

Volume 14 Issue 10

Pueblo of Isleta website: www.isletapueblo.com

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October 2019

Governor's Report

Ma-Gu-wam

Greetings from the Governor's Administration. Business here at the office consists of daily visits from community members, business organizations, government-to-government agencies and so forth. All visits are scheduled to meet with Lieutenants or the Governor depending on the nature of the meeting. If you have, any issues or concerns, call 869-3111 to schedule an appointment.

On Wednesday, September 4, 2019, the community celebrated our Annual Feast day with a mass and procession, Tribal Dance and Feast. On behalf of the community, I want to thank Chris Natseway and Margaret Abeita and their families for their hard work and dedication in hosting the feast for our Holy Patron San Augustinito. I also want to express my appreciation to all the vendors' displays of their arts and crafts and food services made for an enjoyable celebration for all. We hope you enjoyed the day with family and friends.

Under my direction, Environment has been working with Surveying and Mapping, taking inventory of the abandoned homes within the village area. They are working together, reaching out to the families getting their consent to proceed with demolition and clean-up of these places. In these abandoned homes we have found rodent habitat, evidence of drug use and graffiti. This is all in effort to improve the tranquility and safety within our village. There have been a number of clean-ups and more are currently being scheduled. Once the process starts, a number of departments and programs come together to do the actual work. Thank you to Environment, Solid Waste, Surveying and Mapping, Isleta Pueblo Housing Authority, Public Works and Parks and Rec.

Plaza renovation projects have begun to help the Community. Renovations of more homes will be forthcoming in the village proper.

Traditional hunt sign-ups will be September 23, 2019 thru October 4, 2019.

Drawing will be held on October 6, 2019 at the Old Courthouse at 9:00 a.m.

Those that were drawn for the 2018 hunt will not be eligible to apply for the 2019 hunt

Elderly antelope October 11, 12 & 13, 2019

Elderly Elk hunt, November 1, 2 & 3, 2019

Elderly deer hunt, November 22, 23 & 24, 2019 Antelope hunt, October 18, 19 & 20, 2019

Deer hunt rifle, November 29, 30 & Dec. 1, 2019

Elk hunt, November 1, 2 & 3, 2019

For more information, contact the Governor's office Monday thru Friday from 8:00 a.m. to 4:30 p.m. at 869-3111.

Our next community meeting is scheduled for Saturday, October 26, 2019 in Ballroom A, Isleta Resort and Casino. The meeting will start at 9:00 a.m. and will most likely to end around noon. I hope to see you there.

Summer months are ending and I hope that everyone enjoyed the summer. Let us all give Thanks to the Great Spirit as we welcome the autumn months, for the harvest from the fields that reminds us of the abundance we have been given and bounty we share with all.

I want to take this moment to give condolences to the families who have recently lost their loved ones. I wish you strength to endure your loss. May the Great Spirit always guide you and keep you and your families safe.

Ha woo, Max A. Zuni, Governor

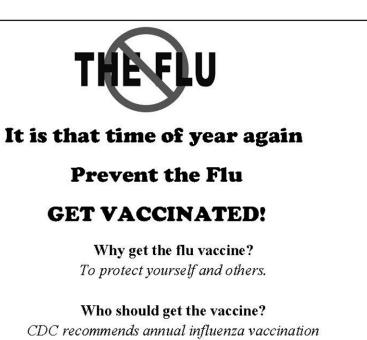
Mosquito control update and outlook

Since mid-May 2019, authorized by Tribal Council, Roadrunner Public Health, Inc ("Roadrunner") has been under contract with the Pueblo for mosquito control. Roadrunner has applied pesticide by fogging (typically at night), by backpack spraying and use of briquettes. Barriers and turf areas such as ball fields, parks, and grassy areas near tribal office buildings have been treated. Parks & Rec staff has told Roadrunner that mosquitos in ball fields and parks are under control. Fogging will continue until the first low temperature of 55°F in midto late-October approximately. The company conducts mosquito and water surveys year-round.

Roadrunner provided community members who requested them with mosquito dunks or briquettes for placement in standing water such as livestock watering troughs. Each dunk kills mosquitos for 30 days or longer.

Doctor Paul Sandoval, Roadrunner's President, says we are "dodging the viruses." This year's viruses of concern in our area have been West Nile Virus, Saint Louis Virus, and vesicular stomatitis virus (VSV).

While mosquito pressure is dropping as of mid-September, rain and warm weather favor hatching. To prevent hatching of mosquito eggs that winter over, Roadrunner will place larvicide wherever breeding sites and harborage were identified in spring 2019.



for everyone 6 months and older and healthcare workers.

If the Pueblo does not extend Roadrunner's contract for the 2020-2021 year, Roadrunner will stop its activities in May 2020. If extended, we should notice a huge reduction in the mosquito population after two continuous years of treatments according to Roadrunner.

Environment Department is reminding community members to prevent mosquito bites through the proper use of insect repellent. If using sunscreen at the same time as insect repellent, apply sunscreen first.

Reports of Roadrunner's mosquito control applications and related activities are available at Environment Department offices at 6 Sagebrush Street.

Please stop by or call Environment if you have any questions or concerns about the Pueblo's mosquito control program. Contact Ruben Lucero at 869-9819 or Ramona Montoya at 869-7565.

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

LETTER FROM THE EDITOR

DEADLINE for November Newsletter articles is set for Tuesday, October 22, 2019, at 4:30 pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo. com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter.

For additional questions, you may call the Library and speak with Nate or 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

PROBATE NEWS

FIRST 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.

SECOND NOTICE – A petition to Probate the Estate of Patrick A. Jojola, deceased July 01, 2019. Case No. CV-PR-0274-2019, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for Wednesday, November 06, 2019 at 9:00 a.m. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

NAME CHANGE

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

ISLETA TRIBAL COURT PROBATION DEPARTMENT

I would like to thank all the community service workers for all the hard work they have done these past three months. They have cut, raked, and disposed of weeds, set and cleaned up for events, and have served food and drinks for the Governor and St. Augustine Feasts. I would like to also thank the Elders and especially the Veteran's Association for their hospitality. Unfortunately, due to the many requests I have received for elder's yard clean up, I will be unable to accept any more requests for the elders at this time. As we catch up with our previously scheduled elder homes, I will send out another advertisement.



Thank you, Christine Abeita, Community Service Work Supervisor

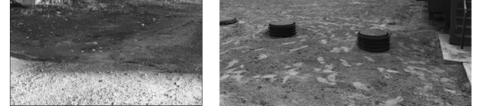


- 2) Census Office: Receptionist Desk
- 3) Health Center: Lobby(Newsletter Stand)
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk & Breakroom (Newsletter Stand)
- 8) Tribal Service 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)





Isleta Elementary School Updates for October

 $School\ Pictures-October\ 3rd$

Bookfair – October 14th -18th

Parent/Teacher Conferences – October 23rd

Science Assemblies, Dr. Doda- October 24th

Fall Carnival – October 31st from 1:00 pm-3:00 pm

TRIBAL COUNCIL

- 1. Adopted the US Dept. of Housing and Urban Development (HUD) final monitoring report on Isleta Pueblo Housing Authority (IPHA) activities as IPHA's FY 2018 self-monitoring assessment.
- 2. Endorsing application submittal to the National Park Service for funding under the FY2019 Tribal Heritage Grant Program
- 3. Approved the purchase of four vehicles for Isleta Pueblo Housing Authority
- 4. Tribal Council is exercising superintending authority in place of the Isleta Elementary Governing Board
- 5. Established the Pueblo of Isleta Village Plaza Home Restoration & Preservation Project and appropriating \$200,000 for the project
- 6. Approved the Isleta Resort & Casino to execute the master drainage plan for the Isleta commercial development zones
- 7. Approval of the application submittal to New Mexico Department of Transportation for funding under FTA — Section 5310 (Enhanced Mobility of Seniors and Individuals with Disabilities)
- 8. Adopted the POI FY2021-2025 Senior Center Infrastructure Capital Improvement Plan
- 9. Established a Game Management Committee
- 10. Authorized the award of subsurface drain design and construction services on the Los Charcos, and Butte Lateral agricultural areas
- 11. Approved a Cooperative Agreement with the New Mexico Department Of Transportation for the Moonlight Drive Extension Project
- 12. Approved a Cooperative Agreement with the New Mexico Department of Transportation for the NM314/NM45/NM317 Intersection Realignment Project

TREASURERS OFFICE SEMI-ANNUAL REPORT

Financial Activities through June 30, 2019 for all Departments in the POI Data System. Does not include data for IPHA, IES, or EDO.

1.	Total	\$ 26,824,128		100%
	• POI	\$15,398,715	57.41%	
	\circ NON	\$11,425,413	42.59%	
2.	Payroll & Fringe	\$12,823,255		47.80%
	• POI	\$ 7,644,926	59.62%	
	\circ NON	\$ 5,178,329	40.38%	
3.	Operating Cost	\$ 8,239,715		30.72%
	• POI	\$ 3,978,872	48.29%	
	\circ NON	\$ 4,260,843	51.71%	
4.	Cap X & Other	\$ 5,761,155		21.48%
	• POI	\$ 3,774,917	65.52%	
	\circ NON	\$1,986,239	34.48%	

The subsequent pages detail the complex operations financially for the Pueblo. Besides the annual operating budgets they include multiyear roll forwards as Mismanagement Funds, various Construction Funding and deferred revenues available for use into the future.



Tribal Members in Need of Home Repair and Maintenance

The Isleta Pueblo Housing Authority is required by policy for tribal members, **this includes elders**, to follow specific instructions should a tribal member need home repair, maintenance or renovation to your home:

FIRST STEP – SEASONAL OR RENOVATION APPLICATION.

Obtain a copy of the application from Housing if you have not already completed an application within the last THREE years. If there is a change in property status, you must notify Housing. If you have an emergency or are in need of seasonal work such as turning on/off the air conditioner or furnace, Housing will honor the request on the condition that you complete your application and submit all required documents as soon as possible but **NO LONGER THAN ONE YEAR**.

WHY IS THIS APPLICATION IMPORTANT?

If you have a major repair such as a roof, or your home is flooded by a water break, for example, the application will determine if you qualify for a "grant" low-income that you are not required to pay back the cost of the repair, as long as funding is available. If you are over-income, then you will be required to enter into a "repayment", as long as funding is available. We do have elders that are over-income!

SECOND STEP - LAND ASSIGNMENT.

You must be the legal owner of the home in need of work. If the home/property is **NOT** in your name, you will need to go to the Survey/Mapping Department to complete an application to have a survey done and the home/property transferred to your name. We understand Survey/Mapping has a backlog of requests for land transfers and surveying and they may not get to your request in a timely manner, which is why Housing is giving you up to a year for the land assignment to be provided to Housing.

If maintenance or repair is required for a **FAMILY HOME** (meaning there is not a single owner), Housing will request a notarized statement from all family members allowing Housing to perform seasonal work **ONLY** up to a year. This will be a repayment. If the house is in Probate, Housing will not provide any assistance until the ownership matter is resolved. <u>Housing will not become</u> involved in any home/property disputes.

THIRD STEP - COMPLETED APPLICATION.

All information **MUST** be completed on your application and all required documents provided. Once your application is reviewed to insure all documents are provided, your application will be stamp dated and you will be provided a copy. The application will then be rated and you will receive a letter notifying you if you are grant eligible or must enter into repayments for work requested. All applications are under lock and key.

This Fair is the place to be if you are planning a wedding, christening, birthday or if you are looking to jump start your Christmas shopping. Offering items such as native wear for men - women & children (shirts, mantas, kilts, etc.) to jewlery, pottery, paintings & many other unique pieces.
There will be baked goods, native oven bread - pies & cookies, sweet breads, candy apples & much more to satisfy your sweet tooth!

A day to shop over 120 vendors & see traditional dances performed by Acoma, Pojoaque & Zuni Pueblos.

FOURTH STEP – FOLLOW UP.

Call Housing within a month or so if you have not received a letter. Even though you submitted an application, this does not mean that you have submitted a work order for work to be done. Only the top three identified needs will be addressed, if funding is available. If you have not received a response within three (3) months for non-emergency requests, call the Executive Director at 869.4153.

The Pueblo of Isleta Elder Center will assist elders (60+years of age) throughout the process if need be, or offer you transportation to any office you may need to visit in regards to your application. Please call the Elder Center at 869-9770 to discuss your needs and/or schedule transportation.

Isleta Career Opportunities



September 13, 2019

Requisition Number	Posting Title	Department	Employment Status	Posting Date	Posting Status
481	Barback	F&B CENTER BAR	Full-time	09/09/2019	Internal Expires 09/16/2019 External Posts 09/16/2019
501	Slots Floor Attendant	SLOTS OPERATIONS	Part-time	09/09/2019	Internal Expires 09/16/2019
	Supervisor F & B	F&B TIWA	Full-time	09/13/2019	External Posts 09/16/2019 Internal Expires 09/20/2019 External Posts 09/20/2019
286	Paymaster	BINGO	Full-time	08/01/2019	Open until filled
213	Admissions/Issue Clerk	BINGO	Full-time	08/01/2019	Open until filled
211	Count Machine Technician	CASH OPS COUNT	Full-time	08/01/2019	Open until filled
264	Count Member	CASH OPS COUNT	Full-time	08/01/2019	Open until filled
384	Count Member	CASH OPS COUNT	Full-time	08/19/2019	Open until filled
300	Custodian	CUSTODIAL	Full-time	08/19/2019	Open until filled
381	HDCT		Full-time	08/19/2019	Open until filled
304 403	Server	F&B 777 SPORTS BAR	Full-time Full-time	08/06/2019 08/28/2019	Open until filled
403 463	Barback Bartender	F&B 777 SPORTS BAR F&B 777 SPORTS BAR	Full-time	09/05/2019	Open until filled Open until filled
405	Supervisor F & B	F&B 777 SPORTS BAR	Full-time	08/21/2019	Open until filled
144	Banquet Server	F&B CATERING & BANQUETS	On Cal I	08/01/2019	Open until filled
145	Cook I(Banquets)	F&B CATERING & BANQUETS	Full-time	08/01/2019	Open until filled
147	Cook I(Chili Ristra)	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
154	Cook II(Chile Ristra)	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
155	Food Attendant	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
156	Food Attendant Chili Ristra	F&B CHILI RISTRA	Full-time	08/01/2019	Open until filled
140	(Beverage)			00/04/0040	Open until filled
143	Food Attendant (Beverage)Daubers	F&B DAUBERS GRILL	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	08/14/2019	Open until filled
162	Off-Site Attendant	F&B FUN CONNECTION	Full-time	08/01/2019	Open until filled
163	Cook I (Prep)	F&B PREP KITCHEN	Full-time	08/01/2019	Open until filled
151	Cook II (Prep)	F&B PREP KITCHEN	Full-time	08/01/2019	Open until filled
296	Barback	F&B SPORTS BOOK BAR	Full-time	08/09/2019	Open until filled
297 295	Barback Bartender	F&B SPORTS BOOK BAR F&B SPORTS BOOK BAR	Part-time Full-time	08/12/2019 08/02/2019	Open until filled
342	Cocktail Server	F&B SPORTS BOOK BAR	Full-time	08/12/2019	Open until filled Open until filled
298	Supervisor F & B	F&B SPORTS BOOK BAR	Full-time	08/02/2019	Open until filled
171	Buser(TIWA)	F&B TIWA CAFÉ	Full-time	08/01/2019	Open until filled
221	Cook II(TIWÁ)	F&B TIWA CAFÉ	Full-time	08/01/2019	Open until filled
166	Cook I (TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
153	Cook II(TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
168	Room Service/Cashier	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
169	Server(TIWA)	F&B TIWA CAFE	Full-time	08/01/2019	Open until filled
172 383	HDC Specialist		Full-time	08/01/2019	Open until filled
303 341	Lead Steward Steward	F&B UTILITY KITCHEN F&B UTILITY	Full-time Full-time	08/19/2019 08/09/2019	Open until filled Open until filled
173	Steward	F&B UTILITY	Full-time	08/01/2019	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
269	Electrician II	FACILITIES MAINTENANCE	Full-time	08/07/2019	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
284 182	Irrigation Technician Head Golf Pro	GOLF COURSE MAINTENANCE GOLF COURSE OPERATIONS	Full-time Full-time	08/01/2019 08/01/2019	Open until filled Open until filled
290	Outside Service	GOLF COURSE OPERATIONS	Seasonal	08/01/2019	Open until filled
293	Shop Clerk	GOLF COURSE OPERATIONS	Seasonal	08/08/2019	Open until filled
176	Landscape Supervisor	GROUNDS MAINTENANCE	Full-time	08/01/2019	Open until filled
444	Landscape Technician I	GROUNDS MAINTENANCE	Full-time	08/27/2019	Open until filled
424	Valet Attendant	HOTEL GUEST SERVICE	Full-time	08/28/2019	Open until filled
209	Hotel PM Technician	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
186	Houseperson	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
184	Laundry Attendant	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
187	Lobby Porter	HOTEL HOUSEKEEPING	Full-time	08/01/2019	Open until filled
472 471	Room Attendant	HOTEL HOUSEKEEPING HOTEL HOUSEKEEPING	Full-time Full-time	09/05/2019 09/05/2019	Open until filled Open until filled
281	Room Inspector Employee Relations Specialist	HUMAN RESOURCES	Full-time	09/05/2019 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
287	Guest Service Supervisor	MARKETING PLAYERS CLUB	Full-time	08/02/2019	Open until filled
469	IT Specialist I	MIS (IT)	Full-time	09/04/2019	Open until filled
190	Network Administrator	MIS (IT)	Full-time	08/01/2019	Open until filled
265	Slots Shift Supervisor (PW)	PALACE WEST	Full-time	08/01/2019	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
382 263	Retail Attendant Retail Attendant	RETAIL RETAIL	Full-time Full-time	08/16/2019 08/01/2019	Open until filled Open until filled
200				00/01/2018	

Isleta Pueblo News

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
198	Slots Floor Technician	SLOTS	Full-time	08/01/2019	Open until filled
197	Slots Floor Attendant	SLOTS	Full-time	08/01/2019	Open until filled
266	Slots Shift Supervisor	SLOTS	Full-time	08/01/2019	Open until filled
274	Spa Attendant	SPA SALON	Full-time	08/01/2019	Open until filled
308	Surveillance Agent	SURVEILLANCE	Full-time	08/07/2019	Open until filled
425	Table Games Dealer	TABLE GAMES	Part-time	08/28/2019	Open until filled
200	Table Games Dealer	TABLE GAMES	Part-time	08/01/2019	Open until filled

Pueblo of Isleta Career Opportunities

Position Posting

ACCOUNTING TECH ARCHITECTURAL TECHNICIAN **BUS DRIVER (Part Time) - REPOSTED BUSINESS MANAGER - REPOSTED** CERTIFIED CODER CLINICAL THERAPIST - REPOSTED COMMERCIAL ELECTRICIAN -COOK ASSISTANT COURT CLERK - REPOSTED DITCH RIDER - REPOSTED EARLY HEAD START TEACHER EMT (Intermediate) FIRE CHIEF **GRANT & CONTRACT ADMINISTRATOR** -AMENDMENT **GROUNDS KEEPER** HOME CARE ATTENDANT (30hr. per week - REPOSTED HR BENEFITS SPECIALIST LANGUAGE PROGRAM DIRECTOR LIBRARY AIDE I **OPTOMETRIST** PAINTER - REPOSTED PARKS MAINTENANCE WORKER PARKS & RECREATION DIRECTOR PERSONAL CARE SERVICE AIDE (Occasional) PHYSICIAN PHYSICAL THERAPIST - REPOSTED POLICE OFFICER or POLICE CADET PROCUREMENT DIRECTOR **REGISTERED NURSE - REPOSTED** SALES ASSOCIATE SEPTIC TRUCK DRIVER - REPOSTED SPECIAL EDUCATION TEACHER SUBSTITUTE TEACHER TRANSFER STATION ATTENDANT UTILITY WORKER - REPOSTED VETERAN SUPPORT SERVICE PROGRAM MEMBER Elder Center

Office Location

	Treasurer's Office	09/26/2
	Housing Authority	Open 1
	Head Start/Early Head Start/Child Care	Open]
	Isleta Elementary School	Open 7
	Health Center / Medical Records	Open 7
	Health Center/Behavioral Health	Open
	Public Services	Open 7
	Isleta Elementary School	09/20/2
	Tribal Court	Open 1
	Natural Resources, Within Only,	Open
	Head Start/Early Head Start/Child Care	Open
	Health Center	Open 7
	Administration	Open
	Administration	
	Travel Center / One Stop	Open 7
	Elder Center, Within Only	Open
	Human Resources	Open 7
	Language Program, Within Only	Open 1
	Library	09/30/2
	Health Center	Open 7
	Housing Authority	Open]
	Recreation Center	10/01/2
	Recreation Center	09/20/2
	Elder Center Continuously Acce	pting A
	Health Center	Open
	Health Center	Open 7
	Police Department	Open]
	Treasury	Open
	Health Center	Open 1
	Travel Center/One Stop, Within Only,	Open 7
	Public Services	Open
	Head Start/Early Head Start/Child Care	Open
	Isleta Elementary School	Open
	Transfer Station	09/26/2
	Public Services	Open
IDED	Elder Contor	0

9th GRADERS

Los Lunas Area.

No Out of Town Games!!

LOS LUNAS YOUTH BASKETBALL LEAGUE

Page 5

Closing Date

/2019 Until Filled Until Filled Until Filled Until Filled **Until Filled** Until Filled /2019 Until Filled Until Filled Until Filled Until Filled Until Filled

Until Filled Until Filled

Until Filled Until Filled /2019 Until Filled Until Filled /2019/2019 Applications Until Filled /2019 Until Filled **Open Until Filled**



UDCOMING EVENTS:

SEPT.28th- 1pm, Skills Comp, Century High School/Blue Gym OCT.20th- DRAFTS, DF Rec

►K/1-12pm All Game are Played within the > 2/3- 2pm ► 4/5- 4pm (6/7&8/9 Drafts will be held after mid/high school tryouts)

NOV.9th- 1st DAY OF GAMES!

PHONE: (505)916-1120 * EMAIL: llyblleague@gmail.com

I

Congratulations Garrett!

Airman Garrett Michael Hightower completed his Basic Military Training with the US Air Force at Lackland AFB, Texas on August 29, 2019. The Zuni family would like to congratulate Airman Hightower on his great accomplishment of graduating with Honors (top 10%), out of 770 Airmen.



Airman Hightower will pursue his career choice

of Special Missions Aviator and continue his training at the Lackland AFB. Thereafter, he will receive his promotion to Airman First Class and attend the SERE (Survival, Evasion, Resistance and Escape) Program in Washington State and continue on to Alabama, then back to his home state at Kirtland AFB. Upon completion of his Special Missions Aviator training at KAFB, he will be deployed to an unknown location at this time.

The Zuni and Hightower families are extremely proud of Airman Hightower and wish him continued success with the United States Air Force. We love you Garrett and know you will "Aim High, Fly-Fight-Win."

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

White Eagle Electrical Services LLC

ANY BUSINESS INQUIRIES ESTIMATES OR SERVICE CALLS. PLEASE FEEL FREE TO CALL OR EMAIL. OFFICE:(505)259-4178 CELL:(505)917-6933

100% NATIVE OWNED LICENSED AND **BONDED ELECTRICAL** CONTRACTOR **EE-98 LICENSE** #397349 LICENSED AND QUALIFIED LOCAL **ELECTRICIANS** NEW COMMERCIAL. RETAIL, AND **OFFICE ESTIMATES** PROPERTY MANAGEMENT MAINTENANCE AGREEMENTS TROUBLESHOOTING SIGN REPAIR INCLUDING NEON **CODE UPGRADES OFFICE AND EXTERIOR LIGHTING** INCLUDING PARKING LOT LIGHTING **ENERGY SAVING** HOOKUPS FOR APPLIANCES AND AIR CONDITIONER UNITS **CEILING FAN** AND LIGHTING REPAIR 24-HOUR ON **CALL SERVICES** FREE QUOTES AND ESTIMATES



SCHOLARSHIP OPPORTUNITY TO ATTEND 1ST ANNUAL NATIONAL LATINO FARM & RANCH CONGRESS

November 1st & 2nd 2019 at Isleta Resort & Casino

The Department of Natural Resources will be offering 50 Isleta



Apply at the Department of Natural Resources

Be a Grazing Permitee and fulfill grazing regulation requirement; to participate in a required workshop, training or meeting regarding range management and/or animal husbandry annually. **Be a Farmer PUEBLO OF ISLETA DEPARTMENT OF** NATURAL RESOURCES #6 Sagebrush St. SW Albuquerque, NM 87105 (505) 869-9817 Poi35903@isletapueblo.com

services when requested.

3. The bereavement group will offer informal continuing support.

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

Isleta Pueblo News

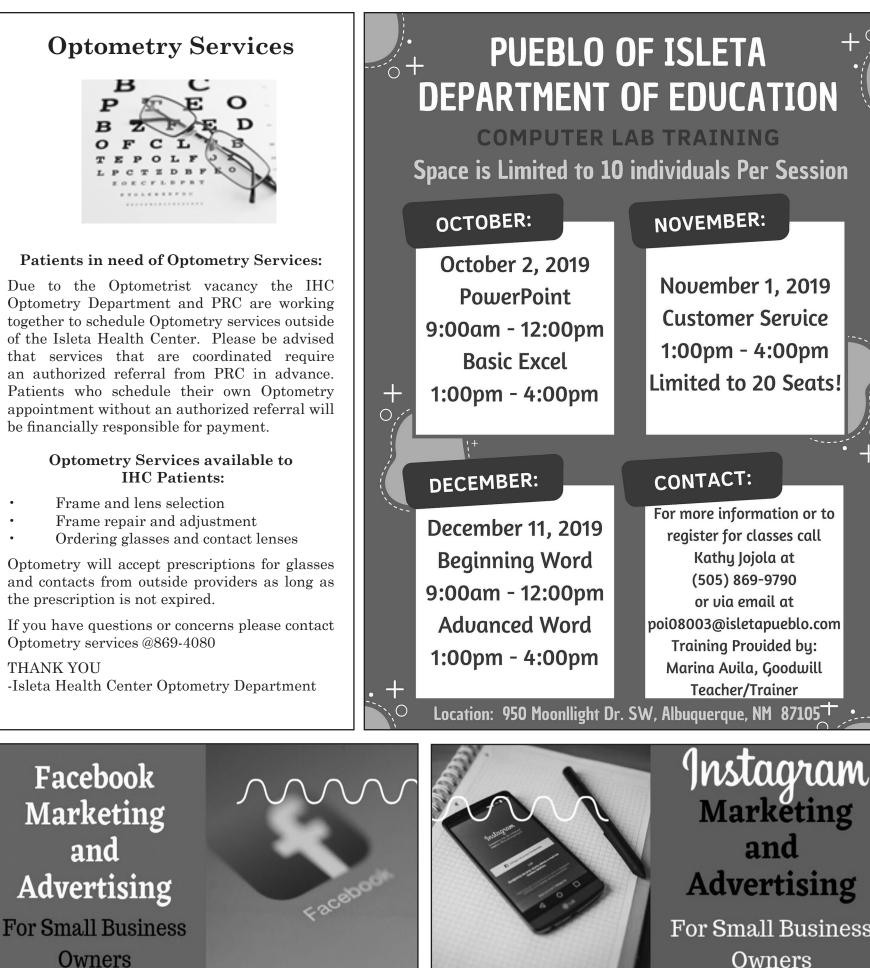


Editor: Nathaniel Lujan Asst. Editor: Diane Abeita Published By: Valencia Express Tribal Members a scholarship opportunity to attend this upcoming conference. The conference will focus on the following points:

- Native Traditional Agriculture Conservation
- Land Stewardship
- Seed Heritage
- Cultural Resilience's
- International Trade
- NAFTA
- Forest Health
- Water Protection
- Pollinators
- GMO Free Zone



M-F 8:00 am - 4:30 pm



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.

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!**

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 or poi02005eisletapueblo.com



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





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 or poi02005eisletapueblo.com

ISLETA POLICE DEPARTMENT NEWSLETTER



last quarter of the year will pass very quickly. The little goblins and ghosts will be out at the end of the month and with that in mind we are asking all to keep a close eye

out on that special night. Here are some safety tips from the National Safety Council to keep our little ones safe:

Kids love the magic of Halloween: Trickor-treating, classroom parties and trips to a neighborhood haunted house. But for moms and dads, often there is a fine line between Halloween fun and safety concerns, especially when it comes to road and pedestrian safety.

In 2017, 7,450 pedestrians died in traffic or non-traffic incidents, according to Injury Facts. Non-traffic incidents include those occurring on driveways, in parking lots or on private property. NSC research reveals almost 18% of these deaths occurred at road crossings or intersections. Lack of visibility because of low lighting at night also plays a factor in these deaths.

Here's a scary statistic: Children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. In 2017, October ranked No. 2 in motor vehicle deaths by month, with 3,700. July is No. 1, with 3,830 deaths.



Costume Safety

To help ensure adults and children have a safe holiday, the American Academy of Pediatrics has compiled a list of Halloween safety tips. Before Halloween arrives, be sure to choose a costume that won't cause safety hazards.

All costumes, wigs and accessories should be fire-resistant

Avoid masks, which can obstruct vision

If children are allowed out after dark, fasten reflective tape to their costumes and bags, or give them glow sticks

When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first

Remove all makeup before children go to bed to prevent skin and eye irritation When They're on the Prowl

Fall is officially here and the *parents – and anyone who plans to be <u>on the</u>* <u>road</u> during trick-or-treat hours:

> • Watch for children walking on roadways, medians and curbs

> Enter and exit driveways and alleys • carefully

> • At twilight and later in the evening, watch for children in dark clothing

> • Discourage new, inexperienced drivers from driving on Halloween

REACHING FOR THE STARS

It's that time again and this project is already in the planning stages and the committee is hard at work to make this one even more memorable than the last. There will be meetings held through the month of October and any donations of gift wrap, ribbons and package stickers are welcome.

This year's theme:



More information to come soon. If you have questions please contact Detective Kathleen Lucero at the Police Department.

IHSP NEWS

The new grant year for IHSP begins October 1, 2019 and officers will be out in force conducting traffic enforcement for speed, failure to obey traffic signs/lights, insurance, registration and valid driver's licenses. They will also be looking for seatbelt violations and children improperly restraining -- So all drivers and passengers, please be aware.

COMMUNITY OUTREACH

Detective Kathleen Lucero will be presenting an Opioid /Heroin Awareness this month with date and time to be determined. This is a problem experienced by many communities everywhere and is

affecting the tribal communities too. Please consider attending when the date and time is set.

FROM THE CHIEF'S DESK

A new unit has been approved and will be implemented at the end of 7-8 weeks upon the return of the K9 handler from training with his new partner. The K9 will be a dual-purpose dog not only to be used to detect drugs but serve as a patrol dog as well. We will keep you informed.

A Community Policing Project is about to be launched by the Police Department. Officers will make contact with community members to gain perspective and be made aware of problems observed/experienced by community members. Brainstorming as to possible solutions to address these areas will be done together with the community member(s) and the Police Department. The officers will then coordinate resources and devise a plan which will be implemented and tested. An evaluation of the effectiveness of this project will be reviewed and critiqued.

Residents BEWARE! A couple of incidents have arisen recently in which individuals are contacting members of the community informing them they are recipients/winners in some type of contest. One that has come up was the winner receives approximately 1.5 million dollars and a new vehicle. THE CATCH: They are asking the individual for personal information such as bank account information, driver's license information, date of birth, and even social security numbers. Please if you have not entered a contest but are enticed by the so-called prizes, BEWARE! These individuals will proceed to tell "the winner" they need to issue a cashier's check in a specific amount but will not give out a recipient company or name. Keep in mind if they ask for you to send money - DON'T! You will not receive those prizes and these individuals may continue to contact you asking for more money. If you are contacted by anyone like this be sure to obtain phone numbers and names and contact the Police Department.



shouldA responsible adult • accompany young children onthe*neighborhood* rounds

If your older children are going alone, plan and review a route acceptable to you

Agree on a specific time children ۲ should return home

Teach your children never to enter a stranger's home or car

Instruct children to travel only in familiar, well-lit areas and stick with their friends

Tell your children not to eat any treats until they return home

Children and adults are reminded • to <u>put electronic devices down</u>, keep heads up and walk, don't run, across the street Safety Tips for Motorists

NSC offers these additional safety tips for

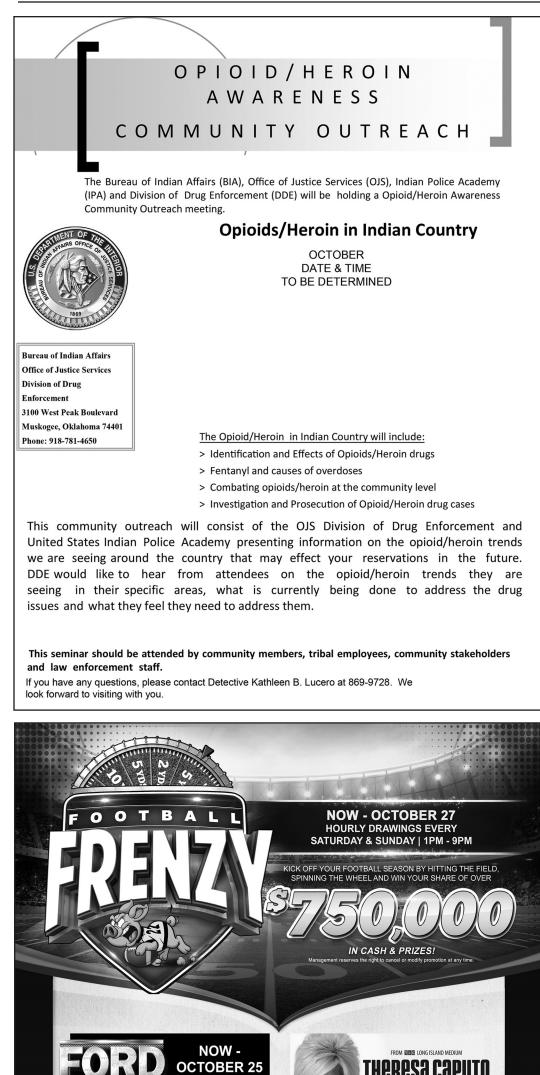
NOVEMBER 16, 2019 FUN RUN (5K)/WALK(1M) BEGIN@ 8:30AM

ISLETA RECREATION CENTER

FOR MORE INFORMATION 505-869-5475 or Santana@ stitla@islclinic.net



October 2019



HEALTH BEAT: PEDESTRIAN SAFETY Stephanie Barela, Health Educator Phone: 505-869-4479 | sbarela@islclinic.net www.cdc.org https://exchange.aaa.com/ www.safekids.org



National Walk to School Day 2015

For the past several years, the Isleta Elementary School 6th graders and the Isleta Kindergarteners have teamed up with the Isleta Health Center Health Educator to promote National Walk to School Day. Annually on the first Wednesday of October, we come together to celebrate the benefits of walking by encouraging children to walk and bike to school. On this National Observance, it is also a good time to teach the students pedestrian safety tips, as a way to help decrease the risk for pedestrian injuries and death. Several pedestrians are killed every year. According to the CDC,

"In 2015, 5,376 pedestrians were killed in traffic crashes in the United States. This averages to one crash-related pedestrian death every 1.6 hours. Additionally, almost 129,000 pedestrians were treated in emergency departments for non-fatal crash-related injuries in 2015. Pedestrians are 1.5 times more likely than passenger vehicle occupants to be killed in a car crash on each trip."

With these staggering numbers, we know something needs to be done. So let's work on decreasing pedestrian injuries and start to promote pedestrian safety with our kids. Please share these tips with your children:

BE SEEN

•Increase your visibility at night by:

- Carrying a flashlight/glow stick when walking.
- Wear reflective clothing or reflective wristbands.
- •Adding lights to your child clothes/costume.
- •Wear light colored clothing.

FOLLOW SAFETY RULES

- •Use the sidewalk when possible.



- Cross at the crosswalk.
- Look left, right, left when crossing the street and continue looking until you reach the sidewalk.
- If possible, make eye contact with drivers in stopped vehicles to ensure they see you before you cross in front of them.
- Put phones and other devices down when walking and make sure you watch where you are going.
- Children under 10 years old should walk with an adult.



Pueblo of Isleta Public Library

Happy October to everyone! October is a fun month filled with lots of Fall activities and celebrations, the most popular of course being Halloween! Its time to get cozy with your favorite book or movie and sip on some coffee or a nice pumpkin spice latte, so stop by the library and see what we have to offer this Fall!

News

The Library will be closed from 8:00am-12:00pm on Wednesday, October 2nd for our monthly staff meeting. We will be planning upcoming programs for children, teens, and adults. Please keep up to date by visiting our Library website, Facebook, Snapchat, Instagram, or flyers posted throughout the community. Sorry for any inconvenience this may cause. We will resume regular hours after our meeting has concluded.

We will be closing at 5:30pm on Wednesday, October 31st. We would like to wish everyone a safe and Happy Halloween. Please be aware of your surroundings while driving and walking with your family.

Remember that the Library offers Overdrive for eBook and Audiobook enthusiast. Overdrive is a FREE service that allows library users access to eBooks and Audiobooks to use on your tablets or devices. You will need your library card barcode and password to log into Overdrive. Please speak with a library staff member about setting up a password.

Join the Library weekly for Family Story Time every Wednesday at 10:30am with Cheyenne. Family Story Time is a fun opportunity for parents, grandparents, and caregivers to introduce their children to reading and language. No sign ups required just come in!

Watch Out! The Library will now be Instagramming so look out for all those hash tags like #poilibrary, #librarylife, and #newmediawednesdays, come along and follow us at isletapueblolibrary. Social media allows us to stay connected to all age groups across the board and helps us promote services, events and programs. Also follow us on Facebook and Snapchat!

Upcoming

Exciting news! The library will be hosting Throwback Thriller Movie Nights during the month of October in celebration of the Halloween Season! Join us this spooky season for a few terrifying throwback thrillers. Movies will be shown on a big screen inside the library and seating throughout the area. All movies will be shown in the Library and will begin at 6pm. If you or your group want to fundraise for a movie night please call the library and be showing you how to make Mummy Dogs, Vampire Donuts and a Jack-o-Lantern Float. Everything you need to serve at your next Halloween party or event. No need to sign up, just show up. This is a first come first serve program, while supplies last.

Recap

If you ask most people what their favorite part of the state fair is, most will say the food! Fair food is anything outrageous delicious fried something you wouldn't normally indulge in. Library staff member Cheyenne hosted a State Fair Food program for teens and adults that took



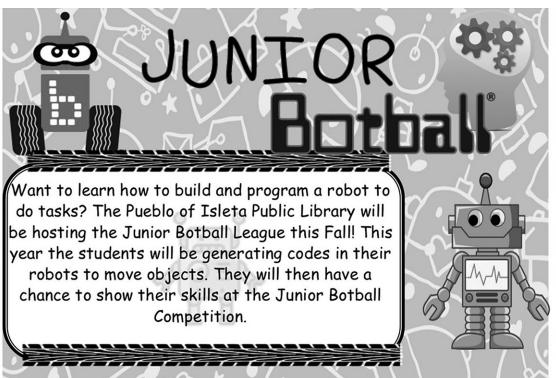
State Fair Food program participant!



Time to deep fry!



Showing off their yummy treats!



reserve your spot.

October 16th – Hocus Pocus (Rated PG) Concession hosted by: Scout Pack 1572

October 23rd- Scream (Rated R) Concession hosted by:

October 30th- The 4th Kind (Rated PG-13) Concession hosted by: TBD Boo to you from our crew!

If you have any questions please give the library a call at 505.869.9808.

While the Halloween costumes and decorations are important, the food you serve at your Halloween party is what guests will remember for years to come. Join us October 23rd and October 24th for our Library Creepy Snacks starting at 5pm. This year Library staff member Diane will The league is open for <u>Elementary students</u> <u>2nd- 6th grade</u>. Practice will be on <u>every Saturday starting</u> <u>September 21st from 9:30am-11:30am and</u> <u>will end on November 9th</u> Competition will be on Saturday, November 16th at the Los Lunas High School Gym.

October 2019

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place on September 16th and September 17th. On the first day participants got to make French Fry Corndogs and Egg Roll Apple Pies. Everyone got their hands dirty making the unique State Fair Treats and after they got to enjoy what they made.

On Friday September 27th the After School Program went on their first incentive field trip of the year to Main Event. Incentive field trips are designed to help keep kids motivated to read or do homework. It's a way for the library to say good job and keep up the good work to our students in our After School Program. The library staff loves to see when students are engaged in a good book or are focused on getting that homework completed.

The Library is the host sight for Junior Botball robotic program, which started September 21st. The league is open for Elementary students 2nd through 6th grade and practice will be every Saturday from 9:30am to 11:30am and will end on November 9th. This program teaches students to generate codes in robots to move objects and also they will have a chance to show their skills at the Junior Botball competition at the Los Lunas High School. If you are interested or know some one that is please contact the Library to fill your spot.

Pueblo of Isleta Community Cancer Support Group 9yr Anniversary Potluck

Stephanie Barela, Health Educator Phone: 505-869-4479 | sbarela@islclinic.net

SUPPORT, what does it mean to you?

The Pueblo of Isleta Community Cancer Support Group determined what it means to them, in our September support group meeting.

Strong Survivor Uplifting/United Peers Prayers One (we are one) Remission/Radiant Trustworthy/Treat with respect/Truthful

The Community Cancer Support Group meets monthly at the Isleta Health Center to offer support, talk, and learn. We will be celebrating our 9-year anniversary on October 8, 2019 from 5pm-6:30pm at the Isleta Health Center in the Kitchen. For the last nine years, our group has met on the 2nd Tuesday of every month and has learned a wide variety of knowledge, such as "Cancer 101", "Heart Health", "Death of a Loved One", "Parkinson's Disease" and much more. Our Cancer Support Group started out just wanting to know more about cancer and since then has developed into a strong and knowledgeable group who loves hearing new presentations on a wide variety of topics. This group is open to anyone... not only Cancer Survivors, Cancer Caregivers, Family and Friends of those who have cancer, but also to anyone who just wants to learn.



OCTOBER 16TH- HOCUS POCUS



Please join us on October 8, 2019 to celebrate our 9 Year Anniversary, and if you would like, please bring a side dish or main dish to share with the group. To sign up for a dish, please call 869-4479. We will be in the kitchen, located on the south side of the Health Center just past the Emergency Entrance. Please go through the black gate into the courtyard and enter in the second door on your right. We will celebrate and plan for next year, so please come with topic suggestions and a dish.

We look forward to seeing everyone there!!

OCTOBER 22ND- SCREAM

Free popcorn will be

provided!

OCTOBER 30TH- THE FOURTH KIND All movies will be shown in the Library and will begin at 6PM.

No sign-ups necessary For any questions or fundraising opportunities contact the Library at (505) 869-9808 or at poi02002@isletapueblo.com





New Isleta Recreation Center News:

Isleta Cross Country:

The New Isleta Recreation Center hosted their annual Isleta Cross Country meet on September 14, 2019 at Big Momma Hill. We're happy to announce the great turnout we had for this special day. We had attendees from the following Pueblos: San Felipe, Santa Clara, Laguna, Kewa, and Jemez. During this event we also had a memorial service for our Jemez Pueblo cross country teammate we lost just recently due to a tragic car accident after our Laguna meet the weekend before. We would like to give our most sincere condolences to the "T" family from Jemez Pueblo. Our Isleta Governor and Lieutenants gave a moment of silence and a special prayer for the family that was lost and also the family who survived the accident. All of the Pueblo Teammates came together to do a balloon release for the lost Jemez runner. Our very own Coach Cubs who ran for the 6yr old girl to honor her and her family, the family was given the 1st place medal as well to honor their daughter "Taleya Waquie". Thank you everyone for coming out to support this year's Isleta Cross Country event!







Isleta X-country Meet





San Felipe X-country Meet





Coach Cubs running in honor of Taleya from Jemez

Waquie Family

Pool Constructions News:

We would like to give everyone a current update on our pool construction. A contractor had noticed some water seeping up through the ground while the renovations were being done. The Recreation and Utilities Departments are working hard to locate this leak so that the necessary replacement for the broken pipe can be made. Unfortunately, this means the pool will continue to stay under construction with the previous construction that started with the location of the Wet Sauna. We hope to be up and running as soon as possible to ensure and provide our Pueblo Community with the best aquatics experience.

are painting, smore project, slime making, crystal making with borax, weaving with nature, scavenger hunts, and a walking rainbow science project. The After School Program attended a fieldtrip to see Angry Birds 2 and dinner at 66 Diner. Our next fieldtrip is to Cool Springz and dinner at Dion's. At this time, we have reached our max capacity for our program and there is a waiting list for the program.

Isleta Brazilian Jiu Jitsu

Isleta Brazilian Jiu Jitsu (IBJJ) Classes are still taking place at the New Recreation Center. Instructor Matt Zuni and his assistant Johnathan Anzara have been teaching various Jiu Jitsu techniques to their students. Class consists with students warming up, the day's lesson and techniques, and then live rolls meanings mini competitions to practice all their combined Jiu Jitsu techniques.

The Isleta Team competed in a Gracie Barra New Mexico Summer Cup Competition in Albuquerque on September 14, 2019. Layne Lujan took 1st place in Teens division, Eva Benavides took 2nd place in Kids Division and Damacio Chewiwi took 3rd place in the Adults White Belt Division.

After School Program at the New Recreation Center:

Welcome back to our Isleta After School Program! We currently have 30 students enrolled with our staff this school year. We offer Homework/Reading during the first 20 minutes, daily activities, including gym play and a monthly fieldtrip. We will continue to introduce the children to our native language with Tiwa Time. During this time of the program we will be teaching basic words, greetings and a few everyday phrases. The children have designed a wall with Minions for their 1st welcome day back. Other activities they have done





October 2019

Isleta Pueblo News

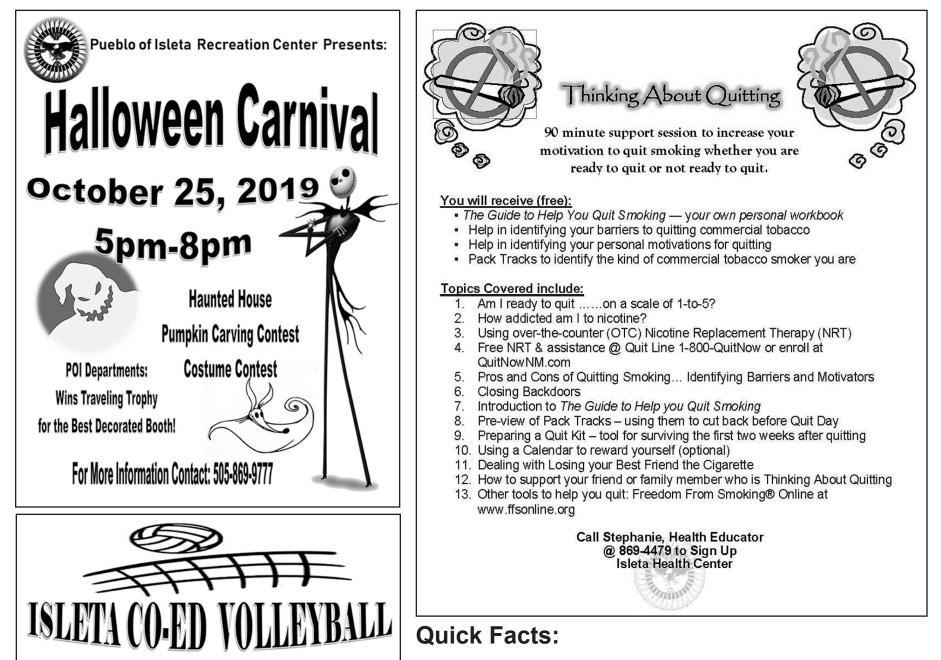
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From time to time, IBJJ will have guest instructors come in from the Gracie Barra New Mexico Brazilian Jiu Jitsu located in Albuquerque or the Gracie Barra Los Lunas Brazilian Jiu Jitsu Academies. Pictured to the right of Coach Matt Zuni is Professor Tammy Griego and Coach Ran Weathers of the Gracie Barra Los Lunas Brazilian Jiu Jitsu Academy after they guest coached a class with the Isleta Brazilian Jiu Jitsu students.

All Isleta community members are welcome to try a class anytime. Youth classes are on Tuesday & Thursday from 5 pm to 6 pm and Adult classes are on Tuesday & Thursday from 6 pm to 7 pm in the Aerobics room. The IBJJ is always seeking and accepting new members.





 League Registration Starts:
 October 1st- October 31st, 2019

 Registration Hours:
 Monday-Friday: 8:00am-6:30pm

First Come First Serve: Limited to 16 Teams

Games will begin November 5th, 2019 Every Tuesday & Thursday Nights Game Times: 5:30, 6:30 & 7:30pm

To register please contact LeeAnne Zuni

@ the New Recreation Center

505(869-9777)

"Building A Healthy Community"

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

• Over time these toxins can affect human health.

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

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

7th Annual Isleta Rock Your Mocs Fun Run/Walk November 16, 2019	Presbyterian Health Care Isleta Rec Center United Healthcare Community Plan of New Mexico
BEGIN RUN AT 8:30 AM Iskta Recreation Center	Senior Health Resource Center Isleta Elder Center
REGISTRATION FORM	Hello to everyone,
Please Check: RUN (3miles) WALK (1mile) Name: Age:	I hope everyone had a great September. On September 11, 2019 it was a busy day for the managers and kitcher staff here at the Isleta Elder Center as we prepared for our Annual Benefits and Resource Fair.
Address:	I have got to say, it was one of the best ones yet. We had
Phone #: Em ail:	over 80 attendees. We had presentations on Medicare Medicaid, and Social Security. These topics are important to our Community members who will begin to reach the age of 65.
Male Female Shirt size: XS S M L XL XXL List Any Medical Problems:	Everyone was served a delicious meal made by our kitchen staff. They enjoyed Chicken/Shrimp Skewers with Ginger Rice, Sandia Salad and a delicious Fruit Tart.
PARTICIPANT CONSENT (Please check Yes or No if you agree to the following statements).	I know that Medicare is a huge topicif you left here with unanswered questions or need to get more information on Medicare, please do not hesitate to contact me.
Yes No Statement	I would like to thank the following programs that also helped make our B&R Fair a success:
	Isleta Health Center Benefits Program
I agree to allow my photo to be taken during the event for documentation/media.	Blue Cross Blue Shield of New Mexico
I agree to allow personal statements to be used for event	Aging & Long Term Services/Office of Indian Elder Affairs
do cumentati on/medi a If youth is under 18, I allow my son/daughter too fully	Western Sky Community Care Wellness Health
participate in the event.	Isleta Diabetes Prevention Program Isleta Tribal Court Peace Makers
WAIVER OF RESPONSIBILITY	First Nations Community Health Source
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.	1
Participant Signature Date	7* 2 ~~ ()~
Parent / Guardian Signature if under 18 Date	Isleta Elder Center
Isleta Behavioral Health Clinic: (505) 869-5475/ Santana @islclinic.net	Did you know that the Isleta Elder Center is an
	agency site for <u>Commodities – Five Sandoval</u> <u>Indian Pueblos Food Distribution Program</u> ?
	The Food Distribution Program is a federal program that provides USDA food assistance to Native American and non-Native American households living on a reservation and to households living in

designated areas near a reservation that contain at least one person who is a member of federally-

Beginning September 24th

Teen Outreach After School Program

Tuesdays 4:00pm-5:30pm

Location: JOM Classroom 950 Moonlight Drive SW

Students Ages 12-17

*Incentives

TOP

*Fun Learning Activities

*Community Involvement

*Healthy Snacks

Contact Edwina Moya or Victoria Flores 505-352-3495

recognized tribe.

Commodities Distribution is scheduled twice a month here at the Isleta Elder Center. Intakes are done in our Activities Room from 9 a.m. to 2:30 p.m. If you or someone you know is interested and would like to apply for Commodities, come by & I can assist you with the application process.

October Distribution Dates:

Tuesday, October 8th & Thursday, October 24th

For more information, please call the Isleta Elder Center Monday thru Friday 8 a.m. to 4:30 p.m. 505-869-9770 ext. 9339





National Lock Up Your Meds Day

Stephanie Barela, Health Educator Phone: 505-869-4479 sbarela@islclinic.net|

https://www.informedfamilies.org/informed-

families-tips-for-keeping-your-child-safe

Tips For Keeping Your Child Safe From Prescription Drug Abuse

YOU HOLD THE KEY TO YOUR CHILD'S DRUG-FREE FUTURE

With National Lock Your Meds Day happening in October, it is the perfect time to remember tips to help prevent prescription drug abuse. Please discuss these tips with your family & friends.

1. LOCK YOUR MEDS

Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

2. TAKE INVENTORY

Download your Home Medicine Inventory Card, write down the name and amount of medications you currently have and regularly check to see that nothing is missing.

3. EDUCATE YOURSELF & YOUR CHILD

Learn about the most commonly abused types of prescription medications (pain relievers, sedatives, stimulants and tranquilizers). Then, communicate the dangers to your child regularly; once is not enough.

4. SET CLEAR RULES & MONITOR BEHAVIOR

Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

5. PASS IT ON

Share your knowledge, experience and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children.

6. PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS

Gather any unused or expired medication and take them to the Isleta Police Department to properly dispose of them.

7. WHAT TO DO IF YOUR CHILD ALREADY HAS A PROBLEM

If you suspect your teen is using drugs, do not wait to do something about it. Contact the Isleta Behavioral Health Department at 869-5475.

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

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

TOGETHER WE CAN



END DOMESTIC VIOLENCE!

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

& Fun Activities

ISLETA SOCIAL SERVICES CONTACT GREG VICENTE: 505-869-2772

Poio5011@isletapueblo.com



SAVE THE DATE

The Isleta Elderly Center Annual Arts and Craft Fair

Saturday October 12, 2019

8:00AM - 5:00PM

Isleta Casino & Resort Grand Ballroom For a Booth call 869-9770 FOR IMMEDIATE RELEASE

Call to Sign Up: 505.869.5475



Adult 'Mental Health First Aid' Trainings Similar to traditional 'First Aid' and CPR, 'Mental Health First Aid' teaches individuals how to help those <u>experiencing mental</u> health challenges or crises

- **WHO:** Community Members- 30 community members at a time (per session)
- WHAT: Training on mental health first aid in Isleta (Youth Curriculum available upon request)
- WHEN: Thursday/Friday, October 3rd & 4th, 2019, 8:00 12:00 (8-hr Certification Course) Thursday/Friday, November 7th & 8th, 2019, 8:00 – 12:00 (8-hr Certification Course)
- WHERE: Isleta Health Center; Training Center (Modular Building on Westside of Clinic)
- WHY: Mental health challenges such as depression, anxiety, psychosis and substance use are shockingly common in the United States. In fact, <u>more than one in five American</u> <u>adults will have a mental health problem in any given year</u>. The National Council for Behavioral Health certifies individuals throughout the nation, including IBHS, to provide Mental Health First Aid courses to prepare their communities with the <u>knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis</u>. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

Adult Mental Health First Aid: Program Overview

- What is Mental Health First Aid (MHFA)?
- Mental Health Problems in the United <u>States</u>
- Mental Health First Aid Action Plan
- <u>Understanding Depression and Anxiety</u>
- Mental Health First Aid Action Plan for Depression and Anxiety
- Mental Health First Aid Action Plan for Depression and Anxiety
 Depression Addressed
- Panic Attacks
- <u>Traumatic Events</u>

Hosted by the Pueblo of

- Symptoms of Anxiety
- <u>Understanding Psychosis</u>
- Mental Health First Aid Action Plan
- **Psychosis**
- Disruptive or Aggressive Behavior
- Understanding Substance Use Disorders
- <u>Mental Health First Aid Action Plan</u>
- <u>Overdose</u>
- Withdrawal
- <u>Substance Use Disorders</u>
- <u>Using your Mental Health First Aid</u> <u>Training</u>



FREE REGISTRATION - RESOURCES - PANELS https://poivawaconvening.eventbrite.com

Who Should Attend:

Keynote Speaker: Dr. Corrine Sanchez Tewa Women United

Chronic and Acute Conditions

Arthritis, Diabetes, Alcoholism, and Addiction are all examples of *chronic* conditions that require regular attention. Addiction to alcohol and/or drugs is primarily a physical disease or disorder. It is a *chronic condition* that when left untreated causes a *ripple effect* to the person with the addiction as well as to family and community.

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

What happens to the diabetic who does not take medication as prescribed or does not pay careful attention to diet and exercise? This person would probably become very sick and might even need hospitalization - the diabetes can be treated but not cured.

Some people with alcohol or drug problems are able to get sober through a counseling or residential treatment program but then return to alcohol or drug use right away. Why does this happen? Addiction is a *chronic* condition that requires treatment and attention but has no cure. This attention includes ongoing counseling, recovery support in the community, and active involvement in a support group. What happens to the alcoholic/addict who does not pay careful attention to this chronic condition? Relapse to alcohol or drug use is highly likely because addiction is a *chronic condition* that is treatable but is not curable.

The chronic condition of alcoholism/addiction has a devastating *ripple* effect on children, parents, communities, and nations. If you or someone you know has a problem with alcohol or drugs, remember that this *chronic* condition requires ongoing attention to minimize the damage and help improve the overall quality of life. There is help...

505 - 869 - 5475

HELP IS HERE!

Do you have <u>Medicare Part A & B</u> and <u>New Mexico Medicaid</u>?

If you do, we may be able to help you.

DO YOU NEED:

Do you need help with dental care?

Do you need help with dentures or false teeth?

Do you need help with eye glasses or hearing aids? Do you need transportation to your doctors?

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

Life Alert Necklace

NO COST TO YOU! LET US HELP YOU..... CALL Zach Trujillo 505-440-6913

Tribal leaders, Tribal court judges, probation officers, victim advocates social workers, behavioral & community health workers & community members

Hotel Information:

Isleta Resort & Casino 11000 Broadway SE, Albuquerque, NM (505) 848-1999 Room rate: \$94 + tax | Code: VAW1019

Event contact: POIVAWA2019@GMAIL.COM (505) 869-9699 or (505) 379-6172



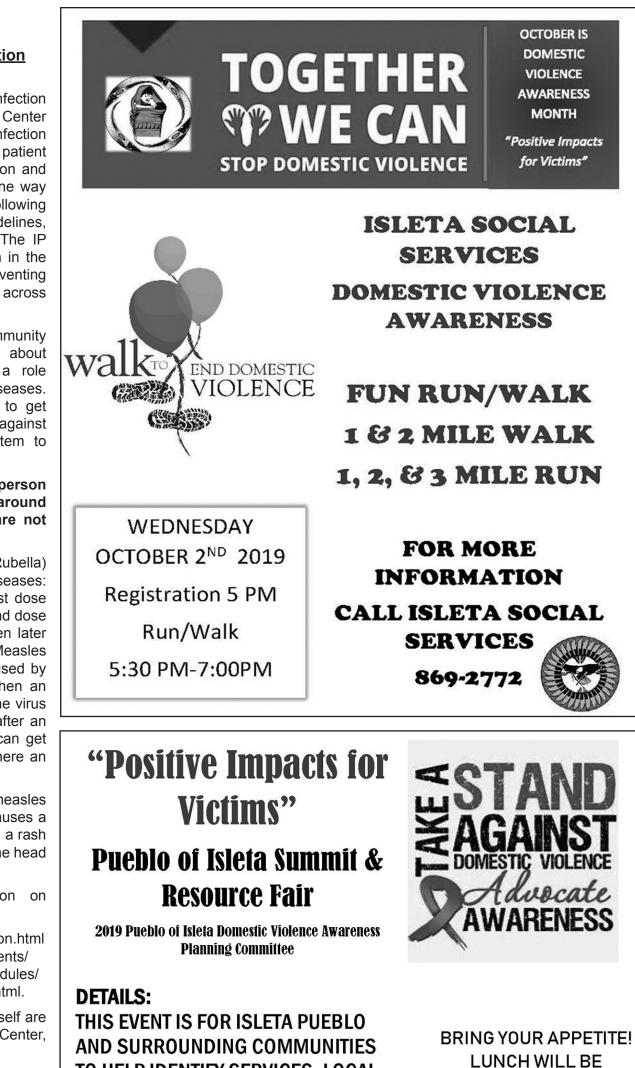
Special Speaker: **Mr. Regis Pecos** Leadership Institute





Isleta Elder Center

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



WE ARE HERE TO SERVE Isleta Health Center Team

Let's Talk About Infection Prevention 'Vaccines are everyone's Business".

October 11-19 is International Infection Prevention week. The Isleta Health Center is proud to play a crucial role in infection prevention. The IHC staff play a role in patient safety by having an Infection Prevention and Clinical Safety Committee (IP&CS). One way the IHC is raising an awareness is by following international infection prevention guidelines, "Vaccines are Everyone's Business". The IP & CS is raising awareness this month in the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

It is every patient, employee, and community member's business to learn immunizations and how they play a role in eliminating and preventing diseases. We encourage all patients and staff to get immunized. Immunizations protect us against disease and boost our immune system to protect against diseases.

Measles is so contagious that if one person has it, then up to 90% of the people around will also become infected if they are not protected.

The MMR (Measles, Mumps, and Rubella) vaccine protects against three diseases: measles, mumps, and rubella. The first dose is given at 12-15 months and the second dose is given at 4-6 years of age. It is given later than some other childhood vaccines. Measles is a very contagious disease. It is caused by a virus. It spreads through the air when an infected person coughs or sneezes. The virus can stay in the air for up to 2 hours after an infected person was there. A patient can get infected by simply being in a room where an infected person once was.

Some of the signs and symptoms of measles are that it starts with a fever, then it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots break out. It starts at the head and spreads to the rest of the body.

If you would like more information on immunizations please visit:

https://www.cdc.gov/measles/vaccination.html or https://www.cdc.gov/vaccines/parents/ or https://www.cdc.gov/vaccines/schedules/ easy-to-read/adolescent-easyread.html.

If you are not sure if your child or yourself are up to date, please contact Isleta Health Center, 869-4385.

DOMESTIC VIOLENCE



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

SERVICE PROVIDERS, SHELTERS, CLOTHING, ETC.

TO HELP IDENTIFY SERVICES, LOCAL

WHEN:

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

WHERE: ST. AUGUSTINE CATHOLIC CHURCH **RELIGIOUS ED BUILDING**

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



PARTICIPANTS AND FAIR-GOERS!

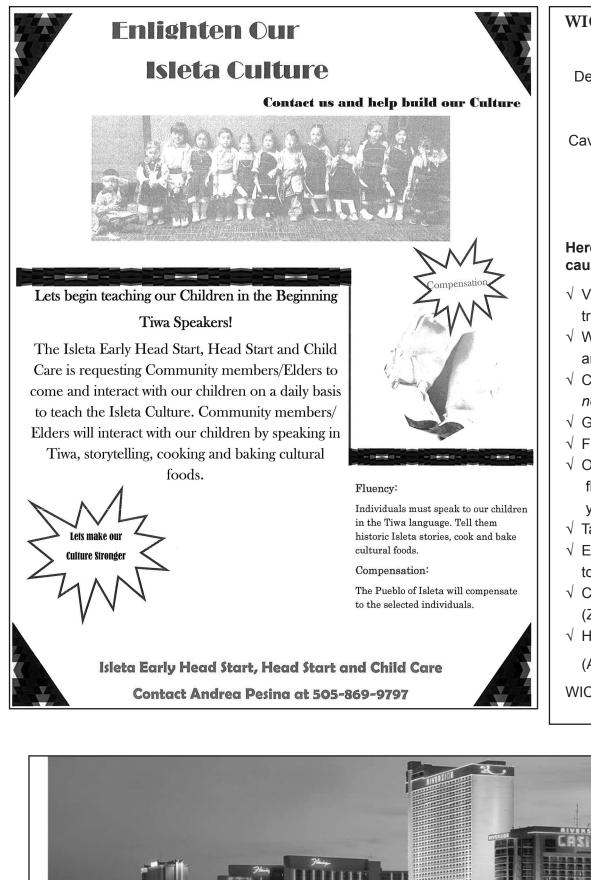
THANK YOU IN

ADVANCE FOR

YOUR

PARTICIPATION!

PROVIDED FOR ALL



WIC NOTES

Cavity Keep Away

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

Did you know you can catch a cavity?

Cavities are made by germs in our mouth that feed on the sugar we eat. The germs can pass from person to person through spit. Keep the mouth germs away and you'll keep the cavities away!

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

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

(Adapted from cda foundation)

WIC Nutrition



Pack your bags, we're going to Laughlin, Nevada

Survey of the second se

Sunday November 3rd – Wednesday November 6th, 2019



Travel by Herrera Coaches

Lodging Information: Tropicana Hotel & Casino

Age Requirement: 50 Years & Older (21+ if assisting an elder) PRICING (PER PERSON):

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

Payment must be made in FULL no later than:

Wednesday October 16, 2019 by 3:00PM

Make payment at the Elder Center

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

CASH PAYMENT ONLY

ber 2019		Isleta Pueb	lo News	Paq
Isleta Elder Center (505) 869-9770 Monday - Friday		9 ctobe	H 2019	
8:00AM - 4:30PM	Tuesday	Wodnosday		Eride y
Monday	Tuesday 10/1/2019	Wednesday 10/2/2019	Thursday 10/3/2019	Friday 10/4/2019
		Commodities Warehouse Trip & Lunch 10:00AM-2:00PM		Chair Exercise 10:45AM Morning Walk 11:00AM *Meet in the activities room Baskin Robbins 1:00PM - 2:00PM
10/7/2019	10/8/2019	10/9/2019	10/10/2019	10/11/2019
Costanza Apple Farm: 9:30AM - 12:00PM Apple Picking	Commodities Distribution #1 8:30AM - 3:30PM Activities Room	LEARN & PLAY! Shuffleboard Practice 9:00AM - 12:00PM & 1:00PM - 4:00PM	Mass Activities Room 11:30AM Walmart Trip	Chair Exercise 10:45AM Morning Walk 11:00AM Safe Driver Course with Ron Sarracino
	4:30AM		1:00PM - 4:00PM	12:30PM - 5:00PM
10/14/2019	Call for More Information 10/15/2019	10/16/2019	10/17/2019	Space is Limited! Call to Sign-Up Today! 10/18/2019
Chair Exercise 10:45AM	Tech Basics	Friendship Breakfast	EARLY LUNCH: 11:30AM	
Morning Walk 11:00AM Afternoon Social Music Sharing 1:00PM Activities Room	Tablet, Computer & Cell Phone Basics 1:00PM Activities Room Come ask questions or bring in your own device!	9:00AM General Meeting 10:00AM	Monthly Caregiver Training: "Elder Abuse" 11:30AM - 12:30PM Activities Room Staff Meeting - 12:30PM	Advisory Committee Meeting 9:00AM - 11:00AM Conference Room
10/21/2019	10/22/2019	10/23/2019	10/24/2019	10/25/2019
Chair Exercise 10:45AM Morning Walk 11:00AM	NMICOA: Quarterly Meeting Sandia Pueblo 8:00AM - 4:00PM	LEARN & PLAY! Shuffleboard Practice 9:00AM - 12:00PM & 1:00PM - 4:00PM	Commodities Distribution #2 8:30AM - 3:30PM Activities Room	Chair Exercise 10:45AM Morning Walk 11:00AM October Birthdays Celebration 12:00PM - Dining Room Afternoon Movie: Disney's: Coco
10/28/2019	10/29/2019	10/30/2019	10/31/2019	1:00PM
Chair Exercise 10:45AM	Manzano Mesa Shuffleboard	Afternoon Bingo	Fall Festivities	
Morning Walk 11:00AM	Lunch & Shuffleboard 10:30AM - 4:00PM	Activities Room 1:00PM	1:00PM - 3:00PM	
Pumpkin Painting: 1:00PM Activities Room	Lowe's & Home Depot 11:30AM - 2:00PM Lunch in Los Lunas	BINGO	Pulleneen	
P	lease call the Elder Center with any questions re subject to change		Transportation is available for ALL events/acti are offered to those 50 Years & Older unless oth	
	AELDENCE			
Monday	Tuesday 10/1/2019	Wednesday 10/2/2019	Thursday 10/3/2019	Friday 10/4/2019
	Chicken Parmesan Breaded chicken patty 3 oz WW pasta 1/2 c Spinach 1/2 c Marinara sauce 1/2 c Fruit cup 1/2 c Homemade cookie Day	Street Tacos Beef or chicken 3 oz Corn tortilla 2 oz Beans 1/2 c Winter vegetable 1/2 c Fresh fruit	Bean and Ham Stew Ham 2 oz Pinto beans 1/2 c Red chile 1/2 c Squash 1/2 c Corn bread muffin = 2 grain eq	Turkey Dinner Turkey 3 oz Mashed potato 1/2 c Turkey gravy 1 oz Red or green chile 1/2 c WW roll = 56 g Cranberry sauce 1/2 c
10/7/2019	10/8/2019	10/9/2019	10/10/2019	10/11/2019
Baked Fish Fish fillet 3 oz Steamed vegetable 1/2 c Barley risotto 1/2 c Fresh fruit	Tortilla Burger Beef patty 3 oz Sliced American cheese .5 oz Lettuce/tomato/onion 1/4 c WW tortilla 8" Sweet potato tots 1/2 c Fresh fruit	MEETING NO MEALS SERVED	Diced chicken 3 oz Red chile 1/2 c Rice 1/2 c Baked apples 1/2 c	Pot Roast Sliced roast beef 3 oz Roasted vegetables 1 c Gravy 1 oz WW roll = 56 g Fruit cup 1/2 c
10/14/2019	10/15/2019	10/16/2019	10/17/2019	10/18/2019
Sloppy Joe Ground beef 3 oz Sloppy Joe mix 1/2 c Pork n beans 1/2 c WW bun = 56 g	Chicken Adovada Chicken 3 oz Red chile puree 1/2 c Chuckwagon corn 1/2 c Tortilla 6"	Pork or chicken sausage 2 oz Marinara sauce 1/2 c Zucchini/eggplant 1/2 c	Shredded pork 3 oz (= 2 grain eq) Red chile 1/4 c	Beef Strognoff Beef 3 oz WW pasta 1/2 c Gravy 1 oz Golden mandarine salad 1/3 c

WW bun = 56 g	Tortilla 6"	Garlic bread = 56 g		RLY Golden mandarine salad 1/3 c
Fresh fruit	Fruit cup 1/2 c	Fresh fruit	Fresh fruit LU	NCH
10/21/2019	10/22/2019	10/23/2019	10/24/2019	10/25/2019
Hot Dogs	Shepard's Pie w/Red Chile	Chicken Tenders	Minestrone Soup	Bean and Cheese Burrito
Beef frank 3 oz	Ground beef 3 oz	Chicken 3 oz	Italian meatballs 2 oz	Pintos 1/2 c
WW bun = 56 g	Mixed vegetable 1/2 c	(= 2 grain eq)	Mixed vegetable 1 c	Cheddar cheese 1/2 c.
Gilbert's cole slaw 1 c	Mashed Potato 1/2 c	Roasted Italian vegetable 1 c	WW pasta 1/2 c	WW tortilla 8"
Apple crisp = 1/2 c fruit	Red chile 1/4 c	Fresh fruit	Fresh fruit	Roasted potato wedge 1/2 c
	Tortilla 8"	Dipping sauce 1 oz		Fruit cup 1/2 c
	Fruit cup 1/2 c			
10/28/2019	10/29/2019	10/30/2019	10/31/2019	
Salmon Salad	Pot Pie	Orange Chicken	Green Chile Enchilada	
Salmon 2 oz	Chicken, turkey or ham 3 oz	Chicken 3 oz	Ground beef or chicken 2 of	DZ
Spinach mix 1 c	Mixed vegetable 1	Sticky rice 1/2 c	Green chile 1/2 c	
(tomato, red onion, olive and	Biscuit = 56 g	Steamed broccoli 1 c	Cheddar cheese 1 oz	
balsamic vinegrette)	Fruit cup 1/2 c	Sugar free gelitan w/fruit	Black bean salad 1/2 c	
Garlic breadstick = 26 g	Oatmeal raisin cookie	= 1/2 c fruit	Corn tortilla 2 oz	
Fruit cup			Fresh fruit	

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

Minestrone Soup - Join us for a tasting of New Menu items. Come sample several new and exciting dishes, and gives us your input for upcoming menus.

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October 2019

OCTOBER 2019 ISLETA HEALTH CENTER						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Hea 10	ational Pharmacy & lth Education Week 0/20 - 10/26/2019 Lets talk about nfection Prevention 10/13 - 10/19/2019	1 DM Clinic w/Medical: 8:30-12pm Bringing Peace to Relationships: 11:30- 12:30pm @ BHS Another Recovery Technique (ART); 1- 3:30pm @BHS Pueblo Men Rising Group: 2-3:30pm @BHS Youth Power Source: 4:30-6:30 @BHS Iron Eagle:: 5:30-7:30 @DPP Wellness	2 DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS NO Eagle HIIT Wellbriety Group: 6-7:30pm @BHS National Walk to School Day	3 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm Iron Eagle:: 5:30-7:30pm @DPP Wellness	4 DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10- 11am @ BHS. Group Therapy: 11am-12:00pm @BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS	
5/6	7 Podiatry Clinic: 8:00-4:30 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 Eagle HIIT Post Measurements:- 4:30- 6pm @DPP Wellness	8 DM Clinic w/Medical: 8:30-12pm Bringing Peace to Relationships: 11:30- 12:30pm @ BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Youth Power Source: 4:30-6:30 @BHS Iron Eagle:: 5:30-7:30 @DPP Wellness 9 Year Cancer Support Anniversary Pot Luck	9 DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Eagle HIIT Post Measurements:- 4:30-6pm @DPP Wellness Wellbriety Group: 6-7:30pm @BHS	10 <i>CLINIC OPENS AT 9:50am</i> Podiatry Clinic: 8:00-4:30pm Diabetes Education 5:00-6:00pm @IHC Training Center Iron Eagle : 5:30-7:30pm @DPP Wellness	11 DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10- 11am @ BHS. Group Therapy: 11am-12:00pm @BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS	
12/13	14 Podiatry Clinic: 12:00-4:30 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 Weight Loss Challenge : Pre-Measurements 4:30— 6:30-@DPP Wellness	15 DM Clinic w/Medical: 8:30-12pm Bringing Peace to Relationships: 11:30- 12:30pm @ BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Youth Power Source: 4:30-6:30 @BHS Weight Loss Challenge : Pre-Measurements 4:30— 6:30-@DPP Wellness	16 DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Wellbriety Group: 6-7:30pm @BHS Healthy Cooking Class: 5-7pm @Health Center Kitchen Weight Loss Challenge : Pre-Measurements 4:30— 6:30- @DPP Wellness	17 <i>CLINIC OPENS AT 9:50am</i> Podiatry Clinic: 8:00-4:30pm Weight Loss Challenge : Pre-Measurements 4:30— 6:30- @DPP Wellness	18 DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10- 11am @ BHS. Group Therapy: 11am-12:00pm @BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS IPD Screening: 9-12pm	
19/20	21 Podiatry Clinic: 8:00-4:30 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: 4:30-6:30pm @DPP Well- ness National Lock Your Meds Day	22 DM Clinic w/Medical: 8:30-12pm Bringing Peace to Relationships: 11:30- 12:30pm @ BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Youth Power Source: 4:30-6:30 @BHS Open Gym: 4:30-6:30 @DPP Wellness	23 DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Wellbriety Group: 6-7:30pm @BHS No Open Gym Diabetes Monster Mash Fun Run Walk @ DPP Wellness Center Registration at 5:30 Walk starts at 6pm	24 <i>CLINIC OPENS AT 9:50am</i> Podiatry Clinic: 8:00-4:30pm Open Gym: 4:30-6:30pm @DPP Wellness	25 DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10- 11am @ BHS. Group Therapy: 11am-12:00pm @BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS Halloween Carnival at Rec Center: 5-8pm	
26/27	28 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:- 4:30-6:30pm @DPP Well- ness	29 DM Clinic w/Medical: 8:30-12pm Bringing Peace to Relationships: 11:30- 12:30pm @ BHS Another Recovery Technique (ART): 1- 3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Youth Power Source: 4:30-6:30 @BHS Open Gym: 5:30-7:30 @DPP Wellness Social Service Summit: 9-1pm	30 DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Open Gym: 4:30-6:30pm @DPP Wellness Wellbriety Group: 6-7:30pm @BHS	31 Podiatry Clinic: 8:00-4:30pm Open Gym: 5:30-6:30pm @DPP Wellness	"DPP" = Diabetes Prevention Programs - 869-4595 "BHS" = Behavioral Health Services - 869-5475	

