

Isleta Pueblo News

Volume 14 Issue 9

Pueblo of Isleta website: www.isletapueblo.com

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September 2019

Governor's Report

Ma Gu Wam,

Thank you to everyone who came out to the Community Meeting on August 17th. I realize that there were several events going on here at the pueblo on the same date, with the Growers Market and the Mayordomos meeting, however, we appreciate your attendance at the Community Meeting.

Gail Eaton, PhD, was introduced as the new Principal at Isleta Elementary School. Dr. Eaton expressed her motivation to begin new programs within the regular curriculum. Dr. Eaton especially enjoyed the cultural day they had at the school where they made baked goods in the traditional horno. She hopes to begin an afterschool program at least twice a week and to bring drama, archery, robotics and a drum club to the school.

The Elders Center and the CHR/ Isleta Health Center programs gave presentations at the meeting informing the community of program changes they have made with regards to transportation services. The CHR Program will be focusing on providing transportation to the elderly primarily with medical appointment needs. The CHR Program asks that you provide at least one-day notice to schedule transportation by calling (505) 869-4482 or (505) 869-4485, please leave a message if there is no answer. The Elders Center will provide transportation for shopping trips or general transportation needs, to schedule please call (505) 869-9770.

Chief of Police Sylvester Stanley and Captain Darren Mallon of the Police Department reported that there are various issues which tribal members need to be concerned with for their safety. Discussion was held on telephone scammers and door to door sales. Community members are asked to report illegal activity in the neighborhood such as drug dealing, theft and other negative impacts created by drug use. It was reiterated that tribal members need to comply with the Residence Ordinance by making application by those who wish to reside within the reservation that are non-tribal members. The adoption of the Residence Ordinance and posting of No Trespassing Signs were the first moves to legally deter non-residents from being in our neighborhoods.

Virginia Contreras, Benefits Coordinator of our Human Resources department was present to inform the community of the many job vacancies they are trying to fill. Ms. Contreras stressed the importance of tribal members applying for these jobs. The Workforce Innovation & Opportunity Act (WIOA) program is administered by Natasha Jiron, HR Generalist of our Human Resources Department 505 869-

7584. The program has been a success with Tribal members entering or reentering the workforce as they work closely with the Department of Education to assist members with education through this program. We encourage tribal members to reach out to us and take advantage of the WIOA Program.

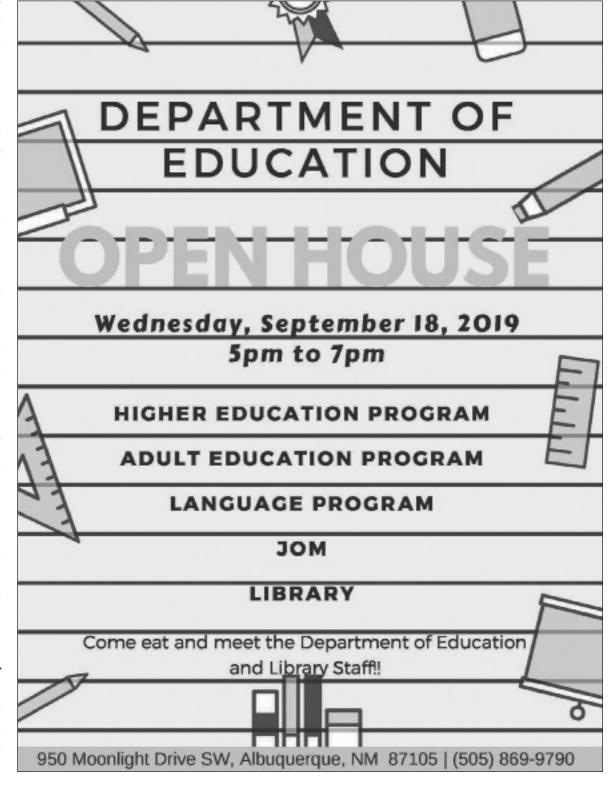
Nathaniel Lujan, Librarian of the Isleta Library gave a brief history of the beginnings of the Isleta Newsletter as a community based publication. Information was provided on publication costs, cost of mailing the publication and the time required to produce the newsletter. The contents of the newsletter is information reported by the Pueblo of Isleta Programs and is not financially supported by outside entities or advertisement.

I would like to thank the families that sponsored the August 28th feast and I hope you all enjoyed yourselves. Again, thank you to Joseph Jojola, Lee Ann Lucero, Mr. & Mrs. Dale Zuni, Mr. & Mrs. Michael Wade and Mr. & Mrs. Val Panteah Jr. Thank you to Fr. George and the church community which helped to make this event such a success.

The September 4th feast will soon be here so please come out and enjoy a sense of community by being a part of this annual event. I sincerely want to thank Chris Natseway, Margaret Abeita and their families for volunteering to be the hosts of this year's September feast. Thank you to everyone in support of this event. I also want to thank the Pueblo of Isleta Departments that help with many of the "behind the scenes" preparations that take place.

Another community meeting is planned for October 2019, please let my office know if there are any specific topics that you would like presented and I look forward to seeing you then. Thank you.

Hawoo, Max A. Zuni, Governor



LETTER FROM THE EDITOR

DEADLINE for October Newsletter articles is set for Tuesday, September 17, 2019, at 4:30 pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo. com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter. For additional questions, you may call the Library and speak with Nate or Diane 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)
- 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 Patrick A. Jojola, deceased July 01, 2019. Case No. CV-PR-0274-2019, 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, November 06, 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.

SECOND NOTICE – A petition to Probate the Estate of Michelle Lujan, deceased September 12, 2018. Case No. CV-PR-0107-2018, 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, September 18, 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.

NAME CHANGE

FIRST NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner Bercy Bertha Mexicano has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from Bercy Bertha Mexicano to Bertha Bercy Mexicano. Any person claiming interest in this matter may notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for Wednesday, September 25, 2019 at 10:00 AM. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

SECOND NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner **Agnes Lucille Olguin** has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from **Lucille Olguin** to **Agnes Lucille Olguin**. Any person claiming interest in this matter may notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **Wednesday, August 14, 2019 at 1:30 PM.** Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

CALL for APPLICANTS

Any tribal member interested in serving on the following Board is encouraged to submit a Letter of Interest, along with a Resume to the Tribal Council Office,

Monday - Friday 8:00am -4:30pm.

• Pueblo of Isleta Health Board

The deadline for submittals is no later than September 9, 2019. If you have any questions, please contact the Tribal Council Office at 505-869-9746.

ISLETA HEALTH CENTER CHR DEPARTMENT

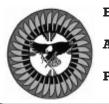
The CHR Department will be transporting all individuals that need transportation to Dialysis, Physical Therapy, Medical appointments and Behavioral Health Services. To request transportation, please call the CHR Office at 869-4485, 24 hours in advance to be scheduled.

The Elder Center will no longer be providing transportation to medical appointments. They will be providing other services, such as grocery shopping, Wal-Mart shopping, haircuts, bill paying, etc.

The CHR staff will work with you to do the best we can in providing your transportation needs. We do have a set schedule for our Dialysis patients, but we will work around this schedule to accommodate your needs.

Thank you – Frances Anchondo, CHR 505-869-4485





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

Pueblo of Isleta Veterans Association

On Friday, August 2, 2019 a delegation from Zuni Pueblo came to Isleta to meet with members of our Veterans Association. Their purpose was to explore ways to design their Veterans center, which will be built by Zuni Pueblo.



They heard about our association as to how we were organized and wanted ideas. They are in the early stages of getting organized. It was a very productive meeting. We wish them success in their venture towards assisting the Veterans from their Pueblo.

Our Veterans Association is hosting a Health and Wellness symposium on November 8, 2019 at Isleta Resort and Casino. We will have approximately 50 heath and wellness vendors to assist Veterans from throughout the Southwest. We usually have around 600 Veterans attending. The symposium will be held only one day and is FREE to attend.

We would like to extend our thanks to Christine Abeita and her community workers for their hard work cutting weeds and removing them from our Veterans Center. Their help on August 10, 2019 was well received by all of our Veterans.

Important Message From The Pueblo of Isleta Environment Department

Notice on vesicular stomatitis

A contagious virus, vesicular stomatitis or VS, that can affect horses and cattle has been found in Sandoval County, Peralta, and Bosque Farms. Infected animals have been ordered to be quarantined by the New Mexico State Vet. VS can spread rapidly. Secondary animals are sheep, lamas, alpacas, and rarely: humans.

The New Mexico Livestock Board has issued a one-page fact sheet on VS, available in this issue of the Newsletter for everyone's information.

Dr. Paul Sandoval of Roadrunner Public Health, Inc., which is the pesticide company under contract to the Pueblo this year for mosquito control, assures the Pueblo that the VS virus can be managed. Sandoval says that the Pueblo's current mosquito program will help keep the virus load under control and will help in slowing the spread of the virus. Once the virus settles in an area, it will stay in the area. The virus can be contracted by directly contacting a sore on an animal; the sore would usually be on or in the mouth of the infected animal. The virus can also be transmitted through bites from the mosquito, black fly, blow fly, deer fly, biting midge, sand fly, and other vectors that are currently being researched. Sandoval said the virus will go dormant after the first freeze and will become active again in the spring when it gets warmer.

Importantly, livestock owners are advised to watch your animals. If showing symptoms, the animal should be diagnosed by a veterinarian.

Please contact Ruben Lucero, Environment Department Manager, at 869-9819 if you have any questions on this matter.

Save the Date

Friday, November 8, 2019 8a - 4p Isleta Resort and Casino

Native American Veterans Health and Wellness Symposium 2019



Sponsored by the Albuquerque Area Indian Health Service New Mexico VA Healthcare System AARP New Mexico

Hosted by the The Pueblo of Isleta Veterans Association

USATF Sun Arrow Running Club

New to the Pueblo of Isleta and surrounding communities, is the nationally recognized USA Track & Field (USATF) Sun Arrow Running Club (SARC). We are now accepting runners from ages 5 & up.

To register, contact coaches today!

Coaches

Katie Abeita @ 575.616.1671 Melinda Frank @ 505.362.7722 Calvin Lucero @ 505.710.0982

<u>Days of Practice, 6-7 p.m.</u> Sunday, Monday, Tuesday, & Thursday

<u>Practice Locations</u> Isleta Rec Center-Soccer Field

Membership Fee
Adults \$30.00
Youth (Under 18) \$20.00

Isleta Big Mama

Running Distance by age group

2000 Meter Run CC 8-Under Girls/Boys (1.24 miles)

3k Run CC 9-10 Girls/Boys (1.86 miles)

3k Run CC 11-12 Girls/Boys (1.86 miles) 4k Run CC 13-14 Girls/Boys (2.48 miles)

4k Run CC 13-14 Girls/Boys (2.48 miles) 5k Run CC 15-16 Girls/Boys (3.10 miles)

Running Meet Schedule (small entry meet fee of less than \$10)

9/14-Las Cruces Sun Dragons, Las Cruces, NM

9/21- AAT/John Roberts Dam, Albuquerque, NM

9/28-Acoma Running Club, Acoma, NM

10/5-NM Sol, Albuquerque, NM 10/12-Team Haanu, Acoma, NM

10/19-Running Medicine, Laguna, NM

10/26-Walatowa-Jemez, NM

11/2-USATF NM Association State Championship, Location-TBD

11/16-USATF Region 10 Championship, Location-TBD (NM Hosting)



Isleta Career Opportunities



Requisition Number	Posting Title	Location	Employment Status	Posting Date	Posting Status
213	Admissions/Issue Clerk	BINGO	Full-time	08/01/2019	Open until filled
144	Banquet Server	F&B CATERING & BANQUETS	On Call	08/01/2019	Open until filled
297	Barback	F&B SPORTS BOOK BAR	Part-time	08/12/2019	Open until filled
296	Barback	F&B SPORTS BOOK BAR	Full-time	08/09/2019	Open until filled
403	Barback	F&B Triple 7s	Full-time	08/21/2019	Open until filled
320	Bartender	F&B FUN CONNECTION	Full-time	08/14/2019	Open until filled
295	Bartender	F&B SPORTS BOOK BAR	Full-time	08/09/2019	Open until filled
241	Bartender(TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
272	Benefits Specialist	HUMAN RESOURCES	Full-time	08/01/2019	Open until filled
285	Beverage Server	F&B FLOOR BEVERAGE	Full-time	08/01/2019	Open until filled
171	_	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
	Busser(TIWA)				•
301	Cage Cashier	CASH OPS CAGE	Full-time	08/02/2019	Open until filled
164	Cashier(Embers)	F&B EMBERS	Full-time	8/1/2019	Open until filled
342	Cocktail Server	F&B SPORTS BOOK BAR	Full-time	08/12/2019	Open until filled
160	Cook I (Employee Dining)	F&B EMPLOYEE DINING	Full-time	08/01/2019	Open until filled
163	Cook I (Prep)	F&B PREP KITCHEN	Full-time	08/01/2019	Open until filled
166	Cook I (TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
145	Cook I(Banquets)	F&B CATERING & BANQUETS	Full-time	08/01/2019	Open until filled
147	Cook I(Chili Ristra)	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
151	Cook II (Prep)	F&B PREP KITCHEN	Full-time	08/01/2019	Open until filled
154	Cook II(Chile Ristra)	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
153	Cook II(TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
221	Cook II(TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
211	Count Machine	CASH OPS COUNT	Full-time	08/01/2019	Open until filled
	Technician				·
264	Count Member	CASH OPS COUNT	Full-time	08/01/2019	Open until filled
384	Count Member	CASH OPS COUNT	Full-time	08/19/2019	Open until filled
300	Custodian	CUSTODIAL	Full-time	08/19/2019	Open until filled
159	EDR Attendant	F&B EMPLOYEE DINING	Full-time	08/01/2019	Open until filled
269	Electrician II	FACILITIES MAINTENANCE	Full-time	08/07/2019	Open until filled
281	Employee Relations	HUMAN RESOURCES	Full-time	08/01/2019	Open until filled
201	Specialist	HOWAIT REGOOTIOES	i dii-tiirio	00/01/2013	Open until mica
155	Food Attendant	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
156	Food Attendant	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
150		FAB CHILI KISTKA	Full-tillle	00/01/2019	Open until filled
110	(Beverage) Chili Ristra	EAD DALIDEDS COILL	Full times	00/04/0040	On an until filled
143	Food Attendant	F&B DAUBERS GRILL	Full-time	08/01/2019	Open until filled
205	(Beverage) Daubers	LIOTEL EDONT DECK	Full time a	00/07/0040	On an anatil filled
305	Front Desk Agent	HOTEL FRONT DESK	Full-time	08/07/2019	Open until filled
282	Greenkeeper	GOLF COURSE MAINTENANCE	Full-time	08/01/2019	Open until filled
191	Guest Service Representative	MARKETING PLAYERS CLUB	Full-time	08/02/2019	Open until filled
287	Guest Service Supervisor	MARKETING PLAYERS CLUB	Full-time	08/02/2019	Open until filled
172	-	F&B UTILITY KITCHEN	Full-time	08/01/2019	•
381	HDC Specialist HDCT				Open until filled
		CUSTODIAL	Full-time	08/19/2019	Open until filled
182	Head Golf Pro	GOLF COURSE OPERATIONS	Full-time	08/01/2019	Open until filled
185	Hotel HDC Technician	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
209	Hotel PM Technician	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
186	Houseperson	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
175	HVAC TECH II	FACILITIES MAINTENANCE	Full-time	08/07/2019	Open until filled
284	Irrigation Technician	GOLF COURSE MAINTENANCE	Full-time	08/01/2019	Open until filled
299	Lakes Groundskeeper	LAKES	Seasonal	08/07/2019	Open until filled
176	Landscape Supervisor	GROUNDS MAINTENANCE	Full-time	08/01/2019	Open until filled
184	Laundry Attendant	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
383	Lead Steward	F&B UTILITY	Full-time	08/19/2019	Open until filled
319	Lieutenant	SECURITY	Full-time	08/13/2019	Open until filled
187	Lobby Porter	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
302	Main Banker	CASH OPS CAGE	Full-time	08/07/2019	Open until filled
190	Network Administrator	MIS (IT)	Full-time	08/01/2019	Open until filled
317	Night Agent	HOTEL FRONT DESK	Full-time	08/08/2019	Open until filled
162	Off-Site Attendant	F&B FUN CONNECTION	Full-time	08/01/2019	Open until filled
290	Outside Service	GOLF COURSE OPERATIONS	Seasonal	08/01/2019	Open until filled
286	Paymaster	BINGO	Full-time	08/01/2019	Open until filled
268	Plumber II	FACILITIES MAINTENANCE	Full-time	08/07/2019	Open until filled
309	Poker Dealer	POKER	Full-time	08/07/2019	Open until filled
311	Poker Dealer	POKER	Full-time	08/19/2019	Open until filled
178	Recreation Attendant	FUN CONNECTION	Part-time	08/01/2019	•
161	Restaurant Chef	F&B EMPLOYEE DINING			Open until filled Open until filled
101	(Employee Dining)	I OU LIVITLUTEE DIININU	Full-time	08/01/2019	Open unui illieu
392		DETAIL ENICHANTMENT	Full time	09/46/2040	Open until filled
382	Retail Attendant	RETAIL ENCHANTMENT	Full-time	08/16/2019	Open until filled
263	Retail Attendant	RETAIL ENCHANTMENT	Full-time	08/01/2019	Open until filled
188	Room Attendant	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
189	Room Inspector	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
363	Room Inspector	HOTEL HOUSEKEEPING	Full-time	08/12/2019	Open until filled
168	Room Service/Cashier	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
195	Security Officer I	SECURITY	Full-time	08/01/2019	Open until filled
196	Security Officer II	SECURITY	Full-time	08/01/2019	Open until filled
321	Security Officer III	SECURITY	Full-time	08/13/2019	Open until filled
304	Server	F&B 777 SPORTS BAR	Full-time	08/06/2019	Open until filled

Requisition Number	Posting Title	Location	Employment Status	Posting Date	Posting Status
213 165 169 293 197 267 198 266 265 274	Admissions/Issue Clerk Server (Embers) Server(TIWA) Shop Clerk Slots Floor Attendant Slots Floor Attendant Slots Floor Technician Slots Shift Supervisor Slots Shift Supervisor (PW) Spa Attendant	BINGO F&B EMBERS F&B TIWA CAFE GOLF COURSE OPERATIONS SLOTS OPERATIONS SLOTS OPERATIONS SLOTS OPERATIONS SLOTS OPERATIONS PALACE WEST SPA SALON	Full-time Full-time Full-time Seasonal Full-time Part-time Full-time Full-time Full-time Full-time	08/01/2019 08/01/2019 08/01/2019 08/08/2019 08/01/2019 08/01/2019 08/01/2019 08/01/2019 08/01/2019	Open until filled
205 173 341 405 298 308 200 202	Spa Supervisor Steward Steward Supervisor F&B Supervisor F & B Surveillance Agent Table Games Dealer Valet Attendant	SPA SALON F&B UTILITY KITCHEN F&B UTILITY KITCHEN F&B TRIPLE 7S F&B SPORTS BOOK BAR SURVEILLANCE TABLE GAMES HOTEL GUEST SERVICE	Full-time Full-time Full-time Full-time Full-time Full-time Part-time Full-time	08/01/2019 08/01/2019 08/09/2019 08/21/2019 08/02/2019 08/07/2019 08/01/2019	Open until filled

Pueblo of Isleta Career Opportunities

Position Posting Office Location Closing Date

ACCOUNTANT
ANIMAL CONTROLOFFICER
ARCHITECTURAL TECHNICIAN
BUS DRIVER (Part Time) - REPOSTED
CERTIFIED CODER
CLINICAL THERAPIST - REPOSTED
COMMERCIAL ELECTRICIAN - REPOSTED
LIFEGUARD (2 Positions) - REPOSTED
LIFEGUARD (3 Positions - 30 hrs. per week) - REPOSTED
LIFEGUARD (Part Time -20 hrs. per week) - REPOSTED
OPTOMETRIST
OUTREACH MANAGER
PAINTER - REPOSTED
PERSONAL CARE SERVICE AIDE (Occasional)

PHYSICIAN
PHYSICAL THERAPIST -REPOSTED
POLICE OFFICER or POLICE CADET
VETERAN SUPPORT SERVICE PROGRAM MEMBER

08/23/2019 Health Center 08/30/2019 Police Department Within Only Housing Authority Open Until Filled Head Start / Early Head Start / Child Care Open Until Filled Health Center / Medical Records Open Until Filled Health Center / Behavioral Health Open Until Filled Public Services Open Until Filled Recreation Center Open Until Filled Recreation Center Open Until Filled Recreation Center Open Until Filled Health Center Open Until Filled Elder Center Within Only 08/30/2019 Housing Authority Open Until Filled Elder Center Continuously **Accepting Applications** Health Center Open Until Filled Open Until Filled Health Center Police Department Open Until Filled

ISLETA POLICE DEPARTMENT NEWSLETTER

Elder Center

To the members of the community who attended our First Annual National Night Out THANK YOU! We had to make a quick adjustment due to Mother Nature bringing in winds and stormy weather as we started outdoors. But the transition to inside the Recreation Center was done quickly and smoothly. A fun time was had by all and many thanks to ALL the departments who helped to make this a success. Kenny Thomas was also present, UNM basketball player who sponsors a basketball camp for youth annually. Members of the Bernalillo County Sheriff's Department were in attendance as was Lucy Lobo! The Isleta Police Department feels this event was a huge success and we look forward to start planning next year's event.



Open Until Filled

NEVADA POLICE & FIRE OLYMPICS

The Isleta Police Department sent a team to the Nevada Police and Fire Games this year and we had one person who came home with GOLD! Congratulations to Silas Thornton for his first place win in weightlifting and receiving an invitation to attend Nationals! Great job sir!



The bowling team missed a bronze medal by 43 pins, but Rosemary Stanley, Chief Stanley's wife, representing the department came home with medals for their team play (bronze) and doubles (silver). Congratulations







to Mrs. Stanley, her team and her doubles partner!

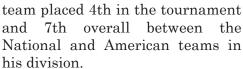
Summer vacation is over and the children are back in school. Bus routes are in full swing and Isleta Police Department will be out checking bus zones and school zones. Please obey flashing ambers and speed limits on Sagebrush, the Elementary School and ALL bus zones.

Labor Day Weekend is just around the corner and a reminder to all not to Drink and Drive or Text and Drive. This is a busy weekend and law enforcement statewide will be out in force so we ask all who travel this weekend be safe, courteous, and defensive drivers.

ISLETA YOUTH COMPETES IN USSSA ALL-AMERICAN GAMES

Leonard Abeita, son of Jeremy and AuDrena Abeita, tried out as a Pitcher / Catcher for the All American games in Rio Rancho, NM on June 06, 2019. He was chosen as one of four direct selects to represent the Midwest region.

Leonard played at the USSSA Space Coast Complex Stadium in Viera, Florida the week of July 27th – August 3rd. He was on the 9U Midwest American team. His



He was also able to have an athletic assessment completed by the Major League Baseball Player Association. Leonard was very proud to be representing the Pueblo of Isleta. Leonard and his family would like to thank everyone who helped with fundraising and donations.





Department of Education

Fall is around the corner, leaves will be changing color and students are back to school. The programs under the Department of Eduction are working hard to meet the needs of our students and the community. We have wonderful tutoring programs under the Johnson O'Malley Program, family events, training, and school supplies. Our Scholarship Program is feverishly working on getting all of the funding out to students attending Universities throughout the United States. The Adult Ed. Program is here to meet the needs of young adults 16 years old and over who may need tutoring services and are working toward getting their GED. The Tiwa Language Teachers at present are located at the Isleta Elementary School and serve the Los Lunas School District, Valencia High School, Isleta Head Start as well as the Native American School District (NACA).

We will be hosting a back to school Open House on Wednesday, September 18th from 5:00-7:00. Each of the programs will be sharing highlights of their program, we will have information on signing up for the evening language program, and attending an evening Sociology class two days a week from 3:30-5:30 for high school students, college students or community members. This class is a core class at the University level and you will be receiving 3 college credit hours from U.N.M./Valencia once completed. This class will only be a pilot class to see if there is a need to offer evening university classes at the Department of Education.



LOS LUNAS NATIVE AMERICAN LIAISON

Hello to you all,

I am Michael Valdez, or some may know me as Buzzy.

I wanted to introduce myself as the *NEW* Native American Liaison for the Los Lunas Schools. I will have the privilege to work with all Native American students at the middle school level. This is something that has been missing at Los Lunas Schools and now I have the opportunity to get this started.

I do apologize as this position is only with Los Lunas Schools and does not go out further to other school districts.

We still do have a high school Native American Liaison, which is Ben Analla. Mr. Analla oversees Los Lunas, Valencia, and Century High Schools. Mr. Analla and I will both be working together to help our native students.

I am a proud member of the Pueblo of Isleta and after attending a couple of school assemblies it goes to show that some of students already know me (thank you guys for the great applause when I was introduced. I know you know who you are, I just hope you are reading this.)

With this said, I am here to support your child's academic goals as well as supporting families. I will be monitoring grades, attendance, and behavior. I will be working closely with school staff, as well as the Pueblo of Isleta Johnson-O'Malley Program, Truancy Department, and other outside resources as needed. Also as family and community members, we need to help strengthen the educational goals for our children. We need to let our children know that we are there for them and in hopes of doing so we can teach them to return the favor as well.

I will be at Valencia Middle School on Monday and Tuesday. Los Lunas Middle School on Wednesday, Thursday, and Friday. This is to balance the work load for each site as Valencia has over 30 native students and Los Lunas has over 100 native students, I will make myself available to the best of my ability.

Don't hesitate to call me, visit me, or even stop in to see me. You are all more than welcome to do so. Yes, this does include coming into your child's school, but another cool tool to have and use is "Parent Portal". Please make sure that you are signed up for this and that you have your notifications on as well. This is like having your child's teacher in an app. This app tells you everything, grades, attendance, and a great way to communicate with your child's teachers.

Thank you

Michael "Buzzy" Valdez LLS Native American Liaison Valencia Middle School 505-865-1750 (Mon & Tue) Los Lunas Middle School 505-865-7273 (Wed, Thurs, & Fri)





Prepare for the new school year!

Does your child need sports participation clearance?

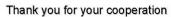
Has your child had their annual wellness visit?

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.





September 2019 Isleta Pueblo News Page 7

PUEBLO OF ISLETA ELEMENTARY SCHOOL

We're off to a great start at the Elementary School! Our staff had a week of Professional Development, which included academic inservices, as well as a full day of first aid and CPR training.

Our students started on August 12th and are excited about the new school year! On August 14th, 15th, and 16th, our Tiwa teachers, Patricia Jiron and Kaloots Lucero, along with Loretta Orozco (bus driver), led three wonderful days of cultural activities for our students and staff by baking bread, pies, and cookies in the horna. Marcella Zuni (parent), and Martha Lucero (grandmother) volunteered to help with the baking. Wood was provided by Ulysses Abeita, Dennis Lucero, and Natural Resources. Students watched and participated in the Tiwa teachers' lessons and demonstrations. Thank you to all that helped in making this a truly educational and cultural experience for our students!











Along with their academic classes, students are participating in Special Classes, which include P.E., Music, Art, Computer, and Library. Some pictures of our Music Class are featured in this month's Newsletter.







Upcoming Dates:

There will be no school on September 4, due to Traditional Activities.

Our Science/Planetarium Night is September 17. We will have telescopes available. The Planetarium is coming, and Hands-On Science activities are through Explora. Come at 4:15 for dinner.

Activities are from 5:00-7:00.

Pueblo of Isleta Department of Education "Educational Assistance" Fund 2019 Summary

The Pueblo of Isleta recognizes the need to provide families with supplemental funding to assist their child/children in their education. Through the Department of Education, specific guidelines have been developed to assist qualifying tribal members striving to reach high levels of district, local and state academic standards. These guidelines are used to provide monetary support to students and adults in need of educational assistance.

26 applicants

24 - In Priority C (Private Institutions)

2 students at Canon Christian Academy

1 student at Calvary Christian Academy

2 students at Christ Lutheran

1 student at Hope Christian

7 students at Holy Ghost School

1 student at Menaul Schools

2 students at Our Lady of Fatima

4 students at St. Mary's Schools

4 students at St. Pius X

1 In Priority D (Extra-Curricular activities Chess, band, sports, science fair, etc.)

1 student USA Basketball Trip

1 - In Priority F (Adult Education Special interest, & Career Development Classes) 1 Adult attended a OSHA Training with the University of Texas at Arlington

Grow Your Own Teachers

The "Grow Your Own Teachers Act," seeks to provide opportunities for educational assistants to pursue careers in teaching in New Mexico by providing scholarship opportunities for educational assistants who may want to attend a public post-secondary educational institution in New Mexico to earn a bachelor's degree in education.

The program provides for professional leave and scholarship awards to qualified educational assistants. The scholarship is intended to help defray the educational expenses charged by the institutions including tuition, fees, books and course supplies.

Potential educators, please visit the web site for more information:

https://hed.state.nm.us/financial-aidscholarships/grow=your-own-teachers





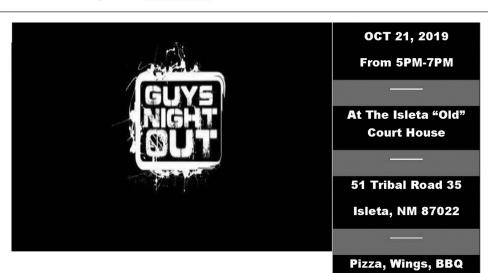
28th ANNUAL MULTI-CULTURAL RED RIBBON RELAY RUN

"UNITED WE RUNTO BE DRUG-FREE"

September 5-6, 2019

RUNNERS REGISTRATION FORM

Name:		Age:	
Address:			
Phone #:	Community:		
Male () Female () T-Shirt Size:		
		2019 – Isleta Recreation Center 19 – Bataan Park to Fair Grounds	
Yes No - I give		ervices authorization to take and use my	
List Any Medical Proble	ems:		
* * * * * * * * *	****	******	
1	WAIVER OF RESPO	ONSIBILITY	
Isleta Behavioral Healt	h Clinic / The State of Ne and participating Ager	amages I may have against the Pueblo of w Mexico / MCRR Planning Committee nts for all injuries sustained by my	
Participants Signature		Date	
Parent / Guardian Sign	nature if under 18	Date	



OCTOBER 21, 2019 MEN'S NIGHT OUT SIGN UP NOW!!!

Come join us for our 1st Annual Men's Night Out. Building a stronger bond for men in our community and education about Domestic Violence. Sign up by calling Isleta Social Services.





& Fun Activities

ISLETA SOCIAL

Isleta K'ea Wah Supervised Visitation & Safe Exchange Program and Isleta Social Services with Isleta Victim Services Program, Isleta Recreation, Diabetes Program and Isleta Governor's Office

SOLID WASTE

Greetings from Solid Waste. The Transfer Station is open Monday through Friday 8AM - 4:30PM, Saturday 7AM - 4PM, closed Sundays, Federal and Tribal Holidays. For your safety we may close due to high winds. No waste accepted from outside the reservation, for tribal members use only, must have a tribal member present when utilizing the facility.

Please have carts out by 7AM on your scheduled collection day. Each house is provided with one trash cart and is for use at the issued house only. An extra cart may be purchased for a fee of \$50. Recycle carts are for recyclables only, do not use for waste or cart will be removed.

We provide the following services:

- Animal Pick-up and Burial, animal must be accessible for a fee of \$50.
- · Hauling of Waste \$20 per load must be accessible and piled, tipping fee may apply.
- Extra large trash cans for dinners and ceremonies only, cans are not offered for cleanups.
- Mulch Delivery FREE
- White Goods Pick-up these items include: washers, driers and refrigerators. Refrigerators must be empty of food. Items must be outside of home, pick-up is FREE.

Thanks to all of you for participating in our curbside recycle program. Recycling is very important to our Earth and our community. Recycling keeps our cost down at the landfill by diverting recyclable items out of our waste stream. There is a drop off station located at the post office to serve our village residents. The drop off location is for recyclables only. All trash must be hauled to the Transfer Station. Keep up the good work and remember the following items may be dropped off at the Transfer Station for recycling:

- Metal
- Batteries
- Cardboard
- Motor O il
- Appliances
- Antifreeze
- Electronics 5 4 1
- House hold



Trash Route / Recycle **Collection Days**

Monday Trash Pick-up:

Los Charcos, Mousetown, Lizard Flats, NM 314 area. NM 45 area

Tuesday Trash Pick-up: Village Proper

Wednesday Trash Pick-up: East side of River (across)

Thursday Trash Pick-up: Pickle Heights, Sunset Hills

Thursday Recycle Pick-up: East side of River (across)

Friday Recycle Pick-up:

Los Charcos, Mousetown, Lizard Flats, NM 314 area NM 45 area, Pickle Heights, Sunset Hills

Environment Department News

The Environment Department would like to thank the Pueblo's Summer Internship Program. Through this program, our department was assigned Heaven Lucero. She is the daughter of Donald Lucero and Rose Lucero. Heaven is currently in her senior year at UNM, majoring in Earth and Planetary Sciences with hopes of graduating in the spring of 2020.

Heaven did an outstanding job with the Pueblo's Environmental Fair earlier this summer. She reached out to various organizations from the non-profit level to local, federal and state levels confirming their participation. She also prepared a donation request letter, which she took to businesses and received nearly \$2,000 in giveaways.



This photo was taken at Valle de Oro. Heaven is shown holding a Kingfisher.





These two photos were taken on the Rio Grande during our monthly sample collection.

Heaven Lucero is being assisted by Jasmine James, who worked alongside

Clint Lente this summer with the Pueblo's Native American Lands Environmental

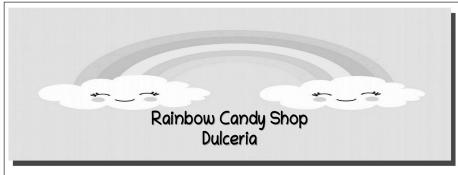
Mitigation Program.

Another one of her assignments was conducting a water quality study on the Albuquerque Riverside Drain at the north boundary and the Isleta Interior Drain at the 240 waste way in Los Charcos. Heaven also assisted with EPA funded activities such as monthly sampling of the Rio Grande at 7 different sites.

She also learned about other environmental challenges within our community such as asbestos, mosquito control, illegal dumping, the problems that abandoned homes create and indoor air-quality. Heaven also had the opportunity to assist Valle de Oro National

Wildlife Refuge with a migratory bird study. She had hands on experience with setting up the nets, catching various species of birds and assisted with the banding and releasing.

As an intern in our department, she successfully completed the National Incident Management System training through FEMA and also received her First Aid & CPR certification. Our department looks forward to keeping Heaven on board with our department part-time during the school year.



NOW OPEN!!! Located near Andy's Boot Shop and Color Works

1930 Main Street NE Suite 4 Los Lunas, NM 87031 505-453-0633



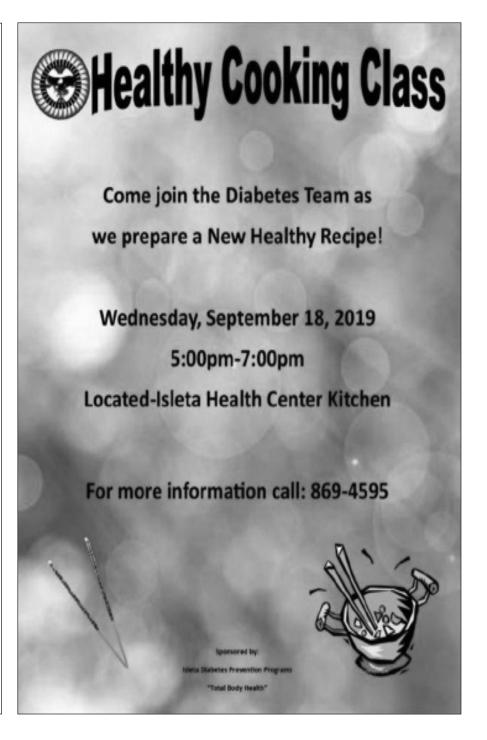
Visit us today! Monday-Saturday

- Pinatas for any occasion and special orders welcome
- Individual candies or bulk packages available
- Snacks and refreshments
- Large selection of party bags, invitations, gift bags, occasion cards and much more for all of your party needs



and a second

Follow us on facebook





Pueblo of Isleta Public Library

School is in full effect and summer is coming to an end with the breeze of fall approaching. The smell of fresh Green Chile roasting fills the air and the State Fair and Balloon Fiesta are just around the corner. Of course we cannot forget the upcoming Feast Days and all the delicious food. The Library's calendar is filling up fast with programs to fit the season.

News

The library will be closed on September 2nd and September 4th in observance of Labor Day and Isleta Feast Day. All library media checked out on August 29th and 30th will be due on September 5th. We apologize for any inconvenience this may cause. Enjoy your Labor Day weekend and Isleta Feast Day!

A staff meeting is scheduled for Thursday, September 5th and we will be planning upcoming programs for children, teens, and adults. The Library will remain open during this time so don't hesitate to come on in and check out any library material.

On Monday, September 9th the Library will be hosting the Tribal Libraries retreat from 9:30pm to 3pm, please make note the library will be CLOSED during this time and we will re-open at 3:00 pm.

School is back in session which means students are everywhere. With that said, the Library would like to remind you all to PLEASE be aware of flashing school zone lights and obey the School Bus Stop Sign as we have students walking, riding bikes, skate boarding and so on. The Head Start Story Time will also be starting soon so that means they will be walking to the library so keep a look out for them as well.

Family Story time is back after taking a break during the summer to focus on the Summer Reading Program. Please join us every Wednesday at 10:30 am, no sign ups required so just come on in. Library Staff member Cheyenne will read a story and engage toddlers and families in an activity. This program gives the opportunity for parents and caregivers to introduce their children to reading. If you have any questions please give Cheyenne a call at the library at 505.869.9808 or by email at poi02004@isletapueblo.com

The Library is now offering Video Games for check out! Games for check out include the Xbox One, PlayStation 4, and the Nintendo Switch. To check out you must have a Library card at time of check out with one game per account and no more than two per household. Games can be checked out for a total of three days and can be renewed once.

As many of you heard Tara Abeita left us in August to take a position at Santa Fe Indian School. The Library staff will miss her but we wish her the best of luck with her new position at Santa Fe Indian School. Our current staff member Diane Abeita accepted the position of Library Aide II and started on August 5th. Diane has been at the Library since 2013 and is currently attending classes at UNM.

The Library Education Complex will be hosting a Open House on Wednesday, September 18th starting at 5pm to 7pm. Stop by and see the different services the Education Complex has to offer, such as the Higher Education Program, Adult Education Program, Language Program, JOM and the Library. Come eat and

meet the Department of Education and Library staff. Remember that the Library Educational Complex has the resources to make your school year a success.

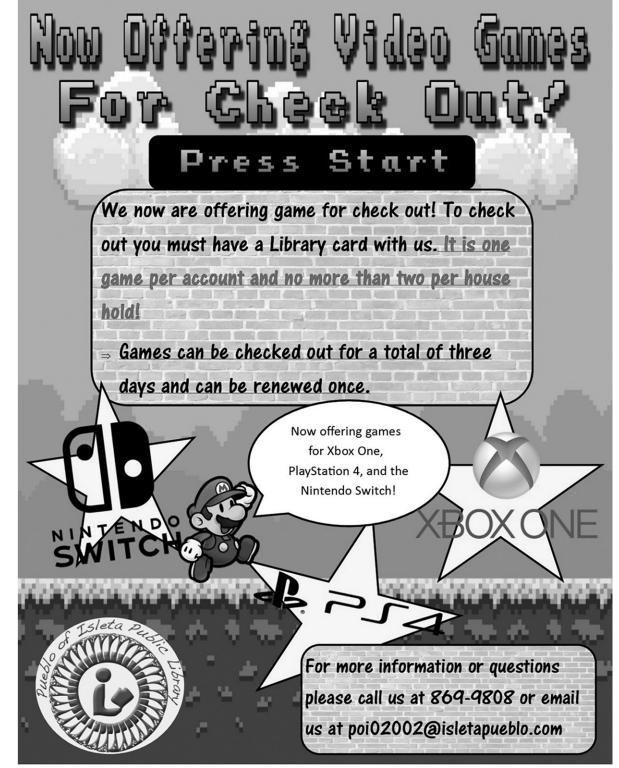
Upcoming

The State Fair is just around the corner and with it only being here two short weeks. Library staff member Cheyenne will host a New Mexico State Fair Food Program. This will give participants who may have missed out on the State Fair a second chance to enjoy and make some yummy and unique State Fair treats. Join us in making your very own State Fair Foods, which will consist of French Fry Corndog, Egg Roll Apple Pies, Churros and Elote. This program will have two sessions the first one being for adults only 18 & over on Tuesday, September 17th from 5:00 pm to 6:30 pm. The second session is for teens 13 & over on Thursday, September 19th from 4:30 pm to 6:00 pm. It is open to the first 6 patrons for the adult and teen sessions, so make sure and come into the library and sign up. If you have any questions regarding the program please give Cheyenne a call at the library at 505.869.9808 or by email at poi02004@ isletapueblo.com

We know it's only September but the library is already planning for Halloween festivities. Come in and see our Scary Stories book display and check out our variety of Halloween books. We have everything you need to make your spooky Halloween crafts or treats. We also have Cake Pan bags featuring skulls and pumpkin shaped pans, which are perfect for any Halloween Party. We are currently planning for our October programs, such as creepy snacks, mask decorating and a Halloween Movie Madness throughout the month of October. Keep up to date by checking out the Library website, Facebook, Snapchat, and flyers posted throughout the community as the time comes closer.



Cheyenne at NACA's Open House



Recap

The Library attended open houses at Bosque Farms Elementary on August 14th, Sundance Elementary on August 15th, and Isleta Elementary on August 26th. We drew in different audiences and promoted our services to everyone. We would like to "Thank" those who visited our booth, gave suggestions, or stopped by to receive a \$5 OFF library token. We would also like to thank the schools for allowing us to promote our services to everyone. We plan on attending more open houses during the month of September so stop by and say "Hi" if you see us.

Library staff members also attended National Night Out with our very own Isleta Police Department, where we promoted our library services like Overdrive, Libby and Freegal Music. People who stopped by got to see first hand how our mobile apps work by using tablets we had on hand. As a thank you for stopping by we waived or reduced library fines by showing your library card, not a bad deal. We had a great turn out for the first ever National Night Out, it was a success to say the least and we look forward to the next one.



Library staff members promoting services at National Night Out!

We're off to a great start with our After School Program with students from Isleta Elementary, Sundance Elementary and



After School Program students off the bus and on their way to the library.



Reading, homework and Legos!

Bosque Farms Elementary. We currently have 25 students enrolled in our program with transportation to the library after school provided for Bosque Farms Elementary students. As you may have noticed we have made a few changes to our program. We will now be focusing more on reading with reading based programs and activities to engage our students. We have put in place a reading log bookmark to keep track of students' reading, and

have purchased two book carts to keep better track of what books students are reading. Also coming up in September we are planning our first incentive field trip. At this time our program is currently full however we are continuously accepting students to be put on our waiting list. If you have any questions or concerns regarding our After School Program, please give us a call at 505.869.9808.

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

Pinterest:

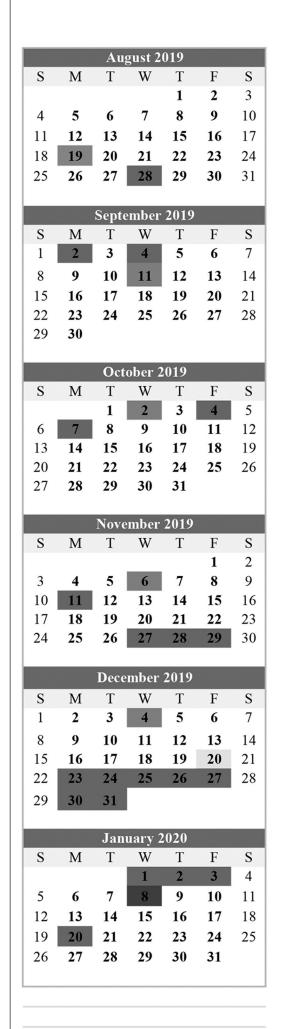
www.pinterest.com/poilib

Snapchat: poipubliclib



Library Youtube Channel (Scan this code with your smart phone.)





2019-2020 School Calendar



Pueblo of Isleta Head Start, Early Head Start & Child Care 2 Sagebrush Albuquerque, NM 87105







First and Last Day of School

Aug. 19	First Day of School for Students
May 15	Last Day of Head Start
Jul. 17	Last Day of Early Head Start and Child Care

No School for Students

Aug. 28	St. Augustine Feast
Sep. 2	Labor Day
Sep. 4	Feast
Sep. 11	Professional Development Day
Oct. 4-7	Fall Break
Nov. 11	Veteran's Day Observed
Nov. 27-29	Thanksgiving Break
Dec. 23-Jan.	6 Winter Break
Jan. 8	Professional Dev. Day/Family Night
Jan. 20	Martin Luther King, Jr. Day
Feb. 5	Professional Dev. Day/Family Night
Feb. 17	Presidents' Day
Mar. 9-13	Spring Break
Apr. 1	Professional Dev. Day/Family Night
Apr. 10-13	April Break
May 6	Professional Development Day
May 25	Memorial Day
Jun. 3	Professional Dev. Day/Family Night
Н	alf Day Release at 12 p.m
	NO PM TRANSPORTATION

NO PM TRANSPORTATION

Dec. 20

Category of Events				
Professional Development Day				
Family Night				
Professional Dev. Day/Family Night				

Calendar A

Head Start requires 1020 hours 163 days = 1059.5 Hours @ 6.5 hours 8:15 a.m.-2:45 p.m.= 6.5 hours per day

Early Head Start requires 1380 hours 205 days = 14357 hrs @ 7 hours

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S 7 14	M 1 8 15	Ju T 2 9 16	W 3 10 17	T 4 11 18	5 12 19	S 6 13 20
S 7 14 21	M 1 8 15 22	Ju T 2 9 16 23	W 3 10	T 4 11	5 12	S 6 13
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Isleta Health Center Pharmacy

The Isleta Health Center will be closed:

Monday, September 2, 2019

in observance of Memorial Day.

Please remember to get your prescriptions refilled before then. You can also use the refill line for your refills by calling 869-4590.

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

ISLETA HEALTH BOARD PUEBLO OF ISLETA

The Isleta Health Board is currently seeking interested individuals who are willing to serve on the Health Board as Board members in the advocacy of improving the health and wellbeing of all the Pueblo of Isleta community members and their families who acquire health services from the Isleta Health Center.

Interested individuals who are willing to serve in this capacity should submit their interest to the Pueblo of Isleta Tribal Council for their consideration and recommendation to the following address:

Pueblo of Isleta Tribal Council PO Box 1270 Isleta, New Mexico 87022

A brief resume should accompany an individual's interest in serving on the Health Board along with synopsis of experience in a health related field or other careers relevant to health related concerns.

Thank You.

Isleta Health Center Phone: 505.869.5475 *The Ripple Effect*



"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." Dalai Lama

The impact or ripple effect of any chronic illness is great! According to science, chronic illness or diseases (such as addiction and/or diabetes) disrupt the normal, healthy functioning of the underlying organ, have serious harmful consequences, are preventable, treatable, and if left untreated can cause more serious damage.

An example of a better-understood chronic disease is diabetes. With diabetes, if insulin is not present the glucose or sugar levels rise. Common treatments for diabetes include medications, exercise, and diet. With diabetes, certain foods can cause sugar to increase. Diabetes has an impact on the normal functioning of a person and when left untreated causes *a ripple effect* on the emotional and mental health of the individual and families.

Like diabetes, alcoholism/addiction is primarily a physical disease that is chronic in nature. Addiction as well as diabetes is a function of biological features that involves chemical imbalances in the brain and genetics.

Alcohol, heroin, cocaine, methamphetamines, ecstasy, pain pills, spice, and marijuana abuse are far too common. We hear about the impact of alcoholism/addiction almost every day on the news and social media. The loss of a friend or loved one due to this epidemic highlights *the ripple effect* of untreated illnesses that ultimately results in harmful consequences for the individual, the family, and the community.

It is important to understand what addiction is and what it is not in order to begin the healing process. Others often view the alcoholic/addict as someone with no moral values, weak, and without will power. Remember, addiction is a physical or biological disease that is chronic in nature and when left untreated has a negative *ripple effect*.

If you are interested in learning more about the science of addiction, please call.

Gilbert Romero, MS, LADAC Kory Kie, BS, LSAA

WHAT DOES 20/20 Vision Mean?



20/20: Is a term used to express normal visual acuity measured at a distance of 20 feet. If you have 20/20 vision,- you can see clearly at 20 feet what should be

normally seen at that distance. If you have 20/40 it means that you must be as close as 20 feet to see what a person with normal vision can see at 40 feet.

Having 20/20 vision does not necessarily mean you have perfect vision. 20/20 Vision only indicates the sharpness or clarity of vision at a distance. Other important vision skills, including peripheral awareness or side vision, eye coordination, depth perception, focusing ability and color vision, contribute to your overall visual ability.

-American Optometric Association

Summer Fun with the IBHS Prevention Program

This summer was the Isleta Behavioral Health Clinic's seventh year to offer the Isleta Youth Prevention Program! The program hosts a wide array of groups to include Prevention Programs for the youth.



The Isleta Behavioral Health Clinic youth program consists of four components:

- · Education and Awareness
- · Community Service
- · Outdoor Experiential Learning
- Culture and Traditions

Education and Awareness is concentrated on mental health during all the summer activities.

Community Service – The youth performed yard work once a week for the elders while also making lunch for everyone to enjoy. Through this activity, the youth learned some valuable lessons taught by the elders and took on a new form of respect for valuing the customs of their heritage as well as for other individuals, generations, and culture of the Isleta community.

Outdoor Experiential Learning – Included a trip to Valle de Oro National Wildlife Refuge, ropes course training in Santa Fe, and river rafting in Chama. These activities are important for reconnecting to the natural world, attaining group development, and recognizing individual strengths that foster motivation for change and growth.

Culture and Traditions – The youth engaged in cultural arts with choices of learning how to sew traditional clothing, make moccasins, or bead.

Each activity provided a challenge for the youth while also teaching valuable life lessons and new skills from the experiential learning component. This component helps the youth realize that they are responsible for their choices while also teaching new skills and increasing their confidence. It has been a great summer filled with so much knowledge and fun! The youth learned from the staff, the staff learned from the youth and the time spent together was valuable and made the summer memorable for everyone involved. The Isleta Behavioral Health Clinic would like to announce and welcome the newest member to our staff – Ms. Karlene Montano!

Our Fall After-School Program will begin at the end of August and Kory, Kaylee, and Karlene look forward to sharing more knowledge with the youth.

If you would like to register for the After-School Youth Program please call the Isleta Behavioral Health Clinic at 505-869-5475.

WIC NOTES

Cavity Keep Away

Dental health is important for everyone, including pregnant women and infants.

Did you know you can catch a cavity?

Cavities are made by germs in our mouth that feed on the sugar we eat.

The germs can pass from person to person through spit.

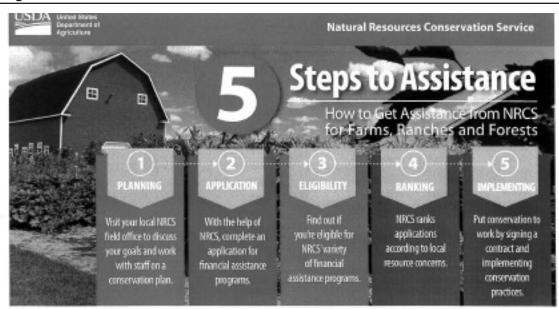
Keep the mouth germs away and you'll keep the cavities away!

Here are a few ideas to keep those cavity causing germs away.

- $\sqrt{\text{Visit your dentist } during \text{ pregnancy.}}$ Dental treatment is safe.
- $\sqrt{}$ Wipe baby's gums *twice a day*, in the morning and right before bed.
- $\sqrt{}$ Clean pacifier and bottle with soap and water, *not spit.*
- $\sqrt{}$ Give only water in the bottle at bedtime.
- $\sqrt{\ }$ First tooth-> baby gets her own toothbrush.
- $\sqrt{}$ Only use a dab (the size of a *grain of rice*) of fluoride toothpaste every time you brush your baby's teeth.
- √ Take baby to dentist *before* his first birthday.
- $\sqrt{}$ Each family member uses his or her own toothbrush, spoon, fork and cup.
- √ Choose gum or mints that have Xylitol (Zy-lih-tall) in them.
- $\sqrt{\ }$ Health foods help keep cavities away.

(Adapted from cda foundation)

WIC Nutrition



Get Started with NRCS

Do you farm or ranch and want to make improvements to the land that you own or lease? Natural Resources Conservation Service offers technical and financial assistance to help farmers, ranchers and forest landowners.



To get started with NRCS, we recommend you stop by your local NRCS field office.

We'll discuss your vision for

NRCS provides landowners with free technical assistance, or advice, for their land. Common technical assistance includes: resource assessment, practice design and resource monitoring. Your conservation planner will help you determine if financial assistance is right for you.



are protected

We'll walk you through the application process. To get started on applying for financial assistance, we'll work with you:

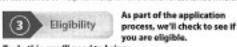
 To fill out an AD 1026, which ensures a conservation plan is in place before lands with highly erodible soils are farmed. It also ensures that identified wetland areas

To meet other eligibility certifications.

Once complete, we'll work with you on the application, or CPA 1200.

Applications for most programs are accepted on a continuous basis, but they're considered for funding in different ranking periods. Be sure to ask your local NRCS district conservationist about the deadline for the ranking period to ensure you turn in your application in time.

USDA is an equal apportunity provider and employe



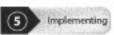
- An official tax ID (Social Security number or an employer ID]
- A property deed or lease agreement to show you have control of the property; and
- A farm tract number.

If you don't have a farm tract number, you can get one from USDA's Farm Service Agency. Typically, the local FSA office is located in the same building as the local NRCS office. You only need a farm tract number if you're interested in financial assistance.



NRCS will take a look at the applications and rank them according to local resource

concerns, the amount of conservation benefits the work will provide and the needs of applicants.



If you're selected, you can choo whether to sign the contract for the work to be done

Once you sign the contract, you'll be provided standards and specifications for completing the practice or practices, and then you will have a specified amount of time to implement. Once the work is implemented and inspected, you'll be paid the rate of compensation for the work if it meets NRCS standards and specifications

go to: www.nrcs.usda.gov/GetStarted

NRCS Service Centers U.S. Department of Agriculture NRCS Office (Current as of Feb. 17, 2017) (575) 437-3100 Alamogordo (505) 761-5447 Albuquerque (505) 334-3090 Aztec (575) 887-3506 Carlsbad Carrizozo (575) 648-2941 Chama (575) 756-2581 Clayton (575) 374-9461 (575) 762-4769 Clovis (505) 786-7094 Crownpoint (575) 289-3278 Cuba Datil (575) 772-5722 Deming (575) 546-9692 (505) 384-2272 Estancia (575) 355-2448 Fort Sumner (505) 722-4357 Gallup (505) 287-4045 Grants Hernandez (505) 753-3508 Las Cruces (575) 522-8775 Las Vegas (505) 425-3594 (575) 542-9141 Lordsburg (505) 865-4643 Los Lunas (575) 396-5857 Lovington (575) 387-2424 Mora Mountainair (505) 847-2941 Portale: (575) 356-6629 (575) 445-9571 Ration (575) 622-8746 Roswell (575) 485-2294 Roy (505) 471-0410 Santa Fe (575) 472-5401 Santa Rosa (575) 388-1569 Silver City (575) 835-1710 Socorro Conserving New Mexico (575) 758-3863 Taos Helping People Help the Land (575) 894-2212 T or C Tucumcari (575) 461-3801 410-2607/ (505) 761-4400 State Office

Health Beat:

Distracted Driving

Stephanie Barela, Health Educator www.nsc.org

Phone: 505-869-4479

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

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

- Turn off your Cell Phone! There is NO safe way to make a call while driving—not even hands free.
- Send and Receive text messages BEFORE you start driving.
- If your drive is long, schedule breaks to stop, park safely and respond to messages.
- Take care of communications before you start driving, using voice features on your car's infotainment system is also distracting.
- Know where you are going before you leave. Put your destination into your GPS, so you don't have to touch it on the road.
- Social media can wait. No update, tweet or video is worth your life.
- Park in a safe area if you must take a call, return a text or check email.
- Do not call or text family if you know they are driving.

Important facts from the **National Safety Council:**

- Distraction leads to driver error
- 7% of all drivers at any given time are using their phones while driving
- Drivers talking on phones (hand-held and hands-free) miss seeing up to 50% of what is around them, including:
 - Other drivers
 - Pedestrians
 - **Bicyclists**

BEFORE YOU START YOUR CAR, TURN OFF YOUR PHONE AND JUST DRIVE

September 2019 Isleta Pueblo News Page 15

ISLETA RESORT & CASINO

Isleta Resort & Casino wants you to join their ranks. The Resort is making a diligent effort to ensure employment opportunities are available for Pueblo of Isleta tribal members. An August Job Fair resulted in a productive turnout, and the Resort remains committed to holding continuous Job Fairs within the Pueblo of Isleta throughout the year. Interested applicants are encouraged to visit www.isleta.com for job postings and information.

Many of those positions are for the Resort's new Food Court, which opened in front of an eager and excited crowd in August. Diners can now enjoy Panda Express, Fatburger, and the all-new Chile Ristra.









The property also celebrated the opening of its temporary Sports Book location in August, where they're taking wagers on local sports, Pro Baseball, Pro Football Regular Season Win Totals, English Premiere League, UFC, WNBA, PGA Golf, NASCAR, and more! So far, the Resort says the response from guests has been tremendous.

"Our patrons have expressed their excitement and gratitude for the new venue, which affords them the chances to bet on their favorite teams," said Isleta Resort & Casino CEO Harold Baugus.

Sports Book is open for wagers 7 days a week: Monday – Thursday, 8am-10pm, and Friday – Sunday, 7am-11am. The Resort will open its permanent Sports Book later this year.

Tips for Night Driving From the Isleta Health Center's Optometry Clinic

1. Never wear tinted lenses while driving at night

 So called night driving lenses with any amount of tint or polarization only reduce the already limited amount of light available to your eyes making driving more hazardous.

2. Wear lenses with Anti Reflective (AR) coating

- AR coatings minimize distracting internal lens reflections which can be significantly more noticeable at night.

3. Have regular eye exams and ensure your eyewear prescription is up to date

- Even slightly uncorrected refractive errors can make night time driving more difficult.

4. Make sure your corrective lenses are clean

– Dirty lenses can limit your view and induce glare.

5. Make sure your windshield is clean

 $-\,\mathrm{As}$ with corrective lenses, dirty windshields will also limit your view and induce glare.

6. Make sure your head lights are clean and properly aligned

– Dirty headlights can reduce efficacy by 75%.





Thursday September 26, 2019

Event: 6:00PM—10:00PM Dinner with Entertainment to Follow

Sandia Casino Ballroom

Menu

Choice of:

Thyme Roasted Chicken Breast OR

v 1 c . .

New York Strip Steak

EVENT IS OPEN TO SENIORS 50 YEARS OF AGE & OLDER

Dress to Impress: Theme: PROM ATTIRE

PRICE is \$25.00 Per Person

The Isleta Pueblo Tribal Administration is sponsoring 40 randomly selected attendees. Names will be drawn on 8/30/19

If your name was not drawn you must pay \$25.00 to the Elder Center before 9/5/19

Transportation Will Be Provided Upon Request

Call or Visit the Elder Center to Sign-Up!

If you are interested, there is a block of rooms reserved for this event.

\$89.00 for a Double Queen Room—YOU MUST MAKE RESERVATIONS IN ADVANCE & A CREDIT CARD WILL BE NEEDED FOR THE RESERVATION.

Call 505-796-7500 if you would like to make a reservation

BOOKING CODE: NATIVE SENIOR PROM

"Positive Impacts for Victims"

Pueblo of Isleta Summit & Resource Fair

2019 Pueblo of Isleta Domestic Violence Awareness
Planning Committee



DETAILS:

THIS EVENT IS FOR ISLETA PUEBLO AND SURROUNDING COMMUNITIES TO HELP IDENTIFY SERVICES, LOCAL SERVICE PROVIDERS, SHELTERS, CLOTHING, ETC.

WHEN:

TUESDAY OCTOBER 29, 2019 9:00 AM- 1:00 PM

WHERE:

ST. AUGUSTINE CATHOLIC CHURCH RELIGIOUS ED BUILDING

BRING YOUR APPETITE! LUNCH WILL BE PROVIDED FOR ALL PARTICIPANTS AND FAIR-GOERS!

THANK YOU IN

ADVANCE FOR

YOUR

PARTICIPATION!



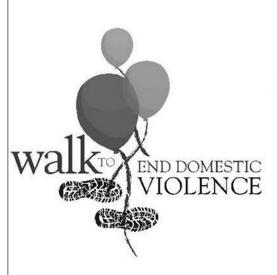
Domestic Violence Awareness Planning Committee: Isleta Social Services, Governor's Office, Isleta Victims Services, Isleta Recreation, Isleta Diabetes Program, Isleta Behavioral Health





OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

"Positive Impacts for Victims"



ISLETA SOCIAL
SERVICES
DOMESTIC VIOLENCE
AWARENESS

FUN RUN/WALK 1 & 2 MILE WALK 1, 2, & 3 MILE RUN

WEDNESDAY
OCTOBER 2ND 2019
Registration 5 PM
Run/Walk
5:30 PM-7:00PM

FOR MORE
INFORMATION
CALL ISLETA SOCIAL
SERVICES

869-2772



Health Beat: Heart Disease

Stephanie Barela, Health Educator www.CDC.gov www.webmd.com www.goredforwomen.org Phone: 505-869-4479

HEART DISEASE AWARENESS

Heart Disease, also known as cardiovascular disease, is the leading cause of death in the world and accounts for one in three deaths among women each year and more than ½ of the deaths in men. Here are things we can do to LOWER our Risk of Heart Disease:

QUIT SMOKING COMMERCIAL TOBACCO.

Contact Stephanie Barela (869-4479) to learn about the Isleta Health Center's quit smoking programs.

EAT HEALTHY.

Eat more

- Healthy fats, such as raw nuts, olive oil, fish oils, flax seeds, or avocados
- Colorful fruits and vegetables—fresh or frozen, prepared without butter
- High-fiber cereals, breads, and pasta made from whole grains or legumes
- High-quality protein, such as fish, poultry, and lean meats
- Organic dairy such as eggs, skim or whole milk, or unsweetened yogurt

Eat less

- Trans fats from partially hydrogenated or deep-fried foods; saturated fats from fried food, fast food, and snack foods
- Packaged foods, especially those high in sodium and sugar
- White or egg breads, sugary cereals, refined pastas or rice
- Processed meat such as bacon, sausage, salami, and fried chicken
- Yogurt with added sugar, processed cheese

$GET\ ACTIVE$

Get moving and increase your heart rate. Try for 30 minutes a day, 5 days a week.

$MANAGE\ YOUR\ STRESS$

- o Deep Breath
- o Take a Break
- o Exercise
- o Write in a Journal
- o Talk to someone (Friends/Family)
- o Make an appointment with Isleta

Behavioral Health (505-869-5475)

KNOW YOUR NUMBERS

BLOOD PRESSURE

• Keep it below 120/80.

BLOOD SUGAR

• Keep it below 6% (100mg).

BLOOD CHOLESTEROL

- LDL is "bad" Cholesterol--Keep it less than 100mg.
- HDL is "good" Cholesterol--Keep it higher than 60mg.
- Triglycerides--Less than 150mg.

BODY WEIGHT

• Keep your Body Mass Index between 18.6 and 24.9.

September 2019 Isleta Pueblo News Page 17

Isleta Health Board Procedure for Consideration of Inclusion on Agenda

An individual or representative(s) of an organization desiring placement on a Health Board meeting agenda shall adhere to the following process:

- 1. Contact the Chairperson of the Board or Chief Executive Officer of the POI Health Services Department and provide the following information:
 - a. Name, organization and contact information
 - b. The subject/topic for inclusion on the agenda
 - c. The nature of the item and/or action desired (e.g. informational only, resolution of support, etc.)
 - d. Any time sensitive deadlines related to item c (above)
 - e. The approximate time needed to present the item.
 - f. A copy of any materials which will be presented.
- 2. Each of the above elements need to be addressed.
- 3. Only items relevant to the health of the Pueblo community will be considered.
- 4. The Chairperson of the Board or the CEO will contact the presenter to inform them if they will be placed on the agenda, and if so, when (date and time).
- 5. Any materials must be provided in sufficient quantity for all meeting participants (generally 13 copies), in advance if possible.
- 6. The presenter will be present only for their presentation. The Board reserves the right to discuss any proposed action with or without the presenter present.
- 7. The Chairperson or CEO will inform the presenter of any action taken.

Adopted: December 13, 2010

Optometry Services



Patients in need of Optometry Services:

Due to the Optometrist vacancy the IHC Optometry Department and PRC are working together to schedule Optometry services outside of the Isleta Health Center. Please be advised that services that are coordinated require an authorized referral from PRC in advance. Patients who schedule their own Optometry appointment without an authorized referral will be financially responsible for payment.

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

SEPTEMBER 2019

PUEBLO OF ISLETA

JOHNSON - O'MALLEY PROGRAM MICHELLE VALDEZ, AUDRENA ABETIA, KRISTLE ABEITA

JOM News

We hope that everyone is off to a good start with the new school year! We are excited to continue to work with each and every one of the students in any way that we can. If your child is in need of additional supplies such as, crayons, dividers, binders, glue, glue sticks, colored pencils, or composition notebooks, come see us.

Thank you to those parents that stopped by our booth at the open house events at your child's school, it's greatly appreciated. It's important to stay on top of your student's academics. The schools have provided many ways to do this. If your student is in middle school or high school you can download the apps associated with your child's school to keep the communication lines between you and the teachers open. Elementary parents can use apps such as Remind, Class Dojo or other apps to keep communication with the teacher.

UP COMING SEPTEMBER EVENTS

TUTORING BEGINS

9 PACKETS CAN BE PICKED UP AT THE JOM OFFICE

LLPS PROGRESS REPORTS

3 MIDDLE/HIGH SCHOOLS

12 ELEMENTARY SCHOOLS
APS PROGRESS REPORTS

13 MIDDLE/HIGH SCHOOLS

FAMILY NIGHT

17 PARENT COMMUNICATION
SOLUTIONS

If you have not enrolled your child in the JOM program it is not to late. Call our office to get more information.

505-869-9810



WE ARE HERE TO SERVE Isleta Health Center Team

Suicide Prevention Week

Stephanie Barela, Isleta Health Center Health Educator, 869-4479 505-869-4479 | sbarela@islclinic.net | http://suicidepreventionlifeline.org

National Suicide Prevention Week is Sept. 8th - Sept. 14th



World Suicide Prevention Day is Sept. 10th

The blue and turquoise ribbon represents suicide awareness and prevention. During this week,

wear these solars or the ribbon to show your support for these who have been affected by suicide.

wear these colors or the ribbon to show your support for those who have been affected by suicide.

Show what to look for:

** Know what to say

Know what to look for:	❖ Know what to do	❖ Know what to say
■ Serious depression	■ Trust your instincts and NEVER	Ask
 Change in appetite or weight 	keep suicidal plans a secret (it's better to have an angry friend than a Dead friend)	Express your concern and ask if they are thinking about suicide
 Change in sleeping habits 	 Don't leave a suicidal person alone 	■ Don't give up if they are reluctant to talk, let them know you are there to listen
 Loss of interest in favorite activity 	■ Encourage them to seek professional help	■ Ask how long they have felt this way
Fatigue and increased depression	Remove deadly means, by removing the means, you "de- rail" and buy time to get help	Ask if they have thought about how they would do it
■ Increasingly isolated	These means may include-	Listen
 Saying they want to die 	firearms, drugs, medication, knives, razor blades or access to a car	■ Don't act shocked or try to change the subject
• Feelings of hopelessness	Call the 24-hour crisis hotline and hand the phone to your	■ Encourage them to tell you how they feel
nopelessiless	friend or speak to the counselor yourself	 Hear them out, don't jump to conclusions or make judgments
■ Feelings of worthlessness or	Take your friend to the emergency room, depression is a	■Try to understand how they feel without offering simple solutions
guilt	disease and it can be treated, DON'T GIVE UP.	Be direct, open and HONEST
 Difficulty concentrating and 	National Suicide Prevention Lifeline 1-800-273-TALK	Let them know you care and that they are not alone.
making decisions	(8255)	■ Respond
■ Giving away prize	Crisis Text Line	Let them know you care and that they are not
possessions	Text START to 741-741	alone.
 Preoccupation with death or dying 	Non-Crisis Help Isleta Behavioral Health 505-869-5475	■Help them understand that suicidal feelings will pass and depression can be treated
 Sudden drop in school or work performance 	Schedule an appointment with one of our counselors.	Don't try and handle a suicidal crisis alone, get professional help

Express your concern and ask your loved one if she/he is thinking about suicide. Listen to what they have to say and express empathy rather than offer advice. In a crisis, call a chat line immediately to speak with a counselor or 911. Do not leave a suicidal person alone.

September 2019

Pueblo of Isleta WIC



World Breastfeeding Week 2019

Thank you!
Our event sponsors include:

POI IBC
POI Environmental
Dept.
POI Breastfeeding
Task Force



Thank you to the
staff at Isleta Health
Services for
supporting,
promoting and
protecting
breastfeeding, we
appreciate you!



-WIC Staff

*

Celebrating Breastfeeding Families in our

Community

The Pueblo of Islata WIC Office celebrated

The Pueblo of Isleta WIC Office celebrated World Breastfeeding Week 2019 by recognizing breastfeeding families and breastfeeding supportive professionals in our community. Our event had fun, food, prizes, and information about breastfeeding for the entire community. Mothers were honored for their hard work and dedication. Our WIC clients are amazing!



Medicare.gov

How to fight Medicare fraud & protect your identity

Now's a great time to brush up on your Medicare rights and protections, and take action to protect your identity.

Here are 3 things to do:

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

Sincerely, The Medicare Team

Isleta Elder Center

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

St. Augustine Parish Isleta Pueblo Ministry of Consolation



MISSION STATEMENT

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

OBJECTIVES:

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

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

Isleta Elder Center Adult Day Services

Hours: 9:00 am to 3:00 pm

Adult Day Services (ADS) is a program for the elders of our community to come and spend the day with peers, socializing, participating in activities & enjoy delicious meals!

When participants arrive for the day they enjoy a healthy breakfast followed by participating in a variety of activities such as; painting, pottery making, sewing, exercising and bingo. They then enjoy a nutritious lunch in the dining room where they get to socialize with the congregate lunch attendees. After lunch they continue with activities and have an afternoon snack before they are transported back home for the day. We also often take field trips to surrounding attractions such as museums, movie theatres or the library.



Adult Day Service participants also have numerous educational classes and presenters, such as: Tina Louise who presents on ICAN (Ideas for Cooking And Nutrition). She provides monthly information on portion size, healthy recipes and foods to avoid such as those with high sugars. Sessions also include how to read labels on food packages. Tina usually will bring us a gift to help us in the kitchen!

ADS July Activity Highlight:

Santana from Isleta Behavioral Health, provided a hands on experience in basket weaving. Elders were able to learn how to make different shapes and sizes of baskets.



A VERY IMPORTANT NOTICE

On an average, the Pueblo of Isleta Elder Center provides 10,000 transports annually, and the majority of these trips have been medical related. Last year, a new position was filled to meet these service demands. The plan at that time was to fill an important need for "socialization." When elders can socialize with others and/or are provided opportunities to carry on with familiar tasks like shopping, running errands, seeking resources (help) from within and outside of our community, our elders most likely will stay independent longer. These opportunities will open doors to their physical, emotional and financial well being. We know there are many elders who are afraid to drive because the roads and streets are very busy and intimidating. Some have lost their privileges to driving, knowing how important our services are to our elders, we addressed this concern with Governor Zuni and Volelle Zamora CEO Health Center, as a result:

Beginning September 1, 2019

The Isleta CHR's will transport all elders to medically related appointments within our community and outside of Isleta.

Please call the CHR Office to schedule your Ride at 869-4482 or 869-4485

Beginning September 1, 2019

The Elder Center will focus on elder transports to: **Attend to Personal Needs**, such as:

- Shopping for groceries, household items, etc.
- Running Errands for paying bills, mail run, hair cuts, etc.
- Appointments for Accessing Benefits and/or Resources (e.g. Elder Center, Housing, Census Office, Realty, Governors office, Library, Social Security, etc.). To the Elder Center: to partake in activities, lunch, exercise, visits with Adult Day Service Participants, visit Assisted Living Facility Residents or visit family within our community.

Monthly Trips to:

- Commodity Pick up at the Bernalillo Warehouse
 1st week of each month (depending on open dates)
- Walmart Shopping 2nd Thursday of every month
- Various Shopping Venues, e.g. Coronado Mall, Cottonwood Mall, Uptown Mall, Home Depot, Walgreens, Target, Sams, etc. last Tuesday of every month
- Feast Days to Pueblo Communities (one per month)

Please call the Elder Center to Schedule your Ride at 869-9770



Pack your oays, we're young to

Laughlin, Nevada!

Sunday November 3rd – Wednesday November 6th, 2019



Travel by Herrera Coaches

<u>Lodging Information</u>: Tropicana Hotel & Casino
Age Requirement: 50 Years & Older

(21+ if assisting an elder)

PRICING (PER PERSON):

Double Occupancy = \$99.00 Single Occupancy = \$129.00

Payment must be made in FULL no later than:

Wednesday October 16, 2019 by 3:00PM

Make payment at the Elder Center

For more information contact Monique Lujan Activities Coordinator at 869-9770

CASH PAYMENT ONLY



Refined Grains

A refined grain, or its product, is made by processing a natural, whole grain so that some or most of the nutrients are lost. White rice, white bread, white pasta, cream of wheat, cookies, and bowls of snap-crackle-and-pop are all examples of refined grain products.

Limiting refined grains is crucial for optimal health. We all need a certain amount of carbohydrates but through our addiction to refined grains and sweets we are consuming far too many. The body's storage capacity for carbohydrates is quite limited, though, so here's what happens to all the excess: they are converted, via insulin, into fat and stored in the adipose, or fatty tissue.

Consequences of refined grains and sugars:

Excess weight and obesity lead to heart disease and a wide variety of other diseases. But the ill effect of refined grains and sugars does not end there. They suppress the immune system, contributing to allergies, and they are responsible for a host of digestive disorders. They contribute to depression, and their excess consumption is, in fact, associated with many of the chronic diseases in our nation, such as cancer and diabetes. A high insulin level in the body also leads to osteoporosis. Calcium will not absorb if the body has a high insulin level.

If you are experiencing any of the following symptoms, chances are very good that the excess carbohydrates in your body are, in part or whole, to blame:

- Excess weight Depression Low blood sugar
- Fatigue and frequent sleepiness High triglycerides
- Brain fogginess
 Bloating
 High blood pressure

Safe Grains:

The best grains include brown rice, quinoa, buckwheat, millet, corn, amaranth, and whole wheat products. Soaking brown rice overnight improves absorption of the vitamins and minerals up to 75%.

Recipe:

Kale with Brown Rice Ingredients

- ▶3 t. oil or butter ▶1 C kale or spinach (fresh)
- ▶1 t salt ▶1/8 t pepper ▶2 boiled eggs
- ▶2 C cooked brown rice (regular)

Directions

- 1. Soak brown rice overnight or for 8 hours. Prepare brown rice as indicated on package directions.
- 2. Place two eggs in boiling water for 10 minutes.
- 3. Chop kale and sauté in oil or butter for 3 minutes. Stir in salt and pepper and reduce heat.
- 4. Put cooked rice on serving platter and top with sautéed kale and sliced boiled eggs.

WIC Nutrition

Pueblo of Isleta Elder Center

PO BOX 1270 Isleta NM 87022 505-869-9770

Dearest Elders,

This is a special invitation to an evening event at the Isleta Elder Center. We are holding our <u>Benefits & Resource Fair</u> on Wednesday, September 11, 2019 from 5 pm. To 8:30 p.m.

The event is free & open to the general public, so bring friends, family & others who may be interested in learning more about available resources for Seniors & most importantly about Medicare & Medicaid. Information shared could be life changing in the way care to our Elders is provided.

If you need more information, call Pauline, Benefits & Billing Manager.

Respectfully,

Isleta Elder Center Staff

Benefits & Resource Fair

Wednesday, September 11, 2019

5:30 pm Welcome & Invocation

Governor Max Zuni

Opening Remarks

Rita Jojola, Director

Benefits and Resource Assistance

Pauline Lucero, B&B Manager

5:45 pm Plated Dinner

6:00 pm to 7:00 pm

SSA 101 - Medicare with Rhonda Romero, Social Security Administration, Public Affairs Specialist– NM

7:00 pm to 7:30 pm One-on-One Assistance

Conference Room-Rhonda Romero

7:15 pm to 7:45 pm "What is Medicaid?"

with Theresa Belanger, Tribal Liaison-State of NM Centennial Care

8:00 pm to 8:30 pm

Managed Care Organizations (MCO)

Guest Speakers: Presbyterian, Western Sky, & Blue Cross Blue Shield

<u>Vendor Booths will be set up in our Activities Room with</u> <u>great information.</u>

Dinner: Chicken/Shrimp Skewers with Ginger Rice, Sandia Salad (Fresh squash, zucchini, jicama, tomato, sunflower seed and balsamic glaze), Dessert & Beverages

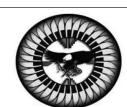
Prevention is the Key to Staying Healthy

- 1. Wash Hands Often with Soap and Warm Water.
- 2. Cough into your hand, elbow, or tissue, not toward another person.
- 3. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines).
- 4. Avoid touching your eyes, nose and mouth.
- 5.Avoid contact with sick people

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

Baked apples

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
9/2/2019	9/3/2019	9/4/2019	9/5/2019	9/6/2019
LABOR DAY DELDER CENTER CLOSED	Chair Exercise 10:45AM Great for beginners! *Meet in the activities room	San Augustinito Feast ELDER CENTER CLOSED	Open Painting Session 1:00PM Activities Room Supplies Provided	Chair Exercise 10:45AM Morning Walk 11:00AM *Meet in the activities room
9/9/2019	9/10/2019	9/11/2019	9/12/2019	9/13/2019
State Fair 9:00AM - 3:00PM Admission & Lunch Costs' are On Your Own Seniors 65+ = \$7.00 Adults 64 and under = \$10.00	Commodities Distribution #1 8:30AM - 3:30PM Activities Room	Benefits & Resource Fair 5:30PM - 8:30PM Elder Center Dining Room DINNER WILL BE PROVIDED! FREE TO THE PUBLIC! SEE FLYER FOR MORE INFORMATION	Mass Activities Room 11:30AM Walmart Trip 1:00PM - 4:00PM	Barelas Senior Center Fiestas 10:30 - 3:00PM
9/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019
Chair Exercise 10:45AM Morning Walk 11:00AM Afternoon Social Music Sharing 1:00PM Activities Room	Tech Basics Tablet, Computer & Cell Phone Basics 1:00PM Activities Room	Friendship Breakfast 9:00AM General Meeting 10:00AM Senior Health Resource Center	Early Lunch - 11:00AM . Monthly Caregiver Training: "Transitioning from Summer to Winter" 11:30AM - 12:30PM Activities Room Staff Meeting - 12:30PM	Advisory Committee Meeting 9:00AM - 11:00AM Conference Room
9/23/2019	9/24/2019	9/25/2019	9/26/2019	9/27/2019
Chair Exercise 10:45AM Morning Walk 11:00AM	Manzano Mesa Shuffleboard Lunch & Shuffleboard 10:30AM - 4:00PM	Afternoon Bingo Activities Room 1:00PM	Commodities Distribution #2 8:30AM - 3:30PM Activities Room	September Birthdays Celebration 12:00PM - Dining Room
*Meet in the activities room	Coronado Mall Shopping 10:30AM – 3:00PM Lunch in the Food Court	BINGO	Laguna Feast 9:00AM - 3:00PM <i>Bring vour own chair!</i>	AAPPYOLAT HOAY
9/30/2019				
	Please call the	Elder Center with any questions re	bject to change	p for activities.
		Activities are offered to those 50 Ye	ars & Older unless otherwise noted	

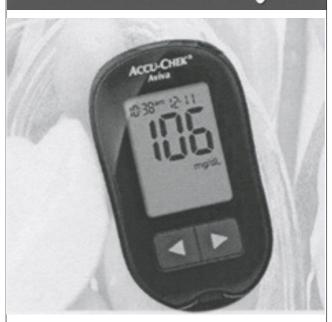




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Monday	Tuesday	Wednesday	Thursday	Friday
9/2/2019	9/3/2019	9/4/2019	9/5/2019	9/6/2019
	Taco Tuesday	Center Closed	"Burque" Turkey	Hot Fish Sandwich
# 77 WE WILL BE	Ground beef 3 oz	Feast Day	Shredded turkey 3 oz	Breaded fish 3 oz
CLOSED WE WILL BE	Shredded cheddar .5 oz		Cheddar slice .75 oz	WW bun = 56 g
# L/ GLUSEU	Taco shell 2 ea	TOT	Green chile 1/4 c	Coleslaw 1 c
	Lettuce, tomato 1/8 c		Sweet potato fries 1/2 c	Carrot coin 1 c
LABOR DAY	Summer Italian vegetables 1 c	ASSA	Croissant 1.5 oz	Fresh melon 1/2 c
	Fresh fruit		Fresh fruit	Tartar sauce
9/9/2019	9/10/2019	9/11/2019	9/12/2019	9/13/2019
Potatoes and Weenies	Hawaiian Chicken Wrap	Vegetable Beef Stew	Egg Salad Sandwich	Fried Rice
Beef frank 3 oz	Diced chicken 3 oz	Ground beef 3 oz	Egg salad 3 oz	Beef, park or chicken 3 oz
Diced roasted potato 1/2 c	Shredded cabbage 1 c	Mixed vegetable 1 c	WW bread slice = 56 g lcan	Asian vegetables 1 c
Red chile 1/2 c	Carrot coins 1 c	WW crackers = 24 g	Pickled beets 1/2 c	Brown rice 1/2 c
WW roll = 56 g	WW tortilla 8"	Baked apples 1/2 c	Fresh broccoli 1 c Nutrition	Fortune cookie 1 ea
Fresh fruit	Fruit cocktail 1/2 c		Ambrosia fruit salad Education 12:00 PM	Sugar free gelatin w/fruit 1/2 c
			1/2 c Dining	
9/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019
Country Chicken w/Gravy	Zucchini Boat	Baked Mac-N-Cheese	Ham and Cheese Pinwheels	Tuna Casserole
Breaded chicken patty 3 oz	Sausage crumbles 3 oz	Shredded cheddar 1 oz	Shaved ham 3 oz	Tuna 2 oz
Mashed potato 1/2 c	Shredded cheese .5 oz	Lima bean/ham soup 1 c (M/MA)	Shredded cheese .5 oz	Peas/carrots 1 c
Vegetable melody 1/2 c	Zucchini boat 1/2 c	WW elbows 1/2 c	Composed salad (cucumber,	WW noodle 1/2 c
Chicken gravy 1 oz	Marinara 1/2 c	Broccoli floret 1 c	tomato, onion) 2 c EARLY	Shredded cheddar 1 oz
Fresh fruit	Bread crumbs 1 oz	Fresh fruit	WW tortilla 8' LUNCH	Fresh fruit
	Fresh fruit		Fruit cup 1/2 c	
9/23/2019	9/24/2019	9/25/2019	9/26/2019	9/27/2019
Green Chile Stew	Spinach Salad w/Chicken	Meatball Sub	Beef and Broccoli Stir Fry	Indian Taco
Ground beef or pork 3 oz	Diced chicken 3 oz	Meatballs 3 oz	Beef 3 oz	Red chile beans 1 c
Potato 1/2 c	Spinach salad 2 c	Mozarella cheese .5 oz	Broccoli 1 c	Shredded cheddar 1 oz
Green chile 1/2 c	Cranberries 1/8 c	Marinara sauce 1/2 c	WW rice 1/2 c	Lettuce/tomato 1/8 c
Rice and raisins 1/2 c	Mandarin orange 1/4 c	Green beans 1/2 c	Crunchy noodles 1 az	Fry bread = 2 grain eq
	Garlic bread stick = 56 g	WW bun = 56 g	Mandarin oranges 1/2 c	Fresh melon 1/2 c
	Raspberry vinegrette 1 oz	Fresh fruit		MANUSCHAM.
9/30/2019				
Pork Tamale				
Tamale 3 oz	IMPORTANT REMINDERSH			
Red chile w/pork 1/2 c			aves time and money. Thank yo	
Sandia salad 1 c (squash,	Congregate meals age 55+ free of	charge. Persons ages < 55 the sugges	sted donation is \$5.00 however any do	onation is appreciated.
tomato sunflower seed,	1			
onions, balsamic glaze)	1			

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

Diabetes Education Class



Join us for a educational class and learn more about diabetes including:

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

Thursday, Sept. 12, 2019 5:00pm-6:00pm **Location-Training Center**

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



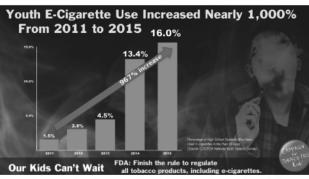
Sponsored by Isleta Diabetes Prevention Program **Total Body Health**

HOW do you REDUCE YOUR RISK FOR A STROKE:

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

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

Why Do Youth Use E-Cigarettes?



There can be a variety of reasons why youth decide to use e-cigarettes (e-cigs). Youth are most often attempted to try something new not only by social media advertisements but also influences of peer- to- peer interactions and a need to fit in with a certain crowd. Other reasons are the many different available flavors these e-cigs are sold on the market and someone in the family might be using the e-cig devices.

According, to the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA), they examined data from the 2016 National Tobacco Survey that indicated the actual reason youth start using e-cigs. They found that, among students who used e-cigs in 2016, the most stated common reasons were the following:

- 39% used because a friend or family member used them
- 31% used because of the flavors (e.g. mint, candy, fruit, or chocolate)
- 17.1% used because they believed e-cigarettes are less harmful than other forms of commercial tobacco (e.g. cigarettes)
- Other reasons included the acceptability to commercial tobacco and because these products tend to cost less

No matter the reason for using e-cigs, these products are extremely harmful for the development of the youth up until the age of 25. In the 2016 surgeon general's report, it stated that users have the potential to be addicted to these products due to the high volume of nicotine, and as a result, hindering brain development and altering nerve cell functioning.

Youth who use e-cigs are more than 4x as likely to begin smoking cigarettes within 18 months, compared to their peers who do not vape. Are you doing enough to protect your youth?

For more information:

https://truthinitiative.org/research-resources/emerging-tobacco-products/3-main-reasons-youth-use-ecigarettes

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







NO SMOKING NO VAPING

Did You Know?

E-Cigarette use is not allowed everywhere smoking is prohibited in New Mexico, including: stores, offices, bars, restaurants, and other workplaces.

This change is an update to the statewide Dee Johnson Clean Indoor Air Act and also includes:

- Prohibits smoking or vaping of cannabis everywhere tobacco smoking or vaping is
- Increases the percentage of smoke-free/vape-free hotel and motel rooms to at least
- Creates additional smoke-free and vape-free locations:
 - o Private residences that are commercially used to provide child care
 - o Hotel ballrooms, conference rooms, and other enclosed spaces in hotels, motels, bars and restaurants
 - o Limousines under private hire
 - Any business, no matter the number of employees, unless specifically listed in the "smoking permitted" section of the Act
 - o Any new retail tobacco store, unless it is located in a standalone building

1 in 4 New Mexico high school students use e-cigarettes. E-cigarette use has General.

E-cigarette aerosol is not harmless. Electronic cigarettes, or e-cigarettes, heat a liquid – called eliquid – to turn it into an aerosol or vapor. E-cigarette users inhale the aerosol into their lungs.

E-cigarettes can also be called "e-cigs," "ehookahs," "mods," and "vape pens." The word "vaping" refers to inhaling the "vapor" of an e-cigarette. "JUULing" refers to using one brand of ecigarette called JUUL, which is popular among kids, teenagers and young adults. "Vape-free" means a location where ecigarette use is prohibited.

This update to the Clean Indoor Air Act is not required in sovereign tribal nations, however, Smoke Free Signals encourages all communities to include e-cigarettes in their commercial tobacco policies to ensure comprehensive protections to the health of all

Learn more at **smokefreenm.com**



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



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Child Safety Seat Clinic

3 OUT OF 4 CHILD SAFETY SEATS ARE USED INCORRECTLY.

Could yours be one of them?

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



Friday, September 27, 2019 9:00am - 11:00am



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

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

Please bring Tribal ID.

*Must have child and car seat present! CALL 869-4479 FOR MORE INFORMATION











TUTORING/ HOMEWORK HELP

K-6th Session Monday & Wednesday or Tuesday & Thursday 4:15-5:15 pm

Sessions start September 9, 2019

Packets can be e-mailed, faxed or picked up at the Department of Education Office.

Services are based on a first come, first served basis and space is limited. 7th-12th Session Monday & Wednesday or Tuesday & Thursday

3:00-4:00 pm

ANY QUESTIONS PLEASE CONTACT AUDRENA ABEITA OR MICHELLE VALDEZ AT 505-869-9810.

Community Health Representatives (CHR)

Transportation and Medication Guidelines

PATIENTS WILL NEED:

- 24 hour advance notice is required for all transportation needs.
- A Transportation Form must be filled out and kept in our files for one year.
- No same day call in requests are honored, due to scheduling of patients with a 24 hour call in notice.
- If you feel you have an emergency please call 911.
- Transportation is provided for Medical, Physical Therapy, Behavioral Health and Dialysis appointments.
- Wheel chair patients must ensure that they have an aide to assist them with their appointment or they cannot be transported.
- Drivers are not responsible to sign patients in to their appointments or fill out any paperwork.
- Patients are picked up and dropped off at their assigned address. No last minute changes can be made due to the set schedule patients.
- A Medication Form must be filled out and kept in our files for one year.
- Medication delivery requires a 24 hour advance notice.
- Medications are delivered only from Isleta Health Center Pharmacy.
- Medications are delivered only to patients that are homebound, elderly or can not drive.
- Patients requesting medication delivery must be home at time of delivery, due to required signature, medications cannot be left with anyone other than the patient.
- No one under the influence of alcohol or drugs will be transported.
- No smoking, Drinking or Eating is allowed in vans.
- Pick up and drop off is only at specified home address, an estimated pick up and return time will be given to you.
- If you are scheduled for a pick up by CHR, driver's times may vary due to other scheduled patients.
- Drivers will not stop patients at Smoke Shop, Grocery Stores, Casinos, etc.
- If you are a no call, no show three times, your transportation privileges will be suspended.
- If you are a no show for pick-up or medication the driver will leave a Door Hanger with the time and date that they were there.
- Please call the office if you cancel your appointment or will not be home for medication delivery. You can call and leave a message on our answering machine at any time.
- You must be ready for your pick up when the CHR van drivers arrive for your scheduled transport. This is to ensure that you and all other patients will be on time for the scheduled appointments. The drivers are allowed to wait ONLY 8 MINUTES for your pick up.
- All clients and patient must show respect to all drivers.

CHR Office Hours: 8:00 am to 4:30 pm.
Office phone number: 869-4485
Isleta Health Center: 869-3200

Due to other patient's appointments/transports there may be a wait time.

SEPTEMBER 2019 ISLETA HEALTH CENTER Questions? Call 869-3200 **MONDAY TUESDAY** 1 3 4 We will be **CLOSED** DM Clinic w/Medical: 8:30-12pm DM Clinic w/Medical: 8:30-12pm CLINIC OPENS AT 9:50am DM Clinic w/Medical: 8:30-12 pm Bringing Peace to Relationships: 11:30-12:30pm @ BHS Early Recovery Skills: 9-10am@ Podiatry Clinic: 8:00-4:30pm Iron Eagle: Open Gym: 5:30-7:30pm @DPP Wellness Moccasin Class: 5:30-8pm @ Youth Group ICAP: 4:30-6:30pm Another Recovery Technique (ART): 10-11am @ BHS. Another Recovery Technique (ART); 1-3:30pm @BHS Eagle HIIT:- Week 6: 5:30-7pm @DPP Wellness Group Therapy: 11am-12:00pm IHC Training Center Pueblo Men Rising Group: 2-3:30pm @BHS Wellbriety Group: 6-7:30pm @BHS Sewing Class: 5:30-8pm @ IHC Youth Power Source: 4:30-6:30 @BHS Another Recovery Technique (ART): 1-3:30pm @ BHS Training Center Iron Eagle: Open Gym: 5:30-7:30 @DPP 12 7/8 10 11 DM Clinic w/Medical: 8:30-12pm DM Clinic w/Medical: 8:30-12pm Podiatry Clinic: 8:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. DM Clinic w/Medical: 8:30-12 pm CLINIC OPENS AT 9:50am Bringing Peace to Relationships: 11:30-12:30pm @ BHS Early Recovery Skills: 9-10am@ Youth Group ICAP: 4:30-6:30pm Another Recovery Technique - 10-11am Podiatry Clinic: 8:00-4:30pm @BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Diabetes Education 5:00-6:00pm Another Recovery Technique (ART): 10-11am @ BHS. Eagle HIIT:- Week 7: 5:30-7pm Nurturing Parenting Group: 1-3pm @DPP Wellness Pueblo Men Rising Group: 2-3:30pm @BHS Iron Eagle Open Gym: 5:30-Youth Life Skills 4:30-6:30pm @BHS Wellbriety Group: 6-7:30pm Group Therapy: 11am-12:00pm @BHS Another Recovery Technique (ART): 1-3:30pm @ BHS Youth Power Source: 4:30-6:30 @BHS 7:30pm @DPP Wellness Eagle HIIT:- Week 7: 5:30-7pm @DPP Iron Eagle: Open Gym: 5:30-7:30 @DPP Moccasin Class: 5:30-8pm @ IHC Training Center **20** DM Clinic w/Medical: 8:30-12pm 14/15 16 18 DM Clinic w/Medical: 8:30-12pm Podiatry Clinic: 12:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. CLINIC OPENS AT 9:50am DM Clinic w/Medical: 8:30-12 pm Early Recovery Skills: 9-10am@ BHS. Bringing Peace to Relationships: 11:30-Youth Group ICAP: 4:30-6:30pm @BHS Another Recovery Technique - 10-11am 12:30pm @ BHS Podiatry Clinic: 8:00-4:30pm @BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Iron Eagle: 5:30-7:30pm @DPP Wellness Nurturing Parenting Group: 1-3pm Another Recovery Technique (ART): 10-11am @ BHS. Eagle HIIT:- Week 8: 5:30-7pm @BHS Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5:30-8pm @ Youth Life Skills 4:30-6:30pm @BHS Wellbriety Group: 6-7:30pm @BHS Group Therapy: 11am-12:00pm @BHS Youth Power Source: 4:30-6:30 @BHS IHC Training Center Eagle HIIT:- Week 8: 5:30-7pm @DPP Wellness Iron Eagle Open Gym: 5:30-7:30 @DPP Sewing Class: 5:30-8pm @ IHC Another Recovery Technique (ART): 1-3:30pm @ BHS Healthy Cooking Class: 5-7pm @Health Center Kitchen Training Center 23 26 21/22 25 24 DM Clinic w/Medical: 8:30-12pm DM Clinic w/Medical: 8:30-12pm Podiatry Clinic: 8:00-4:30 pm **CLINIC OPENS AT 9:50am** DM Clinic w/Medical: 8:30-12 pm Early Recovery Skills: 9-10am @ BHS. Bringing Peace to Relationships: 11:30-12:30pm @ BHS Early Recovery Skills: 9-10am@ BHS. Podiatry Clinic: 8:00-4:30pm Another Recovery Technique - 10-11am Youth Group ICAP: 4:30-6:30pm Iron Eagle Open Gym: 5:30-7:30pm @DPP Wellness Another Recovery Technique (ART): 1-3:30pm @ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Nurturing Parenting Group: 1-3pm Eagle HIIT:- Week 9: 5:30-7pm @BHS @DPP Wellness Group Therapy: 11am-12:00pm @BHS Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5:30-8pm @ Wellbriety Group: 6-7:30pm @BHS Youth Life Skills 4:30-6:30pm @BHS IHC Training Center Youth Power Source: 4:30-6:30 @BHS Eagle HIIT:- Week 9: 5:30-7pm @DPP Wellness Another Recovery Technique (ART): 1-3:30pm @ BHS Sewing Class: 5:30-8pm @ IHC Iron Eagle Open Gym: 5:30-7:30 @DPP Training Center 28/29 28th Annual Multi-Cultural Red Ribbon Relay Run 9/1-7, 2019-National Suicide Podiatry Clinic: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. "United We Run to Be Drug-Free" Prevention Week Another Recovery Technique - 10-11am September 5-6, 2019 9/15-21, 2019-National Clean Hands Week @BHS Nurturing Parenting Group: 1-3pm Thursday, Sept. 5, 2019—Isleta Recreation Center "DPP" = Diabetes Prevention Programs - 869-4595 Youth Life Skills 4:30-6:30pm @BHS Friday, Sept. 6, 2019—Bataan Park to Fair Grounds



Pueblo of Isleta Community Cancer Support Group

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

Eagle HIIT:- Week 10: 5:30-7pm @DPF



September 9, 2019

5pm-6:30pm

Isleta Health Training Center

Rheumatoid Arthritis

Dr. Steier, NM Cancer Center

ALL WELCOME!



Contact Stephanie Barela 869-4479

ALL WELCOME



"BHS" = Behavioral Health Services - 869-5475

The Ripple Effect: One Change Makes a Great Impact

Date: Event:		Time:	
Thursday,	Red Ribbon:	5 00	
September 5th	Community 5k Run/1 Mile Walk	5:00 p.m.	
Friday,	Red Ribbon:	40.20	
September 6th	Bataan Park to State Fair Run	10:30 a.m.	
Wednesday,	Wellbriety:	5:30 n m	
September 18th	Focus Group #1	5:30 p.m.	
Wednesday,	ednesday, Wellbriety:		
September 25th	Focus Group #2	5:30 p.m.	





For more information call 505-869-5475