



# Isleta Pueblo News

Volume 14 Issue 11

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



November 2019

## Governors Report

May gu wam,

I am hopeful that this issue of the Isleta Newsletter finds you in good health and spirits.

October was a very busy month with all of the Domestic Violence Awareness events. I was glad to attend the "Community Healing Through Courageous Conversation" conference hosted by our Isleta Tribal Court Staff. It is always enlightening to learn new strategies in coping with this community wide problem which not only affects our community but communities throughout the world. Great job by Isleta Tribal Court Staff.

On Friday, October 4, 2019, Senator Udall and staff arranged for a medals presentation to E. Paul Torres and Diego Lujan. It was a small but enthusiastic event as the proud family members came out to support former Governor Paul Torres, Navy Veteran and Diego Lujan, Air Force veteran. What an honor to have Senator Udall to provide such a service and provide replacement medals for these two veterans. Also recognized was Felipe Lucero, WWII veteran.



We, Governors along with Tribal Council, were visited by Congresswoman Xochitl Torres-Small on October 4, 2019. The Congresswoman wanted to hear the concerns of our community and asked how she could assist to provide needed services. Some of the topics for discussion are noted below.

- DHHS, Administration for Children and Families, eligibility requirements for Head Start and Early Childhood Education
- Funding with regard to the Older Americans Act
- Department of Housing and Urban Development Funding for Pueblo Revitalization Project
- Federal Highway Transportation, transportation issues
- City of Albuquerque, Environmental Health, Air Quality Program (proposed asphalt plant next to I-25, old chicken farm)
- US Army Corps of Engineers and Bureau of Land Management, Isleta Diversion Dam, Silt issues
- Support for Economic Development

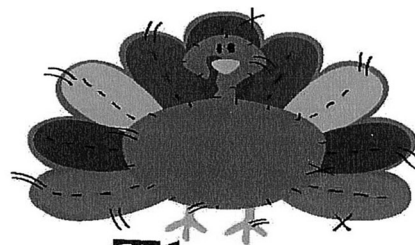


On October 16, 2019, Sheila Herrera of Tiwa Lending Services and I traveled to Washington, DC to testify before the Senate Committee on Indian Affairs with regard to "Lending Opportunities: Opening the door to Homeownership in Indian Country". This was a great honor as Tiwa Lending Services is recognized as an option to Leasehold Mortgage Homes through the Bureau of Indian Affairs. The BIA lease and mortgage approval and recording process is lengthy and cumbersome. With enactment of the HEARTH Act it expedites the timeliness of Federal land laws requiring BIA approval of residential leases and mortgages. Tiwa Lending has waited 12 months for a Title Status Report, 12 months for BIA approval of a lease or mortgage and 24 plus months before receiving the recorded lease and

mortgage from BIA. The Bureau of Indian Affairs, like the Pueblo of Isleta have many requirements which must be met before home construction even begins. HEARTH is an expensive law for tribes to implement due to the tribe taking on BIA's role of review and enforce leases and mortgages, preparing surveys, and conducting environmental reviews. Tiwa Lending's timeliness, by way of the POI Home Site Development Application, can expedite the process by one to two years. In addition, Tiwa Lending has closed more home loans than USDA Rural Development, Section 184 and Veterans' Administration. Thank you to Ms. Herrera, Director and Miranda Lente, Loan Assistant/Home Ownership Counselor, for their commitment to the community.

On Sunday, October 20 we hosted several congressional and legislative representatives to visit our pueblo. A driving tour was provided and we arranged for stops at the Isleta Elders Center, the Isleta Elementary and the Isleta Library. Thank you to Principal Gail Eaton, Elders Center Director Rita Jojola and Isleta Librarian Nathaniel Lujan for their preparation and gracious hospitality.

(Continued Page 2)



## Happy Thanksgiving

## Turkey Distribution

**DATES:** Tuesday, November 19, 2019  
Wednesday, November 20, 2019

**WHERE:** Recreation Center/Game Room

**TIME:** 8:00 a.m. to 6:00 p.m.

**FOR:** Tribal members living in Isleta Pueblo, Los Lunas, Belen, Bosque Farms, Albuquerque, Rio Rancho and Bernalillo ONLY!!

**Individuals must provide proof of tribal membership. Only one turkey per household your cooperation will be appreciated. Thank you!**

  
**Max Zuni, Governor**



All were very impressed with the presentations and progress of the pueblo as compared to other tribal communities within the U.S.A. The visitors that attended this tour included Senator Catherine Cortez Masto, (American Chair of the Democratic Senatorial Campaign Committee, attorney and politician serving as the senior United States Senator from Nevada, in office since 2017 and she previously served as the 32nd Attorney General of Nevada), Senator Tina Smith (is an American politician and former businesswoman serving as the junior United States senator from Minnesota since 2018. She is a member of the Minnesota Democratic–Farmer–Labor Party, an affiliate of the Democratic Party. Smith served as the 48th lieutenant governor of Minnesota), Congressman Ben Ray Luján (U.S. Representative for New Mexico's 3rd congressional district since 2009 and as the Assistant House Speaker since 2019. A member of the Democratic Party, Luján previously served as a member of the New Mexico Public Regulation Commission from 2005 to 2008) and Mark Kelly (American politician, candidate for 2020 Senate, former astronaut, engineer, and U.S. Navy captain. He also is an author, political activist, as well as aerospace executive and consultant. Kelly is the husband of former U.S. Representative Gabby Giffords). Thank you to Donna Placencio and Wayne Lucero, Isleta Resort and Casino Valet for the shuttle service.



The Native American Community Academy held its annual Feast Day on October 18, 2019. The event is always well attended by all natives from the area and out of state. This year was a special surprise as Bruce Tewaheftewa gave a traditional blessing at the start of the event. Congratulations to Mr. Tewaheftewa for representing your people in a positive and traditional way.

Absentee voting has already begun for the 2020 elections. Bernalillo County residents can early vote at the Isleta Elders Center up until November 2, 2019, thereafter on election day – November 5th. Valencia County voters can vote early at the Bosque Farms Public Library or Valencia County Administration Office and on Election Day at the Isleta Veterans Post (Los Charcos).

Great news – the new community center in Chical is almost complete. We are hoping to have an opening event toward the end of November. Look out for notices in late November for event details.

Turkey and Ham Distribution will be held at the Isleta Recreation Center this year. The Turkey distribution will be November 19th and 20th. The Ham distribution will be December 17th and 18th. Distribution times are 8:00am to 6:00pm.

I wish everyone of you many blessings from our creator and may the upcoming holidays bring family, hope and great joy into your households.

LETTER FROM THE EDITOR

**DEADLINE for November Newsletter articles is set for Tuesday, November 12, 2019, at 4:30 pm.** Articles may be dropped off at the Library or emailed to [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com). Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

People 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)
- 15) Old Head Start Complex: Blue Box (see picture for example)
- 16) Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)





PROBATE NEWS

**FIRST NOTICE – A petition to Probate the Estate of Lex Jaramillo, deceased April 28, 2019. Case No. CV-PR-0251-2019,** 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 **Tuesday, November 12, 2019 at 1:30 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

**SECOND NOTICE – A petition to Probate the Estate of Linda L. Lente, deceased April 14, 2019. Case No. CV-PR-0237-2019,** 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 20, 2019 at 9:30 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.

St. Augustine Church

St. Augustine Church has been invited to participate in the 7th Annual Pueblo Market. On Saturday, November 30, 2019 at the Isleta Resort & Casino. The fundraising committee will have a table there selling baked goods. This message is being sent out to our community for support with donations of bread, cakes, pies, cookies or popcorn balls to mention a few. Donations are being requested to help further the work of our church as it pertains to the programs that currently exist in our catholic community. Feel free to contact the Parish office at (505) 869-3398 or Yvne Acoya-Jiron (505) 321- 8383 for additional information. May our Lord bless you for your continued generosity as we serve God through the various ministries within his/our church.

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”*



### *It's November Which Means 54 Days Until Christmas!*

Preparing for the holidays can be stressful, but **Tiwa Lending Services** has them covered with our year-long Credit Builder Loan starting at **\$500.00**. Last holiday season we were able to help over 20 Tribal members, let us help you!

**Credit Builder Loan Eligibility requirements:**

- Enrolled Isleta Tribal member
- Minimum age 18
- Proof of income
- Active checking or savings account with bank institution

For more information call, email, or visit us:

**Phone:** 505-916-0556  
**Email:** [Sheila@tiwalending.org](mailto:Sheila@tiwalending.org) or [Miranda@tiwalending.org](mailto:Miranda@tiwalending.org)  
**Address:** 117 Building A Tribal Road 40 Isleta, NM 87022

***Give yourself the gift of establishing or improving your credit scores while being ready for the holiday season!***

Pueblo of Isleta Veterans Association

On September 16, 2019, Mr. Josh Sanchez who is a staff member from Senator (D) Tom Udall’s office held interviews with the support of the Senator on behalf of the Library of Congress. Mr. Sanchez interviewed brothers Mr. Felipe Lucero and Mr. Augustine Lucero, who both served in World War Two as Army combat veterans and shared their experiences during the war. Felipe and Augustine had another brother Mr. Jose Raphael Lucero USMC who was (KIA) killed in action at the Japanese Island of Saipan, all three brothers served at the same time during WWII. Mr. Sanchez also interviewed three other combat veterans, which include James Keryte USMC, Ulysses Abeita USMC and Marcus Lujan US Army. These recordings will be part of the Veterans History Project and will be archived at the Library of Congress in Washington DC.

The Veterans Association is hosting a health and wellness Symposium on November 8, 2019, at the Isleta Resort and Casino. The attendance for this event is FREE for all veterans, and there will be 50+ health and wellness representatives at hand to assist Veterans. This Conference will focus on health and wellness for veterans, so there will be no art or crafts sale. Photo identification cards will be issued so bring your DD 214. You don’t have to be service connected to get an ID card.

Our association services officers will continue to be at the Isleta Health Clinic the first Monday of each month to assist veterans with their benefits. Mr. Toney Munoz is also available to assist at any time and can be contacted at 505-948-8635.

We are continuing with our photo project, which will be housed at the new museum when completed. Photos of veterans in uniform may be dropped off at the Governor’s office. Please place the name and branch of service on the back of the photo.

In preparation for Christmas Care Packages, which will be sent to men and women serving in the military, please send their addresses to us via: P.O. Box 338 Isleta NM, 87022 or the Governor’s office.

We are in need of veterans to serve on the color guard, if anyone is interested contact Mike Lucero at 505-288-4098 or come to our monthly meeting held on the first and third Thursday each month.





10 /17 /2019

Requisition Number	Posting Title	Department	Employment Status	Posting Date	Posting Status
682	HDC Specialist	F&B Utility	Full-time	10/9/2019	Internal Expires 10/18/2019 External Posts 10/18/2019
213	Admissions/Issue Clerk	BINGO	Full-time	08/01/2019	Open until filled
286	Paymaster	BINGO	Full-time	08/01/2019	Open until filled
443	Cage Cashier	CAGE	Full-time	09/03/2019	Open until filled
524	Cage Cashier	CAGE	Full-time	09/16/2019	Open until filled
525	Main Banker	CAGE	Full-time	09/16/2019	Open until filled
211	Count Machine Technician	COUNT	Full-time	08/01/2019	Open until filled
300	Custodian	CUSTODIAL	Full-time	08/19/2019	Open until filled
381	HDCT	CUSTODIAL	Full-time	08/19/2019	Open until filled
304	Server	F&B 777 SPORTS BAR	Full-time	08/06/2019	Open until filled
405	Supervisor F & B	F&B 777 SPORTS BAR	Full-time	08/21/2019	Open until filled
145	Cook I(Banquets) F&B	BANQUETS	Full-time	08/01/2019	Open until filled
481	Barback	F&B CENTER BAR	Full-time	10/02/2019	Open until filled
147	Cook I(Chili Ristra)	F&B CHILI RISTRA	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
156	Food Attendant (Beverage)Chili Ristra	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
143	Food Attendant (Beverage)Daubers	F&B DAUBERS	Full-time	08/01/2019	Open until filled
164	Cashier (Embers)	F&B EMBERS	Full-time	08/01/2019	Open until filled
165	Server (Embers)	F&B EMBERS	Full-time	08/01/2019	Open until filled
160	Cook I (Employee Dining)	F&B EMPLOYEE DINING	Full-time	08/01/2019	Open until filled
159	EDR Attendant	F&B EMPLOYEE DINING	Full-time	08/01/2019	Open until filled
161	Restaurant Chef(Employee Dining)	F&B EMPLOYEE DINING	Full-time	08/01/2019	Open until filled
285	Beverage Server	F&B FLOOR BEVERAGE	Full-time	08/01/2019	Open until filled
320	Bartender	F&B FUN CONNECTION	Full-time	08/21/2019	Open until filled
162	Off-Site Attendant	F&B FUN CONNECTION	Full-time	08/01/2019	Open until filled
681	Cook I	F&B PANDA EXPRESS	Full-time	10/16/2019	Open until filled
151	Cook II (Prep)	F&B PREP	Full-time	08/01/2019	Open until filled
342	Cocktail Server	F&B SPORTS BOOK BAR	Full-time	09/27/2019	Open until filled
298	Supervisor F & B	F&B SPORTS BOOK BAR	Full-time	10/10/2019	Open until filled
171	Busser(TIWA)	F&B TIWA	Full-time	08/01/2019	Open until filled
166	Cook I (TIWA)	F&B TIWA	Full-time	08/01/2019	Open until filled
153	Cook II(TIWA)	F&B TIWA	Full-time	08/01/2019	Open until filled
221	Cook II(TIWA)	F&B TIWA	Full-time	08/01/2019	Open until filled
168	Room Service/Cashier	F&B TIWA	Full-time	08/01/2019	Open until filled
523	Supervisor F & B	F&B TIWA	Full-time	09/13/2019	Open until filled
169	Server(TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
383	Lead Steward	F&B UTILITY	Full-time	08/19/2019	Open until filled
173	Steward	F&B UTILITY	Full-time	08/01/2019	Open until filled
341	Steward	F&B UTILITY	Full-time	08/09/2019	Open until filled
446	Steward	F&B UTILITY	Full-time	08/28/2019	Open until filled
464	Steward	F&B UTILITY	Full-time	09/02/2019	Open until filled
175	HVAC TECH II	FACILITIES MAINTENANCE	Full-time	08/07/2019	Open until filled
268	Plumber II	FACILITIES MAINTENANCE	Full-time	08/07/2019	Open until filled
178	Recreation Attendant	FUN CONNECTION	Part-time	08/01/2019	Open until filled
282	GreensKeeper	GOLF COURSE MAINTENANCE	Full-time	08/01/2019	Open until filled
284	Irrigation Technician	GOLF COURSE MAINTENANCE	Full-time	08/01/2019	Open until filled
290	Outside Service	GOLF COURSE OPERATIONS	Seasonal	08/01/2019	Open until filled
176	Landscape Supervisor	GROUPS MAINTENANCE	Full-time	08/01/2019	Open until filled
209	Hotel PM Technician	HOUSEKEEPING	Full-time	08/01/2019	Open until filled
186	Houseperson	HOUSEKEEPING	Full-time	08/01/2019	Open until filled
187	Lobby Porter	HOUSEKEEPING	Full-time	08/01/2019	Open until filled
184	Laundry Attendant	HOUSEKEEPING	Full-time	08/01/2019	Open until filled
472	Room Attendant	HOUSEKEEPING	Full-time	10/08/2019	Open until filled
469	IT Specialist I	IT	Full-time	09/04/2019	Open until filled
190	Network Administrator	IT	Full-time	08/01/2019	Open until filled
299	Lakes Groundskeeper	LAKES	Seasonal	08/07/2019	Open until filled
191	Guest Service Representative	MARKETING PLAYERS CLUB	Full-time	08/01/2019	Open until filled
465	Sports Book Writer/G.S.R.	MARKETING PLAYERS CLUB	Full-time	09/18/2019	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
543	Pool Attendant	POOL MAINTENANCE	Full-time	09/19/2019	Open until filled
382	Retail Attendant	RETAIL ENCHANTMENT	Full-time	08/16/2019	Open until filled
421	Revenue Auditor I	REVENUE AUDIT	Full-time	08/30/2019	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
561	Sergeant	SECURITY	Full-time	09/23/2019	Open until filled
197	Slots Floor Attendant	SLOTS	Full-time	08/01/2019	Open until filled
501	Slots Floor Attendant	SLOTS	Part-time	09/09/2019	Open until filled
642	Slots Floor Attendant	SLOTS	Full-time	10/03/2019	Open until filled
198	Slots Floor Technician	SLOTS	Full-time	08/01/2019	Open until filled
265	Slots Shift Supervisor (PW)	SLOTS	Full-time	08/01/2019	Open until filled
274	Spa Attendant	SPA	Full-time	08/01/2019	Open until filled
544	Massage Therapist	SPA	Full-time	09/26/2019	Open until filled
545	Massage Therapist	SPA	Full-time	09/19/2019	Open until filled
402	Spa Receptionist	SPA	Full-time	09/26/2019	Open until filled
470	Surveillance Agent	SURVEILLANCE	Full-time	09/18/2019	Open until filled
641	CCTV Systems Technician	SURVEILLANCE	Full-time	10/09/2019	Open until filled
308	Surveillance Agent	SURVEILLANCE	Full-time	08/07/2019	Open until filled
582	Table Games Dealer	TABLE GAMES	Part-time	09/23/2019	Open until filled
583	Table Games Floor Supervisor	TABLE GAMES	Full-time	10/03/2019	Open until filled
621	Table Games Floor Supervisor	TABLE GAMES	Full-time	10/07/2019	Open until filled
213	Admissions/Issue Clerk	BINGO	Full-time	08/01/2019	Open until filled
286	Paymaster	BINGO	Full-time	08/01/2019	Open until filled
443	Cage Cashier	CAGE	Full-time	09/03/2019	Open until filled



Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ADMINISTRATIVE ASSISTANT	Social Services	11/01/2019
ACTIVITIES COORDINATOR	Elder Center	10/29/2019
ARCHITECTURAL TECHNICIAN	Housing Authority	Open Until Filled
BUS DRIVER (Part Time) - REPOSTED	Head Start/Early Head Start/Child Care	Open Until Filled
BUSINESS MANAGER	Elder Center	Open Until Filled
CHILD CARE PROVIDER	Head Start/Early Head Start/Child Care	Open Until Filled
CLINICAL THERAPIST - REPOSTED	Health Center/Behavioral Health	Open Until Filled
COMMERCIAL ELECTRICIAN - REPOSTED	Public Services	Open Until Filled
DENTAL ASSISTANT	Health Center/Dental Clinic	11/01/2019
DIABETES PROGRAM MANAGER	Health Center/Diabetes Clinic	11/17/2019
DITCH RIDER - REPOSTED	Natural Resources	Open Until Filled
EARLY HEAD START TEACHER	Head Start/Early Head Start/Child Care	Open Until Filled
EMT INTERMEDIATE - REPOSTED	Health Center	Open Until Filled
EMT PARAMEDIC (2 Positions) - REPOSTED	Health Center	Open Until Filled
FIRE CHIEF	Administration	Open Until Filled
HOME CARE ATTENDANT (30 hrs per week) REPOSTED	Elder Center	Open Until Filled
LANGUAGE PROGRAM DIRECTOR	Language Program	Open Until Filled
LEAD CUSTODIAN	Pubic Works	Open until Filled
LIBRARY AIDE I - Amended	Library	Open Until Filled
OPTOMETRIST	Health Center	Open Until Filled
PAINTER - REPOSTED	Housing Authority	Open Until Filled
PATIENT REGISTRATION CLERK	Health Center	Open Until Filled
PERSONAL CARE SERVICE AIDE (Occasional) - RE-POSTED	Elder Center	Open Until Filled
PHYSICIAN	Health Center	Open Until Filled
POLICE OFFICER or POLICE CADET	Police Department	Open Until Filled
REGISTERED NURSE - REPOSTED	Health Center	Open Until Filled
SALES ASSOCIATE	Travel Center/One Stop	Open Until Filled
SCHOOL BUS DRIVER	Isleta Elementary School	Open Until Filled
TRANSFER STATION ATTENDANT	Solid waste	Open Until Filled
TRANSPORTATION ENGINEER	Transportation Department	Open Until Filled
UTILITY WORKER - REPOSTED	Public Services	Open Until Filled
VETERAN SUPPORT SERVICE PROGRAM MEMBER	Elder Center	Open Until Filled

Save the Date

Friday, November 8, 2019

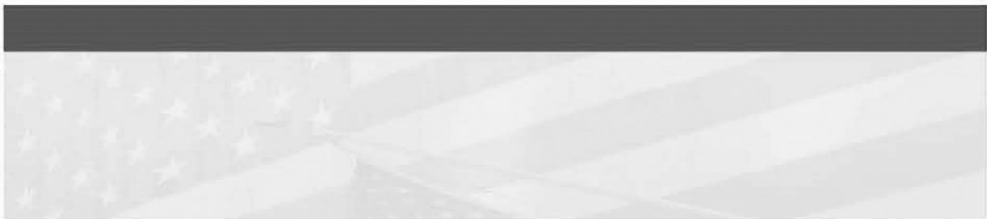
8a – 4p

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

“AARP New Mexico will give away a \$100.00 Visa Gift Card to one lucky person from the symposium, and all you have to do is come to the AARP booth and register. You can’t win, if you don’t register.”



Isleta Health Center

Would like to introduce you to your Health Care Team Starting with:

Riley S. Nelson M.D.

Dr. Nelson is originally from Nebraska and obtained his undergraduate degree at Yale University in New Haven, CT, graduating with a B.A. in Biology. He attended the University of New Mexico School of Medicine, graduating in 2001 with honors in research, and election into the Alpha Omega Alpha Honor Medical Society. He completed a 3-year postgraduate residency program in the UNM



Department of Family and Community Medicine, serving as Chief Resident in his 3rd year. He has been Board Certified by the American Board of Family Medicine since 2004. Dr. Nelson has faculty appointments as Clinical Assistant Professor in both the UNM Department of Family and Community Medicine and the Burrell College of Osteopathic Medicine Department of Primary Care. Dr. Nelson has been honored to serve as a physician for the Pueblo of Isleta community since 2004, and has been Medical Director at the Isleta Health Center since 2007. Areas of professional interest include practice management/healthcare administration, primary prevention, health promotion/health maintenance, adolescent medicine, chronic disease management, and teaching the next generation of physicians and other health professionals. Personal interests include almost anything outdoors (hunting/fishing/hiking/camping), gardening, and cooking.

Look for the introduction of your next provider in December’s Newsletter...

-Isleta Health Center



Historic Isletans Known and Unknown

This begins a monthly series of articles consisting of photographs of well-known Isletans coupled with photos of unknown Isletans (at least to us) whose names we may or may not know, but whom we cannot connect with any families or descendants. If anyone has information or photos that might help to identify these Isletans, please email us at [isletahistoricalsociety@gmail.com](mailto:isletahistoricalsociety@gmail.com) or call the Governor’s office at (505) 869-3111 (mention the Isleta Historical Society). We will not use any information without your permission. Thank you!

**Isleta Historical Society:** Randy Jiron, Kateri Jojola, Malcolm Ebright, Valentino Jaramillo, Rick Hendricks, and Ted Jojola

KNOWN:

Esquipula Jojola served as governor of Isleta Pueblo in 1961 and also as lieutenant governor in 1953 under Governor Juan Rey Lucero. In 1911 at age twenty-seven, Jojola began his career in tribal affairs as a tribal policeman when Pablo Abeita recommended him for the job. He served as an arm of the Isletan Court of Indian Offenses from 1911 to around 1920. Many in the pueblo know of the story about how in 1926, Jojola tracked down and shot a man who was terrorizing the village. Arriving to Isleta by taxi in an intoxicated state, the stranger identified as Jesus M. Ramirez, went to the home



**KNOWN:** Esquipula Jojola, 1894 - 1965 of government farmer Howard V. Smith, fatally shooting him in the left temple and lungs with a .38 special revolver. According to the *Albuquerque Morning Journal*, there appeared to be no motive.

After fleeing the victim’s home, Ramirez encountered the train station agent and shot at him three times. It was at this point that deputy sheriff Esquipula Jojola followed him to the railroad embankment, where he shot twice at Jojola. Jojola then returned fire four times, hitting Ramirez in the heart and chin, killing him. The first person to arrive at the victim Smith’s house was Vicente Abeita whose brother, Louis, a special Santa Fe officer and deputy sheriff, was shot and killed five years earlier at almost the same location.

In 1930, Esquipula Jojola was responsible for taking the census for the Pueblo and listed himself as a stockman, age thirty-six, with his wife, Juanita, age thirty-five, a daughter, Elenor, age three, and a son, Edward, age one. Esquipula Jojola was in the tradition of tribal policemen who served as mediators more than enforcers, similar to Louis Abeita. In that way, the office of tribal police served as a training ground for later service in tribal government. Jojola also served, with Pablo Abeita, as a trustee of the community livestock herd. Living descendants of Esquipula Jojola are daughters Alberta Lente, Elenor Abeita, and Carmel Lucero and among the deceased are Lupita Anzara, John D. Jojola, Richard Jojola, Jose R. Jojola, Jose “Eddie” Jojola, and Carlos Jojola.

UNKNOWN ISLETAN WOMEN -

Please help us identify the women below. Any information is greatly appreciated and will not be used without permission. Thank you!



CALLING ALL VETERANS

ATTENDANCE PRIZES

SAVE THE DATE

FRIDAY, NOVEMBER 8, 2019

8AM – 4PM

ISLETA RESORT & CASINO

NATIVE AMERICAN VETERANS

HEALTH AND WELLNESS SYMPOSIUM

2019

GIFTS

HEALTH SCREENING

SPONSORED BY:

ALBUQUERQUE AREA INDIAN HEALTH SERVICE, NM

VA HEALTHCARE SYSTEM

AARP

HOSTED BY:

THE PUEBLO OF ISLETA VETERANS ASSOCIATION

GET YOUR NEW VETERAN ID CARD ON THE SPOT!

MUST BRING THE FOLLOWING: SOCIAL SECURITY NUMBER, DD214, DD256, DD257, OR NGB22, AND VALID ID



Isleta Resort & Casino

Isleta Resort & Casino hopes to see you at the Resort’s new Sports Book and Bar, set to open its doors on Monday, November 4th. The new venue’s highly anticipated opening provides guests with an even larger and greater space for betting on their favorite local teams, as well as Pro Baseball, Pro Football Regular Season Win Totals, English Premiere League, UFC, WNBA, PGA Golf, NASCAR, and more. The Resort partnered with USBookmaking to bring the latest sports betting technology to New Mexico.

The new venue is one of many created with the property’s 40 million renovation, which launched in early 2017. The project will be complete in early 2020, following the completion of the gaming floor. For CEO Harold Baugus, it’s an exciting time for guests and employees.

“We hope we have made the Pueblo of Isleta very proud with our finished renovation, through the incredible hard work and dedication of our Team Members,” Baugus said.

Meanwhile, with the holiday season right around the corner, the Resort also hopes you’ll make plans to enjoy their holiday festivities. The unofficial start to the season at the Resort happens November 30th, with the Pueblo Market, taking place from 9:00 a.m. – 6:00 p.m. Enjoy dozens of vendors, local foods, handcrafted goods, and ceremonial dances. On that same date, Santa and Mrs. Claus will make their first public appearances at the Hotel, where the duo will pose for free family photos every weekend until Christmas Eve. Learn more about those events and more at [www.isleta.com](http://www.isleta.com)



IRC BAR and SPORTS BOOK renderings\_1 | may 30, 2019



IRC BAR and SPORTS BOOK renderings\_6 | may 30, 2019



IRC BAR and SPORTS BOOK renderings\_2 | may 30, 2019



IRC BAR and SPORTS BOOK renderings\_5 | may 30, 2019

ROCKIN' RENOVATIONS

WIN A HOME RENOVATION!

NOW - DECEMBER 22

\$1 MILLION

IN CASH, FREE PLAY & HOME RENOVATIONS!

5 WINNERS EACH DRAWING!

HOURLY DRAWINGS EVERY SATURDAY & SUNDAY

1PM - 9PM

TIWA RESTAURANT & LOUNGE

THANKSGIVING Dinner Buffet

November 28 • 11am - 7pm

\*29<sup>th</sup> Adults | \*14<sup>th</sup> Children

Carved Roasted Turkey, Red Chile Rubbed Prime Rib, Beef Short Ribs and Cheese Potatoes. Salads with all your favorite ranches, soups, cold bar and dessert!

KEN JEONG

NOVEMBER 15 | 8PM

TICKETS STARTING AT \$35

MELISSA ETHERIDGE

NOVEMBER 9 8PM

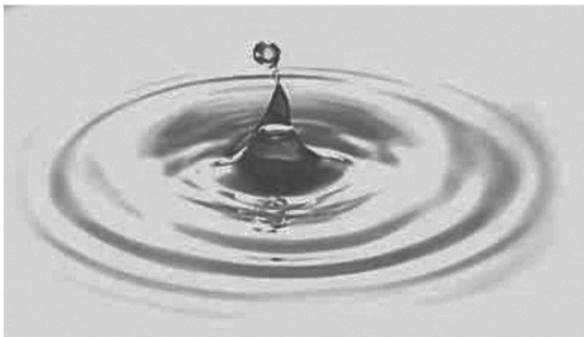
Tickets Starting at \$35

ISLETA

resort + casino

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

If Nothing Changes...Nothing Changes!



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

Just as most problems don’t happen overnight but usually take a long time and seem to grow even more serious with time, recovery from problems does not happen overnight...Wellness begins with a single step and that step does have a positive

*Ripple Effect.*

Isleta Health Center Behavioral Health Clinic 505-869-5475

Isleta Pueblo News



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



7th Annual Isleta Rock Your Mocs Fun Run/Walk

November 16, 2019  
BEGIN RUN AT 8:30 AM  
Isleta Recreation Center

REGISTRATION FORM

Please Check:   \_\_\_ RUN (3miles)   \_\_\_ WALK (1mile)

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_   Shirt size: **XS S M L XL**  
(Limited quantities, no guarantee of shirt)

List Any Medical Problems:  
\_\_\_\_\_

PARTICIPANT CONSENT  
(Please check Yes or No if you agree to the following statements).

Yes	No	Statement
___	___	I agree to allow my photo to be taken during the event for documentation/media.
___	___	I agree to allow personal statements to be used for event documentation/media.
___	___	If youth is under 18, I allow my son/daughter too fully participate in the event.


WAIVER OF RESPONSIBILITY

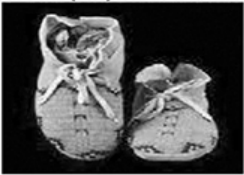
I hereby waive and release any and all rights for damages I may have against Pueblo of Isleta Behavioral Health Services and other Sponsoring and participating agents for all injuries sustained by my participation in said events.


Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent / Guardian Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

Isleta Behavioral Health Clinic: (505) 869-5475/ Santana: stitla@islclinic.net







**RYM Founder**  
**Jessica “Jaylyn” Atsye**  
**RYM Event Producer**  
**emergence productions**

**IDEA ORIGIN**

Laguna Pueblo (2011) - Rock Your Mocs founder Jessica “Jaylyn” Atsye (Laguna) felt such pride wearing her moccasins—“Moccasins identify who I am. They have a lot of culture in them,” she says she wondered why her people wore them only a few days a year. “Somewhere in my mind, I knew that this (November) was Native American Heritage month. But Rock Your Mocs started off jokingly one day when my mom, siblings and I had just finished a ceremony. We got back home, I was looking at my feet, and I said something like, "These mocs are so comfortable, I wish I could wear them every day.” “So I decided to start a day when all Natives could wear our mocs together, because they mean everything to us. Mocs go everywhere we go. Mocs see everything we see. They're a big part of our culture. For some, its deer hide. For others, its moose hide. For the Laguna Pueblo, we wear deer or elk hide. But I've always been in tune with other nations, and we all wear mocs. So I told my mom about the idea, and she encouraged me to go for it. I posted it on Facebook as an event on November 15, which I chose randomly because it was in the middle of Native American Heritage Month, but back then (2011), it was hard to even get 20 people to join. I think we only had about 100 people at most.” During this moment, Jaylyn was inspired to set aside a day for Native solidarity when she looked at her own feet and realized that her footwear connected her to countless Native and indigenous people. She thought how powerful it would be to know that people all over the world were all making the same small statement about their identity by wearing moccasins on the same day—people from many different tribal backgrounds and cultures who all shared pride in their Native heritage.

Contact: Melissa Sanchez Ph: 505.867.7976  
email: emergenceinfo@gmail.com

**ANNUAL EVENT INFORMATION:**

**Dates:** 2019: November 9th – 16th Why a week? The event was increased to a week creating more event opportunity days, especially for schools, people who work Monday – Friday, and people organizing events. Do we have to wear our Mocs the whole week? Nope, choose a day or days, or the whole week Is there a main day? The original day will always be November 15th

**Why:** A positive opportunity to be united and celebrate tribal individuality by wearing moccasins. We honor our ancestors, and indigenous peoples worldwide, during Rock Your Mocs events and commemorate National Native American Heritage Month

**Where:** Where ever you may be! Wherever your day takes you!

**How to join in:** Wear your moccasins, Turquoise Awareness Ribbon, T-shirt or organize an event Internet: Using the hashtag #ROCKYOURMOCS, post your photo using Social Media (Facebook, Twitter, Snapchat, Instagram etc.)

HEALTH BEAT

Stephanie Barela | 869-4479

NATIONAL INFLUENZA WEEK is DEC 1-7

Get your FLU SHOT now!!

WHAT IS THE FLU? AND WHO NEEDS THAT FLU SHOT?

The flu is an illness, also called influenza, which many people get during November to April. It can cause fever, chills, body aches, and a cough. It usually lasts about 2-3 weeks, but for some people it could last longer and make them very sick. The people at high risk for complications are:

- ◆ Babies and kids under 5
- ◆ People older than 65
- ◆ Adults and kids who have health problems, such as diabetes or asthma

These individuals definitely need a flu shot, but it is also important for everyone else to get a flu shot so they are less likely to get the flu and less likely to transfer it to someone who is more at risk.


DO I NEED A FLU SHOT EVERY YEAR?

Yes, even if you got a flu shot last flu season, you will need to get a new shot this season because every year the flu virus changes and a new vaccine will be helpful in fighting the new strain.

WHAT IF I GET THE FLU?

If you start to feel the symptoms of the flu (fever, chills, body aches, cough), and are in a high risk category, then you may want to go to the Isleta Health Center. You can also start taking these steps to feel better:

- ◆ Get a lot of rest
- ◆ Drink lots of liquids (water, chicken broth, and other clear fluids)
- ◆ Take medicine your doctor may have prescribed you, or just take certain over the counter drugs to help ease your fever, aches, and pains
- ◆ You may need to see a doctor if you have trouble breathing, your muscles hurt, or you feel confused





NOVEMBER - NATIONAL NATIVE AMERICAN HERITAGE MONTH

Meet Rock Your Mocs  
Founder - Jessica Atsye



DJ, Photo Wall  
Info Booths & more

ROCK YOUR MOCS  
FUN RUN (5K) | WALK (1 M)

NOVEMBER 16, 2019 - ISLETA RECREATION CENTER  
60 TRIBAL ROAD 40, ISLETA PUEBLO VILLAGE, NM 87022  
ONSITE REGISTRATION: 8:00 AM    START TIME: 8:30 AM

TO PRE-REGISTER OR FOR INFO BOOTH/VENDORS  
PH: 505.869.5475 or SANTANA: stitla@islclinic.net  
(A limited amount of T-shirts will be available. Additional T-Shirts will be for sale)

November 9 - 16 is the 8th Annual #ROCKYOURMOCS event! A worldwide unity social media event  
MORE INFORMATION AT [WWW.FACEBOOK.COM/ROCKYOURMOCS](http://WWW.FACEBOOK.COM/ROCKYOURMOCS)  
"Wearing our moccasins, we stand together worldwide, recognizing our Tribal individuality, honoring our Ancestors & Indigenous Peoples"





JOIN IN

1) Wear your moccasins - "Rock Your Mocs" - wherever your day takes you.  
2) Take a selfie, a group photo, video or story (get creative!)  
3) Upload your photo to social media with the hashtag #RockYourMocs  
4) To see what's happening worldwide, click on the hashtag #RockYourMocs

emergence productions

WE ARE HERE TO SERVE

Isleta Health Center Team

**National Family Health  
History Day**

Stephanie Barela, BS CHES,  
Isleta Health Center, (505) 869-4479  
<https://nationaltoday.com/national-family-health-history-day/>

Thanksgiving Day is not only a time to gather with friends and family to eat a great meal and count our blessings, but it is also National Family Health History Day. This is an annual event that also takes place on Thanksgiving, to take a day when everyone in your family is together, in order to discuss your family’s health history. Specifically, to discuss any occurrence of colorectal cancer or other health concerns that are hereditary. The Isleta Health Center encourages you to use this day to share about this and other serious diseases.

You can do this, by **drawing a genealogy tree** that includes information on your family’s health. Get the elders to provide as much knowledge as they can. **Put together a binder of family health history**, this includes easy to read information for your family and health care providers. Before Thanksgiving, ask every family member to write down any questions or concerns they have about the family’s health history and then discuss them during your Thanksgiving meal.

4 Reasons Why Families Need To Know Their Health History:

1. Some family members may have died young

If you have chronic conditions that run in your family, it's important to discuss the family's health history, especially if there were family members who died before they realized there was a problem. This way you can be aware of your increased risk for a certain illness, such as Colorectal Cancer.

2. Many families tend to get these diseases

The most common conditions that run in families are heart disease, diabetes, and cancer (including colon, stomach, endometrium, lung, bladder, breast, and skin) as well as high blood pressure. The more you know about your increased risk for these, the more likely you are to notice this problem early and get it treated before it is too late.

3. Know the risk factors for colorectal cancer

Colorectal cancer is a cancer of the bowels. It is the second leading cause of cancer death in women and the third leading cause of cancer death for men, according to the National Family Health History Website. Some of the risk factors include obesity, diets high in red meat, age, sex, and most importantly, a family history of colorectal cancer. That history is increased when a first-degree relative including a parent, sibling, or child is affected. That is why it is so important to discuss family health history with the entire family.

4. It's preventable

It's important to note that many of the risk factors for colorectal cancer are preventable. However, the best way to get the jump on this disease is to have a colonoscopy. Screening guidelines vary for those with high risk, but most healthcare providers recommend earlier cancer screenings, especially when there is a family history of this specific kind of cancer.

7th Annual Isleta Rock Your Mocs Fun Run/Walk

November 16, 2019

Set up time begins 7am to 7:45

Isleta Recreation Center (505) 869-9777

VENDOR REGISTRATION FORM

Name: \_\_\_\_\_

Contact #: \_\_\_\_\_ Email: \_\_\_\_\_

PARTICIPANT CONSENT

(Please check Yes or No if you agree to the following statements).

Yes	No	Statement
<input type="checkbox"/>	<input type="checkbox"/>	I agree to allow my photo to be taken during the event for documentation/media.
<input type="checkbox"/>	<input type="checkbox"/>	I agree to allow personal statements to be used for event documentation/media.

WAIVER OF RESPONSIBILITY

I hereby waive and release any and all rights for damages I may have against Pueblo of Isleta Behavioral Health Services, Pueblo of Isleta, Isleta Recreation Department and other Sponsoring and participating agents for all damages, lost or stolen property or injuries sustained by my participation in said events.

- I am responsible for bringing own table and chairs
- I am responsible for picking up all trash in my area
- I understand there is no electricity access
- I will set up and tear down as listed, needed or requested

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Isleta Behavioral Health Clinic: (505) 869-5475 fax # 869-5489/ Santana: [stitla@islclinic.net](mailto:stitla@islclinic.net)





ISLETA POLICE DEPARTMENT NEWSLETTER



This month brings Thanksgiving and you know what that means..... Christmas is just around the corner! Where has this year gone?!

The children will have several days off from school this month and we ask everyone to keep those days in mind and watch for them in the neighborhoods while driving. With the approaching excitement of holiday breaks, be watchful for children in school zones and school bus pick up zones.

WELCOME



We welcome a new addition to the Isleta Communications Center. Ms. Emma Valles began her employment on September 24, 2019 and brings several years of experience prior to coming to Isleta. Ms. Valles currently resides in Socorro, New Mexico with her family. She was previously employed by the City of Socorro and New Mexico State Police accumulating 26 years of experience in the communications field. She states she looks forward to serving the community while learning and growing in her experience here. Her enthusiasm in learning the area and the “ins and outs” of our communications center is evident and is a welcome asset. Ms. Valles will be attending the Telecommunicator Academy, Class #146 in February 2020. We welcome her to the Police Department.

IHSP NEWS

The Indian Highway Safety Program (IHSP) Traffic Division continues to work hard in maintaining safety on the roadways of the Pueblo. Saturation Patrols are ongoing so be sure to have all required documents (i.e., driver’s license, registration, insurance proof) with you and in your vehicle, obey all traffic laws to include speed, stop signs, traffic lights, no texting while driving, and seatbelts/child restraints. With the upcoming events for the Thanksgiving holiday, please **DON’T DRINK AND DRIVE**. IHSP now has an officer(s) dedicated to the evening/nighttime hours watching for impaired drivers. Let us all help to make it safe for everyone traveling the roadways of the Pueblo.



REACHING FOR THE STARS

This wonderful and worthwhile project for the children in the community is moving forward and will continue to have meetings every two weeks with the next one being on the week of November 11, 2019. Any and all interested in participating are welcome to attend.

The tree will be set up on November 1, 2019 in the lobby and the stars will be hung. We encourage everyone to take a star and make a child’s Christmas a little brighter. Once selecting a star, please contact Charlene Gabaldon at 869-9708 and provide her with the information on the star you selected.

The committee continues to seek donations of wrapping paper, gift boxes for clothing, and volunteer “gift wrappers”.

GENERAL INFORMATION

There is now a federal misdemeanor citation that can be used by Isleta Police Department. The federal misdemeanor citation option for IPD will go into effect when the Federal Government issues us a “Locator Code”. This allows the federal courts to track and give us jurisdiction. We can use it on indigenous people, but primarily it will be for non-indigenous people who commit minor offenses in Indian Country.


DON’T FORGET TO “FALL BACK”. Set your clocks back Saturday night, November 2, 2019 before going to bed. Time change occurs at 2:00 a.m. Sunday morning.



This Photo by Unknown Author is licensed un-


FROM THE CHIEF’S DESK

The end of the year is fast approaching and is a busy time for the Department. We wish all a safe and Happy Thanksgiving!!



**PUEBLO OF ISLETA**  
**SEX OFFENDER REGISTRATION PROGRAM**

Mailing: P.O. Box 699 Isleta, NM 87022  
Physical: 3950 Highway 47 Albuquerque, NM 87105  
Office: (505) 869- 9704/9705 Fax: (505) 869-9756



**COMMUNITY NOTIFICATION**  
Sylvester Stanley, Chief of Police  
poi06001@isletapueblo.com

---

**REGISTRATION OF CONVICTED SEX OFFENDERS**  
**The Pueblo of Isleta’s Sex Offender Registration Program is in charge of the Sex Offender Registration and Notification Act, also known as the Adam Walsh Act.**  
  
TO:  
  
**ANY AND ALL CONVICTED SEX OFFENDERS WHO RESIDE, ATTEND SCHOOL OR ARE EMPLOYED WITHIN THE EXTERNAL BOUNDARIES OF THE PUEBLO OF ISLETA, OR VISIT WITHIN THE EXTERIOR BOUNDARIES OF THE PUEBLO OF ISLETA OVER 24 HOURS; OTHER PERSONS SUBJECT TO THE JURISDICTION OF THE PUEBLO OF ISLETA; AND COMMUNITY MEMBERS**  
  
The Pueblo of Isleta is dedicated to registering convicted sex offenders and providing community notification to protect the public. The Pueblo of Isleta Public Sex Offender Registry is located at: <https://isleta.nsopw.gov/>  
  
You may have information about or know someone who lives, works or goes to school within the lands of Isleta and that they may have been convicted of a sex offense or is a registered sex offender.  
  
NOTIFY THE ISLETA POLICE DEPARTMENT SEX OFFENDER REGISTRATION PROGRAM  
  
AT:  
505-869-9706  
  
OR  
505-869-3030  
  
Darin Mallon, Captain Pueblo of Isleta Sex Offender Registration Program



Isleta Elementary School

In early October, students got to visit the McCall Pumpkin Patch located in Moriarty, New Mexico for a Fall Field Trip. As you can see, some parents and community members tagged along to make this a memorable moment for their family, the community, and school.

We hope everyone is enjoying this beautiful Fall Season! There is an exciting day to mark on your calendars. On Friday, November 22nd, Christina Lujan, our incredible cook, is preparing our Thanksgiving Meal. We will begin serving at 11:00 and families and community members are invited. More information will follow, which will include texts and memos to families. We sure hope to see you there!

Dates to Remember:

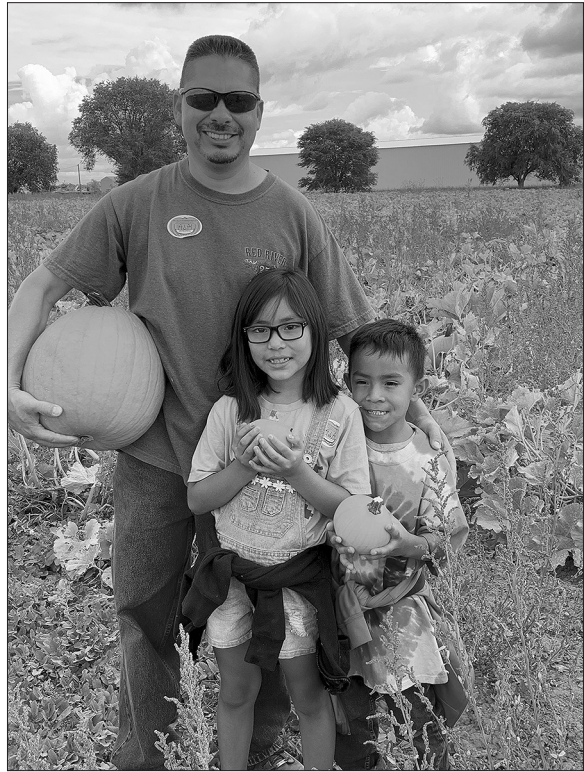
- 11/11 – Veterans Day – NO School
- 11/13 – Early Release Day – 12:30
- 11/27, 11/28, & 11/29 – Thanksgiving Break – No School

We Are Thankful

We are thankful for the joy your child brings us; the smiles, the laughs, the love.

We are thankful for the tribal families, for allowing us the opportunity to teach your very precious children.

We are thankful for our staff, standing strong and committed to making a positive impact on our children’s lives.



Healthy Snacks for Kids

**Parfait:** Layer yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

**Mini Pizza:** Toast a whole grain English muffin, drizzle with pizza sauce and sprinkle with cheese.

**Banana Split:** top a banana with vanilla and strawberry yogurt and sprinkle with your favorite whole grain cereal.

**Smoothie:** Blend yogurt, milk, frozen strawberries and a banana in a blender for a frozen treat.

**Spread peanut butter** on apple slices, celery or graham crackers.

Dip it!

- Baby carrots and cherry tomatoes in ranch dressing
- Strawberries and apple slices in yogurt
- Pretzels in mustard
- Graham crackers in apple sauce
- Baked tortilla chips in bean dip or hummus
- Animal crackers in low fat pudding
- Bread sticks in salsa

For more healthy snack ideas visit [www.eatright.org](http://www.eatright.org)

Plan of Action!

Small changes to your family’s meals and snacks can mean big rewards in your health! Tips for making positive changes:

1. Choose one area to focus on such as soft drink intake, snacks, cooking at home, etc.
2. Involve the entire family by coming up with a plan together.
3. Don’t be afraid of mistakes and bumps along the way, no one is perfect.
4. WIC is here to help! We are happy to help you make a plan that you can stick to.

*The WIC Program offers a variety of healthy foods and practical nutrition information to help your family be happy and healthy! Call us today for our soonest available appointment.*





## Pueblo of Isleta Public Library

Greetings, Pueblo of Isleta readers! We hope you have been enjoying these autumn months and are ready to set the time back and prepare for shorter days and longer nights and of course that extra hour of sleep. We would like to wish everyone a Happy Thanksgiving and enjoy your time with your friends and family. The end of the year is approaching fast and the Library has been planning programs to finish up the year.

### News

The Library will be closed from 8:00 am-12:00 pm on Friday, November 1st for our monthly staff meeting. During this time we will be discussing upcoming programs for the remaining months of 2019 and the beginning of 2020. We apologize for any inconvenience this may cause. Library closures will be posted throughout the library and on the Library Facebook page.

The Library will be **CLOSED** on the following dates during the month of November:

**Monday, November 11th** in observance of Veteran's Day. We would like to thank all that have served our country past and present. All Library media checked out on the 7th and 8th will be due on the 12th.

**Thursday, November 28th, Friday, November 29th, and Saturday, November 30th** in observance of the Thanksgiving Holiday. All Library media checked out on Wednesday, November 27th will be due on Monday, December 2nd. Remember the Library has a section filled with cookbooks to try something new alongside your turkey dinner.

Please keep in mind with the Holiday Season and unpredictable weather unexpected closures may occur. Notices will be posted and up to minute notices will be posted on the Library Facebook, Instagram, and Snapchat.

It's November and with that comes the start of all the Holiday eating from Thanksgiving to Christmas and everything in between. Don't wait till the New Year to start your diet stay on track with our fitness bags and workout videos available for checkout.

### Upcoming

Attention Small Business Owners!! The Library is doing a program based on Facebook marketing and Advertising for small business owners. Learn how to use social media to promote and draw in more customers. We will help you create your own Facebook business page and teach you how to be effective in social media. Registration started October 21st and spots are filling up fast. This program will consist of two sessions on Tuesday, November 5th and Thursday, November 7th from 5:00 pm to 7:00 pm. To sign up come into the Library or give us a call, if you have any questions please call and ask for Ashley or Diane at 505-869-9808 or by email poi02006@isletapueblo.com or poi02005@isletapueblo.com.

The Library is partnering with Self Serve to bring the first ever sex education program to the library. Where we will create a safe, fun and positive experience on sexual health. Self Serve Sexuality Resource Center will be hosting this FREE event. There are two classes available November 15th on Dating/Flirting & Online Dating and November 22nd on Strengthening Relationships/Resolving Sexual Conflict, both classes will take place at Self Serve starting at 7pm. Once again this is a FREE event to the first

20 people to sign up. To sign up you can call the library or send us an email, all signs ups will be kept confidential. You must be 18 years or older to sign up. For any questions or to sign up, contact the library at 505-869-9808 or at poi02008@isletapueblo.com.

More library programs will be announced soon. Please keep up to date on programs and events we are having by visiting the Library's Facebook page, Instagram and Snapchat. All flyers and information will be posted on bulletin boards throughout the community. If you have any questions you can give us a call at the Library at 505-869-9808

### Recap

Library staff Diane member hosted two days of Creepy Snacks where patrons learned how to make some Halloween treats like Mummy Dogs, Monster Donuts and Jack-o-Lantern floats. The Mummy Dogs were made from hot dogs and crescent dough cut into strips and wrapped around the hotdog like a mummy. The Monster Donuts had vampire teeth in the middle dripping with blood. Lastly the Jack-o-Lantern floats were made out of vanilla ice cream and orange soda in a Halloween themed cup. Isleta Elementary met on October 23rd on

their half day to make the Creepy Snacks followed by Los Lunas and Bosque Farms half day on October 24th. Finally ending the two days with a 5 pm time slot for the general public and their families. The Halloween treats were fast and easy for everyone to enjoy.



*Monster Donuts in the making!*

The Library hosted 3 movie nights in the month of October, called Throwback

PUEBLO OF ISLETA PUBLIC LIBRARY

**LET'S TALK ABOUT SEX**

Partnering with:

 **Self Serve**

**NOVEMBER 15TH- DATING/FLIRTING & ONLINE DATING**

**November 22nd-Strengthening Relationships/Resolving Sexual Conflict**

Both classes will take place at Self Serve starting at 7pm.

Free event to the first 20 people to sign up. Sign up by email or phone call. Sign ups will be kept confidential. Must be 18 years or older.

For any questions or to sign up, contact the library at (505) 869-9808 or at poi02008@isletapueblo.com





Thriller Movie Nights. Movies started at 6 pm with free popcorn given out by the Library with exclusive movie themed cups. We started of with the showing of Hocus Pocus, followed by Scream and ending with the 4th Kind. Concession was provided by the Isleta Scout Pack 1572 for the showing of Hocus Pocus and they sold Dion’s pizza, baked goods and drinks. We also had a photo op for Hocus Pocus with a life size Witches Cauldron for patrons to get in and take a picture with family and friends. The following week we transition into something scarier with the showing of Scream. The Isleta Archery Club sold hot dogs, candy, and drinks and a ghost face backdrop was set up with photo props for patrons to take pictures. We ended our throwback with the 4th Kind and Aliens invaded the Library for the night. There was no concession that night but patrons got to enjoy a bottomless cup of popcorn in our Alien themed cups. Patrons also had a chance to take a photo by a UFO with family and friends. During the Throwback Thriller Movie Nights we promoted our Snapchat with customized filters as well as our Instagram page using hashtags. Patrons that tagged us on Facebook, posted on Snapchat, or used our hashtag on Instagram received a free movie gift bag during the movie nights. We would like to thank everyone who took advantage of our FREE movie nights. The Library just recently purchased a new projector and speakers so this allowed us to show our movies with a theater quality.



A little help with the Monster blood, please!



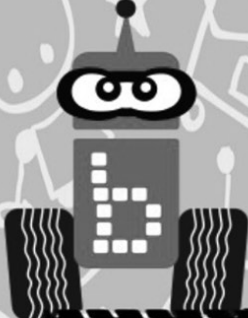
Witches Cauldron for Hocus Pocus.



Photo props using our Snapchat filter.

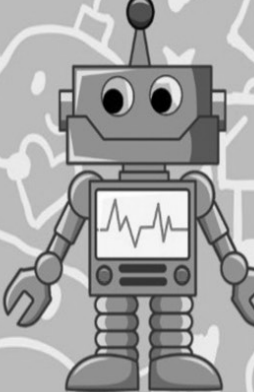



Scream photo backdrop.



# JUNIOR Botball®

Want to learn how to build and program a robot to do tasks? The Pueblo of Isleta Public Library will be hosting the Junior Botball League this Fall! This year the students will be generating codes in their robots to move objects. They will then have a chance to show their skills at the Junior Botball Competition.






The league is open for Elementary students 2nd- 6th grade.

Practice will be on every Saturday starting September 21st from 9:30am-11:30am and will end on November 9th

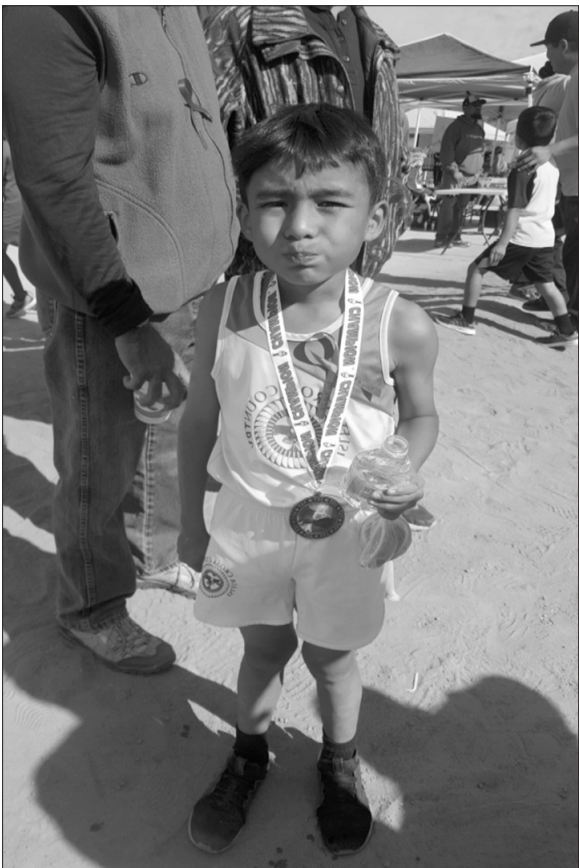
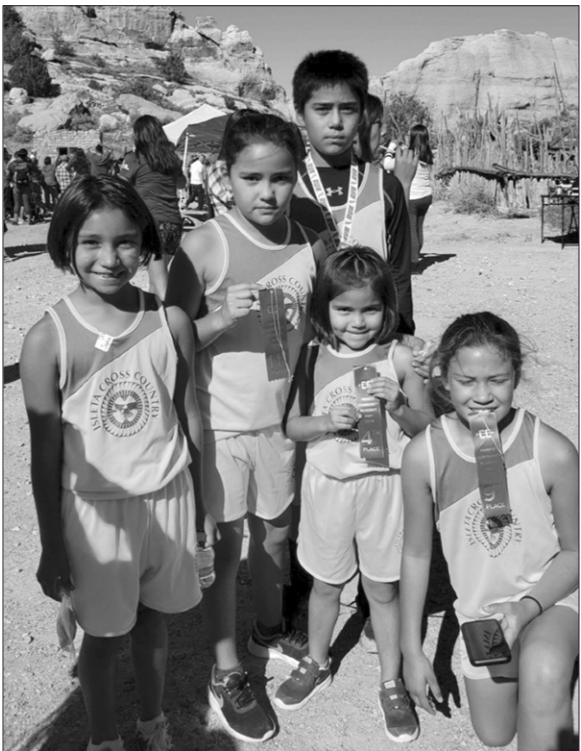
Competition will be on Saturday, November 16th at the Los Lunas High School Gym.

For more information please contact the Library by phone at 869-9808 or by email at [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com)





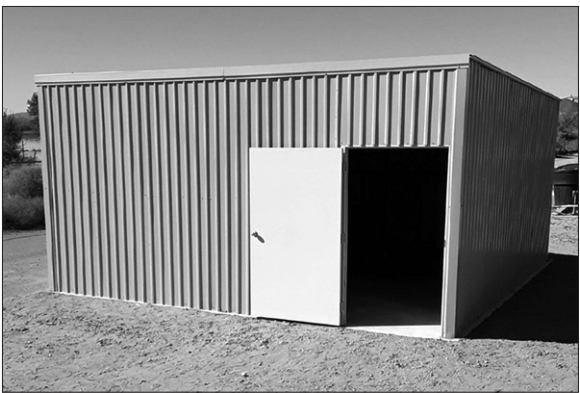
Isleta Recreation News:



Isleta Cross Country Season has finally ended. The Isleta Recreation Center had a team of 28 children running from the ages of 5 years to 11 years old. We had meets in San Felipe, Laguna, Acoma, Santo Domingo, and Jemez Pueblos. Thank you Isleta Runners for all the effort you did coming to practice at the recreation center and Big Momma’s every week. In your coaches’ eyes, you are all winners because you showed up and crossed that finish line!! Thank you to all the parents, aunties, chee-ees, teh-ehs and all who supported this year’s Isleta’s team, especially the Parks and Rec Staff and the coaches for all their time and support for our Isleta Youth runners.

Parks Crew:

Now that the summer has ended and our parks are beautiful, the Isleta Parks crews are able to do other tasks besides cutting grass and marking baseball fields. Ron Jojola’s crew and Ted the Mechanic have been working on a needed storage for the Recreation Center. With their talented skills and knowledge they were able to build the storage unit without any floor plans.



Isleta Youth Basketball Team News:

Our Basketball Season has started off with a winning start. We have 5 youth teams aging from 5yrs to 12yrs old boys and girls. This season the Pueblos have joined a 6 week Southern Pueblo Basketball League that is held every Saturday at the Tamaya Wellness Center in Santa Ana.

The Isleta Recreation Center recruited 40 children from our local schools Isleta, Bosque Farms and Sundance Elementary. The teams practice all week refining their dribbling and passing skills while mixing in some conditioning by running back and forth and sliding side to side.

This year basketball coaches are George Waquie who is the newest addition to Recreation staff as the Sports Coordinator, Cubathee Montoya, Kyle Wade and Timothy Jiron. Come out and support our Isleta youth at Tamaya Wellness Center.

Also the Isleta Recreation Center will be hosting a Youth Boys and Girls Double Elimination Basketball Tournament on December 21 & 22 at the New Recreation Center.







**Pool News:**

We get calls and questions from community members and especially from the children about the pool. We are getting close to finishing up with the construction. We will no longer have a Wet Sauna in the pool area. The lack of upkeep of the sauna damaged some of the beams holding the wall structure, therefore, it had to be removed.

While construction was going on, a water leak was discovered and took additional time to detect and repair it. Thank you to the Public Works Department, Tata Edwin Jaramillo and his crew for assisting in the maintenance of the pool construction.

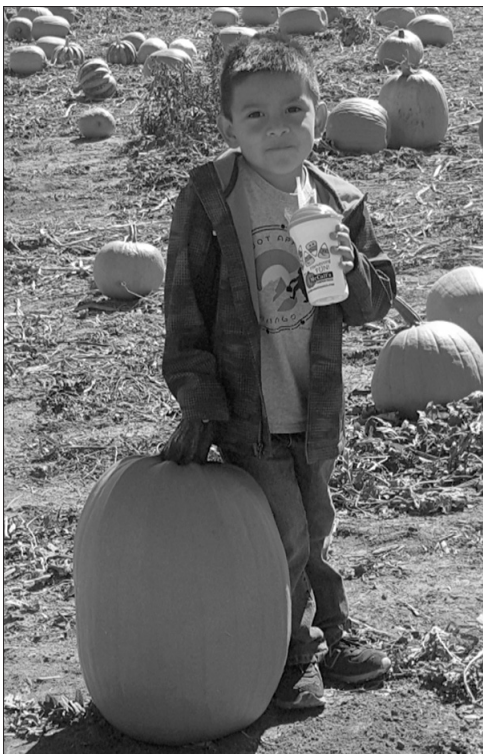
At this time, we are still looking for lifeguards to operate our pool. So if you are interested or know a friend, please apply with our Human Resource Department.

**Tables and Chair Rentals:**

There have been issues with tables and chairs being returned broken and dirty. These tables and chairs are issued to our community members almost every weekend for the usage of parties and traditional use. We are asking that you take care and clean them before returning them back to the recreation center. Thank you.

**After School Program:**

The After School Program has been very busy making decorations to hang throughout the recreation center. Give these kids paint and they'll make you a master piece! Meredith, Kyle and Cubathee enjoy our group of 35 children. They make crafts, do science experiments, create delicious snacks and much more. The children and Tata Melvin went to McCall's as one of our monthly fieldtrips. What a day they had! From riding bicycles, watching pig races, feeding goats, having lunch and finally a hayride down to the pumpkin patch to pick the biggest pumpkin they could carry.



**OCTOBER 20, 2019 • ALBUQUERQUE**  
RANKED AS ONE OF THE TOP 25 MARATHONS IN THE WORLD | NEW MEXICO'S PREMIER RACING EVENT | A BOSTON MARATHON QUALIFIER

Isleta Parks and Recreation Center sponsored 22 adult tribal members for the 2019 Duke City Marathon. The Duke City Marathon was held in the Downtown Albuquerque area on October 20, 2019. Our group participated in following events: Marathon, Half Marathon, 10K Run, 5K Run and 5k Walk.

5k Walk Participants:

- |                 |                  |
|-----------------|------------------|
| Angela Gandy    | Gwendolyn Waseta |
| Deborah Garcia  | Emedla Chimoni   |
| Orlena Hooee    | Crystal Lente    |
| Janel Jojola    |                  |
| Victoria Jojola |                  |

5K Run Participants:

- |               |                   |
|---------------|-------------------|
| Kyle Wade     | Jacqueline Abeita |
| Jesse Jojola  | Daniel Abeita     |
| Debbie Jojola |                   |
| Jaime Jojola  |                   |

10k Run Participants:

- Yvette Tsosie  
Kevin Garcia

Half Marathon Participants:

- |               |               |
|---------------|---------------|
| Audrey Lucero | Roshanna Toya |
| Michael Toya  | Edythe Zuni   |
| Leilani Foulk | Calvin Lucero |







New Isleta Recreation Presents:

# Spin Classes



Join us for a high energy  
cardio spin experience.

- \*High Energy Music
- \*Led by Certified Instructors
- \*Go at Your Own Pace
- \*Beginners are Welcome!

New  
Class  
Hours!!

Monday & Wednesday Classes @ 6:00pm

Friday Classes @ 5:00pm

Tuesday & Thursday Classes @ 12 Noon

Location: Aerobics Room

For more information call 505-869-9777  
*"Building a Healthy Community"*

WE ARE HERE TO SERVE  
Isleta Health Center Team

### Stress Management

Article: Lisa Kaye Cherino,  
LCSW Clinical Therapist

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

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

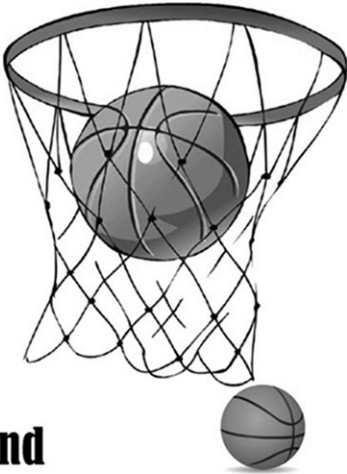
In the meantime, try these stress relievers that can work in just a few minutes to calm your body's stress response. Practice them regularly to help manage stress.

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



Isleta New Recreation Center Presents:

Isleta Youth Boys and Girls  
Double Elimination Basketball  
Tournament



When: December 21st and 22nd  
Where: Isleta New Recreation Center  
Grades: 3rd, 4th, 5th, 6th  
Time: Saturday: 9:00am  
Sunday: 9:00am



For more Information please contact: George Waquie  
505-869-9777

*"Building a Healthy Community"*





# 10th ANNUAL FORAGE GROWERS WORKSHOP

UNM-Valencia Campus, 280 La Entrada Road, Los Lunas NM

## MARK YOUR CALENDAR

### Tuesday, December 3, 2019


8:00 am - 4:30 pm  
For Information Call: (505) 565-3002

**Topics Include:**


- Fertilization & Soil Testing • Adjuvants & Surfactants • Weed Management
- Agriculture Land Trusts • USDA & MRGCD Updates • Pesticide Application

**\$20 Registration Fee Includes:**  
Program Materials, Lunch, Door Prizes, 5 NMDA CEU's


To Register: <https://aces.nmsu.edu/county/valencia/forage-workshop.html>.




BE BOLD. Shape the Future.  
College of Agriculture, Consumer  
and Environmental Sciences  
Cooperative Extension Service  
Valencia County Extension Office




El Air Ag




New Mexico  
Tractor Sales  
JOHN DEERE




MIDDLE  
RIO GRANDE  
CONSERVANCY  
DISTRICT



HAYSTACK



FARM CREDIT  
OF NEW MEXICO



IAS Laboratories  
SOIL - PLANT - WATER - & MORE

If you are an individual with a disability and need auxiliary aid or service please contact Newt McCarty at 505.565.3002 or [jnewton3@nmsu.edu](mailto:jnewton3@nmsu.edu), by November 19, 2019.  
New Mexico State University is an equal opportunity/affirmative action employer an educator. NMSU and the U.S. Department of Agriculture Cooperating.

## New Mexico State University Agriculture

With the end of the year fast approaching, it is time to start looking for ways to maximize your tax benefits or minimize tax burdens. For small acreage famers, the task includes knowing the tax laws to help reduce their tax burden.

Navigating Taxes for Small Farms is New Mexico State University Cooperative Extension Service’s response to requests for help from small acreage farmers in Valencia County. The free workshop will be from 6 to 8 p.m. on Tuesday, November 12, at the Valencia County CES office, 404 Courthouse Road in Los Lunas.

“We have hosted this workshop in the past and have had several requests for its return,” said Newt McCarty, NMSU Valencia County Extension agricultural agent. “Many of our small farms are not set up as individual businesses, therefore it is very important our farmers and land owners recognize and take advantage of every opportunity they can. The most important thing is to get questions answered.” Workshop presenters will be NMSU agriculture economics professor Jim Libbin, CPA Don H. Umbrage with Umbrage & Umbrage and Beverly Dominguez Romero, Valencia County Assessor.

“It’s a constitutional right to affect your tax situation within the letter of the law. We are going to talk about managing taxes,” Libbin said. “It won’t be about reporting their taxes, but more about how to manage income and expense flows to minimize the tax burden.”

For information and RSVP call 505-565-3002.

Beef producers have a responsibility to provide a safe and wholesome product. Daily production practices can influence the quality of the product. To assist beef producers in fulfilling this responsibility at a higher level, New Mexico State University Cooperative Extension Service in Valencia County is providing a Beef Quality Assurance (BQA) Certification Training. The free training will be from 9 to 11 a.m. on Saturday, November 16, at the Valencia County CES office, 404 Courthouse Road in Los Lunas.

The mission of the BQA program is to maximize consumer confidence in and acceptance of beef by focusing the producers’ attention to daily production practices that influence the safety, wholesomeness and quality of beef and beef products through the use of science, research and educational initiative.

Anyone involved in beef or dairy cattle production is encouraged to attend a BQA training workshop, including individuals who do not own or market animals, such as ranch hands or dairy workers. “Our beef and dairy producers work diligently making sure every animal is well cared for, and those going to market will meet or exceed consumer’s expectations. The BQA program is one more tool in taking that commitment to a higher level,” said Newt McCarty, Valencia County agriculture agent.

Those who pass a written test at the completion of the workshop can become a NM Beef Quality Assurance Certified producer. Certifications are good for three years and easily renewed through the completion of continuing education credits. For information call 505-565-3002.



# Beef Quality Assurance Certification


Valencia County Extension Office, 404 Courthouse Rd, Los Lunas, NM




## FREE TRAINING

Saturday, November 16, 2019, 9:00am - 11:00am

Provided by  
Valencia County Cooperative Extension Service  
For Information Call: (505) 565-3002





BE BOLD. Shape the Future.  
College of Agricultural, Consumer  
and Environmental Sciences  
Cooperative Extension Service





# **bingo!**

**Wednesday 20th**

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**November**

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**Doors Open at 5PM - Bingo begins at 530PM**  
**-Bingo will end at 7PM**  
**Isleta Golf Course**  
**DINNER WILL BE PROVIDED**  
**J.O.M. STUDENT MUST BE PRESENT WITH FAMILY**

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**SPACE IS LIMITED**  
**FIRST COME FIRST SERVE BASIS**

*Happy Thanksgiving from Isleta Department of Education & Isleta Truancy*



**Isleta Health Center  
Dental Department News**

You have heard the saying “*All good things must come to an end*”, and this has never been truer than now! Dr. J Richter has decided to retire from his service to the community on December 18, 2019. He has been a huge part of the dental team since July of 2002, we like to joke that he came with the building since his first day here was the day we opened the new clinic.

Dr. J graduated from the University of Texas in San Antonio, and then served our country in the Air Force, reaching the rank of Colonel. After retiring from the military, he blessed us with his talents and skills for the latter part of his dental career. He is married, the father of 4 and grandfather of 7, soon to be 8. He will no doubt be busier away from dentistry with his family than he was working here.

Dr. J will be greatly missed by both staff and patients alike; we would like to announce we will be hosting a small gathering to wish him well, so please come to the clinic on December 18th at 3:00pm to thank him for all he’s done to serve our community.  
-Isleta Dental Department

**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

# **NAVIGATING TAXES**

for

# **SMALL FARMS**

Valencia County Extension Office, 404 Courthouse Rd, Los Lunas, NM

**FREE WORKSHOP!**

## **MAXIMIZING YOUR FARM TAX OPPORTUNITIES**

**Tuesday, November 12, 2019, 6:00 pm**

**Presentations by:**

**Jim Libbin, NMSU Ag Economics Professor**  
**Don H Umbrage, Umbrage & Umbrage CPA's**  
**Beverly Dominguez Romero, Valencia County Assessor**

**For Information and RSVP Call 505-565-3002**



**BE BOLD. Shape the Future.**  
**College of Agricultural, Consumer and Environmental Sciences**  
**Cooperative Extension Service**

If you are an individual with a disability and need auxiliary aid or service contact Newt McCarty 505.565.3002 or jnewton3@nmsu.edu, by October 28, 2019.

New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating.

Pueblo of Isleta Department of Education Program



# **Spring 2020**

# **Scholarship Application**

# **Deadline: November 1st!**

The deadline for all Other Required Documentation is due December 31st, for the Spring Term 2020



DO NOT Forget to have your class schedule and Degree Plan signed by your Academic Advisor

**Contact the Higher Education Program:**  
**Lisa Smith Scholarship Coordinator**  
**or Johnna Shije Scholarship Assistant**  
**Ph: (505)869-9790**





# Facebook Marketing and Advertising For Small Business Owners



Tuesday, November 5th and Thursday, November 7th 5PM-6PM  
Reserve your spot beginning Oct. 21st  
Space is Limited  
For any questions, or to sign up contact Ashley or Diane at the Library • (505) 869-9808 or at [poi02006@isletapueblo.com](mailto:poi02006@isletapueblo.com) or [poi02005@isletapueblo.com](mailto:poi02005@isletapueblo.com)

IF YOU RUN YOUR OWN BUSINESS AND WOULD LIKE TO LEARN HOW TO USE SOCIAL MEDIA TO PROMOTE AND DRAW IN MORE CUSTOMERS. THIS IS THE RIGHT PROGRAM FOR YOU!

WE WILL HELP YOU CREATE YOUR OWN FACEBOOK BUSINESS PAGE AND TEACH YOU HOW TO BE EFFECTIVE IN SOCIAL MEDIA OUTREACH.



## PREVENT FROZEN PIPES

The winter months mean freezing outdoor temperatures which can cause water lines to freeze. Frozen pipes can burst and cause extensive water damage. An eighth-inch (three millimeter) crack in a pipe can emit up to 250 gallons (946 liters) of water a day. Both plastic (PVC) and copper pipes can burst. By taking a few simple precautions, you can save yourself the mess, money and aggravation frozen pipes cause.

### Before the cold hits

Insulate pipes in your home's crawl spaces, garage, unfinished basement and attic. These exposed pipes are most susceptible to freezing. Remember - the more insulation you use, the better protected your pipes will be.

Disconnect garden hoses and insulate all outdoor faucets (hose bibs). This reduces the chance of freezing in the short span of pipe just inside the house.

Heat tape or thermostatically-controlled heat cables can be used to wrap pipes. Be sure to use products approved only for the use intended (exterior or interior). Closely follow all manufacturers' installation and operation instructions.

Seal leaks that allow cold air inside near where pipes are located. Look for air leaks around electrical wiring, dryer vents and pipes. Use caulk or insulation to keep the cold out and the heat in. With severe cold, even a tiny opening can let in enough cold air to cause a pipe to freeze.

### When the temperature drops

A trickle of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet on an outside wall.

Open cabinet doors to allow heat to get to un-insulated pipes under sinks and appliances near exterior walls.

### Before you go away

Set the thermostat in your house no lower than 55°F (12°C).

Ask a friend or neighbor to check your house daily to make sure it's warm enough to prevent freezing or shut off and drain the water system.

Be aware that if you have a fire protection sprinkler system in your house, it will be deactivated when you shut off the water.

### If your pipes freeze

Don't take chances. If you turn on your faucets and nothing comes out, leave a faucet turned on for water to drain from, and so you can see when the water starts to flow again.

If you have any further questions or concerns, please contact the Public Services/Utility division



Tuesday, December 3rd and Thursday, December 5th 5PM-6PM  
Reserve your spot beginning Nov. 18th  
Space is Limited  
For any questions, or to sign up contact Ashley or Diane at the Library • (505) 869-9808 or at [poi02006@isletapueblo.com](mailto:poi02006@isletapueblo.com) or [poi02005@isletapueblo.com](mailto:poi02005@isletapueblo.com)



# Instagram Marketing and Advertising For Small Business Owners

IF YOU RUN YOUR OWN BUSINESS AND WOULD LIKE TO LEARN HOW TO USE SOCIAL MEDIA TO PROMOTE AND DRAW IN A NEW AUDIENCE. THIS IS THE RIGHT PROGRAM FOR YOU!

WE WILL HELP YOU CREATE YOUR OWN INSTAGRAM BUSINESS PAGE AND TEACH YOU HOW TO BE EFFECTIVE IN SOCIAL MEDIA OUTREACH.

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Isleta Elder Center News

Beginning November 1, 2019 a 25mile club will start for those elders 50 years and older on Friday’s and Monday’s from 10:00am – 11:00am.

The Isleta Elder Center and fitness trainers Thomas Zuni, Aaron Wade and Cubathee Montoya from the New Isleta Recreation Center, have teamed up and have organized this program that will benefit your healthy journey.

Using the Treadmill, stationary bike, stair stepper, arm bike, walking the gym/walking path is how you gain your miles. The fitness trainers will be available to help you reach your goals.  
For more information, please call the Elder Center at 505-869-9770 ext.9335

Come on out and join Senior Olympics! The Senior Olympics, known officially as the National Senior Games, hosts senior athletes from the United States and Canada to participate in national competitions every other year. The minimum age of eligibility is 50 years old, with the oldest participants being over 100 years old.

Sports: Archery, Badminton, Basketball, Bowling, Cycling, Golf, Horseshoes, Pickleball, Powerwalk, Race Walk, Racquetball, Road Race, Shuffleboard, Softball, Swimming, Table Tennis, Triathlon and Volleyball.  
Please check our monthly activities calendar for upcoming practices and events.

Vietnam Veteran Mass on November 7, 2019, Isleta Elder Center Activities Room. This mass is to Celebrate the Vietnam Veterans that are here with us today. If you or a family member were in Vietnam, please spread the word about this mass, also please contact Kimberly Chiwewe as there will be pins distributed to them. Pueblo of Isleta Elder Center 505-869-9770 ext. 9335

Isleta Health Center  
Pharmacy



As the Holidays are quickly approaching we would like to remind everyone that the IHC Pharmacy will be closed:

- Monday, November 11, 2019 - Observance of Veterans Day
- Thursday, November 28, 2019- Thanksgiving Day
- Friday, November - 29, 2019 - Day After Thanksgiving

Please remember you can 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



**Now taking orders for Thanksgiving.**  
**Place your pumpkin pie, pumpkin cookies and oven bread order today!**

The POI Elder Advisory Committee will be taking orders for homemade pumpkin pie, pumpkin cookies and oven bread for Thanksgiving.

9" pumpkin pie..... \$7.00  
1 dozen pumpkin cookies.....\$5.00  
Oven Bread .....\$4.00

**Place your order now through Friday, November 15<sup>th</sup> and pick up or delivery will be on Wednesday, November 27<sup>th</sup>.**  
**Please call the Elder Center to place your orders at 869-9770.**

Fundraiser by the POI Elder Center Advisory Committee. Thank you for your support.  
Happy Thanksgiving!



Isleta Elder Center  
505-869-9770



**Wednesday, November 20, 2019**  
**Friendship Breakfast @ 9 a.m.**  
**General Meeting @ 10 a.m.**

Central NM Housing Corporation will be here to present on their NM Energy\$mart Program – a Weatherization Assistance Program that is **FREE** to low income-eligible households. If eligible, you will receive Weatherization Measures thru Central NM Housing Corporation to make your home energy efficient.

Applications will be accepted on this day.

Applications can be picked at my office. Please submit the following documents with your application to determine your eligibility:

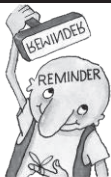


**Required Documentation**

- Proof of ownership of home
- Proof of Income for everyone in the house over 18
- Most recent gas & electric bill
- Picture ID(s)

**For more information or assistance, please call *Pauline* at the Isleta Elder Center - Monday thru Friday 8 a.m. to 4:30 p.m.**
















*The New Mexico Energy\$mart program is being funded by:*  
The Department of Energy  
Low Income Home Energy Assistance program (LIHEAP)  
NM Gas  
PNM  
*The New Mexico Mortgage Finance Authority (NMMFA) is the States administrative agency for the New Mexico Energy\$mart program*



MENU				
ISLEYA ELDER CENTER				
Monday	Tuesday	Wednesday	Thursday	Friday
IMPORTANT REMINDERS!!			11/1/2019	
<p>Please <b>by 9 AM</b> to cancel Home Delivered Meals. This saves time and money. Thank you.</p> <p>Congregate meals age 55+ free of charge. Persons ages &lt; 55 the suggested donation is \$5.00 however any donation is appreciated.</p>			<p><b>Green Chile Posole</b> Pork or chicken 3 oz Hominy 1/2 c Green chile 1/2 c Baked pear w/walnuts and balsamic glaze Pumpkin cookie</p>	
11/4/2019	11/5/2019	11/6/2019	11/7/2019	11/8/2019
<p><b>Tuna Salad w/Grapes</b> Tuna salad 3 oz Shredded lettuce 1 c Celery sticks 1 c WW crackers = 24 g SF gelitan with fruit 1/2 c</p>	<p><b>Ham and Broccoli Casserole</b> Ham 3 oz Rice 1/2 c Broccoli 1 c Shredded cheddar .5 oz Cream of mushroom soup 1/8 c WW crackers = 24 g Fruit cup 1/2 c</p>	<p><b>Chicken Picatta</b> Chicken 3 oz Mixed vegetable 1 c WW roll = 56 g Fresh fruit 1/2 c</p>	<p><b>Rice Stew w/Beef</b> Ground beef 3 oz Rice 1/2 c Mixed vegetable 1 c Apple spice cake = 1 grain eq Fresh fruit</p>	<p><b>Red Chile Enchiladas</b> Ground beef 2 oz Shredded cheddar 1 oz Corn tortilla 1 oz Red chile puree 1/4 c Black bean/corn 1/2 c Fruit cup 1/2 c</p>
11/11/2019	11/12/2019	11/13/2019	11/14/2019	11/15/2019
<p><b>Center Closed</b></p> <p><b>Veterans Day</b></p> 	<p><b>Zucchini Boat w/Red Chile</b> Ground beef 3 oz Zucchini boat 1/2 c Marinara 1/4 c Bread crumbs 1 oz Red chile sauce 1/4 c Fresh fruit</p>	<p><b>Salisbury Steak</b> Ground beef 3 oz Roasted red potato 1/2 c Green beans 1/2 c Brown gravy 1 oz Berry cobbler = 1/2 c fruit and 1 grain eq</p>	<p><b>Beans and Chicos</b> Ground pork 2 oz Pinto bean (M/MA) 1/2 C Chicos (dry corn) 1/4 c Green chile 1/2 c Spinach 1/2 c Corn bread = 2 grain eq Fresh fruit</p> <p> Nutrition Education 9:30 - 11 am Adult Day Services Open to All</p>	<p><b>Grilled Harvest Bowl</b> Grilled chicken or pork 3 oz Sliced brussels sprouts 1/2 c Sweet potato cubes 1/2 c Brown rice 1/2 c Quinoa 1/4 c Cranberry/almond topping 1/4 c</p>
11/18/2019	11/19/2019	11/20/2019	11/21/2019	11/22/2019
<p><b>Kale Soup w/Meatballs</b> Meatballs 3 oz Sliced potato 1/4 c Shredded kale 1 c WW roll = 56 g Fruit cup 1/2 c</p>	<p><b>Sloppy Joe Casserole</b> Ground beef 3 oz Sloppy Joe mix 1/2 Winter vegetable 1/2 c WW pasta spirals 1/2 c Fresh fruit</p>	<p><b>Green Chile Shrimp Alfredo</b> Shrimp 2 oz WW fettuccini 1/2 c Green chile 1/8 c Baby spinach 1/2 c Grape tomato 1/2 c Fruit cup 1/2 c</p>	<p><b>Corn Chowder w/Pork</b> Pork 2 oz Corn, potato, onion, carrot 1 c WW crackers = 24 g Baked apple 1/2 c</p> <p><b>EARLY</b></p>	<p><b>Spaghetti w/Meat Sauce</b> Ground beef 3 oz Marinara sauce 1/2 c Zucchini spirals 1/2 c Garlic bread = 24 g Fruit cup 1/2 c</p> <p><b>HAPPY BIRTHDAY</b></p>
11/25/2019	11/26/2019	11/27/2019	11/28/2019	11/29/2019
<p><b>Baked Chicken</b> Chicken 3 oz Spinach/artichoke casserole 1 c Fresh fruit Pumpkin roll = 2 grain eq</p>	<p><b>Meat Loaf</b> Ground beef 3 oz Mashed potato 1/2 c Steamed carrots 1/2 c Brown gravy 1 oz WW roll = 56 g</p>	<p><b>Chicken Noodle Soup</b> Diced chicken 3 oz Celery, onion and carrot 1 c Spinach 1/2 c WW pasta 1/2 c Fruit cobbler = 1/2 c fruit and 1 grain eq</p>	<p><b>ELDER CENTER CLOSED FOR HOLIDAY</b></p> <p><b>Happy Thanksgiving</b></p>	

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

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

Isleta Elder Center (505) 869-9770 Monday - Friday 8:00AM - 4:30PM			<div>NOVEMBER</div>		2019
Monday	Tuesday	Wednesday	Thursday	Friday	
IMPORTANT REMINDERS!!				11/1/2019	
November is Native American Month, we will be celebrating with Rock Your Moc's on Friday November 15.				Recreation Center Exercise 10am-11am	
Please call the Elder Center with any questions regarding the calendar or to sign-up for activities.					
Activities are offered to those 50years & older unless otherwise noted. All activites are subject to change.					
Transportation is available for ALL events/activities					
11/4/2019	11/5/2019	11/6/2019	11/7/2019	11/8/2019	
Recreation Center Exercise 10am-11am	Mall Trip Transportation will leave at 9:30am and return at 2pm 	Commodities Distribution #1 8:30am-3:30pm Conference Room 	Recognizing Vietnam Veteran's Mass 11:30am Activites Room 	Recreation Center Exercise 10am-11am	
	Laughlin Trip Departing 11/3 Returning 11/6			Walmart & Dollar Store 1pm-4pm  	
11/11/2019	11/12/2019	11/13/2019	11/14/2019	11/15/2019	
<b>Veterans Day</b> 	Commodities Warehouse Trip Van Leaves 8:00am Return 12:00pm	Shuffleboard 9am-12pm 1-3pm Activites Room	Santurio de Chimayo Trip Departing Center @8:30am	Recreation Center Exercise 10am-11am	
	Sewing Craft 1:00pm    Activites Room		Nutrition Education 12pm Dining Room 	 1pm Activities Room	
11/18/2019	11/19/2019	11/20/2019	11/21/2019	11/22/2019	
Recreation Center Exercise 10am-11am	Manzano Mesa Shuffleboard Lunch and Shuffleboard 10:30am-4:00pm	Friendship Breakfast 9am General Meeting 10am Topic: Central NM Housing Cooperation	"Thank a Caregiver" Training 11:30 pm Dining Room Early Lunch 11:00am	Recreation Center Exercise 10am-11am	
	Cookie Recipe Sharing 1pm Activities Room		Medicare Part D Open Enrollment 8am-3pm Commodities 8:30am- 3:30pm Activities Room	Walmart & Dollar Store 1pm-4pm  	
11/25/2019	11/26/2019	11/27/2019	11/28/2019	11/29/2019	
Recreation Center Exercise 10am-11am	Thanksgiving Bingo 1:00 pm Activities Room 	Family Feud 10am Activities Room Championship Game 	 Closed Thursday & Friday HAPPY THANKSGIVING Have a wonderful holiday!		
Dollar Movie & Lunch TBA 					



# November is National Diabetes Month!

Pueblo of Isleta WIC  
505.869.2662

November 2019

Get educated!  
Get support!  
Get empowered!

Get the facts:

- Every 19 seconds someone is diagnosed with diabetes in the U.S.
- 1 out of 11 Americans have diabetes
- If not controlled diabetes can cause many health problems including blindness, nerve damage, kidney disease, and even death
- Type 1 Diabetes
  - caused by genetic and unknown factors that trigger it's onset
- Type 2 Diabetes
  - caused by genetics and lifestyle factors
- Native American and Hispanic populations have an increased

Even small changes to your lifestyle can make a big difference!

- **Choose healthy whole foods**
  - eat more lean proteins such as chicken and fish
  - try to get 2-3 cups of fruits and vegetables every day (keep on hand for snacks and add to smoothies)
  - swap white refined flour products with whole grains
  - Reduce and eliminate sugary drinks such as soda, sweet tea, flavored drinks and high sugar energy drinks (increase water and flavor with fruit, a splash of 100% juice or fresh herbs like mint or cinnamon)
- **Get regular exercise**
  - a walk after dinner, basketball with the kids, jumping on the trampoline, get creative!
- **Maintain a healthy weight**
  - even a small amount of weight loss (5-10 lbs) can reduce your risk of developing diabetes or make it easier to control if you've already been diagnosed
- **Breastfeed your babies**
  - formula feeding increases the risk of both Type 1 and Type 2 diabetes in children and later adulthood
  - mothers who don't breastfeed have a higher risk of developing Type 2 diabetes
  - the longer you breastfeed, the lower the risk for both mother and child

## 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

# is Here to Help!

ICAN stands for "Ideas for Cooking and Nutrition."

ICAN is free, fun, and offers classes that will help you:

- prepare quick & healthy meals that are low in cost
- learn new cooking skills
- store and prepare food safely

- get the most out of your food dollar
- become more physically active
- make healthier lifestyle choices

Educator: Tina Louise Carpenito      Contact: tkraft@nmsu.edu

Date:	Time:	Location:
Thursday, November 14, 2019	9:30 am - 11 am	Adult Day Service Room Isleta Elder Center Lesson: Salt Busters
Thursday, December 12, 2019	9:30 am - 11 am	Adult Day Service Room Isleta Elder Center Lesson: Make Healthier Holiday Choices
Thursday, January 9, 2020	9:30 am - 11 am	Adult Day Service Room Isleta Elder Center Lesson: Be Active Adults

If you are an individual with a disability and need an auxiliary aid or service please contact Educator at email by 2 weeks prior.

This material was funded (in part) by USDA's Supplemental Nutrition Assistance Program - SNAP. USDA is an equal opportunity provider and employer. This material was also funded (in part) by the National Institute of Food and Agriculture, U.S. Department of Agriculture, Expanded Food and Nutrition Education Program (EFNEP). The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academics, research, and extension programs. NMSU is an equal opportunity employer and educator.

- NON- BIASED ASSISTANCE
- CONFIDENTIAL
- FREE

# MEDICARE

## PART D OPEN ENROLLMENT

OCTOBER 15TH TO DECEMBER 7TH

1. REVIEW YOUR CURRENT PLAN

2. COMPARE OTHER PLANS

3. POSSIBLY SAVE MONEY

### Isleta Elder Center

A SHIP counselor will be at this location on:

**November 21, 2019**

**9 am—3 pm**

### WHAT YOU NEED TO BRING:

- » ALL OF YOUR PRESCRIPTION MEDICATIONS
- » YOUR MEDICARE CARD

**For more information call Pauline at 869-9770.**

AGING AND DISABILITY RESOURCE CENTER

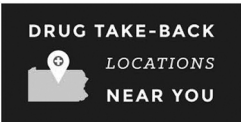
**1-800-432-2080**





Proper Medication Disposal

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



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

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

DRUG TAKE-BACK PROGRAM

Drop off medication, no questions asked, at the following locations:

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

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

DON'T FLUSH DOWN TOILET

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

THROW IN TRASH

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

But first:

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

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

What is the Great American Smokeout?

The Great American Smokeout is a national event that takes place on the third week of November. It is asked on this day, smokers and commercial tobacco users use **November 21st as a date to plan to stop smoking/ using commercial tobacco.** By doing so they will be joining thousands of people who also smoke/use across the country to take an important step toward a healthier lifestyle while reducing their risk of cancer.

Currently, there are more than **34 million Americans who still smoke cigarettes, and smoking remains the single largest preventable death and illness in the world** (American Cancer Society (ACS), 2017). ACS states, **groups** such as, those who have less education, low socioeconomic status, minority, and lesbians, gays, and bisexuals suffer more from smoking related cancer and diseases (2017).

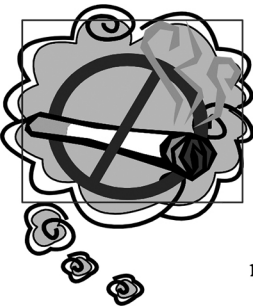
Listed below are general tips for family and friends to be involved with the quit process:

- Respect the person trying to quit is in charge, this is their lifestyle change and challenge, not yours; provide positive encouragement
- Spend quality time with the person trying to quit by doing things that will keep their mind off cravings (e.g. walking, going to the movies, eating, hobbies, etc.)
- Make the home and vehicles smoke-free, even for visitors
- Celebrate the small successes together, quitting is a big deal!

To help your loved ones to take this step to a commercial tobacco free lifestyle encourage them to use November 21, 2019 as the day to quit smoking or as a day to finally make a plan to quit.

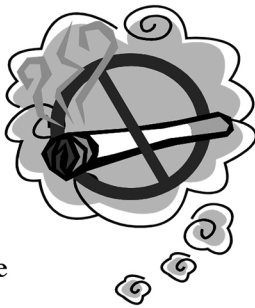
For more information:  
<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

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



Thinking About Quitting

90 minute support session to increase your motivation to quit smoking whether you are ready to quit or not ready to quit.



You will receive (free):

- The Guide to Help You Quit Smoking – your own personal workbook
- Help in identifying your barriers to quitting commercial tobacco
- Help in identifying your personal motivations for quitting
- Pack Tracks to identify the kind of commercial tobacco smoker you are

Topics Covered include:

1. Am I ready to quit .....on a scale of 1-to-5?
2. How addicted am I to nicotine?
3. Using over-the-counter (OTC) Nicotine Replacement Therapy (NRT)
4. Free NRT & assistance @ Quit Line 1-800-QuitNow or enroll at QuitNowNM.com
5. Pros and Cons of Quitting Smoking... Identifying Barriers and Motivators
6. Closing Backdoors
7. Introduction to The Guide to Help you Quit Smoking
8. Pre-view of Pack Tracks – using them to cut back before Quit Day
9. Preparing a Quit Kit – tool for surviving the first two weeks after quitting
10. Using a Calendar to reward yourself (optional)
11. Dealing with Losing your Best Friend the Cigarette
12. How to support your friend or family member who is Thinking About Quitting
13. Other tools to help you quit: Freedom From Smoking® Online at [www.ffsonline.org](http://www.ffsonline.org)

Call Stephanie, Health Educator  
@ 869-4479 to Sign Up  
Isleta Health Center



Head Start, Early Head Start, and Child Care

P.O. Box 579  
Isleta, NM 87022

November Upcoming Dates

- **November 6, 2019**  
Family Night at 5pm  
(Topic: Disabilities & NAPPR- Pottery Making)
- **November 11, 2019**  
Veterans Day (No School)
- **November 19, 2019**  
Policy Council at 5pm
- **November 21, 2019**  
Parent Committee at 5pm
- **November 27-29, 2019**  
Thanksgiving Break (No School)



NOVEMBER 2019					
ISLETA HEALTH CENTER					
Questions? Call 869-3200					
SAT/SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>"DPP" = Diabetes Prevention Programs - 869-4595</b> <b>"BHS" = Behavioral Health Services - 869-5475</b>		 <b>Rock Your Mocs</b>  <b>FUN RUN (5K)/WALK (1M)</b> Date: Saturday, November 16, 2019 Time: 8:30 am Place: Isleta Recreation Center For more information please call 505-869-5475		<i>Get your</i> <b>FLU SHOT</b> <i>not the flu.</i>  National Influenza Vaccination  Week: Dec 1-7, 2019	
<b>2/3</b> <b>4</b> Podiatry Clinic:: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Nurturing Parenting Group: 1-3pm @BHS Youth Life Skills 4:30-6:30pm @BHS Open Gym Block– 5-6:30pm @DPP Wellness		<b>5</b> DM Clinic w/Medical: 8:30-12pm Another Recovery Technique (ART): 1-3:30pm @ BHS. Youth Power Source: 4:30-6:30 @BHS Open Gym Block– 5-6:30pm @DPP Wellness		<b>7</b> <b>CLINIC OPENS AT 9:50am</b>  Podiatry Clinic: 8:00-4:30pm Open Gym Block– 5-6:30pm @DPP Wellness	
<b>9/10</b> <b>11</b> <b>Clinic Closed</b> <b>VETERANS DAY</b>  <b>HONORING ALL WHO SERVED</b>		<b>12</b> DM Clinic w/Medical: 8:30-12pm Another Recovery Technique (ART): 1-3:30pm @ BHS. Youth Power Source: 4:30-6:30 @BHS Open Gym Block– 5-6:30pm @DPP Wellness  Isleta Community Cancer Support "Maintaining a Healthy Weight" 5:00pm—6:30pm		<b>14</b> <b>CLINIC OPENS AT 9:50am</b>  Podiatry Clinic: 8:00-4:30pm Open Gym Block– 5-6:30pm @DPP Wellness	
<b>16/17</b> <b>18</b> Podiatry Clinic: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Nurturing Parenting Group: 1-3pm @BHS Youth Life Skills 4:30-6:30pm @BHS Open Gym Block: 5-6:30pm @DPP Wellness		<b>19</b> DM Clinic w/Medical: 8:30-12pm Another Recovery Technique (ART): 1-3:30pm @ BHS. Youth Power Source: 4:30-6:30 @BHS Open Gym Block– 5-6:30pm @DPP Wellness		<b>21</b> <b>CLINIC OPENS AT 9:50am</b>  Podiatry Clinic: 8:00-4:30pm Open Gym Block– 5-6:30pm @DPP Wellness	
<b>23/24</b> <b>30</b> NO Podiatry Clinic Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Nurturing Parenting Group: 1-3pm @BHS Youth Life Skills 4:30-6:30pm @BHS Open Gym Block:- 5-6:30pm @DPP Wellness		<b>26</b> DM Clinic w/Medical: 8:30-12pm Another Recovery Technique (ART): 1-3:30pm @ BHS. Youth Power Source: 4:30-6:30 @BHS Open Gym Block– 5-6:30pm @DPP Wellness		<b>28</b> <b>Clinic Closed</b> 	
		<b>27</b> DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Open Gym Block– 5-6:30pm @DPP Wellness Wellbriety Group: 6-7:30pm @BHS		<b>29</b> <b>Clinic Closed</b> 	

**Pueblo of Isleta  
Community Cancer  
Support Group**

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




**November 12, 2019**  
*Please notice date change from  
previous schedule.*  
**5pm-6:30pm**  
**Isleta Health  
Center Kitchen**  
  
\*Go to the south side of bldg and enter in the black fenced  
area through the gate, near the red tables, and enter in the  
2nd door on your right.

**Maintaining a  
Healthy Weight**  
Jenny McCary, Presbyterian Nutritionist  
  
**ALL WELCOME!**

**Contact  
Stephanie Barela  
869-4479**

**ALL WELCOME**

**THE FLU**

**It is that time of year again**  
**Prevent the Flu**  
**GET VACCINATED!**

**Why get the flu vaccine?**  
*To protect yourself and others.*

**Who should get the vaccine?**  
*CDC recommends annual influenza vaccination for everyone 6 months and  
older and healthcare workers.*

**Isleta Health Center**  
**Flu Shot Clinic Hours**  
**Monday – Friday:**  
**Mornings: 10:00am – 11:30am**  
**Afternoons: 1:30pm – 3:30pm**

To decrease wait time, please schedule a nurse visit to get your flu shot by  
calling the Medical Appointments desk at 869-4089.

-Medical Department