



# Isleta Pueblo News

Volume 15 Issue 3

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

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March 2020

## Governor's Report

Ma gu wam

Greetings to everyone. I hope that you all had a memorable Valentine's Day. Let us all be thankful for the blessings of this past few weeks and look forward to the warm, sunny days of Spring.

### COMMUNITY MEETING

I would like to thank everyone that gave their time and suggestions at the Community Meeting held on Saturday, February 1, 2020. The meeting was very informative, especially the information provided on upgrades for Highway 47 scheduled to begin in March and the topic of 2020 Census. If you have any questions regarding these topics, please feel free to call the programs directly or our office 505 869-3111.

9:05am NM 47 Two-way Left Turn Lane  
Kathy Trujillo, Director  
Construction Operations

9:25am Community Contact  
Chief Sylvester Stanley  
Isleta Police Department

9:45am Language Program  
April Padilla, Director  
Language Department

9:50am Construction Updates  
POI Motor Pool  
Paul Lujan,  
Construction and Design

10:00am 2020 Census  
Nanette Coriz, Census Dept.

10:15am Utilities New infrastructure  
and maintenance techniques  
Edwin Jaramillo, Director  
Public Works Department

10:30am Update  
Barbara Sanchez, Director  
Isleta Pueblo Housing

11:00am Progress Report  
Kevin Lente, President  
Isleta Tribal Council

### MAYORDOMO APPOINTMENTS

A meeting of the ditch associations was held on January 25th and the following Mayordomos have been appointed for 2020.

#### Chical Ditch

Head Mayordomo – Leon Chiwewe  
Helper – Leonard Abeita

#### Acequia Madre

Head Mayordomo – Daniel Waseta Jr.  
Helper – Johnathan Piro

#### Cacique Ditch

Head Mayordomo – Ben Garcia  
Helper – Calvin Jiron

Thank you to these gentlemen who will serve their community. Signs should be posted soon for notice of ditch cleaning dates. I also urge you to go out and support your ditch association on ditch cleaning days and to keep your ditch dues current. You may call the Isleta Governor's Office for Mayordomo contact information.

### MOTOR POOL

Construction of the tribal motor pool has begun and should be completed soon. This new program will save the tribe money on vehicle maintenance to include maintenance on our heavy equipment. The motor pool building will house the Natural Resources, Utilities and Transportation Departments and will be located at the Tribal Services Complex.

### LANGUAGE PROGRAM

A big welcome to April Padilla, Director for Pueblo of Isleta Language Program. The language program will be moving to the new cultural building (former site of the Old Isleta Elementary School) where language classes will be scheduled and taught.

### NM STATE LEGISLATURE

I would like to extend our sincere appreciation to Drew Setter and Pamela Mahooty for all their lobbying efforts on behalf of our tribe. The following is a list of projects that were proposed to the State of New Mexico were funded for program support funds and infrastructure support:


- \$305,000 for tower replacement at the Roads Department yard
- \$217,154 to purchase farm equipment and construct a storage building for the Conservation Services Program
- \$615,000 for design of a new Social Services office
- \$25,000 for a water tank

### CENSUS 2020

Tribal Administration and Tribal Council are in full support to ensure the accurate and total count for the 2020 census. Our Census and Enrollment Department will be assisting the federal and local liaisons to advertise, provide informational assistance to the public and recruit workers for this task. The Pueblo of Isleta Public Library has computers and assistance available for on-line response. It is estimated that for every person counted in the census, it could increase funding in the amount of \$3,400 per year/per person. So, please be timely in responding to the 2020 Census count.

May our great father grant you good health and a bountiful growing season.

## NATIVES COUNT 2020!



- **CENSUS DAY FOR MOST AMERICANS IS ONE YEAR AWAY, ON APRIL 1ST.**  
On April 1, 2020, the U.S. Census Bureau will conduct a count of all people living in the United States and the Tribal Nations in the United States.
- **THE FIRST AMERICANS WILL BE THE FIRST COUNTED BEGINNING IN JANUARY 2020.**  
Alaska Natives will be the first counted, beginning with the Nunakuyarmiut Tribe (formerly known as the Native Village of Toksook Bay) in Alaska. The 2020 Census is being taken in Alaska earlier than elsewhere because many villages are in remote areas and residents often leave their communities in April for subsistence fishing and hunting and warm-weather jobs.
- **NATIVES NEED TO BE COUNTED TO SECURE FEDERAL DOLLARS.**  
About \$600 billion in federal funding is distributed annually based on population counts obtained by federal agencies.
  - Each person counted equals \$3,000 in funding for your community.  
A 2000 study determined that undercounting the largest counties in the 2000 Census cost those communities nearly \$3,000 per person.
  - Dollars that impact Tribal communities are lost if you are not counted.  
In 2016, federal funding disbursed based on people counted in Census surveys included \$361 billion for Medicaid, \$40 billion for roads, and about \$37 billion in programs for families and children including TANF, CHIP, and WIC.
- **NATIVES NEED TO BE COUNTED TO PROTECT TRIBAL SOVEREIGNTY.**  
The Census count is used to determine voting boundaries to elect officials in non-Tribal elections. You need to be counted to have an equal voice to elect candidates who will respect Tribal sovereignty, preserve your culture, and fairly allocate resources to Indian Country.
- **NATIVES NEED TO BE COUNTED TO PRESERVE THEIR LANGUAGES.**  
Census data is used to require non-Tribal governments in many areas to provide assistance in American Indian and Alaska Native languages for voting, social programs, and emergency services.
- **WHAT CAN YOU DO?**  
There are many ways you can make a difference in making Natives Count in 2020.
  - Apply to be a Census taker.  
The U.S. Census Bureau is currently hiring for 2020. For more information or to apply, go to <https://2020census.gov/jobs>.
  - Start or join a complete count committee in your community.  
Complete count committees help identify and count Tribal members in your community.
  - Go to the Natives Count website.  
Visit <http://census.narf.org/> for the latest information on the Census, tool kits, and other information to make Natives count!



LETTER FROM THE EDITOR

**DEADLINE for April Newsletter articles is set for Tuesday, March 24, 2020, at 4:30 pm.** Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@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) Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)



PROBATE NEWS

**FIRST NOTICE – A petition to Probate the Estate of Juan F. Abeita, deceased September 15, 1986. Case No. CV-PR-0311-2019,** 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, April 15, 2020 at 10:45 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 Richard T. Jojola Sr., deceased September 09, 2019. Case No. CV-PR-0285-2019,** 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, February 12, 2020 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 Prudence Maria A. Lente, deceased May 05, 2019. Case No. CV-PR-0282-2019,** 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, April 1, 2020 at 9:45 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 Augustine Delano Jiron, deceased June 04, 2019. Case No. CV-PR-0304-2019,** 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, April 08, 2020 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.



2020 Fire Season  
beginning soon.

Isleta Pueblo Fire Department

Fire Season coming soon! The Fire Department will be available to assist residents with agricultural burns. Burn permits still required, instructions must be followed on burn permit.

For more info contact the numbers below, burn permits available at Isleta Natural Resources Department located by the Isleta Health Center.

For more info call 505-869-9725 OR 505-401-5119



ISLETA ANIMAL CONTROL

Greeting Folks,

Isleta Animal Control hopes all is well with you and your Animals. With the beginning of Spring rolling around the corner, our small mammals will be getting out of a long winter of resting resulting in more active movements as the days warm.

Please keep in mind the Pueblo of Isleta Animal Ordinance. As a responsible pet owner, you are required to adhere to the animal ordinance and comply with Authorized Officials. Please Read and Review the animal ordinance Section 3, Animal Owner's Duties and Responsibilities. Don't forget to keep your animals within your property. Take the time to reinforce or repair any areas that your pets may use to escape through on your property.

During the month of February, citations were issued for Animals "Running At Large, No Identification and Rabies Vaccination". Please keep in mind, there are fines and penalties assessed with every violation that is violated by Isleta Animal Control.

This Month there will be a few slots available for Animal Spay and Neuter. Please call Isleta Animal Control for a voucher. Slots are limited and are on a first-come, first-serve basis. We have not set a date for Rabies Vaccinations, please keep posted by visiting the animal control web link found on the Pueblo of Isleta's website.

If there are any questions, concerns or feedback please do not hesitate to contact Animal Control at:

Isleta Animal Control  
505-869-7564  
<https://www.isletapueblo.com/tribal-programs/animal-control/>



Job posting on the POI Career's Page. Applications available at <https://www.isletapueblo.com/careers/>

*POI is hiring Summer Interns*

Get work experience in your field of study at a POI Department.  
Apply by March 31, 2020.

Must be an Isleta tribal member. Must be a junior or senior in high school or enrolled in an accredited college.

Contact Natasha Jiron for more information.  
3950 NM-47 Albuquerque, NM 87105 / (505) 869-7584  
3950 NM-47 Albuquerque, NM 87105

# Be A Census Taker

- ✓ Extra income
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

Apply Online  
[2020CENSUS.GOV/JOBS](https://2020CENSUS.GOV/JOBS)

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service: 1-800-877-8339 TTY/ASCII [www.gsa.gov/fedrelay](http://www.gsa.gov/fedrelay)

The U.S. Census Bureau is an Equal Opportunity Employer.

D-1569 | April 2019

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United States  
Census  
2020

## White Eagle Electrical Services LLC



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**CELL:(505)917-6933**  
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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

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Pueblo of Isleta Career Opportunities

PositionPosting	OfficeLocation	ClosingDate
ADMINISTRATIVE ASSISTANT I	Tribal Administration	Within Only 03/03/2020
CUSTODIAN - AMENDED	Public Works	Open Until Filled
DIABETES PROGRAM MANAGER	Health Center	Open Until Filled
HEAD START TEACHER	Head Start	Open Until Filled
HEAVY EQUIPMENT TECHNICIAN REPOSTED	Construction Operations/Motor Pool	Open Until Filled
HVAC TECHNICIAN	Public Works	Open Until Filled
INTERNAL AUDITOR - REPOSTED	Gaming Regulatory Agency	Open Until Filled
JOHNSON-O'MALLEY COORDINATOR	Department of Education	02/20/2020
NATURAL RESOURCES TRAINEE	Natural Resources	Open Until Filled
NURSE EDUCATOR - REPOSTED	Health Center	Open Until Filled
OPTOMETRIST-AMENDED	Health Center	Open Until Filled
PARAMEDIC PT	Health Center	Open Until Filled
PERSONAL CARE SERVICE AIDE REPOSTED	Elder Center	Open Until Filled
PHYSICIAN-AMENDED	Health Services	Open Until Filled
PHYSICIAN/PEDIATRICIAN	Health Center	Open Until Filled
PLUMBER	Public Works	Open Until Filled
POLICE OFFICER CERTIFIED - AMENDED	Police Department	Open Until Filled
PRC MANAGER-REPOSTED	Health Services	Open Until Filled
REGISTERED NURSE-(Part Time)	Health Services	02/24/2020
SALES ASSOCIATE-REPOSTED	C-Store	Open Until Filled
SPECIAL EDUCATION TEACHER	Isleta Elementary School	Open Until Filled
SYP WEED & LITTER WORKER (6 Positions)	Parks & Recreation	02/24/2020
UTILITY WORKER	Public Works	Open Until Filled
VETERAN SUPPORT SERVICE PROGRAM MEMBER	Elder Center	Open Until Filled
WATER - WASTE WATER APPRENTICE through WATER-WASTE WATER OPERATOR IV	Public Works	Open Until Filled



62A Tribal Road 90 SW

Albuquerque, NM 87105

Phone: (505) 916-0695

Fax: (505) 916-5243

www.cfpadillallc.com

CURRENT JOB OPENINGS as of February 2020

o Heavy Equipment Operators

o Project Engineer

o Pipe Layers

o Laborers

EMPLOYMENT PROCESS

Indian Preference Applies

1. Complete New Hire Application

a. Application available for pick up at CF Padilla Office located at: 62A Tribal Road 90 SW, Albuquerque NM 87105

b. Application available upon request via email to Felicia Padilla, Office Manager at: felicia@cfpadillallc.com

2. Pass a pre-employment drug screen

3. Must have a valid drivers license

\*Once hired, employee must have the ability to travel.

Community meeting



Census 2020

Informational Meeting

March 14, 2020

Chical Reception Hall

10:00 am - 12:00 pm

The WIOA Youth Program is hiring for the summer.

APPLICATIONS DUE BY MARCH 31, 2020

8 POSITIONS OPEN

• 120 hours of work experience in a POI Department

• 10 hours of training

• \$10.00/hr

• Interest Profiler Assessment

• Must be Native American, Hawaiian, or Alaskan Native.

• Must be 14-24 years of age.

• Must reside within Bernalillo or Valencia County.

• If male, 18 years of age or older, and born after the year 1960, must be registered for the selective services.

• Priority for low-income applicants.

Positions posted on the POI Career's page. Applications available at <https://www.isletapueblo.com/careers/wioa/>

- or -

Contact Natasha Jiron at the Isleta Human Resources Office, located at the Isleta Tribal Services Complex.

3950 NM-47, Albuquerque, NM 87105 (505) 869-7584



WE ARE HERE TO SERVE  
Isleta Health Center Team

When Counseling Helps

Talking to others is always helpful and talking with a professional therapist can really help. If emotional or mental health issues did not have such a stigma, people would see a therapist as regularly as they see any other health professional. Is there a special time or circumstance that makes it the “right” time to talk with a counselor?

- Perhaps a loved one was diagnosed with a serious health problem or a loved one passed away. Maybe an important relationship ended.
- Perhaps there is tension at work, home, with family, or with friends.
- You have been “blue” or “down” for a while but do not really know why. You do not have to have a specific reason to justify talking to a professional...if you’ve been sad for a significant period of time - every day, for two weeks or more — it’s time to get help.
- You are avoiding other people – just want to be left alone – while some alone time can be good; avoiding other people can also be a sign of depression.
- You have little or no energy, have difficulty concentrating or remembering, and little motivation for everyday tasks – these could be signs that you have depression – depression is one of the most common mental health issues in this country.
- You worry too much about what might happen or you feel guilty about what has already happened in your life. These emotions can be overwhelming and cause anxiety. Anxiety can really disrupt your regular routine and can even result in panic attacks.
- You feel as though family, friends, and your job all have something negative to say to you and it may feel as though the whole world is against you.
- You are self-medicating to improve or change your mood - maybe one drink or a shot leads to drinking the entire bottle...or you cannot seem to get through the day without a little something. If you’re relying on something to numb yourself or change how you feel – food, alcohol, drugs, gambling, or otherwise — it’s definitely time to talk to someone.

Call 869-5475 and schedule an appointment to meet with a therapist to see if counseling could help you.

There are times you cannot wait for an appointment to get the help you need, if you or someone you know is having a mental health crisis, call the **National Suicide Prevention Lifeline** at 1-800-273-8255, you can also contact the **Crises Text Line** by texting HOME to 741-741 for 24-hour support, it is free.

**Give time and attention to all your health needs  
physical, emotional, and mental.**

# The 2020 Census

## 4 Ways to Respond



### 1. Secure Internet

New and Quick, Respond Online.

It's safe, secure and confidential. Your information and privacy are protected. It's economical both for you and for the taxpayers. It's greener saving trees and it's user friendly—offering you help screens and the ability to review your answers.



### 2. Respond by Phone

Our enumerators are ready to take your information question by question from the convenience of your phone from any location.



### 3. Respond by Mail

Wait until you receive your paper form through the mail or dropped at your residence. It can be filled out at home and dropped into your mailbox or post office.



### 4. In-person Interview

Our enumerators will visit residences that choose not to self respond.

Multiple Languages Available		
Phone & Internet	Paper Mailer	In-Person Interview
English Chinese Korean Arabic Polish Japanese Haitian Creole	Spanish Vietnamese Russian Tagalog French Portuguese	English & Spanish
		Numerous Community individuals hired to interview others in their own community and language

Each completed survey is a building block to a better America.

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United States  
Census  
2020

# 2020 Census Question on Race

## Information for American Indians and Alaska Natives

### How should I respond to the race question if I am American Indian or Alaska Native?

An individual's response to the 2020 Census race question is based upon self-identification. The U.S. Census Bureau does not tell individuals which boxes to mark or what heritage to write in.

People who identify as American Indian or Alaska Native may mark the American Indian or Alaska Native checkbox and enter the name of their enrolled or principal tribe(s) in the write-in area.

People may report multiple races and/or report multiple detailed groups. Each specific write-in area will record up to 200 characters and up to 6 detailed groups, allowing for long names and multiple groups to be reported.

### Improvements to the 2020 race question.

Several question design improvements were made to help improve reporting of detailed American Indian and Alaska Native identities.

- Examples included for the "American Indian or Alaska Native" checkbox category.
- Detailed American Indian tribes, Alaska Native villages, and indigenous Central and South American responses collected via a dedicated write-in area.

### Identifying as American Indian or Alaska Native on the census is a matter of self-identification.

The Census Bureau collects race data in accordance with the 1997 U.S. Office of Management and Budget (OMB) standards on race and ethnicity. The 1997 OMB standards define "American Indian or Alaska Native" as "A person having origins in any of the original peoples of North and South America (including Central America), and who maintains tribal affiliation or community attachment."

### Why does the census ask a question about race?

The question on race is asked of all people in the United States. These data are required for federal, state, and tribal programs and are critical factors in the basic research behind numerous policies, particularly for civil rights. Race data are used in planning and funding government programs that provide funds or services for specific groups.

These data are also used to evaluate government programs and policies to ensure they fairly and equitably serve the needs of all racial groups and to monitor compliance with antidiscrimination laws, regulations, and policies. States also use these data to meet legislative redistricting requirements.

### 7. What is this person's race?

Mark ☒ one or more boxes AND print origin.

☐ White — Print, for example, German Irish, English, Italian, Lebanese, Egyptian, etc.

☐ Black or African Am. — Print, for example, African American, Jamaican, Nigerian, Nigerian, Ethiopian, Somali, etc.

☐ American Indian or Alaska Native — Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfoot Tribe, Mayan, Aztec, Native Village of Sanele Inupiat Traditional Government, Nona Cakiro Community, etc.

☐ Chinese ☐ Vietnamese ☐ Native Hawaiian

☐ Filipino ☐ Korean ☐ Samoan

☐ Asian Indian ☐ Japanese ☐ Chamorro

☐ Other Asian — Print, for example, Pakistani, Cambodian, Hmong, etc.

☐ Other Pacific Islander — Print, for example, Tongan, Fijian, Marshallian, etc.

☐ Some other race — Print race or origin

Connect with us  
@uscensusbureau  
For more information:  
2020CENSUS.GOV

Shape  
our future  
START HERE >

United States  
Census  
2020



ISLETA PUEBLO HOUSING AUTHORITY  
SUMMARY OF COMMUNITY MEETING PRESENTATION  
HELD ON FEBRUARY 1, 2020

FY 2019 Snap Shot

The Isleta Pueblo Housing Authority (IPHA) derives its powers and authority from the Isleta Pueblo Housing Authority Ordinance. The IPHA is managed by a Board of Commissioners, appointed by Tribal Council. The members are Mark Dixon, Chair; Judy Jojola, Vice; Leroy Abeita, Secretary; Frank Lujan, Member; and, Bill Richardson, Member

The Isleta Pueblo Housing Authority provides services to Tribal membership for housing services in the following five (5) main categories:

- MANAGEMENT OF HUD UNITS
- MANAGEMENT OF POI, EMERGENCY UNITS & TRAILER PARK
- HOME REPAIR/MAINTENANCE
- LOAN AGREEMENTS
- WORK ORDERS FROM NON-MANAGED HOMES
- NEW HOME CONSTRUCTION/HOME RENOVATION

MANAGEMENT OF HUD UNITS – Sunset Hills I

A Three Year Program Review Findings – Southwest Office of Native American Programs, HUD, Conducted March 18 – 22, 2019, found: Findings: Findings occurred prior to interim employment of the current Executive Director:

1. Self-Monitoring Assessment. ADDRESSED AND CLOSED
2. Binding Commitments. ADDRESSED AND CLOSED
3. Inaccurate APR reporting. ADDRESSED AND CLOSED
4. Outstanding finding is the maintenance of HUD units – referred to as Sunset Hills I. HUD required IPHA to develop a maintenance plan to include a Maintenance Department, which IPHA did, or return prior allocated maintenance funding. Modernization Program developed to include:

Modernization Program created to address maintenance for HUD Lease Purchase Units at a cost of \$1M+ for next 3 years

Phase I: Installation of Water Heaters/Furnaces for 54 HUD homes – approximately 45% complete with projected completion date, March 2020. Inspections by licensed plumber/HVAC (N & J Plumbing and HVAC) are occurring after installation by Maintenance crew. It is CRITICAL that homeowners/tenants adjust their schedules to allow for inspections to occur.

Phase I: Installation of Metal Roofs – Development of 6 different roof designs has occurred – approximately 95% complete. Once the design work is completed, a scope of work and bid documents will be prepared for installation of metal roofs and Master Coolers. IPHA has hired an Architect Technician and he is currently preparing the designs.

Phase I: Installation of Windows – Installation of windows will follow the same process as the roofs.

Phase II: Tentatively scheduled for FY 2021 - electrical, plumbing, interior ceilings/walls, etc. if needed, will follow

To Prepare for Modernization Program, letters sent to each Home Owner to clean up yards and resolve delinquent accounts. Out of 54 accounts, 1 is in a hardship situation and 1 is delinquent. All 52 accounts are being paid on a monthly basis along with their insurance costs. Thank you to those who are maintaining diligence in keeping your accounts current.

TRIBAL MEMBERS, the Modernization Program is only for HUD Units LOCATED AT SUNSET HILLS I, not for PRIVATE homes, NOR OTHER IPHA MANAGED UNITS.

MANAGEMENT of DELINQUENCIES

The Board of Commissioners directed the Executive Director to reconcile the Home Owner/Tenant delinquent accounts as this has been an on-going problem for at least the last four years, if not longer.

At the Tribal Council Meeting March 2019, 8 days in an interim Executive Director position, Council inquired as to how delinquent accounts will be resolved. According to POI Treasurer’s Total Account Receivable (BALANCE OF MONEY OWED TO IPHA/POI) as of December 2018, was \$755,729.63.

RECONCILIATION/DELINQUENCY PLAN FORMULATED TO ADDRESS DELINQUENCIES:

IPHA Will:

- 1) Follow policies. Determine via policy

what procedures will be followed to strengthen our efforts in collecting, sending letters, delinquency notices, letters of eviction, etc. with our primary objective to get the HO/Tenant/Borrower to come into the office and assist IPHA in reconciliation of their account.

2) Recognize that delinquent accounts would be going to tribal court. Homeowners feel that they are being harassed, threatened, with numerous complaints to Council and Administration. The BOC and Council has demonstrated support in this area.

3) Expect accountability if an Agreement is signed to pay HO cost of \$250.00 a month plus insurance, then IPHA expects the HO to honor their agreement. If tribal members want a home, there are homeownership responsibilities that come with it. IPHA does not need the verbal abuse and complaints if a member is delinquent on their account. The Homeownership Department has done a tremendous job in addressing account reconciliations and delinquencies.



Beef Cattle  
Reproduction  
Anatomy and  
Endocrinology

Isleta Casino: 11000 Broadway Blvd SE, Rio Bosque Ballroom

Tuesday, March 17, 2020, 6:00pm - 8:00pm  
Gain greater understanding of the  
reproductive and endocrine systems with  
hands on practice assisting calving difficulties

Presented by  
Dr. Marcy Ward, NMSU Extension Livestock Specialist  
Dr. Craig Gifford, NMSU Extension Beef Specialist  
Provided by  
Valencia County Cooperative Extension Service  
This FREE workshop sponsored by  
Isleta Pueblo Natural Resources Department  
For Information Call: (505) 565-3002



4) The Board of Commissioners went one step further to secure the accounting services of Sloan and Company, prior to the Executive Director’s tenure, to assist counselors in reconciling accounts. Since then, the following steps were taken:

- a. Staff schedules created to concentrate on reconciliation of accounts from the HDS – Wins, Quick Books to MOM’s for a period of 2 hrs. per day, five days a week. As of today, the Quick Books and MOM’s, system kept by the tribe primarily for IPHA, **are no longer being used.**
- b. Reorganization occurred where a position of Data Clerk was re-classified to Homeownership Loan Counselor (HOC) (POI accounts), a HOC was reclassified to a Coordinator position, and a new HOC hired.
- c. A software program called Doorways has been purchased and is in use. This is the system we will be using for our HO/tenant accounts, charging of labor/fringe benefits and materials for each project. Email addresses are still being set up along with access to WI-FI for FAC for I-Pad use in work orders. This program will assist in keeping track of the materials/supplies and time for each work order.

POI PAYBACK AGREEMENTS

This is POI funding, approved by Tribal Council in 2012, where a tribal member may “borrow” money to do home repair/maintenance. Great source for non low-income members. To avoid confusion with the account payback, this source has been renamed **Home Repair/Maintenance Loan Agreements. Various problems have been encountered with this service as follows:**

**PROBLEM:** If you borrow \$20,000 or more, plus interest, then as per Renovation and Emergency Home Repair Policies, IPHA must have the collateral land assignment, in case payment is forfeited. This policy requirement was not consistently followed in the past, which is now resulting in tribal court cases. Addendums to prior Agreements totaled up to more than \$65,000. This source of funding is **experiencing SIGNIFICANTLY HIGH DELINQUENCIES.**

**PROBLEM:** These agreements had different interest rates RANGING FROM 0% to 4%. New policy amendments now reflect 1.5% interest, and the tribal member must sign an Authorization to Deduct and Assign Tribal Per Capita Distributions, which means a member must voluntarily give up their per capita.

**PROBLEM:** Lack of account reconciliation prior to March 2019. This source of funding was suspended for 6 months in 2019 until the majority of the accounts were reconciled. In some cases, errors were made by IPHA. Some accounts did not receive one payment and some payments were made only **ONCE** from 2012 moving forward.

**In the future, IPHA will not be approving agreements if there is a history of delinquent accounts and/or accounts are moving towards tribal court for collections.** For accounts not yet paid off, you will no longer be able to add addendums to the original agreement, unless it due to documented unforeseen circumstance.

**STATUS:** Out of 123 accounts with **POI Investment/IPHA** from 2012 to January 2020, approximately 29 accounts have been paid off at an approximate cost of \$1,160,000. These accounts are homes/trailers purchased or funded by POI funds.

**Approximately 50%, or \$146,567.67, of the POI accounts are in a delinquent state ranging from \$10.87 to \$38,000.00.**

Number of Home Repair/Maintenance Loan Agreement accounts that are/may be going to Tribal Court for collection thus far: 9

HUD MANAGEMENT – Sunset Hills III

Aside from the 54 HUD Lease Purchase Units described earlier, there are 48 units (across the library) which is referred to as Sunset Hills III. These delinquencies range from \$795.00 to \$6,247. A total of **\$8,039.05 of 2019 Per Capita was collected** through court judgements to address these delinquencies.

**Number that are/may be going to Tribal Court: 5**

POI EMERGENCY RENTALS

IPHA has four (4) modular homes emergency rentals where an Emergency Agreement, per policy, is signed for a one-year period. Emergency rental includes a monthly payment of \$250.00, insurance, and utilities, and a \$250.00 security deposit. Again, this policy was not being enforced as some Agreements were not in place, and IPHA was paying for utilities, rent, and repairs. Tribal members in these units are on a one-year agreement and the member’s responsibility is to find housing accommodations within that one year period.

EMERGENCY RENTALS ARE NOT AVAILABLE AT THIS TIME.

POI MOBILE HOME PARK

There are 31 trailers located at the trailer park on Sun Circle and Star Place. Out of the 31 trailers, **ONLY** 13 units are managed by IPHA, and 20 non IPHA

managed units, or are paid off. This trailer park area tends to be a highly unsafe area and IPHA is working with IPD to ensure that residents are safe **WHETHER IPHA IS MANAGING THE UNITS OR NOT.**

POI MANAGED UNITS

**Total Under POI Management: 123**  
**Number of POI Units that are/may be going to Tribal Court: 20**

**WITH ALL THE STEPS TAKEN TO RECONCILATE ALL POI ACCOUNTS, ACCORDING TO THE POI Treasurer’s Total Accounts Receivable (BALANCE OF MONEY OWED TO IPHA/POI) AS OF December 2018, AR’S DECREASED FROM \$755,729.63 IN DECEMBER 2018 TO \$461,525.75 IN OCTOBER, reduction in arrears of a \$294,203.88.**

As of October month end, the Treasurer’s Office has shown that active accounts are at **98%** in balance with their analysis/reconciliation ledgers.

Insurance accounts have been combined into the Loan accounts and are being paid off before the 2020 rates are applied. Additional payments are being made by the homeowners to close out 2019 insurance balances.

A total of 155 letters were sent out regarding delinquent notices; and termination notices have been sent out by the HOC. A higher volume of responses have been received from these letters within the last month, which led to 17 payment arrangements/agreements being made with the HOC.

# TRUCKS & BUCKS

**NOW - MARCH 29**  
*Win your share of over*  
**\$630,000**  
*In Cash & Free Play*  
5 WINNERS EVERY HOUR | EVERY SATURDAY & SUNDAY 1PM - 9PM  
**WIN 7 FORD RANGER TRUCKS!**

**GRIEGO & BALDONADO**  
**MARCH BADNESS**  
**MARCH 7 | 7PM**  
TICKETS STARTING AT \$25  
DOORS OPEN AT 5:30PM

**LIVE IN CONCERT**  
**NIGHT RANGER**  
**APRIL 3 8PM**  
TICKETS ON SALE NOW STARTING AT \$20

**VIC & MAMA**  
*A Two Woman Show*  
**ALL TICKETS \$25**  
**MARCH 22 | 3PM**

**41ST ANNUAL BACA RODEO SERIES**  
**ISLETA RESORT & CASINO**  
EVERY SATURDAY & SUNDAY FOR FIVE CONSECUTIVE WEEKENDS  
**FEBRUARY 15 - MARCH 15 • 1PM**  
**VCSP ARENA • BELEN, NM**  
ADULTS \$12 • KIDS AGES 7-12 & SENIORS 60+ \$8  
Tickets can be purchased at The Valencia County Sheriff's Posse Arena on day of event. Shows open at 10am. General Admission seating.

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

**ISLETA**  
resort + casino

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



Homebuyers were informed that Payback Agreements are a temporary fix and are not to be extended beyond a 24-month period.

Thirteen (13) Notice of Satisfaction & Release of Collateral Assignments and Certificate of Titles have been processed for accounts that have been paid in full. Delinquent letters are going out for all accounts that are in default and reaching the \$500 threshold as a reminder that the Homeowner is approximately two months behind in making payments. **It is not a form of harassment – but rather it is a means of ensuring that payments will be made on a timely basis.**

COMMUNITY CONCERNS

**Why do we have to submit an Application?** IPHA has combined two separate applications for seasonal and renovation into **ONE** application, condensing the type of information being requested. The application is now good for 3 years and does not need to be renewed annually. However, the application will need to be updated when (1) the member’s project has been moved from the waiting list to the master list; (2) the income/ family composition changes; or (3) the land assignment is sold or transferred. Applications are now being tracked by eligibility date and type of services being requested.

Submittal of the application helps IPHA determine whether HUD funding will be used or not. If the home is a grant, which means you do not make payments if you are low-come, elderly and disabled, you are responsible only for insurance payments. **Maintenance for the home, after the warranty period, will be the responsibility of the home owner**, except for emergencies and seasonal services.

For repayment of homes, an application is required to ensure IPHA that the tribal member is able to make monthly payments.

If you are NOT low income, not elderly, nor disabled, if you choose to use the services of IPHA you will be required to pay for services. Number of applications received by year:

2017: 68

These applications will need to be updated, if the home is still in the tribal member’s name. Income verification will need to be provided. Long-term disability documentation does not need to be re-submitted nor do copies of land assignment unless the home/property has been transferred or sold.

2018: 60  
2019: 181  
2020: 9

**Why do I have to wait so long for Housing to address my Work Order?**

A high number of work orders are for seasonal services. With two maintenance staff, this is a high volume of work orders to address. IPHA has negotiated service agreements with three Plumbing/HVAC companies since Fall 2019 to meet the high demand of plumbing needs. Each seasonal service is approximately \$123.00 x 2 = \$246.00 per home. If a furnace is required, dependent on make/model, costs have reached as high as \$1,000, including labor/fringe benefits. Air conditioners average cost is \$900.00, including labor/fringe benefits. Valves, copper lines, if replaced is an additional cost. Ductwork, if

deteriorating, may also be an extra cost as require more time on each work order.

Plumbing needs such as clogged lines, back-ups, also constitute a high number of work orders. The number of work orders received:

2019: 1,051 Work Orders  
2020: 193 Work Orders up to February 19, 2020

**REMEMBER, IF YOU ARE NOT SATISFIED WITH THE SERVICES THAT IPHA PROVIDES TO YOU OR YOUR FAMILY, IF YOU FEEL THAT SERVICES ARE NOT TIMELY ENOUGH, YOU ARE ENCOURAGED TO SECURE YOUR OWN PLUMBING/ HVAC, ROOFING, ETC. SERVICES. YOU DO NOT HAVE TO USE THE SERVICES PROVIDED BY IPHA.**

**FOR WEEKEND CALLS, IF THE MAINTENANCE TECH IS UNAVAILABLE DUE TO FAMILY/ TRIBAL EVENTS, THE CALLS ARE DISPATCHED TO THE EXECUTIVE DIRECTOR. DEPENDENT ON THE SITUATION, MOST OF THESE WORK ORDERS CAN WAIT UNTIL A WORK ORDER IS SUBMITTED ON MONDAY. IF THEY ARE OF AN EMERGENCY NATURE, THE CALLS ARE REFERRED TO THE COMPANY ON CONTRACT WITH IPHA.**

**Why do I have to submit a Land Assignment?** As explained earlier, if for some unknown reason your home repair,

etc. is more than \$20,000, and if it is not a grant, IPHA requires the land assignment as collateral, as per policy. The positive side of this requirement is that it is pushing tribal members to have their land surveyed and are now thinking about wills and succession of property. Of course it is overwhelming to Survey/Mapping. Survey/ Mapping and IPHA has agreed that if Survey/Mapping provide a memorandum to IPHA that the tribal member is on the list to have their property surveyed, then IPHA is accepting that document until the actual survey is done for **minor repairs and services**. If it’s a major renovation project, then the land assignment is required. The property must be in the name of the person requesting the services.

**What happens if the home is in probate court?** If the home is in probate, but a family member is living in the home, or the home is considered a family home, IPHA is now (1) allowing seasonal/emergency services to be provided **IF** all family members sign a **NOTARIZED** document that they are in agreement for the member living in the home to receive services, and the member is responsible for repayment of services. The family is given **ONE** year to resolve their home situation. If more time is needed, documentation from the court is required that their case has not yet been resolved. IPHA understands the backlog or dragging on of cases that may occur. IPHA recognizes the need for minor services; however, IPHA will not be caught in the middle of probate court cases.



New Isleta Recreation Center presents:



BERNIE JOJOLA

**MEMORIAL**  
*Challenge*

F U N   W A L K   &   R U N

**Saturday, April 25th, 2020**

On Site Registration Begins at 8AM

●Walk/Run Starts at 9AM

Location: Big Mama Hill (Isleta) Tribal Road 10

For more information please call: (505) 869-9777

Pick-up Registration forms at New Recreation Center

Only 150 shirts, must pre-register by March 30, 2020

*"Building a Healthy Community"*



**Why are home inspections being done; it's my home and I'm paying for it?** Inspections are a requirement and each HO signs an agreement stating they will comply with HOC's making inspections. Again, it is the responsibility of the Home Owner to maintain their home, not IPHA.

**Why are the same people receiving services over and over again?** As work orders are received and approved, it does become apparent that a group of individuals are receiving more services than others. Policy changes approved by the BOC sets a limit of \$5,000 per household. Once the tribal member reaches this amount, except for emergency and seasonal services, the member is not eligible for major repairs/renovation services for a period of 10 years. These individuals will be receiving letters from IPHA informing them they have reached their maximum cost of services that are grant related. This policy paves the way for tribal members who do not receive, or receive limited services, to also receive home renovation or new construction services, **if funding is available**. If you are already paying for your services, once you pay off your account, you may choose to borrow money for home repair and maintenance, again, **as long as the funding is available**.

**Development of Policy Driven Master Lists.** IPHA is compiling master lists, as per policy, of members to be served in 2020 in the areas of renovation, plumbing/hvac, roofs, ADA/Accessible bathrooms, and emergencies. As funding becomes available, these individuals are moved to the Project List. Except for emergencies, the application date becomes the eligibility date. IPHA has found people on the waiting list that have been waiting for an extremely long time for a home. This should be the exception, not the norm.

**SERVICES AVAILABLE THROUGH IPHA:**

1. Seasonal Services – AC to Furnaces and Vice-Versa
2. Plumbing problems within the interior of the home and five feet from the home; thereafter, the Utilities Department will be able to assist the family
3. Renovation of Homes. This includes roof repairs. New roofs range from \$8,000 to \$23,000 or more, depending on problems encountered, especially with adobe homes.
4. New Home Construction via Modular Home Replacement Program. This is a Council funded initiative for the second year in a row. The goal is to start replacing modular units with new homes for those members whose homes are paid off. IPHA sells the trailer to the highest bidder and uses the money received, including the total amount paid on the trailer, as a “down-payment” towards the new home. **The goal is to complete three homes in FY 2020**
5. Shei Whieff Revitalization. This service provides up to \$20,000 in support for tribal members who want to renovate or build a home in the village proper. This is a policy driven program. The Governor's Office provides assistance as

well; ie. lava blocks, doors, and windows, etc. Applications, along with the Home Site Development Application.

**The goal is to complete four homes in FY 2020.** This is not the Plaza Renovation Program initiated by the Governor and supported by Tribal Council.


6. Electrical. Licensed electrician
7. Home Repair/Maintenance Loan Agreements
8. ADA/Accessible Bathroom and Ramps. Average cost of ADA bathroom is \$25,000 with FAC and with contractor up to \$35,000. Average ramp, depending on length, average cost is \$4000 - \$5,000 (mobile homes higher). Once installed, it is the HO responsibility to maintain the ramp. They are not to be dismantled and used for fire wood, or thrown away.
9. Emergencies. Calling in a work order for lack of heat or plumbing problems are often a result of home owners not having your septic tanks emptied and filling your propane tanks. This creates a timing issue for the Force Account Crew (FAC) member(s) who are issued the work order. **AGAIN**, the homeowner is responsible for maintaining their own homes.
10. Moonlight Development. Infrastructure is ready to be bided out in February 2020. This is at a cost of \$3.0+ million with infrastructure to be completed in 2021. Thereafter, construction of 29 units will begin at an

approximate cost of \$4.0M. The funding for the construction of the homes has not yet been determined. Nine (9) mortgage lots will be available for purchase those members who do not have land, but want to build their own home, with all infrastructure provided. A team comprising of IPHA's legal counsel, a consultant, the HOC Counselor and the Executive Director are working on the Master Lease/Ryder/Covenants to be presented soon to Council for approval.

11. Emergency Rental Duplexes. With the lack of emergency homes in our community, IPHA will be designing and building 1 rental duplex in FY 2020.

WAITING LIST FOR HOMES	
Waiting list for Homes:	69
Scattered Sites Waiting List (tribal members who have their own land assignment):	8
NASHDA Waiting List (tribal members who do not have their own land assignment and are in need of a home (some of these individuals will be moving to the Moonlight Development):	68
Modular Home Replacement:	12
Total: 157	

**DISCLAIMER: NO BLAME IS BEING PLACED ON PRIOR EXECUTIVE DIRECTORS OR BOARD OF COMMISSIONERS. IN ORDER TO MOVE FORWARD, IPHA MUST DETERMINE THE CURRENT STATUS OF THE ORGANIZATION AND MOVE FORWARD ACCORDINGLY.**



# Reproduction Technologies, EPD's and Sire Selection for Beef Cattle

**East Torrance Soil and Water Conservation District**  
700 10th Street, Estancia 87016

**Tuesday, March 31, 2020, 6:00-8:00pm**

**Gain greater understanding of reproductive technologies, EPD's and selecting the best sire for heifers**


**Presented by**  
**Dr. Sarah Loya, DVM SL Veterinary Services**

**Reproductive Technologies:** Dr. Loya will introduce the use of pharmacological agents to control female reproductive cycle and time ovulation to incorporate reproduction technologies including artificial insemination (AI) and embryo transfer (ET).

**John Heckendorn, JC Angus, NM Angus Assoc., Tucumcari Bull Test**  
**EPD's & Sire Selection:** EPD's, how to read and use them to select sires for herd improvement


**This FREE workshop Provided by**  
**Torrance County Cooperative Extension Service (505) 544-4333**  
**Valencia County Cooperative Extension Service (505) 565-3002**

2 BQA CEU's



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

2 BQA CEU's



If you are an individual with a disability and need auxiliary aid, or service contact Newt McCarty 505.565.3002 by February 24, 2020. New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture Cooperating.



DEPARTMENT OF EDUCATION

The DOE Department would like to thank everyone for the successful “College and Career Fair,” which was held on Saturday, January 11th from 9:00 – 1:00. There were **27 vendors** with information about their educational programs as well as **122 visitors, which is an increase from last year’s visitors of 103.**

All of our educational programs have deadlines, please start planning for the summer and fall semester. The scholarship Coordinator Mrs. Lisa Smith and her assistant Ms. Johnna Shije are available to assist and answer questions you may have. Please call the office or come in and visit the DOE Department.

Many of our summer programs are advertising **DEADLINES and registration dates for an academically fun and innovative summer program.** It is hoped that the times and dates will meet the needs of all students and parents.

As a former teacher/principal I would also like to promote the love of reading. Reading should be fun, innovative, as well as rewarding. Continue to read with your child/ren at home, here are some helpful tips.

- Pay attention to what your child is interested in, and encourage him or her to read books on those subjects.
- Set aside time to read with your child every day. Spend time reading together just before bed and take turns reading out loud with younger children.
- Set time aside every week for family reading night.
- Make reading a daily part of life, including reading road signs, recipes and directions out loud.
- Make reading interactive – ask your children’s opinions on what they are reading.
- Set goals, such as challenging your child to read three books over Spring Break.
- Ask older children to help younger ones with reading. This activity will boost older kids’ confidence, in addition to providing important practice for younger children.
- Spend at least an hour a week with literacy activities such as reading magazines, comic books, puzzles etc. We need to instill the love of reading and incorporate fun activities, because learning is fun.
- Actively encourage children to read and congratulate them on their progress.
- Set an example – seeing you read will encourage your child to do the same!

**Adult Education/Special Programs**  
There are some great programs in the area of Vocational Education as well as Adult Education Special Programs/Concurrent credit the DOE Department has created. I would like to thank our Tribal Leaders and all of the Council members for supporting this effort. Without the continued fiduciary/funds of support, these programs would not exist. Our first CDL class/orientation will be Saturday, March 7th at the DOE Department from 9:00 – 11:00. If you are interested in this type of work, please attend the orientation, class schedules will then be created for the first CDL class based on the availability of students.

**Our “Concurrent UNM/Valencia”** class is in full swing, class meets on Tuesdays and Thursdays from 4:30 – 5:45 at the DOE Department. The students that are attending will receive 3 hours of credit in Sociology 101 once the class is completed. This is a great way for students to build their credit and be very close to having an Associate’s degree when they graduate from high school. Congratulations students for taking that first step in accomplishing this task. This new program would not be possible without our Tribal Leaders and Council support. All university credit IN THIS SPECIFIC PROGRAM is 100% paid for through the DOE budget.

The Department of Education Board

has been established, the members are as follow: Juan Ray Abeita, Sara Beccio, Jennifer Lente, Tasha Lujan, and Audrey Lucero. Board Meetings are scheduled once a month, with anticipation in the future of having a **ZOOM Conference (on line)** set up for students to meet the board members and ask questions. A public notice will be sent out to all students giving you more information about when this will take place.

Have a wonderful month, enjoy all of the educational activities that have been planned for the month of March, please feel free to call OR VISIT the DOE office (505)869-9790.

Marian Serna, Director  
Department of Education

Orientation Session  
March 7th from 9am-11am

Pueblo of Isleta  
Department of Education  
950 Moon Light Dr.  
Albuquerque, NM 87105



This orientation will:

- Give a brief outline of the CNM Ingenuity CDL program and its requirements
- Discuss options for CDL class B and Passenger endorsement training

ARE YOU INTERESTED IN  
GETTING YOUR CDL?

The Pueblo of Isleta and CNM Ingenuity are partnering to offer a customized CDL Class A training.

Class A:  
Students will receive theory instruction to prepare them for the written exams at the MVD. Once you have received your permit, you will attend behind the wheel training with a CNM Ingenuity CDL instructor. Instruction is based on the New Mexico CDL Manual and the Federal Motor Carriers Safety Administration requirements including airbrakes, vehicle inspection, manual transmission, backing skills, and over the road driving.

CDL Skills Exam: (Included with CDL Training)  
ABQCDL can conduct your CDL skills exam, administered by a state-certified examiner in accordance with New Mexico state regulations. This exam fulfills the state and federal requirement to obtain a Commercial Driver License (CDL). The exam includes: a pre-trip vehicle inspection, basic control skills testing and behind-the-wheel road observation.

For more information or to  
RSVP contact us at:  
abqcdl.org or  
(505) 224-4CDL

ABQ Commercial  
Driver's License  
powered by CNM Ingenuity

Isleta Health Center's  
Community Health Fair 2020  
@ the Isleta Rec Center

SAVE THE DATE  
August 8, 2020  
10am-1pm



# PUEBLO OF ISLETA HIGHER EDUCATION PROGRAM

Hello Fellow Scholars,

I hope you all are enjoying your spring break and getting much needed rest and relaxation before you complete out your spring semesters. This has been a busy new year for the Higher Education Program, we have funded: 106 Isleta students for spring 2020 and 129 for the fall 2019 semester. The Higher Education Program has completed funding for the spring 2020 semester and we are working toward the summer semester.

All documents have been posted to the Pueblo of Isleta Higher Education website for the upcoming 2020-2021 academic year. The deadline for the summer application is April 1st. All other required documents are due no later than May 31st. Funding will NOT be provided if documents are received after these deadline dates.

Please keep in mind the deadline dates for the Pueblo of Isleta Supplemental Scholarship. When students submit late documents this delays funding and award letters. If the documents are turned in late the university may require a payment plan, which the student is responsible for, this will not be reimbursed by the Higher Education Program. This is why it is imperative to turn in all your documents on time.

The Higher Education Program has gone out to area high schools to present information to the Isleta students graduating from high school. Students received information about the Higher Education Supplemental Scholarship. Each student received a new student packet which contained: the Scholarship Application, Applicant Checklist, Financial Needs Analysis, Degree Plan form, and a refrigerator magnet with the deadline dates. Students were informed when and where to begin the process of applying for funding.

We will be having student orientation at the Department of Education for new and existing students that have not yet attended. These will be held on March 11th at 5:30 p.m. and March 25th at 5:30 p.m. For more information or to RSVP for either dates call (505) 869-9790. Dinner will be provided to those who attend.

Please feel free to contact me at the Department of Education, located in the Educational Complex, right down the hall from the Pueblo of Isleta Public Library! The address is:

950 Moonlight Dr. SW,  
Albuquerque, NM 87105  
Monday thru Friday from  
8:00am to 4:30pm.  
Phone: (505) 869-9790

## Upcoming Events

Mark your calendars for our upcoming events in **March**:

- Graduation Banquet RSVP's
- Student Orientation: March 11th and March 25th
- Application Deadline: April 1st

## Graduation Banquet RSVP's:

Students if you have graduated (completed your degree) please call or e-mail the

education office so we may proudly place you on our list for the upcoming "Graduation Banquet".

Information needed:

- Name
- Phone number
- Address
- Name of the university
- Degree you completed

## Student Orientation:

These will be held on:

- March 11th at 5:30 p.m.
- March 25th at 5:30 p.m.

For more information or to RSVP for either dates call (505) 869-9790. Dinner will be provided to those who attend. (Please see flyer for additional information.)

## Isleta Higher Education Application Deadline:

- Next Available Funding: Summer 2020 Term
- Summer Application Deadline April 1, 2020
- Summer Supporting Documents Deadline May 31, 2020

It is the responsibility of the student to submit their required documents by deadline dates.

- Please understand that once your file is complete with the Isleta Higher

Education Program, your file will be reviewed to determine eligibility of funding. Your financial aid does takes time to process and may require you to establish a payment plan with your institution to avoid being dropped from your courses.

- Students it is extremely important you communicate with our office regarding any changes to your education.
- All students are required to submit Official Transcripts at the end of each and every term. You may order your official transcripts through your institution ahead of time and request the school process your request when final grades post.

## \*Failure to provide Official Transcripts may suspend your scholarship award\*

I hope you find this information helpful and I hope you have a wonderful March!

If you have any questions or need further assistance, please do not hesitate to contact the Scholarship Program:

Lisa Smith, Scholarship Coordinator  
Lisa.Smith@isletapueblo.com  
Johnna Shije, Scholarship Assistant  
Johnna.Shije@isletapueblo.com  
Phone: (505) 869-9790

**PUEBLO OF ISLETA HIGHER EDUCATION PROGRAM**



**ATTENTION**

**HIGHER EDUCATION STUDENTS!!**

**Student Orientation**

**Mandatory for new students and current students that have not yet attended orientation.**

**- When -**

March 11th: 5:30 p.m.  
March 25th: 5:30 p.m.

**- Where -**

The Educational Complex  
Department of Education

**Dinner will be provided!!**

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



PUEBLO OF ISLETA  
Johnson-O'Malley Program

Hello J.O.M. students and families,

Tutoring at the Johnson-O'Malley Program has started! In January we started up our tutoring program once again. If your student is in need or could benefit from our tutoring program, it is not too late to sign them up. All you need to do is contact the J.O.M Program at 869-9810 and speak to either Lisa, AuDrena, or Kristle and we will let you know how to get the process started. Our program is twice a week for an hour each time and focuses on the student's specific area of need. The tutoring program is open to all students, your student DOES NOT need to be J.O.M eligible in order to receive tutoring services. Students who attend school at the Isleta Elementary School or private school can enroll in the tutoring program, though spots are limited. Please give us a call for more detailed information and a schedule of day/times. Please keep in mind that once you sign your student up for tutoring, attendance is mandatory.

Graduation Banquet is also on our radar. Please contact us if you have a student graduating from high school, so we can add them to the RSVP list. The Graduation banquet will be held on April 16th. We are so excited for this annual event. We love to see our students graduate and to recognize them for all their amazing accomplishments in high school. Remember this is just the start of your academic careers, next step Higher Education!

With the new contract year, comes some changes. Please be aware that all requests for reimbursements must be submitted by **April 1st**. Requests received after this date will **NOT** be accepted. We are also reimbursing for ACT or SAT test fees, so please call for more details. If you have any questions, please give us a call.

Please feel free to contact us at the Department of Education, located in the Educational Complex, right down the hall from the Pueblo of Isleta Public Library! The address is: 950 Moonlight Dr. SW, Albuquerque, NM 87105 Monday thru Friday from 8:00am to 4:30pm. Phone: (505) 869-9790

Upcoming Events

Mark your calendars for our upcoming events in **March**:

- Graduation Banquet RSVP's
- Family Activity Night: March 17th at 5:30-7:30 p.m.
  - o J.O.M. Barrack (behind the Educational Complex)
- Experiential Learning Opportunities:
  - o March 10th Grades: K-5th
  - o March 12th Grades: 6th-12th
  - o Contact J.O.M. for more information and see our flyer in this Newsletter.
- Higher Education Student Orientation: March 11th and March 25th
- Higher Education Application Deadline: April 1st

Graduation Banquet RSVP's:

Students if you have graduated (completed your degree) please call or e-mail the education office so we may proudly place you on our list for the upcoming "Graduation Banquet".

Information needed:

- Name
- Phone number
- Address
- Name of High School or University
- Degree you completed

If you have any questions or need further assistance, please do not hesitate to contact the J.O.M. Program:

Lisa Smith, Scholarship Coordinator/JOM Interim Coordinator Lisa.Smith@isletapueblo.com  
Kristle Abeita, Admin. Assistant Kristle.Abeita@isletapueblo.com  
AuDrena Abeita, Academic Coach Audrena.Abeita@isletapueblo.com

Phone (505) 869-9810







**Pueblo of Isleta Higher Education Program**  
**Important Deadline Dates:**  
**Application**

- Full Academic Year/Fall Semester- JULY 1st
- Spring and Winter Semester - November 1st
- Summer Semester - April 1st

**Supporting Documents**

- Fall Semester - August 1st
- Spring and Winter Semester - December 31st
- Summer Semester - May 31st

**SUMMER SEMESTER**  
**Applications Due: APRIL 1st!!**  
For more information contact the Higher Education Program  
Ph: (505) 869-9790




TEACHER

LAWYER

DOCTOR

ACCOUNTANT

**CAREERSCOPE**  
PUEBLO OF ISLETA ADULT EDUCATION PROGRAM  
**WHAT CAREER INTEREST YOU?**  
Take a quick quiz and find out!  
**MARCH 25, 2020**  
**5:30 PM TO 7:30 PM.**  
For more information contact:  
Valerie Keryte Adult Education Coordinator  
Ph: (505) 869-9790



**LANGUAGE DEPARTMENT**  
Greetings!

As of January 1st 2020, the former “Tiwa Language Program” that was under the direction of the Department of Education, has become a stand-alone department now known as Pueblo of Isleta Language Department. The Language Department is located within the Yonan an Culture Complex, West of the New Recreation Center.




The mission statement of the Department is:  
“The Language Department will develop projects and provide language service that will empower Isleta people to reinforce the Isleta way of life, uniting the community through language.”


Currently, the department has several memorandums of understanding (MOU) with several of the local schools. These MOU allow Language teachers to teach and reinforce the language within the school setting.




Evening Language Classes are offered to all ages, every Wednesday evening starting at 5:15pm in the Department of Education Building.  
\*\*To current attendees, please make note of the change in time\*\*


The Department is in the process of establishing more language opportunities for the community. Be on the lookout for updates in the coming months.

Until Next Time,  
April Padilla  
Director, Language Department



**Pueblo of Isleta Higher Education Program**  
**Need Help Completing Your FAFSA?**  
**Come join us at the Higher Education Program for:**  
**FAFSA NIGHT!**  
**When:**  
Thursday, March 31, 2020  
5:30-7:30 p.m.  
**Where:**  
Department of Education  
950 Moonlight Dr. SW  
Albuquerque, NM 87105  
  
For more information or to RSVP call:  
Ph: (505) 869-9790  
  
Assistance provided by:  




**Pueblo of Isleta Higher Education Program**  
**Need Help Completing Your FAFSA?**  
**Come join us at the Higher Education Program for:**  
**FAFSA NIGHT!**  
**When:**  
Thursday, April 22, 2020  
5:30-7:30 p.m.  
**Where:**  
Department of Education  
950 Moonlight Dr. SW  
Albuquerque, NM 87105  
  
For more information or to RSVP call:  
Ph: (505) 869-9790  
  
Assistance provided by:  




**Thinking About Quitting**  
  
Is this the year you are going to  
Quit Smoking?  
Take this 1 time, 1 on 1, 90 minute session to  
increase your motivation to quit and give you  
some Tips and Tricks to help you do this!  
  
Call Stephanie, Health Educator  
@ 869-4479 to Sign Up  
Isleta Health Center



## Isleta Historical Society

### 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](mailto:isletahistoricalsociety@gmail.com), call the Governor's office at (505) 869-3111 (mention the Isleta Historical Society) or visit us on Facebook and Instagram @ [isletahistoricalsociety](https://www.instagram.com/isletahistoricalsociety). We will not use any information without your permission. Thank you!

This month's article will feature part two of a two-part series on Pablo Abeita.

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



*Pablo Abeita, 1871 - 1940*

Last month we focused on Pablo Abeita's education, his early life, and his role as lieutenant governor. This month we again focus on Pablo Abeita, examining his passion for baseball, his judgeship, and his advocacy at the national level.

Pablo Abeita carried on an extensive correspondence writing to officials such as the local Indian agent, the Commissioner of Indian Affairs, the Special Attorney for the Pueblo Indians and even the District Court Judge. Pablo also travelled to Washington, D.C. and is said to have met every president from Grover Cleveland in 1886 to Franklin D. Roosevelt in 1936, with the exception of Calvin Coolidge. One of the personal artifacts recently discovered in one of Pablo's trunks kept by Mr. Leonard Abeita is a signed photo of a very young FDR as well as one from a young Eleanor Roosevelt. Abeita became a personal friend to many correspondents, almost all of whom addressed him as "Dear Pablo" or even "My Dear Friend."

One of the longest correspondences was with Willian Ketcham of the Bureau of Catholic Indian Missions (BCIM), the man who helped Pablo get the legislation passed that funded the bridges across the Rio Grande, mentioned last month. For over thirteen years the two wrote letters back and forth, with Abeita often asking

Ketcham for help. In 1911 when Pablo wanted to be included in the delegation that was going to Washington, Ketcham put in a good word with Indian Agent Ruben Perry who wrote to Isleta Governor Juan Domingo Lucero, "I consider Pablo Abeita the best posted of all Pueblo Indians. He has been to Washington ... and could get the commissioner to understand what you wish to present ... better than any person among the pueblos." Eventually Pablo joined the delegation and helped advocate for Isleta with Commissioner of Indian Affairs Robert G. Valentine.

One of Pablo Abeita's little-known accomplishments was his organizing and managing a successful Isleta baseball team. During his travels, Abeita developed a passion for baseball. It is likely that he learned about major league baseball and its many Native American star players, such as Sac and Fox legend Jim Thorpe, beginning with his job with the Albuquerque Journal in the early 1900s. His knowledge of baseball was on display when he arrived in Washington D.C. in 1936 and asked what team the Washington Nationals were playing that night. When he learned it was the Boston Red Sox, he expressed the hope that Lefty Grove would pitch and that he could attend the game.

Little is known about Abeita's 1911 baseball team other than its roster and reports of a few of its games. A photograph of the team, complete with uniforms, was found in the Pablo Abeita trunk, mentioned earlier, kept by Mr. Leonard Abeita. Members of the team were (standing left to right) Felipe Padilla, Domingo Jojola, Pablo Abeita (manager), Paul Shattuck and Frank Anzana, (seated left to right) Tony Abeita, Lazaro Abeita, John T. Jojola, Marcelino Abeita (Pablo's brother), and Juan Rey Abeita. In a game with Los Lunas on July 25, 1911, Isleta won by the lopsided score of 24 to 4 based partly on the stellar performance of John T. Jojola who scored two home runs and made a spectacular one-handed catch over second base.

In 1913 Abeita was appointed a judge of the Court of Indian Offenses, a court that was established by Congress in 1883. He served for ten years until 1923. Although the court was established to assist in the process of assimilation of Native Americans into American society, Pablo Abeita found ways to use the court to protect traditional practices and establish more order in the pueblo. The court heard cases of inheritances, family disputes, truancy cases involving the Indian School in Albuquerque and St. Catherine's in Santa Fe, as well as misdemeanor cases such as assault. The judge of the Court of Indian Offenses was like a justice of the peace; Pablo received only ten cents per day or \$36 per year as a salary. As judge of the Court of Indian Offenses, Pablo learned a great deal about New Mexico law and procedure primarily through his contact with lawyers such as Francis C. Wilson. Abeita issued the summons that brought the parties before the court, then held a trial, and finally rendered a decision often after conducting an investigation. His decisions could be appealed to the Indian Agent and then to the Commission of Indian Affairs. In most cases his decisions were affirmed on appeal.

Judge Abeita handled numerous cases over

his tenure, sometimes sentencing offenders to pay a fine or serve time in the Isleta jail. He worked closely with the tribal policemen Esquipula Jojola and Louis Abeita, discussed in earlier articles. Many disputes were settled in a such a way that each party gave up something. Gradually, however, the court clashed with views of conservative governors and fractions. As with other pueblos, notably Pecos Pueblo, the governors and their followers were split between conservatives who didn't want anything to do with federal government representatives, while the progressives like Pablo Abeita chose to work with Indian Agents and others, as the most realistic alternative. As a result, in 1923 the federal government terminated the Courts of Indian Offenses.

Pablo Abeita then decided to remove himself from Isleta politics temporarily (though he did serve three more terms as lieutenant governor) and devote himself to national issues affecting Native Americans. Chief among these was the congressional effort to adjudicate—some would say legitimate—non-Indian titles to Indian land in New Mexico. During this period Pablo often travelled to Washington to testify against legislation like the Bursum Bill that allowed most non-Indians to keep land encroaching on pueblo lands. Testifying before a congressional committee in the 1920s, Abeita said, "Our principal needs today are that you [the government] eject all non-Indian trespassers off our land." Although Pablo and others led to the defeat of the Bursum Bill, the adjudication of Pueblo lands under the Pueblo Lands Board was blatantly anti-Indian in its operation, leading to the loss (albeit with some payment) of over 44,000 acres of pueblo lands in New Mexico. Pablo and his allies did not rest, however, and were able to achieve some compensation from Congress for the injustices of the Pueblo Lands Board.

It was during this period in 1933 that Isleta finally received a patent to the mountain tract east of the pueblo all the way to the crest of the Manzano Mountains. Commissioner of Indian Affairs John Collier and attorney Richard Hanna greatly assisted Pablo in his three decades long quest for recognition of the crest of the Manzanos as the eastern boundary of Isleta Pueblo.

In May of 1940, just a few months before his death, Pablo Abeita spoke at the "celebration" of the 400th anniversary of the arrival of the Spanish conquistador, Francisco Vasquez, to New Mexico. Speaker after speaker spoke in praise of Coronado as the man who brought European civilization to the Southwest. Then Pablo rose to speak: "I don't know why you invited me here, because I am not particularly proud to be here to observe this quatercentennial. After all, you people are honoring those who brought diseases to my country and my people, thereby reducing the Indian population. We have very little land left, but you continue to encroach upon our villages. . . you have turned a large section of land that used to be fertile enough for at least a subsistence economy for Indians, into outright desert." Throughout his speech, the audience interrupted with loud applause.

*(Continued on next page)*



Seven months later Pablo's long and eventful life ended. Jemez historian Joe Sando has best summarized Pablo Abeita's life: "Pablo Abeita was truly an important and great Pueblo Indian leader. He stood between the people of the pueblos and the people outside, since he was erudite and multilingual. He could communicate with legislators in Washington, as well as with businessmen in Albuquerque and Santa Fe."



Juan Rey Abeita

We are excited to announce that we have had a couple of responses to the unknown Isletans. After conducting more interviews and doing some genealogical work, we hope to announce who the unknown Isletans are. This month we are requesting any information you might have on Juan Rey Abeita. He is pictured here circa 1892 during the time his children were being held captive by the Albuquerque Indian School. Should you have any information including, but not limited to, photos, letters, documents, and/or family stories/history please contact us with your information, we would love to speak with you. We will not use any information without your consent. Thank you!

**HOW do you REDUCE YOUR RISK FOR A STROKE:**

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

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

**2020 Census  
Community Information  
Meeting**

**When:**

**March 07, 2020**

**Where:**

**Pueblo of Isleta Reception Hall**

(191 Tribal Road 2 Bosque Farms , NM 87068)

**Time:**

**1pm to 3pm**

EVERYONE COUNTS  
In Isleta Pueblo  
2020 CENSUS



**Check out a book.  
Then respond to  
the 2020 Census.**

For the first time, you can respond to the census online. Libraries offer public computers and free internet access to help make sure you're counted. 2020 Census data informs the distribution of more than \$675 billion in federal funding each year, your representation in Congress, community initiatives, and more. Make sure you count everyone living in your home, including newborn babies and young children, on the 2020 Census. Your responses are confidential and important.

2020CENSUS.GOV  
Shape your future  
START HERE >



**Census data impacts funding  
for resources like:**

- > Libraries
- > Schools
- > Hospitals and health clinics
- > Head Start
- > School meal programs
- > Public transportation
- > Housing assistance
- > Medicare
- > Supplemental Nutrition Assistance Program
- > Fire departments
- > Roads and highways
- > Community centers

For more information, visit:  
**2020CENSUS.GOV**







A new month is here, and spring is on the horizon. Don't let spring fever keep you away from the library, come in and check out everything we have to offer. We are busy planning for upcoming programs and finalizing our Summer Reading Program.

News

The Library will be closed on Friday, March 6th from 8:00am-12:00pm for our monthly staff meeting. During this time we will be discussing upcoming library programs, improving library services and finalizing Summer Reading details. We apologize for any inconvenience this may cause. If you have any suggestions, feedback or concerns please feel free to speak with a library staff member. We are always happy to hear from our community.

The Library will be assisting the Pueblo of Isleta Census Department with the 2020 Census by providing aid to those whom choose to complete their 2020 Census online within the Library. We will also be providing assistance via Apple iPads wherever the Library is hosting a remote promotional booth. For additional questions, you may call Nate at the Library at 505-869-9808.

The Spring Break vibe is in the air! All schools will officially be on Spring Break during the week of March 9th-13th. During this time the library may be busier and louder than usual. We apologize in advance. If noise is a concern please remember the conference room is an option, which is available for all patrons any day. For conference room reservations, please give the library a call at 505-869-9808.

If you can't make it into the library to check out a book, take advantage of our eBook service! Library patrons now have access to Overdrive. Overdrive is a FREE service offered to you by the Pueblo of Isleta Public Library that allows you to borrow eBooks and audiobooks anytime, anywhere. You will need your library card number and pin to log on to Overdrive. Download the mobile app Libby to start enjoying this free service or simply log on to overdrive.com. If you have any questions about our services please give us a call at 505-869-9808.

Free Music! Don't forget to take advantage of our Freegal Music service. Log on with your library card number and pin to start downloading and streaming music. Library patrons receive 3 free downloads each week and UNLIMITED streaming of music with NO AD interruptions. Log on to freegalmusic.com or download the Freegal Music app. If you have any questions about this service or would like to learn more about it, please give the library a call at 505-869-9808.

Upcoming

Join in on the NCAA March Madness at the library with 3 events taking place in March.

- Fill out your NCAA 2020 Bracket on the ESPN app! We will add you to our Library Bracket Group. The person with the most points on their bracket will win a gift card to Champs!
- March 25th - Learn how to make Basketball Oreos for your game day dessert starting 4:00 pm to 5:30 pm while supplies last. This program is open to ages 5 & up, no sign ups are required.



After School Program Students participating in the Valentine Day craft!

- March 26th- Learn how to make Cheese Sticks and Onion rings appetizers for your game day snacks from 5:00 pm to 6:30 pm. This program is open to the first 6 adults ages 18 & older. Sign ups start March 16th.
- For more information on any of the March Madness programs, please give Rebekah or Ashley a call at 505-869-9808 or by email [Rebekah.Lovato@isletapueblo.com](mailto:Rebekah.Lovato@isletapueblo.com) and [Ashley.Morales@isletapueblo.com](mailto:Ashley.Morales@isletapueblo.com).

2020  
MARCH MADNESS



Fill out your NCAA 2020 Bracket on the ESPN Tournament Challenge App! We will add you to our Library Bracket Group. The person with the most points on their bracket will win a gift card to Champs!

BASKETBALL  
OREOS



March 25th from 4:00-5:30pm while supplies last! Open to ages 5 & up. No sign ups required.

APPETIZER  
NIGHT



March 26th 5:00-6:30pm Open to first 6 adults ages 18 & older. Sign ups start March 16th.




For more information or questions please contact Rebekah or Ashley at 869-9808









**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**



# SUMMER PROGRAMS



## PROGRAMS

**ADDITIONAL SUMMER PROGRAMS NEWS  
& INFORMATION TO COME FROM:**



**TIWA LANGUAGE PROGRAM**

Contact Person & Info:  
April Padilla, Director, Language Department  
P: (505) 869-9791    E: April.Padilla@IsletaPueblo.com

**ISLETA POLICE DEPARTMENT: CAMP TRIUMPH**

Contact Person & Info:  
Kathleen Lucero, Detective, Isleta Police Department  
P: (505) 869-9728    E: Kathleen.Lucero@IsletaPueblo.com





**ISLETA ELEMENTARY SCHOOL: SUMMER SCHOOL**

Contact Person & Info:  
Robert Torrez, Principal, Isleta Elementary  
P: (505) 565-517    E: Robert.Torrez@poies.org



## J.O.M Summer Bridge

**Sign-up MAY 13TH at DOE Office**  
950 Moonlight Drive ABQ 87105

**Inspiring and Creative Activities**

**Program Runs**  
June 8- July 17

**Age Group**  
K-4th Grade  
**MORNING 9:00-12:00**

**Age Group**  
5th-8th Grade  
**AFTERNOON 1:00-4:00**

**Activities**  
Outdoor games,  
gardening,  
Lego Education,  
Art etc

**Call 505-869-9810**

**\*JOM ELIGIBLE STUDENTS\***

**SPACE IS LIMITED!**

**Pueblo of Isleta Public Library**

## SUMMER READING PROGRAM 2020

**Registration May 8th at 7am**

**Juniors** ←


3yrs-6yrs  
Exploring the World  
Around Us!  
9am to 12pm  
Open to 20 Students

→ **Youth**

7yrs-16yrs  
Multiple Curriculum!  
1pm to 4pm  
Open to 25 Students

**REGISTRATION MUST BE COMPLETED BY PARENT OR GUARDIAN.THERE WILL BE NO EXCEPTIONS!**

**FOR MORE INFORMATION PLEASE CALL THE LIBRARY AT 505.869.9808**





## New Isleta Recreation Center Presents:



## Summer Registration for Summer Rec!!

**Starting March 23-April 20th!!**

\*Only 112 Slots Available!!

\*Ages 4yrs to 18 yrs

\*Must be Potty trained

\*Tribal Youth residing within Isleta Reservation boundaries

**Summer Recreation Program begins June 8-July 31, 2020**

**On-Site Registration only!**



**Highlights of Summer Activities**

\*Swimming \*Hiking \*Movies \*Exploring State Parks \*Cultural Activities

\*Basketball/Running Camps \*Arts + Crafts \*Cooking \*Fitness

Space is limited to All Age Groups!! For more information, please contact LeeAnne Zuni, Summer Recreation Coordinator at 505-869-9777.



W01

W02

W03

W04

W05

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Dr. Seuss's Birthday	3	4 Story: There's a Wocket in my Pocket Craft: Wocket	5	6	
8	9	10	11 Story: Bug Zoo Craft: Clothespin Dragonfly	12	13	
15	16	17 St. Patrick's Day	18 Story: Hooray For St. Patrick's Day! Craft: Leprechaun Hat	19	20	
22	23	24	25 Story: Press Here Craft: Rainbow	26	27	
29	30	31	MARCH is Reading Month			

March 4th

March 11th

March 18th

March 25th

03

MARCH

Pueblo of Isleta Public Library

950 Moonlight Dr.  
Albuquerque, NM 87105  
(505)869-9808

Family Story Time  
Every Wednesday starting at 10:30AM

Stories, Crafts, and More!  
For children 5 and under and their parents/caregivers

No Sign-Ups required!

E-Books & Audiobooks

OverDrive

The Pueblo of Isleta Public Library will now be offering **OverDrive**, a free service that allows you to check out up to 4 E-Books and Audiobooks for 2 weeks.

You can access **OverDrive** by going to <https://www.overdrive.com>

You will need your library card number and pin to log on. You can set up your pin at the library.

You can also download the Libby mobile app that corresponds to OverDrive to access E-Books and Audio books right from your mobile device!

Download on the App Store

GET IT ON Google Play

Meet Libby.  
The one-tap reading app from your library

If you need help accessing OverDrive or the Libby app, visit the Library or call us at (505)869-9808.

PUEBLO OF ISLETA PUBLIC LIBRARY MOBILE APPS

Download on the App Store

GET IT ON Google play

Librista App

Apple and Android users can use the Librista App to:

- Renew Library Material
- Search Library Material
- See what's new
- View account information & much more!

Information below is needed to set up Librista

Server: isletapueblo.booksys.net  
Port: 443  
Library: pip1 SSL: ON

Freegal Music

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

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

Use Your Library card number and pin/password to access all library online services.

08:08  
Wed, Feb 15

freegal music

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

Pueblo of Isleta Public Library Summer Reading Programs

2020 YOUTH Summer Reading Program will feature 5 different curriculums for students to choose from. We will have 25 spots available for our Youth Program for ages 7-17 years old with 5 students per curriculum.

Community meeting

CENSUS 2020

PEOPLE OF ISLETA

Census 2020 Informational Meeting  
March 14, 2020  
Chical Reception Hall  
10:00 am - 12:00 pm



# Isleta Parks and Recreation

## Happy March to everyone in the Pueblo!

For all those basketball fans March Madness is here for college teams around the country and high school teams here in the state. It's also March Madness for our Isleta Eagles boys and girls teams here at the recreation center as well. Both teams are doing well, last month they traveled to tournaments and had a great time. The tournament in Dulce, NM was a good trip for the kids to attend. They left very early that morning to be there in time for the games, our boys' team won 1 game and lost 2 in this tournament while our girls' team won 2 and lost 1. According to the kids and the coaches everyone had a great time. Our coaches (George Waquie, Cubathee Montoya, Kyle Wade and Timothy Jiron) do a wonderful job with the boys and girls on our teams, they do a great job of teaching the kids about the game of basketball and how to play the right way and they hope that the kids always do their best no matter the outcome, even more importantly, our coaches teach our kids about life. The teams also played a game in Laguna in mid-February and as usual they all did well. Please continue to support our teams the kids love to see people in the stands and we think it's great to see the support they get from everyone here in the pueblo.



Abeita) are always ready to help the clients that attend their facility. These individuals are very knowledgeable and they do a great job of putting programs together for the patrons that frequent that facility. Please stop in and workout, make sure to ask the staff for help. They will gladly be there to offer their assistance.

Don't forget about our other fitness instructors here at the Recreation Center (Thomas Zuni, Cubathee Montoya, and Kyle Wade) have been putting programs together for tribal members as well. Spin Classes, weight loss challenges, talking to the youth at school, working with clients at the assisted living center and the elder center keeping them busy throughout the day. They have been trying to come up with creative new programs to bring more tribal members into the facility to work out. These individuals really know their stuff and really want to help each and every one of you become healthier, so come in say hi, work out or ask them to help put a program together for your needs.

Our Parks Maintenance crew is dealing with the last remnants from winter; they are also already starting to prep the parks and ball fields for the summer. Little League is getting ready to start soon and our fields need to be ready to go. The crew (Donald Lucero, Ron Abeita, Ted Rockwell, Jon Stapleton, Ron Jojola, Alvin Olguin, Stephanie Jiron, Jamaine Madrid, Ernest Correa and Alex Jaramillo) have been working their tails off and there is no slowing down now with spring and summer right around the corner. If you see our crew out there working please tell them, hi, and don't forget to compliment them on how good our parks and fields look.

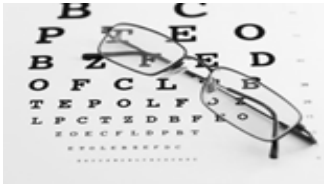
Another update on our swimming pool! The work on the re-plaster of the pool will be starting soon. I think I mentioned last month that this facility and the pool are 22 years plus old and it's time for some subtle upgrades. Everyone has been very supportive and patient and I want to thank you all for the support. We are currently in the process of hiring a Pool Manager and staff to man the pool, we hope that we are able to find people to fill the lifeguard positions and if we can't we will be doing our best to recruit people to fill those positions.

Those positions are very very important because of the safety issues that we need to stay on top of in the Aquatic Center, so we really need to find the right people to fill those positions.

Once again, thank you for being patient; we are trying really hard to get the pool open again. I just want to make sure we open it correctly not just quickly. Feel free to contact me at the Center if you have any questions about the Parks & Recreation Department or if you just want to call and say hi!

Arnold Sena  
Director of the Parks & Recreation  
Department  
869-9777

## 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

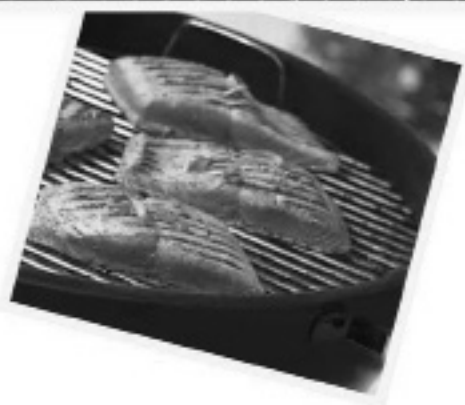
THANK YOU  
-Isleta Health Center Optometry Department



Our after school program is another program that does wonderful things for the children that attend. The current staff members (LeeAnne Zuni and Meredith Platero) are awesome with the children. Field trips, daily activities, board games, arts & crafts projects, reading, homework help, outdoor activities and daily snacks are common place for all the kids that attend. These two have even gone above and beyond by setting up field trips that sometimes land on national holidays during the week. I love checking on the kids before I leave for the day, all the kids have smiles and really seem to be enjoying themselves, they are usually eating their snacks, doing homework or working on an arts & crafts project. If you get a chance stop in and see the wonderful things our staff does with the children.

I don't want our sports program and after school program to over shadow our other programs. The Pickle Heights fitness instructors (Michael Trujillo, Antoinette Lucero, John Matt Jojola and Steven





NMSU Valencia County  
Cooperative Extension Service  
Presents

Grilling  
Specialty Class

**When:** Thursday, March 12, 2020  
**Time:** 9:00 am – 12:00 pm  
**Where:** Peralta Methodist Church  
Community Education Building  
25 Wesley Road, Peralta  
**Cost:** \$10.00 Participation Fee  
**RSVP required:** 505-565-3002  
[valenciaextension.nmsu.edu](http://valenciaextension.nmsu.edu)

No later than Monday, March 9, 2020



New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating. If you are an individual with a disability and need auxiliary aid, please contact Laura Bittner at 505.565.3002 two weeks prior to the class.



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



Farm to School  
Informational Meeting  
Interested in Selling Fruits and  
Vegetables to Local Schools?  
Join us for this Informational Meeting

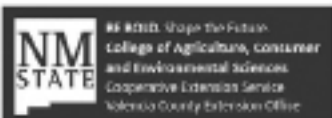
NMSU Valencia County Cooperative Extension office 404 Courthouse Rd, Los Lunas

Tuesday, March 3, 2020 at 6:00 pm

Topics Include:

Vendor process • Product insurance  
Food safety • Bidding process

Kendal Chavez, NM PED Farm to School Specialist  
Angela Haney, LL Schools Director of Student Nutrition  
Janet Sanchez, Belen Schools Student Nutrition Services Supervisor  
Farm Bureau Financial Services  
Grower Panel Q&A



If you are an individual with a disability and need auxiliary aid or service contact NMSU 505.565.3002 by February 17, 2020.  
New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.



ISLETA LITTLE LEAGUE  
REGISTER ON-LINE AT:

<https://tshq.bluesombrero.com/isletalittleleague>

or scan the QR Code in the bottom right corner with your Smart Phone.

\$25.00 per player (with a service fee of \$3)

Children ages 4 to 16, Must turn age 4 by Aug. 31, 2020

Volunteers needed...be a manager, coach, umpire,  
team parent, or help in our concession stand, etc.

Please be on the lookout for on-site registrations as well.

COME JOIN US FOR OUR OPENING DAY MATANZA!!

Saturday, April 4<sup>th</sup>—Opening ceremonies begin at 12 pm

Team & individual pictures will be taken before ceremonies.

If you have any questions, please contact:

Vernon Abeita, President: 505-238-1387 or

Reyes Abeita, Secretary: 505-288-5030



[isletall@gmail.com](mailto:isletall@gmail.com)

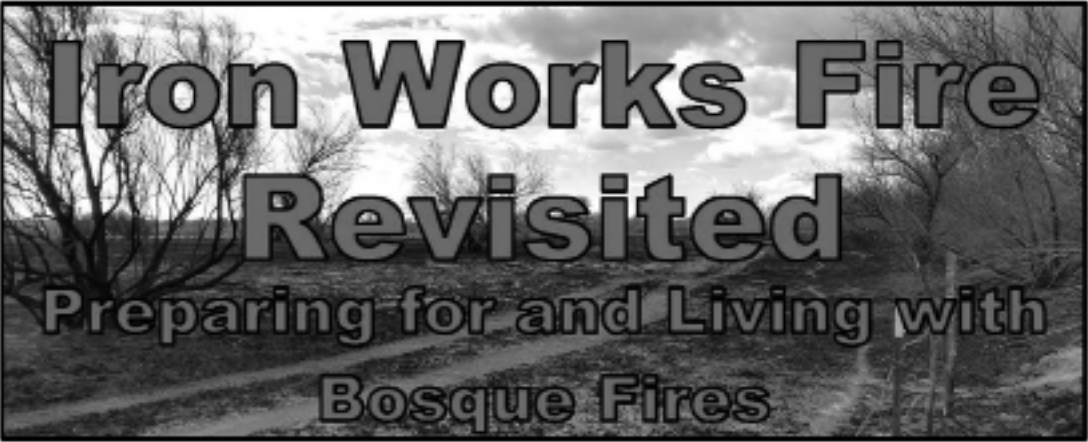


[www.facebook.com/isleta-Little-League-55681422294/](https://www.facebook.com/isleta-Little-League-55681422294/)



SCAN ME





**Iron Works Fire Revisited**  
Preparing for and Living with Bosque Fires

Whitfield Wildlife Conservation Area, 2424 NM-47


## How to Reduce Your Fire Risk Living In or Near the Bosque

Wednesday, March 18, 2020, 5:00-7:00pm


**This FREE workshop provided by:**  
NMSU Valencia County Cooperative Extension Service and  
Whitfield Wildlife Conservation Area

**Presented by:**  
**Doug Cram, NMSU Extension Forestry & Fire Specialist**

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



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and Environmental Sciences  
Cooperative Extension Service  
Valencia County Extension Office



If you are an individual with a disability and need auxiliary aid or service contact Newt McCarty 505.565.3002 by March 2, 2020.  
New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture Cooperating.

2020 Valencia County Cooperative Extension

# Home, Garden and Health Expo

Saturday, March 7, 2020 8:30 am – 2:30 pm

Peralta Methodist Church Community Education Building  
25 Wesley Rd, Peralta, NM 87042

Valencia County Extension Master Gardeners and  
Valencia County Cooperative Extension Service  
Present

## A DAY OF SEMINARS AND DEMONSTRATIONS FOR YOUR HOME, GARDEN & HEALTH

Opening Session  
**All About Bats**  
Justin Stevenson, RD Wildlife Management and Consulting

Home	Garden	Health
Edible Native Plants Cooking from Your Cupboard Home Wine and Cider Making	Native Plant Selection Growing Herbs Attracting and Housing Pollinators	Not in My Family (Prescription Drug Misuse and Abuse) Home Safety and Security Heart Healthy Habits



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and Environmental Sciences  
Cooperative Extension Service  
Valencia County Extension Office

**REGISTRATION \$5.00**  
**INCLUDES LUNCH**

**RSVP Required by March 3<sup>rd</sup>. Call 505-565-3002**



If you are an individual with a disability and need auxiliary aid or service contact Newt McCarty 505.565.3002 by January 22, 2020.  
New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating.

## PUEBLO OF ISLETA PUBLIC WORKS DEPARTMENT

Newspaper Article – March 2020

The **Public Works Department** has a new phone number that should be used when calling in work orders such as sewage backups, septic pumping or water and wastewater issues. Septic systems are pumped only on Tuesdays and Thursdays. Please call **505-869-5170** to request a work order. There is also a work order system available via email that can be used to submit work orders: [publicworksorders@isletapueblo.com](mailto:publicworksorders@isletapueblo.com) . When submitting work orders, please provide the address, resident’s name, contact phone number and the type of work requested. Please advise if you have locked gates or dogs on the property that we should be aware of.

The “Village Sewer Line Replacement Project” is expected to begin construction in the spring of 2020 and will serve approximately 1,300 residents on 460 homes within the Main Village, Oraibi, and Mousetown areas. The sewer infrastructure will include new installation and rehabilitation as shown below:

- Pipe Bursting Total – 27,037 Linear Feet
- Rehabilitation of 150 manholes – 525 Vertical Feet
- New Manhole Installation – 6
- Locate, Removal, Disposal of existing gravity sanitary sewer service line – 34,750
- Installation of new HDPE Force main – 5,580 Linear Feet
- Installation of new grinder pumps - 17

At various times the contractor will need to close roadways in order to protect the residents and the construction workers. The contractor and the Pueblo of Isleta will coordinate to ensure everyone affected by the road closures will have sufficient notice.

As the contractor works on installing new service lines from the homes or businesses to the new sewer mains, proper notice will be given to residents or business owners since the use of your service line will need to be suspended during the installation work.

The project is expected to be completed in the summer of 2021.

If you have any questions, please feel free to contact Mr. Edwin Jaramillo, Public Works Director at 505-869-9781 or email him at [poi37401@isletapueblo.com](mailto:poi37401@isletapueblo.com). You may also contact Mr. Bernard Chavez, Public Works Supervisor at 505-270-9538 or email him at [poi90201@isletapueblo.com](mailto:poi90201@isletapueblo.com)



**Isleta Pueblo News**

**Editor:**  
Nathaniel Lujan

**Asst. Editor:**  
Diane Abeita

**Published By:**  
Valencia Express





ISLETA POLICE DEPARTMENT NEWSLETTER



The second month of 2020 has come and gone and many of us are looking forward to bidding Winter adieu and hello to Spring. Even though Punxatawney Phil predicted an early spring it has yet to arrive so we hope it will arrive on time March 19. Weather conditions have been anywhere from a low of 32 degrees to a high of 60 degrees appearing Mother Nature hasn't quite decided what to do yet.

With these significant changes in weather conditions, we ask that all drive accordingly. There have been multiple crashes in and around the Pueblo and some are due to weather while many others are because drivers fail to use due care watching speed, traffic flow, weather conditions, traffic lights/stop signs, etc. IHSP Traffic is out daily and watching for traffic violators so PROCEED WITH CAUTION!



The D.A.R.E. Program in the school is preparing to begin classes with the first class scheduled for March 4, 2020 at Isleta Elementary School. It is anticipated these classes will occur once a week in different classrooms. The ability to prevent and/or curb the problems with drugs and violence must be education imparted to the young with continued mentorship from the community, department resources, and the Police Department.

DRUG AWARENESS WITHIN THE PUEBLO

Drugs are a problem everywhere and the Pueblo is no exception. With the constant travel through the Pueblo the flow of drugs is inevitable. Methamphetamine has been found on the Pueblo and testing has shown Fentanyl has been discovered here as well. Drugs will definitely take a dramatic toll on a person's body and health but these are deadly as well. This is a public service message to all the members of the Pueblo.

Below is an article taken from Drug.com:

U.S. Saw Big Rise in Meth, Fentanyl Use in 2019

FRIDAY, Jan. 3, 2020 -- A study of over 1 million urine drug tests from across the United States shows soaring rates of use of



methamphetamines and fentanyl, often used together in potentially lethal ways.

The drug test results came primarily from clinics dealing with primary care, pain management or substance abuse disorders. The results showed that between 2013 and 2019, urine samples testing positive for methamphetamine ("meth") have skyrocketed sixfold, from about 1.4% of samples testing positive in 2013 to about 8.4% in 2019.

Similarly, the percentage of drug urine tests coming back positive for the highly potent -- and sometimes fatal -- opioid fentanyl have more than quadrupled since 2013, the study found. In 2013, just over 1% of the urine samples tested positive for fentanyl, but by 2019 that number was nearing 5%, said a team led by Dr. Eric Dawson, of Millennium Health in San Diego.

And, too often, fentanyl is being taken in combination with meth or other illicit drugs.

Between 2013 and 2019, the rate at which urine samples testing positive for fentanyl also tested positive for meth rose almost 14-fold, Dawson's group found, and by more than sixfold for cocaine and heroin.

All of this suggests that "methamphetamine-related overdose deaths [especially] may continue to increase," according to the study published online Jan. 3 in JAMA Network Open.

One doctor on the front lines of the epidemic of drug abuse and overdose said the statistics are cause for alarm.

"We are talking about serious and deadly risks -- patients who may stop breathing and suffer heart attacks, strokes or develop bleeding in the brain," said Dr. Robert Glatter, an emergency medicine physician at Lenox Hill Hospital in New York City.

Even when meth doesn't kill, it can easily ruin lives, he noted.

"Methamphetamine abuse can result in anxiety, insomnia, addiction, mood disturbances, psychosis and violent behavior," Glatter explained. The drug "may also trigger psychotic symptoms including hallucinations, paranoia and delusions. In some cases, psychotic symptoms can persist for months or even years after people have stopped using," he said.

Right now, data from the U.S. National Institute on Drug Abuse shows that "methamphetamine abuse is most prevalent in the western and midwestern regions of the U.S.," according to Glatter. "Nearly 70% of local law enforcement agencies from those areas of the U.S. indicate that methamphetamine is the drug that poses the greatest danger to its citizens."

Add fentanyl to the mix, and risks run even higher.

"Fentanyl is 50 to 100 times more potent than morphine, and consequently may lead to respiratory depression and death," Glatter said, and often "rescue" medications like naloxone won't help.

"Standard doses of naloxone to reverse the respiratory effects of fentanyl are typically ineffective," Glatter said, so "[only] intubation and mechanical ventilation may be lifesaving in the setting of fentanyl overdose."

We urge anyone who has knowledge of someone who has an addiction to these drugs or any drugs to include prescribed medications reach out for help. There are services available and recommendations that can be made to guide them through the process.

IHSP

The members of the Indian Highway Safety Program in Isleta will be traveling to the "Lifesaver's Conference" in Tampa, Florida. This conference is "The largest gathering of highway safety professionals in the United States" as it brings together "a unique combination of traffic safety and public health professionals, researchers, advocates, practitioners and students committed to sharing best practices, research and policy initiative proven to work". (As taken from Lifesavers Conference 2020 website).

The conference has approximately 2000 attendees representing the following groups:

- Local, tribal, state and Federal highway safety officials
- Law enforcement, prosecutors & first responders
- Child safety advocates, technicians & instructors
- Private & non-profit program providers
- Victim advocates
- Auto & insurance industry leaders
- Public health professionals
- Safety & injury prevention specialists
- Students, researchers & academics
- Transportation planners & engineers



Menu

Isleta Elder Center

MARCH

2020

Monday	Tuesday	Wednesday	Thursday	Friday
3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020
Potato Stew Pork 3 oz. Potatoes 1/4 c Mixed vegetables 1/2 c Green chile 1/2 c Fresh fruit	Chicken Parmesan Breaded chicken patty Marinara sauce 1/2 c WW spaghetti 1/2 c Mozzarella cheese .5 oz. Italian Vegetables 1/2c Fruit	Cheese Burger Beef Patty 3 oz. Cheddar cheese .5 oz. WW bun=56g Sweet potato tots 1/2 c Fresh fruit	Pork Lo Mein Pork 3 oz. Noodle 1/4 c Asian vegetables 1/2 c Fresh Fruit Fortune Cookie	Indian Tacos Pinto beans 1/2 c Shredded cheddar 1 oz. Red chile puree 1/2 c Shredded lettuce/tomato 1/2 c Fry bread = 2 grain eq Fresh fruit
3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020
Chicken Noodle Chicken 3 oz. Mixed vegetables 1/2c WW noodles 1/2 WW crackers = 24g Fresh fruit	Stuffed Turkey Sliced turkey 2 oz. Broccoli 1/2 c Cheese 1 oz. Rice pilaf 1/4 c Fruit	Pork Loim Pork 3 oz. Stuffing 1/2 c Gravy 1 oz. Green bean casserole 1/2 c Fresh fruit	Red chile Enchiladas Ground beef 2 oz. Shredded Cheddar 1 oz. Corn tortilla 2 oz. Red chile puree 1/4 c Capri vegetables 1/2 c Fresh fruit	Baked Fish Fish Filet 3 oz. Vegetable medley 1 c Rice pilaf 1/4 c Fruit salad 1/2 c
3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020
Minesirone Soup Kidney beans (M/MMA) 1 c WW elbow macaroni 1/2c Diced tomatoes 1/4c Mixed vegetables 1/2c Fruit	Cornd Beef Cornd beef 3 oz. Cabbage 1 c Real potatoes 1/2 c Wheat berry bread = 26 g Leprechaun Jell-O w/fruit 1/2 c	Chicken Garden Salad Diced chicken 3 oz. Couton 1 oz. Salad Mix 1 c Shredded cheddar cheese .5 oz. Fruit Cup Low Fat Ranch 1 oz.	Salisbury Steak Ground beef 3 oz. Roasted vegetables 1/2 c Gravy 1 oz. Brussel sprouts 1/2 c Fruit	Tuna Salad w/ grapes Tuna salad 3 oz. Shredded lettuce 1 c WW crackers = 24g Steamed Broccoli 1/2 c Fresh Fruit
3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020
Pasole Diced chicken 3 oz. Green chile 1/2 c Diced tomatoes 1/4c Hominy 1/2c Tortilla 6" Fruit cup 1/2c	Stuppy Joe Casserole Ground beef 3 oz. Stuppy joe mix 1/2 c Winter vegetables 1/2 c WW pasta spirals 1/2 c Fruit	Zucchini Boat w/ red chile Ground beef 3 oz. Zucchini boat 1/2c Marinara 1/4 c Red chile sauce 1/4 c Rice 1/4 c Fruit	BBQ chicken Boneless chicken thigh 3 oz. California vegetables 1 c BBQ Sauce 1 oz. Biscuit = 56 g Fruit Cup	Lasagna Marinara sauce Squash and Zucchini Mozzarella/Cottage cheese 1 oz. Spinach 1/2 c Garlic bread stick = 24g Fruit Cup
3/30/2020	3/31/2020			
Garbanzo Bean Stew Ground beef 2 oz. Garbanzo beans (M/MMA) 1/2 c Diced tomato 1/2 c Mixed vegetable 1/2 c Garlic biscuit = 56 g Fresh fruit	Pizza and Salad Mozzarella cheese 2 oz. Pepperoni/sausage 1 oz. Tomato (pizza) sauce 1/4c WW pizza Crust = 2 grain eq Tossed salad w/LF Ranch Fruit Cup 1/2 c	Please call ahead of time to cancel Home Delivered Meals. This saves time and money. Thank you.  Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.		

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

ELDER CENTER MONTHLY GENERAL MEETINGS  
A GREAT PLACE TO LEARN ABOUT IMPORTANT  
RESOURCES AND SERVICES AVAILABLE TO  
ELDERS!

In February, 2020 Mark Dixon, Director and Frank Jiron, Fire and Forestry Supervisor, representing the Pueblo of Isleta Natural Resource Department, shared information regarding the work that their department performs. They talked about the size of our land base and the various types of challenges they encounter in the protection and management of POI lands. They also shared information about services available to elders like wood supply, tree trimming and land clearing. They noted that some of these items are not free and come with some conditions and/or limits. The presentation was very interesting and the elders were happy to know who is working to protect our lands.



Every month, the Elder Center Calendar in the Tribal Newsletter indicates the scheduled day for the General Meetings. Please join us, we start the day with a “Friendship Breakfast” allowing elders to interact and socialize before they get to hear about important information and available resources.

For the General Meeting on **March 18, 2020** we will cover the results of a recent Community Assessment conducted to identify the needs of our elder community population. 303 Randomly selected tribal members 55 years of age and older participated in the survey. In addition, at the meeting in March, we will publicly tally and announce the newly voted Elder Center Advisory Committee Members.

From the desk of Emma Abeita  
Elder Center Adult Day Services  
Manager

“Spring has sprung!”


Adult Day Services has many exciting activities planned for the Month of March, one will be taking our elders to visit Jemez Pueblo Elder Center to meet and socialize with Jemez elders. In addition, Thomas Zuni and two others from Isleta Recreation Center will begin a new exercise program with our elders, for example, taking short walks and chair exercises twice a week on Tuesdays and Thursdays.

We would like to thank Tony, Vera, and Thelma that came last month and played music for our elders, they enjoyed the music and dancing.


Just a reminder you can come and visit our elders Monday- Friday 9am-3pm. We welcome families, friends and those of you who would even like to come and do an activity with our elders. We can provide supplies. You can also join us for lunch.

If you have any questions about Adult Day Services for your loved ones or would like to come and do an activity, please contact myself or Karla Trujillo, Adult Day Services Assistant at 505-869-9770





Pueblo of Isleta Elder Center  
Activities Calendar



# March

Transportation is available for all events/activities. Please call the Elder Center at 505-869-9770 with any questions regarding the calendar. Activities are offered to those 50 years & older unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020
NMICOA Executive Meeting Zia Senior Center 9am - 3pm	Afternoon Walk 1:00pm- 2:30pm	Afternoon Exercises Activities Room 1:00pm-2:00pm	Open Activities 9:00am-3:00pm	Billiards Activities Room 1:00pm-2:00pm
3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020
Beach ball Exercises Activities Room 1:00pm-2:00pm	Shuffleboard Practice Activities Room 9:00am-12:00pm 1:00pm-3:00pm Commodities Distribution #1 8:30am-3:00pm	Basketball Free Throw Activities Patio 1:00pm-2:00pm	Mass Activities Room 11:30am	Billiards Activities Room 1:00pm-2:00pm
3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020
Caregiver Training Activities Room 11:00am-12:00pm Topic: Stress Relievers for Caregivers Early Lunch 11:30-12:30pm	St. Patrick's Day Event Activities Room 12:30pm-3:00pm	Friendship Breakfast 9:00am-9:30am General Meeting Topic: Advisory Committee Election Results & Community Assessment Overview 9:30am-10:30am	Open Activities 9:00am-3:00pm	Advisory Committee Meeting Conference Room 9:00am-12:00pm Billiards Activities Room 1:00pm-2:00pm
3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020
Frisbee Toss 1:00pm-2:00pm	Afternoon Walk 1:00pm- 2:30pm	Basketball Free Throw Activities Patio 1:00pm-2:00pm	Commodities Distribution #2 Conference Room 8:30am-3:00pm PNM Senior Assistance Fair Activities Room 10:00am-11:30	Billiards Activities Room 1:00pm-2:00pm
3/30/2020	3/31/2020			
Frisbee Toss 1:00pm-2:00pm	Afternoon Walk 1:00pm- 2:30pm			

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



## WHAT IS ADDICTION?

Addiction is a chronic disease when left untreated causes lasting damage to the person with the addiction as well as to family and community. Addiction is also known as chemical dependency.

People can develop an addiction or chemical dependency to many substances that include alcohol, methamphetamine, cocaine, marijuana, and opiates such as heroin and pain pills. Alcohol is also considered a drug and people can and do become addicted to alcohol.

Addiction is classified as a brain disease because abuse of alcohol and/or drugs changes the brain. Addiction is dependence on something that is physically or psychologically habit-forming. It is difficult for the addict to stop using alcohol/drugs because of the withdrawal that happens when the use stops. A hangover or withdrawal is a severe physical and psychological shock.

People with addictions have an intense focus on using certain substances such as alcohol or drugs until the addiction takes over their lives. The changes in the brain cause addicts to have powerful cravings and make it hard for them to stop using alcohol and/or drugs, even when they know continued use causes problems.

The destruction of the disease of addiction is real and the changes to brain chemistry are frightening. Sobriety or recovery often seem impossible to the alcoholic/addict, family, friends, and community. Untreated addiction is a tragedy that has a devastating ripple effect on children, parents, communities, and nations.

Remember there is no shame in having an addiction – the shame is in doing nothing about it!

Isleta Behavioral Health 505-869-5475



Isleta Community Health Needs Assessment

Top Diagnosed Conditions and Tips to Lower Them

Health Educator: Stephanie Barela, BS CHES CSST, 869-4479

HealthLine.com mayoclinic.com

In reviewing the Isleta Community Health Needs Assessment results, when asked **"Have you ever been told by a doctor that you have one of the following conditions?"** the top conditions marked by Isleta Tribal Members were:

1. High Blood Pressure 37%
2. Diabetes 25%
3. Obese/Overweight 18%
4. Anxiety 17%
5. High Cholesterol 15%

As a way to compare the results to others, we compared our data to American Indian/Alaska Natives data on the Behavioral Risk Factor Surveillance System (NMBRFSS), as well as data for all races on the NMBRFSS. The results are below:

Top 5 Conditions	Pueblo of Isleta	NM BRFSS AI/AN Only	NM BRFSS All Races
High Blood Pressure	37%	29%	**
Diabetes	25%	22%	11%
Obese/Overweight	18%	77%	**
Anxiety	17%	NA	NA
High Cholesterol	15%	24%	30%

TIPS to LOWER BLOOD PRESSURE:

1. Practice these steps:
  - o Maintain a healthy weight.
  - o Be active every day.
  - o Eat fewer foods high in salt and sodium.
  - o Eat more fruits and veggies, whole grain breads and cereals and lowfat dairy products.
  - o If you drink alcoholic beverages, do so in moderation.
2. Take your medicine the way your doctor tells you.

TIPS to LOWER BLOOD SUGAR (DIABETES):

1. Exercise Regularly.
2. Control Your Carb Intake.
3. Drink Water and Stay Hydrated.
4. Implement Portion Control.
5. Monitor Your Blood Sugar Levels.

TIPS to LOOSE WEIGHT:

1. Eat a high-protein breakfast
2. Avoid sugary drinks and fruit juice
3. Drink water a half hour before meals
4. Choose weight loss-friendly foods
5. Eat soluble fiber
6. Drink coffee or tea (speeds up your metabolism)
7. Eat mostly whole, unprocessed foods
8. Eat your food slowly
9. Weigh yourself every day
10. Get a good night's sleep, every night

TIPS to LOWER YOUR ANXIETY:

1. Contact Isleta Behavioral Health 869-5475.
2. Exercise
3. Light a scented candle.
4. Reduce your caffeine intake.
5. Write down your thoughts/Journal.
6. Spend time with family and friends.
7. Laugh.
8. Learn to say no.
9. Listen to relaxing music.
10. Cuddle.
11. Deep breath.
12. Spend time with your pet.

TIPS to LOWER YOUR HIGH CHOLESTEROL:

1. Eat Heart Healthy foods
  - Reduce saturated fats.
  - Eliminate Trans fats.
  - Eat foods rich in omega-3 fatty acids.
  - Increase soluble fiber.
  - Add whey protein.
2. Exercise most days of the week/increase physical activity
3. Quit Smoking. (Call 869-4479)
4. Lose weight.
5. Drink alcohol only in moderation.

Self-Care Saturday

The Child Abuse Awareness Planning Committee would like to invite you and your family to our "Self-Care Saturday".

Come pamper yourself with a manicure, get a haircut and release that stress with a yoga class. We will also have a yogurt parfait bar, bath bomb making for the kids.

Any inquiries contact Reyes Abeita or Greg Vicente at the Isleta Social Services Office 505-869-2772

Location: Isleta Recreation Center

60 Tribal Road 40 Isleta Village Proper

Saturday, March 7<sup>th</sup>

9 am - 12 pm

Brought to you by: The Child Abuse Awareness Planning Committee

Health Effects of Cigarette Smoking Part 1

Stephanie Barela,  
Isleta Health Educator, 869-4479

Smoking Causes Death

- Cigarette smoking causes more than **440,000 deaths**, or nearly **one of every five deaths**, each year in the United States.
- More deaths are caused each year by tobacco use than by human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- If nobody smoked, one of every three-cancer deaths in the United States would not happen.
- Smoking causes an estimated **90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women**.
- An estimated **90% of all deaths from chronic obstructive lung disease** are caused by smoking.

Smoking and Increased Health Risks

Compared with nonsmokers, smoking is estimated to increase the risk of—

- Coronary heart disease by **2 to 4 times**,
- Stroke by **2 to 4 times**,
- Men developing lung cancer by **23 times**,
- Women developing lung cancer by **13 times**, and
- Dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by **12 to 13 times**.

Smoking and Cardiovascular Disease

- Smoking causes coronary heart disease, the leading cause of death in the United States.
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries) and puts smokers at risk of developing peripheral vascular disease (i.e., obstruction of the large arteries in the arms and legs that can cause a range of problems from pain to tissue loss or gangrene).
- Smoking causes abdominal aortic aneurysm (i.e., a swelling or weakening of the main artery of the body—the aorta—where it runs through the abdomen).

To learn more about the "Thinking About Quitting", quit smoking program. Please contact me at the Isleta Health Center Stephanie Barela, 869-4479

Coming together as a community.

#ICOUNT2020



Isleta Health Center

Behavioral Health Clinic:

Prevention Program

Phone: 505.869.5475

Teen Dating Violence Recap

A question posed to youth participants, “What Can You Do To Help”? Through self-disclosure, youth participants who agreed to have their input in the newsletter, they were unsure, but provided great insight. Insight provided were statements like, “I don’t know, I’m confused, we can get help, go to a counselor, don’t go to so and so (identified unhelpful individuals), or don’t tell so and so (identified unhelpful individuals)”. Through this reflection, we were able to gather positive and negative statements, turning negative to positive statements to gain confidence when addressing their own needs.

Youth agreed to input, with the following, Kendra Edaakie, Kayanna Jiron, Aaron Jiron, and Ava Cherino. Tasks were given to participants to provide input to the group process and questions around Teen Dating Violence. One participant stated, “It’s important for people to know it’s bad to be in a bad relationship?” Bad relationships to them consisted of “fights, they can hurt you (physically fighting, emotional/mental abuse), get dumped because of jealousy, insecurity or cheating, not able to leave a relationship because the partner uses threats to kill or come for you”. Furthermore, they want to provide community members with information regarding signs of a bad relationship. These signs include, “over controlling and over protective, when a partner controls whom the person sees, what they can do, or when they can go”. Partners can be “abusive, physically-hitting or fighting, emotional-unstable or trust issues.” Throughout this discussion, a great amount of time was dedicated to how a “partner could use you”. They feel partners can and will use someone to gain “money, things, or materials when the partner buys them things to their benefit, they use their possessions such as cars or phones, or use them to live in their house”.

Through this dialogue, youth were able to conceptualize how they can turn negatives into positives. Collectively, they were able to talk about dating violence, in general, and the impacts it has. Impacts include humiliation to a person, embarrassment, afraid of repercussions of partners and parents, collectively they were able to understand and address the negative statements above. An example of this is turning “I don’t know” into “I do know”. One participant recognizes by reading information on dating violence, you can gain information. Another example of this is in the form of identifying support systems. One identified negative social support is individuals you do not trust or are not comfortable talking with. The way they turned this into positive, is identifying those they do trust and are very comfortable. One youth identified ways both parents and youth can be helpful in dating violence. Parents can be helpful by questioning or talking to them about what might be happening, by not judging or getting mad. Youth can be helpful by helping to calm down the person by talking to them, and bringing up positive memories, and not bad ones.

Pueblo of Isleta WIC

March 2020

One step at a time!

Small changes to your family's meals and snacks can mean big rewards in your health! What are the benefits of choosing healthier options?

1. Improvements in blood pressure, blood sugar levels, weight maintenance, and

2. increase in overall

3. energy just to name a few.

4. Involving the entire family means good nutrition habits are created early and are more likely to last a lifetime.

It only takes one small step to make a big difference!

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

March is National Nutrition Month

Easy substitutes for your favorite meals and snacks:

1. Chicken nuggets: Instead of making a fast food run buy them frozen and bake in the oven. Serve with cut up veggies and your favorite dipping sauces.

2. Pizza: Toast a whole grain English muffin, drizzle with pizza sauce and sprinkle with cheese, add toppings and bake in oven or melt in microwave.

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

4. Coffee drinks: Save time and money by making coffee at home and adding low fat milk, sugar free sweeteners, light syrup flavors and whipped cream. Blend with or pour over ice for a frozen treat.

5. Ice cream: Combine frozen bananas, peanut butter, milk and chocolate syrup in the blender for a sweet and creamy guilt free dessert.

Please join us for a

PNM Senior Assistance Fair

at Isleta Pueblo!

Get help to pay your PNM Electric bill and so much more!

DATE:

Thursday, March 26th, 2020

TIME:

10:00am to 11:30am

LOCATION:

Isleta Elder Center

Isleta Pueblo, NM

Receive a \$20.00 Wal-Mart gift card when you qualify for the PNM Good Neighbor Fund!

To qualify for the Good Neighbor Fund, your family must be within the following income guidelines.

Household Size	Monthly income
1	\$1,561
2	\$2,114
3	\$2,666
4	\$3,219
5	\$3,771
6	\$4,324
7	\$4,876
8	\$5,429

To get help with your bill, please bring with you the following documents to the fair:

• Proof of all household income

• Proof you were approved for LIHEAP during the 2020 year

• ID's for all persons in your home

• Your past due PNM bill

More Info:

Paulina Lucero

505-869-9770 ext. 9339

PNM

Talk to us.



PNM.com

f

t



Calling all Elders 50+  
Indian Game Day  
Wednesday April 15, 2020  
9:00am-3:00pm  
Santa Fe Indian School



Sign up at  
Pueblo of Isleta Elder Center  
Registration Deadline  
March 13th, 2020


*Limited space available to cover costs*

Please come sign up at the POI Elder Center for All these events to kick off this New Olympic Year



- Indian Game Day 50+, April 15<sup>th</sup> Santa Fe Indian School
- Isleta Pueblo Local Games, through the month of May (Schedule to be announced in April newsletter)
- NM State Games 50+, June 10<sup>th</sup>-13<sup>th</sup>
- NM State Games/Santa Ana Casino Bowling Tournament, August 4<sup>th</sup>-7<sup>th</sup>

COMMUNITY HEALTH FAIR  
SAVE THE DATE  
AUGUST 8, 2020  
10am-1pm





# Circle of Security

## 8 week Parenting Program

This is a relationship based parenting program for parents/caregivers of young children; it is designed to help you:


- Learn to recognize your child's needs and better understand their behavior
- Be supported as a parent and gain ideas on how to make parenting easier providing you with helpful parenting strategies
- Begin to understand your own reactions to your children



### Isleta Social Services

For More Information, Please Contact  
Facilitator Reyes Jiron  
505-869-2772  
poi05003@isletapueblo.com


The basis of the program teaches that we are "NOT PERFECT PARENTS" and that we all struggle on some level with a battle or fight that no one knows about; it also helps us to recognize we all have shared experiences and once we begin to talk about it and share our stories we begin to realize we are not alone.



Circle of Security  
INTERNATIONAL  
Early Intervention Program for Parents Of Children

Check out this 3minute video about  
Circle of Security Parenting  
<https://www.youtube.com/watch?v=F6DhnbgrAOo>


**\*\*INDIVIDUAL, ONE ON ONE SESSIONS AVAILABLE\*\***



### The Child Abuse Awareness Planning Committee

Would like to invite you and your family to attend the mass for victims & survivors of child abuse & neglect and domestic violence on Tuesday April 7, 2020 at 4:45 pm at St. Augustine Church.


Dinner will be served after mass in the Religious Education Building.



## Tuesday Mass

Tuesday April 7, 2020  
4:45 PM  
71 Tribal Road 35 Isleta Village Proper, NM 87022

### 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:

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



Head Start, Early Head Start, and Child Care  
P.O. Box 579 Isleta, NM 87022

March Newsletter

2nd Annual Valentine’s Day Dance

The Isleta Head Start, Early Head Start, and Child Care held our annual Valentine’s Day Dance for the families and children on February 7, 2020. The Parent Committee planned a successful family night with well over 100 attendees. The children had a great time bustin’ a move with their friends and family! The Head Start, Early Head Start, and Child Care would like to thank the Isleta Rec Center for hosting our event as well as contributing their time and effort to decorate in preparation for the dance. A big thank you to Reservation Party Rentals who donated the DJ equipment to make this event possible. We would also like to thank the community service workers for assisting in the decoration and handing out sack lunches.



- March 4, 2020**  
Family Night (Dental and Nutrition)  
Dinner will be provided
- March 9-13, 2020**  
Spring Break (NO SCHOOL)
- March 16, 2020**  
Children Resume School
- March 18, 2020**  
Policy Council Meeting @ 5:00pm  
Dinner & Child Care provided
- March 19, 2020**  
Parent Committee Meeting @ 5:00pm  
Dinner & Child Care provided

Isleta Health Center is having a blood drive Thursday, March 5<sup>th</sup> from 8:30am-12:00pm

You can sign up on the [www.bloodheroes.com](http://www.bloodheroes.com) website and look for the Isleta Health Center event or call Stephanie Barela at 869-4479 if you need help.



In 2018, the Isleta Health Center had a Blood Drive, where 14 employees made lifesaving donations that potentially helped 54 people!!

WAY TO GO!! Let’s beat last year’s numbers.  
Please sign up to DONATE and  
HELP SAVE LIVES!!



ISLETA HEALTH CENTER

In 2019, the Isleta Health Center prepared, disseminated and collected 549 Community Health Assessment Surveys at over 21 different program sites throughout Isleta. In reviewing all of the responses, we are aware there is a need for more education on the Isleta Health Center and our services. In 2020, we plan to offer a quarterly newsletter as a way to provide this information to the community, along with a range of information on health. We will initially distribute the IHC Newsletter out to the community at different locations throughout the Pueblo, however, if you would like this Quarterly Newsletter mailed or emailed directly to you, please contact Lorraine Lucero at (505) 869-4595 and specify that you would like to be on the Isleta Health Center Newsletter list.

Please feel free to contact Stephanie Barela at (505) 869-4479 if you have any suggestions on Health Education topics.


Thank you.



FOR IMMEDIATE RELEASE

Call to Sign Up: Isleta Behavioral Health Clinic

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 experiencing mental health challenges or crises

WHO:

Community Members- 30 community members at a time (per training session)

WHAT:

Training on mental health first aid in Isleta (Youth Curriculum available upon request)

WHEN:

Thursday & Friday, March 5<sup>th</sup>/6<sup>th</sup>,  
8:00 – 12:00 each day (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, more than one in five American adults will have a mental health problem in any given year. 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 knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. 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](http://www.mentalhealthfirstaid.org).

Adult Mental Health First Aid: Program Overview

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

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

Self-Care Saturday


The Child Abuse Awareness Planning Committee would like to invite you and your family to our “Self-Care Saturday”.


Come pamper yourself with a manicure, get a haircut and release that stress with a yoga class. We will also have a yogurt parfait bar, bath bomb making for the kids.


Any inquiries contact Reyes Abeita or Greg Vicente at the Isleta Social Services Office 505-869-2772

Location: Isleta Recreation Center

60 Tribal Road 40 Isleta Village Proper







Saturday, March 7<sup>th</sup>

8 am - 12 pm

Brought to you by: The Child Abuse Awareness Planning Committee

ISLETA ELDER CENTER

INVITES YOU TO COME ENJOY A POT OF GOLD FILLED WITH FAITH, HOPE, LOVE & LUCK!

MARCH 17, 2020

IRISH LUNCH SERVED: 12 - 1PM

EVENT TIME: 12:30 - 3PM

For More Information or Transportation needed please call: 869-9770

\*\*24 hour notice is needed

GAMES

SNACKS

CAKE

WALK

Isleta Health Center  
Behavioral Health Services Prevention Program  
Phone: 505.869.5475

## Misperceptions and Stigmas associated with Mental Health

When you hear the words Mental Health, what is your initial thought? Is your first thought, “they’re crazy, they’re psycho, they want attention, or they are dangerous?” These are common stigmas and negative terms that are heard throughout exercises facilitated in Mental Health First Aid courses. We don’t want to brand individuals as John Doe “*the Schizo*” or John Doe “*the Crazy guy down the street*”. The reality is, he is “John Doe who has a mental health problem”.

Mental health issues are as common as physical ailments and diseases. Yet, we are more likely to go to the aid of someone with a broken leg than someone who suffers from Depression or Anxiety. Although Depression or Anxiety is ‘unseen’, these mental health issues are just as debilitating as or more so than many physical problems. Mental Health issues don’t discriminate, a phrase taken from Mental Health First Aid exercise, “it is neither a rich man’s disease nor the poor man’s curse.” The reality is that Mental Health issues are as common as the use and abuse of legal and illegal substances.

How can we help those in need who have anxiety, depression, or other mental health issues? Like stated above, we are often more likely to offer help to a person with physical disabilities than we are to the one with emotional or mental health challenges. We can change that! We can become Mental Health First Aiders. As participants in the training, misperceptions and stigmas are challenged and debunked through the 8-hour Mental Health First Aid Training.

Developed in the U.S. by the National Council for Behavioral Health in 2008, MHFA classes are meant to give people the tools they need to identify mental illness in people they interact with on a regular basis—and support them in finding help. Breaking stigmas and misconceptions about mental illness is an added bonus.

May is considered Mental Health Awareness month. In the month of May, Mental Health First Aid training is offered for community members to learn how to help those people who suffer from Mental Health conditions, such as Depression, Anxiety, Substance Use, and Psychosis.

All trainings are free! In recognition of Mental Health Awareness Month, IBHS acknowledges IHS Albuquerque Area Office the opportunity to bring Mental Health First Aid to this community. If you are interested in attending, call now to reserve your spot: 505-869-5475

We are here to serve.



WE ARE HERE TO SERVE

Isleta Health Center Team  
(505)869-3200

National Native  
HIV/AIDS Awareness Day

Stephanie Barela, Health Educator

MARCH is National Native HIV/Aids Awareness Day. This is a time to raise awareness about HIV/ AIDS in Native Communities. According to the CDC, Members of Native Communities chose to observe this day on “Spring Equinox because, for many, it represents a time of equality, balance, and new beginnings; a celebration of life for all people. This day encourages Native communities to get educated, get tested, and get involved in HIV prevention and treatment.”

“HIV” stands for Human Immunodeficiency Virus. The HIV virus destroys the body’s immune system, resulting in AIDS. “AIDS” stands for Acquired Immunodeficiency Syndrome, the end result of HIV infection when your body is no longer able to fight off other opportunistic infections.

CDC states that although in 2017 HIV only represented approximately 1% of Native Americans, it is still important that HIV/AIDS prevention is brought to all communities to hopefully one day end the HIV/AIDS epidemic in the United States in the next decade. With today’s tools, we know how to prevent HIV and to help people with HIV stay healthy. It is important to start treatment as soon as possible after someone is diagnosed and to continue treatment regularly to help lower the amount of the virus in the body and eventually make the virus undetectable. If a person with HIV stays undetectable, they can stay healthy for many years, and there is effectively no risk of transmitting HIV through sex to an HIV-negative partner. Having an undetectable viral load also substantially reduces the risk of mothers transmitting HIV to their babies.

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 sexually active
- Get into and 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
- 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 your partner remain as safe and healthy as possible. If you wait until you have symptoms, it can be much harder to treat with medication. With the medication available today, it is entirely possible to live a long and healthy life with an HIV diagnosis, but getting tested early is the KEY! Schedule an appointment with your provider today to and tested.

Please call New Mexico AIDS Services that provides comprehensive services, support, and prevention education at (505) 938-7102 for more information.  
www.cdc.com

Well Child Visits

A Key to Healthy Kids

Naturally, we bring our kids to the clinic when they’re sick. Did you know it’s important to bring them in when they are well, too?

Well child visits help:

PREVENT PROBLEMS

- The clinic team will:
- ❖ Find health problems early
  - ❖ Make sure shots are current
  - ❖ Review healthy eating
  - ❖ Check on the child’s safety

TRACK GROWTH AND DEVELOPMENT

- The doctor will measure:
- ❖ Height and weight
  - ❖ How your child learns and grows
  - ❖ Milestones
  - ❖ Mental and social health

BRING UP CONCERNS

- You can talk to your doctor about your child’s:
- ❖ Behavior
  - ❖ Sleep
  - ❖ Eating
  - ❖ Growth
  - ❖ Ability to get along with others
  - ❖ Learning, thinking and problem solving
  - ❖ Physical activity

CREATE A TEAM APPROACH

- You and the clinic team can:
- ❖ Build trust in each other
  - ❖ Help when well and help when sick
  - ❖ Work together for your child and family needs
  - ❖ Find other resources to help your child

Source: www.healthychildren.org

“Well child visits help give your child the best chance to grow into a healthy adult.”



WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD	
2—5 DAYS OLD	1 mo. 2 mo. 4 mo.
	6 mo. 9 mo. 12 mo. 15mo.
18 MONTHS to 3 YEARS OLD	
3 to 6 YEARS OLD	
3 yr.	4 yr. 5 yr. 6 yr. 8 yr.
PRETEEN AND TEEN	
9—12 yr.	13—16 yr. 17—20 yr.
**CONTINUE YEARLY WELL VISITS INTO ADULTHOOD**	



We are Here to Serve  
Isleta Health Center Team  
(505) 869-3200

6th Annual  
Isleta Cancer Survivors  
Day Event

MAY 12, 2020 ♦ 5:00 - 7:30 p.m.  
@ the Isleta Health Training Center  
(located behind the main Health Center building)



COME  
CELEBRATE  
OUR  
CANCER  
SURVIVORS!

NEEDED:

We are looking for cancer survivors and/or cancer caregivers to participate on a speaker’s panel. Please call if interested!

Call Stephanie Barela for more information  
869-4479.

Balloon Release, Music, Presentation,  
Dinner, Door Prizes, Activities & More!



ALL ISLETA COMMUNITY WELCOME!!




MARCH 2020

ISLETA HEALTH CENTER

Questions? Call 869-3200

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 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 Eagle HIIT Week 5: 5-6:30pm @DPP Wellness Ctr.	3 Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness Ctr.	4 Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Eagle HIIT Week 5: 5-6:30pm @DPP Wellness Ctr.	5 <b>CLINIC OPENS AT 9:50am</b> Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Ctr. Sewing Group: 4:30-8:00pm @BHS	6 Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS.
7/8	9 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 Week 6: 5-6:30pm @DPP Wellness Ctr.	10 Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness Ctr.	11 Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Eagle HIIT Week 6: 5-6:30pm @DPP Wellness Ctr.	12 <b>CLINIC OPENS AT 9:50am</b> Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Ctr. Sewing Group: 4:30-8:00pm @BHS	13 Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS.
14/15	16 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 Eagle HIIT Week 7: 5-6:30pm @DPP Wellness Ctr.	17 Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness Ctr.	18 Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Eagle HIIT Week 7: 5-6:30pm @DPP Wellness Ctr. Healthy Cooking Class: 5-7pm @Health Center Kitchen	19 <b>CLINIC OPENS AT 9:50am</b> Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Ctr. Sewing Group: 4:30-8:00pm @BHS <b>SPRING</b>	20 Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS.  <b>National Native HIV/AIDS Awareness Day</b> A Celebration of Life
21/22	23 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 Week 8: 5-6:30pm @DPP Wellness Ctr.	24 Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness Ctr.	25 Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Eagle HIIT Week 8: 5-6:30pm @DPP Wellness Ctr.	26 <b>CLINIC OPENS AT 9:50am</b> Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Ctr. Sewing Group: 4:30-8:00pm @BHS	27 Early Recovery Skills: 9-10am@ BHS. Another Recovery Technique (ART): 10-11am @ BHS.
28/29	30 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 Week 9: 5-6:30pm @DPP Wellness Ctr.	31 Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness Ctr.	 <b>Isleta Health Center Blood Drive</b> Thursday, March 5, 2020 8:00am - 12:00pm  You can sign up on the <a href="http://www.bloodheroes.com">www.bloodheroes.com</a> website or Contact Stephanie Barela for help	<b>SAVE THE DATE</b> ***** <b>Isleta Health Center Community Health Fair</b> August 8, 2020 10am - 1pm <b>Isleta Recreation Center</b>  DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services :	




Isleta Health Support Group

FORMERLY KNOWN AS THE CANCER SUPPORT GROUP

DATE	SESSION	TOPIC	PRESENTER	LOCATION	DETAILS
3/10/2020 5pm - 6:30pm	Evening Session	Memory Loss	Cindy S Brown	Isleta Health Center Kitchen	Sign up to bring snacks/drinks, 2 people a session.
4/14/2020 10:30am - Noon		Mission Nutrition	Ernestine Trujillo, MS, RD, LD UNM Comprehensive Cancer Center	Isleta Health Center Kitchen	Sign up to bring snacks/drinks, 2 people a session.
5/5/20 TBD	Evening Activity		Cancer Awareness Walk/Run	Isleta Health Center	
5/12/2020 5-7:30pm	Evening Session	6th Annual Cancer Survivor's Day Event	Presentations, Activity and Balloon Release Cancer Survivor's Needed	Isleta Health Center Call to be in Cancer Survivor Panel.	Sign up to bring snacks/drinks, 2 people a session.

\*During Business Hours, please enter in the front doors and sign in a the front desk.

\*After Hours, enter on the south side of bldg. and enter in the black fenced area through the gate, near the red tables, and enter in the 2nd door on your right.



For more information please contact  
Stephanie Barela  
869-4479

ALL WELCOME

DENTAL ASSISTANTS' RECOGNITION WEEK

March 1 - 7, 2020

Dental Assistant Helping to brighten the world one smile at a time

Multi-Tasking!

Smile Bringing!

X-Ray Taking

Impression Making!

Patient Pleasing!

Cheek Retracting!

Mikayla

Jordan

Brittany

Verna

Ruby

Milton



Dental Assistants ROCK!!!