



# Isleta Pueblo News

Volume 15 Issue 8

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

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August 2020

## GOVERNOR'S REPORT

Good day to everyone,

As the daily COVID challenge continues to plague our country, I am hopeful that you will continue to keep yourselves safe. The curfew, stay at home order, keep away from COVID hot spots are still set in place. As we all know, life is filled with challenges and we all need to stay strong and united to meet these challenges.

Currently, we are faced with the planning of our children's educational future as we definitely do not know how the schools are reopening or if they will reopen. Being a parent and grandfather, I too have many concerns for educating our children. Our next challenge is discovering a way to provide the teaching tools our children need to continue their education. Be assured that we are working to find a safe and compatible solution.

The current drought conditions are a concern for the farmers along with the distribution of water for irrigation. Please read the letters that follow this article, for additional information on the irrigation water situation. It is very important that irrigators work together to manage the water we are receiving. Also, we are requesting that the community consider submitting public comments for the Environmental Assessment for the Bosque and River Restoration Project.

As stated in the July Newsletter, we would not be celebrating the feast of Kateri and Saint Augustine in August and September. Instead mass was held on Saturday, July 25, 2020 with a limited number of parishioners attending. Although this is not the norm for feast days, prayer is always a good thing. Also, we had our newly appointed priest, Father Graham, lead us in prayer. Thank you to all those who were able to attend.

We continue to address the daily concerns of our community. Stay vigilant to protect yourselves, your loved ones and our community.

Wishing you great strength and good health,  
Max A. Zuni, Governor

## PUEBLO OF ISLETA VETERANS ASSOCIATION

Due to the pandemic our association has not met since March. Occasionally, our officers are meeting briefly to conduct business. We have four ongoing projects. Through our lobbying efforts with the state legislature we have received funding for replacing the entry ramp and new porch lighting. Also, we are still waiting for approval on two other projects from the state. One project is the renovation of the modular building for \$ 147 K and \$ 219 K for a tractor / implements and a storage building. We have also applied for a grant with the USDA farm agency to re-engineer our irrigation system and crop development. We have not received approval as of this date.

We will continue to provide funeral details, headstone placements and replacing flags at tribal owned facilities. Also we are continuing to help veterans in need of various assistance.



TESTING AVAILABLE TO  
ESTABLISHED PATIENTS OF THE  
ISLETA HEALTH CENTER

**THURSDAY, JULY 30, 2020-9:00AM-11:00AM**

Location-New Recreation Center

• First 100 people to Pre-Register

• Pre-Register with the Diabetes Program

@ 505-869-4595

## IMPORTANT INFORMATION FOR ISLETA IRRIGATORS

On July 17th, 2020, the Rio Grande Compact Commissioners approved the Middle Rio Grande Conservancy District's emergency use of approximately 38,000 acre-feet of Rio Grande Compact debit water being held in El Vado Reservoir. This water will be used for emergency purposes within the middle Rio Grande valley to prevent catastrophic crop losses and minimize impacts to endangered species.

The Pueblo of Isleta is grateful for the use of this water on its Newly Reclaimed Lands during this exceptionally dry and difficult irrigation season. This water will be stretched out over the next 60 days, helping to provide Isleta irrigators with water through mid-September.

The Pueblo's stored Prior and Paramount water for 2020 is also continuing to be released as natural flow in the Rio Grande is unable to meet current irrigation demands. This P&P water, combined with emergency usage of the stored Rio Grande Compact water will help Isleta irrigators make it through this season.

The Pueblo of Isleta Water Resources Department (WRD) continues to work closely with the Middle Rio Grande Conservancy District to ensure an adequate water supply is delivered to the canal headings on Isleta. Deliveries will be regulated closely so that both Indian and non-Indian farmers have an adequate supply of water for their crops.

During this very dry year it will be especially important to work with your Mayordomo to schedule irrigation water. Farmers must all work together with the mayordomos so that everyone has a successful year during this time of severe drought.

Let's all pray for a good monsoon and lots of rain to supplement the flows in the Rio Grande and replenish the soil moisture on Isleta rangelands.

Chical Mayordomos: Leon Chiwewe-261-0007  
Leonard Abeita-908-5101

Cacique Mayordomos: Ben Garcia-389-0429  
Calvin Jiron-307-3825

Acequia Madre Mayordomos: Daniel Waseta Jr-433-8229  
Jonathon Piro-259-4178 or 917-6933

Pueblo of Isleta Water Resources: Cody B. Walker-869-9623  
Derek Jarner-869-7566



LETTER FROM THE EDITOR

**DEADLINE for September Newsletter articles is set for Wednesday, August 19, 2020, at 4:30 pm.** Articles may be dropped off at the Library or emailed to [Nathaniel.Lujan@isletapueblo.com](mailto: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 fifteen 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 fifteen Newsletter distribution locations are:

1.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

TR 1 & TR 5 – Ranchitos / Bosque Farms Reservations Line

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

TR 12 - 47 & 147 intersection (Old Smoke & Save)

14.

TR 71 & TR 54 @ Y - Holiday Robot / Paved Road / Railroad Tracks

15.

TR 45 & TR 40 @ Y - Tata Mel (POI Signage)
- 

Cloth Face Mask Distribution

Chical Reception Hall

Sizes Available:  
Child Small  
Adult Medium/Average  
Adult Large

Dates & Times

Monday's  
10:00 am to 2:00 pm

Wednesday's  
12:00 pm – 4:00 pm

Friday's  
10:00 am – 2:00 pm

One Mask Per Tribal Member

While supplies last!



Health Beat  
Telemedicine  
Now Available at the  
Isleta Health Center

Health Educator: Stephanie Barela,  
BS CHES CSST

Due to the COVID-19 Pandemic the Isleta Health Center is working hard at keeping the Isleta community healthy and safe by offering Telemedicine. Telemedicine is a pre-scheduled appointment that allows patients and healthcare providers to communicate via phone call. These appointments will allow you to speak with your provider and ask basic medical questions. Based on your medical needs your provider may schedule an in office appointment. Patients are still being required to schedule an in office visit for Well Child Visits and Sports Physicals. The Diabetes program will continue to offer Patients A1C screens by drive-thru testing. The provider will follow up by a Telemedicine appointment to discuss your condition.

With this new technology and in the interest of keeping our patients safe, the Isleta Health Center is working toward offering video visits that will allow Providers to see the patient over a cell phone, tablet or computer.

**Please contact the Isleta Health Center  
at (505) 869-3200 to find out more.**

Isleta Health Center  
Program Cancellations

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

The Isleta Health Center (IHC) is doing our part to encourage social distancing, by continuing to cancel all of our programs until further notice:  
**The IHC Programs below are canceled:**

- ▶ All IBHC Prevention activities
- ▶ ICAP Sewing Class on Thursday evenings
- ▶ ICAP Moccasin Making Class on Tuesday evenings
- ▶ Isleta Community Health Fair, scheduled for August 8, 2020.
- ▶ Isleta Diabetes Prevention Exercise Classes (Eagle HIIT) held Mondays and Wednesdays
- ▶ Isleta Diabetes Weight Training held Tuesdays and Thursdays
- ▶ Healthy Cooking Classes
- ▶ Wellbriety on Wednesday evenings

24 Hour Coronavirus Hotline  
1-855-600-3453  
[www.nmhealth.org](http://www.nmhealth.org)

Isleta Health Center’s Nurse Advice Line  
505-869-3200  
Monday - Friday 8:00am - 4:30pm

Pueblo of Isleta Career Opportunities



Position Posting	Office Location	Closing Date
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
AGRICULTURAL IRRIGATION TECHNICIAN -TEMP	Agricultural Division	Open Until Filled
BUS DRIVER- PART TIME	Head Start	Open Until Filled
CAREGIVER I	Assisted Living	Open Until Filled
CAREGIVER II (2 Positions)	Assisted Living	Open Until Filled
CARPENTER I, II, OR III	Isleta Pueblo Housing Authority	Open Until Filled
CHR VAN DRIVER (Part Time)	Health Center	Open Until Filled
COMPUTER TEACHER	Isleta Elementary School	Open Until Filled
DENTAL ASSISTANT	Health Services	Open Until Filled
DIRECTOR, LANGUAGE	Language Department	Open Until Filled
EMS MANAGER	Health Center	Open Until Filled
EMT INTERMEDIATE	Health Center	Open Until Filled
EMT INTERMEDIATE PRN	Health Center	Open Until Filled
EXECUTIVE DIRECTOR, GAMING REGULATORY	Gaming Regulatory	Open Until Filled
FEDERAL PROJECT MANAGER	Isleta Pueblo Housing Authority	Open Until Filled
FIRE CHIEF	Fire Department	Open Until Filled
HEAVY EQUIPMENT TECHNICIAN	Transportation Services	Open Until Filled
HOME OWNERSHIP COUNSELOR	Isleta Pueblo Housing Authority	Open Until Filled
LABORER	Isleta Pueblo Housing Authority	Open Until Filled
LANGUAGE TEACHER	Language Director	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
NURSE EDUCATOR -REPOSTED	Health Center	Open Until Filled
PHYSICIAN-AMENDED	Health Center	Open Until Filled
PHYSICIAN/PEDIATRICIAN	Health Center	Open Until Filled
PLASTERER I, II or III	Housing Authority	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
PAINTER	Housing Authority	Open Until Filled
PARAMEDIC (1 Part Time / 1 Fill Time - REPOSTED	Health Center	Open Until Filled
PRC MANAGER - REPOSTED	Health Center	Open Until Filled
PROCUREMENT DIRECTOR	Treasury	Open Until Filled
PROJECT ASSISTANT	Social Services	Open Until Filled
REGISTERED NURSE	Health Center	Open Until Filled
SCHOOL COUNSELOR	Isleta Elementary School	Open Until Filled
TREASURER	Treasury	Open Until Filled
UTILITY WORKER	Public Works	Open Until Filled

**White Eagle Electrical  
Services LLC**  
**(505)917-6933**  
**(505)259-4178**  
**Jpirowees@gmail.com**

**100% NATIVE OWNED**  
**Licensed and Bonded Electrical Contractor EE-98**  
**License #397349**  
**Licensed and qualified local electricians**  
**New Commercial, Retail, and Office estimates**  
**Property Management maintenance agreements**  
**Troubleshooting**  
**Sign repair including neon**  
**Code upgrades**  
**Office and exterior lighting including parking lot**  
**lighting**  
**Energy saving**  
**Solar energy**  
**Hookups for appliances and air conditioner units**  
**Ceiling fan and lighting repair**  
**24-hour service**








lynda.com

Lynda.com is an online service that helps you learn software, creative, and business skills. It is provided by the library and is completely free to you.




PUEBLO OF ISLETA PUBLIC LIBRARY

# LEARN LYNDA.COM

Join us live on Zoom  
Wednesday, August 26th 2020  
5:30PM-6:30PM

Attend this session to:

- Learn how to access Lynda.com
- Learn how to Navigate the site
- Find out how Lynda.com can help you learn new skills



**SIGN-UPS BEGIN AUGUST 10TH**  
**TO SIGN-UP OR IF YOU HAVE ANY QUESTIONS CONTACT**  
**ASHLEY AT THE LIBRARY AT**  
**(505)869-9808 OR EMAIL AT**  
**ASHLEY.MORALES@ISLETAPUEBLO.COM.**

**PARTICIPANTS WILL NEED INTERNET ACCESS AND A**  
**DEVICE TO ATTEND THE ZOOM MEETING.**



Google Docs



PUEBLO OF ISLETA PUBLIC LIBRARY

# VIRTUAL PROGRAM: HOW TO USE GOOGLE DOCS & GOOGLE DRIVE

**We will help you understand how to use Google Docs.**  
**Get ready for virtual school, work and for personal use.**

**WHEN: TUESDAY, AUGUST 11TH**  
**TIME: 5:30PM-6:30PM**  
**WHERE: LIVE VIA ZOOM MEETING**

**Sign ups begin August 3rd.**  
**Please call library to sign up.**  
**If you have any questions please call Rebekah at**  
**869-9808 or rebekah.lovato@isletapueblo.com**

Participants will need Internet access and a device that is compatible with Zoom.





**Middle Rio Grande  
Conservancy District**

Contact: Mike Hamman  
(505) 247-0234; mikeh@mrgcd.us  
For Release: July 17, 2020

**Action by the Rio Grande Compact  
Commission to Ease Crisis for Farmers and  
Prevent Drying of the Rio Grande**

Albuquerque, NM: Due to extreme drought conditions and historically low Rio Grande flows the Middle Rio Grande Conservancy District (District) was anticipating running out of its general irrigation water supplies in upstream reservoirs by Saturday morning that would have led to extensive river drying and devastating crop losses throughout the middle Rio Grande valley. Since mid-June, virtually all flow through the middle Rio Grande valley (between Cochiti and Elephant Butte) has been due to water released from upstream reservoirs.

The District will be working with the State to use approximately 38,000 acre-feet of Rio Grande Compact water being held in El Vado Reservoir as debit water owed to Elephant Butte Reservoir. The New Mexico Compact Commissioner, State Engineer John D’Antonio, requested the concurrence by the two states of Colorado and Texas to allow him to direct the use of this supply for emergency purposes within the middle Rio Grande and they agreed to the use of this water with conditions that this supply be judiciously used to prevent catastrophic crop losses and minimize impacts to endangered species.

The District is grateful for the use this water. The amount of water is relatively small, and the Rio Grande is still experiencing exceptionally dry and difficult conditions. The water must be managed very carefully so that no drop goes to waste. The authorization of this release by the Rio Grande Compact Commissioners is an exceptional occurrence, but also cautionary. The District is informing the public and our water users that although we may squeeze by this year, without significant precipitation we can expect to have in excess of 100,000 acre-feet debt to downstream users next year. This water must be replaced as soon as possible to prevent harm to irrigation districts below Elephant Butte Dam and, by the rules of the Compact, may also severely limit the District’s use of El Vado Reservoir in future years.

The District will continue to address its top priorities of delivering irrigation water to middle valley farmers that includes the six middle Rio Grande Pueblos, assisting to meet the Rio Grande Compact obligations and optimizing available leased water to meet environmental goals as required under the 2016 Middle Rio Grande biological opinion.

**About the MRGCD:** *The Middle Rio Grande Conservancy District has been promoting sustainable agriculture for the past 85 years. The District delivers water to about 70,000 acres of cropland in the Middle Rio Grande Valley. That water is reused time and time again to irrigate crops, sustains the cottonwood bosque along the Rio Grande, helps create and maintain habitat for the endangered Rio Grande silvery minnow and recharges the aquifer. The District owns 30,000 acres of bosque in the valley, the largest continuous cottonwood forest in the world, and a stretch of land that provides unprecedented recreational opportunities and an irreplaceable swath of greenbelt in New Mexico’s largest metropolitan area. The District was formed in 1925 to alleviate flooding and to reclaim farmland in the valley. Its boundaries stretch 150 miles from Cochiti on the north to the boundary of the Bosque Del Apache National Wildlife Refuge on the south, running through Sandoval, Bernalillo, Valencia and Socorro Counties. It operates more than 1,200 miles of canals, laterals and drains, which are used to convey water to and from cropland. The District is funded by water service charges and property assessments on the benefited lands within its boundaries.*



# Isleta Elementary School

Mr. Torrez, Robert EPA/Principal  
1000 Moonlight Dr.  
Albuquerque, NM 87105  
505-554-0592 c/505-565-5717 office

Robert.torrez@poies.org  
<https://www.facebook.com/IsletaElementarySchool>  
<https://www.isletaelementary.org>



## Isleta Elementary School Staff (PHASE TWO - DISTANT/VIRTUAL LEARNING)

Dear Parents and Families,

We hope your safety and well-being is balanced as we stay home, wash hands and be resilient of changing situations due to COVID-19. IES is working through many changes in the education world creating a stable educational environment with safety precautions for our students, families and staff.

Based on School Board, Governor Zuni, and Administration team the start of the school year will be Distance/Virtual (remote) learning starting in August. IES will begin with remote Distant/Virtual Learning on August 12, 2020. The scheduled date of re-opening was August 5, 2020 for In-Class Instructions. The new date for re-opening will provide Teachers/Staff an opportunity to prepare for Distant/Virtual Learning. As we start with remote learning, we are committed in offering every child with quality and rigorous curriculum facilitated by our highly qualified teachers. Instruction will be conducted utilizing "Google Meet, Google student email accounts, Class Dojo, go meet, etc."

IES Re-Entry Plan consist of Phase I (In-Class), Phase II (Distant/Virtual), and Phase III (Hybrid):

- A. Phase II: August 12-October 12, 2020
  - a. Distant/Virtual Learning for all students
  - b. IES will provide Lunch on campus as a pick up/Lunch Deliverables to all enrolled students (11:30am to 12:30pm)
  - c. Enrolled IES students will individually be assigned an IPAD, Chromebook laptop, or tablet
  - d. Families will be updated on how Internet will be provided at home. This will be addressed by Mr. Abeita (IT Technician)
  - e. Students class schedule will be mailed the week of August 3rd-7th, 2020
  - f. Hard copy learning packets will be provided via school bus delivery to all who request (Phone call to the school)
  - g. Special Education IEP instructional services and hours will be provided by qualified instructional support providers
  - h. Parent/Adult training will be provided by IT Technician from IES to help students log in to their device and how to find online learning programs that will be placed on the technology device
  - i. Fridays will be a half day
    - i. Phone call to parents to support questions and provided academic progress for students
    - ii. Limited instructions
    - iii. Grading for staff and collaboration meetings will occur

- B. Phase II: October 13th-December 17th, 2020 (Subject to Change)
  - a. Continue with Distant/Virtual Learning for students
  - b. IES will have some students entering campus for In-Classroom Instruction that need academic support based on student's data participation, academic needs, Axillary services. (Parents will officially be notified)

- C. Phase I: January 6, 2021-June 2, 2021 (Subject to change)
  - a. Students will be going to IES for in-class instructions
  - b. Bus pick and drop off will be done
    - i. Temperature checks will be done before students enters the bus
    - ii. Masks will be worn as a mandatory safety precaution
  - c. School entrance:
    - i. Temperature check will be done before entering the school
    - ii. Masks will be worn as a mandatory safety precaution
    - iii. Social distance will be monitored
  - d. Instructions in the Classroom
    - i. Staff will wear Masks all the time
    - ii. Sanitation done continuously
    - iii. Re-Opening Plan will be available on the external website, Facebook, and through DOE/JOM websites as well as the Library for more detailed information and procedures

- Depending on individual family needs and connectivity to internet, students may receive instruction in the following ways:
- Online via computer with packets provided for support;
  - Telephonically with hard copy packets provide for students to demonstrate their knowledge;
  - There will be a Virtual recording of the lessons provided through social media, email or flash drive to the students

We will be reaching out to parents through our SMS portal that will provide information about the re-opening plans of IES. IES is requesting that you update your phone numbers and email with the Office Clerk at IES so we may communicate with all families in a timely manner.

IES has created a document for you with specific schedule, attendance, and grading information that will be in a re-opening plan for all three Phases of instruction that I provide you with through our social media, external website, and through email. We must now increase academic rigor, time on task, and attendance to ensure grade level achievement of high academic standards. Teachers will be required to teach the full curricula, meet required instructional hours, and students will be required to attend daily to their Distant/Virtual lessons. It is important to note that education in this environment offers us all challenges that will add additional complexity to our lives.

We are working with MIS to get hot spots to the community and locations that best provide connectivity.

We appreciate your patience and trust as we encounter changes following executive orders with COVID-19 to ensure we protect our precious children well-being and community.

Sincerely,  
Robert Torrez  
Mr. Robert Torrez  
EPA/Principal  
505-565-5717 (office)



PUEBLO OF ISLETA  
PUBLIC LIBRARY

HOW TO USE ZOOM  
IN 2020!

Thursday, August 6th at 5:30pm

THIS WILL BE A VIRTUAL PROGRAM PARTICIPANTS  
WILL NEED A DEVICE WITH INTERNET CONNECTION.  
SIGN UPS WILL START ON AUGUST 3RD.

• Set up a meeting

• Screen sharing

• Join a meeting

• Record sessions

• Invite one or many participants

• Virtual Backgrounds

For more information please call the library at 505.869.9808 and speak with Diane or email at [Diane.Abeita@isletapueblo.com](mailto:Diane.Abeita@isletapueblo.com)



## Isleta Historical Society

This continues a monthly series of articles about historic Isletans. The Isleta Historical Society is interested in your reaction to these stories, and we encourage you to contact us with ideas for future publications. Please email us at [isletahistoricalsociety@gmail.com](mailto:isletahistoricalsociety@gmail.com) or call the Governor’s office at (505) 869-3111 (mention the Isleta Historical Society) or visit us on Facebook and Instagram @isletahistoricalsociety. We will not use any information without your permission. Thank you!



**Members:** Randy Jiron, Kateri Jojola, Malcolm Ebright, Valentino Jaramillo, Rick Hendricks, and Ted Jojola

### Historic Agriculture and Stock Raising in Isleta – Part 1

One of the first Spanish officials to report on agriculture at Isleta, Fray Francisco Atanasio Domínguez, noted in his 1776 visitation of the missions of New Mexico that Isleta was a prosperous community that harvested beautiful crops of everything it planted, orchards of fruit trees, “and vinestocks from which they usually make a little wine for the church sacrament.” From the earliest days of the U.S. occupation of New Mexico, Indian agents, newspaper reporters, and other commentators have noted the prosperity of Isleta. Blessed with a considerable land base and ample irrigation water from the Rio Grande, Isleta had substantial farmland.

In 1858 when publisher Samuel Yost visited Isleta, he noted that Isleta owned large tracts of the best land in the Rio Grande Valley and they judged Isleta to be “the most prosperous and one of the most industrious pueblos in New Mexico. Isleta governors reported on the prosperity of the pueblo when dealing with U.S. government officials. When Isleta governor Ambrosio Abeita testified before the Surveyor General of New Mexico in 1856; he said, “we raise enough to support us comfortably, indeed some of our men are wealthy.” Another Isleta governor was even more direct. When Governor Simon Zuni was asked in 1890 by Special Agent Henry R. Poore why Isleta was so advanced, he replied after some thought, “it is because the people of the pueblo expended all their energy on a single thing, their farms.”



*Isleta, N.D., Charles Lummis, photographer, Courtesy of the Autry Museum of the American West, Negative no. P8057.1*

Special Agent Poore determined that Isleta was farming from 2,400 to 2,600 acres of cropland in 1890. Twenty years later, when Pablo Abeita was lobbying for a bridge across the Rio Grande, he estimated that Isletans farmed about 4,000 acres on the east side of the Rio Grande where they raised, “alfalfa, corn, wheat, oats, melons, and other crops in large quantities.” Isletans also raised beans, chiles, cotton, and a small amount of vegetables. Some families owned fruit trees and others raised grapes, to be made into wine as Father Domínguez had reported.

Farmlands were irrigated by four acequias; today they are known as the Ranchito, the Acequia del Chical, the Belen High Line, and the Acequia Madre. Working on the ditch was mandatory community work. When community members failed to appear for ditch cleaning and other acequia work, their names were given to



*Opening the Acequia at Isleta Pueblo, 1894, Charles F. Lummis, photographer, Courtesy of the Autry Museum of the American West, Negative no. P7964*



*Horse Powered Thresher, 1895, Charles Lummis, photographer, Courtesy of the Autry Museum of the American West, Negative no. P9890*

the governor, who passed them on to the Court of Indian Offenses. Judge Pablo Abeita would then access fines or jail time against those without a valid excuse. The cleaning of the acequia usually occurred in March; the timing was governed by the ceremonial leaders and was accompanied by rituals such as a game of shinny. Part recreational and part ceremonial, the shinny game traditionally took place in the main plaza at the conclusion of the ditch cleaning. The opening of the acequia was also accompanied by prayers and a blessing of the waters.

The irrigated farmland was distributed fairly evenly among farmers. In 1940 the average farm did not exceed ten acres, though a few large landowners farmed about thirty acres. Pueblo landholding was similar throughout the pueblos. Most land within the pueblo was community land available to all Isletans for hunting, gathering wood, herbs, and land for grazing. Irrigable tracts were assigned equitably, usually by the governor or the council. Land farmed for a year or more was passed from father to son or daughter, but could also be sold to other Isletans, but not to outsiders.

Farming tools were fairly basic until the late 1800s. Farmers plowed with horses or oxen and planted and cultivated by hand. When interviewed by the Indian agent, Isletan governor Juan P. Lente, born in 1866, remembered that his grandfather used wooden shovels to dig irrigation canals and jawbones of sheep and cows to cut their wheat. Juan Rey Olguin, born in 1873, remembered a time when oak was used to make plows and pitchforks. When mechanized farm equipment became

available, Isletans were quick to adopt them, unlike some conservative pueblos like Santo Domingo and Jemez. In 1924 Jemez officials were punishing progressives for using a cultivator rather than a hoe to weed. One Jemez man responded that his choice was pragmatic and had nothing to do with religious beliefs. The Jemez man noted that “by the use of the hoe we grow better corn than ... [his] neighbors, and ... took first prize on corn at the Albuquerque [state] fair.” Indian Superintendent Chester Faris came to the man’s defense, noting that the Jemez and other conservative pueblos had eagerly adopted other modern technologies, including “the steel breaking plow, the thresher, the mower, the dropper, the wagon, ... and many other implements that offer practical return.”

Farmers at Isleta began acquiring modern farm equipment as early as 1912 when Indian Agent Phillip T. Lonergan encouraged the purchase of these items at reduced cost through a government loan program. Under the program farmers could obtain implements like plows, mowers, and threshers as well as wagons at reduced prices. Superintendent Lonergan worked closely with Pablo Abeita in making this modern machinery available. In addition, students at the Albuquerque Indian School, such as Pablo’s son, Jose, became adept harness makers, providing the harness necessary for the animals that pulled the plows and other farm equipment. Pablo Abeita made it clear in a speech delivered in the 1920s that his cooperation with the Indian Superintendent regarding agricultural implements did not mean that he was against the maintenance of



the rituals and ceremonies that formed the spiritual underpinnings of all pueblo agriculture. “Progressive is that a man can plow his land better with a riding plow than a hand plow, [but] drifting away from Indian customs, I don’t call that progressive.”

As the use of these farm implements began to increase production, especially of alfalfa hay, pueblo members were able to sell their surplus. In August of 1912, Lonergan wrote to Pablo Abeita asking him to send the names of Indians who wish to sell alfalfa hay and the prices. Lonergan then offered to buy twenty-four tons at \$13 per ton. By December 1912, Lonergan had purchased all twenty-four tons, twelve of them to be shipped to Laguna by rail. Alfalfa became a kind of currency in good years. Lonergan told Pablo Abeita in December 1912 that an Isletan named Montoya had been credited with \$10 at Mr. Seis’s store and promised to pay in hay. Alfalfa as well as oats and wheat continued to be the major cash crops at Isleta, even when irrigated agriculture was declining at other pueblos due to diminished water supplies. In 1965 Juan D. Zuni was selling alfalfa for \$27 a ton and oats at \$19 a ton. He owned two balers and made money cutting and baling the hay of other farmers, money he used to pay workers who helped with handling and stacking the hay.

ST. AUGUSTINE CHURCH

My name is Father Graham Golden and it is a humbling honor to be the new pastor of St. Augustine Church. Like Fr. George, I am a Norbertine Priest living at Santa Maria de la Vid Abbey on south Coors Blvd. Prior to coming to serve here at Isleta Pueblo, I was pastor of Our Lady of the Most Holy Rosary in Albuquerque.

In addition to my pastoral ministry here, I oversee our young adult and vocation ministries for our Norbertine Abbey and the formation of our young Norbertine brothers and those studying to be priests. I also have a background in social work and community development and have worked in various social service and rural development ministries. I attended the University of New Mexico where I studied music and Spanish. I earned my Master of Divinity in intercultural ministries at the Catholic Theological Union at Chicago and my Master of Arts in social service administration at the University of Chicago.

I have lived my whole life here in New Mexico, with the exception of the years I spent in seminary studies and graduate school. I have been a priest for five years now, and a member of my Norbertine Community for eleven years. I am an only child and my parents still live in Albuquerque. I love community, family, friends and all the things that bring us together. Cooking, hiking, the arts, and enjoying time with people I love are some of my favorite things.

I am excited by the opportunity to be here with you all. I have spent many years attending the wonderful feast day celebrations and participating in other events alongside Fr. George. I know what a wonderful presence Fr. George was here, as he was a wise influence on my own life at our Norbertine Abbey. I hope to get to know each of you, and am grateful for the opportunity to serve here at St. Augustine. Always feel welcome to reach out for anything you may need.



Children at Irrigation Ditch, 1890, Charles F. Lummis, photographer, Courtesy of the Autry Museum of the American West, Negative no. P8340

Many Isletan farmers were also stock raisers, a subject we will discuss as we continue this article on Isletan agriculture. Farmers complained about livestock and horses invading planted fields. By the 1890s the Indian agents were supplying the pueblos with barbed wire which replaced wooden fencing in some places. Another solution to the problem of invading animals were the stock rider officials working under the mayordomo of the acequias whose job was to chase away roaming animals.

Chile ristras were sometimes dried, packed in burlap, and shipped by rail as a cash crop. In a good year, fruit might be plentiful and was dried and stored for winter. With plenty of rain and few grasshoppers, Isletan

farmers produced such abundant crops that the pueblo continued to rank number one in crop production.



Chiles Piled for Shipment, 1903, Frank C. Churchill, photographer, Courtesy of the National Museum of the American Indian, negative no. N26963

Again, this month we are requesting information about silversmithing and jewelry-making at Isleta. Many of the old photos in our archives depict women wearing intricate, stunningly beautiful necklaces. We would like to know more about how they were crafted. We would also like to know how families exchange jewelry with one another when their children marry. Is anyone still working with silver? Do you have examples of silver or other jewelry that was handed down in your family? Any information is greatly appreciated. Thank you!

CHEE-EE,  
God looked around his garden  
And found an empty space  
Then he looked down upon this earth  
And saw your tired face  
He put his arms around you  
And lifted you to rest  
God’s garden must be beautiful  
He only takes the best



Mary Agnes (Abeita) Garcia, age 70, a tribal member of Isleta Pueblo, passed away peacefully on Wednesday, July 15th, 2020, surrounded by her grandchildren and children. Her pride and joy were all of her 12 grandchildren. Her favorite past time was going to bingo and spending time with her family. Mary loved to sit outside and enjoy the peacefulness of hummingbirds from outside of her home. She is preceded in death by Fredrick Ray JR (son),; parents, Joe L. Abeita, Dolores M. (Hu-oo) Abeita, sister Charlene Abeita. Mary is survived by her husband of 48 years, Fredrick R. Garcia; children, Annette, Michelle, Christopher, and Victoria, ; twelve grandchildren; with many loving nieces and nephews. All services were held at the Saint Augustine Church on Thursday, July 16. Interment followed at Isleta Cemetery. Pallbearers were Jason Piro, Dylan Abeita, Joshua Campos, Georgie Waquie, Benjamin Abeita, Anthony Abeita, Mike Montoya, Tim Zuni, Rocky Garcia, and Luther Jojola.

Chee-ee Mom you will be missed by everyone dearly, especially by your grandchildren. We love you, spread your wings, and fly.



ISLETA POLICE DEPARTMENT NEWSLETTER



The School Year for 2019 - 2020 definitely did not end as planned and it may begin with many questions and concerns. By the time the Newsletter hits the stands, the children have prepared for the new school year and are beginning classes.

With that in mind, everyone be mindful of those walking, riding bicycles or utilizing buses to get to and from school. Do not pass a school bus when it is at a designated bus stop pickup or drop off zone with stop sign extended and emergency lights flashing. Going around or passing a school bus in this mode is a citable offense and officers will be vigilante for these violations. Please take heed of speed limits, stop signs, traffic lights, etc. as well. Let's keep everyone safe!!



CONGRATULATIONS HARRY S. POWERS!!

Congratulations to Harry S. Powers for completing twenty years of service in law enforcement with the Pueblo of Isleta Police Department on July 16, 2020. In honor of this accomplishment a small celebration was held with cake and a gift.



So let us begin his journey on July 16, 2000 when he was hired as a police officer.

In 2001 Officer Powers was selected as Officer of the Year by the Optimists Club of Belen.

He was promoted to Graveyard Sergeant by Chief Stanley in 2004 and was made Public Information Officer in 2005.

He served as Acting Lieutenant for eighteen months as the Field Services Commander beginning in 2007.

From 2008 through 2018 he served as the DWI Coordinator active in preparing plans for DWI roadblocks, patrol saturations and other activities. In 2009 he became a General Police Instructor and provided instruction for the department for Biennium training so officers could maintain current police certification, and remains active as an instructor.

He served as Interim Chief of Police from July to November, 2019. Also in 2019 he received training at FLETC and earned his certification as a School Resource and DARE (Drug Awareness Resistance Education) Officer. On December 25, 2019 he relinquished his sergeant position and took on the new position of Community Resource Officer.

His accomplishments are many but most assuredly he is well-known and liked in the community and many ask for him by name. He has served this Department and Community proudly for the past twenty years and his future plans are to

continue serving the Department and the community. He is looking forward to begin DARE instruction in the school this year and continue his endeavors for strong community relations.

We hope that you will congratulate Officer Powers when you see him.



Thank you sir for a job well done!

IHSP NEWS

The Traffic Division is out and about conducting daily traffic enforcement but in the upcoming weeks, Patrol Saturation Projects will be implemented and patrol officers will be joining them in their enforcement efforts. Forewarning to watch your speeds, obey traffic signals/signs, have proper and necessary documents available on demand, no texting and driving and most importantly DON'T DRINK AND DRIVE!

With the COVID-19 pandemic, the process of bringing the Traffic Division's staff up to capacity and fill two positions that have been vacant for several months, we welcome a new member who joined the Division on July 27, 2020. This officer has prior experience with the IHSP Program working traffic in another department. At the time of this printing we have no photograph or biography but be sure we will publish it in the next newsletter.

WELCOME OFFICER DANIEL TENORIO!!

COMMUNICATIONS:



Hello Pueblo of Isleta. My name is Christopher Padilla, Dispatch Supervisor for Isleta Police Department.

I would like to take this time to thank our heroes in the dark that are never seen and only heard. Job well done on every call you take and for taking care of our community and guests who pass through our reservation. I know that you do not get thanked for your hard work but now I am taking this time to thank each and every one of you. Keep up the good work and keep our officers and first responders safe so they may go home to their families at the end of each shift.



Heat has been prominent over the past few weeks and safety is key for all. Hydration, staying in, venture out only if it is necessary, exercise in moderation and in the cooler times of the day, sunscreen, skin protection are all important.



Another important fact to remember is never leave children, elderly or pets in a vehicle. As listed on the NHTSA website child deaths from heatstroke as a result of being left in the car is tragic and preventable.

Though it may not seem terribly warm, let us take a look at changes in temperature at different outdoor temperatures.

Here's a look at just how hot it can get:

- When it's 70 degrees outside it can get to 89 degrees inside after 10 minutes and 104 after 30 minutes
- When it's 75 degrees outside it can get to 94 degrees inside after 10 minutes and 109 after 30 minutes
- When it's 80 degrees outside it can get to 99 degrees inside after 10 minutes and 114 after 30 minutes
- When it's 85 degrees outside it can get to 104 degrees inside after 10 minutes and 119 after 30 minutes
- When it's 90 degrees outside it can get to 109 degrees inside after 10 minutes and 124 after 30 minutes
- When it's 95 degrees outside it can get to 114 degrees inside after 10 minutes and 129 after 30 minutes

Please keep these numbers in mind on warm days when you have children, elderly and pets in the vehicle with you.


SAFETY

COVID-19 is still with us and based upon some of the numbers throughout New Mexico it does not appear it will be leaving us soon. The Pueblo of Isleta has done very well in keeping the numbers down and it is due to responsible members who wash hands frequently, wear masks, practice social distancing and travel out only when necessary.

With that in mind, a reminder from Chief Stanley, nightly curfews still remain in effect until further notice. So from 9:00 p.m. to 6:00 a.m. travel outside of the home is restricted only to those who are going to or returning from work. Officers will continue to be vigilant for curfew violations in a continuing effort to keep our community safe.



Isleta Pueblo News



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







PARK. **LOOK.** LOCK.

Never leave a child alone in a car.  
Remember to A-C-T.





A

**Avoid Heatstroke**  
Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.



C

**Create Reminders**  
Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.



T

**Take Action**  
If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations.

SAFE  
KIDS  
WORLDWIDE.



Pueblo of Isleta Vocational Program News

Greetings Students and Community members, Happy Virtual schooling! The Commercial Driver's License (CDL) Class A is underway with our first orientation class and near 100% participation. Way to go! Let's keep rolling on.

English 1110 is open and accepting students!

Get your FREE class



English 1110

**FREE, FREE, FREE**

**100% OFF**

UNIVERSITY OF NEW MEXICO

Valencia Campus

505-925-8560

Expiration Date: 08/17/2020

The class will begin August 17, 2020 and apply online at [www.unm.edu/apply](http://www.unm.edu/apply) or call 925-8560.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

-Dr. Seuss



Submitted by: Fran Mershon





# Pueblo of Isleta Public Library

We hope everyone has enjoyed their summer and now it's time to prepare for virtual school. We would like to wish all students the best of luck during the school year. We are keeping updated with local schools and their plan to return to school and our goal is to prepare resources that will benefit students adjusting to a new school schedule and experience. Make sure to continue reading our news portion of the article as we have some new changes that may benefit you and your student(s).

## News

At this time there are no scheduled closures for the library during the month of August. However closures may happen pending the Tribal Administration. Please keep a look out for library signage and social media posts of any closures. Of course, you can always give us a call at the library at 505.869.9808 and we will relay any information we may have.

Library information is posted at the front of the library with COVID-19 business Hours of Operation, library Wi-Fi and Library Mobile Apps.

New York Times online is now available to our library patrons for FREE. New York Times will be available on library computers, library Wi-Fi or if you are at home you can access through the library website and click on the icon located on the general library section.

The library is bringing back Lynda.com, which is FREE online training video tutorials on various computer softwares and programs. The Lynda.com Online Training Library is a massive online training resource. Using their thousands of videos, members are able to learn – self-paced and on-demand – topics ranging from Google, Zoom and so much more. Members must have a Library card in order to utilize the Lynda.com site. The link to Lynda.com may be found on our Library website at <http://isletapueblo.com/library.html>. Just click on the “Start Learning Click Here” button to start your digital continuing education.

The Library is offering a contactless curbside service as well as computer use by appointment only for essential use. Curbside services will be Monday-Thursday from 10am to 5pm and Friday 10am to 4pm. To check out material please download our mobile app Librista.



To make a computer appointment please call the library to set up a time, as space is limited. Appointments will be based on one-hour increments so please come prepared. When visiting the library please remember to wear a mask at all times, patrons' temperatures will be taken before entering the library. Sanitation stations have been set up throughout the library, and computer workstations must be disinfected before and after use. Patrons will enter at the front entrance of the library and will exit on the north side of the library. We greatly appreciate your patience at this time as we are adjusting to a new normal. If you have any questions or concerns feel free to contact the library at 505-869-9808. To drop off any library materials please use our drop off box, which is located in the front of the library. Drop off material will be quarantined for three days, disinfected and then checked in.

With things changing daily, library staff is closely monitoring the COVID-19 situation and as a result library programs and services are being impacted. We will continue to keep you updated and informed about upcoming programs and services as more information comes along. Below is a list of our new hours of operation.

### Library Temporary Covid-19 Hours of Operation

Monday –Thursday: 8am-5:30 pm  
Friday: 8am-4:30 pm  
Saturday: Closed  
Curbside Hours  
Elderly: 10am-11am  
General: 11am-5pm

Library staff members are on site to answer any questions or address any concerns you may have and we are always open to any suggestions you might have to help us better serve the community. Please don't hesitate to give us a call at 505-869-9808.

### Library Access from Home

During this time we encourage the use of our digital services. If you ever have

questions or need help accessing our online services, please call us at the library at 869-9808 during regular business hours or message us on social media (FB, Snapchat, & Instagram).

The Library's digital services give cardholders 24/7 free access to eBooks, audiobooks, and music. So you can maximize your reading, and listening experience at home. We've got you covered.

The library online services will ask you to enter your library barcode number which is located on the back of your library card and a pin or password. If you do not have a pin or password set up with us you can call the library during business hours and a staff member can help you set that up over the phone.

*Below is a list of the digital services the library has to offer.*

To search our library collection and view your account you can download the Librista app on your iPhone, Android and Kindle devices. This feature will let you see what library material is available, let you

VIRTUAL  
Library  
How-To

Since switching to an online platform it has been difficult for some to access our reading material.

In light of that the library will be hosting a zoom meeting to teach you anything and everything you want to know about our online services that offer reading material!

When: Wednesday, August 19th, 2020  
5:30- 6:30  
Where: Zoom

What: 

- Library card
- Library Wifi
- Freegal
- NY Times
- Libby

You will need internet, a device compatible with zoom and the following programs mentioned.

Sign ups will begin August 12th

950 moonlight dr. sw Albuquerque, nm 87105

Phone: 505-869-9808

Fax: 505-869-8119



search our library collection and view your account.

New York Times online is now available to our library patrons for FREE. Find breaking news, multimedia, reviews & opinions on Washington, business, sports, movies, travel and so much more. New York Times will be available on library computers, library Wi-Fi or if you are at home you can access through the library website and click on the icon located on the general library section.

Download the mobile app Libby to start borrowing, reading ebooks and audiobooks for FREE. Put your library in your pocket with Libby. To access this app you will need your library barcode and password.

Free Music! 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 set up a password please give the library a call at 505-869-9808.

For additional help and information, library staff members have made YouTube videos featuring the library’s digital services and how to utilize them. Check them out by visiting the library’s YouTube page at [www.youtube.com/user/poilibrary](http://www.youtube.com/user/poilibrary).

Upcoming

There is still no official word if we are going to have an After School Program this year. However we are coming up with ideas on how to provide resources to students during this time. Which may include online resources and programs to help students adjust with the new changes and school year. We are always open to suggestions or ideas from community members. Please feel free to call the library at 505-869-9808.

Library Virtual Programs for August

Join us on Thursday, August 6th for an online introduction on how to use Zoom! Diane will be leading a beginner instruction on how to navigate Zoom for work, school or personal use. This program will go over the basics of Zoom like how to set up, join and invite people to your meeting. Other topics covered will be how to navigate Zoom like share your screen, chat, record and even change your background. This program will be a virtual program and we will meet using Zoom so you will need to have a device with Internet connection. Sign ups will start on August 3rd and is open to everyone, to sign up call the library at 505.869.9808 and speak with Diane or email at [Diane.Abeita@isletapueblo.com](mailto:Diane.Abeita@isletapueblo.com)

On Tuesday August 11th, library staff member Rebekah will be going over Google Docs and Google Drive. Google Docs is a free online software that you can use to create documents for personal use, work or school. Topics that will be covered are how to create, edit, navigate tools and share documents. This program will take place on Tuesday, August 11th and will be a virtual program. Participants will need a device with an Internet connection. To sign up please call the library at 505.869.9808 and speak with Rebekah or email at [Rebekah.Lovato@isletapueblo.com](mailto:Rebekah.Lovato@isletapueblo.com).

( Continued next page )

# Pueblo of Isleta Public Library




## LET'S LEARN TECHNOLOGY!

Learn the ins and outs of different tech devices and find out which will work for you!

Join the Library in a Zoom meeting to find out what the differences are between a MAC Laptop/Desktop, PC, Tablet and Chromebook and what features/software they offer!

When: Thursday, August 20th  
from 5:30pm-6:30pm  
Where: Zoom

For any questions please contact Cheyenne at 869-9808 or by email at [cheyenne.castillo@isletapueblo.com](mailto:cheyenne.castillo@isletapueblo.com)




# ISLETA COMMUNITY

## Photo Contest (Selfies or Pictures) of Community Members PREVENTING COVID 19

- 5 Winners Chosen
- EMAIL [sbarela@islclinic.net](mailto:sbarela@islclinic.net)
  - Send High Resolution/Original/ Large Pixelated Vertical Photo with Good Lighting
- Pictures must be received by August 3rd, 2020 to be in the running, along with a signed photo release form. Contact Stephanie for Release Form.

**PICTURES MUST BE OF AN ISLETA COMMUNITY MEMBER DOING ONE OF**

1. STAY HOME AND ONLY GO OUT IF YOU HAVE TO.
2. WEAR A FACE MASK WHEN YOU ARE OUTSIDE YOUR HOME.
3. WASH YOUR HANDS OFTEN WITH SOAP & WATER FOR 20 SECONDS or USE HAND SANITIZER IF YOU DON'T HAVE



Isleta Health Center  
CONTACT Stephanie Barela  
869-4479 with any questions



Library *(Continued)* Get a first hand look at our Digital Library where library staff member Shaypof will go over all of our digital services that we have to offer. The library’s digital library includes Freegal, Libby, Atrium and New York Times and this program will show you how to download, access and use these services. This program will take place on Wednesday, August 19h and will be a virtual program. Participants will need a device with an Internet connection. To sign up please call the library at 505.869.9808 and speak with Shaypof.

Before you go out and buy an expensive device that you might not like or doesn’t work for you, check out this program first. Library staff Cheyenne will be comparing devices like a laptop, notebook, tablet and desktops. Topics that will be covered are RAM, storage, keyboard, software and so much more. This program will take place on Thursday, August 20th and will be a virtual program. Participants will need a device with an Internet connection. To sign up please call the library at 505.869.9808 and speak with Cheyenne or email at Cheyenne.Castillo@isletapueblo.com. As mentioned before Lynda.com is back.

Library staff member Ashley will show you how to access and use Lynda.com. Provided by the library completely free to you Lynda.com is an online service that helps you learn software, creative, and business skills. This program will take place on Wednesday, August 26th and will be a virtual program. Participants will need a device with an Internet connection. To sign up please call the library at 505.869.9808 and speak with Ashley or email at Ashley.Morales@isletapueblo.com.

Lastly the library will be getting a new printer so there will be some new changes. You will now need your library card and a password. Prints will be FREE but there is a limit to 20 per day and per library account so please keep that in mind. We can also scan to an email address or a USB and the printer will be Android and IOS friendly so you can now print right from your phone. Library staff member Kyle will be showing patrons how to use the printer in a future program so keep a look out for that.

**Recap**  
Our 2020 Summer Virtual Reading Program has come to an end. We had an exciting summer that included story time

and activities. Both Junior and Youth Programs met weekly online using Zoom conference. The Youth Program had a total of 10 students that participated in the program and the Junior Program also had 10 students. The Youth Program activities included Shadow Painting, Glow Jars, Glow-n-Dark Bouncy Balls, Bottle Rockets, Grow A Crystal and Ice Cream in a Bag. The Junior Program included Story Time every Tuesday and activities such as Breakfast Sushi, DIY Aquarium, Skittle Experiment and Rainbow Bread. The staff had an amazing time with the Summer Reading Program this year and it was so nice seeing all the kids again we have missed them so much. With everything going on the Summer Reading Program was definitely the highlight of the summer. The Library would like to thank all the participants of our Summer Reading Program.

This year’s Summer Meal Program concluded on Wednesday, August 7th. The Library was a host site for the Bernalillo County Meal Program, which provided our community with both breakfast and lunch throughout the summer. We served 40 meals daily to students around the community.



SRP Virtual setup.



Junior SRP Student working on Breakfast Sushi Activity.



Youth SRP Student working on Shadow Painting Activity.



Junior SRP Student with her DIY Aquarium



Summer Reading Program Weekly Zoom Meetings



Junior SRP Student with her DIY Aquarium



Junior SRP Student with her DIY Aquarium



# PUEBLO OF ISLETA RECREATIONAL CENTER

I hope all of you here in the Pueblo are staying safe!

As all of you know, the whole state is still reeling from the effects of the COVID-19 virus and it seems like we will continue to be dealing with COVID related issues for a while longer. We all need to continue to do our part to prevent the spread of this virus, the longer we continue to do our part the sooner we can all get through this matter.

## FITNESS GYM UPDATES:

Isleta Recreation and Fitness West have some new updates regarding health and working out. As cases rise in the state of New Mexico, we are now mandated to wear masks indoors and outdoors. This means during workouts. For example: wearing your mask while bench pressing, wearing your mask while running on the treadmill and yes even running outdoors. We know this is uncomfortable and it may seem excessive, but please understand that this is not to punish you. We are abiding by the state’s Department of Health guidelines and requirements. Also the maximum capacity has been lowered to 25% in gyms, which was 50% prior to the rise in cases of COVID-19. You, the community have been amazing with all your efforts to stay healthy. We greatly appreciate your cooperation during these times. Just a friendly reminder to continue wearing your mask properly, the proper way to wear your mask is with a firm fit around your mouth and nose being completely covered.

On a more exciting note! The main recreation weight room has been approved to get the flooring redone. We are planning to begin this process in early August. Flyers will be posted with closures and updates. With this being said, expect the weight room to be closed 4 to 5 days maximum. The weight room at Fitness West will be available for your fitness needs during this time. We are excited for this long time needed upgrade.

Thank you for your continued patronage, we will continue to keep our fitness room and facilities as clean as possible, your safety is our number one priority. If you have any questions or concerns, contact us at 505-869-9777.

## RECREATION PROGRAM UPDATES:

As all of you already know, the 2020 youth summer recreation program was postponed for the safety of the community due to the COVID-19 virus and it looks like the same thing is going to happen with the start of our afterschool program as well. We will continue to monitor other youth programs around the state and their re-opening protocols and we will also continue to follow state mandates and suggestions concerning the re-opening of these types of programs as well. We will re-open those programs as soon as we get the word that we can do so. I know it may cause all of us some inconvenience, but please remember that all decisions being made concerning these matters are being made based on the safety and well-being of everyone involved (youth, parents, staff, family members and the general community). Thank you for your support and patience.

## GRAB AND GO MEALS FOR YOUTH (1 to 18 years of age)

This program will continue through the first full week in August. For those of you that may not know, these meals can be picked up at the north parking lot of the new recreation center from 10am to 1pm Monday through Friday. Many members

of the community have taken advantage of this program and we are pleased that they have and we hope that they continue to do so through the end of the program. The last day for the community to get these meals will be Friday, August 7th, 2020.

## FOOD BOX DISTRIBUTION UPDATE

We are still distributing food boxes at the reception hall in Chical. Those distributions are taking place on Mondays from 10am to 2pm, Wednesdays from 12noon to 4pm and Fridays from 10am to 2pm. Currently we only have food boxes for youth, if we receive any more food boxes for adults we will make sure to get the word out.

## COVID-19 SAFETY MASK DISTRIBUTION UPDATE

We are also giving out masks to all tribal members to help decrease the spread of the COVID-19 virus. Tribal members can get their free mask at the reception hall in Chical. Those masks can be picked up on Mondays from 10am to 2pm, Wednesdays from 12noon to 4pm and Fridays from 10am to 2pm at the Chical Reception Hall. It is very important that we do our part to help prevent the spread of this virus, so

please make some time to go pick up your free mask and make sure you use them as often as possible to help prevent the spread of this virus.

## PARKS MAINTENANCE UPDATE

Our Parks Maintenance crew continues to do their jobs silently without much fanfare at all. These are the individuals all of you probably see every day out cutting the grass in our parks and taking care of the weeds around our parks. These individuals brave the heat and cold day in and day out to make sure our parks are some of the best looking parks in the state. Many of you walk, picnic, play and just plain enjoy using our parks, which is awesome because that is why they are there, for your use.

Do me a favor and take a few seconds and let my parks crew know that you appreciate the job that they do and compliment them on how great the parks look. I’m sure they will appreciate their recognition and the compliment.

If you have any questions or concerns for the Parks & Recreation Department or any of our programs, please feel free to contact us at 505-869-9777.



# Summer Lunch Youth Program

## \*Extended to August 7th, 2020\*

**Location: Soccer Field Parking Lot at New Isleta Recreation Center**

**Time:**  
**10:00 a.m. to 1:00 p.m. at New Isleta Recreation Site**

- \*Free for All Kids 18 & Under**
- \*Breakfast and Lunch will be provided**
- \*Children Must Be Present**
- \*Curbside Service, meals must be consumed off-site**
- \*\*Small Craft projects will be given out twice a week at the New Recreation Center, first come first serve!!**



**For more information contact New Isleta Recreation Center at 505-869-9777**



# LOVE

Self-Care is community care for **OUR** collective wellness

**HOLISTIC SELF-CARE TIPS:** Self-care is more than bubble baths, it is about how you approach all aspects of your life—mind, body, spirit, and heart. Here are some tips to try:

## MIND/MENTAL

- Talk to someone you trust
- Talk about what is bothering you
- Practice creative journaling
- Practice traditional language
- Grow/Plant/Make pottery
- Weave/Try something new
- Read your favorite book
- Try new recipes

## BODY/PHYSICAL

- Be physically active/exercise
- Listen to your body
- Get enough sleep
- Use a medicinal plant and body wash
- Brush your teeth and floss
- Take care of your dog
- Bark when you need it


## HEART/EMOTIONAL

- Self-love
- Self-encouragement
- See your own greatness
- Share your good intentions
- Care about others
- Care for your plants and household
- Smile/laugh/cry


## SPIRIT/SPIRITUAL

- Pray/Meditate
- Believe in traditions
- Spend time with loved ones
- Spend time with people you enjoy
- Self-appreciation
- Play with children
- Spend time outdoors
- Sing/dance


**BREATHE FOR SELF-CARE:** Simple breathing exercises daily can strengthen and soothe the mind, body, spirit, and heart, and can increase your immunity. Try this exercise:



When doing your regular daily activities, be aware of breathing through your nose.



Next, try and expand your stomach outward on the inhale breath, then on the exhale push your stomach in gently.



Practice a few times a day in your favorite relaxed position. Try it standing, or try it sitting down on the edge of a chair with your back straight and with slightly open legs.

**Isleta Health Center**

## Take Steps to Protect Children and Others

Help stop the spread of COVID-19 by doing the same things everyone should do to stay healthy. Teach your children to do the same.

- ▶ **Clean hands often** using soap and water or alcohol-based hand sanitizer.
- ▶ **Avoid people who are sick** (coughing and sneezing).
- ▶ **Put distance between your children and other people** outside of your home. Keep children at least 6 feet from other people.
- ▶ **Children 2 years and older should wear a cloth face covering** over their nose and mouth when in public settings where it is difficult to practice social distancing. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) the other everyday preventive actions listed above.
- ▶ **Clean and disinfect high-touch surfaces daily** in household common areas (like tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks).
- ▶ **Launder items** including washable plush toys as needed. Follow the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

For more information, please visit [www.CDC.GOV](http://www.CDC.GOV)

## Counseling Can Help

The Behavioral Health Clinic is open for direct patient contact with careful adherence to protocols as established by the Isleta Health Center to include:

- Patients must wear a face mask at all times when in the facility and when in your vehicle checking in for your appointment
  - All patients must check in at the front of the Isleta Health Center where your temperature will be taken and you will receive a wristband and instructions how to proceed
  - Please arrive 15 minutes ahead of your appointment time
  - Patients and staff maintain social distancing at all times
  - Lobby and offices are sanitized before and after each patient visit
- Talking to others is always helpful and talking with a professional therapist can really help – especially during this difficult time.

**Call 869-5475- Make an appointment to meet with a therapist - see if counseling can help.**

**Sometimes you can't wait** - If you or someone you know is having a mental health crisis, call 1-800-273-8255 for the National Suicide Prevention Lifeline. You can also text HOME to 741-741 for free, 24-hour support from the Crisis Text Line.

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

### WORKPLACE SELF-CARE TIPS

1. Set and keep professional boundaries
2. Balance your work schedule and life demands so you are not overwhelmed
3. Make time throughout the workday for self-care breaks (i.e. lunchtime or afternoon walk; social time with co-workers; listening to relaxing music)
4. Create a healthy workspace for yourself
5. Make a short list of top priorities for each day
6. Minimize procrastination and maximize sense of control
7. Before saying yes to a project or assignment, first think about your needs and available resources, and if it will lead to overextending yourself

### MENTAL SELF-CARE QUESTIONS

Take time to see where you are with your mental self-care by answering the following questions:

- Do you regularly learn new things?
- Do you have a way to be creative?
- Can you make a mistake without being hard on yourself?
- Do you know healthy ways to help yourself with stress and how to use them?


### WORKPLACE SELF-CARE QUESTIONS

Take time to see where you are with your workplace self-care by answering the following questions:

- Am I in touch with my feelings? Do I recognize and see them?
- Do I affirm my right to experience all my feelings?
- Do I know how to express my feelings in a healthy way?
- Do I "numb out" uncomfortable feelings?
- Do I have a plan for when I feel overwhelmed with my feelings?
- Do I practice self-compassion?


### RESOURCES

- **Stop Fighting Your Negative Thoughts**  
<https://www.psychologytoday.com/us/blog/shyness-is-nice/201505/stop-fighting-your-negative-thoughts>
- **50 Strategies to Beat Anxiety**  
<https://www.psychologytoday.com/us/blog/in-practice/201503/50-strategies-beat-anxiety>
- **Learn Mindfulness of Breathing**  
[https://ggia.berkeley.edu/practice/mindful\\_breathing](https://ggia.berkeley.edu/practice/mindful_breathing)
- **50 Self-Care and Workplace Wellness Ideas for You, Your Team, and Your Company**  
[https://www.innersight.com/blog/insight-commentary/self-care-and-workplace-wellness-ideas?\\_n=93815906#](https://www.innersight.com/blog/insight-commentary/self-care-and-workplace-wellness-ideas?_n=93815906#)
- **Self-Care Tips When Working from Home During an Emergency**  
<https://www.flexjobs.com/blog/post/self-care-tips-work-from-home/>
- **Your Work-From-Home Survival Guide for Self-Care**  
<https://www.everydayhealth.com/healthy-living/your-work-from-home-survival-guide-for-self-care/>




ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER  
[WWW.AASTEC.NET](http://WWW.AASTEC.NET)


WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?




[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



[www.coronavirus.gov](http://www.coronavirus.gov)



1-855-600-3453  
Coronavirus Hotline



[www.jhu.gov](http://www.jhu.gov)





# ISLETA HEAD START, EARLY HEAD START, & CHILD CARE

**SPACE IS LIMITED!**  
Schedule a telephone application  
today! (505) 869-9796

**REQUIRED DOCUMENTS**

- Proof of Birth/ Pregnancy
- Proof of CIB/ Tribal Identification
- Proof of Residency
- Proof of Income (2019 w2, 1040 income tax forms, pay stubs, other documentation)
- Proof of Health Insurance
- Proof of Work or School Schedule (Child Care Only)

**2020-2021  
APPLICATIONS**



**EARLY HEAD  
START**  
Ages: Prenatal—3 years  
old



**CHILD CARE**  
Ages: 16 months—5 years  
old

\*Copayments are dependent on  
household income



**CURRENTLY ENROLLING  
(NO WAITING LIST) ALL  
GRADE LEVELS PRE-K-12.  
CALL 866-SODA(7632) OR  
VISIT OUR WEBSITE AT  
www.sodacharter.net**

**Why:**  
Parents and the community deserve educational options for their children.

**What:**  
We created the only public charter school in Valencia County (Tuition Free)

**What Do we Offer?**


- NM 4-Year-Old PreK Program (Full Day)
- 3y,4y DD PreK Program (4y Full Day, 3y Half Day)
- PreK Child Find Screenings and Evaluations
- Challenging S.T.E.A.M. Education PreK - 12th Grade
- Individualized Learning Plans
- Bilingual Multicultural Program
- Early College High School / Dual Credit (Earn an Associate Degree)
- College and Career Readiness
- Robotics / Dance / Band / Guitar / Coding
- Digital Arts / Video Filmmaking Photography / Art
- Vocational Agriculture / Ag Mechanics
- Botanny
- Virtual Learning / Blended Learning Opportunities
- Counseling / Behavioral Health
- Extended Learning Time
- SODA STRONG
- E Sports

All Taught by Highly Qualified and Award-Winning Staff!

## PUEBLO OF ISLETA BOSQUE AND RIVER RESTORATION PROJECT DRAFT ENVIRONMENTAL ASSESSMENT AVAILABLE FOR REVIEW

This proposed Project is a direct outcome of the 2016 Agreement of Compromise and Settlement Regarding the Isleta Diversion Dam signed by the Pueblo of Isleta, the Bureau of Reclamation, and the Middle Rio Grande Conservancy District.

The proposed action entails habitat restoration activities in the bosque and channel along the Rio Grande and would be implemented over a ten-year period. This includes invasive species management of approximately 817 acres of forestry treatment with follow up herbicide, 907 acres of herbicide treatment and excavated channel and bankline of approximately 1.7 acres of backwater habitat construction, 58 acres of bankline terrace, and 28 acres of willow swale construction.




**WE WANT YOUR  
COMMENTS!**

**PUBLIC COMMENT**  
August 1-August 30  
2020


Draft EA available at:  
[www.isletapueblo.com/  
water-resources/](http://www.isletapueblo.com/water-resources/)

**FOR MORE  
INFORMATION**  
cody.walker@  
isletapueblo.com  
869-9623

derek.jarner@  
isletapueblo.com  
869-7566



PUEBLO OF  
ISLETA



BUREAU OF  
RECLAMATION

**YOU DESERVE TO KNOW MORE!  
CONTACT US TODAY**

Apply online: [www.sodacharter.net](http://www.sodacharter.net)  
906 Juan Perea Rd -Los Lunas, NM 87031  
505-866-7632

**Isleta Health Center**

**CDC Cleaning and Disinfection Practices**

CDC has great information available for cleaning and disinfection practices. The framework is based on doing the following:

1. Normal routine cleaning with soap and water will decrease how much of the virus is on surfaces and objects, which reduces the risk of exposure.
2. Disinfection using EPA-approved disinfectants against COVID-19 can also help reduce the risk. Frequent disinfection of surfaces and objects touched by multiple people is important.
3. When EPA-approved disinfectants external are not available, alternative disinfectants can be used (for example, 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions). Do not mix bleach or other cleaning and disinfection products together. This can cause fumes that may be very dangerous to breathe in. Keep all disinfectants out of the reach of children. Store and use disinfectants in a responsible and appropriate manner according to the label. Do not mix bleach or other cleaning and disinfection products together–this can cause fumes that may be very dangerous to breathe in. Keep all disinfectants out of the reach of children.
4. Always wear gloves appropriate for the chemicals being used when you are cleaning and disinfecting. Additional personal protective equipment (PPE) may be needed based on setting and product.

<https://www.cdc.gov/infectioncontrol/pdf/guidelines/environmental-guidelines-P.pdf>



COVID-19 PREVENTION



CLOTH FACE-COVERINGS  
REQUIRED


in public and all indoor common areas  
for everyone's safety

Violators, putting our state at risk.  
Are subject to \$100 fine


NEW MEXICO  
DEPARTMENT OF  
HEALTH

For more information visit: [cv.nmhealth.org](https://cv.nmhealth.org)  
Or call: 1-855-600-3453

Isleta Pueblo WIC Office  
505.869.2662



August 2020



1. Breast milk is both food and medicine. It's nutritious and full of antibodies to help protect babies from illness.

2. Breast milk changes over time depending on the age of your baby, exposure to illness, and even the time of day.

3. Breast milk contains stem cells that help increase baby's immunity to certain illnesses and diseases.

4. Breast milk can save lives during natural disasters, pandemics and economic uncertainty.

5. Breastfeeding releases hormones in parent and baby that relax and reduce stress responses.

For more information on breastfeeding visit  
<https://www.womenshealth.gov/Breastfeeding/>

COVID-19 and Breastfeeding

★ The World Health Organization (WHO) ★ recommends that parents with Covid-19 continue breastfeeding while taking precautions because the benefits of breastfeeding far outweigh the risks of transmission.

2. Breastfeeding parents and infants should be supported to stay together to facilitate skin to skin contact and frequent breastfeeding at the breast. If parent and infant must be separated the breastfeeding parent should be encouraged to express breast milk regularly which should be provided to the infant.

3. Covid-19 positive parents should wear masks, wash hands often and routinely disinfect surfaces.

4. Antibodies to Covid-19, found in breastmilk, help boost the infant's immune response.

WIC Services During Covid-19

The Isleta Pueblo WIC Office is dedicated to ensuring the health and safety of our clients and staff, while also continuing to provide WIC services and benefits. At this time we are providing benefits through our walk up window or car side service to minimize contact. We are taking new clients and have same day service and evening hours by appointment. If you already receive Medicaid, SNAP or TANF you may already qualify. WIC is available to eligible pregnant, breastfeeding/post partum women, and children from birth to age five.

Call us today!

505.869.2662

ISLETA HEALTH  
CENTER UPDATES

Hours of Service:

Monday, Tuesday, Wednesday, and Friday  
(8:00am to 4:30pm)  
Thursday (10:00am to 4:30pm)  
Main Phone Line: 505-869-3200

Due to the COVID-19 pandemic, please call ahead for any changes or instructions on how to access care. For medical emergencies or after hours, call 911.

What is new at the Isleta Health Center?

► Please provide your cell phone number when you are checking in at the front for temperature check and wristband.

► Isleta Health Center has purchased two exterior buildings, one is for the Pharmacy Drive up, and the other for patient temperature checks.

► The Isleta Health center now has an entrance and exit only, to enter the parking lot please use the north east entrance and to exit please use the southeast.

► Please let your provider know if you are having the following symptoms: **Fever, Cough, Shortness of breath, Sore throat, Headache, Muscle pain, Chills, Repeated shaking with chills, and Loss of taste or smell.**

► Let your provider know if you have traveled out of state or travelled to a "Hot Spot". **What is a hot spot?** A hot spot is not a public health term, but has been used to describe areas with a particularly large cluster of COVID-19 cases.

Other Services

• Dental: Please call (505) 869-4499 to schedule.

• Optometry: Please call (505) 869-4080 to schedule an appointment to pick-up/and or look at eyeglasses.

• Pharmacy Drive-thru services are still in effect: Please call refill line @869-4590 for all medications at one time. Allow 48hr turnaround time for your prescriptions.

• Behavioral Health: Please call 505-869-5475 or 505-869-5477, if you need information on services, or if you need someone to talk to.

• ALL other Services: Call 505-869-3200

COVID -19 is a rapidly evolving situation. (The Isleta Health Center (IHC) will provide updated information and guidance as it becomes available.) The IHC is taking all precautions and following New Mexico Department of Health. The federal government is working closely with state, local, tribal, and territorial partners, as well as public health partners, to respond to this situation.

For questions pertaining to COVID-19, please call the Coronavirus Hotline or the Isleta Health Center's Nurse Advice Line.

24 Hour Coronavirus Hotline  
1-855-600-3453  
[www.nmhealth.org](https://www.nmhealth.org)

Isleta Health Center's  
Nurse Advice Line  
505-869-3200  
Monday - Friday  
8:00am - 4:30pm

Thank you for Helping to  
Keep Our Community Safe



## Isleta Community Health Needs Assessment Childhood Asthma

www.mayoclinic.org   www.cdc.org   www.kidshealth.org  
Stephanie Barela, BS CHES CSST, 869-4479

In 2019 the Isleta Health Center conducted a Community Health Needs Assessment survey to provide information on our community’s health. Based on the survey the results for childhood asthma are below:

**8. Has a child in your household (age 17 or younger) been told by a doctor they have one of the following conditions? (check all that apply)**

- Asthma
- Diabetes
- Mental Health Issues
- Overweight
- Obesity
- Substance Abuse
- Unsure
- N/A

Results: 12% stating their child was diagnosed with this condition

**9. If a child in your household has asthma, how many times during the past year did you visit an emergency room due to asthma?** \_\_\_\_\_

Results, 21 people went to the ER for childhood asthma in 2019 and of those; the average person went 2.26 times, with the highest person going to the ER 5 times.

According to the Mayo Clinic, “in childhood asthma, the lungs and airways become easily inflamed when exposed to certain triggers, such as, inhaling pollen, catching a cold or other respiratory infection.” Asthma in children is not a different disease than asthma in adults, but it can cause issues when children are playing and being active, as well as, in school and while sleeping. In some children, if asthma goes unmanaged, it can turn into a severe asthma attack that can cause a child to be hospitalized and miss school. Childhood asthma cannot be cured and goes on into adulthood, but if treated correctly it can be managed and prevent damage in growing lungs. According to the CDC, nationally about 8% of children are diagnosed with childhood asthma. It is important to manage asthma, whether it be in adults or children, however, according to the Mayo Clinic, this condition is a leading cause of emergency department visits, hospitalizations and missed school days in children, which shows how important it is to continue to manage childhood asthma.

Kids Health states that most kids’ asthma can be controlled so well that flare-ups are rare. It is important to learn about your child’s asthma, such as, what treatments are needed and when as well as what triggers to avoid. The more you learn about their asthma, by talking with others that have asthma, reading more on asthma, and discussing any concerns with your doctor, the better prepared you will be and the better prepared you are, the more you can work to plan carefully and avoid asthma triggers, which can prevent asthma attacks.

**Good ways to prevent asthma attacks according to the Mayo Clinic are:**

- **Limit your child being around any asthma triggers.** Help your child avoid the allergens and irritants that trigger asthma symptoms.
- **Do not allow smoking around your child.** Exposure to tobacco smoke during infancy is a strong risk factor for childhood asthma, as well as a common trigger of asthma attacks. If you or a loved one is a smoker, contact Stephanie Barela at the Isleta Health Center (869-4479) to help you quit smoking.
- **Encourage your child to be active.** As long as your child's asthma is well controlled, regular physical activity can help the lungs to work more efficiently.
- **See the doctor when necessary.** Get Well-Child Checks annually. Do not ignore signs that your child's asthma might not be under control, such as needing to use a quick-relief inhaler too often. Asthma changes over time. Consulting your child's doctor can help you make needed treatment adjustments to keep symptoms under control.
- **Help your child maintain a healthy weight.** Being overweight can worsen asthma symptoms, and it puts your child at risk of other health problems.
- **Keep heartburn under control.** Acid reflux or severe heartburn (gastroesophageal reflux disease, or GERD) might worsen your child's asthma symptoms. He or she might need over-the-counter or prescription medications to control acid reflux.

- **Take medicines as prescribed.** Most kids with asthma need to take medicines. Some are daily medicines to help keep airways from getting irritated. Others are used only during a flare-up to help open the airways.
- **Make sure your child gets a yearly flu vaccine.** The flu vaccine is recommended for all kids, especially those with asthma. If kids with asthma get the flu, they are at risk for flare-ups and developing a more serious illness.

Figure 10. Percentage of Respondents with a Child (17 or under) Medically Diagnosed with a Condition by Condition Type

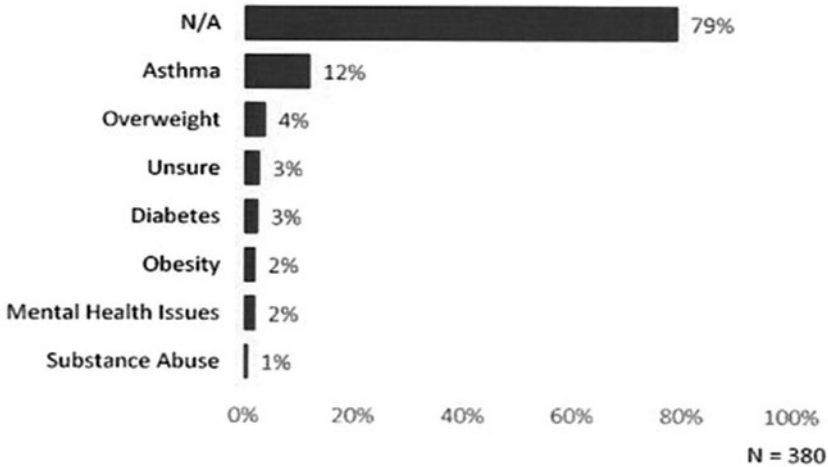
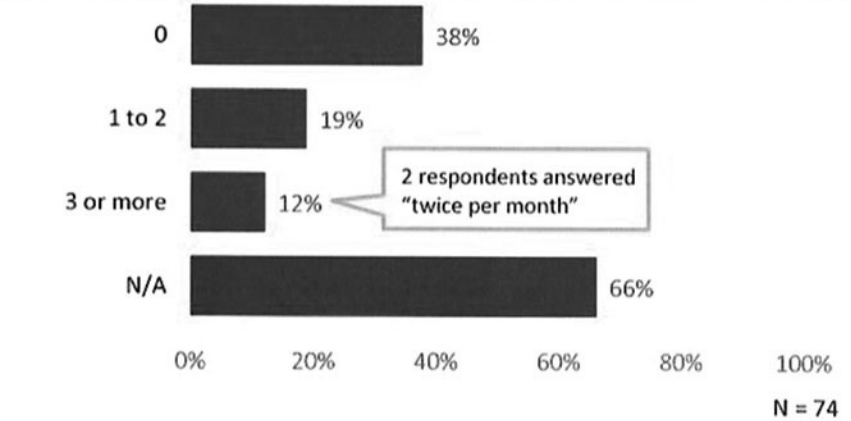


Figure 11. Visits to an Emergency Room in the Past Year due to Child's Asthma





## Isleta Health Support Group

### Conference Call

### August 11, 2020 10:30am

Due to Social Distancing, the Isleta Health Support Group is meeting virtually in August. This meeting will take place on the internet, at WebEx or over the phone.

If you are interested in participating, please contact Stephanie Barela @ 869-4479 to find out more.

**TOPIC:** RADON

**SPEAKER:** Heaven Lucero, Isleta Environmental Dept.

Please contact Stephanie to get a Brochure on Radon before the mtg.

10:30 am | 12pm

Staying connected even through the pandemic!



# ALL WELCOME



## Washing your hands often during COVID-19 can save lives. Learn how in 5 steps.

STEP 1



Wet hands with clean water and apply soap.

STEP 2



Rub hands together with soap. Clean backs of hands, between fingers, and under nails.

STEP 3



Scrub hands for at least 20 seconds.

STEP 4



Rinse hands well with clean water.

STEP 5



Dry hands using a clean towel or air dry them.



### Children Food Box ~~and Adult Food Boxes~~ Distribution

Starting June 22, 2020

Pick up only

Site: Chical Reception Hall

Day & Time:

Monday- 10 am to 2pm

Wednesday- 12pm to 4pm

Friday- 10am to 2pm

Must Provide

Name/Address/DOB

1 Box Per/ Child ~~& Adult~~

**Adult Food Boxes are no longer available!**

Please come and get while supplies are available. Any question Contact the New Rec center 505-869-9777

*"Building A Healthy Community"*

### WHAT IS GRIEF?

Grief is the natural reaction to loss. While everyone experiences some form of grief and loss, it is also an intensely personal experience. It is the emotional suffering we feel when we lose something or someone we love. The pain of the loss can feel overwhelming and we may suddenly experience unexpected emotions from shock or anger to disbelief, guilt, and deep sadness. The pain of grief is not limited to our emotional suffering but our physical health can also suffer, making it difficult to sleep, eat, or even think straight. These are common reactions to loss—and the more significant the loss, the more intense our grief will be.

Many are enduring losses during this challenging time of the Pandemic. While we usually associate grief with the death of a loved one, any loss can cause grief, including:

- Divorce or relationship breakup
- Loss of health
- Loss of a job
- Loss of financial stability
- A miscarriage
- Retirement
- Death of a pet
- Loss of a cherished dream
- Serious illness of a loved one
- Loss of a friendship
- Loss of safety after a trauma
- Selling or moving away from the family home

Whatever the cause of the grief, there are healthy ways to cope with the pain that, in time, can ease our sadness and help us come to terms with our loss, find new meaning, and eventually move on with our lives.

#### Seek help if you:

1. Feel like life isn't worth living
2. Wish you had died with your loved one
3. Blame yourself for the loss or for failing to prevent it
4. Feel numb and disconnected from others for more than a few weeks
5. Are having difficulty trusting others since your loss
6. Are unable to perform your regular daily activities

Call Isleta Behavioral Health Clinic  
at 869-5475



### Thinking About Quitting

Cooped up at home? Maybe this is the right time to Quit Smoking.

Take this 1 time, 1 on 1, 90 minute session over the phone, to increase your motivation to quit and give you some Tips and Tricks to help you do this!

Call Stephanie, Health Educator  
@ 869-4479 learn more

Isleta Health Center



### We're More Than A Thrift Store.

Goodwill Industries of New Mexico is a local nonprofit organization that helps New Mexicans get jobs in the community and gain access to specialized social services.

No matter where you are in the state, Goodwill Industries of New Mexico is working in your community.

Our lineup of programs and services allows us to help thousands of New Mexicans every year.

All of our programs and services are offered free of charge to those who qualify.

Visit our locations across New Mexico to donate, shop, and learn more about our programs and services.



### Our Free Programs And Services.

#### Gateway To Work

A personalized path to success that focuses on those who are ready, willing, and committed to joining the workforce.

##### GoodJobs

Designed to help individuals find long-term employment in the community that meets their needs, abilities, and interests.

##### GoodSkills

Comprehensive job skills training with live classroom instruction.

##### TotalWorks

Temporary paid skills training.

#### Homeless Veterans' Reintegration Program

Focuses on placing homeless veterans into long-term employment, as well as provides social services.

##### Veteran Family Services

Provides employment, job training, and comprehensive case management to veterans and their family members.

##### Supportive Services for Veteran Families

Helps stabilize housing for very low income veterans and their families who are homeless or at risk of homelessness.

##### Brain Injury Case Management

A short-term program providing support and services to individuals with traumatic and acquired brain injuries.

#### Senior Community Service Employment Program

Provides low-income seniors 55+ with work experience and training in order to assist them in securing employment.

## The New Coronavirus (COVID-19) and its Potential Effects on the Body

MOST PEOPLE WITH COVID-19 DISEASE WILL HAVE NO SYMPTOMS OR WILL HAVE MILD-TO-MODERATE SYMPTOMS. SEVERE DISEASE IS UNCOMMON. TALK WITH YOUR HEALTH PROVIDER IF YOU HAVE SYMPTOMS OR THINK YOU HAVE BEEN EXPOSED.



LOCATION	SYMPTOM
WHOLE BODY	Common: Tiredness, muscle aches
BRAIN	(A) Common: Headache Uncommon: Some patients have strokes, seizures, and confusion.
EYES	(B) Uncommon: Pink eye (conjunctivitis)
NOSE AND TONGUE	(C) Common: Loss of the senses of smell and taste
THROAT	(D) Common: Sore throat
LUNGS	(E) Common: Cough, mild shortness of breath Uncommon: Difficulty breathing. Some patients will have serious difficulty breathing and will need a ventilator.
HEART	(F) Uncommon: Infection can lead to blood clots, heart attacks, and cardiac inflammation.
LIVER	(G) Uncommon: Some hospitalized patients suffer liver damage.
KIDNEY	(H) Uncommon: Kidney damage occurs in most severe cases. Patients may need dialysis.
INTESTINES	(I) Common: Loss of appetite, diarrhea
FINGERS AND TOES	(J) Uncommon: Decreased blood flow can lead to swollen, painful fingers and toes. This is more common in children and young adults.

#### Older Age and Pre-Existing Conditions Increase Risk for Severe COVID-19 Disease

Older adults are at a higher risk for serious complications or severe disease. Adults over the age of 60 years old account for the majority of deaths from COVID-19.

In addition, patients with diabetes, obesity, or high blood pressure are more likely to develop serious disease.

Source: UpToDate: Coronavirus disease 2019 (COVID-19): Clinical features and diagnosis [Reviewed June 2, 2020]. UpToDate.com

JOHNS HOPKINS  
CENTER FOR AMERICAN INDIAN HEALTH

## WE ARE HERE TO SERVE

Isleta Health Center Team

### A New Way to Properly Dispose of Your Unused or Expired Medications

Stephanie Barela, Isleta Health Center, Isleta Health Center, (505) 869-4479

The Isleta Health Center has been working on decreasing substance abuse in the community, through education on proper disposal of unused and expired medications. We have been working with the Isleta Police Department (IPD) on this initiative and we continue to find new ways to address this concern. IPD currently accepts expired and unused medications and hosts the Prescription Drug Take Back Events twice a year in April and October. Now we are happy to announce that IPD and the Isleta Health Center has come up with a new way to help those patients who are unable to dispose of their medications properly by now using a prepaid mailing envelope. Patients can simply put their unused and expired medications in the prepaid envelope and put them in the mail so they can be sent to a facility where they will be properly disposed of.

This DEA-Compliant method is part of the Stericycle Seal & Send Program designed for our patients to dispose of their unused controlled substances correctly. Patients can simply follow the instructions provided inside the envelope for use and assured destruction—**fill it, seal it and place it in a USPS mailbox**. If you are unable to get your unused or expired medications to the appropriate locations (i.e. the Isleta Police Department), you can simply ask the Isleta Health Center or the Isleta Police Department for a Seal & Send Envelope.

It is very important that any unused or expired medications be properly disposed of to prevent these potent medications from getting into the wrong hands and hurting a person or an animal. Please remember DO NOT FLUSH medications down the drain as doing so can contaminate the water that we all use for eating, drinking, washing clothes and more.






During the Pandemic we should be cleaning and disinfecting more often. It is important that you do not inject or ingest these chemicals into your body. Please remember to keep ALL chemicals out of the children's reach. If any cleaning or disinfectant solution is swallowed or injected, please contact the NM Poison Control immediately.

### NM Poison Control

## 1-800-222-1222



AUGUST 2020 ISLETA HEALTH CENTER						Questions? Call 869-3200
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1/2	3 Podiatry Clinic: 12:30-4:30 pm	4	5	6 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm	7	
8/9	10 Podiatry Clinic: 8:00-4:30 pm	11  Isleta Health Support Group Conference Call 10:30am   12:00pm Topic: Radon Speaker: Heaven Lucero, Isleta Environmental Department For Information Call:	12	13 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm	14	
15/16	17 Podiatry Clinic: 12:30-4:30 pm	18	19	20 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm	21	
22/23	24 Podiatry Clinic: 8:00-4:30 pm	25	26	27 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30pm	28	
29/30	31 Podiatry Clinic: 12:30-4:30 pm	 August is national IMMUNIZATION awareness month		 World Breastfeeding Week August 1st - August 7th		
DP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475P						

HOW CAN WEARING A FACE MASK REDUCE THE RISK OF COVID-19 INFECTION

INFECTED PERSON	HEALTHY PERSON	RISK LEVEL
		HIGH
		MEDIUM
		LOW
		VERY LOW
		NONE

www.ccci.org.in

Isleta Health Center

WELCOMES YOU BACK!

PATIENTS CAN NOW SCHEDULE APPOINTMENTS WITH THEIR PROVIDER

ALL ISLETA Health Center Providers are offering either Telemedicine (Over the Phone) or in Person Visits,

CALL NOW to learn more and to schedule an Appointment

(505) 869-3200

Most General Health Appointments can be Done Over the Telephone