



# Isleta Pueblo News

Volume 14 Issue 1

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



January 2019

## Governor's Report Ma-Gu-Wum

Greetings from the Office of the Governor. As the year winds down and my term as Governor ends December 31, 2018, I would like to thank the people of Isleta for putting trust in my leadership as Governor, three terms, 2005, to 2010, Tribal Council 2011 to 2012, re-elected as governor from 2017 to 2018. In the eight years I represented the administration along with various Council members elected into office, we were able to settle a \$40,000,000 settlement with the Federal Government, referred to as the Mismanagement Settlement and completed 32 projects some of which were completed or started during Governor Frank Lujan and Governor Paul Torres's terms. I'm thankful to the Lieutenants who served under my direction, Lieutenants Max Zuni, Michael Jojola, Frank Lujan, and Andrew Teller (alias, Tino). Sheriffs, Herman Lente, Robert Chewiwi, 2005 to 2010, Kevin Lente, and Robert Cherino alias (Bobby) 2017 to 2018. Thanks to my Administrative staff for their guidance and hard work they performed during my tenure. Administrations duties are 24/7 taking care of various issues from tribal members, attending meetings, and other business impacting Tribes throughout Indian Country. I am also thankful to the Department Directors and their staff for the hard work they do for our community, including the Isleta Resort and Casino CEO, Harold Baugus, and all the employees who work under his direction, I could not have done it without your help, thank-you.

Thanks to all the Tribal Leaders and War Captains for their encouragement and wisdom throughout my terms as Governor.

Congratulations to Lt. Max Zuni as the incoming Governor for the Pueblo of Isleta, wishing you and your staff the best.

Our condolences go out to the families who lost family members recently, it is a sad start to the Christmas Holidays. Our prayers go out to these families.

With all that's happening, Christmas is a day of worship and happiness as Jesus was born on this day. May you and your families have a Merry Christmas and a Happy New Year. God bless our community our people as we are all one and equal. Always remember that we the people of this great community, the Pueblo of Isleta, must stand united so that we become one in strength. Changes throughout Indian Country are upon us as we the elders of our communities recognize the change that has come upon us and will continue to change. United, we can prepare the future for our children, grandchildren and others after them. Thank you and God bless, Governor Robert Benavides

## Yonan An Cultural Complex Notice of Construction Activity

The Pueblo of Isleta Public Services Department is pleased to announce that the "Old Elementary School Building", located directly south of the Assisted Living Facility, will be renovated into the Yonan An Cultural Complex. The Cultural Complex will house the following:

- Department of Cultural & Historic Preservation (DCHP)
- Exhibit Hall
- Lecture Hall
- Future Gift Shop
- Classrooms

**The Department of Cultural & Historic Preservation** is responsible to maintain and protect the culture, history, and language of the Pueblo through the education, preservation, and responsible management of the Pueblo's cultural resources.

**Administration Space:** Office space will be provided at the south end of the building for the Department staff.

**Exhibits:** The exhibit area will display historic time exposures of the Isleta Pueblo in the 19th Century, in addition to historic artifacts of both the Isleta Pueblo and many other Native American cultures.

**Lecture Hall:** Lecture Hall for up to 74 people.

**Future Gift Shop:** A gift shop will be included in the complex for future use by local artists to display and sell their work.

**Classrooms:** Two classrooms will be available for classes that may include future language lessons.

New landscaping, parking, and sidewalks will surround the building to include a storytelling gazebo where people of all ages can sit and enjoy stories of old. Tribal Road 40 improvements will include a modified curb & gutter on the west side of the road as a transition to the new parking lot. In addition, speed bumps will be added to TR 40.

The community will start to see activity around the "Old Elementary School" shortly after the New Year. The anticipated construction start day is scheduled for early January 2019. The selected contractor, Klinger Constructors Inc., will be installing a construction fence around the project and all construction traffic shall be directed to use TR 40 and NM 314 for the duration of the construction schedule through the fall of 2019.

For any questions or concerns please contact the Public Services Department at 505.869.4964.

## NEWS FROM THE WATER RESOURCES DEPARTMENT IRRIGATION WATER OPERATIONS

The Pueblo of Isleta Water Resources Department (WRD) would like to thank the Isleta farming community for another successful irrigation season in spite of a record low spring runoff and minimal storage in El Vado Reservoir. The Pueblo worked closely with the MRGCD, BOR, and other NM water operations managers to maximize the amount of water to be available for Isleta farmers. With limited water in the system, rotations and 24-7 irrigation schedules, everyone was able to irrigate their crops and have another successful harvest. Please work with your majordomos this off-season to make sure irrigation canal improvements are scheduled for repair and/or replacement.

The weather forecasters of the National Weather Service are predicting a mild El Nino and a wetter than normal winter. As of December 3, 2018 the Rio Chama Basin is 109% of normal, the Upper Rio Grande including Wolf Creek is 93% of normal, and the Sangre de Cristo Range Basins are 131% of normal. This is a great start to the winter and we hope it will continue for the rest of the season to replenish ground-water moisture and fill the upstream reservoirs El Vado and Heron.

Despite these forecasts, the 2018 irrigation season did use most of the irrigation water stored in upstream reservoirs, and there is little carryover storage for 2019. Without the good fortune of winter moisture, irrigation water supply for the 2019 irrigation season will be at significant risk. Farmers are urged to plan accordingly. NOAA provides a three month forecast for temperature and precipitation; please refer to the following website: [http://www.cpc.ncep.noaa.gov/products/predictions/long\\_range/seasonal.php?lead=2](http://www.cpc.ncep.noaa.gov/products/predictions/long_range/seasonal.php?lead=2)

## MRGCD OFF-SEASON IRRIGATION PROJECTS

MRGCD is scheduled to complete a number of projects on their irrigation facilities this off-season. Projects include drain dredging, farmer requested turnout installation, and check structure repair. MRGCD will also be conducting routine and corrective maintenance to several of the gates on the Isleta Diversion Dam, and motorizing two sluice gates on each side of the dam for better sediment management. For farmers who requested turnouts through the WRD, the WRD will be in touch soon for a field visit, to discuss placement of the requested turnout.

Should you have any questions, please contact the WRD at 505-869-5564.



LETTER FROM THE EDITOR

**DEADLINE for February Newsletter articles is set for WEDNESDAY, January 23, 2019 at 4:30pm.** Articles may be dropped off at the Library or emailed to [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com). Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

**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)



PROBATE NEWS

**FIRST NOTICE – A petition to Probate the Estate of Esquipula Jiron, deceased February 07, 2016. Case No. CV-16-PRO-00169,** has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Thursday, February 07, 2019 at 09:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

**FIRST NOTICE – A petition to Probate the Estate of Petra L. Lucero, deceased June 21, 1984. Case No. CV-18-PRO-0094,** has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 13, 2019 at 11:00 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 Nick Norman Montoya, Jr., deceased July 22, 2014. Case No. CV-14-PRO-0107,** has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 20, 2019 at 09:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

**FIRST NOTICE – A petition to Probate the Estate of Avelina Perez, deceased February 17, 2015. Case No. CV-18-PRO-0122,** has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Thursday, March 21, 2019 at 01:30 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

**SECOND NOTICE – A petition to Probate the Estate of Michelle Lujan, deceased September 12, 2018. Case No. CV-18-PRO-00107,** 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, January 16, 2019 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.



The Isleta Health Center keeps track of all Patient Complaints, Suggestion or Comments that are received at the Health Center. Your feedback helps us strive to improve in areas that are needed and lets us know what we are doing right and what we need to work on.

If you have a Complaint, Suggestion or Comment and would like to let us know please fill out our Complaint and/or Comments Form located at the Isleta Health Center Patient Registration Desk. You may return completed form to the secure complaint/suggestion box located by the front lobby doors. Please assure to leave your name and contact number if you would like to be contacted regarding your concerns.

You can also submit by mailing the form or sending an email to: Mailing Address:

Isleta Health Center  
PO Box 580  
Isleta, NM 87022

Email Address: [IHCCares@ISLClinic.net](mailto:IHCCares@ISLClinic.net)





# ISLETA POLICE DEPARTMENT NEWS

*The Department hopes your holidays were joyous and all were surrounded by family and friends.*

*However, a new year begins and the Isleta Police Department has visions of implementing new programs and strengthening community relations! So we see a busy year ahead.*



Children will be back in school and again we stress traffic safety as children may forget safety rules for walking and riding on buses. Please be ever watchful of them and remember to slow down in school zones and, most important, never pass a school bus stopped to pick up children at the designated bus zones. There have been several tragedies around the country because drivers were impatient or distracted and failed to stop when buses were picking up or dropping off their young passengers. Flashing amber and red lights with the stop sign extended means exactly that – STOP!

Although the special “Don’t Shatter the Dream Mobilization” came to an end January 1, 2019 the Traffic and Patrol Divisions will continue to watch for traffic violators and impaired drivers. Speeding, distracted driving, failure to wear seatbelts and ensuring your children are in proper restraints are only some violations you can be stopped and cited for. Please be sure to maintain current proof of insurance and registration documents as well and, of course, be sure you have a valid driver’s license before getting behind the wheel.

**The Isleta Police Department would like to introduce its newest division. The Security Division is now staffed and in service.**

BRANDON L. JOJOLA joined the Department October 8, 2018 and has been in the process of preparing the groundwork for the Division. He will serve as Supervisor for the Security Division and as such has been in charge of preparation of policies and procedures, and



the interview and hiring process as well. He is from the Isleta Pueblo and has experience in the security field for over four years. He was previously employed with International

Protective Service (IPS) providing security services for residential and commercial locations. He is now tasked with ordination of providing security services for the Pueblo and you will be seeing him around the community.

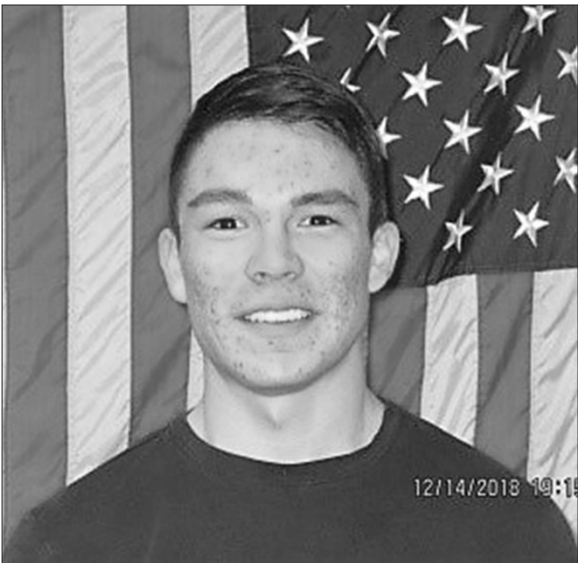
The next member is (and, no this is not a typographical error)

BRANDON M. JOJOLA who joined the Department on December 10, 2018. He was recently employed with Hotel Albuquerque where he served in the capacity of Security Guard/Bouncer. He brings over six years of



experience working in the security field and is looking forward to the opportunity to serve this community.

DAVID ROYBAL is the newest member of this division and came on board December 12, 2018. David was born and raised on the Isleta Pueblo and is well known throughout the community. He was previously employed by International Protective Services (IPS)



and is an experienced mixed martial artist. Mr. Roybal looks forward to the opportunity

to protect the people and properties of the reservation with care and respect.

**The Law Enforcement Exploring Program** is still in process but moving closer to becoming a reality. Officer S. Mitamura met with the area representative for Boy Scouts of America December 18 and learned more of the requirements and groundwork that still needs to be laid. So anyone who is interested in this program please do not hesitate to contact Officer Mitamura as she is anxiously anticipating getting the program running soon. As a former advisor for an Explorers Program at another department, she is familiar with the work and dedication needed for a successful program and looks forward to working with the youth of the community. Her past experience with the program was very rewarding not only for the youth who participate but for the advisors who serve as mentors.

Chief Stanley is also looking to begin a Citizens Academy and implementing a “Coffee with a Cop” program as well as community meetings. So please look for announcements for these projects.

“Reaching for a Star” was a success and it seems all had an enjoyable evening with a meal, presents for the children and raffling of gifts. Santa and Mrs. Claus were also present to greet and take photos with the children. Seven decorated Christmas trees, five of which were entered into the decorating contest and the remaining two were those annually decorated and raffled. The judging of the trees entered in the decorating were the children present at the event. They were instructed to stand in front of their favorite tree and each child was a vote for that particular tree. And the winner?



ISLETA POLICE DEPARTMENT  
THIN BLUE LINE

As always, the department welcomes comments, questions and suggestions. So please do not hesitate to contact us.

***Wishing Best Wishes for a Prosperous and Wonderful 2019!***



The Isleta Police Department visiting with Santa and Mrs. Claus and putting in their Christmas wish lists.





Updated: 12 / 20 / 2018 ( Internal Posting in BOLD )  
www.isleta.com

<u>REQ</u>	<u>TITLE</u>	<u>DEPARTMENT</u>	<u>REMOVAL DATE</u>
1842BR	CAGE MANAGER	GENERAL & ADMINISTRATION	Internal 12/27/2018 External 01/03/2019
1841BR	ATTENDANT LAUNDRY	HOTEL HOUSEKEEPING	Internal 12/27/2018 External 01/03/2019
1839BR	HOUSEMAN-HOUSEKEEPING	HOTEL HOUSEKEEPING	Internal 12/27/2018 External 01/03/2019
1840BR	PORTER LOBBY EVENING-HOUSEKEEPING	HOTEL HOUSEKEEPING	Internal 12/27/2018 External 01/03/2019
1838BR	POKER DEALER	POKER	Internal 12/27/2018 External 01/03/2019
1843BR	SURVEILLANCE AGENT	SURVEILLANCE	Internal 12/27/2018 External 01/03/2019
1776BR	BINGO SUPERVISOR	BINGO	01/31/2019
1747BR	BANKER (VAULT)-MAIN CAGE	CAGE	12/24/2018
1750BR	CUSTODIAN (GRAVEYARD)	CUSTODIAL	09/27/2019 or until filled
1751BR	CUSTODIAN (GRAVEYARD)	CUSTODIAL	09/27/2019 or until filled
1748BR	CUSTODIAN (SWING)	CUSTODIAL	09/27/2019 or until filled
1749BR	CUSTODIAN (SWING)	CUSTODIAL	09/27/2019 or until filled
1817BR	BAKER I	F&B BAKERY	01/03/2019
1818BR	BAKER I	F&B BAKERY	01/03/2019
1676BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	01/02/2019
1677BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	01/02/2019
1678BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	01/02/2019
1679BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	01/02/2019
1416BR	CONCESSIONS ATTENDANT - DAUBERS	F&B BINGO SNACK BAR	01/12/2019
1570BR	BANQUET SERVER (on-call)	F&B CATERING BANQUETS	12/31/2018
1829BR	BARTENDER-BANQUET	F&B CATERING BANQUETS	12/21/2018
1828BR	CAPTAIN-BANQUET	F&B CATERING BANQUETS	12/21/2018
1733BR	COOK-BANQUET	F&B CATERING BANQUETS	01/04/2019
1723BR	CASHIER SERVER - F&B CHILLS	F&B CHILL COFFEE BAR	12/31/2018
1568BR	CONCESSIONS ATTENDANT - CHILI RISTA	F&B DELI	01/21/2019
1569BR	CONCESSIONS ATTENDANT - CHILI RISTA	F&B DELI	01/21/2019
1579BR	CONCESSIONS ATTENDANT - CHILI RISTA	F&B DELI	01/21/2019
1801BR	CONCESSIONS ATTENDANT - CHILI RISTA	F&B DELI	11/26/2019 or until filled
1463BR	CONCESSIONS ATTENDANT- CHILI RISTA	F&B DELI	12/29/2018
1481BR	CONCESSIONS ATTENDANT- CHILI RISTA	F&B DELI	12/29/2018
1720BR	CONCESSIONS SUPERVISOR	F&B DELI	01/05/2019
1645BR	COOK-DELI	F&B DELI	05/30/2019 or until filled
1651BR	COOK-DELI	F&B DELI	05/30/2019 or until filled
1526BR	COOK-EDR	F&B EMPLOYEE DINING	12/29/2018
1795BR	EDR ATTENDANT	F&B EMPLOYEE DINING	08/14/2019 or until filled
1522BR	RESTAURANT CHEF	F&B EMPLOYEE DINING	12/30/2018
1588BR	EXPEDITOR - STEAKHOUSE	F&B STEAKHOUSE	12/31/2018
1631BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	12/31/2018
1782BR	CASHIER - F&B TIWA	F&B TIWA	04/16/2019 or until filled
1397BR	SERVER - TIWA	F&B TIWA	12/31/2018
1468BR	SERVER - TIWA	F&B TIWA	12/31/2018
1358BR	TIWA BARTENDER (Part-Time)	F&B TIWA	12/31/2018
1559BR	TIWA LINE COOK	F&B TIWA	12/29/2018
1832BR	TIWA LINE COOK	F&B TIWA	12/24/2018
1833BR	TIWA LINE COOK	F&B TIWA	12/24/2018
1834BR	TIWA LINE COOK	F&B TIWA	12/24/2018
1760BR	ELECTRICIAN	FACILITIES MAINTENANCE	01/08/2019
1236BR	HVAC TECHNICIAN	FACILITIES MAINTENANCE	12/31/2018
1826BR	LANDSCAPE SUPERVISOR	FACILITIES MAINTENANCE	12/21/2018
1725BR	PLUMBER	FACILITIES MAINTENANCE	01/03/2019
1780BR	LABORER-GOLF COURSE	GOLF COURSE MAINTENANCE	11/19/2019 or until filled
1830BR	GOLF SHOP CLERK	GOLF COURSE OPERATIONS	01/03/2019
1796BR	AGENT-FRONT DESK (PART-TIME)	HOTEL FRONT DESK	01/10/2019
1573BR	ATTENDANT ROOM	HOTEL HOUSEKEEPING	12/29/2018
1837BR	ATTENDANT ROOM	HOTEL HOUSEKEEPING	12/25/2018
1550BR	GUEST ROOM ATTENDANT	HOTEL HOUSEKEEPING	12/29/2018
1836BR	PORTER LOBBY EVENING-HOUSEKEEPING	HOTEL HOUSEKEEPING	12/24/2018
1294BR	MAINTENANCE TECHNICIAN (Part-Time)	LAKES	12/31/2018
1664BR	EXECUTIVE HOST	MARKETING PLAYERS CLUB	01/10/2019
1663BR	REPRESENTATIVE GUEST SERVICE	MARKETING PLAYERS CLUB	01/10/2019
1809BR	SPORTS BOOK WRITER/G.S.R.	MARKETING PLAYERS CLUB	11/19/2019 or until filled
1716BR	ATTENDANT FLOOR - PALACE WEST	PALACE WEST	01/01/2019
1785BR	ATTENDANT RETAIL	RETAIL MAIN	01/10/2019
1690BR	SAFETY SPECIALIST (swing)	RISK MANAGEMENT	12/27/2018
1404BR	SECURITY OFFICER I	SECURITY	02/19/2019
1405BR	SECURITY OFFICER I	SECURITY	02/19/2019
1406BR	SECURITY OFFICER I	SECURITY	02/19/2019
1407BR	SECURITY OFFICER I	SECURITY	02/19/2019
1418BR	SECURITY OFFICER II	SECURITY	02/19/2019



REQ	TITLE	DEPARTMENT	REMOVAL DATE
1419BR	SECURITY OFFICER II	SECURITY	02/19/2019
1420BR	SECURITY OFFICER II	SECURITY	02/19/2019
1500BR	SECURITY OFFICER II	SECURITY	02/19/2019
1501BR	SECURITY OFFICER II	SECURITY	02/19/2019
1633BR	ATTENDANT FLOOR-SLOTS	SLOTS	02/03/2019
1634BR	ATTENDANT FLOOR-SLOTS	SLOTS	02/03/2019
1658BR	ATTENDANT FLOOR-SLOTS	SLOTS	02/03/2019
1626BR	ATTENDANT FLOOR-SLOTS (part-time)	SLOTS	02/03/2019
1637BR	COSMETOLOGIST (PART-TIME)	SPA SALON	02/07/2019
1731BR	AGENT-SURVEILLANCE	SURVEILLANCE	01/02/2019
1607BR	HOTEL SHUTTLE DRIVER	VALET	12/24/2018
1821BR	VALET ATTENDANT	VALET	01/21/2019

Pueblo of Isleta Career Opportunities

Position Posting		Office Location	Closing Date
	Associate Judge	Tribal Courts	Open Until Filled
New	Child Care Provider	Head Start/Early Head Start/Child Care	Open Until Filled
Re-Posted	Clinical Application Coordinator	Health Center	Open Until Filled
Re-Posted	Diabetes Program Manager	Health Center	Open Until Filled
	Education Assistant	POI Elementary School	Continuously Accepting Applications
	Optometrist	Health Center	Open Until Filled
	Personal Care Service Aide (Occasional)	Elder Center	Continuously Accepting Applications
Re-Posted	Physician	Health Center	Open Until Filled
Re-Posted	Physical Therapist	Health Center	Open Until Filled
New	Police Officer (2 Positions)	Police Department	Open Until Filled
Re-Posted	Registered Nurse (PRN)	Health Center	Open Until Filled
New	Special Education Teacher	Head Start/Early Head Start/Child Care	Open Until Filled
	Teacher	POI Elementary School	Continuously Accepting Applications
	Teacher (Substitute Positions)	POI Elementary School	Continuously Accepting Applications
	Teacher	Head Start & Child Care	Open Until Filled
	Tiwa Language Teacher	POI Elementary School	Open Until Filled
	Veteran Support Service Program Member	Elder Center	Open Until Filled

This is a new year with new career opportunities! Make sure you visit the Pueblo of Isleta Careers Page at <https://www.isletapueblo.com/careers.html> or visit us in person at the Isleta Human Resources Office to apply for a position.

Check the website for the most up to date job postings.

Phone: (505) 869-7584  
Physical Address: 3950 St. Rd. Hwy 47 SW,  
Albuquerque, NM 87105



To apply for IBC positions click on application link at <http://www.isletapueblo.com/careers.html> complete application, and submit to IBC. Or call **Isleta Business Corporation** at 505-869-7568.

Current Open IBC Positions:

Sales Associate,

Open Until Filled

C-Store Shift Leader

Open Until Filled

Maintenance Technician

Open Until Filled

Pueblo of Isleta Workforce & Opportunity Act (WIOA) Program

The Isleta WIOA Program is looking for participants, ages 18 + years, who are looking to enter the workforce.

This program provides the following services:

- Temporary work experience placement (250 hours) in a POI Department
- Assistance with resume writing
- Mock interviews
- Tips for job searching
- Information on educational resources
- Information and referrals to other program services

Eligibility Criteria:

- Must be Native American, Hawaiian, or Alaskan Native
- Must be 18 years of age or older
- Must live on the reservation or within Bernalillo or Valencia County
- Must be unemployed, underemployed, or low-income
- If male and born after the year 1960, must be registered for the Selective Services

If you are interested in learning more about the WIOA program, please contact Natasha Jiron at (505) 869-9792 or at [poi70105@isletapueblo.com](mailto:poi70105@isletapueblo.com).

Physical Address: Human Resources Department  
Isleta Tribal Services Complex  
3950 St. Rd. Hwy 47 SW  
Albuquerque, NM 87105





DEPARTMENT OF EDUCATION

The DOE Department is working hard to meet all the needs of students, family literacy nights, training, as well as meeting the deadlines that are approaching. In order to expedite program effectiveness and funding to our educational institutes, it is necessary to have good communication. Call our office or come in to see us if you have any questions. Please be proactive in meeting our program requirements and deadlines. More information can be found on our website.

If you are interested in becoming a DOE Higher Education Board Member please call the office. We plan to have our first meeting in January.

Student News

Our students from NACA, Los Lunas, and Valencia High School completed wonderful cards to ring in the New Year. Students worked hard on their projects which started in October with our Open House event where parents voted on the most creative, detailed and original card. Congratulations to the top winners from all three schools. Winners received a \$20.00 gift card to a Cinemax movie theater. Congratulations Students!

Here is a little Christmas trivia I thought you would enjoy.

When Christmas stopped a war

On December 7, 1914, five months into the outbreak of fighting in World War I, Pope Benedict XV called for a temporary cease fire during the Christmas season. Military leaders on all sides ignored the request, but the troops in the trenches responded. As night fell on Christmas Eve, sounds of Christmas carols began ringing out in German and English across no-man’s land. The next morning, unarmed German soldiers approached the British line shouting “Merry Christmas!” They were met with hearty handshakes, gifts of chocolate and cigarettes, and a spirited game of soccer. The so-called “Christmas Truce” was short-lived and never repeated, but it speaks to our shared sense of humanity even in the darkest moments.

Have a Wonderful and Safe Holiday!  
DOE Staff



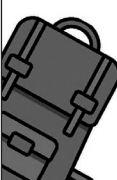
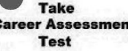

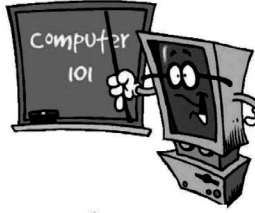



Isaac Gonzales

Isaac Gonzales, a junior at Los Lunas High School, son of Mr. Daniel and Sharon Jiron of Isleta Pueblo has had the privilege of playing baseball for Los Lunas High School Tigers since his freshman year. He has worked hard practicing long hours daily on his own and has maintained his school grade to stay eligible to continue to be on the team. Isaac has played Little League for the Pueblo of Isleta since he was 6 years old.

This past summer his high school coach encouraged him to try out for the State of New Mexico School of Baseball. His tryouts for the team were held on August 5, 2018. During his try outs he was selected 45 out of 100 from players through out the state. Isaac was selected to play 2nd base for the NMSB U17 team. With this selection it gave Isaac a chance to expose himself to college coaches, scouts, and scholarship opportunities. The New Mexico School of Baseball Fall Showcase Team was a traveling team, which started in Albuquerque, playing in Roswell and Las Cruces, New Mexico. They also traveled to Tucson and Phoenix, Arizona to play.

With hard work, determination and maintaining his grades, Isaac is well on his way to continue playing baseball throughout high school.

Congratulations Isaac, with the support of your family, we hope to see you finish high school and continue playing for a college team of your choice.



**DEPARTMENT OF EDUCATION'S  
BASIC COMPUTER SKILLS &  
CAREERSCOPE ASSESSMENT**

Tuesday, January 15, 2019 & Wednesday, January 16, 2019  
3:00pm to 4:20pm

**Location: DOE Computer Lab**  
950 Moonlight Drive SW  
Albuquerque, NM 87105

Learn more about: What is a computer?  
Basic Parts of a Desktop Computer, Buttons &  
Ports, Inside a Desktop Computer, Getting to  
Learn Laptop Computers, etc.

Careerscope Assessment: Measures both aptitude  
and interest for Career & Educational Planning

**Space is limited to 10**

**In order to RSVP you must submit a class registration**

For more information please contact: Kathy Jajola, Education Technology Tech. at poi08003@isletapueblo.com or  
Lisa Smith, Adult Education Coordinator at poi02001@isletapueblo.com or at (505) 869-9790.



**1st Annual  
College, Career &  
K-12 School Choice Fair**

Saturday, January 12, 2019  
9:00am to 5:00pm  
Isleta Resort & Casino  
Ballrooms A & B

Learn about educational and professional  
opportunities available to you and your children.  
Representatives will be available to answer questions.




**Employability Training**

Improve your skills in: Networking, Job Search,  
Professional Attire, Resume Building, Motivation,  
Budget & Finance.


Saturday, January 12, 2019  
10:00am and 2:00pm

**Great Entertainment  
Free Food  
Door Prizes  
Local Artist/Vendors**

FOR MORE INFORMATION OR TO RSVP FOR TRAINING PLEASE CONTACT 505-869-9790.



Pueblo of Isleta Head Start,  
Early Head Start & Child Care



January 8, 2019- Students return to School  
January 10, 2019- Parent Committee @ 5:15pm> Dinner and Child Care provided  
January 16, 2019- Family Night @ 5:00p> Dinner provided  
January 21, 2019- **NO SCHOOL**- Martin Luther King Jr. Day

All head start staff would like to thank our families who joined us for the Head Start Christmas Luncheon 12/14/18.



# PUEBLO OF ISLETA PUBLIC LIBRARY MOBILE APPS



Download on the  
**App Store**

GET IT ON  
**Google play**



**Librista**

**Apple Users** can use the Librista App to: Renew Library Material, Search Library Material, see what's new, view account information and much more!



**Atrium on the go**

**Android Users** can use the Atrium on the Go App to: Renew Library Material, Search Library Material, see what's new, view account information and much more!



**Information below is needed to set up  
Librista and Atrium on the go.**

**Server:** isletapueblo.booksys.net

**Port:** 443

**Library:** pipi   **SSL:** ON



**Freegal Music**

**Apple and Android Users** can download the Freegal App or visit online at [freegalmusic.com](http://freegalmusic.com)

Freegal Music is a downloadable music service from your library. EACH library user receives 3 free downloads each week. Freegal Music has access to over 40,000 music videos and 15 million song holdings from over 40,000 music labels that originate in over 100 countries.

**For assistance with these services or if you have any questions please give us a call at  
505.869.9808 and speak with a library staff member.**



“We sincerely look forward to working with the new Council and Administration,” said Isleta Resort & Casino CEO Harold Baugus. “In everything that we do, our mission continues to seek progress and growth for the Pueblo of Isleta, and the benefit of Isleta Tribal members.”

## Wild Land Law Enforcement Open Space



# TRIP OF A LIFETIME

**JANUARY 1 - FEBRUARY 9**

*Winners will race around the world to win their share of over*

**\$325,000**

**12 Trips of a Lifetime Guaranteed!**

*in Cash, Free Play, and*

Drawings will be held every two hours every Friday & Saturday from 2pm to 10pm.



**\$10,000**  
HOT SEATS  
**777**

JANUARY 6 - JANUARY 27  
**EVERY SUNDAY WIN \$500**  
EVERY HALF HOUR FROM NOON - 9:30PM  
BY PLAYING YOUR FAVORITE SLOT MACHINE OR TABLE GAMES.



**GEORGE CLINTON & PARLIAMENT FUNKADELIC**

**JANUARY 12 | 8PM**  
TICKETS STARTING AT \$25



*Patti LaBelle*

**JANUARY 18 | 8PM**  
STARTING AT \$55

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





**ISLETA**  
resort + casino

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

## -Isleta Health Center



Phase II Quiet Zone – NM 314 Widening @ NM 147

Notice of Public Meeting

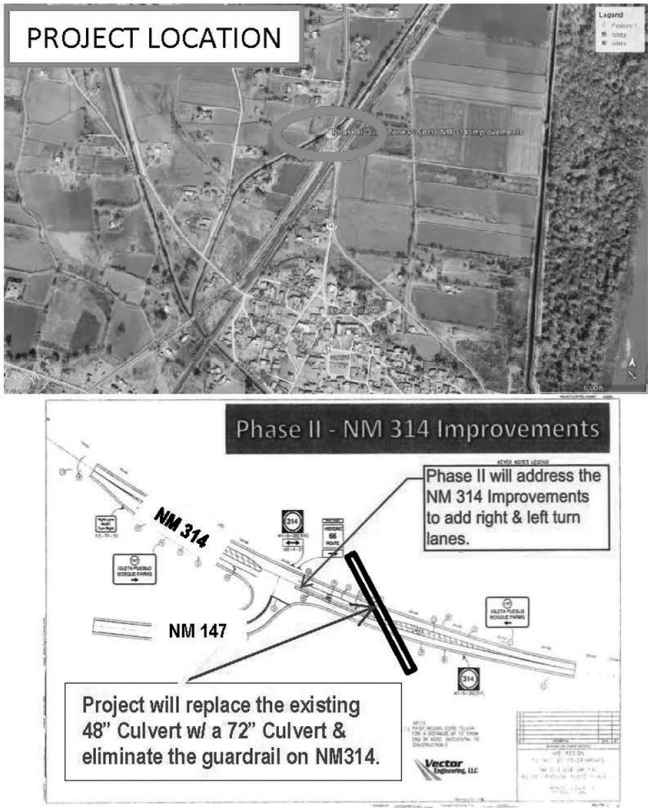
Date: January 9, 2019

Time: 5:30 PM

Location: Isleta Elderly Center Lunch Hall

Star Paving Company and the Pueblo of Isleta Public Services Department - Transportation Division are pleased to announce a public meeting to discuss the upcoming construction project on NM 314 at the NM 147 Intersection.

The design of the Phase II Quiet Zone project was completed on August 30, 2018 and was advertised for Construction on October 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>, 2018. Contractor Bid(s) were received on November 21, 2018 and a Notice of Award for the construction contract was issued to Star Paving on December 11, 2018. The purpose of the public meeting is to discuss the project schedule and to inform the Community of the impacts to traffic to include the complete closure of NM 314 for a 2 – 3 week period.



Contact the Kathy Trujillo with the Public Services Department at 869-9683 with any questions.

Isleta Heath Center Pharmacy

The Holidays have arrived so we would like to remind everyone that the IHC Pharmacy will be closed:

- ▶ Monday, December 24th, 2018 – Clinic will be closing at noon
- ▶ Tuesday, December 25th, 2018 - Christmas Day
- ▶ Tuesday, January 1st - New Year's Day

Please remember you can use the refill line for your refills by calling 869-4590.

**Please Note:** If your prescription is expired or out of refills and is prescribed by an outside provider located at another facility other than Isleta Health Center, it may take the Pharmacy anywhere from 48 to 72 hours to obtain a new prescription from your doctor. Please provide the Pharmacy with sufficient notice so that your provider's office may be contacted.

If you have any questions or concerns, please do not hesitate to call us at 869-4473 and we will be happy to answer them.

THANK YOU



ISLETA HEALTH CENTER  
PHARMACY NOTICE

The Food and Drug Administration (FDA) has announced a voluntary recall for several blood pressure medications due to the detection of trace amounts of NDEA (N-nitrosodiethylamine), an impurity found in certain manufactures active pharmaceutical ingredient. NDEA is a substance that occurs naturally in certain foods, drinking water, air pollution, and industrial processes, and has been classified as a probable human carcinogen according to the International Agency for Research on Cancer (IARC).

The recalled blood pressure medications are:

Valsartan;  
Valsartan/Hydrochlorothiazide (combination);  
Valsartan/Amlodipine/Hydrochlorothiazide (combination);  
Irbesartan; and Losartan/Hydrochlorothiazide (combination).

The FDA has announced that patients should contact their pharmacist or physician who can advise them about an alternative treatment prior to returning their medication. Patients who are on any of these medications should continue taking their medication, as the risk of harm to the patient's health may be higher if the treatment is stopped immediately without any alternative treatment.

Please be advised that the Pueblo of Isleta Health Care Center Pharmacy has been well aware of this issue since July 2018. We have taken the precautionary measures to ensure that Valsartan; Valsartan/Hydrochlorothiazide (combination) and Irbesartan, the only recalled medications carried at the pharmacy, have not been affected. All the other combination medications listed in the recall have never been available at the pharmacy.

If you have any questions or concerns please do not hesitate to call the Isleta Health Center Pharmacy at 869-4473 and we will be happy to answer them.

-Isleta Health Center, Pharmacy



Get your

HSE

with HEP

The High School Equivalency (HSE) Diploma is equivalent to a high school diploma



Academic Services

Classes - Tutoring - Advisement

Financial Support

Books - Academic supplies - HSE exam paid \$450 Scholarship

Placement

Post Secondary Education - Job placement Military Entrance

Qualifications

- Be at least 16 years of age or older
- Must not have high school diploma nor be enrolled in high school
- Applicants or an immediate family member who lives in the home, has worked at least 75 days within the last 2 years in an agriculture related job (Dairies, fields, ranch, among others).





## Pueblo of Isleta Public Library

We hope you had wonderful Christmas break and enjoyed family time. Welcome to 2019! New Year, New Programs! We are excited to start planning programs for the New Year. The Pueblo of Isleta Public Library services and programs are FREE and open to the public. Visit our Website, Facebook, and Snapchat for upcoming programs.

Library website:

[www.isletapueblo.com/whats-new.html](http://www.isletapueblo.com/whats-new.html)

Facebook:

[www.facebook.com/IsletaPuebloLibrary](https://www.facebook.com/IsletaPuebloLibrary)

Snapchat: poipublib



### News

**EBooks!** The library has been working diligently to provide eBooks for our patrons and we are excited to share another service added for our patrons. Every library patron now has access to Overdrive. Overdrive is a free service offered to you by the Pueblo of Isleta Public Library that lets you borrow eBooks and audiobooks anytime, anywhere. You will need your library card number and pin to log on Overdrive. We will be having trainings on how to use Overdrive in the near future. If you have any questions about our services, please give us a call at 505-869-9808.

### Library Closures:

The library will be closed on January 1st in observance of New Year's Day. The library staff would like to wish you good health, happiness and new accomplishments for 2019.

We will be closed from 8am-12pm on Friday, January 4th for our monthly staff meeting. With the New Year upon us, we will be planning programs for Adults, Teens and Children. We will also be reviewing the 2018 year programming and services to see where we can improve.

Our Summer Reading Program Planning meeting will be taking place on January 17th & 18th from 8am-12pm each day, therefore we will be closed during that time. Once our planning meeting has concluded we will resume regular business hours. Our Junior and Youth group curriculums will be developed and turned into a 6-week program during the summer. We will be addressing concerns and recommendations that our participants have shared with us. Please give us a call at 505-869-9808 and a library staff member will be happy to answer any questions or concerns you may have about our Summer Reading Program.

The library will be closed on Monday, January 21st in observance of Martin Luther King Jr. Day. All library media checked out on Thursday, January 16th and Friday, January 17th will have a due date of Tuesday, January 22.

With the weather quickly changing and New Mexico's unpredictable weather patterns, please keep in mind that unexpected closures may occur. Notices will be posted throughout the library and up to the minute notices will be posted on the Pueblo of Isleta Public Library's Facebook page and Snapchat.

Have you returned your library books? If you have had library material out more than a calendar year a fine will be applied to your library account. This was incorporated with our new library automation system back in April of 2018. If you have library items at home, please bring them back in good condition and there will be no fines applied to your account. There are four ways to check your library account:

- Visit our online library catalog at <https://isletapueblo.booksys.net/opac/pipl/index.html> and log on with your library card and pin number.
- Download our FREE Librista app (Found in the Google Play store and App Store) on your mobile device and log on with your library card number and pin.
- Visit the library and speak with someone at the front desk.
- Give us a call at 505-869-9808.

You need a pin number to access your library account online. Speak with a library staff member about setting up a password or password reset. For more information give us a call at 505-869-9808.

### Upcoming

We would like to thank the Pueblo of Isleta Human Resources for giving us the opportunity to share two presentations to our fellow POI colleagues.

*We would like to invite all POI departments to both our presentations. Presentations will take place at the Tribal Service Complex Wellness Center.*

January 10th 1-2pm: How the Pueblo of Isleta Public Library can benefit you and your department

January 17th 1-2pm: Program Planning

We look forward to hearing about your experiences with programming in the community and address any questions you may have.

**Calling all Halo Gamers!** The library will be hosting a Halo Computer Game Tournament on January 5, 2019. Practice will begin at 9:30am with the tournament starting at 10am. The tournament will conclude at 12pm. Prizes will be given to the top 3: 1st - \$20 Gift Card to GameStop, 2nd - \$15 Gift Card to Cold Stone Creamery, 3rd - Gift Card to Subway. This is open to ages 7 years to Adult with 16 spaces available. Sign ups started December 12th, but please give us a call to sign up and get your name on the waiting list. For more information give Kyle a call at the library 505-869-9808 or by email: [poi02007@isletapueblo.com](mailto:poi02007@isletapueblo.com).

Did you receive new technology for Christmas and have no idea how to work it? Book a Librarian service is available to you for free! If you are having difficulties navigating around your newly attained technology, we are here to assist you. We can help you with resumes, invitations, and much more. Please give the library a call at 505-869-9808 in advance to set up a day and time that works for you. Calling in advance gives us time to prepare for your needs and better assist you.

### Recap

We hosted a two-day College Night on November 27th and December 4th showcasing our services to College Students. All students in attendance had exclusive access to all our services including free printing, copying, Wi-Fi, conference room and food! The library provided pizza, soda, and coffee the first night and the second night everyone received sandwiches, chips and a drink. We hope these events helped with study times and assisted with productivity. We will continue providing events like this to give College Students a safe place to study. If you would like to give advice for future College events please let us know! We are open to new ideas and trends within the College community.

We would like to thank everyone who attended our Christmas Movie Night on December 6th. We featured the film *Home Alone*, a Christmas classic. The library gave out free popcorn and concession was provided by the Isleta Scouts Pack #1572.

Library staff members Diane, Cheyenne and Rebekah attended the Reaching for a Star Event at the Isleta Recreation Center on December 12th. The library staff created a card-making station where visitors of the event assembled precut Christmas trees and cards. We would like to give a shout out to the Isleta Police Department for putting on a great family event!

Library staff member Ashley hosted a Merry Dogmas program on December 13th for 7 patrons 16 years and older. Participants made their own dog biscuits using oats, beef or chicken broth, an egg and salt. They chose from a variety of cookie cutters such as Christmas shapes, hearts and more. Ashley also showed participants how to make a dog toy made out of a nylon cord. They learned how to braid it together to make a long lasting chew toy. We hope your dog enjoyed their dog biscuits and new chew toy.



*A participant braiding a dog chew toy out of nylon rope during our Merry Dogmas program.*





Merry Dogmas participants making their dog biscuits to take home.



Winter Wonderland participants painting their winter skies.



Hot chocolate and cookies were served during our Winter Wonderland paint night.



Rolling out her dog biscuit dough to cut out and bake during our Merry Dogmas program.



Winter Wonderland paint night participant showing off her painting skills.



Christmas Movie night goes posing with Home Alone movie props the "Sticky Bandits".

Winter Wonderland Paint Night took place on December 18th. Library staff member Cheyenne led this program showing 8 participants how to paint a "Winter Wonderland" scene. Everyone enjoyed hot chocolate and cookies along with good conversation. Participants enjoyed the night out releasing some holiday stress. Keep a look out for more themed paint nights at the library.



A couple showing off their finished Winter Wonderland scene during our paint night.

# HALO TOURNAMENT

## REGISTRATION

Sign ups will start on December 12, 2018

The are only 16 spots available for the tournament

## WINNERS

1st Place: \$20 Gift card to Gamestop

2nd Place: \$15 Gift card to Coldstone

3rd Place: \$15 Gift card to Subway

## DATE/TIME

January 5, 2019

Practice is at 9:30 A.M.

Start time: 10:00 A.M.

End Time: 12:00 P.M.

## AGE LIMIT

7 years old to Adult

## LOCATION

Pueblo of Isleta Library

## RULES

It will be a Free For All Tournament

The Maps are Blood Gulch, Hang Em High, Battle Creek.

the score limit will be 25 kills

Each rounds time limit is 20 minutes



For additional information call Kyle at 869-9808 or email [poi02007@isletapueblo.com](mailto:poi02007@isletapueblo.com)



ISLETA PARKS & RECREATION



During the Holidays we were very happy to host the annual events for this time of year. We had a very special visit from Mr. & Mrs. Claus for the families involved in Reaching for a Star. There were a total of 200 children from the community who were a part of the event this year. The children were excited to receive their gifts and have dinner in the presence of the Clauses. We hope that all the families that attended enjoyed the event and had fun.



Luminaries lit up the Recreation Center on Friday, December 14th, for the Annual Light the Path Memorial Walk. We were happy to see our community members come out to have dinner in the gymnasium. During the dinner the department showed a heartfelt slide show in remembrance of those who we have lost.

POOL NEWS:

I am happy to announce that we are now in Phase Two of the Aquatics Area remodel. The wet sauna has been completely demolished meaning we are one step closer to opening this area. Phase Three of the remodel will consist of resurfacing the Wading Pool along with the Jacuzzi. We will continue to keep you updated as we strive to meet the goal of reopening the swimming pool!

We invite you all to stop by the Rec and meet with one of our certified Fitness Instructors to help you obtain any of your New Year’s goals that you may be setting. With that being said, we hope everyone had a wonderful holiday!

!!BASKETBALL NEWS!!



Our Isleta Eagles basketball season is well underway! We are very proud to announce that the Pueblo of Isleta has accepted the invitation to participate in the **Striking Eagle Native American Invitational!** Only four (4) Elementary Schools were chosen to participate in this tournament and we feel so lucky to have been selected. This event will be hosted at the University of New Mexico Johnson Gym. I would like to thank Brianna Roybal Tower and John Matt Jojola for giving their time and commitment this season to help coach our teams. We hope to see you at our basketball games!

ISLETA BASKETBALL  
2018 - 2019 SCHEDULE

Date	Game	Time
Saturday Dec 8, 2018	Isleta @ San Felipe	9:00 A.M.
SENAI Invitational	UNM Johnson Gym	8:00 A.M.
Saturday Jan 5, 2019	Isleta @ Zia	10:00 A.M.
Saturday Jan 12, 2019	San Felipe @ Isleta	9:00 A.M.
Friday Feb 8, 2019	Isleta @ Laguna	5:00 P.M.
Saturday Feb 9, 2019	Zia @ Isleta	10:00 A.M.
Saturday Feb 16, 2019	Isleta @ Jemez	10:00 A.M.
Thursday-Saturday Feb 21st, 22nd ,23rd , 2019	Eagle Classic @ Jemez	TBA
Saturday Mar 2,2019	Laguna @ Isleta	10:00 A.M.
Thursday-Saturday March 7th ,8th ,9th ,2019	S.P.A. Finals	TBA



Isleta Cross Country had their end of the year banquet at Main Event on Saturday, December 22nd. Good job to all our runners who participated. A very special thank you to Phillip Abeita and Katie Abeita for their time and dedication in coaching this year’s Isleta Cross Country team. We were very fortunate this year and were able to purchase the team new uniforms. We hope all the kids enjoyed representing the Pueblo of Isleta!



Isleta Behavioral Health Services:  
Prevention Program



Isleta

CULTURAL ARTS

Program

8-WEEK PROGRAM | ISLETA BEHAVIORAL HEALTH

STARTING: JANUARY 2019 | DAY & TIME: TBD

*In collaboration with POI Community members, knowledgeable in certain craft areas, youth participants will be provided Cultural Arts activities to gain skills, confidence and a sense of cultural identity.*

AGES: 10–17 YEAR OLDS  
SEWING | MOCCASIN  
BEADING

*\*Sign-ups for 6 youth per group, on a first come first served basis\**

FOR MORE INFORMATION CONTACT IBHS: 505.869.5475





CHANGE YOUR  
FUTURE

EARN  
YOUR  
GED

The Isleta Department of Education  
Adult Education Program can help!

The program can assist with the following services:

- Placement in GED classes
- Basic school supplies
- Resources for adult learners
- One-on-one tutoring
- Pretesting and testing services
- Transport service to classes and exams (limited services)

Upon completion of the GED program, these services are available:

- Employability skills
- Transition into the workforce
- Higher education

For more information contact:  
Lisa Smith, Adult Education Coordinator  
Phone: (505)869-9790, Email: poi02001@isletapueblo.com



POISON PREVENTION

Stephanie Barela, Health Educator  
www.poisonhelp.hrsa.gov  
869-4479 □ sbarela@islclinic.net



The NM Poison Center’s Health Educator, Jacqueline Kakos, visited the 5th grade students at Isleta Elementary School on November 16th to teach them important tips regarding Poison Prevention. The students learned it is always important to play it safe by keeping poisonous chemicals and household items out of sight and out of reach. Making your home safe is critical to avoiding poisoning because according to www.poisonhelp.hrsa.gov more than 90 percent of poisonings occur in the home.

- Never mix household or chemical products together. Doing so can create a dangerous gas.
- Never share prescription medicines. If you are taking more than one drug at a time, check with your health care provider, pharmacist, or call the toll-free Poison Help line 1-800-222-1222 which connects you to your local poison center, to find out more about possible drug interactions.
- Keep all chemicals, household cleaners, medicines, and potentially poisonous substances in locked cabinets or out of the reach of children.

Optometry Services



Optometry Services being offered to Patients:

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

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

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

THANK YOU  
-Isleta Health Center Optometry Department



## Birth Defects Prevention Awareness Month

Lisa Kave Cherino, Isleta Behavioral Health Services

This month is about raising awareness of the danger of using drugs, and alcohol when one is pregnant. Did you know that abusing drugs and alcohol can have negative effects on the unborn baby during pregnancy? About 20% of pregnant women smoke cigarettes, 12% drink alcohol and 6% use an illicit drug at least once during pregnancy. If you are already pregnant, then you should refrain from using drugs or alcohol (Information obtained from NCADD-<https://www.ncadd.org/blogs/in-the-news/alcohol-drug-related-birth-defects>).

Alcohol use during pregnancy is the leading cause of mental retardation in children. Much of the damage from alcohol is done before the mother is even aware of her pregnancy. No one knows exactly how much alcohol can harm your baby. It's safest to not use any. Babies don't metabolize alcohol as well as adults do, so the alcohol a pregnant woman drinks has a greater effect on her baby than on her. Birth defects are abnormalities of body structure or function that are present at birth. Fetal Alcohol Syndrome

(FAS) consists of the combination of reduced growth, unusual facial features, behavioral problems that occur in an individual as a result of the mother drinking alcohol during her pregnancy. Fetal Alcohol Effects (FAE) is the terminology used to describe abnormalities that are less severe than those in FAS or that are present in an individual whose mother abused alcohol but does not have all of the features of FAS (Information obtained from “Facts on Fetal Alcohol Syndrome and Other Alcohol-Related Birth Defects”). Alcohol-related birth defects are 100% preventable if a pregnant woman does not drink alcohol.

For more information on prevention program, including treatment for women please call Milagro Program-Perinatal Substance Abuse Prevention and Treatment of the University of New Mexico-Department of Obstetrics/Gynecology in Albuquerque at (505) 272-6906.

*“We are here to serve you...Isleta Health Center”*

## Disposing Used Sharps & Needles

Stephanie Barela, Health Educator

505-869-4479 | sbarela@islclinic.net



Sharps are hazardous instruments like needles, syringes, and lancets. It is important to throw away your sharps safely to help prevent injury or illness. If improperly discarded, they can cause injury to family members or to the people who pick up your trash. They can also be re-used by others, which can spread disease.

**Q: Where should I properly throw away my used sharps?**

**A:** After securing sharps in one of the recommended containers listed below, you may **throw the container in the trash or take them to a drop off location listed here.** →

It is recommended to use an FDA approved sharps container. If you cannot obtain one, then using this alternative method is acceptable.

**We are sorry, but the Isleta Health Center does not accept used sharps or needles.**

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

Los Lunas Public Health Office  
445 Camino del Rey SW, Suite A  
Los Lunas, NM 87031 (505)222-0960

## Collection Hours:

1st Friday of each month from  
1:00pm to 4:00pm

## How do I throw away my sharps?

**LABEL CONTAINERS:**



- Store sharps in a closed container with a cap.
- Do not place loose needles in the trash.
- Dispose sharps with needle facing down.
- Discard containers more than half full.

"Never leave needles or syringes on streets, in parks, or anywhere else where they could injure someone."

- [www.safeneedledisposal.org](http://www.safeneedledisposal.org)

**Please follow these safe disposal guidelines:**

**DO USE** a puncture-proof, hard plastic container with a narrow screw-on lid, such as:

- ◆ Detergent bottle
- ◆ Fabric softener bottle
- ◆ Bleach bottle

DO NOT USE:

- ◆ Aluminum soda cans
- ◆ Glass containers
- ◆ Coffee cans
- ◆ Thin plastic containers

**DO NOT** clip or break your needles; this may cause injury.

**Tape all lids** with duct or masking tape before placing container in the garbage.

Put a small pinhole in the container to allow air to flow through.

**DO NOT USE THESE TYPES  
OF CONTAINERS:**



For more information or a copy of the Solid Waste Bureau Guidance on Disposal of Medical Sharps Generated in Private Homes, contact:

NM Environment Department, Solid Waste Bureau  
P.O. Box 26110  
Santa Fe, NM 87502-6110  
Phone: 505-827-2924

or contact: New Mexico Department of Public Health  
@ 505-827-2613

or visit: [www.safeneedledisposal.org](http://www.safeneedledisposal.org)





**COME JOIN OUR PROGRAM!**  
APPLY NOW @ 02 SAGEBRUSH STREET ISLETA, NM 87022  
CALL (505) 869-9796 TO SET UP AN APPOINTMENT

# ISLETA HEAD START & EARLY HEAD START

**Head Start: 3-5 years old  
Early Head Start: Prenatal-3 years old  
(Home Based & Center Based Option)**

**You will need to bring ALL of the following:**

- Proof of Child's Tribal Identification/CIB (If residence is out of Isleta Reservation)
- Proof of Residency
- Proof of Income from previous 12 Months
- Proof of Child's birth or Proof of pregnancy
- Proof of Permanent Employment or School Schedule for Early Head Start Center Based ONLY

‘Tis the Season’ to take care of your teeth!



During the holiday time of year, it’s easy to get caught up in celebrating and let our routines slip. Keep these dental care tips in mind to end the holidays with the healthy smile you started them with.

1. Stick with your oral hygiene routine, it’s especially important during the treat-heavy holidays
2. Schedule a post-holiday checkup and cleaning to be sure you’re starting the new year clean and cavity-free
3. Protect your teeth during winter sports with a mouth-guard and avoid opening packages with your teeth to prevent chips or breaks
4. Be sure to drink more water, particularly after meals or sugary snacks
5. Speaking of snacks, opt for fresh fruits or other healthy treats whenever possible

For many still in school or college, the holiday season is the start of Winter break. This is an excellent time to schedule any necessary dental work such as wisdom teeth extractions or taking care of cavities. Schedule your child today and send them back to school with a healthy smile. The holidays are a joyful, special time to enjoy with friends and family, and following these tips will help you share a beautiful, healthy smile with loved ones into the New Year.

Some people have been concerned with the long wait to get an appointment. We take walk-ins everyday if you have a tooth ache, and can schedule you as soon as next week for an exam. Give us a call at 505-869-4499.

-Happy New Year from Isleta Dental Clinic staff.

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

New Year and  
New Opportunities!

WIC News

1.Smart Shopping

- Choose store brands
- Plan trips to the store throughout the month if possible
- If you have any problems with foods at the store please call to let us know
- Please separate your WIC foods and other items to help avoid issues at the register
- If issues arise please try the following: try a different register, a different store on our list, ask for a manager, and please ask for a copy of the receipt to help us solve the problem

2.Smart WIC Appointments

- If you or a family member is sick please be aware that we have vulnerable infants and pregnant women in our office every day
- Make sure your contact information is current so you can get appointment reminders and be reached in case of a last minute office closure
- Remember we are here to help you so please call us with any questions or concerns

Small Changes Really Add Up!

- Choose less sugary drinks and more water
- Eat more fresh foods and less packaged foods
- Plan meals and snacks to help everyone in the house choose healthier options
- Plan a few weekly activities for the family that get you moving
- Start with smaller portions on your plate
- Increase fruits and vegetables
- Choose whole grains over refined white flour

Research shows that working on one or two areas at a time, versus completely overhauling our diets, increases our chances of success so start small.



JOHNSON O'MALLEY (J.O.M.)

Happy New Year from the JOM staff! JOM ended the year with our Family Literacy night on December, 13th. We had over seventy-five students come in and receive five free books as well as create a family wreath, ornament and other fun arts and crafts. We also had a drawing for five families to receive a dozen tamales from our Department of Education. The winners were: Crystal Valdez, Zoey Abeita, Andrea Romero, Gloria Natonabah, and Mike Lucero. Congratulations, and we hope you enjoyed your tamales.

With the New Year comes the second half of the 2018-19 school year for students in school. We would like to remind high school students whom are seeking reimbursement for lab fees or the purchasing of Pre-AP/AP material that you need to have your original receipt, have a W-9 on file with JOM, and must complete the reimbursement form. The deadline for reimbursements is **April 1, 2019**.

If your child needs additional school supplies please contact our office at 505-869-9810 to schedule a time for you or your

child to come in to pick up supplies. Also, if your child has not received their calculator for either middle school or high school you may call our office to request a form for your students' math teacher to fill out to receive your calculator. Remember that calculators are a one-time distribution for middle and high school student.

The JOM IEC is now accepting nominations for a vacancy on their board. If you are interested please contact our office. Elections will be held at our next Family night in February.

Thank you all for a fabulous year!



**HAPPY NEW YEAR**

# The Cigarette Butt Cycle

by A Greener Future

they don't just go away

When you toss your butts they contaminate our local water system

"4.5 Trillion butts are littered each year"

They end up in our lakes and rivers where fish can mistake them for food

Over time these toxins affect human health

If the fish survive the toxins can build up in the fish's body

"1 butt per litre of water can KILL the fish in a stream"

Think twice before tossing your butt on the ground

powered by **Piktochart** make information beautiful

Quick Facts:

- **Cigarette butts** are toxic to our ocean animals and to us.
- **Cigarette filters** are made of cellulose-acetate, which is not biodegradable.
- According to San Diego State University Public Health Professor Tom Novotny, "Even one butt in a liter of water can kill the fish in a period of 96 hours."
- Ocean animals like crabs and salmon can then filter toxins into their systems and transmit the toxins to humans when the animals are eaten.
- Over time these toxins can affect human health.


It is time to stop the "Butt Cycle." There needs to be a shift in individual and collective thinking to classify cigarette butts as toxic waste and they should be disposed of in a way that does not hurt our environment.

Article by Tammi Meissner, POW and Wrangell Health Educator and Tobacco Policy



Pueblo of Isleta WIC Program  
505869-2662

January 2019



### January is National Birth Defects Prevention Month

Did you know:

- Birth defects affect 1 in 33 babies every year and cause 1 in 5 infant deaths
- Often there is no family history
- Not all birth defects are detected right away, they are often diagnosed after babies leave the hospital
- Birth defects affect families and our communities in many different ways. In addition to added stress and worry, the financial cost to families (hospital bills, lost work time, etc.) can be devastating. In the U.S. costs associated with birth defects are over \$2.5 billion a year
- Folic acid can prevent many birth defects and should be part of a healthy diet. Foods naturally high in folic acid include: dark leafy greens, asparagus, broccoli, citrus fruits, beans/peas/lentils, seeds and nuts. Other foods like commercially prepared breads and breakfast cereals have folic acid added to them. Check the label to see how much folic acid is in each serving.
- Since over half of pregnancies are unplanned it's important for women to get enough folic acid starting in their teen years. Talk to your health care provider about your folic acid intake and taking a supplement.

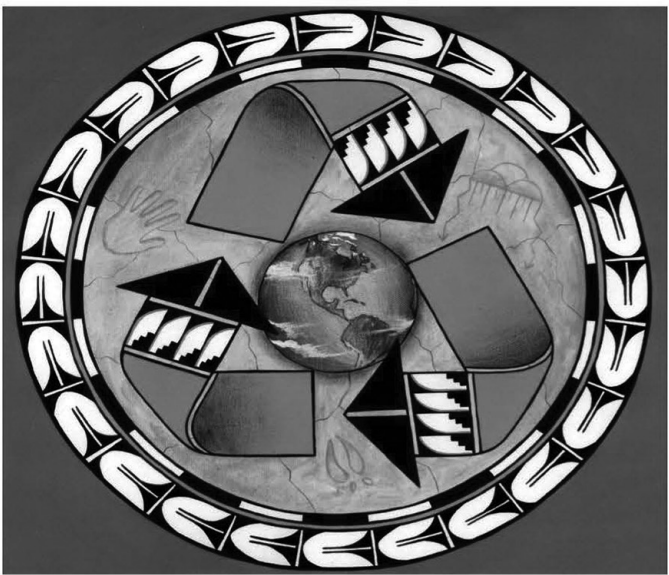
While not every birth defect can be prevented women can increase their chances of having a healthy pregnancy by

- Taking a vitamin with 400 micrograms (mcg) of folic acid every day
- Avoiding alcohol, tobacco and street drugs
- Washing hands often with soap and water to prevent infections
- See a health care provider regularly
- Talk to your health care provider about any medical problems or medications that you take (both prescription and over the counter)
- Ask about potentially harmful substances at work or at home that you should avoid
- Eat a healthy diet
- Avoid unpasteurized (raw) milk, cheeses and heat up deli meats to lessen your risk of food borne illness
- Avoid eating raw or undercooked meat

We can help!

The Pueblo of Isleta WIC office is here to help you have a healthy pregnancy. We can discuss your eating habits, any concerns about your diet or pregnancy, and give you a package of food that is high in the nutrients that pregnant women need most. Call us at 505 869-2662 for more information.

## RECYCLE BINS ARE HERE!




### RECYCLE ROUTE EXPANDING TO WEDNESDAY'S TRASH ROUTE

Beginning January 3, 2019 the Solid Waste Program will expand our curbside recycle services to Wednesday's Trash Route.

Your participation is appreciated. Let's all do our part and protect our Mother Earth. Call the Public Services Department to schedule the delivery of your recycle bin at (505) 869-9782 or (505) 869-4106.

## REDUCE REUSE RECYCLE



### SPECIAL THANKS TO THE NEW MEXICO ENVIRONMENT DEPARTMENT (NMED) FOR PROVIDING THE FUNDING TO PURCHASE THE RECYCLE BINS!

HEALTH BEAT: Hepatitis A

Stephanie Barela, Health Educator  
Phone: 505-869-4479 | sbarela@isclclinic.net  
www.mayoclinic.org www.usnews.com

This Fall there has been a Hepatitis A outbreak in the Albuquerque area, according to the NM Department of Health (DOH). Since October, they have confirmed 4 acute infections in adults, primarily involving people who are homeless or injecting drugs. This is a highly contagious liver infection that results from infection with the Hepatitis A virus. This virus is one of several types of hepatitis viruses that cause inflammation and affect your liver's ability to function. This can range from a mild illness that only lasts a few weeks, to a severe illness that can last several months. People are most likely to get this disease from contaminated food or water, or close contact with a person or object that is infected. It spreads by contact with objects, food or drinks contaminated by the feces or stool of an infected person. Mild cases of Hepatitis A don't require treatment and most people recover without any permanent liver damage. One of the best ways to protect against this disease is to make sure you wash your hands often and practice good hygiene. There is a vaccine also available for people most at risk.

Unfortunately signs and symptoms of Hepatitis A don't appear until you have had the virus for a few weeks and some people don't develop any of these. If you do, hepatitis signs and symptoms can include:

- Fatigue
- Sudden nausea and vomiting
- Abdominal pain or discomfort, especially on the upper right side beneath your lower ribs (by your liver)
- Clay-colored bowel movements
- Loss of appetite
- Low-grade fever
- Dark urine
- Joint pain
- Yellowing of the skin and the whites of your eyes (jaundice)
- Intense itching

You should see a doctor if you have signs or symptoms of Hepatitis A, because getting a Hep A vaccine or an injection of an antibody within 2 weeks of exposure may protect you from infection. You may want to talk with your doctor about getting the vaccine if you have traveled out of the country recently (specifically Mexico or South or Central American or to areas with poor sanitation); if you have eaten at a restaurant with recent Hep A outbreak; if someone close to you (roommate/family member) is diagnosed with Hep A or if you had sexual contact with someone with Hep A.

### Isleta Pueblo News



**Editor:**  
Nathaniel Lujan

**Asst. Editor:**  
Tara Abeita

**Published By:**  
Valencia Express



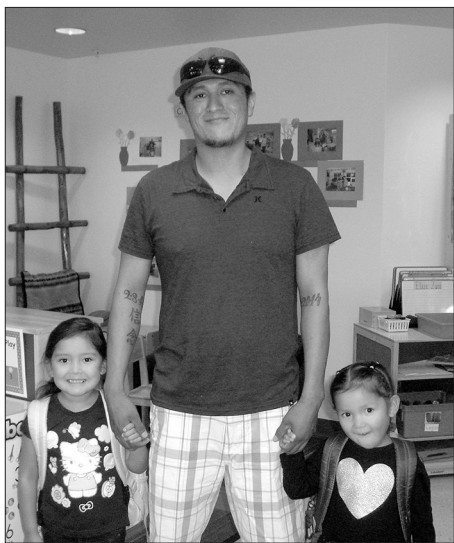
## ELDERS CENTER

### Happy Holidays from the Isleta Elder Center!

As we look back on our year, our hearts are filled with joy from being able to serve the elders of our community. On Sunday December 16 we hosted our annual Christmas Luncheon at the Isleta Resort & Casino. Our Christmas event is always such a joy to host. We get to see family members share a meal, converse & dance! This year's event was a tremendous success and we would like to thank the Isleta Resort & Casino for all their contributions to our event. The nice gloves/beanies & blankets those in attendance received were gifts from the casino. Thank you Isleta Casino & Resort! We would also like to thank Ron Martinez - Looking-Elk for being a wonderful MC! He had the crowd laughing and enjoying themselves. He also reached out to local artists for wonderful gift basket donations for raffle prizes. Thank you Ron! Look for an update on our Christmas event with photos in next month's article.  
*The Elder Center Staff would like to wish you and your families a Prosperous New Year!*

### Tu-shud you will be greatly missed

Sosten Wayne Lucero (Tu-Shud), joined his beloved late Grandfather Tata Clovis Lucero and his other family members and friends who have gone to heaven. Born on December 29, 1991, to the proud parents of Sosten P. Lucero & Theresa T. Lucero. He is survived by his two little girls, his mother, his father, his grandmothers, and his sisters, little brother, lots of aunts, uncles, cousins and many friends. His beliefs for our traditional way of life here in Isleta influenced him to have the utmost respect for his community and his family, to which he always proudly acknowledged that he was a member of the Pueblo. He cherished his two daughters, Bridgette and Adeline, as they were his greatest pride and joy. The Lucero & Trujillo families would like to thank all those who provided comfort, support, and prayers during this heart-rending and difficult time, may our Creator continue to bless you and your families. *Until we meet again Tu-shud, you will be forever in our hearts and prayers!*



#### Sosten Wayne Lucero

A Father's Touch,  
A Daddy's kiss,  
Grieving daughters,  
An empty house, an empty chair,  
A father's love, no longer there,  
Broken hearts, tear filled eyes,  
Another soul to fill the sky,  
The times we shared, the laughs we had,  
or the words "I Love You",  
are the Things we miss when we think of you Dad.  
Missing your laugh, we will never again hear,  
That is the reality that fills us with so much fear,  
No more smile on your face, no more warmth of  
your embrace,  
The last hug, the last kiss, the last goodbye  
Leaves us with one last wish....  
To have you Dad, here today,  
Never to leave your daughters this way,  
A Father's touch,  
A Daddy's kiss  
Grieving daughters,

Poem by Amy Richards



Isleta Elder Center



### Apply Today

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

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

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

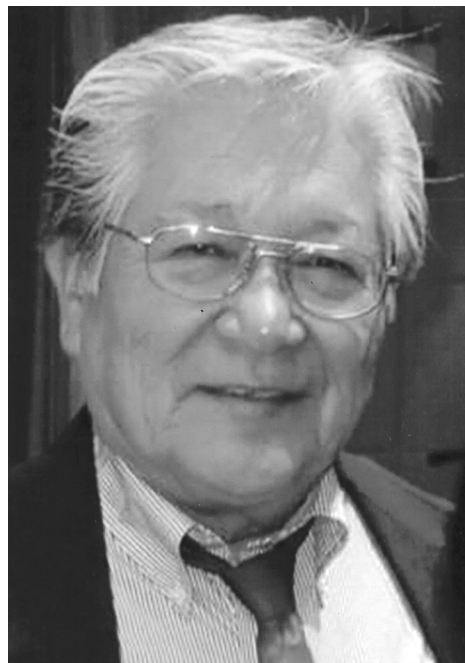
For Elders 60+ years of age, please call or visit:  
Pauline Lucero, Benefits & Billing Manager  
Monday thru Friday 8 a.m. to 4:30 p.m.  
505-869-9770 ext. 9339

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



### Joseph Edward Jaramillo

Our beloved brother, uncle and grandfather surrendered to our Creator unexpectedly in late November, 2018. The family felt like a bad storm or hurricane hit without any warning. We know that Joseph is with our heavenly Father and all the relatives and friends, especially with his daughter Marcy, who have passed before us. Joseph will be remembered for his smile, jokes, and warm spirit.







Joe received his bachelor's degree from Northeastern State College in Tahlequah, OK. He was a teacher for the Dallas and Denver Public Schools. He met and married his daughter's mother, the late Marylou Jaramillo. When they moved to Albuquerque in the late 70's Joe was employed by the BIA and Southwestern Indian Polytechnical Institute where he taught Drafting and advanced himself to become the Dean of Students services. After he retired he became the proud owner and manager of Native Naturals as well as being an agricultural specialist. Joseph taught the youth the techniques of growing and harvesting vegetables as well as Indian tobacco using a greenhouse. Food shows where he introduced his products took him around the world to places in Japan, China, Argentina and Germany.

The Jaramillo family expresses their sincere appreciation to the community, relatives and friends for all their acts of kindness with prayers and support. We will miss Joseph to the "moon" and always remember him as "Out standing in his field". We thank our Creator for the life of Joseph. May God continue to bless everyone with joy and good health. Ha-wu; Kher-kem.



Menu  
Isleta Elder Center













	1/1/2019	1/2/2019	1/3/2019	1/4/2019
	  CENTER CLOSED	<b>Cheese Quesadilla</b> Cheddar cheese 2 oz Stewed tomato 1/2 c Lima beans 1/2 c WW tortilla 6" Sliced cucumber 1 c Fruit cup 1/2 c	<b>Baked Chicken</b> Chicken 3 oz Winter vegetable 1/2 c Mashed potato 1/2 c Stuffing 1 c Fruit cup 1/2 c	<b>Meatball Sub</b> Meatballs 2.5 oz Mozarella cheese .5 oz Marinara sauce 1/2 c Green beans 1/2 c WW bun = 56 g Fresh fruit
1/7/2019	1/8/2019	1/9/2019	1/10/2019	1/11/2019
<b>Soft Beef Taco</b> Ground beef 2 oz, cheddar 1 oz Lettuce/tomato 1/8 c Pinto beans 1 c Tortilla 6" Fruit cup = 1/2 c	<b>Chicken Adovada</b> Chicken 3 oz Red chile puree 1/4 c Brussels sprouts 1/2 c Spanish rice 1/2 c Fresh fruit	<b>QUARTERLY KITCHEN TRAINING</b>  NO MEALS SERVED	<b>Turkey Croissant</b> Shaved turkey 2 oz Sliced cheese 1 oz Croissant = 2 oz Three bean salad 1 c Fruit cup 1/2 c	<b>Sloppy Joe</b> Ground turkey 3 oz Sloppy joe mix 1/2 c Wheat bun = 56 g Baked beans 1/2 c Fruit cup 1/2 c
1/14/2019	1/15/2019	1/16/2019	1/17/2019	1/18/2019
<b>Rice Stew w/Beef</b> Ground beef 3 oz Rice 1/2 c Mixed vegetable 1 c WW crackers = 24 g Fresh fruit	<b>Mac and Cheese</b> Cheddar cheese 2 oz Diced tomato 1/2 c Mixed veggie 1/2 c WW pasta 1/2 c Garlic breadstick 1 ea Cottage cheese/fruit 1/2 c	<b>Red Chile Stew w/Potato</b> Cubed pork 3 oz Potato 1/2 c Steamed carrot 1/2 c WW bread = 24 g Sopa w/raisin = 2 grain eq	<b>Tuna Salad Sandwich</b> Tuna salad 3 oz WW bread = 56 g Golden mandarine/beets 1 c Sliced cucumber 1 c	<b>Bean and Cheese Burrito</b> Pinto beans 1 c (M/MA) Shred cheddar 1 oz WW tortilla 8" California vegetable 1 c Fresh fruit
1/21/2019	1/22/2019	1/23/2019	1/24/2019	1/25/2019
	<b>Breaded Chicken Sandwich</b> Breaded chicken patty 4 oz WW bun = 56 g Capri vegetable 1/2 c Potato salad 1/2 c Fresh fruit	<b>Shepard's Pie w/Red Chile</b> Ground beef 3 oz Mixed vegetable 1/2 c Mashed Potato 1/2 c Red chile 1/4 c Biscuit = 56 g Fruit cup 1/2 c 	<b>Beans w/Green Chile and Pork</b> Pork 3 oz Pinto beans 1/2 c Green chile 1/2 c Tortilla 8" SF banana pudding 1/2 c  EARLY LUNCH	<b>Breakfast for Lunch</b> Scrambled egg w/potato and ham OR bacon OR sausage Red chile 1/4 c Tortilla 6" Breakfast pastry = 26 g Fruit cup = 1/2 c 
1/28/2019	1/29/2019	1/30/2019	1/31/2019	
<b>Chicken Fajitas</b> Chicken 3 oz Fajita veggies 1/2 c Country veggies 1/2 c WW tortilla 6" Fresh fruit	<b>Ham and Broccoli Casserole</b> Ham 3 oz Rice 1/2 c Broccoli 1 c Cream of mushroom soup 1/8 c WW crackers = 24 g Fruit cup 1/2 c	<b>Indian Taco</b> Red chile beans 1 c Lettuce/tomato 1/2 c Fry bread = 2 grain eq Berry cobbler = 1/2 c fruit and 1 grain eq	<b>Meatloaf</b> Ground beef 3 oz Mashed potato 1/2 c Chateau veggies 1/2 c Brown gravy 1 oz WW roll = 56 g Fruit cup 1/2 c	

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

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


January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1/1/2019	1/2/2019	1/3/2019	1/4/2019
	  Closed	<b>Open Activities Room</b> 9:00AM - 3:30PM	<b>Open Activities Room</b> 9:00AM - 3:30PM	<b>Open Activities Room</b> 9:00AM - 3:30PM
1/7/2019	1/8/2019	1/9/2019	1/10/2019	1/11/2019
<b>Open Activities Room</b> 9:00AM - 3:30PM	 Commodities Distribution #1 8:30AM - 3:30PM	<b>Open Activities Room</b> 9:00AM - 3:30PM	<b>Mass</b> Activities Room - 11:30AM 	<b>Open Activities Room</b> 9:00AM - 3:30PM
1/14/2019	1/15/2019	1/16/2019	1/17/2019	1/18/2019
<b>Open Activities Room</b> 9:00AM - 3:30PM	<b>Manzano Mesa Shuffleboard &amp; Lunch</b> 10:30AM - 4:00PM 	<b>Friendship Breakfast:</b> Dining Room - 9:00AM  <b>General Meeting:</b> Activities Room - 10:00AM		<b>Afternoon Movie &amp; Snacks</b> Activities Room - 1:00PM
1/21/2019	1/22/2019	1/23/2019	1/24/2019	1/25/2018
  Closed	<b>Shuffleboard</b> 9:00 - 4:30 Activities Room 		<b>Staff Meeting</b> 12:00PM  Early Lunch 11:00AM	<b>January Birthday Celebration</b> Dining Room - 12:00PM
1/28/2019	1/29/2019	1/30/2019	1/31/2019	
<b>Open Activities Room</b> 9:00AM - 3:30PM	<b>Shuffleboard</b> 9:00 - 4:30 Activities Room 	<b>Afternoon Bingo</b> 1:00PM Activitiess Room 	<b>New Mexico Indian Council on Aging</b> Quarterly Meeting Location: TBD  Commodities Distribution #2 8:30AM - 3:30PM	




JANUARY 2019						
Questions? Call 869-3200						
ISLETA HEALTH CENTER						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	DPP = Diabetes Prevention Programs - 869-4595 BHS = Behavioral Health Services - 869-5475	1 Health Center Closed Happy New Year 2019	2 Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life skills 4:30-6:30pm @BHS	3 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Circle of Security Parenting Grp: 2-4pm @BHS.	4 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS	5
6	7 Podiatry Clinic: 12:30-4:30 pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Alcoholics Anonymous: 11am--12pm @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth -ICAP 4:30-6:30pm @BHS.	8 Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS POI Cancer Support Group: 10:30-noon @ Training Center Pueblo Men Rising: 2-3:30p @ BHS. Youth -Power Skills 4:30-6:30 @BHS	9 Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life skills 4:30-6:30pm @BHS	10 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Circle of Security Parenting Grp: 2-4pm @BHS.	11 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS	12
13	14 Podiatry Clinic: 8:00-4:30 pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Alcoholics Anonymous: 11am--12pm @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth -ICAP 4:30-6:30pm @BHS.	15 Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth -Power Skills 4:30-6:30 @BHS Acu-Detox: - 1-2pm @BHS	16 Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life skills 4:30-6:30pm @BHS Community Healthy Cooking: 5-7pm @Health Center Kitchen	17 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Circle of Security Parenting Grp: 2-4pm @BHS.	18 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS	19
20	21 Health Center Closed MLK DAY I HAVE A DREAM	22 Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth -Power Skills 4:30-6:30 @BHS Acu-Detox: - 1-2pm @BHS @BHS	23 Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life skills 4:30-6:30pm @BHS	24 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Circle of Security Parenting Grp: 2-4pm @BHS.	25 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS	26
27	28 Podiatry Clinic: 8:00-4:30 pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique: 10-11am @BHS Alcoholics Anonymous: 11am--12pm @ BHS. Interactive "Anger" Group: 2:30pm @BHS Youth -ICAP 4:30-6:30pm @BHS.	29 Pueblo Women Rising: 10-11a @ BHS. Bringing Peace Women's Grp: 11:30-12:30 @BHS Pueblo Men Rising: 2-3:30p @ BHS. Youth -Power Skills 4:30-6:30 @BHS Acu-Detox: - 1-2pm @BHS @BHS	30 Circle of Security Parenting Grp: 9-11am @BHS. Youth-Life Skills 4:30-6:30 @BHS	31 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Circle of Security Parenting Grp: 2-4pm @BHS.	January is Birth Defects Prevention Month	



**Pueblo of Isleta  
Community Cancer  
Support Group**

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

Tuesday, January 8, 2019  10:30-noon  Isleta Health Training Center	<b>Supporting Your Whole Life with Resources</b> Diana Good, LL DOH	Contact me to sign up for refreshments
---	---	---



Contact  
Stephanie  
Barela  
869-4479

**ALL WELCOME**

I got my  
**FLU  
SHOT**

Have you?

**It's not too late to get your Flu  
Shot...**

**Call the Isleta Health Center  
today and set up an  
appointment.**

**869-3200**