



Isleta Pueblo News

Volume 14 Issue 12

Pueblo of Isleta website: www.isletapueblo.com

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December 2019

Governor's Report

May gu wam,

Now that the Halloween Carnival and the All Souls Day observance have passed, it is time to prepare for the Thanksgiving and Christmas Holidays. It's difficult to believe that almost a year has gone by and the holidays will soon be upon us. I pray that you are all in good health and spirits to enjoy this happy time of year.

The Community Meeting that was scheduled and cancelled for October 26, 2019 will most likely be rescheduled in January 2020. Out of respect in the passing of Juanita Treloar, the meeting was cancelled. We are sorry for the loss of Mrs. Treloar and our condolences go out to the family.

I'd like to take this opportunity to thank all the departments who have established the annual community events. The events scheduled in December are the Reaching for a Star, sponsored by the Isleta Police Department, and Light the Path, sponsored by Isleta Behavioral Health. Participation in these events heals the heart and gives one a sense of community and oneness. For additional information on these events, read on within the newsletter.

The annual ham distribution is scheduled for Tuesday, December 17, 2019 and Wednesday, December 18, 2019 at the Isleta Recreation Program from 8:00am to 6:00pm on each day. Please remember that it is only one ham per household. If you recently moved into your own residence, please make certain to provide your new address. Distribution is verified by trash route information, so remember to provide the day that your trash is regularly picked up.

We are anxiously awaiting the completion of the Pueblo of Isleta Reception Hall in Chical (Old Head Start location) which will be complete by the first part of December 2019. Be on the lookout for notice of opening. Also, the Yon-an-an Museum (Old Isleta Elementary School location) is almost complete so a celebration is planned for its opening.

November is now recognized as Native American History Month. There were many, many events scheduled throughout the Native American Communities. Veterans Day is also a national event and our thanks go out to all Veterans in all branches of the military. Thank you for your service.

On November 13, 2019, we were honored by Representative Deb Haaland (NM-01) by inviting our Chief Judge Verna Teller to be the first Native American to provide the invocation to the House Floor. Please read the Press Release, which follows, regarding this historic event.

2020 is a very important year with the 2020 Census Count and the Presidential Election. Please support your community by completing the census questionnaire as it impacts funding for our communities and voting the Primary and General Elections to elect the President of the United States. Information for (all counties) voting can be found at the New Mexico Secretary of State's website. We will provide additional information as the voting dates come closer.

Always remember to be on the safe side with individuals knocking on your door for information and make certain to ask them for identification. Any suspicious activity should be reported to the Isleta Police Department at 505 869-3030.

Enjoy your holidays.
Governor Max A. Zuni

NEXT WEEK: Historic Opening Prayer on the House Floor by Isleta Pueblo Chief Justice Verna Teller

November 7, 2019

Press Release

Teller will become the first Native American to deliver the invocation on the House Floor

WASHINGTON, D.C. - Next week, Congresswomen Deb Haaland (NM-01) will welcome Isleta Pueblo Chief Justice Verna Teller to deliver a historic opening prayer on the floor of the U.S. House of Representatives. The invocation will be the first time a Native American delivers the opening prayer and comes as Haaland celebrates her First Native American History Month as a Member of Congress.

WHO: Isleta Pueblo Chief Justice Verna Teller

WHAT: Historic Opening Prayer on the Floor of the U.S. House of Representatives

WHEN: Wednesday, November 13, 2019 at Noon

WHERE: Floor of the U.S. House of Representatives and online [here](#).

"Native American Heritage Month is a time to reflect on the contributions that our Native communities have made to this country and the tragedies that they endured. Having Verna Teller on the House Floor does both - it reminds us that in the 200-plus years of our country's history, the first people of this continent were excluded, but also that through resilience and perseverance we are still here and working to make our country a better place. Verna Teller has fought for a seat at the table, broken down barriers, and achieved success in leadership positions, and I'm so proud she will be delivering this historic invocation," **said Congresswoman Deb Haaland.**

As an enrolled member of Pueblo of Isleta, Chief Judge Teller broke barriers in New Mexico when she was elected as the first female Pueblo Governor of Isleta in 1987. Her legacy has been instrumental in amplifying the voices of Native American women in elected leadership positions and tribal governance, not only during her tenure as Governor, but also through her eight years of service as President of the Isleta Tribal Council. Through her leadership, the Pueblo was successful in becoming the first tribe in the United States to assert their right under federal law to establish water quality standards to protect the health of their community, traditional ceremonial practices, and waters of the Rio Grande.



Ham Distribution

DATES: Tuesday, December 17, 2019
Wednesday, December 18, 2019

WHERE: Recreation Center, Game Room

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

FOR: Eligible 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 ham per household your cooperation will be appreciated. Thank you!


Max Zuni, Governor

LETTER FROM THE EDITOR

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

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

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

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

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

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

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

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter. For additional questions, you may call the Library and speak with Nate or Diane at 505.869.9808.

Thank you,
Nathaniel Lujan

Newsletters may be found at the sixteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at <http://www.isletapueblo.com/newsletters.html>

The sixteen Newsletter distribution locations are:

- 1) The Administration Building (Governor's Office): Receptionist Desk

2) Census Office: Receptionist Desk

3) Health Center: Lobby(Newsletter Stand)

4) Housing Department: Receptionist Desk

5) Department of Education: Receptionist Desk

6) New Recreation Center: Newsletter Stand

7) Old Recreation Center: Front Desk & Breakroom (Newsletter Stand)

8) Tribal Service Complex: Receptionist Desk

9) Tribal Service Complex: I.P.D. Dispatch Window

10) Tribal Service Complex: Tribal Courts Window

11) Elders Center: Receptionist Desk & Lunch Delivery

12) Head Start: Receptionist Desk

13) Library: Newsletter Stand

14) Ranchitos Park: Blue Box (see picture for example)

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

SECOND NOTICE –Apetition 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.

Attention all Isleta Pueblo Grazing Permittees

Noninsured Crop Disaster Assistance Program is now available to you to apply for.

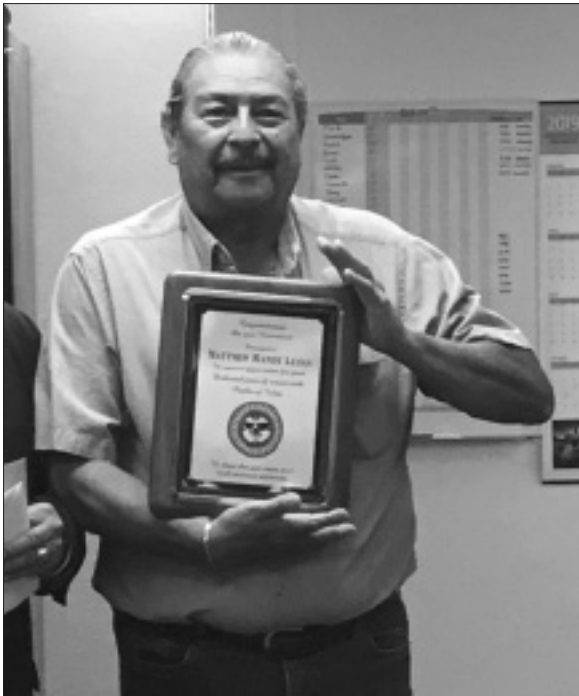
The Noninsured crop disaster assistance program (NAP) provides financial assistance for non-insurable crop losses due to a natural disaster. The program provides compensation after a 50% loss and covers the crop (rangeland) not the livestock. A producer must have a current grazing permit to be eligible. The application fee is waived if the producer is a minority but they must apply by Dec. 20, 2019 to be eligible for the 2020 grazing year.

Farm Service Agency will be available on **December 11, 2019 from Noon- 6:00 pm** for all Isleta Grazing Permittees to apply.

Farm Service Agency, Los Lunas Service Center
2600 Palmilla Rd.
Los Lunas, New Mexico

For more information, call USDA- Farm Service Agency at (505) 865-4643 or Department of Natural Resources at (505) 869-9817.

Congratulations



Matthew Randy Lujan

In October after working for the Pueblo of Isleta for 28+ years Mr. Lujan decided it was time to Retire. The Department of Natural Resources would like to recognize and thank him for his many years of service within the Pueblo of Isleta. We will miss him and we wish him the best of luck as he enjoys his well-deserved retirement!

Isleta Pueblo News



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

Historic Isletans Known and Unknown

This continues 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 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



Louis Abeita, Age 9 Louis Abeita and Family, 1919

KNOWN: Louis Abeita, 1883-1921

Louis Abeita served the Isleta Pueblo as a tribal policeman and as an integral arm of the Court of Indian Offenses for about ten years. He was trusted and respected by most Isletans and by Indian service officials such as Indian Agent Leo Crane. His life was bookended by two dramatic events at the beginning and end of his life. The first was his rescue in 1892 from the Albuquerque Indian School, whose superintendent refused to allow children to return home for summer vacations. The second was Louis Abeita's tragic death in 1921, when he was shot in the line of duty trying to apprehend a fugitive who had severely wounded a man in Albuquerque. Louis Abeita died of his wounds on January 12, 1921, ending his life at the young age of thirty-eight years.

Louis Abeita, the eldest son Juan Rey Abeita, was enrolled in the Albuquerque Indian School by his father with the understanding that his children be allowed to return home during vacations. When Superintendent William Craeger reneged on this agreement, the elders of Isleta Pueblo and Juan Rey Abeita, in particular, decided to take action. They sought aid from Charles Lummis who took affidavits from parents and attempted to negotiate the release of the approximately 39 students during the summer months. Unsuccessful in this attempt, Lummis hired a lawyer to file a petition of habeas corpus against the superintendent. The day of the hearing, July 7, 1892, Craeger agreed at the last minute to release voluntarily all the children starting with Juan Rey Abeita's sons: Louis, Vicente and Antonio. Lummis picked up the three Abeita boys in a wagon to be delivered to Isleta Pueblo that evening. The entire pueblo turned out in the plaza to celebrate the homecoming of Louis Abeita and his two younger brothers.

After this dramatic event, little is known about Louis's ensuing ten years until he reappears as a highly popular and trustworthy tribal policeman. Indian Agent Leo Crane said that during this period Louis was a heavy drinker until he reformed and decided to end drunkenness and other forms of lawlessness at Isleta Pueblo. Crane remembered his first impression of Louis Abeita: "his pleasant smile was the best sort of recommendation...for it brought one's attention immediately to his head. It was a large head with a high and very broad forehead. There was a generous width between his eyes. And those eyes snapped brilliantly, like live coals, full of vigilance along with good will."

In any case Louis Abeita served as tribal policeman both at Isleta and other pueblos earning a reputation as one of the most capable and fearless officers in the southwest. More than a policeman, Abeita served as a peacemaker negotiating settlements of difficult conflicts. As an officer of the Isleta Court of Indian, Abeita executed Judge Pablo Abeita's judgements, sometimes jailing offenders. Abeita's loyal service helped Pablo Abeita establish the authority of the court—a court whose decisions were generally respected throughout the pueblo. Fellow law officers gained such tremendous respect for Louis Abeita as a fearless, intelligent and impartial policeman that he was given many other assignments within law enforcement such as liquor enforcement agent, deputy sheriff, and special officer for the Santa Fe Railway.

The final chapter in Abeita's life began on January 7, 1920 when Louis Abeita confronted the fugitive Jim Williams, accused of shooting a man in Albuquerque, as he walked down the railroad tracks toward the pueblo. Abeita asked him if he had a gun; Williams reached into his overcoat and pulled out a revolver which he handed to Abeita with his left hand. As Louis reached out for the gun with his right hand, Williams quickly pulled out another revolver and shot Louis in the right hand, the bullet eventually lodging in his upper arm. Williams then jumped down a ten feet embankment and shot Abeita again, this time the bullet entered his abdomen piercing his liver. As this was transpiring, Abeita transferred his revolver to his left hand, but as he attempted to shoot Williams, his gun jammed. If not for the malfunction, Louis Abeita would probably have been able to shoot Williams before he had fired his second shot—the one that turned out to be fatal. As Williams headed for a nearby bosque north of the pueblo by the black bridge, many Isletan men followed him after hearing the shots. They surrounded him blocking his escape, until Albuquerque police officers arrived and sheriff deputies, tracked him down, and shot him.

Soon after Louis Abeita was wounded, a special engine of the Santa Fe Railroad rushed him to St. Joseph's Hospital in Albuquerque. Hearing the news, Indian Agent Leo Crane, who had made many trips with Abeita to the surrounding pueblos, hurried to the hospital and found Louis on the operating table. Because of the seriousness of the wound, the doctors gave Abeita only a slim chance of survival. While at his bedside, Louis pleaded with Crane to help him go outside. Crane, recognized, however, that they would take no more trips together. Crane wrote, "For some minutes, Louis Abeita stared beyond us. Then slowly he fixed his great, dark, questioning eyes on me, and suddenly he was gone."

Louis Abeita was survived by his wife, Maria, and his five children, Diego, Nicolas, Lalo, Juan Rey, and Rufina. Despite his widespread popularity, it would take almost a century for Louis to receive the honor bestowed by the New Mexico Law Enforcement Academy. On March 25, 2010, the academy agreed to place his name on its memorial wall honoring New Mexican law enforcement officers who died in the line of duty.

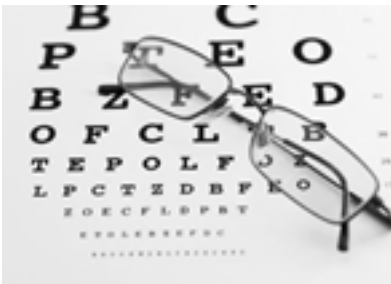


UNKNOWN GIRL - Please help us identify the above girl photographed with Pablo Abeita and his family. Any information is greatly appreciated and will not be used without permission. Thank you!

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACTIVITIES COORDINATOR - REPOSTED	Elder Center	Open Until Filled
BUS DRIVER (Part Time) - REPOSTED	Head Start/Early Head Start/Child Care	Open Until Filled
CLINICAL THERAPIST -REPOSTED	Health Center/Behavioral Health	Open Until Filled
COOK ASSISTANT	Isleta Elementary School	Open Until Filled
C-STORE ASSISTANT MANAGER	Travel Center/One Stop	Open Until Filled
DIABETES PROGRAM MANAGER	Health Center/Diabetes Clinic	11/17/19
DITCH RIDER - REPOSTED	Natural Resources (Within Only)	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
HEALTH ASSISTANT	Isleta Elementary School	Open Until Filled
HOME CARE ATTENDANT (30 hrs. per week) - REPOSTED	Elder Center	Open Until Filled
MUSIC TEACHER	Isleta Elementary School	Open Until Filled
OPTOMETRIST	Health Center	Open Until Filled
PAINTER - REPOSTED	Housing Authority	Open Until Filled
PC TECHNICIAN I - REPOSTED	MIS	Open Until Filled
PERSONAL CARE SERVICE AIDE (Occasional) - REPOSTED	Elder Center	Open Until Filled
PHYSICIAN	Health Center	Open Until Filled
PLUMBER - REPOSTED	Housing Authority	Open Until Filled
POLICE OFFICER - CERTIFIED	Police Department	Open Until Filled
PRINCIPAL/EPA	Isleta Elementary School	12/03/19
REGISTERED NURSE - REPOSTED	Health Center	Open Until Filled
SALES ASSOCIATE	Travel Center/One Stop (Within Only)	Open Until Filled
TRANSFER STATION ATTENDANT	Solid Waste	Open Until Filled
VAN DRIVER -(Temporary Part Time)	Elder Center (Within Only)	Open Until Filled
VETERAN SUPPORT SERVICE PROGRAM MEMBER	Elder Center	Open Until Filled

Optometry Services



Patients in need of Optometry Services:

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

Optometry Services available to IHC Patients:

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

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

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

THANK YOU
-Isleta Health Center Optometry Department





**BREAKFAST
WITH
SANTA**

Fundraiser

**\$10 per person
Age 5 & under
free!**

**ISLETA RECREATION CENTER
10AM - 2PM SATURDAY 14 DEC**

**TICKET INFORMATION:
WWW.MAMABEARFUNDRAISING.COM**

Buy
Tickets
Online!

Department of Education December News

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

Student News

Our Department of Education will have extended hours for the month of December to utilize the computer lab and study for finals. Please call the office or visit our web page for days and times.

Calling All High School Students, College Students and Tribal Members.....

There are many exciting opportunities that will be available for students in January. Visions of students receiving concurrent credit as well as attending weekend classes at the Department of Education through CNM Ingenuity (CDL) classes are being talked about, but not finalized as of yet. More information will be in the next newsletter, as well as deadlines for applying for programs will be announced very soon. Tentatively these programs will start in January. Please visit our website or call the office if you have any questions. We look forward to a very prosperous and productive school year in 2020.

Dual Enrollment Programs:
The Pros and Cons



As juniors across the country begin planning for next year's courses, many are considering a dual-enrollment or concurrent enrollment class. Dual-enrollment classes enable high school students to take classes at a local college-and potentially earn college credit.


There are a number of benefits to dual-enrollment programs. Earning college credit while still in high school sounds like a dream for many students. In addition, these programs introduce students to the rigors of college coursework early, and recent studies have shown that students who participate in dual-enrollment programs are more likely go on to get a college degree. But is dual enrollment right for your child? Please think about the pros and cons and the needs and goals of your student. Some students would rather go to a trade school and attend a vocational program. This program we hope would be part of the DOE list of classes to attend in the spring time that is "CNM Ingenuity Program."



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

- Q: In the song “Frosty the Snowman,” what made Frosty come to life?
- A: An old silk hat
- Q: What Christmas decoration was originally made from strands of silver?
- A: Tinsel
- Q: Per a recent holiday fad, what “spy” hides around the house, reporting back to Santa on who has been naughty and nice?
- A: The Elf on the Shelf
- Q: In Charles Dickens’ “A Christmas Carol,” what was Mr. Scrooge’s first name?
- A: Ebenezer
- Q: In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
- A: Hansel and Gretel
- Q: “Miracle on 34th Street” centers on what real-life department store?
- A: Macy’s

Have a Wonderful, Safe, and Happy Holiday!
DOE Staff



Pueblo
of
Isleta

ADULT
EDUCATION

Placement in HiSET/GED
classes.

BASIC SCHOOL SUPPLIES
AND RESUME WORKSHOPS

Resources for Adult Learners. One
on one tutoring. Pretesting and
Testing Services

For more information contact:
Valerie Keryte, Adult Education Coordinator
Phone: (505) 869-9790

Pueblo of Isleta Adult Education Program

Doctor, Lawyer, Police Officer,
Chef, Artist...

What career would you like?

Ever wonder what career best
fits your abilities?

Come, take a quick quiz and
find out!

Careerscope

December 2nd
5:30pm to 8:00pm

For more information contact:
Valerie Keryte - Adult Education Coordinator
Ph: (505) 869-9790

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ALL HIGH SCHOOL & COLLEGE STUDENTS

Computer Lab Extended Hours

FINALS PREP

Don't wait until the last day!!

The Pueblo of Isleta Department of Education has extended the computer lab hours for finals prep!!


December 2nd, 4th & 10th

8:00am to 10:00pm

QUIET STUDY TIME

WRITING THOSE FINAL PAPERS

Internet & WIFI Access



Food & Coffee will be provided!!


For more information contact Kathy Isleta at (505) 869-9790

Congratulations!!

Congratulations to Miss Brooke Jiron, who was named Student of the Month at Bosque Farms Elementary! She is in the fourth grade and enjoys reading, fishing, ballet, and wants to be a Neonatologist when she grows up. Brooke, we are beyond proud of the young woman you are becoming! Keep up the hard work, sweet girl.

We love you!

Love,
Mom, Dad, and your Brothers Blaine and Aiden



COLLEGE NIGHT @ THE LIBRARY

TUESDAY & THURSDAY
DECEMBER 3RD & 5TH
FROM 7PM-10PM

Come in and utilize our FREE computers, printing, Wi-Fi, charging stations, and conference room to prepare for your upcoming finals!

School ID will need to be provided to enter.

DINNER WILL BE PROVIDED

FOR MORE INFO CONTACT US @ (505)869-9808
ASHLEY: POI02006@ISLETAPUEBLO.COM.
REBEKAH: POI02008@ISLETAPUEBLO.COM.
CHEYENNE: POI02004@ISLETAPUEBLO.COM

Merry Christmas

On behalf of the elders in our community wishing every one good health, love, and happiness as we approach the Christmas Season!

Save the Date:

Elder Center Annual Christmas Party

On Sunday, December 15, 2019

Seniors 55+

Personalized Invitation to be Mailed Soon!

Benefits Assistance



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

Benefits Assistance is provided when applying for any of the following:

- New Mexico Human Services Benefits
 - o Medicaid
 - o Personal Care Services
 - o Medicare Saving Program
 - o SNAP – Supplemental Nutrition Assistance Program
 - o Cash Assistance
 - o LIHEAP – Low Income Home Energy Assistance Program
- Commodities – Food Distribution Program
- Social Security
- PNM Good Neighbor Fund
- Medicare – apply for Medicare before you turn 65 years of age


Our *Isleta Elder Resource Room* is filled with useful information from POI departmental news to outside resources. We also have videos and books that can be checked by visiting our Receptionist. We have a computer available to our Elders who wish to come in to use for their convenience. Monthly activities and trips are advertised for all Elders to enjoy. Some of our activities require a sign-up, so come by and visit our Resource Room, located next to our Receptionist desk.



St. Augustine Parish
Isleta Pueblo
Ministry of Consolation



*With Sympathy
“In times of sorrow
God’s quiet waters of hope
and courage flow”*



24 Days til Christmas

There’s plenty of time for **Tiwa Lending Services** to help you this holiday season! Let’s take the stress away with our year-long Credit Builder Loan starting at **\$500.00**.

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 or 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!

ISLETA JOHNSON-O'MALLEY PROGRAM

A.C.T. BOOTCAMP

2020 FOR JUNIORS + SENIORS

SATURDAY, JANUARY 25TH
9AM-4PM

DEPARTMENT OF EDUCATION | 950 MOONLIGHT DR. 87105

ALL MATERIALS WILL BE PROVIDED BY J.O.M.

TAKE ADVANTAGE OF ONE ON ONE GUIDANCE FROM ONSITE SPECIALISTS

LUNCH WILL BE PROVIDED!

BRUSH UP ON YOUR SKILLS AND BE PREPARED!

FOR MORE DETAILS PLEASE CALL:
(505) 869-9810

Made with PosterMyWall.com

ISLETA POLICE DEPARTMENT NEWSLETTER

DECEMBER?! The last month of 2019 is here and Christmas is just around the corner! So many events happening this month and the children are anticipating the upcoming holiday vacation. We hope your Thanksgiving holiday was memorable and everyone is ready to begin to prepare for safe and festive Christmas and New Year holidays.

Just a reminder during this season to **DRIVE DEFENSIVELY** as everyone’s attention may be more focused on holiday preparations, parties and festivities.



WELCOME

We welcome new additions to the Isleta Support Staff.



Though not a new employee to the Pueblo, she is new to the Isleta Police Department. Please welcome Sheryl Fina Jiron who will be the new Records Technician. Sheryl worked with the MIS Department for the past six years as a PC Tech before her recent transfer to IPD Records Technician. Sheryl is busy after work as well running the Archery Club and Crafts. She states she is excited to start her new endeavor in this field and enjoys giving back to the community. Welcome Sheryl!



Jody Wilson-Drechen who will be a new Records Technician and front desk receptionist for the Police Department just joined the Department on November 12, 2019. Her experience in the field of Records and Information Manage along with Customer Service and Administration.

Welcome aboard!



Welcome to Patrol Daniel Little. Officer Little, is a member of the Pueblo of Isleta. He graduated from the National Indian Police Academy in Artesia, New Mexico at the FLETC training center on December 20, 2018. Upon graduation he started my Law Enforcement career with the Isleta Pueblo Open Space Enforcement Department. Officer Little transferred to Patrol this November. “I am grateful to be a part of IPD and look forward to serving my community.”

EMPLOYEES 3RD QUARTER AWARDS

Due to unforeseen scheduling conflicts, we are a bit tardy in announcing the Officer and Civilian of the Third Quarter Awards.

The Officer of Third Quarter recipient is Officer Sharon Mitamura who has been with the Department for twelve years and in law enforcement for 22 years.



PUEBLO OF ISLETA
POLICE DEPARTMENT

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



Sylvester Stanley, Chief of Police

MEMORANDUM

November 4, 2019

TO: Officer Sharon Mitamura

FROM: Chief S. Stanley

SUBJECT: Officer of the 3rd Quarter Award

Congratulations! You have been selected for Officer of the 3rd Quarter 2019!!

In addition to performing your job in an exemplary manner, you have expressed total commitment to the department, public and community. Over the years, you have been an active member and participant in the Community Domestic Violence Awareness, Child Abuse Awareness and Reaching for a Star Events. Furthermore, you endeavors to establish a Law Enforcement Explorers Post in the Community is to be commended for.

It is this type of dedication to your duties and the community that demonstrates what it means to be an effective Tribal Police Officer.

Thank you for your hard work – it is very much appreciated!



PUEBLO OF ISLETA
POLICE DEPARTMENT

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



Sylvester Stanley, Chief of Police

MEMORANDUM

November 4, 2019

TO: Bernadette K. Valencja

FROM: Chief S. Stanley

SUBJECT: Civilian of the 3rd Quarter Award

Congratulations! You have been selected for Civilian of the 3rd Quarter 2019!!

On October 9, 2019, I received a letter nominating you for the mentioned Award. The professionalism & trustworthy manner which you have presented yourself, while managing and maintaining the integrity of the critical function of the Evidence Unit was noted. It was also remarked that during our recent BIA Audit of the Police Department, Assistant Special Agent in Charge, Brenda Gonzales was very impressed with the progressive system in place and was equally impressed to see how well-organized the Evidence Section was, retrieving her camera to document your area to serve as a role model to other agencies.

Keep up the great work and thank you, it is very much appreciated!!





CONGRATULATIONS!

to Sgt. Harry S. Powers and Detective Kathleen Lucero who just completed 240 hours of training at FLETC in Artesia, New Mexico. The two received their certificates of training in the D.A.R.E. (Drug Abuse Resistance Education) Program and Basic School Resource Officer Training. This class Class No.A_BIA_BSROTP 2001/001 is the first to graduate under a pilot program for Indian Country. There were thirteen students in total who completed the training with some traveling from as far as North Dakota, South Dakota, Oklahoma, Utah and Wisconsin to mention a few. Sgt. Powers and Detective Lucero will implement their newly acquired skills providing instruction at the Elementary School.

WELCOME TO OUR NEWEST ADDITION TO THE FAMILY!



The Pueblo of Isleta is proud to present Rollo, our certified K9 and his certified handler, K9 Officer Lorenzo Lujan. The two just completed a six-weeks training course and are officially certified as a team. The team will be assigned to day to day patrol operations and active in narcotics detection and apprehension.

Many of you met Rollo and Officer Lujan at the Halloween Carnival recently and they enjoyed meeting all of you. They are eager to get to work as a team.

REACHING FOR THE STARS



This wonderful and worthwhile project for the children in the community is in its final stage of preparation. Children were nominated for the special event and they will be greeted by

Santa who will be there with gifts and a meal will be provided to them. The event will be filled with activities for the children and photos with Santa and Mrs. Clause. We look forward to sharing the Christmas spirit with our community children on December 18, 2019.

IHSP NEWS



The IHSP Traffic Division, always busy with traffic enforcement throughout the year, will be particularly busy with their participation in **“Don’t Shatter the Dream – Impaired Driver Mobilization”** which will be December 13, 2019 through January 3, 2020.

They will be out keeping everyone safe on the roadways but need your help to ensure a safe holiday season. The Christmas holidays are listed as “The most wonderful time of the year” unless you get stopped and arrested for Driving Under the Influence. Some interesting facts and hints for this holiday season from “Psyche Central” (see letter below).

You can ensure your holiday season is a relaxing, enjoyable and peaceful one as long as you remember to drink in moderation, and encourage your loved ones to do the same. Most importantly if you intend to drink, assign a designated driver. Don’t become another drunk driving statistic, and try to remember the reasons people celebrate at this time of the year.

GENERAL INFORMATION

Plans for the future? We are looking forward to implementing a “West Side Substation” very soon hopefully within the next month. The Substation will staff a full time reception and the hours are to be determined (possibly 7:30 a.m. to 4:00 p.m.) but will be available to the public Monday through Friday.

Isleta Police Department wishes everyone a very Joyous, Festive and Safe Holiday Season!



Holiday Drinking: Keep It Safe
By Drew W. Edwards, Ed.D., MS
Last updated: 8 Oct 2018

Every holiday season, people have to deal with the increased pressures and stress that the holidays place upon most of us. Whether we’re traveling to be with family or doing our last-minute gift buying, most people feel under pressure during the holidays.

As you might suspect, the holiday season then becomes one of the most dangerous times of the year for alcohol-related accidents and death. There are several reasons for this:

- *More people drink during the holidays due to numerous parties and other festivities.*
- *Many holiday drinkers don’t drink often, so they have a lower alcohol tolerance. These people often underestimate their level of impairment and sometimes even drive when they shouldn’t. When arrested for drunk driving, these people often show a relatively low blood alcohol content yet they are very intoxicated.*
- *Problem drinkers and alcoholics love the holidays because there are more social occasions to drink. They say they feel more “normal” because the occasional drinkers are also more likely to abuse alcohol during this time of year. Consequently, people with alcoholism drink and drive more frequently. Unlike occasional drinkers, they have a high tolerance for alcohol and can consume large amounts before showing effects.*
- *The holidays are busy and stressful. People are hurrying more than normal and winter road conditions make driving more dangerous. Add alcohol to this scenario and you have a recipe for disaster.*

AVOIDING ALCOHOL-RELATED PROBLEMS

You can make your holidays happier and safer by following these five simple tips for consuming alcohol in moderation throughout the season:

1. *Just say no.*
Resist the pressure to drink or serve alcohol at every social event. Just because it’s there does not require that you drink it. There is no law stating that alcohol is a necessary ingredient for holiday cheer. Don’t feel like you have to drink just because your host offers — it’s not rude to choose a non-alcoholic beverage instead.
2. *Offer nonalcoholic beverages.*
If you want to serve alcohol to your guests, offer nonalcoholic beverages as well. Make your guest feel as comfortable choosing a nonalcoholic beverage as he would choosing alcohol. You can do this by putting nonalcoholic drinks in a prominent, easily accessible place and by asking guests what they would like to drink, instead of pointing them to the bar or handing them an alcoholic drink when they arrive.
3. *Designate a driver before the party begins.*
If you or your friends are going to a party and plan to use alcohol, decide in advance who will be the designated driver. Decide that drinking and driving is not an option.
4. *Choose your number ahead of time.*
If you are going to drink, do what responsible drinkers do. Decide ahead of time how many drinks you will have and stick to it. A blood alcohol content chart can help you understand the relationship between the amount of drinks, blood alcohol content and level of impairment.
5. *Remember that alcohol is a complement, not the purpose.*
Sometimes we lose sight of a holiday celebration or party and see it as a chance or opportunity to drink socially. While it is such an opportunity, the main purpose of a party is to have fun with people you know. Drinking is always an option and optional, and it is as much as a choice as it is a responsibility. Keep this in mind throughout the night. If you find yourself going overboard, find a friend or loved one, and explain you’d like to go home. You can stop yourself before you go too far, you just need to choose to do so.



Pueblo of Isleta Public Library

Happy Holidays, Merry Christmas, and a Happy New Year to everyone near and far! December is a busy time with holiday shopping, Christmas decorating, gift-wrapping and the list goes on. With so much going on there never seems to be enough time in the day and it's easy to get overwhelmed. Just remember to take a deep breath and relax, to help you can always come to the library and check out a book or a movie snuggle, up with a blanket, some popcorn and spend time with your loved ones. Time to say goodbye to 2019 and say Hello to 2020. The Library is busy planning programs for the New Year and we are excited to see what 2020 brings!

News

With the upcoming holidays, traditional dances and winter weather the Library hours are subject to change at any given moment and a notice will be sent out as soon as we know. Please follow us on Facebook, Instagram and Snapchat for up-to-the-minute updates on Library closures. We will be closed on the following days:

Friday, December 6th- The Library will be closed from 8 am to 12 pm for our monthly staff meeting. We will be discussing programs that will be ending out the year and sharing ideas for the upcoming year.

Wednesday, December 25th- LIBRARY CLOSED: Christmas Day. Merry Christmas and safe travels to those traveling during this time.

Thursday, December 26th- The Library will CLOSE at 12 pm due to Traditional Dances.

Friday, December 27th- The Library will CLOSE at 12 pm due to Traditional Dances.

Wednesday, January 1st - LIBRARY CLOSED: New Year's Day. The Library Staff would like to wish you and your family a Happy New Year with happiness and good health. Remember to be safe and responsible. Remember that the Library can help you reach your goals. Come check out our variety of fitness material such as fitness books, cookbooks, magazines, DVD's, fitness bags and music collection in both CD's and digital collections.

Upcoming

Finals are coming up so get ready to study! The Library will be hosting a College Night on December 3rd & 5th from 7 pm to 10 pm. Come join us for FREE dinner, refreshments, and snacks. During this time we will be open after hours and providing a quiet, safe space to study for your finals. Utilize our FREE computers, printing, Wi-Fi, charging stations, and conference room to prepare for your upcoming finals. No sign ups are required just come on by. Please note that you will need a school ID to enter the Library during this time. For more information call the library at (505) 869-9808 or Email: Ashley at poi02006@isletapueblo.com, Rebekah at poi02008@isletapueblo.com or Cheyenne at poi02004@isletapueblo.com. The Library would like to invite small business owners that would like to learn how to use Instagram to promote their business to join our program. This program will consist of two sessions on Tuesday, December 3rd and Thursday, December 5th from 5 pm to 6pm. Reserve your spot beginning November 18th, space is limited so sign up soon. Learn how to use social media to promote and draw in a new audience using marketing and advertising through Instagram. We will help you create your own Instagram business page and teach you how to be effective in social media outreach. For any questions, or to sign up contact Ashley or Diane at the Library at (505) 869-9808 or at poi02006@isletapueblo.com or poi02005@isletapueblo.com.

We are currently planning a Christmas Party for our After School Program on Thursday, December 19th from 4 pm to 7pm. Festivities will include a movie, games, and of course food. This will also give parents a chance to get in any last minute Christmas shopping done.

Recap

Thank you all who donated to our clothing drive during the month of November, all donations went to The West Side Homeless Shelter. Library patrons received a \$5 Library token for every item that was donated. Thank you once again for your kind gesture this holiday season.

The Facebook for Small Business program had an excellent turn out and participants learned valuable information to help start their Facebook business page. On November 5th staff members Ashley and Diane presented on how to use Facebook to promote your business. The Community Development Manager William Marks from Facebook joined us for the first session and offered advice and information on how to promote your business using Facebook. We would like to say thank you to William

for the feedback and the encouragement he gave us. For the second session on November 7th participants were hands on and worked on putting their page together. We had two businesses up and running that night. We would also like to give a shout out to Isleta Grill and Pueblo Ceramics. Please feel free to give their page a like and patronize their business for Small Business Saturday. You can also visit their Facebook page at <https://www.facebook.com/Isleta-Grill-100818991380017> and <https://www.facebook.com/erncorrea/>.

On November 14th staff member Kyle Lujan hosted a youth food program and made Pumpkin Scones. The program was open to kids ages 9-12. The kids got to learn an easy holiday recipe to share with their family.

This past November the Library partnered up with Self Serve to bring the library their first ever sex educational class. The first session was on Friday, November 15th, which focused on dating/flirting & online dating. The second session was on Friday, November 22nd and focused on strengthening relationships/resolving



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.



Instagram
Marketing
and
Advertising
For Small Business
Owners



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 at (505) 869-9808
or at poi02006@isletapueblo.com or
poi02005@isletapueblo.com

sexual conflict to help with better communication in a relationship. Participants got to attend the classes at Self Serve Sex Educational Resource building. This program was designed on the idea of giving proper and professional information about sex education. Participants were able to learn in a safe and comfortable environment with a professional available to answer any questions they might have. We would like to thank everyone who participated and we plan on having future programs similar to this one.

On Wednesday, November 20th Library staff member Diane held a Thanksgiving Cheese Ball Appetizer program. The class filled up fast and participants got to make a Cheese Ball Appetizer to share with family and friends. The cheese ball was made and the library and participants got to take home the finished cheese ball, summer sausage, and crackers to serve at their next family get together.

The After School Program went to Urban Air on Tuesday, November 26th for their incentive field trip. Urban Air is a trampoline and adventure park with attractions that include sky rider coaster, climbing walls, leap of faith and wipeout just to name a few. The kids had so much fun and after all the jumping and climbing they got to enjoy some pizza for dinner. We would like acknowledge our after school students for doing such a great job with their reading and keeping up with their homework.



ISLETA SCOUT PACK 1572
PRESENTS

*Holiday Movie and
Pajama Party*

January 2nd @ 6 pm

WITH THE SHOWING OF ABOMINABLE

FREE
POPCORN!

*Concession will
be provided!*



MOVIE WILL BE SHOWN AT THE
PUEBLO OF ISLETA PUBLIC
LIBRARY





FOR YOUR SAFETY SHOES AND SLIPPERS
MUST BE WORN AT ALL TIMES!

Department of Education Higher Education Program

**Reminder from the Higher
Education Program!**

Deadline: December 31st 2019

All required documents are due no later than
December 31st 2019 for the Spring 2020.

Required Documents:

- CIB - submitted once
- Student Aid Report 2019/2020 (FAFSA)
- Acceptance Letter - for each new institution
- Class Schedule- every semester
- Degree Plan - every semester
- High School Diploma - submitted once
- Official College Transcripts - every semester.

**Contact the Higher Education Program for
more information:**

Lisa Smith - Scholarship Coordinator
Johnna Shije - Scholarship Assistant
Ph: (505)869-9790




PUEBLO OF ISLETA HIGHER EDUCATION PROGRAM

**STUDENT
ORIENTATION**

The Higher Education Program will be
having a Mandatory Student Orientation for
new students and current students that
have not yet attended orientation.

- When -

December 4th: 5:30 p.m.
December 10th: 5:30 p.m.



- Where -
The Educational
Complex
Department of Education

Contact the Higher Education Program:

Lisa Smith - Scholarship Coordinator
Johnna Shije - Scholarship Assistant
Ph: (505)869-9790

Isleta Recreation News:



Our Halloween Carnival was Spooktacular!! We estimated over 500 people participating in this year’s carnival. Thank you to all the programs in participating in decorating their booths. Department of Natural Resources won this year’s Travelling trophy with their Coco Booth. Great Job!! Thank you to our Parks Crew for hosting the Haunted House this year again.



MIS/Tribal Planning/Treasury Department: Toy Story Booth



Isleta Recreation Cake Walk Booth

Halloween Costume Contest Winners.



Honorable Mention
Costume Winner!!



Basketball Highlights:



We will be hosting a Youth Basketball Tournament on December 21st and 22nd at Isleta Recreation Center. Come out and support our Isleta Youth Basketball team!!



We try every year to get pumpkins for the community and distribute them during the Halloween carnival!! We were able to get pumpkins from two vendors this year, McCall's Farm and a farmer from Estancia with the help of Lori Padilla. The Parks and Recreation crew distributed pumpkins to Isleta Elementary School, Isleta Head Start and Elderly Center. Thank you Parks & Recreation Crew for helping the community!!

Pueblo of Isleta JOM Newsletter

Wow, where has the year gone, we would like to thank all our families for a wonderful year. The JOM program has been working hard to make sure that our students are striving in their education.


Our afterschool homework help and tutoring program has been in full effect. If you would like to sign your student up for either program please contact our office for more information. AuDrena has also been working with the middle school students at Los Lunas & Valencia during their advisory or lunch hour to make sure students are completing their assignments. Please encourage your student to attend these sessions.

During our October family night nominations and elections were held for our Indian Education Committee. We would like to welcome back Amanda Jiron, as well as welcome Angelisitia Romero & Ryan Hickman to the IEC. Thank you to Reyes Abeita & Tish Howard for your time and dedication to the JOM program.

We hope you all have a joyous holiday and a wonderful new year!

Michelle, Kristle & AuDrena

2019



December Events

Our family night for December will be on Thursday, December 19, 2019. We also have a experiential learning opportunity for K-6th grade on Monday, December 23rd to Art Attack. Permission slips for this trip will be available on Monday, December 9th 2019 at 8am.

Plans for the New Year

As the New Year approaches keep a look out for new programs that the JOM program will be putting together. We are looking forward to making JOM more suitable to meet student and family academic needs.

Also, keep a look out for our upcoming new Facebook page that is currently in the works!!

WE ARE HERE TO SERVE
Isleta Health Center Team
(505)869-3200

Stephanie Barela, Health Educator

World AIDS Day

DECEMBER 1ST IS WORLD AIDS DAY.

This is a time for people around the world to come together in the fight against HIV/AIDS, to show support for people living with HIV, to remember those who have died from an AIDS-related illness and to **GET TESTED!** One reason why it is so important to be tested for HIV/AIDS is because today there are many ways to treat HIV/AIDS and we now understand more about this disease. World AIDS Day reminds everyone that HIV has not gone away and we still need to increase awareness and education.

HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome or AIDS if not treated, (CDC.gov), HIV attacks the body’s immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections. These are a type of white blood cell, called T-cells that move throughout your body to find and destroy bacteria, viruses, and other invading germs. To learn more you can visit the CDC website: <https://www.cdc.gov/HIV/BASICS>

HIV and AIDS are not transmitted through casual contact (that is, where no blood or body fluids are involved). HIV is spread only in certain body fluids from a person who has HIV. People do not “catch AIDS”; they “become infected with HIV”. HIV lives in blood and other body fluids that contain blood or white blood cells.

Health officials note the best way to stop the spread is to:

- Know your HIV status
- Avoid or delay sexual activity
- Decrease the number of sexual partners you have
- Always use latex condoms during sex
- Avoid sharing needles or equipment to tattoo, body pierce or inject drugs
- Test at least annually if at risk
- Continue with health care if infected.

People can get infected with HIV by:

- Unprotected sexual intercourse with an HIV-infected person.
- Sharing drug injection needles
- Being accidentally stuck by needles or sharp objects by an infected person
- Infected blood used in transfusions
- Pregnancy, childbirth, and/or breastfeeding, where the virus is passed from mother to child.
- Transplanted organs from infected donors.

Getting tested is the best way to ensure that you and you partners remain as safe and healthy as possible. Do not wait until you have symptoms, it can be much harder to treat with medication. There are medications available today and it is entirely possible to live a long and healthy life with an HIV diagnosis. Being tested early is the **KEY!** Schedule an appointment with your primary Health Care Provider.

To find places near you that offer confidential HIV testing:

- Visit www.gettingtested.cdc.gov
 - Text your Zip Code to **KNOW IT** (566948), or
 - Call 1-800-CDC-INFO (1-800-232-4636)
- <https://www.worldaidsday.org/about/>

ISLETA J.O.M. PRESENTS:

ART ATTACK

Experiential Learning Opportunity

FOR J.O.M ELIGIBLE STUDENTS
GRADES K-6
MONDAY 23RD DECEMBER
9:00AM-1:00PM

Permission slips will be issued starting 12/9/19

Lunch will be provided

CONTACT ISLETA J.O.M. FOR MORE INFORMATION 505-869-9810

Made with PosterMyWall.com

Isleta Elder Center
869-9770

Apply Today

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

You will need to submit the following documents with your application:

1. Photo ID (for each person listed on application)
2. Income verification (for each person listed on application)
3. Current PNM & NM Gas Bill (for each person listed on application)

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

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



From a Home
Delivered Meal
Client

“...since I started getting Home Delivered Meals
my A1C levels have come down 3 points!”

From a Client
who eats at the
Elder Center

“On my last doctor visit, he said that I had lost
weight and my cholesterol levels were down.
He asked what I had changed. I started eating
meals at the Elder Center.”

Based on these comments it is a great benefit
to all our elders’ heath to participate in our food
service program.Should you join us at the Elder
center you will receive a nutritious meal with
a fresh salad bar, you will also get to see old
friends and make new ones along the way.

Lunch served

Monday – Friday

12:00 pm - 1:00 pm

Changes coming to Home Delivered Meals

For those who may not know. The Elder
Center Kitchen has been providing
nutritious meals to our homebound elders
for nearly two decades. This year alone
we are on track to serve 24,300 meals.

Our hot and cold meals include an entrée,
vegetable(s), grain (pasta, breads,
breadding or rice), fruit and milk, following
the USDA Guidelines for Americans 2015-
2020.

Along with a nutritious meal our drivers
also conduct a quick health and safety
check when they enter the home of our
clients.

UNDELIVERABLE MEALS

In prior years, we have noticed an alarming
trend dealing with our Home Delivered
Meal Program.

These are meals that are scheduled
to be delivered, however, due to no
communication to the elder center or
delivery person, the meal was prepared,
packaged and the driver attempted to
deliver and our client was not home. We
understand that every day is different, our
clients may have doctor appointments
or family engagements that take them
away from their home during our delivery
time. We ask that you please make a

courtesy call or speak to your driver about
cancelling a meal delivery ahead of time.

If this trend continues, this year alone, we
will estimate that attempts to deliver 1,300
meals that should have been cancelled in
advance, could have been avoided.

Starting January 1, 2020 we will suspend
delivery of meals when a total of 5 meals
are not cancelled within the month. Meal
delivery may be reinstated only after a
visit from the Food Service Manager or
the Outreach Manager.




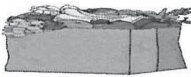




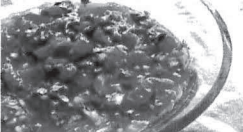












<div><div><div>MENU</div><div>Isleta Elder Center</div></div><div>DECEMBER</div><div>2019</div></div>				
Monday 12/2/2019	Tuesday 12/3/2019	Wednesday 12/4/2019	Thursday 12/5/2019	Friday 12/6/2019
Posole Pork 3 oz Red chile puree 1/4 c Hominy 1/2 c Tortilla 6" Fruit cup 1/2 c	Pizza and Salad Mozarella cheese 2 oz Pepperoni/sausage 1 oz Tomato (pizza) sauce 1/4 c WW pizza crust = 2 grain eq Tossed salad w/LF Ranch 2 c Fruit cup 1/2 c	Pork Loin Sliced pork 3 oz Mixed vegetable 1 c Stuffing 1/2 c Gravy 1 oz Baked apples 1/2 c	Sloppy Joe Ground beef 3 oz Sloppy Joe mix 1/2 c WW bun = 56 g Chuckwagon corn 1/2 c Baked pear crisp = 1/2 c fruit and 1 grain eg	Split Pea Soup w/ham Ham 1 oz Split peas 1/2 c Steamed carrot coins 1/2 c WW roll = 56 g Cranberry gelitan salad 1/2 c
12/9/2019	12/10/2019	12/11/2019	12/12/2019	12/13/2019
Minestrone Soup Italian meatballs 2 oz Mixed vegetable 1 c WW pasta 1/2 c Fresh fruit	Green Chile Enchilada Turkey 2 oz Green chile 1/2 c Cheddar cheese 1 oz Corn tortilla 2 oz Refried beans 1/2 c Peach cobbler = 1/2 c fruit and 1 grain eq	Green Chile Cheesburger Ground beef patty 4 oz Sliced american cheese .5 oz Sweet potato fries 1/2 c Diced green chile 1/8 c Lettuce/tomato 1/8 c WW bun = 56 g Fresh fruit	Frito Pie Red chile beans 1 c Shredded cheddar cheese 1 oz Lettuce/tomato 1/8 c Corn chips 1 oz Graham crackers = 24 g Baked apples 1/2 c <div><div>ican</div><div>Nutrition Education 9:30AM-11AM Adult Day Services</div></div>	Lima Bean Soup Lima bean (M/MA) 1 c Red chile w/pork 1/2 c Corn bread = 2 grain eq Fresh fruit
12/16/2019	12/17/2019	12/18/2019	12/19/2019	12/20/2019
Chicken and Rice Diced chicken 3 oz Brown rice 1 c Chateau vegetables 1 c WW crackers = 24 g Fresh fruit	Grilled Ham and Cheese Shaved ham 3 oz American cheese .5 oz Stewed tomato 1/2 c Carrot sticks 1 c Fresh fruit	Pulled Pork Sandwich Pork 3 oz Sweet potato fries 1/2 c WW bun = 56 g BBQ sauce 1 oz Pear cobbler = 1/2 c fruit and 1 grain eq	Chicken Adovada Burrito Chicken 3 oz Shredded cheddar cheese .5 oz WW tortilla 8" Pinto beans 1/2 c Steamed squash 1/2 c Fresh fruit <div>EARLY LUNCH</div>	Beef Bourguignon Carrots, onions, celery 2 c Green chile 1/2 c Oven bread = 2 grain eq Fresh fruit
12/23/2019	12/24/2019	12/25/2019	12/26/2019	12/27/2019
Chicken and Dumplings Diced chicken 3 oz Carrots, celery, onions, peas 1 c Dumpling = 1 grain eq Winter vegetable 1/2 c Cherry pie = 1/2 c fruit, 1 grain eq	Baked Salmon Salmon 3 oz Wild Rice 1/2 c Mixed vegetable 1 c Lemon wedge Fresh fruit	<div><div>WE'RE CLOSED FOR CHRISTMAS</div><div></div></div>	Egg Salad Sandwich Hard boiled egg 2 ea Croissant 2 oz Carrot coin 1 c Fruit cup 1/2 c	Red Chile Potato Stew Pork 3 oz Red chile puree 1/4 c Diced potato 1/2 c Banana bread square = 2 grain eq Fruit cup 1/2 c
12/30/2019	12/31/2019	<div>Please call by 9 AM to cancel Home Delivered Meals. This saves time and money. Thank you.</div> <div>Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.</div> <div><div>Don't Forget!</div><div></div></div>		
Nachos Supreme Ground beef 2 oz Shredded cheddar 1 oz Lettuce/tomato 1/2 c Chuckwagon corn 1 c Tortilla chip 2 oz Fresh fruit	Lasagna Ground beef 2 oz Mozzarella/cottage cheese 1 oz Marinara sauce 1/2 c Spinach 1/2 c Pasta 2 oz Fresh fruit	Based on the availability of ingredients/produce or other unforeseen circumstances, menus are subject to change.		

Activities


Isleta Elder Center

December

2019


12/2/2019	12/3/2019	Wednesday 12/4/2019	Thursday 12/5/2019	Friday 12/6/2019
	Shuffleboard 9am-12pm 1pm-3pm Elder Center Activities Room	Commodities Distribution #1 8:30am-3:00pm Onsite Activities Room 	Christmas Gift Making Activities Room 1pm 	Christmas Gift Making Continuation 
		Dollar Movie & Lunch TBA		
12/9/2019	12/10/2019	12/11/2019	12/12/2019	12/13/2019
Movie: How The Grinch Stole Christmas 1:00pm Dining Room 	Shuffleboard 9am-12pm 1pm-3pm New Recreation Center 	Best Salsa Contest Activities Room 1pm 	Commodities Distribution #2 8:30am-3:00pm Pojaque Pueblo Feast Leaving Center at 8:30am Mass 11:30am Activities Room	Ginger Bread Houses Dining Room 1pm - 3pm 
12/16/2019	12/17/2019	12/18/2019	12/19/2019	12/20/2019
	Christmas Bingo Dining Room 1pm-3pm 	Friendship Breakfast 9am General Meeting 10am Topic: Fire & Safety In The Home 	Caregiver Training 11:30 - 12:30 Staff Meeting 12:30 - 2:00pm EARLY LUNCH 11 AM - 12 PM	Birthday Celebrations 
12/23/2019	12/24/2019	12/25/2019	12/26/2019	12/27/2019
Christmas Story Telling Activities Room 1pm 		WE'RE CLOSED FOR CHRISTMAS 	Open Activities 8:00am-4:30pm 	Open Activities 8:00am-4:30pm 
12/30/2019	12/31/2019	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. Transportation is available for All events/activities Isleta Elder Center (505) 869-9770 Monday - Friday 8:00AM - 4:30PM		
				

Activities and Events are Subject to Change



Isleta Elder Center

869-9770



Do you need assistance with your PNM bill?

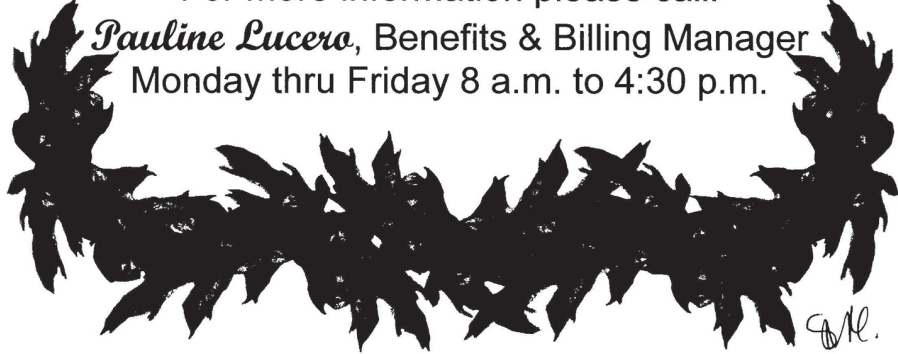
PNM Good Neighbor Fund Event

You will need have the following documents available to process your application:

- Proof of all household income
- Proof you were approved for LIHEAP
- ID's for all persons in your home
- Your past due PNM bill

Please note: You can only apply for the Good Neighbor Fund once a year

For more information please call:
Pauline Lucero, Benefits & Billing Manager
Monday thru Friday 8 a.m. to 4:30 p.m.



Isleta Health Center
Dental Department News
Dr. J Richter DDS

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

Veteran Lapel Pin



Memorial Day, 2012, the Federal Government partnered with communities, local governments, and private organizations across America to honor those who served during and fought in the Vietnam War era. It is a 13-year program to honor and give thanks. Let us remember that it is never too late to pay tribute to the more than 3 million service men and women who answered the call of duty with courage and valor. The official 50th Anniversary Commemoration goes through 2025 – the Commemorative Partners are dedicated to reaching out to 7.2 million veterans and 9 million families. In New Mexico, alone we have 60,000 living Vietnam Era Veterans to recognize and thank.

The United States of America’s Vietnam War Veteran Lapel Pin is presented to veterans who served on active duty in the US Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of location.

“On behalf of the President of the United States, the Secretary of Defense and a grateful nation, I am privileged to present to you this lasting memento of our gratitude. Thank you for your service and for the sacrifices you and your family made for all of us. More importantly, thank you for the lessons of honorable service and love of country that you’ve taught all of us and continue to teach us.”

“Welcome Home”

POI Elder Center
Adult Day Services

Month of December

This month we have craft items on sale for your Christmas shopping in Adult Day Services. The crafts were made by the elders with some assistance. These items were made with patience, determination and the end product is unique! Come see the elders’ work displayed in Adult Day Services. Items are less than twenty dollars: dish towel sets, tortilla warmers, bird houses and mini animals made with native print material.



November Highlight

Healthy Cooking/ICAN
Tina L. Carpenito, Nutrition Educator



FREE



FREE

Central New Mexico Housing Corporation
Is Now Accepting Applications for the
New Mexico Energy\$mart Program

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.

Call **TODAY**

505-345-4949 or Toll Free 1-855-345-4949

www.centralnmhousing.org

703 Osuna Rd NE Suite 2
Albuquerque, NM 87113

CNMHC Serves the Counties & Pueblos: Cibola, Acoma Pueblo, Laguna Pueblo, McKinley, San Juan, Rio Arriba, San Juan Pueblo, Santa Fe, Nambe, Pojoaque, San Idelfonso, Tesque, Bernalillo, Sandoval, Cochiti, San Felipe, Sandia, Santa Ana, Santo Domingo, Valencia, Taos, Harding, San Miguel, Quay, and Union

For more information or assistance, please call
Pauline Lucero 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

[Signature]



Person to person - you can be up to 6 feet away and still be infected with the flu when a person coughs, sneezes or even talks. A person may get the flu by touching surfaces or objects that have the flu virus on it and then touching their mouth, nose, or possibly even their eyes.

How can you protect yourself?

Cover your cough, wash your hands, and most importantly get the flu vaccine. It is not a bad idea to clean and disinfect items you come in contact with daily.

How do I know I have the Flu?

People who are sick with the flu often feel some or all of the following symptoms: Fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness). Some people may have vomiting and diarrhea, although this is more common in children than adults.

It is important to note that not everyone with flu will have a fever



***Isleta Health Center
Emergency Medical Services***


Isleta EMS has a lot happening right now. We are in the process of hiring new staff so we can add a second ambulance to better serve the community. This second ambulance will be a 12-hour truck that we hope to station somewhere in the area of the Tribal Complex to allow for better response times. One of the main duties of this ambulance will be Community EMS. This endeavor will be supported by our new relationship with the UNM EMS Consortium. Dr. White is helping us develop guidelines that fit the Isleta community.

Some of the services we look forward to providing will be visits to some of the population that either request or are referred. These visits will entail vital sign and safety checks. Another portion of this service will be calls to residents identified as someone who could benefit with a check in as to their medication and general well-being status. The community EMS service will be in coordination with the community health services currently being provided by the Isleta Health Center. The service will also be in coordination with the Health Center and Consortium physicians.

We look forward to all the new services being in place. Be on the lookout for further information on how to access these new services.
-Isleta EMS Department

Isleta Health Center
Would like to introduce you to another
of your Health Care Team Providers:
Pearlyn Tomosie M.D.

Hello! My name is Dr. Pearlyn Tomosie. I have been working as a physician at the Isleta Health Center for 3 years. I attended Northern Arizona University for college and majored in Microbiology with a minor in Chemistry. After graduating, I worked for 3 years in a hospital lab. I then decided it was time for me to finally pursue my childhood dream of becoming a doctor so my husband and I left the only home we had ever known (Hopi, Arizona) to travel more than 1,000 miles north where I attended medical school at the University of North Dakota. Upon obtaining my medical degree, I moved to New Mexico to complete my training in Family Medicine at the University of New Mexico Northern New Mexico Family Medicine Program in Santa Fe. I have been Board Certified by the American Board of Family Medicine since 2016. Since completing residency, I have been employed here at the Isleta clinic. When I am not at work, I enjoy spending time with my husband and daughter as well as going home to Hopi as often as I can. It has always been my goal to work with other natives as I feel that I can help bridge the gap that exists between us and western medicine. That being said, I enjoy my job as the Isleta people have been wonderful to work with! My family and I appreciate all the kindness and hospitality we have received from the community. I look forward to continuing to learn and grow here at IHC. Eskwali (Thank-you)!



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

-Isleta Health Center

Health Beat: Hand Washing Awareness

Week Dec 1-7, 2019

Stephanie Barela, Health Educator
www.cdc.gov
505-869-4479 | sbarela@islclinic.net

Do you like being sick? Probably not, most of us hate being sick, so take the first week in December to celebrate Hand Washing Awareness Week and learn how and why to wash your hands! As the CDC says, “Handwashing is like a ‘do-it-yourself’ vaccine—it involves five simple and effective steps, (Wet, Lather, Scrub, Rinse, Dry), washing your hands can reduce the spread of diarrheal and respiratory illness.”

How to Prevent the Spread of Germs by Washing Your Hands


According to the CDC website, you can prevent the spread of many diseases and conditions by washing hands with soap and water; this is the best way to reduce the number of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals



Make sure you wash your hands before and after the activities below:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How to Wash Your Hands

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air-dry them.

Questions? Call 869-3200					
DECEMBER 2019 ISLETA HEALTH CENTER					
SAT/SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Morning Medicine 6-7:30am Podiatry Clinic:: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Youth Life Skills 4:30-6:30pm @BHS Open Gym – 8am-4:30pm @DPP Wellness	3 Morning Medicine 6-7:30am 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 – 8am-4:30pm @DPP Wellness	4 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Open Gym – 8am-4:30pm @DPP Wellness Wellbriety Group: 6-7:30pm @BHS	5 <div>CLINIC OPENS AT 9:50am</div> Morning Medicine 6-7:30am Podiatry Clinic: 8:00-4:30pm Open Gym – 8am-4:30pm @DPP Wellness	6 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS Open Gym – 8am-4:30pm @DPP Wellness
7/8	9 Morning Medicine 6-7:30am Podiatry Clinic:: 8:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Youth Life Skills 4:30-6:30pm @BHS Post Measurements– 10:00am-6:30pm @DPP Wellness	10 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12pm Another Recovery Technique (ART): 1-3:30pm @ BHS. Youth Power Source: 4:30-6:30 @BHS Post Measurements– 10:00am-6:30pm @DPP Wellness Isleta Community Cancer Support Topic: Hospice 10:30am—12:00pm Isleta Health Center Kitchen	11 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Post Measurements– 10:00am-6:30pm @DPP Wellness Wellbriety Group: 6-7:30pm @BHS Healthy Cooking Class: 5-7pm @Health Center Kitchen	12 <div>CLINIC OPENS AT 9:50am</div> Morning Medicine 6-7:30am Podiatry Clinic: 8:00-4:30pm Post Measurements– 10:00am-6:30pm @DPP Wellness	13 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS Post Measurements– 10:00am-6:30pm @DPP Wellness
14/15	16 Morning Medicine 6-7:30am Podiatry Clinic:: 12:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Youth Life Skills 4:30-6:30pm @BHS Open Gym – 8am-4:30pm @DPP Wellness	17 Morning Medicine 6-7:30am 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 – 8am-4:30pm @DPP Wellness	18 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12 pm Youth Group ICAP: 4:30-6:30pm @BHS Wellbriety Group: 6-7:30pm @BHS Open Gym – 8am-4:30pm @DPP Wellness	19 <div>CLINIC OPENS AT 9:50am</div> Morning Medicine 6-7:30am Podiatry Clinic: 8:00-4:30pm Open Gym – 8am-4:30pm @DPP Wellness	20 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS Open Gym – 8am-4:30pm @DPP Wellness
21/22	23 Morning Medicine 6-7:30am Podiatry Clinic: 8:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Youth Life Skills 4:30-6:30pm @BHS Open Gym – 8am-4:30pm @DPP Wellness	24 Morning Medicine 6-7:30am 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 – 8am-4:30pm @DPP Wellness	25 Clinic Closed 	26 <div>CLINIC OPENS AT 9:50am</div> Morning Medicine 6-7:30am Podiatry Clinic: 8:00-4:30pm Open Gym – 8am-4:30pm @DPP Wellness	27 Morning Medicine 6-7:30am DM Clinic w/Medical: 8:30-12pm Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Another Recovery Technique (ART): 1-3:30pm @ BHS Open Gym – 8am-4:30pm @DPP Wellness
28/29	30 Morning Medicine 6-7:30am Podiatry Clinic:: 12:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Youth Life Skills 4:30-6:30pm @BHS Open Gym – 8am-4:30pm @DPP Wellness	31 Morning Medicine 6-7:30am 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 – 8am-4:30pm @DPP Wellness	 National Hand Washing Awareness Week: Dec. 1-7, 2019	 National Influenza Vaccination Week: Dec. 1-7, 2019	DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475



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:


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

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



Pueblo of Isleta
Community Cancer
Support Group


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



December 10, 2019
10:30am-12pm
Isleta Health
Center Kitchen
* Enter the main doors to get a visitor badge.

TOPIC: Hospice
(Topic May Change)
Session Consists of:
Presentation, Discussion and
Group Sharing

ALL WELCOME!



Contact
Stephanie Barela
869-4479

ALL WELCOME