&P water is always stored, and is always stored first; 2019 is no exception. Current calculations place the preliminary P&P storage target for 2019 at 13,845 ac-ft, which can be called upon by the Middle Rio Grande Pueblos if needed. This target number may change with the May 2019 forecast, which is when the final P&P storage numbers are calculated.

HB-100 Indigenous Peoples' Day to replace Columbus Day Holiday.

SB-437 Raise Minimum Wage and Create Separate One; increases begin 01/01/20 with tiered amounts per year: 2020-\$9.00; 2021-\$10.50; 2022 \$11.50; 2023-\$12.00. A separate increase of \$8.50 minimum wage for high school students begins in 2020 with no future increases.

SB-672 Early and Auto Voter Registration; allows eligible folks to register and vote on the same day during elections and during early voting statewide and for special elections.

New appointments to the NM Indian Affairs Department are Cabinet Secretary Lynn Trujillo (Sandia Pueblo) and Deputy Secretary Nadine Padilla (Dine'). The annual State-Tribal Leaders Summit is tentatively planned for May 16-17, 2019 and the location has not been determined. As many of you may already know, we have had a change in the leadership of Tribal Council. Kevin Lente is now President of Council, Moses Lujan is Vice-President and Antonio Chewiwi is Secretary. We have been meeting weekly to coordinate agenda items. I will be attending Tribal Council meetings on Tuesdays and Thursdays and my Lieutenant Governors will cover the remainder of the weekly Tribal Council meetings.

Ms. Verna Teller, Chief Judge, along with Chris Shultz, Associate Judge, were recently appointed by me to serve as Tribal Court Judges. These appointments for the Judges will bring the Tribal Court up to being fully staffed.

May is an exciting month for many, especially the students who will be graduating or participating in Rites of Passage. Congratulations to you all for your accomplishments. Future events that I will be holding will include invites to students to be a part of our events for the pueblo.

At the request of the Pueblo of Isleta Veteran's Association and Saint Augustine Church, I am informing you that any future graves at our cemetery will have to start utilizing the new area of the cemetery to the East. We appreciate your cooperation to not consider the West portion of the cemetery and we realize that past practices were to be buried near other family members who have passed. With that, to the families who have recently lost loved ones, please accept our condolences for the those who have recently left us for the promised land.

Ha woo,
Governor Max A. Zuni

On March 26, 2019 the Water Resources Department met with MRGCD and the Pueblo's Mayordomos to discuss the outlook for the 2019 irrigation season. If you irrigate from a ditch managed by a Pueblo Mayordomo, please reach out to your Mayordomo for details related to 2019 operations, or, as usual, feel free to contact the Pueblo's Water Resources Department. The Water Resources Department will arrange follow up meetings with Mayordomos and Pueblo farmers if conditions should significantly deteriorate throughout the season.

Spring Runoff

A high-flow spring runoff is expected in the Rio Grande in the coming weeks, with maximum rates of around 5000 cubic feet per second. As a result, community members may notice increased activity around the Isleta Diversion Dam. Personnel contracted by the Water Resources Department will be collecting sediment samples in order to better understand sediment transport in and around the dam as part of the dam modification options currently being investigated to curtail sedimentation within the Pueblo's irrigation system. Additionally, the MRGCD will be in the area frequently clearing sediment in the irrigation canal headings. You may have noticed that the MRGCD installed a new gate at the heading of the Big Chical this off-season in hopes to mitigate some of the sedimentation in the Cacique; this spring

will be a good test of that hypothesis. MRGCD and US Army Corps of Engineer staff will also be on the Pueblo frequently monitoring the levee system.

MRGCD Elections

MRGCD will be holding elections on Tuesday June 4, 2019 for three board members. Isleta Residents over the age of 18 can vote for all three of these positions. Isleta's polling location will be at the Recreation Center. It is critically important for Pueblo residents to vote. Please be on the lookout for posters and further announcements on who Isleta Pueblo will be endorsing in the upcoming election.

POSITION NO. 1 – AT-LARGE:

Barbara Baca
Glen Duggins

POSITION NO. 2 – BERNALILLO COUNTY

John P. Kelly

POSITION NO. 5 – VALENCIA COUNTY

Les Gibson
Stephanie Russo Baca
Michael W. Lundmark

Please contact the Pueblo's Water Resources Department at 505-869-5564 if you have any questions.

LETTER FROM THE EDITOR

DEADLINE for June Newsletter articles is set for WEDNESDAY, May 22, 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)



REMINDER TO COMPLY WITH THE RESIDENCE ORDINANCE

In order to protect the customs, traditions, peace, safety, property, health and general welfare of its members, the Pueblo of Isleta (POI) would like to remind all tribal members that non-members must receive the Governor's permission to reside within the Pueblo of Isleta lands, in accordance with POI Residence Ordinance, Resolution Number 2011-043 - Amending the Pueblo of Isleta Residence Ordinance.

The Governor is requesting that everyone comply with the Residence Ordinance **by July 31, 2019**.

If you have questions, please contact the Census Office for direction on the necessary steps in order to comply with the Residence Ordinance. *Thank you for your prompt attention to this matter!*

PROBATE NEWS

FIRST NOTICE – A petition to Probate the Estate of Joseph E. Jaramillo, deceased November 20, 2018. Case No. CV-18-PRO-0157, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, June 12, 2019 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

FIRST NOTICE – A petition to Probate the Estate of Anita M. Carpio, deceased December 24, 2018. Case No. CV-19-PRO-0175, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, July 3, 2019 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Message to all Acequia Madre Water Users

A new farming season has started. The annual Acequia Madre ditch cleanup was on 4/23/2019. We had over hundred participants this year. I want to thank all those that gave up their time to attend the annual clean up. However, there were a lot of other farmers and water users that did not show up to take part. This year, the head Mayordomo is Daniel Waseta Jr. He volunteered again this year to try to complete some projects that are still on going, one of those being the revision of the Acequia Madre By-Laws. They have been reviewed by some if not most of the Acequia Madre members and also the tribal administration. They are still not finalized and must be presented to the members again, hopefully for final approval. Notice of this meeting will be forthcoming in the near future.

As was stated before, we had a very good turnout for the annual ditch cleanup. The annual assessment fee is the same as last year which is \$15.00. The penalty for not attending the annual cleanup is \$60.00. Therefore, any member that did not go to ditch cleanup now owes a total of \$75.00. Payments can be made by mail or directly to the treasurer which is Michael F. Lucero. (505) 553-2133. If you mail a payment, be sure to make it payable to:

Acequia Madre Ditch Assoc.
P.O. Box 752
Isleta, New Mexico 87022

If you are also delinquent on last year's payment (2018), the Mayordomo has stated that you will not get irrigation water for this year until all assessments and penalties are paid up. To give you more time to make a payment, you have 30 days after posting of this notice in the Isleta Newsletter. After that, all fees and penalties will be considered delinquent.

Isleta Pueblo News

Editor:
Nathaniel Lujan

Asst. Editor:
Tara Abeita

Published By:
Valencia Express

JOIN THE
2020 CENSUS TEAM

BE A CENSUS
TAKER

APPLY ONLINE!
2020census.gov/jobs

2020 Census jobs provide:
Great pay
Flexible hours
Weekly pay
Paid training

For more information or help applying, please call
1-855-JOB-2020

Federal Relay Service:
1-800-877-8339 TTY/ASCII
www.gsa.gov/fedrelay

United States
Census
2020

The U.S. Census Bureau is an Equal Opportunity Employer.

Isleta Health Center
Medical Clinic News



Prepare for the new school year!

Does your child need sports
participation clearance?

Has your child had their
annual wellness visit?

Are your child’s immunizations up to date?

Call us today to make an appointment for your
child’s annual wellness visit or update their
immunizations even if no sports participation
clearance is needed!

869-4089

Please bring all required forms to the appointment.
Patients under 18 years of age must be
accompanied by a parent or legal guardian.

Thank you for your cooperation
Isleta Health Center Staff

2020 Census:
FREQUENTLY
ASKED
QUESTIONS

Why should someone choose to work as a Census Taker?
Census positions provide the perfect opportunity to earn extra income while helping your community. The results of the 2020 Census will help determine your state's representation in Congress, as well as how certain funds are spent for schools, hospitals, roads, and more. This is your chance to play a part in history and help ensure everyone in your community is counted!

What are the benefits of working as a Census Taker?
In addition to supporting your community, census jobs offer great pay every week, flexible hours, and paid training.

How does someone apply for a 2020 Census job?
Applying is easy. Visit 2020census.gov/jobs to learn more, then click on Apply Now. Potential applicants can also call 1-855-JOB-2020 (562-2020) or use the Federal Relay Service at 800-877-8339 for TTY/ASCII to learn more or for assistance.

What are the application requirements?
People can apply for 2020 Census work if they are at least 18 years old, a U.S. Citizen, and if they have a valid Social Security number and email address. Males born after Dec. 31,1959, must also be registered with the Selective Service System or have a qualifying exemption. Please visit 2020census.gov/jobs to learn more about specific application requirements.

When someone does apply for a 2020 Census job, what sorts of questions are asked?
As part of the application process, applicants will be asked questions related to their educational, work, and other experiences.

What happens once someone is offered a 2020 Census job?
Potential employees must pass a criminal background check and review of criminal records (including fingerprinting). Once these steps are completed, potential employees will receive information about training.

What is required of most 2020 Census employees?
Employees should have access to a vehicle and a valid driver's license, unless public transportation is readily available. Employees should also have access to an Internet-connected computer (to complete the training process).

What can people expect their 2020 Census work schedule to be like?
Work schedules depend on individual positions. Generally, hours for field positions are flexible. Some positions require work during the day, and other positions require evening and weekend work interviewing the public. In addition, supervisory positions require employees to be available for certain day. evening, and/or weekend shifts.

Where will most people work?
The Census Bureau is committed to hiring Census Takers to work in their own communities.

How often will 2020 Census employees be paid?
Employees are paid weekly, and can expect to receive their first paycheck approximately 10 to 14 days after their first day of work.

Will 2020 Census employees be reimbursed for work-related expenses?
Field employees will be reimbursed for authorized work expenses, like mileage, while conducting 2020 Census work.

Will 2020 Census employees be paid during training?
Yes, 2020 Census employees will be paid during training at a slightly lower rate than their regular hourly rate.

APPLY ONLINE!
2020census.gov/jobs

2020 Census jobs provide:
Great pay
Flexible hours
Weekly pay
Paid training



Updated: 4 / 16 / 2019 (Internal Posting in BOLD)
www.isleta.com

<u>REQ</u>	<u>TITLE</u>	<u>DEPARTMENT</u>	<u>REMOVAL DATE</u>
2012BR	COCKTAIL WAITRESS SPORTS BAR	F&B SPORTS BAR	Internal 04/15/2019 External 04/22/2019
2014BR	MAIN BANKER	CAGE	Internal 04/23/2019 External 04/30/2019
2013BR	HVAC TECH III	FACILITIES MAINTENANCE	Internal 04/15/2019 External 04/22/2019
2015BR	IRRIGATION TECHNICIAN	GOLF COURSE	Internal 04/23/2019 External 04/30/2019
2016BR	SUPERVISOR	FACILITIES MAINTENANCE	Internal 04/24/2019 External 05/01/2019
2010BR	SLOTS FLOOR ATTENDANT	PALACE WEST	Internal 04/16/2019 External 04/23/2019
2011BR	SLOTS FLOOR ATTENDANT	SLOTS	Internal 04/23/2019 External 04/30/2019
1927BR	ADMISSIONS/ISSUE CLERK	BINGO	01/01/2020 or until filled
1930BR	CAGE CASHIER	CAGE	01/04/2020 or until filled
2005BR	MACHINE TECH-COUNT	COUNT	01/01/2020 or until filled
1913BR	TEAM MEMBER-COUNT	COUNT	01/01/2020 or until filled
2008BR	TEAM MEMBER-COUNT	COUNT	01/01/2020 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
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
1918BR	BARBACK-CENTER BAR	F&B CENTER BAR	01/01/2020 or until filled
1919BR	BARTENDER-CENTER BAR	F&B CENTER BAR	01/01/2020 or until filled
1784BR	SUPERVISOR - BAR	F&B CENTER BAR	01/01/2020 or until filled
1937BR	CASHIER SERVER - F&B CHILLS	F&B CHILL COFFEE BAR	01/01/2020 or until filled
1938BR	CASHIER SERVER - F&B CHILLS	F&B CHILL COFFEE BAR	01/01/2020 or until filled
1957BR	ASSISTANT RESTAURANT MANAGER	F&B DELI	01/04/2020 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	01/04/2020 or until filled
1965BR	COOK I	F&B DELI	01/04/2020 or until filled
1966BR	COOK I	F&B DELI	01/04/2020 or until filled
1967BR	COOK I	F&B DELI	01/04/2020 or until filled
1986BR	COOK I	F&B DELI	01/04/2020 or until filled
1987BR	COOK I	F&B DELI	01/04/2020 or until filled
1988BR	COOK I	F&B DELI	01/04/2020 or until filled
1989BR	COOK I	F&B DELI	01/04/2020 or until filled
1990BR	COOK I	F&B DELI	01/04/2020 or until filled
1991BR	COOK I	F&B DELI	01/04/2020 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	01/04/2020 or until filled
1993BR	COOK II	F&B DELI	01/04/2020 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	01/04/2020 or until filled
1969BR	COOK III	F&B DELI	01/04/2020 or until filled
1970BR	COOK III	F&B DELI	01/04/2020 or until filled
1971BR	COOK III	F&B DELI	01/04/2020 or until filled
1972BR	COOK III	F&B DELI	01/04/2020 or until filled
1973BR	COOK III	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	01/04/2020 or until filled
1975BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1976BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1977BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1978BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1979BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1980BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1981BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1982BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1983BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1984BR	FOOD ATTENDANT	F&B DELI	01/04/2020 or until filled
1985BR	FOOD ATTENDANT	F&B DELI	01/04/2020 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
1903BR	SUPERVISOR F&B	F&B DELI	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	01/01/2020 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
1944BR	CASHIER -F&B STEAKHOUSE	F&B STEAKHOUSE	01/01/2020 or until filled
1765BR	COOK STEAKHOUSE	F&B STEAKHOUSE	01/04/2020 or until filled
1943BR	EXPEDITOR - STEAKHOUSE	F&B STEAKHOUSE	01/01/2020 or until filled
1631BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	01/01/2020 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

REQ	TITLE	DEPARTMENT	REMOVAL DATE
1859BR	COOK I	F&B TIWA	01/04/2020 or until filled
1834BR	COOK I - TIWA	F&B TIWA	01/01/2020 or until filled
1939BR	COOK I - TIWA	F&B TIWA	01/01/2020 or until filled
1940BR	COOK I - TIWA	F&B TIWA	01/01/2020 or until filled
1941BR	COOK I - TIWA	F&B TIWA	01/01/2020 or until filled
1942BR	COOK I -TIWA	F&B TIWA	01/01/2020 or until filled
1860BR	COOK II	F&B TIWA	01/04/2020 or until filled
1846BR	ROOM SERVICE CASHIER	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	01/01/2020 or until filled
1764BR	SOUS CHEF	F&B TIWA	01/01/2020 or until filled
1914BR	TIWA BUSER	F&B TIWA	01/01/2020 or until filled
1960BR	HDC SPECIALIST	F&B UTILITY	01/04/2020 or until filled
1961BR	HDC SPECIALIST	F&B UTILITY	01/04/2020 or until filled
1962BR	HDC SPECIALIST	F&B UTILITY	01/04/2020 or until filled
1911BR	STEWARD	F&B UTILITY	01/01/2020 or until filled
1935BR	STEWARD	F&B UTILITY	01/01/2020 or until filled
1958BR	STEWARD	F&B UTILITY	01/04/2020 or until filled
1959BR	STEWARD	F&B UTILITY	01/04/2020 or until filled
1854BR	HVAC TECH II	FACILITIES MAINTENANCE	01/04/2020 or until filled
1826BR	LANDSCAPE SUPERVISOR	FACILITIES MAINTENANCE	01/04/2020 or until filled
1823BR	LANDSCAPE TECHNICIAN I	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
1922BR	BOWLING & RECREATION MECHANIC	FUN CONNECTION	01/01/2020 or until filled
1904BR	COUNTER RECREATION CASHIER	FUN CONNECTION	01/01/2020 or until filled
1886BR	HEAD GOLF PRO	GOLF COURSE OPERATIONS	01/04/2020 or until filled
1371BR	CALL CENTER AGENT	HOTEL CALL CENTER	04/29/2019
1796BR	AGENT-FRONT DESK (Part-Time)	HOTEL FRONT DESK	04/16/2019
1929BR	FRONT DESK AGENT (Part-Time)	HOTEL FRONT DESK	04/19/2019
1781BR	ATTENDANT LAUNDRY	HOTEL HOUSEKEEPING	01/04/2020 or until filled
1925BR	HOUSEPERSON	HOTEL HOUSEKEEPING	01/04/2020 or until filled
1892BR	ROOM INSPECTOR	HOTEL HOUSEKEEPING	01/04/2020 or until filled
1636BR	POOL ATTENDANT	POOL MAINTENANCE	01/04/2020 or until filled
1945BR	REVENUE AUDIT I	REVENUE AUDIT	04/25/2019
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	01/01/2020 or until filled
1772BR	SLOTS FLOOR TECHNICIAN	SLOTS	01/01/2020 or until filled
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

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ANIMAL CONTROL OFFICER	Police Department	Within Only 05/10/2019
ASSISTANT AQUATICS COORDINATOR	Recreation Center	04/30/2019
BUS DRIVER (Part Time) REPOSTED	Head Start / Early Head Start / Child Care	Open Until Filled
BUSINESS MANAGER - REPOSTED	Head Start / Early Head Start / Child Care	Open Until Filled
CHILD / ADOLESCENT THERAPIST - REPOSTED	Health Center	04/24/2019
CHILD CARE PROVIDER - REPOSTED	Head Start / Early Head Start / Child Care	05/01/2019
COMMERCIAL ELECTRICIAN	Public Services/Utilities Division	Open Until Filled
COOK - REPOSTED	Head Start / Early Head Start / Child Care	05/01/2019
DESIGN & CONSTRUCTION MANAGER - REPOSTED	Public Services/Design & Construction Division	04/25/2019
DISABILITIES COORDINATOR	Head Start / Early Head Start / Child Care	05/05/2019
DISPATCHER I or II - REPOSTED	Police Department	04/22/2019
EDUCATION ASSISTANT	POI Elementary School	Continuously Accepting Apps
FITNESS INSTRUCTOR	Health Center	04/30/2019
HEAD COOK	Elder Center	Within Only 04/30/2019
HEAD LIFEGUARD	Recreation Center	04/30/2019
HEALTH COORDINATOR- REPOSTED	Head Start / Early Head Start / Child Care	Open Until Filled
HOME CARE ATTENDANT (2 Positions) - REPOSTED	Elder Center	Within Only 04/29/2019
LIFEGUARD (Part Time 20 Hrs per week)	Recreation Center	04/30/2019
LIFEGUARD (3 Positions- 30 Hrs per week)	Recreation Center	04/30/2019
LIFEGUARD (2 Positions)	Recreation Center	04/30/2019
MENTAL HEALTH/ADDICTIONS COUNSELOR - REPOSTED	Health Center	04/25/2019
PATIENT REGISTRATION CLERK	Health Center	04/30/2019
PERSONAL CARE SERVICE AIDE (Occasional)	Elder Center	Continuously Accepting Apps
PHYSICIAN	Health Center	Open Until Filled
PHYSICAL THERAPIST	Health Center	Open Until Filled
REGISTERED NURSE - REPOSTED	Health Center	04/25/2019
REGISTERED NURSE (PRN)	Health Center	Open Until Filled
SCHOOL MAINTENANCE TECHNICIAN	POI Elementary School	04/30/2019
SPECIAL EDUCATION TEACHER	Head Start / Early Head Start / Child Care	Open Until Filled
TEACHER	POI Elementary School	Continuously Accepting Apps
TEACHER (Substitute Positions)	POI Elementary School	Continuously Accepting Apps
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

 **PADILLA**
LLC

62A Tribal Road 90 SW
Albuquerque, NM 87105
Phone: (505) 916-0695
Fax: (505) 916-5243
www.cfpadilla.com

- o Heavy Equipment Operators
- o Laborers
- o Pipe Layers

- a. Application available for pick up at CF Padilla Office located at:
62A Tribal Road 90 SW,
Albuquerque NM 87105
- b. Application available upon request via email to Felicia Padilla, Office Manager at:
felicia@cfpadillallc.com

*Once hired, employee must have the ability to travel.

**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

The seal of the Pueblo of Isleta Human Resources Department. It features a circular design with a central sunburst or star-like symbol, surrounded by a ring of smaller, indistinct symbols or text.

**Pueblo of Isleta
Human Resources**

Funded by the
Department of Labor

Employability
skills training

Job search
assistance

Resume
writing
assistance

Mock
interviews

Free
CareerScope
Assessment

Referrals to
local
programs &
resources

250 hours of
paid work
experience

**Pueblo of Isleta
WIOA Program**

Employment and Training
Services

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

Coming Soon!
New Bus Service in
Valencia County



In an effort to keep pace with growing demand for Rio Metro’s transit services in Valencia County, and to offer our customers more flexibility, Rio Metro will soon introduce a new “deviated fixed route”. Effective June 3, 2019, bus Route 210 will provide service along NM 6 and NM 47 in the Los Lunas area, serving both designated bus stops on a regular schedule and also deviating up to 1/4 mile from the route by reservation. Route 210 is anticipated to operate every 45 minutes from 5:20 a.m. to 7:55 p.m. Monday through Friday, and will connect with the 208 bus, which serves the Pueblo of Isleta. Visit www.riometro.org to learn more!

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!

Happy Nurse week May 6- May 12, 2019.

A heartfelt thanks for all you do

National Nurses week

These are just two brief historical examples of the contributions of Native American Nurses.

Let us celebrate and recognize all nurses

Live life when you have it. Life is a splendid gift-there is nothing small about it.”
— Florence Nightingale

We would like to show our appreciation and recognize the nurses that care for us!!

Did you know...

It has been historically documented that in 1898 four Native American Catholic Sisters from Fort Berthold, South Dakota worked as nurses for the War. Native American nurses have served their nation with honor within the Army Nurse Corps and the care of patients during WWII.

Pueblo of Isleta

Assisted Living Facility And Memory Care

Frequently Asked Questions

Q & A Section

Question: Who Pays for Assisted Living?

Answer: There are four types of payment sources for Assisted Living:

Private Pay – family and/or resident pays the full amount at 100%

Medicaid – Resident needs to meet the financial qualifications. Prior authorization is needed from their MCO (managed care organization). The monthly patient responsibility is determined by the NM Income Support Division.

Long-Term Care Insurance – if invested into LTC Insurance.

Veteran’s Benefits (Aide & Attendance) – Qualified Veterans and/or Veteran dependents.

Submit your questions/comments for next month’s newsletter

Please Call 869-5560 if you have any questions.



ISLETA POLICE DEPARTMENT NEWSLETTER

Spring seems to be having a difficult time getting here and staying. As Mother Nature has still been sending us some colder temperatures, but hopefully May will bring about an abundance of warmth, sunshine, a beautiful landscape and LESS WIND. Children will soon be out of school and once the weather warms up you'll be seeing them out and about so please be mindful of your speeds in your local neighborhoods and make sure these little precious cargoes are always buckled up in a proper child restraint anytime they travel in a vehicle.

EMPLOYEES OF QUARTER Police and Civilian

Chief Stanley has implemented a new program which recognizes officers and civilians who are nominated by their supervisor, who display exceptional qualities to include dedication to the job, knowledge of job, exceptional performance on the job, ability to interact well with the public and co-workers. We are pleased to present the officer and civilian selected for these awards for the First Quarter of 2019.

April, 15 2019

Marissa Martin
Patrol Officer

Congratulations!
Office Martin you have been selected as " Officer of the Quarter" for the 1st Quarter of 2019.
You were nominated for Officer of the Quarter by Sgt. Powers and Sgt Burgo.
It has been stated that you do your job with Dignity and Professionalism, although you have a young family, you put the needs and safety of the Pueblo of Isleta first and foremost, It's stated you have proficient police procedures. You have dedication and you're professional in providing public safety - protecting private and public property. Thank you!



April 12, 2019

Marie "Robin " Velardez
Police Dispatcher

Congratulations!
Robin Velardez you have been selected as "Employee of the Quarter", for the 1st Quarter of 2019. You have worked stressful shifts, when calls are stacked up, no officers respond, traffic officers making traffic stops frequently, but you maintained your Professionalism throughout the entire time and never complained. You handle all calls with Tact and while working alone those traits cannot be taught. Thank you!



Since our last newsletter changes have been taking place. We want to welcome new employees:

Audrianna Chavez is the newest addition to the Isleta Police Dispatch Center employed for the 9-1-1 position. Prior to coming to Dispatch, Audrianna was a pet stylist for Serenity Pet Spa in Los Lunas where she was employed for four years while pursuing her certificate in computer programming. Audrianna says she "comes from a pedigree of 911 dispatchers, law enforcement, and military background giving me an understanding of what I was stepping into. But, I wanted to become a 911 dispatcher because I wanted to learn a universal trade that I could take anywhere and give me the opportunity to save lives".



We will be welcoming a new police officer, Charles Otero, starting on April 22, 2019. He was not available for a photograph but look in the next newsletter for a proper introduction. He is a certified officer who retired from Santa Fe Police Department and was most recently with Albuquerque Public Schools Police before joining our department.



Now on board with the Isleta Security Division is Isaac Jaramillo whose first day was April 1, 2019. Isaac was born and raised on the Isleta Pueblo and is widely known throughout the community. He was previously employed by Isleta Resort and Casino and is a member of the Marine Reserve Division. Mr. Jaramillo states he is looking forward to protecting the people and property of our reservation with care and respect.



FAREWELL

Unfortunately we must say goodbye to Brandon Lujan who was in the Isleta Police Dispatch division. Mr. Lujan has been employed as a dispatcher and animal control officer and has been employed with the Pueblo for approximately three years. Mr. Lujan is leaving to further his career in the law enforcement field and he will be missed, but the Department wishes him well.

The Law Enforcement Exploring Program is still seeking applicants for their program. At the present time we have three potential applicants but would like to begin the program with five or more.



This program has the potential to provide the youth of the Pueblo the opportunity to learn and apply skills in the law enforcement field. The program for Explorer Post is 14-20 years of age and we are considering starting with an Explorer Post Club which will allow 13 year olds to participate. The program is a part of the Boy Scouts of America program striving to provide a solid foundation for the youth to learn not only about law enforcement but good citizenship, professionalism, integrity and respect as well. Those who are interested will go through an application and interview process which helps them to prepare for the future. Those selected will be expected to be responsible and attend training classes regularly. They will also be monitored for grades and schoolwork with possible tutoring sought to help those students having difficulties. Although those who serve as instructors/advisors are volunteers and participate in the program because they want to see the young people of the Pueblo succeed if they choose the law enforcement field. They are dedicated in their endeavors not only to help our young people who are interested in law enforcement but also helping to mold individuals with high personal standards, pride, integrity and sense of community.

For additional information on how to obtain an application please do not hesitate to call Officer Sharon Mitamura at 505-382-3459.

INDIAN HIGHWAY SAFETY PROGRAM (IHSP)

Ladies and gentlemen traveling in vehicles on Isleta Pueblo, beware..... **"CLICK IT OR TICKET"** goes in effect May 20 through June 2, 2019. Officers will be working extra hard to keep motorists safe by enforcing the seatbelt laws. All drivers and passengers must wear their seatbelts and children need to be in proper child restraints when traveling, and if you are unsure if you have the proper restraints please feel free to contact the Department or Safer NM Now.



CONSTRUCTION:

Thanks to all for your patience and cooperation during the road construction taking place on Highway 314 at Highway 147. Just a few more adjustments and the project will be complete, but remember the speed limit remains 25 mph in that area until the signs are removed. Watch your speeds and look for workers who are still there intermittently.

Last thought, Memorial Day weekend will be coming up at the end of the month and again we ask all to enjoy your long weekends but be safe and courteous.

Isleta Resort & Casino

As Isleta Resort & Casino continues its mission to enhance its gaming product, the Resort proudly announced in April that Sports Betting is officially on its way. In 2018, following many years of court proceedings, the Federal Court reached a decision to permit Sports Betting in states other than Nevada. Once that groundbreaking decision was reached, Isleta Resort & Casino and the Pueblo of Isleta began a deliberate effort to examine Sports Betting, and ensure that it would be a good fit for the property.

“The implementation of Sports Betting is very much in line with our long term vision to enhance our product by creating all the possible amenities that we can. Our \$40 million renovation continues to be an important mechanism of how we’re evolving in this competitive market, and Sports Betting is another opportunity to enhance our overall entertainment environment,” said Isleta Resort & Casino CEO Harold Baugus.

The Resort will be one of only a few tribal casinos in the United States to offer Sports Betting in a tribal casino. The new venue inside of Isleta Resort & Casino is expected to open later this summer.

Anxiety

Worry, fear, and apprehension are an everyday part of life. In fact, anxiety in certain situations is useful as it makes us more aware and careful of our surroundings so that potential danger can be avoided. Who has not been anxious or worried when faced with the unknown such as a job interview, walking down a dark alley, going to the dentist, or maybe even being pulled over by the police for speeding? Then when the situation or incident is over, the anxiety or fear generally goes away. However, for some people, the anxiety does not go away and sometimes gets worse over time. Some people get chest pains, have nightmares, or may even be afraid to leave home.

People with excessive anxiety tend to worry too much about a number of things such as personal health, work, social interactions, and everyday routine life circumstances. Some of the symptoms for excessive anxiety include:

- Feeling restless, wound-up, or on-edge
- Fatigue
- Concentration problems; mind going blank
- Irritable or cranky much of the time
- Muscle tension and/or excessive sweating
- Constant worry about the future or regrets about the past
- Difficulty falling or staying asleep

Some people with severe anxiety experience panic attacks and have these symptoms, too:

- Heart palpitations, a pounding heartbeat, or a faster than usual heart rate
- Excessive sweating
- Trembling or shaking
- Sensations of shortness of breath, smothering, or choking
- Feelings of impending doom
- Feelings of being out of control

When anxiety persists, call us – we are here to serve.

Isleta Health Center
Behavioral Health: 505-869-5475



Outdoor ADVENTURE

NOW - JUNE 8
Winners will race around the track to win their share of over

\$500,000!

WIN A TRUCK, JET SKI, TRIP, ATV'S, CASH & MORE!
Drawings will be held every two hours every Friday & Saturday from 2pm - 10pm.



Beat the Heat

MAY 5 - JUNE 9 | 12PM - 8PM
Hourly Drawings Every Sunday!
WIN UP TO \$1,000!



Mother's Day

PLANT GIVEAWAY
SUNDAY, MAY 12
Isleta Players Club Members who earn 250 points by playing slots, table games, poker or bingo will receive a Kalenchoe Mother's Day Plant. Max 2 per guest. 8am until supplies last.



FIGHT NIGHT 5

GARCIA VS. WHITNEY
FRIDAY, MAY 10 • 7PM
PLUS SEVERAL OTHER BOUTS
TICKETS STARTING AT \$25 | AGES 18 YEARS OR OLDER
DOORS OPEN AT 5:30PM

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



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

5th 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, Food, Door Prizes, Activity & More!

Isleta Recreation News:

Summer Recreation Program:

Summer Recreation will begin June 3rd and run thru July 26th this summer. There are still registration slots available for Ages 6–12 year old age groups only. Our 4 & 5 year old group filled up quickly on the first week of registration so there is a waiting list. If any of the children do drop, we can fill those slots as needed. We are in the process of getting all our summer training in for our summer recreation employees with CPR/First Aid, Defensive Driving, Good Touch/Bad Touch, Summer Lunch Program, and much more.

Basketball Girls Banquet:

Our Isleta Basketball girl's team had their end of the season basketball banquet at Isleta Fun Connection and received a basketball trophy for participating in this year's 2019 basketball season. Thank you to our parents, grandparents and other family members for supporting our girls this year. Also Thank you to Brianna Tower for coaching the Isleta Girls Basketball Team.



Our Isleta Basketball Girl's Team
Mikyala, Kairi, Jade, Kaylanie, Jolaya,
Makhaila, Sienna, Ali, Lozen, Alyshia,
Destiny, Zaiyah and Coach Briana.

Summer Recreation Begins: June 3rd-July 26th

Drop Off Time 7:30 a.m.
Pick up Time 3:00 p.m.

Must sign your Child /Children in & out at front desk daily

Breakfast and Lunch will be provided

Mandatory 3 days Attendance/Participation to attend Major Fieldtrips

No transportation will be provided
to and from the Rec.

Proper Dress Attire: No Sandals or Short Shorts allowed

On All fieldtrips: Spending Money is Optional

Parks & Recreation Crew:

The Parks Crew have been working hard on all baseball fields and for the preparation of Opening Day for Isleta Little League. The Parks crew also replaced the water well at the Chical Baseball field. This was replaced due to renting other equipment for pumping water to the Chical baseball field. While our Parks Crew are out there working on all the beautiful parks we have, please keep in mind all pet owners need to keep our parks clean too. The Parks crew have reported that some pet owners have not picked up after their dog's mess. Let's be responsible for picking up after your pets in order to keep our parks beautiful and clean for our children to play in.

The Parks Crew have many other projects besides working out in the outdoors for example for the Painting project in the gymnasium that has been 100% completed. Thank you to our Parks Crew for doing a beautiful job.



Isleta Parks Crew



Water Slides at All Parks:

Sorry there will be no more usage of water slides at all Isleta Parks. The Water slides are damaging the grass and the Parks crew have been repairing the damages that are left from the slides and it's very costly to repair.



Reserving Parks for Parties:

Please call the New Isleta Recreation Center to reserve a park for your party venue. There have been times that some of the parks have been occupied with 3 or more parties taking place at the same time. We would do not want to have our parks overbooked with families trying use their reserved park with others who did not reserve ahead of time. This helps us to provide the community with the adequate space that they are requesting for a party to take place. Also as a reminder, please keep our parks clean and make sure to pick up all your trash. Please call 505-869-9777 to reserve a park.

New Fitness Coordinator:

We would like to welcome Thomas Zuni to the Isleta Recreation Center as our new Fitness Coordinator. Thomas says the following, “I have been a certified personal trainer since 2002. I am currently certified by ACE (American Council on Exercise) as a personal trainer and I am also a fitness nutrition specialist. I have served our Isleta community as the Diabetes fitness instructor at the Isleta Health Center for the past 5 years. My goal is to promote fitness thru exercise and nutrition for our community. We have such amazing facilities that our Isleta community should utilize to the fullest. I am available to answer any questions that you may have small or big. And I am willing to do one on one training with anyone who wishes to. I assist with goal setting and lifestyle changes and I look forward to working with you all. Thank you.”



Fitness Classes:

Tuesday & Thursday Mornings
9:00 a.m. to 10:00 a.m.

**Evening Spin Classes
with Aaron Wade:**

Monday thru Thursday
6:30 p.m. to 7:30 p.m.

**Morning Spin Classes
with Mike Lente:**

Monday & Wednesday
Lunch Hour : 12:00 p.m.

Early Morning Session:
Tuesday & Thursday 5:30 a.m.

Culture Showcase at the Isleta Elementary School:

The New Isleta Recreation Center participated with other tribal programs to promote culture games, storytelling, and traditional dances to our tribal youth. We taught our Isleta youth to count in our traditional language while they jump roped. The youth received an incentive in participating in the activity. We look forward to continue to support our school and all the other tribal programs.



Optometry Services



Optometry Services available to IHC 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

Family Story Time
Pueblo of Isleta Library



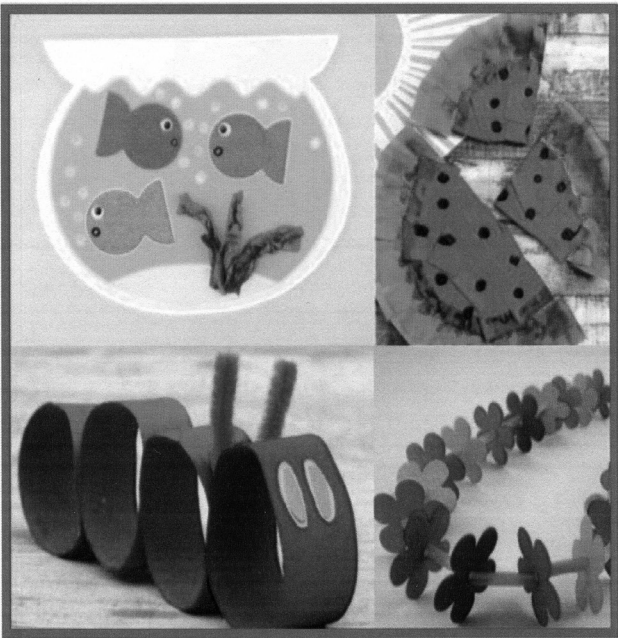
Every Wednesday at
10:30am

Stories, crafts, and more!

For children 5 and under and
there parents/caregivers.

DROP IN!

No registration required



May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Story: Hungry Caterpillar Craft: Caterpillar	2	3	4
5	6	7	8 Story: Pout Pout Fish Craft: Fish Bowl	9	10	11
12 Happy Mother's Day	13	14	15 Story: Froggy Goes to Hawaii Craft: Flower Lei	16	17	18
19	20	21	22 Story: Watermelon Seed Craft: Watermelon	23	24	25
26 THE VERY HUNGRY CATERPILLAR		THE POUT-POUT FISH		FROGGY GOES TO HAWAII	THE WATERMELON SEED	



Pueblo of Isleta Public Library

Summer Reading Program Registration is here, are you ready? Registration will be May 10th starting at 7am until all spots are filled. Read more about it in our upcoming section of our article. Schools will be letting out this month and the library may be busier than usual throughout the day. Please be aware of your surroundings in the parking lot, around the library and in the neighborhood as children may be out enjoying their Summer Break. Hotter days are slowly creeping up on us, please remember not to leave children, elderly, or pets in the car. Temperatures can rise in a matter of minutes, even with a cracked window.

News

The Library will be closed from 8-12pm on Friday, May 3rd for our monthly staff meeting. We schedule our staff meetings every first Friday of the month. We will be discussing our upcoming Summer Reading Program and new library services. We apologize for the inconvenience this may cause. Reminders of our closure will be posted in the library as well as on the Library Facebook page and our Snapchat.

The Library will be closed on Monday, May 27th in observance of Memorial Day. All library media checked out on Thursday, May 23rd will be due on Tuesday, May 28th. Enjoy your three-day weekend!

Attention eBook readers! Start using OverDrive today with your library card number and pin. OverDrive is a free eBook service offered for all library patrons, which allows you to check out eBooks and audio books for FREE. OverDrive offers bestselling books, graphic novels, teen, children books, and audiobooks.

- **All Library patrons have a limit of 4 loans per account with a 2-week checkout.**
- **No late fees. The books will automatically be checked in on the due date and you are able to return the book early at the push of a button.**

To access OverDrive you will need to set up a pin on your library account. 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.



Looking for music to download for FREE? All you need is your Pueblo of Isleta Public Library card! Access FREE music downloads and music streaming by visiting Freegalmusic.com or by downloading the Freegal Music app on your android or apple device. Come visit the library to set up your pin/password to begin downloading and streaming music.

- **All Library patrons receive 3 FREE downloads of songs of your choice each week.**
- **Unlimited streaming with NO COMMERCIALS, ADs and no limits on skipping songs.**
- **Freegal offers music from SONY artists only.**

If you have any questions about Freegal Music or need to set up a library pin, please give the library a call at 505-869-9808 and we will help you get started.



Upcoming

What's new at the Library? Join us for a short presentation on "What's New at the Library" on Tuesday, May 21st from

5:30pm-6:30pm. We will be showing you how to use OverDrive and the Libby app for eBooks and audiobooks. Learn how to use our Librista app which features our online catalog and provides you access to your account and renewals. Attend this presentation and receive a \$5 OFF library fine token (One per patron). If you have questions about this presentation please give us a call at 505-869-9808.

Summer Reading Program Registration will be Friday, 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 ensure that priority is given to those whom showed up early for registration. This means registration time may take longer than expected, please plan accordingly.

Some reminders to keep in mind before registration day:


- Only Parents/Legal Guardians of students are allowed to sign up students for the Summer Reading Program.
- Juniors 3 year olds MUST be potty-trained.

- We will be asking for BASIC information on registration forms along with a list of allergies and people you give permission to sign out your child.
- Our youth program will feature 5 different curriculums. During registration you will be given a packet with information on the 5 curriculums and calendars. You will need to go over the program descriptions with your child so they can choose which program interests them the most.

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.

We are excited to share with you our Summer Reading Program themes for our youth and junior programs this year. Summer Reading Program will start June 10th and end July 26th.

Our Junior Program will be open to 20 students ages 3- 6 years old. Students will be building and constructing items out of cardboard. 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








PUEBLO OF ISLETA PUBLIC LIBRARY

WHAT'S NEW AT THE LIBRARY?

Tuesday, May 21st
5:30 pm-6:30 pm

Attend and receive a \$5 OFF Library Token.
One per Library patron.





Join us and learn about our FREE services available to you!

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

alley. At the end of each week the students will play with their creations. Students will also engage in daily recess time and breakfast and lunch will be served every day with our Summer Meal Program.



Breeding their pickle appetizers during our Game Day Appetizer Night.



Participants of our Game Day Appetizer Night prepping their Jalapeno Poppers to go in the oven.



All our participants showing off their plates of appetizers. Hopefully their appetizers made it hope to share with their families.

Our Youth Program will be open to 25 student’s ages 7-17 years old. Each day youth students will engage in daily reading groups catered to their age group. After our daily reading time we will have book discussions and then move right into activities. We will feature 5 different themes to choose from. 5 spots will be available for each of the programs mentioned below.

• **Art:** Learn to enjoy, appreciate and create art. Students will learn basic art techniques and apply these skills and techniques to complete their projects. Each week will be a different medium, which will include drawing, painting, photography, and pottery. At the end of each week the goal is to make a quality piece to display at the end of the program. This program is for anyone who has an interest in art and is excited to explore a variety of art media. All art


materials will be provided! If you have any questions regarding this curriculum you may contact, Diane Abeita, at 505-869-9808 or by email at poi02006@isletapueblo.com.

- **Animals:** If you are interested in learning more about animals and how to care for them then this program is for you. This program will be centered on different types of animals, from pets to wild animals. We will be learning about the different types of animals and information about them such as foods they eat, where they live, and more. We will be creating various crafts and activities that are focused around animals. We will create a shelter donation blanket and take a trip to an animal shelter. We will also visit Catopia, a cat café in Albuquerque, to socialize with adoptable cats and kittens. If you have any questions regarding this curriculum you may contact, Ashley Morales, at 505-869-9808 or by email at poi02009@isletapueblo.com.
- **Film/Vlogging:** Enjoy watching videos and always wanted to create your own? This summer, join Cheyenne at the Library in learning how to be a YouTuber and creating your very own videos! Each week we will be learning about different types of videos that are popular on YouTube. The different types of film that we will learn are tutorials, vlogging, skits, and reviews. Students will learn how to edit videos and upload them to the Library’s YouTube Channel. Each week will also include challenges, such as “The Spicy Noodle Challenge”, and crafts that we will film and upload.


Lastly, we will be going on two field trips to “Empire Board Game Cafe/Library” and “Catopia” to Vlog. If you have any questions regarding this curriculum you may contact, Cheyenne Castillo, at 505-869-9808 or by email at poi02004@isletapueblo.com.

• **Travel Around the World:** Have you ever wanted to travel out of the country? Pack your bags and get ready to get your Passports stamped because we will learn and “travel” to five different countries this summer. We will travel around the world to Great Britain, Italy, Mexico, France, and China. Each week, students will learn about a different country, culture, and will have access to “Mango Languages” which is an online interactive language program. Students will make crafts, delicious foods, play sports and keep a Travel Journal for all the fun memories from each country. If you have any questions regarding this curriculum you may contact, Rebekah Lovato, at 505-869-9808 or by poi02008@isletapueblo.com.

• **Cooking:** The Cooking Program will consist of students practicing their knife skills, measurements and conversions, spice identification, tasting new food. They will also learn different ways of cooking like frying and baking. The kids will also learn how to use different cooking appliances and utensils. Some of the food they will be making are burgers, scones, pancakes, ice cream, and milkshakes. If you have any questions regarding this curriculum you may contact, Kyle Lujan, at 505-869-9808 or by email at poi02007@isletapueblo.com.



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://nm.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.





Applying black icing to create the basketball lines to finish up their cake pops during our Game Day Cake Pop Program.



Good conversations taking place as they crumble their cake during our Game Day Cake Pop program.



Dipping their cake pops in orange chocolate and letting them dry before drawing on the basketball lines.

Join us every Wednesday in May for our Family Story Time for toddlers. Library staff member Diane will be reading a different story each week and will feature a craft or a hands-on activity. Please see our calendar featured in this newsletter for more details. If you have any questions about our Family Story Times, please contact Diane Abeita at the library at 505-869-9808. For the months of June and July, Family Story Time will be taking a break and will start back up in August.

Library staff attended the Isleta Recreation Easter Hunt, which took place on April 20th. We promoted our Summer Reading Program and our library services to the community and all that attended. Lots of fun activities took place and we were happy to see smiling faces in celebration of Easter. We would like to thank all who donated Easter baskets. The baskets were given out during this event so no one was left without a basket to search for eggs. We hope you all

had a beautiful Easter weekend!

Our March Basketball Madness ended with two exciting food programs leading up to the final four games. On March 28th library staff member Rebekah hosted an appetizer night featuring two tasty appetizers, oven fried pickles and jalapeno poppers. On April 4th Rebekah showed participants how to make basketball cake pops for an easy game day treat. She ended her series of programs with a “Watch Party” which took place on Saturday, April 6th at the library. Auburn VS. Virginia teams played that evening and the library served nachos and soda to those who attended. We would like to say congrats to Jaime "JuneBug" Guerrero who was the winner of the college basketball bracket with a total of 70 points. He received a \$20 giftcard to Dick’s Sporting Goods. We would like to thank everyone who participated in our programs celebrating college basketball.

During the month of April the library celebrated Stress Awareness Month with three programs to help ease some stress. Library staff member Diane hosted an Essential Oils Learning Series and Stress Relief program on April 18th. The program quickly filled up with participants anxiously ready to learn about the benefits of essential oils. Jessica Quesada, a doTerra advocate, was our guest speaker and explained the benefits of lavender, lemon and peppermint essential oils. After the presentation was done, library staff member Diane showed attendees how to make an aroma bracelet which holds essentials oil scents. We would like to thank Jessica Quesada and everyone who attended and learned an alternative way to relive stress.

We hosted our first ever Yoga Nights at the library. Our first night was for families with children ages 5 years old and up. This Yoga session featured Felicia Otto, a certified Yoga instructor, and took place on April 23rd. We had a total of 30 slots available for all the families. They learned various yoga and breathing techniques that they can use in their daily lives. Our second yoga night was an adult only session held on April 24th. They enjoyed their “me-time” with a little bit of mediation.

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

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

Closed on Sundays, all federally recognized Holidays and also Isleta traditional Holidays.
Please contact library for more information on closures.

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

Facebook Page:
www.facebook.com/IsletaPuebloLibrary
Web Address:
www.isletapueblo.com/library2.html

YouTube:
www.youtube.com/user/poilibrary

Pinterest:
www.pinterest.com/poilib

Snapchat:
[poipubliclib](https://www.snapchat.com/add/poipubliclib)





SUMMER

MEAL PROGRAM

FREE

Starting June 3rd - August 2nd!
* DATES MAY CHANGE

For Children 18 and under!
Meals Served Daily Monday through Friday

BREAKFAST: 8AM-9AM LUNCH: 11:30AM-1PM

Served in Library Art Room
ALL MEALS MUST BE EATEN ON SITE!
PUEBLO OF ISLETA PUBLIC LIBRARY
950 Moon Light Albuquerque, NM 87105
Sponsored by Bernalillo County/APS
For more info call the Library @ 505-869-9808



Juniors ages 3-6 years old Calendar

Summer Reading Program

June 2019



Program Hours: 9am-12pm

Breakfast: 8am-9am

Lunch: 11.30am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 SRP Starts -Icebreaker Games	11 -Book: Safe Kids -Games	12 -Book: Iggy Peck Architect -Games	13 Field Trip to A Park Above and Peter Pipers Pizza	14 NO PROGRAM	15
16 Construct Play Kitchen Week	17 -Book: The Big Blue Bowl -Construct Kitchen	18 -Book: Tiger in my Soup -Finishing building and start painting	19 -Book: Secret Pizza Party -Finish painting -Make 'Play' Food	20 -Book: Don't Play with your food -Make "Play" Food -Playtime/Games	21 -Book: Little Pea -Playtime/Games	22
23 Construct Play Cars Week	24 -Book: Maxi the Little Taxi -Construct box cars	25 -Book: Big Mean Mike -Finishing constructing cars	26 -Book: Watch me go -Start painting cars	27 -Book: Giving Thanks -Playtime/Games	28 Funday: Water Day Please bring swim wear/clothes to get wet in and towel "Drive-in Movie"	29
30						

Hours of Operation:

Monday- Thursday: 8am-6:30pm

Friday: 8-4:30pm

Saturday: 9am-1pm

Sunday: CLOSED



Pueblo of Isleta Public Library

950 Moon Light Dr.

Albuquerque, NM 87105


Phone Number: 505-869-9808

Fax Number: 505-869-8119

Juniors ages 3-6 years old Calendar

Summer Reading Program

July 2019



Program Hours: 9am-12pm

Breakfast: 8am-9am

Lunch: 11.30am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 LIBRARY CLOSED 4 th of July	5	6
	No Summer Reading Program					
7 Construct Space Rocket and Robots Week	8 -Book: Once Upon a Cloud -Construct Space Rocket	9 -Book: Big Moon Tortilla -Paint Space Rocket	10 -Book:How to Catch a Star -Construct Robots	11 -Book: The Big Dipper -Paint Robots	12 -Book: Way Out West Lives a Coyote Named Frank -Playtime/Games	13
14 Construct Games Week	15 -Book: Legend of Rock, Paper, Sissors - Construct Bowling Alley	16 -Book: Bear Wants More - Construct Skeeball	17 -Book: Pete the Cat and the Missing Cupcakes -Finish Skeeball	18 -Book: How do Dinosaurs Eat their Food? -Construct Ball Drop	19 -Book: Smile A Lot -Finish Ball Drop	20
21	22 -Book: Creepy Pair of Underwear -Playtime/Games	23 -Book: Little Cloud -Playtime/Games	24 NO PROGRAM	25 Last Day Field trip to Elevate and Golden Corral	26	27
28	29	30	31			

Hours of Operation:

Monday- Thursday: 8am-6:30pm

Friday: 8-4:30pm

Saturday: 9am-1pm

Sunday: CLOSED



Pueblo of Isleta Public Library

950 Moon Light Dr.

Albuquerque, NM 87105

Phone Number: 505-869-9808

Fax Number: 505-869-8119

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

Isleta Elementary School

This last month has seen some wonderful adventures for our students at the POIES as well as some more staff changes. First, we welcome **Jared Abeita** as our



new IT technician for on-site support. He is a much-needed addition. Secondly, we wish to say “Kee Veh Moo He” to **Ulysses Abeita** who worked in our TIWA language program. We offer him blessings in his future adventures.

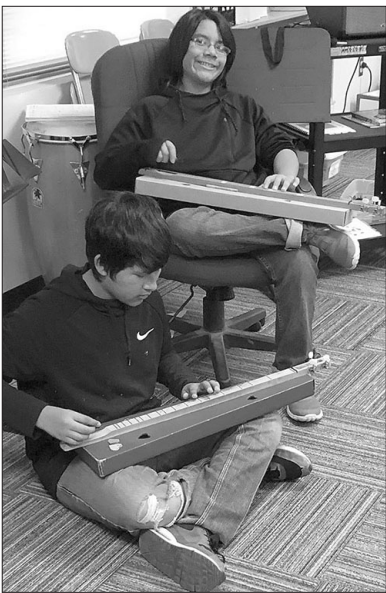
The TIWA program co-sponsored a Language and Cultural Community Showcase night. It included

food, games like **Pah-tol** and **Brown Bear Bingo**, food, games, and fun for all. And don’t forget the cake walk!



It was a privilege to have **Governor Zuni** come to offer his blessing on this special night.

It was an amazing turn out! The Headstart children sang “Twinkle, Twinkle” in Tiwa and were so cute to watch. Even the Zuni Dancers, from NACA came to share their culture.



Late in March, the upper grades were invited to tour an **archeological dig site at La Joya** and learn something about their ancestor’s beginnings. Students visited La Joya, NM to learn the archeological dig process where the Piro Indians once lived. Students were able to see a mission ruin and a kiva. Members from the Culture Committee joined students and spoke on the history of the Piro and Isleta peoples. Students enjoyed listening to historical stories of how pueblo peoples have migrated along the Rio Grande River and connected the story to what they were able to explore on the field trip.



In addition, the Tiwa teachers organized a series of **field trips to the Elder Center** so the students could play traditional games with the senior citizens. They played “Pah-tol” with their Chee-ee’s and Teh-eh’s.

The 6th graders are gearing up for their **Rites of Passage Ceremony**, which is Wednesday, May 22 at 5:30pm. Each student is composing a short address to be delivered in both their native language and English. We hope to have the students dress in their traditional apparel for the Rites of Passage ceremony. Please join us in honoring our 6th graders at this special event.



All the students are gearing up for their **Awards Assembly and Final Concert on Thursday, May 23**. The students will be singing, dancing drumming and playing the Appalachian String Dulcimer.

Summer School

Summer school should be an exciting time for Students at Pueblo of Isleta Elementary. The theme of this year’s summer school session is: “Under the Big Top”. Math, reading and enrichment classes will revolve around this theme.

Classes will begin on June 4th, and run thru June 27th. (Tuesday, Wednesday and Thursdays only)

- Buses will start running at 7:00am
- Breakfast and lunch are offered by the “Albuquerque Summer lunch Program” and held outside the library complex.
- Breakfast 7:45am-8:15am – Lunch 12:15pm – 12:45pm
- Classes start at 8:15am – 12:15pm
- Dismissal is at 12:45am

Here are some important dates for your calendar

- Friday, May 3: Last day to checkout library books
- Sunday, May 5: Run for the Zoo
- Tuesday, May 7: Head Start visit
- Friday, May 10: All library books due
- Tuesday, May 14: Last day of library classes
- Monday, May 20: ISES Fun Day; rotations will be from 10:30am-2:30pm
- Wednesday, May 22: 6th Grade Graduation at 5:30pm
- Thursday, May 23: Awards Assembly and Final Concert
- Friday, May 24: Last day of school

Johnson - O'Malley
May News

I would like to take this time to thank all the students and families for a great 2018-2019 school year. Congratulations to all the 2019 Seniors!! May you continue to be successful in the years to come.

We have had many family night and experiential learning opportunities throughout the year and I would like to thank all those families whom have joined us and allowed us to take your child to our various trips. If you have any suggestions for the upcoming school years family nights and experiential learning opportunities, please let us know, we are always open to new ideas.

Reimbursements:

All Reimbursements are made out to the JOM eligible student.

It is not too late for Seniors to get reimbursed for the cap and gown cost. The student will need to have a w-9 on file, receipt, and the JOM reimbursement form. Once all three documents are submitted the reimbursement can be processed.

JOM also provides reimbursements for summer school at 50% of the cost. In order to get reimbursed for summer school the student will need to complete the class with a passing grade (transcript will need to be provided), have a w-9 on file, receipt, and the JOM reimbursement form. Once all three documents are submitted the reimbursements can be processed.

Once again I thank you for a wonderful school year and may you all have a safe summer!!

Upcoming Events:

Saturday May 4, 2019 2:00pm - Graduation Banquet, Isleta Resort and Casino Ballrooms

Thursday May 30, 2019 3:00pm - 6:00pm - End of Year Bash/Literacy Night, Department of Education

Health Beat:

Isleta Community
Health Needs Assessment

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


What do you like best about the Isleta Community?

What ideas or suggestions do you have for improving the overall health of the Isleta community?

The Isleta Health Center wants to know your answers to the questions above, along with several other health related questions. In the next few weeks we will be at different locations throughout the community asking the community to fill out the Isleta Community Health Needs Assessment Survey, as a way for us to better understand the health priorities in the community and to better improve our health services. Please take a few minutes to complete the survey. Your participation will help the Isleta Health Center better understand health priorities in our community and improve our health services. Please stop by the clinic and fill out a survey, so that we can get your input. We ask that you only complete one survey this year, as it will skew our numbers if we receive duplicate forms from one person.

If there are any questions, please contact Stephanie Barela, (505) 869-4479.

THANK YOU!



END OF THE SCHOOL YEAR BASH

J.O.M. Family Literacy Night

COME CHECK OUT AND TAKE HOME NEW FREE BOOKS!

- FREE SNACKS!
- PICCADILLYS
- NACHOS
- HOTDOGS
- POPCORN
- PRETZELS

MAY, 30TH 2019

3PM - 6PM

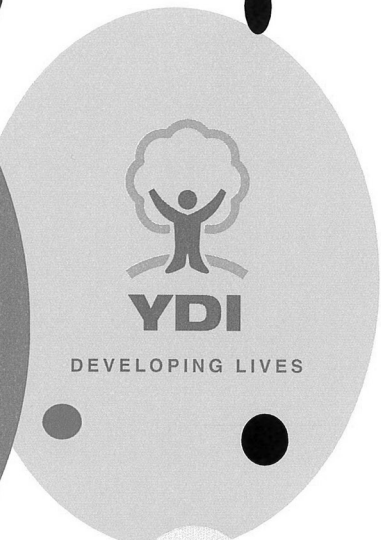
PUEBLO OF ISLETA DEPARTMENT OF EDUCATION

950 MOONLIGHT DRIVE
ALBUQUERQUE, NM 87105


Beginning September, 2019

TOP Teen Outreach After School Program

4:30 pm - 6:00 pm





YDI
DEVELOPING LIVES



NEW MEXICO'S family planning PROGRAM

Isleta Recreation Center
Tribal Road 40 Bldg. #6
Isleta Pueblo



Students ages 12-17
Incentives
Fun Learning Activities
Community Involvement
Activities
Healthy Snacks

Contact
Edwina Moya
At
505-352-3495

Isleta Health Center
Behavioral Health Services
Phone: 505.869.5475

WE ARE HERE TO SERVE
Isleta Health Center Team

Life can be stressful

Planned events, good news, bad news, and the unexpected causes stress in our lives. What exactly is stress? Most of us consider that stress is about bad news or negative events but it can be caused by both good and bad experiences. Stress is the body’s way of responding to any kind of demand to include both physical and emotional. When we feel stressed by something going on around us, our bodies react by releasing chemicals into the blood.

Stress can create overwhelming feelings of uncertainty even in the strongest people. Some of us tend to get stuck for a short period of time and may experience feelings of depression or anxiety, find ourselves missing work or other obligations, and even lashing out at family and friends. Changes in emotions, mood or behaviors that occur in response to any life stressors may be the sign of what is known as an adjustment disorder. Adjustment disorders typically last from a few weeks to a few months and rarely require medication. But when we find ourselves “stressed out”, it’s helpful to talk about it.

Some Typical Stressors:

- Finding out spouse is having an affair
- Being diagnosed with a serious medical condition
- Losing a loved one
- A natural disaster such as a hurricane or flood
- Job promotion,
- Career change
- New baby
- Injury or accident
- Divorce or ending a relationship
- Caring for a chronically ill parent
- Unemployment
- Winning a contest
- Completion of any major challenge or contest

Everybody experiences stressful situations in life, but sometimes the circumstances make these events particularly difficult to handle. If you recently experienced a stressful event or have ongoing stressors that are interfering with your daily life, come and see how we can help.

Adjustment disorders are highly treatable and respond well to counseling. Like many mental health problems, an adjustment disorder may increase the risk of substance abuse. The anxiety and depression caused by too much stress may lead people to “self-medicate” with alcohol or other drugs as an escape from dealing with difficult mental issues.

Take a few minutes to answer these questions. If you answer “yes” to 13 or more, you might want to come to Behavioral Health to see how we can help.

STRESS TEST - Answer these twenty questions: Yes or No.

1. Do you frequently neglect your diet?
2. Do you frequently try to do everything yourself?
3. Do you frequently blow up easily?
4. Do you frequently seek unrealistic goals?
5. Do you frequently fail to see the humor in situations others find funny?
6. Do you frequently get easily irritated?
7. Do you frequently make a "big deal" of everything
8. Do you frequently complain that you are disorganized?
9. Do you frequently keep everything inside?
10. Do you frequently neglect exercise?
11. Do you frequently have few supportive relationships?
12. Do you frequently get too little rest?
13. Do you frequently get angry when you are kept waiting?
14. Do you frequently ignore stress symptoms?
15. Do you frequently put things off until later?
16. Do you frequently think there is only one right way to do something?
17. Do you frequently fail to build relaxation into every day?
18. Do you frequently spend a lot of time complaining about the past?
19. Do you frequently race through the day?
20. Do you frequently feel unable to cope with all you have to do?

Count “Yes” answer as one point

Scores of 1-6 Few Hassles

Scores of 7-12 Pretty good control

Scores of 13-17 Danger Zone – Watch out!

Scores of 18 or more – Stressed out! Get Help!

Stress Management

Article: Lisa Kaye Cherino,
LCSW Clinical Therapist

How you deal with life challenges can predict the likelihood that you will fall victim to a stress related illness. The stress-related illness could be mild like frequent tension headaches, irritability, acid indigestion, and loss of sleep or be very serious. Studies have found that many serious health problems are related to stress. Stress seems to worsen or increase the risk of conditions like obesity, heart disease, Alzheimer's disease, diabetes, depression, alcoholism and addiction, gastrointestinal problems, and asthma.

Using different strategies to relieve stress is the best approach to effectively cope. You may find yourself experiencing physical symptoms such as difficulty sleeping, weight gain or loss, stomach pain, irritability, headaches, and/or other symptoms. Stress affects us all. You may notice symptoms of stress when disciplining your kids, during busy times at work, loss of loved one, financial issues, or when coping with a challenging relationship. Stress is everywhere. And while a little stress is OK, too much stress can wear you down and make you sick, both mentally and physically. Talk to your doctor and/or come to Isleta Behavioral Health to learn ways to effectively handle your stress.

In the meantime, try these stress relievers that can work in just a few minutes to calm your body’s stress response. Practice them regularly to help manage stress.

- Breath in an out with a count of 3 throughout the day
- Stretch and go for 5-15 minute walk
- Practice meditation in a quiet space for 3-10 minutes
- Chat with a friend for 5-10 minutes
- Make self-care priority (e.g., get enough sleep, socialize, eat healthy, and exercise)
- Speak with a counselor to feel less overwhelmed
- Manage your time to organize tasks
- Replace 1 negative thought with 1 positive thought for the day
- Distract yourself when having racing thoughts for 1-3 minutes
- Think of 3 positive statements to say out loud 3 times
- Sit quietly and visualize a positive experience for 1-3 minutes
- Keep a journal to increase awareness

Life in Isleta Pueblo in the Early Years

In and around 1918, village life was still centered on agriculture. Fields were bountiful and the crops were diverse. Besides the standard corn, beans and squash, irrigated fields teamed with fruit trees and many varieties of vegetables. Interestingly, one of the principal crops was grapes. The Spaniards introduced vineyards and winemaking and even after the Indian Prohibition Act of 1892 made liquor illegal on the reservation, Isleta farmers continued to be renown for their table wines. Eventually, revenueurs raided the grape fields and uprooting and burned the vines to stop the industry. It never recovered.

Meanwhile, women from the village plied the railroad tracks at the old Isleta depot, selling farm produce along with various types of arts and crafts to the passengers. Steam locomotives regularly stopped at a water filling station next to the railway spur to renew their boilers. Many of these vendors were migrants from Laguna who lived in a settlement known as Orabi. In fact, the depot area became its own vibrant little town. It distinguished itself from the main village because it was home to the district Superintendent of the Santa Fe Railroad. Many itinerant railroad workers built houses next to the tracks and the area even had its own hotel.

Ridership was free to Isleta people. It was a concession that the Santa Fe Railroad had made decades earlier when it trespassed on its lands. Isleta vendors marketed their wares at the Alvarado Hotel in Albuquerque,

but certain events like the Fiesta de Los Angeles in California regularly invited delegations to demonstrate Isleta customs like singing and dancing. The host was the family of Charles Fletcher Lummis who, himself, had lived in the village and later married an Isleta trader's relative. Her name was Eva Douglas, and an Isleta sponsor christened their daughter at birth with an Isleta name, Thurbesé.

Around the same time, the BIA appointed its first uniformed Chief of Police, Louis Abeita. He was later killed along the tracks trying to apprehend a prisoner that had fled from Albuquerque. Another tragedy was the Influenza epidemic of 1918. Called the "Spanish flu," it killed many people in the village. There were so many deaths, that it was reported that the processions never stopped. The scare was so profound, that the custom of burials in the church courtyard was stopped and the camposanto (graveyard) was moved away from the village to its present place.

Many tourists frequented the plaza and the St. Augustine church. Several curio stores and a hotel were built in the vicinity of the plaza. One person who had distinguished herself during this time was Marie Chewiwi. A one-time student at the Carlisle Indian School, she became noted for her pottery. She sold them at her small store that was located at the southwest side of the plaza. Tourists were delighted to meet and bargain with the children that met them with placards carded with homemade souvenirs. Many took pictures of them and lucky kids

earned some money for posing. This was a vibrant era for our village. It was self-sufficient, but at the same time connected to the outside world in surprising ways. That memory is fading now with the loss of our most senior elders. Let's hope we never forget.

Contributed by
Theodore (Ted) Jojola, Ph.D.

Historical Events during the early to mid 1900's in New Mexico

In **1912** New Mexico became the 47th state

In **1916** Francisco "Pancho" Villa attacked Columbus, New Mexico

In **October 26, 1919** King Albert I of Belgium with Queen Elisabeth of Belgium and Prince Léopold, journeyed to Isleta during their official visit to the United States. The King decorated Pablo Abeita, Governor of the Pueblo, and Father Anton Docher with the Order of Léopold. Abeita gave the king a turquoise cross mounted in silver made by the Isletans. 10,000 people journeyed to Isleta for this grand visit by European royalty.

In **1920** Women won the right to vote

In **1922** Oil was discovered on the Navajo Reservation

In **1945** the World's first atomic bomb detonated at Trinity bomb site in southern New Mexico

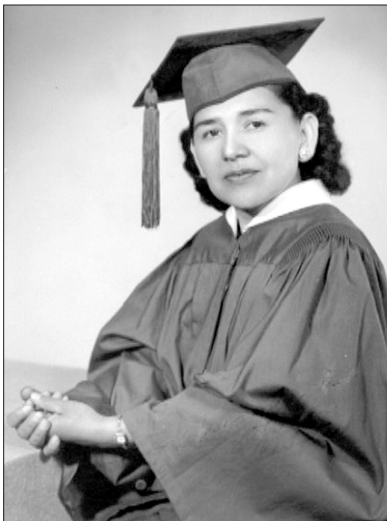
In **1947** Alleged crash of a UFO happened near Roswell



Honoring Our Beloved Centenarians Born 1918

Maria Carlota Jiron

Born December 31, 1918



Carlota's mother was Felicita Jiron who also lived to be 100 years old. Carlota had 2 brothers, older brother Alex Jiron and younger brother Crecensio Jiron. She has eight nieces and nine nephews. Her extended family calls her Auntie Carlota. Carlota never married. Carlota worked for the Indian Services. She worked at the Indian Hospital in Albuquerque and the Isleta Day School, as a cook and housekeeper. She retired after 36 years.

During her youth, they had no electricity or gas. As a child they played hop scotch and jump rope because they had no toys.

There was a grocery store and a post office where she now lives. The property was owned by the Sais family who operated the store. The Sais family were Germans. Right outside the door was a bus stop. Her favorite memories were working at the Day School and going to school at the Indian school. At the Day School, Carlota rang the bell at 9:00 in the morning every school day. There were 30 in her class. She remembers some of her classmates: Richard Jojola, Augustine Lente, Isadora Jojola and Margarita Abeita. She loved going to school at the Albuquerque

Indian School. She said it was a nice place. She liked dancing at the school dances. She remembers a young male student by the name of "Tiger" from Santa Ana. Once when Tiger and her danced, they won first place for their dancing! And she was captain of the senior hockey team. She loved to play field hockey. Those were her favorite memories. She graduated from the Indian School in 1934 when she was 18 years old.

She contributes her long life to having a very good appetite. They ate the right foods and food that they grew from the ground. She loved to do canning. Her shelves were always full of her canned foods. They had apple, peach and pear trees and she canned and dried the fruit. Men would stop by her house on their way to work to get some peaches and she gave it to them for free. Her brother Alex had a garden and he brought her what he grew in the garden and she canned that as well. Her canning went all the way to Germany and Japan! And she walked all the time, and everybody always walked.

She still likes to go out of the house sometimes, usually to Wal-Mart.

She's happy when family is around to take care of her. They take very good care of her with a lot of patience. She has no worries, and she knows she is loved, and she loves everyone too.

She was proud to mention family achievements. She mentioned her 1st cousin Diego Abeita who worked for Isleta Pueblo, went to Washington D.C. to fight for free meals for the Indian School and free medical care for our people. He also fought for the land the federal government took from us. The government paid Isleta \$41 million for the land they took. There was a big celebration as a result and a building was named after him in Albuquerque. The building was located on 2nd street. She also mentioned that her brother Crecensio was the first volunteer when WWII broke out. He lied about his age so he could become a soldier and to go to war.

Her words of wisdom to the younger generation is to go to school and get a good education. And to eat good food to live a long life.



Honoring Our Beloved Centenarians

Maria Isadora Lujan Jojola
Eah-chude (Nana Chu-dee)
Born May 21, 1919



Nana Isadora’s parents were Patricio Lujan and Rufina Carpio-Lujan. She had one brother, Joe L. Lujan (Pao), older sister Petrita Jojola (Toyoh) and younger sister Lupita Lucero (Mapeah). Nana was married to Robert Jojola for 51 years and they had six children; Elsie, Ruby, Harold, Lena, Rita and Kenneth. She has 19 grandchildren; 38 great grandchildren and 15 great-great grandchildren. Nana’s most celebrated accomplishments are raising her children to speak our language fluently and serving the community in her traditional position for over 60 years.

Nana worked in her younger days as a housekeeper for the teachers who worked at the Day School and at the military base in Albuquerque. She and her sisters rode the bus to Albuquerque with their mother to sell their pottery at the train depot. At home she remembers going to a special place along the river where they gathered the dirt they used to make the pottery. Our old people used to teach us a lot, that’s how we learned to do things. She and her sisters baked bread to sell at the train depot in Albuquerque, made pottery, souvenirs

and strung beads to sell at the depot just as their mother did. They also sold their jewelry at the Old Town Plaza. They had fun talking to all the people and strung beads while sitting there on the plaza. Over the years, she said they did very well selling pottery and their souvenirs at the train depot in Albuquerque, Oklahoma, Texas, Colorado, California, Arizona and throughout New Mexico.

She went to the Isleta Day School up to the 5th grade. They had no toys to play with as a child. They didn’t have much, her mother made dolls for her and her sisters. Their mother rolled up old blankets or towels and made pretty dolls out of them. They carried their dolls everywhere. Life was good, the family was always close and loved one another.

She always liked to dance our traditional dances. She danced every year and people must’ve been happy when she stopped dancing because she was always asked to dance. She made her own Indian dresses, and sometimes when someone stopped by to visit, they’d ask “why are you sewing? You must be getting ready to dance again.”

Sure enough she would be asked to dance again. She said every year her and Nana Beh-oo (Juana Lujan) danced. It seemed as though they had designated seats at the kiva because they danced every year. She laughed because she found this to be a funny memory of hers.

She contributes her long life to being happy all the time and praying. They all ate good food and the right food.

What makes her happy is her children and goddaughter taking care of her. She’s happy when visitors come to see her and when everyone is around her and talk to her. She has nothing to worry about.

Her words of wisdom or advice to the younger generation is to show respect and not leave our old teachings behind. Teach the children our Indian ways and to be the protectors of our Tiwa language. It will be the elders to pass our language to our people so it will not die. If we don’t teach them, they will not learn. What I was given and what I learned, I keep close to my heart, it is precious.

Social Security and OIG Launch Public Service
Announcement Campaign

Agency Alerts Public about Telephone Impersonation Scheme

The Social Security Administration (SSA) and its Office of the Inspector General (OIG) launched a joint Public Service Announcement (PSA) campaign addressing a nationwide telephone impersonation scheme. Social Security and the OIG continue to receive reports from across the country about fraudulent phone calls from people falsely claiming to be Social Security employees. Calls can even “spoof” Social Security’s national customer service number as the incoming number on the caller ID. The new PSAs will air on TV and radio stations across the country to alert the public to remain vigilant against potential fraud.

“We urge you to always be cautious and to avoid providing sensitive information such as your Social Security number or bank account information to unknown people over the phone or Internet,” said Nancy A. Berryhill, Acting Commissioner of Social Security. “If you receive a call and are not expecting one, you must be extra careful – you can always get the caller’s information, hang up, and contact the official phone number of the business or agency the caller claims to represent. Do not reveal personal data to a stranger who calls you.”

Social Security employees do occasionally contact people--generally those who have ongoing business with the agency--by telephone for business purposes. However,

Social Security employees will never threaten a person or promise a Social Security benefit approval, or increase, in exchange for information. In those cases, the call is fraudulent and people should not engage with the caller. If a person receives these calls, he or she should report the information to the OIG Fraud Hotline at 1-800-269-0271 or online at <https://oig.ssa.gov/report>.

“These calls appear to be happening across the country, so we appreciate SSA’s partnership in this national public outreach effort,” said Gail S. Ennis, the Inspector General for the Social Security Administration. “Our message to the public is simply this: If you or someone you know receives a questionable call claiming to be from SSA or the OIG, just hang up.”

The new PSA addressing the telephone impersonation scheme is available online at www.youtube.com/socialsecurity and below:

To get more Social Security news, follow the Press Office on Twitter @SSAPress.

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

FIRE/EMS











POLICE

911

DISPATCH





Isleta Elder Center
(505) 869-9770
Monday - Friday
8:00AM - 4:30PM



Monday	Tuesday	Wednesday	Thursday	Friday
		5/1/2019	5/2/2019	5/3/2019
*All activities subject to change Please call the Elder Center with any questions regarding the calendar or to sign-up for activities.		San Felipe Feast Day 8:00AM - 3:00PM Sign-Up Required	 Family Feud Game Day 1:00PM - 3:00PM Win PRIZES!	Cinco de Mayo Lunch Entertainment 12:00PM
5/6/2019	5/7/2019	5/8/2019	5/9/2019	5/10/2019
Softball Distance Throw 8:30 AM Soccer Kick Distance 9:00AM Frisbee Distance & Accuracy 9:30AM - 10:30AM ALL listed events at Isleta Rec Center		Mother's Day Luncheon 10:15AM - 2:00PM RSVP REQUIRED ONLY 50 SLOTS AVAILABLE	Horseshoes Event 8:30AM Isleta Rec Center Mass Activities Room 11:30AM 	
5/13/2019	5/14/2019	5/15/2019	5/16/2019	5/17/2019
Basketball Events 3-Point Shoot Out: 9:00AM Free Throw Shots: 9:00AM Isleta Rec Center	Commodities Distribution #1 8:30AM - 3:30PM Coffee & Commodities Activities Room 	Friendship Breakfast 9:00AM General Meeting 10:00AM Presented by: Western Sky	Early Lunch - 11:00AM Monthly Caregiver Training Topic: "Dealing with Difficult Clients" 11:30AM - Activities Room STAFF MEETING - 12:30PM	Advisory Committee Meeting 9:00AM - 11:00AM
5/20/2019	5/21/2019	5/22/2019	5/23/2019	5/24/2019
Afternoon Art 1:00PM - 3:00PM Activities Room	Bowling Singles Event Isleta Fun Connection Time: TBD Contact Monique	Washers (Huachas) Event 9:00AM - Isleta Rec Center 8-Ball Pool Activities Room - 1:00PM	Bowling Doubles Isleta Fun Connection Time: TBD Contact Monique	EST Walk/Run Events 8:00AM - 12:00PM Isleta Rec Center South West Track
5/27/2019	5/28/2019	5/29/2019	5/30/2019	5/31/2019
 Elder Center CLOSED	Shuffleboard Singles Event 8:00AM - 4:00PM Isleta Rec Center 	Afternoon Bingo 1:00PM Activities Room 	Shuffleboard Doubles Event 8:00AM - 4:00PM Isleta Rec Center  Commodities Distribution #2 8:30AM - 3:30PM	May Birthdays Celebration 12:00PM - Dining Room 

Menu
Isleta Elder Center



Monday	Tuesday	Wednesday	Thursday	Friday
REMINDER	4/30/2019	5/1/2019	5/2/2019	5/3/2019
Please call by 9 AM to cancel Home Delivered Meals. This saves time and money. Thank you. 		Egg Salad Sandwich Egg hard boiled 2 ea WW bread = 56 g Carrot sticks 1 c Tomato/cucumber 1 c Fresh fruit	Teriyaki Chicken Bowl Diced chicken 3 oz Steamed rice 1 c Oriental veggies 1 c Fortune cookie Mandarin oranges 1/2 c	Beans w/Green Chile and Pork Pork 3 oz Pinto beans 1/2 c Green chile 1/2 c Corn bread = 2 grain eq Fruit cup 1/2 c
5/6/2019	5/7/2019	5/8/2019	5/9/2019	5/10/2019
Macaroni Stew Ground beef 3 oz Stewed tomato 1/2 c Mixed vegetable 1/2 c WW elbows 1/2 c Garlic biscuit = 2 grain eq Fresh fruit	Shepard's Pie w/Red Chile Ground beef 3 oz Mixed vegetable 1/2 c Mashed Potato 1/2 c Red chile 1/4 c Tortilla 8" Fruit cup 1/2 c	Baked Chicken Boneless chicken 3 oz Stuffing 1/2 c California vegetable 1/2 c Fruit cup 1/2 c	Spaghetti w/Meatsauce Ground beef 3 oz  Marinara sauce 1/2 c WW spaghetti noodle 1/2 Brussels sprouts 1/2 c Garlic breadsticks = 26 g Fresh fruit Nutrition Education 12:00 PM Dining	Posole w/pork Pork 3 oz Red chile puree 1/4 c Hominy 1/2 c Calabacitas 1/2 c WW tortilla 8" Fresh fruit
5/13/2019	5/14/2019	5/15/2019	5/16/2019	5/17/2019
Cabbage Stew w/pork Ground pork 3 oz Cabbage 1 c Capri vegetable 1/2 c WW roll = 56 g Fresh fruit	Ranch Chicken Wrap Baked chicken 3 oz Romaine 1 c Carrot coins 1 c WW tortilla 8" Fruit cup 1/2 c	Baked Ham Ham slice 3 oz Baked sweet potato 1 c Biscuit = 56 g Cottage cheese/fruit = 1/2 c fruit	Vegetable Beef Stew Ground beef 3 oz Mixed vegetable 1 c Crackers = 56 g Fresh fruit EARLY LUNCH	Cheeseburger Burger patty 3 oz American cheese .5 oz Shredded lettuce 1 c Pork and beans 1/2 c Fresh fruit
5/20/2019	5/21/2019	5/22/2019	5/23/2019	5/24/2019
Chicken and Rice Soup Diced chicken 3 oz Rice 1/2 c Peas/carrots 1 c WW crackers = 24 g Fruit cup 1/2 c	Green Chile Potato Stew Diced pork 3 oz Green chile 1/2 c Potato 1/2 c Tortilla 8" Fruit cup 1/2 c	Pork Tamale Pork tamale 3 oz Red chile w/pork 1/2 c Rice w/cilantro 1/2 c Spinach w/onion 1/2 c Fresh fruit	Mac and Cheese Cheddar cheese 2 oz Diced tomato 1/2 c Steamed carrot 1/2 c Lima beans (M/MA) 1/2 c WW pasta 1/2 c Fresh fruit	Kale Salad with Chicken Chicken 3 oz Mixed kale greens 1 c Cucumber, broccoli, tomato 1 c Cranberries 1/4 c Crouton 2 oz
5/27/2019	5/28/2019	5/29/2019	5/30/2019	5/31/2019
	Carne Adovada Pork 3 oz Red chile puree 1/2 c Calabacitas 1/2 c Tortilla 8" Fresh fruit	Sloppy Joe Ground beef 3 oz Sloppy joe mix 1/2 c WW bun = 56 g Sweet potato tots 1/2 c Cottage cheese w/ peaches 1/2 c	Baked Tilapia Tilapia 4 oz Capri vegetable 1 c Biscuit = 56 g Fresh fruit	Meatball Sub Meatballs 3 oz  Mozarella cheese .5 oz Marinara sauce 1/2 c Green beans 1/2 c WW bun = 56 g Fresh fruit

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

Isleta Health Center
Behavioral Health Services Prevention Program
Phone: 505.869.5475

Misperceptions and Stigmas
associated with Mental Health

When you hear the words Mental Health, what is your initial thought? Is your first thought, “they’re crazy, they’re psycho, they want attention, or they are dangerous?” These are common stigmas and negative terms that are heard throughout exercises facilitated in Mental Health First Aid courses. We don’t want to brand individuals as John Doe “*the Schizo*” or John Doe “*the Crazy guy down the street*”. The reality is, he is “John Doe who has a mental health problem”.

Mental health issues are as common as physical ailments and diseases. Yet, we are more likely to go to the aid of someone with a broken leg than someone who suffers from Depression or Anxiety. Although Depression or Anxiety is ‘unseen’, these mental health issues are just as debilitating as or more so than many physical problems. Mental Health issues don’t discriminate, a phrase taken from Mental Health First Aid exercise, “it is neither a rich man’s disease nor the poor man’s curse.” The reality is that Mental Health issues are as common as the use and abuse of legal and illegal substances.

How can we help those in need who have anxiety, depression, or other mental health issues? Like stated above, we are often more likely to offer help to a person with physical disabilities than we are to the one with emotional or mental health challenges. We can change that! We can become Mental Health First Aiders. As participants in the training, misperceptions and stigmas are challenged and debunked through the 8-hour Mental Health First Aid Training.

Developed in the U.S. by the National Council for Behavioral Health in 2008, MHFA classes are meant to give people the tools they need to identify mental illness in people they interact with on a regular basis—and support them in finding help. Breaking stigmas and misconceptions about mental illness is an added bonus.

May is considered Mental Health Awareness month. In the month of May, Mental Health First Aid training is offered for community members to learn how to help those people who suffer from Mental Health conditions, such as Depression, Anxiety, Substance Use, and Psychosis.

All trainings are free! In recognition of Mental Health Awareness Month, IBHS acknowledges IHS Albuquerque Area Office the opportunity to bring Mental Health First Aid to this community. If you are interested in attending, call now to reserve your spot: 505-869-5475

We are here to serve.



Isleta Health Center
Community Summit and
Farmers Market
August 17, 2019

More Information to Come...

Contact Stephanie Barela, 869-4479 for more information.

Isleta Behavioral Health Services:
Prevention Program



Mental Health Awareness Month: From MH First Aid

Statistics and Prevalence Data:

- U.S. Adults with a Mental Health Disorders in any 1 year:
- 18.1 % Anxiety Disorder (**3% Anxiety**)
 - 6.8 % Depressive Disorder (**3% Depression**)
 - 8.1 % Substance Use (**41% Substance, 35% Alcohol**)
 - 2.8 % Bipolar (**.01% Bipolar**)
 - 5-10 % Eating (**No Data**)
 - 0.3-0.7 % Schizophrenia (**.006% Schizophrenia**)
- (Parenthesis represents 2018 Isleta Data, All Ages)*
- Only 41% of people with a mental illness use mental health services in any given year.
 - Mental illnesses can be mild, moderate, or severe.
 - About 6% of adults (1 in 17) suffer from a serious mental illness. Reporting an average of 88 days (approx. 3 months), they were too ill to carry out normal daily activities.

MH First Aid: ACTION PLAN

The action plan is: ALGEE
ALGEE is non-liner. It can spell EAGLE, GLEE, ALE

- A-Assess For Risk of Suicide or Harm
- L-Listen Nonjudgmentally
- G-Give Reassurance and Information
- E-Encourage Appropriate Professional Help
- E-Encourage Self-Help and Other Support Strategies

In MHFA training, the Action Plan will be applied to each of the mental illness categories. Categories are: depression, anxiety, psychosis, and substance use.

Signs and Symptoms

- A *sign*, what we see. A *symptom*, what a person experiences.
- Symptoms of Depression & Anxiety:
Physical, Behavioral or Psychological
- Physical-Lack of Energy or Headaches
- Behavioral-Loss of motivation or avoidance of situations
- Psychological– Sadness or sleep disturbance
- Symptoms of Psychosis:
Changes in Emotion and Motivation, Thinking and perception, and Behaviors
- Emotion – Blunted, inappropriate emotions
- Thinking and Perception-Sense of alteration of self, others, or the outside world
- Behavior– Sleep disturbance, Social Isolation

The Impact of MH

- “*Disability*” refers to the amount of disruption a health problem causes to a person’s ability to:
 - Work,
 - Carry out daily activities,
 - Engage in satisfying relationships.
- Mental illnesses can be more disabling than many chronic physical illnesses.
- Example: The disability from moderate depression is similar to the impact from severe asthma or chronic Hepatitis B

Recovery

- The foundation of MH First Aid, is the belief that people can and do recover from mental illness if they receive treatment and support.
- Research and experience have demonstrated that people with mental illnesses can live full lives.
- Recovery is a process whereby the person learns to cope with the illness, or associated challenges.
- “For some, this is the ability to live a fulfilling and productive life despite a disability.”
- “For others, recovery implies the reduction or complete remission of symptoms.”

Pueblo of Isleta
Head Start, Early Head Start, and Child Care
P.O. Box 579 Isleta, NM 87022
Important Dates/Upcoming Events

- May 8, 2019-** Professional Development Day (No School for Students)
- May 9, 2019-** Parent Committee @ 5:15pm in the Socialization Room (Dinner & Child Care Provided)
- May 13-17, 2019-** Head Start Fun Week
- May 14, 2019-** Policy Council @ 5pm in the Socialization Room (Dinner & Child Care Provided)
- May 17, 2019-** Last Day of School for Head Start Students
- May 17, 2019-** Head Start Transition Ceremony @6pm at the Isleta Recreation Center
- May 27, 2019-** Memorial Day (No School for Students and Staff)

Helping Your Adult Family Member
Who Has an Addiction

Although you may be tempted to rescue, bribe, pamper, scold, or threaten your adult family member who continues to use and abuse alcohol and/or drugs, this is not a helpful approach.

Families share experience, strength, and hope at Al-non meetings. These meetings teach you how to stop “enabling”. The word enabling means “allowing, permitting, or aiding” the alcoholic/addict to stay in their sickness and enabling keeps you, the family, trapped in the problem. Enabling can make you physically and emotionally sick and cause increased stress with you and your home environment. Addiction is not something that affects just the alcoholic/addict but has a negative impact on the entire family and the community.

No one wants their adult family member to suffer with an addiction and your intentions to help are out of love and concern. When enabling turns into an intervention, things begin to change. It is time to take your focus off the adult family member’s addiction and place it onto yourself and your family. You regain power to make meaningful choices about what you will do and what you won’t do. Enabling does not teach responsibility.

You can contact Al-non at (505) 262-2177 and find out the nearest location from your community to attend, (*IBHS does not provide transportation*).

Isleta Health Center - Behavioral Health

MAY 2019						
ISLETA HEALTH CENTER						
Questions? Call 869-3200						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div></div></div></div></div></div></div>						