



Isleta Pueblo News

Volume 16 Issue 1

Pueblo of Isleta website: www.isletapueblo.com

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January 2021

Governor's Report

Ma-Gu-Wam,

By the time you receive this news article you will have unwrapped your gifts, eaten your holiday ham. It has been an eye opening year for us in dealing with the COVID-19 pandemic. Please continue to exercise safe practices such as wearing your masks, social distancing, washing your hands frequently and only leaving your home for essential needs. Your cooperation and patience will keep you and our community safe. With this pandemic, the New Year brings feelings of uncertainty with our customs, our health and our everyday way of life. Stay strong and hopeful.

Congratulations to the new Administration, Governor Vernon Abeita, 1st Lt. Virgil Lucero, 2nd Lt. Blaine Sanchez and their Sheriffs. I wish patience and strength to meet the needs of our community members. Hope that you all have a blessed year.

We have faced so many challenges this past year but we are blessed to have some pretty amazing people that have stood by our sides through it all, you know who you are. All I can say is thank you, from the bottom of my heart. I am extremely thankful for your support throughout the years.

From Governor Max Zuni, 1st Lt Governor Eugene Jiron, 2nd Lt Governor Richard Jaramillo, Sheriff Eugene Jojola, and Sheriff Eugene Lucero. We thank you tribal members for their support you have given us. We especially thank our employees for their commitment to our community and providing services within this difficult time.

I wish you all good health and ask for your support of the new administration.

Ha-wuu,
Governor Max Zuni



PUEBLO OF ISLETA

COVID-19 UPDATE FROM THE ISLETA HEALTH CENTER

DECEMBER 10, 2020

The COVID-19 virus continues to spread throughout the Isleta Community. **Many community members have recently been hospitalized, and I am saddened to announce that Isleta has had several deaths in the last week. The elders are particularly vulnerable to this deadly virus and need to be honored and protected.**

In order to protect the elders, your family, and the entire community, I continue to implore all community members to abide by the current Public Health Emergency Order 2020-03 and also strictly observe the following preventive measures until further notice:

- 1) **Stay home as much as possible.** Only leave the home for absolutely essential needs.
- 2) Always wear a mask if you must leave the home or if you are around people you don't live with.
- 3) At all times, maintain at least 6 feet physical distance from all people you don't live with.
- 4) Do not allow any visitors or non-household members into the home. Do not go visit others.
- 5) Wash or sanitize your hands regularly and disinfect frequently touched surfaces often. Do not touch your nose, eyes or mouth.
- 6) **Limit close contact with vulnerable elders.** If an elder requires care, designate **one person** to provide this and ensure the caregiver and the elder wear a mask at all times. Avoid multiple people being in close contact with elders. Caregivers must strictly follow all precautions.
- 7) If you have symptoms or have been in close contact of someone who has recently tested positive, stay in your own room or area of your residence. Call the COVID-19 hotline at 869-9720 to reach the Isleta COVID-19 Response Team for further guidance or advice.

Most positive cases continue to result from attendance at gatherings such as family dinners, recent holiday activities, allowing multiple visitors in the home and having close contact with multiple people from outside of the immediate household. **People can be infected and contagious and feel completely normal yet they can still spread the virus to others who may get very sick or die.**

PLEASE DO NOT HOST OR ATTEND GATHERINGS OF PEOPLE YOU DO NOT LIVE WITH! THIS INCLUDES THE UPCOMING CHRISTMAS HOLIDAY SEASON! DO NOT HOST EXTENDED FAMILY GATHERINGS SUCH AS DINNERS OR PARTIES. THIS IS ESSENTIAL TO LIMIT THE ONGOING SPREAD OF COVID-19 AND TO PROTECT THE COMMUNITY AND HONOR AND PROTECT THE ELDERS.

Riley Nelson, M.D.
Medical Director

COVID-19: Why is Testing So Important?

Isleta Health Center, Stephanie Barela, 869-4479

TESTING IS THE BEST WAY TO HELP PREVENT THE SPREAD OF COVID-19

- Testing lets you know your status of COVID-19 at the time of testing although results may take longer.
- It identifies positive COVID-19 cases quickly. This allows people to get treatment early and inform the person they must stay away from others and isolate in order to reduce the risk of spreading the virus.
- It helps investigators determine who might be a close contact of the infected person so that those people can quarantine and get tested to potentially prevent the spread.

PLEASE ANSWER ALL CONTACT TRACER PHONE CALLS AND ANSWER QUESTIONS HONESTLY.

20% OF CORONAVIRUS INFECTIONS ARE ASYMPTOMATIC, BUT ARE STILL CONTAGIOUS.

- That is, 1 in 5 people with COVID19 have no symptoms at all, but can infect others. So, even though you might feel completely fine, you could still be getting others sick, which is why it is important to get tested even if you feel normal.
- You could also spread the virus if you are pre-symptomatic, meaning that you might feel fine right now, but you could be COVID19 positive and still spread the virus before you start to feel any symptoms. Because of this, it is very important to always wear a mask when around others, wash your hands often, not touch your eyes, nose, or mouth, and stay at least 6 feet away from others. Simply being near someone who is COVID19 positive can infect you with the virus, even if the person feels normal!

Help Keep Isleta Healthy, get tested for COVID19!

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 towards 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.**

LETTER FROM THE EDITOR

DEADLINE for December Newsletter articles is set for Wednesday, January 20, 2021, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it’s time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

For additional questions, you may call the Library and speak with Nate or Diane at 505.869.9808.

Thank you,
Nathaniel Lujan

Newsletters may be found at the 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)
- 

Grief, what is it?

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:

1.

Death of a pet
2.

Serious illness of a loved one
3.

Divorce or relationship breakup
4.

Loss of health
5.

Loss of a job
6.

Loss of financial stability
7.

A miscarriage
8.

Retirement
7.

Loss of a cherished dream
8.

Loss of a friendship
9.

Loss of safety after a trauma
10.

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 have feelings associated with the following:

1.

Feel like life isn’t worth living or wish you had died with your loved one,
2.

Feel angry or want to blame yourself or others – perhaps even the person who has died. Or situations that have happened to us,
3.

Feel helpless or anxious because you suddenly have less control over your feelings – tears may spill out at any time.
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.

If you are having these experiences,
call **Isleta Behavioral Health Clinic** at 869-5475 for help.

Happy

Holidays

Isleta Heath Center

Pharmacy

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

> Friday, January 1, 2021 - New Year’s Day

As a reminder, all refills require a 24-hour turnaround time. Please remember you can use the refill line for your refills by calling

869-4590

If you have any questions or concerns please do not hesitate to call us at

869-4473 and we will be happy to answer them.

THANK YOU

LOOKING TO PURCHASE

Isleta, New Mexico 87022

looking to purchase a home located on the reservation in Isleta, New Mexico
Serious sellers please contact me at orjiron@yahoo.com

Position Posting	Office Location	Closing Date
ACCOUNTANT	Health Center	Open Until Filled
ADMINISTRATIVE ASSISTANT I DIABETES	Health Center	12/30/2020
ANIMAL CONTROL OFFICER	Police Department-Open Space	Open Until Filled
ANIMAL CRUELTY INVESTIGATOR	Police Department-Open Space	Open Until Filled
ASSISTANT CRIME VICTIM ADVOCATE	Prosecutor	Open Until Filled
ASSOCIATE GENERAL COUNSEL I	Legal Department	Open Until Filled
BOSQUE & RIVERINE RESTORATION MANAGER	Water Resources	Open Until Filled
BOSQUE RESTORATION TECHNICIAN	Water Resources	Open Until Filled
BUS DRIVER	Isleta Elementary School	Open Until Filled
BUS DRIVER- PART TIME	Head Start	Open Until Filled
BUSINESS MANAGER	Isleta Elementary School	Open Until Filled
CAREGIVER I	Assisted Living	Open Until Filled
CHILD CARE PROVIDER	Head Start	Open Until Filled
CHR VAN DRIVER (Part Time)	Health Center Within Only	Open Until Filled
CLINICAL THERAPIST	Health Services	Open Until Filled
COOK I	Elder Center	Open Until Filled
COVID-19 MEDICAL ASSISTANT	Health Center	Open Until Filled
COVID-19 TEST COLLECTOR	Health Center	Open Until Filled
DIRECTOR, PROCUREMENT	Procurement	Open Until Filled
ELEMENTARY SPECIAL EDUCATION TEACHER	Isleta Elementary School	Open Until Filled
EMT-INTERMEDIATE	Health Services	Open Until Filled
EXPERIENTIAL EDUCATOR I	Health Center	Open Until Filled
FAMILY SOCIAL WORKER	Social Services	Open Until Filled
FEDERAL PROJECT MANAGER	Isleta Pueblo Housing Authority	Open Until Filled
HAVC TECHNICIAN	Public Works	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HELP DESK TECHNICIAN	Treasury-MIS	Open Until Filled
HOME CARE ATTENDANT-PART TIME	Elder Center Within Only	Open Until Filled
HOMEOWNERSHIP COUNSELOR	Isleta Pueblo Housing Authority	Open Until Filled
HR WIOA WORKER ADULT (2 Positions)	Human Resources	Open Until Filled
IRRIGATION & LANDSCAPE TECHNICIAN	Public Works	12/10/2020
LABORATORY ASSISTANT	Health Center	Open Until Filled
LANGUAGE TEACHER	Language Directory	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center Within Only	Open Until Filled
PHARMACIST (Part Time 2 Days a Week)	Health Center	Open Until Filled
PHYSICIAN-AMENDED	Health Center	Open Until Filled
PHYSICIAN/PEDIATRICIAN	Health Center	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
PAINTER	Housing Authority	Open Until Filled
POLICE OFFICER-CERTIFIED	Police Department	Open Until Filled
PRINCIPAL / EPA	Isleta Elementary School	Open Until Filled
RECORDS CLERK/RECEPTIONIST	Elder Center Within Only	12/28/2020
REGISTERED NURSE	Health Center	Open Until Filled
RECEPTIONIST	Gaming Regulatory	Open Until Filled
RESIDENTIAL PROJECT MANAGER	House Authority	Open Until Filled
SALES ASSOCIATE-REPOSTED	C-Stores	Open Until Filled
SCHOOL COUNSELOR	Elementary School	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
SHOP-MOTOR POOL CREW SUPERVISOR	Transportation Department	Open Until Filled
SYSTEMS TECHNICIAN	Isleta Elementary School	Open Until Filled

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 Diabetes Prevention Exercise lasses (Eagle HIIT) held Mondays and Wednesdays

► Isleta Diabetes Weight Training held Tuesdays and Thursdays

► Isleta Health Support Group, 2nd Tuesday of the month, 12/8/20 CANCELED



62A Tribal Road 90 SW
Albuquerque, NM 87105
Phone: (505) 916-0695
Fax: (505) 916-5243
www.cfpadillallc.com

CURRENT JOB OPENINGS as of December 2020

○ Heavy Equipment Operators

○ Utility Superintendent

○ Pipe Layers

○ Laborers

EMPLOYMENT PROCESS

Indian Preference Applies

1. Complete New Hire Application

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

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

2. Pass a pre-employment drug screen

3. Must have a valid drivers license

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

Parks & Recreation Department

HAPPY NEW YEAR ISLETA PUEBLO from the Parks & Recreation Department, we finally made it to 2021! I think all of us are excited about the new year and hoping that this year turns out to be better than last year. Last year wasn't very kind to many of us and our families and if any of you are like me, I am sure you want to put last year as far behind you as possible and move forward to 2021! I for one am looking forward to this new year with much anticipation and positivity, I believe that things are only going to get better for all of us this year.

We are hoping that this year will be a much better year for all of us around the world, the United States, New Mexico and especially for us here in the pueblo. As a department (Parks & Recreation), we are also looking forward to a better year. We are hoping to see all of you return to our swimming pool, fitness facilities and parks on a normal basis. We also want to start planning and offering our events to the community as well, that is provided things start to get better here in the pueblo and around the state.

If all goes as planned, we will be expanding our hours of operation at the start of the new year (Monday, January 4th, 2020) for both of our facilities (Main Recreation Center and Old Recreation Fitness Facility). Our expanded hours will be as follows:

- Main Recreation Center – 6am to 7pm (Monday – Thursday) and 6am to 6pm (Friday)
- Old Recreation Fitness Facility – 5am to 6pm (Monday – Friday)

As things continue to progress and get better for us we here at the Parks & Recreation Department will also continue to expand our hours, we hope that one day we will be back to our normal operating hours we had prior to this pandemic.

Please keep your eyes and ears open for other things that will be happening this coming year. We are looking forward to a great year!

SWIMMING POOL/AQUATICS CENTER

Our swimming pool has been closed for approximately two and a half years now unfortunately, but things are starting to happen in our aquatics finally. If any of you have stopped by lately you might have noticed that there is a plastic covering over our swimming pool. The covering is there to try to keep the dust down from the work that is being done to our pool. Currently our swimming pool is being re-plastered and there is some bead blasting being done to the tile around the pool. We have also interviewed for the Aquatics Coordinator/ Pool Manager position and if all goes as planned we should have that position filled pretty quickly. Once the pool is done being worked on, we will be re-painting the swimming pool deck and trim in the Aquatics center. Once we finish with everything in our Aquatics center we are hoping to have a grand re-opening and invite the community to come by and see what has been done and to meet the Aquatics staff. I was hoping that we would be able to do that in January but the re-plaster is going to take longer than I had originally thought it would, so we may

not be able to open the pool until around late February or March. I appreciate your patience and we should have the use of our pool again very soon.

YOUTH RECREATION PROGRAM

Our youth recreation program is still plugging away, but with minimal participation unfortunately. For those of you that don't know we had to limit that program because of the COVID-19 virus. Limiting the participation numbers was necessary for the safety of all the participants that are attending. We are hoping that things continue to get better so that we are able to expand our limits in this program. The program participants are given the opportunity to get their school work/time done daily and after they have finished their school work they are able to participate in various activities until their parents/grandparents/ legal guardians come to pick them up. This program has really helped those parents that were struggling to find adequate care for their children so that they could go back to work. My staff does an outstanding job with the participants, every time I go in their classroom to check on the children I find my staff sitting with different children helping them and making sure they are doing their school work. I want to thank my staff for doing a great job with the children. We are also hoping that this year will be better, so that we can once again have our summer youth program as well. It will be very nice to see all the children here during the summer once again.

FITNESS PROGRAMS

We know during these challenging times we all have been affected one way or another, either gaining that unwanted weight or losing that hard-earned muscle. January 2021 will be here before you know it and we all know what that means, New Year's Resolutions. Both fitness facilities, Fitness West (Old Rec) and Isleta Recreation Center (New Rec) are open for your fitness goals and needs. Health and Wellness has never been more important in these challenging days of COVID-19. We continue to follow state guidelines of a maximum capacity of 25 percent at both facilities for your health and safety reasons, but we also clean our facilities thoroughly throughout the day. We have a staff that is continuously working on their fitness knowledge and will all be certified with the American Council on Exercise to ensure you met your fitness goals safely. We hope you take advantage of the great equipment that we have free of charge to you all. Unlike places where you have to pay a membership of 10 dollars a month or more and a sign-up fee. Our job is to help you reach your goals, your job is to get here and get moving. We hope to see you soon, stay safe and stay healthy.

PARKS MANAGEMENT/ MAINTENANCE

We are hoping to re-open our parks at the start of the new year, as many of you know our parks have been closed for safety reasons in hopes that by doing so we would be able to help prevent the spread of the

LET THE GAMES BEGIN!

2021 BASKETBALL H.O.R.S.E CHALLENGE

WE WOULD LIKE TO INVITE OUR TRIBAL MEMEBERS AS WELL AS OUR POI EMPLOYEES TO PARTICIPATE IN THE EVENT

IF YOU WOULD LIKE TO SIGN-UP PLEASE CONTACT GEORGE WAQUIE- 505-869-9777 OR EMAIL GEORGE.WAQUIE@ISLETAPUEBLO.COM

WE WANT TO KEEP EVERYONE SAFE SO YOU WILL BE REQUIRED TO WEAR YOUR MASK WHILE PARTICIPATING

IT WILL BE A SINGLE ELIMINATION BRACKET WITH YOUTH BRACKET AND ADULT BRACKET

THIS IS A FREE EVENT !! SIGN-UPS FROM DEC 14TH THRU- JAN 6TH

STARTS ON JAN 11TH, 2021 LOCATION: ISLETA MAIN REC CENTER

"BUILDING A HEALTHY COMMUNITY"

COVID-19 virus. Re-opening our parks will give our community members an opportunity to get out and enjoy the fresh air, get some exercise and just enjoy our beautiful parks once again. The Parks v=crew has been staying busy with making sure our parks are clean and manicured. The crew has also been working on our little league fields, in case you have not noticed there are shade structures over the fans seating area at both fields. This is a project they started last year and they are almost done with it. When the little league season starts back up, our fans will have a nice shaded area to watch the games from. This has been a long time coming and I'm glad that it is finally almost finished. On behalf of the Parks and Recreation Department, we offer our sincere condolences to the family and friends of

Robert "Big Bob" Lujan. He was definitely a friend of ours as well. In 2006 the Pueblo of Isleta Parks and Recreation Department, Parks Management/Maintenance Division was created. Robert was the new superintendent of the division and he was essential in the vision and creation of the Parks and Athletic Fields that we have here in the pueblo and enjoy even today. His kindness and humor will always be remembered by everyone that knew him. He will definitely be missed.

SPORTS PROGRAM

We hope everyone is doing well and staying safe. Just wanted to let you know what's going on in the gym right now. We will be having sign-ups for an old fashion H.O.R.S.E. (Basketball) Challenge at the

Main Rec Center. Sign-ups will be from Dec 14th, 2020 thru Jan 6th, 2021. We will start the challenge Jan 11th, 2021. It will be a single elimination tournament. You can call the Main Rec Center at 505-869-9777 or email george.waquie@isletapueblo.com. You will need to wear your mask during the challenge. This will be for Youth and Adults, so let's start the New Year on the right foot. I would like to see some of our youth come in and get some training for any sport they are interested in, they will have to set up an appointment to do this is because of the COVID-19 virus. Thank you and please stay safe and wear your mask from Coach George Waquie.

Feel free to contact us at 869-9777 for more information about any of our programs or just to say hello.

TRADITION

We will be together again to eat, pray, and give thanks. Celebrate the holidays safely.

RESPECT TRIBAL AND OTHER PUBLIC HEALTH STAY-AT-HOME ORDERS

• Have a small dinner with only people who live in your household.

• Go outside and give thanks for the beauty that surrounds us. Then drop off a meal for someone while avoiding physical contact.

• Share a prayer and a virtual dinner with your loved ones online.

• Shop online rather than in person, avoid busy crowds as much as possible.

• Watch sports events, parades, and movies from your home with only people in your household.

• Respect our resilient relations and remember those we are protecting the most this season.

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

WWW.AASTEC.NET

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

	www.cdc.gov/coronavirus		1-855-600-3453
			Coronavirus Hotline
	www.coronavirus.gov		www.hhs.gov

ACKNOWLEDGEMENTS: Developed in collaboration with SFIS Leadership Institute, Tewa Women United, and URM Native American Budget & Policy Institute



Pueblo of Isleta Public Library

We hope you had a wonderful Christmas break and enjoyed the holiday season. Welcome to 2021! New Year and a fresh new start. Which also means new library programs; we are excited to start planning programs for the New Year. We still don't know what the year will bring but will continue to develop programs that will serve our community. The Pueblo of Isleta Public Library services and programs are FREE and open to the public. Visit our Website, Facebook, Instagram, and Snapchat for upcoming programs.

News

With the New Year upon us, we will be planning programs for Adults, Teens and Children. With current circumstances most programs will be virtually. We hope in the near future this will change and we can start doing in person programs once again. We will also be reviewing the 2020 year programming and services to see where we can improve.

Library Closures: The library will be closed on January 1st in observance of New Year's Day. The library staff would like to wish you good health, happiness and new accomplishments for 2021. The library will be closed on Monday, January 18th in observance of Martin Luther King Jr. Day. All library media checked out on Thursday, January 14th and Friday, January 15th will be due on Tuesday, January 19th.

Our Summer Reading Program Planning meeting will be taking place on January 6th & 7th from 8am-12pm each day, therefore we will be closed during that time. Once our planning meeting has concluded we will resume regular business hours. Our Junior and Youth group curriculums will be developed and turned into a 6-week program during the summer. We will be addressing concerns and recommendations that our participants have shared with us. Please give us a call at 505-869-9808 and a library staff member will be happy to answer any questions or concerns you may have about our Summer Reading Program. With the weather quickly changing and New Mexico's unpredictable weather patterns, please keep in mind that unexpected closures may occur. Notices will be posted throughout the library and up to the minute notices will be posted on the Pueblo of Isleta Library's social media outlets.

Come join our team, the library currently has an open position for Library Aide 1. This position is part-time (20hrs), Monday through Friday and will be from 2:30pm-6:30pm. Applications must be submitted to the Isleta Human Resources located at the Tribal Complex, please make sure and check with them on their COVID-19 protocol before going. Also applications can be found at isletapueblo.com or you may pick one up here at the library using our curbside service. If you have any questions about the Library Aide 1 position please call the library at 505-869-9808.

If you still have any library material checked out you can return any items to our Drop Box, located in front of the library complex by the bike racks. At this time there will be not late fees for your checked out items so let's start off the year with a clean slate and bring back any library material in good condition and there will be no fines applied to your account. There are three ways to check your library account.

- Visit our online library catalog at <https://isletapueblo.booksys.net/opac/pipl/index.html> and log on with your library card and pin number.
- Download our FREE Librista app (Found in the Google Play Store and App Store) on your mobile device or tablet and log on with your library card and pin.
- Give us a call at 505-869-9808.

You will need a pin number to access your library account online. Speak with a library staff member about setting up a password or password reset. For more information give us a call at 505-869-9808.

With the recent rise of COVID cases the library once again will have to make adjustments to the Library's business hours of operation. Please continue reading for

the updated business hours for the library. Recent changes will be made permanent for the rest of the calendar year. We have also had to make changes to library staff schedules that include teleworking from home.

Join us for our Virtual Family Story Time every Wednesday at 10:30 am. Story time will take place over Zoom and is open for ages 16 months- 5 years old. For each month a calendar will be available with the schedule of books and crafts. For the month of January crafts will include Colorful Mittens, Winter Sensory Bottle, and a Polar Bear craft. Supplies for the crafts will have to be picked up prior to the Story time through our curbside service. If you would like to sign up please call the library at 505-869-9808 or email Cheyenne at Cheyenne.Castillo@isletapueblo.com.

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

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 temperature will be taken before entering the library.

VIRTUAL FAMILY STORY TIME CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
3	4		 VIRTUAL FAMILY STORY TIME 10:30AM BOOK: COLORFUL MITTENS	7	8	9
10	11		 VIRTUAL FAMILY STORY TIME 10:30AM BOOK: WINTER SENSORY BOTTLE	14	15	16
17	18		 VIRTUAL FAMILY STORY TIME 10:30AM BOOK: WINTER SENSORY BOTTLE	21	22	23
24	25		 VIRTUAL FAMILY STORY TIME 10:30AM BOOK: POLAR BEAR CRAFT	28	29	30
31						

JANUARY

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 –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 helps 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, music, and periodicals (NY Times). 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 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.

The library now has Lynda.com, which is FREE online training on various computer software's 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.

Download the mobile app Libby to start borrowing and 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.



*Family Virtual Story time participant
enjoying the Christmas story.*



*Family Virtual Story time participant
Working on the Christmas craft.*

Upcoming

The library will be hosting a high school and college-gearred program for the month of January. Join us on January 14th at 5:30 pm via zoom. Learn how to utilize your tablet for the upcoming semester. What note apps to use and how to organize your notes. This program is open to all college students



*After School Program student showing his
Christmas Snowman!*



*After School Program student showing her
Grinch Chimney!*



*After School Program students showing
their Reindeer ornaments!*

and the first five students who sign up and attend the program will receive a Starbucks gift card. Participants will also be entered to win a gift card for a notes app from the Apple store or Google store. Sign-ups will begin January 4th. If you have questions or would like to sign up please contact Bekah or Shaypof at 505-869-9808 or by email at

(Continued Next Page)

(Library, Continued)


Rebekah.Lovato@isletapueblo.com or Shaypof.Ybarra@isletapueblo.com.

Recap

Paint Night with the Library took place on December 17th. Library staff member Cheyenne led this program over Zoom showing 10 participants how to paint a Winter Bear Drinking Hot Chocolate. Everyone enjoyed hot chocolate with marshmallows along with good conversation. Participants enjoyed the night out releasing some holiday stress. Keep a look out for more themed paint nights at the library.

Our second Podcast Club concluded in the month of December. Last month’s selection was on Conspiracy Theories. Participants listen to a variety of conspiracy theories like the Simulation Hypothesis, Vaccines, and Roswell. The Podcast Club met every Wednesday over zoom and discussed that week’s episode. We would like to thank everyone who participated and we look forward to having another Podcast Club student soon.

The Afterschool Program has been staying busy with homework, activities and crafts. For the month of December students made a Grinch Chimney, Snow Globes, Ginger Bread Houses, Candy Cane Sleigh and so much more. We look forward to planning the upcoming year and we hope that we can meet in person soon.




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



Infection Prevention

Infection prevention and control has always been an important part of public health and safety. But as the global fight against COVID-19 rages on, the world’s communities are reminded just how important. Help us celebrate all the infections prevented and lives saved by our IPs this year!

Clean Hands




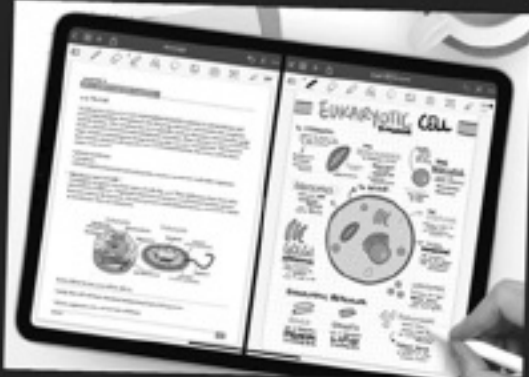

Stop the spread of germs

PUEBLO OF ISLETA PUBLIC LIBRARY

TAKE NOTES LIKE A PRO

OPEN TO ALL COLLEGE STUDENTS AND HIGH SCHOOL STUDENTS TAKING COLLEGE CREDITS! LEARN HOW TO UTILIZE YOUR TABLET FOR THE UPCOMING SEMESTER. WHAT NOTE APPS TO USE AND HOW TO ORGANIZE YOUR NOTES.

FIRST 5 STUDENTS WHO SIGN UP AND ATTEND THE PROGRAM WILL RECEIVE A STARBUCKS GIFT CARD. EVERYONE WILL BE ENTERED TO WIN A GIFT CARD FOR A NOTES APP FROM APPLE STORE OR GOOGLE STORE!




JANUARY 14, 2021 | 5:30 PM

ZOOM MEETING

Sign ups will begin on January 4th.

IF YOU HAVE QUESTIONS OR TO SIGN UP PLEASE CONTACT BEKAH OR SHAYPOF AT 869-9808



What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/needles/expectations.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:	Throughout the rest of your body:
<ul style="list-style-type: none">• Pain• Swelling	<ul style="list-style-type: none">• Fever• Chills• Tiredness• Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, and if crowds, and wash your hands often.



HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is _____°F or _____°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: _____

Healthcare provider phone number: _____

Medication (if needed):
Take _____ every _____ hours as needed.
(Type and dose or amount)



Ask your healthcare provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose.

Learn more about v-safe.
www.cdc.gov/vsafe

cdc.gov/coronavirus

CS201946-6 1/15/2020



NEWSLETTER
ISLETA POLICE DEPARTMENT

A SAD FAREWELL TO



I would venture to say not. Another year gone and probably everyone is not sad to see 2020 come to a close. Though there are still struggles across the nation and within the Pueblo with COVID-19, we are all hopeful and optimistic for a much better and brighter

2021

which will begin rather tentatively with continuing concerns with COVID-19. A virus which has haunted us for the past year and will still be of concern in 2021. With more cases in the Pueblo last month, we must remind all of safety concerns for others. If you are COVID-19 positive you must quarantine and stay home and away from others. We have had cases where COVID positive cases are not staying at home and traveling about through the Pueblo and nearby communities. Therefore, we must continue to inform and remind everyone to continue all safety precautions to stay safe.

STAY HOME, MASK UP, WASH HANDS
FREQUENTLY,
AND AVOID GATHERINGS.
BE MINDFUL OF HOW THIS VIRUS
SPREADS AND EVEN THOUGH YOU
MAY FEEL FINE, YOU MAY BE AN
ASYMPTOMATIC CARRIER.

THERE IS HOPE ON THE HORIZON
AS VACCINES ARE BECOMING
AVAILABLE BUT RECEIVING AN
INOCULATION DOES NOT MEAN
WE CAN DISCONTINUE THE ABOVE
PRECAUTIONS.

NO SHAVE NOVEMBER

In the spirit of fun and forgetting the stressors of COVID-19 a few members tried the “No Shave November Challenge”. We believe the winner to be, for the second year – Detective Silas Thornton. What do you think?



Left to right: Ofcr. Colby Hardy, Sgt. Val Panteah, Traffic Ofcr. J.P Abeita, Det. Silas Thornton

Each were presented with a coffee mug.

COMMUNITY RESOURCE
OFFICER/D.A.R.E. PROGRAM

Though challenging, Officer H.S. Powers was able to complete virtual training of the D.A.R.E. program on Mondays and Thursdays with the last class taught on December 17, 2020. He enjoyed teaching the children in his classes and looks forward to the next semester of teaching.

IHSP


The Traffic Division conducted their final mobilization of the year “Don’t Shatter the Dream” from December 14, 2020 through January 1, 2021. This mobilization patrols for drivers operating a motor vehicle while under the influence of alcohol and/or drugs with the priority of keeping innocent motorists safe on the roadways during the holiday season.

The mobilization may have come to an end but we implore drivers:

DON’T DRINK AND DRIVE!

We at the Isleta Police Department
wish all a happy and
prosperous 2021!





ISLETA PUEBLO HOUSING AUTHORITY

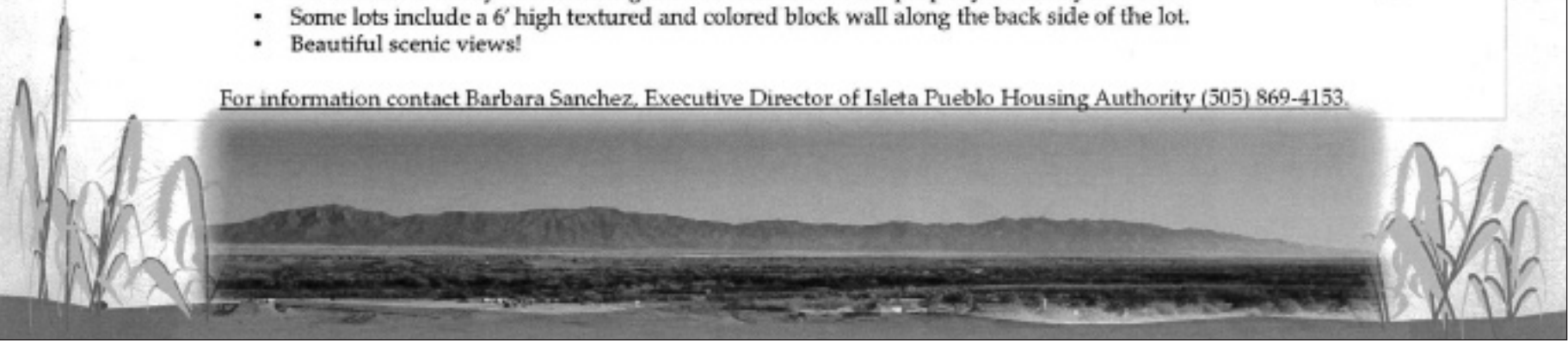
LOTS FOR SALE

By “LOTS” we mean REALESTATE

IPHA is currently building Phase 1 of “Moonlight Development”, a housing development on the west mesa adjacent to the Pickle Heights neighborhood. This development of new infrastructure will include paved roads, sidewalks, a park area and all required utilities (electrical power, natural gas, water and wastewater systems and drainage control). The IPHA intends to make available for sale 10 of the lots for private financing and will sell individual lots for \$14,000 each. If you are a tribal member and do not have a Land Assignment, this would be an ideal place for your new home. Here are a few features:

- Similar lots in the project have been appraised by a licensed professional and valued at \$55,000 - \$60,000.
- The lots average in size approximately ¼ Acres.
- Building pads for home construction are already completed (Built and tested) and are 70’ X 80’ in size.
- Each lot has a utility easement aligned with the front of the property for utility services.
- Some lots include a 6’ high textured and colored block wall along the back side of the lot.
- Beautiful scenic views!

For information contact Barbara Sanchez, Executive Director of Isleta Pueblo Housing Authority (505) 869-4153.





Isleta Historical Society
Protect the Land · Preserve the Culture · Honor The Ancestors

This continues a monthly series of articles about historic Isletans and significant happenings at Isleta. The Isleta Historical Society is an independent, inclusive group looking to broaden understanding through vigorous research, interviews, visits to museums and other historical sites etc. We are interested in your reaction to these stories and encourage you to contact us with ideas for future publications. Visit us on Facebook and Instagram @isletahistoricalsociety or email us at isletahistoricalsociety@gmail.com. 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

Sports and Games at Isleta - Part 1

The First Pueblo Baseball Team

In the early 1900s Pablo Abeita organized and coached the first pueblo baseball team at Isleta Pueblo. Led by John T. Jojola, the Isleta team beat the Los Lunas Tigers 24 to 4 in one notorious game in July 1911. Jojola hit two home runs and “carried off the fielding honors by making a sensational one-handed catch over second base.” Thus began a long tradition of great Isleta baseball teams for the next four decades. The pueblos embraced the team sport of baseball since they had traditionally played shinny (like hockey), a celebratory game marking the end of irrigation ditch cleaning.

Pablo Abeita undoubtedly read about the great major league Native American baseball players of his day working as a typesetter at the Albuquerque Journal around 1905. Indian players of the time included Louis Sockalexis, a Penobscot Indian, who played for the Cleveland Indians in 1897; Charles Albert Bender, Ojibwe, who played for the Philadelphia Athletics in 1903; and Moses Yellowhorse, Pawnee, who played for the Pittsburgh Pirates a few decades later. Then there was the incomparable Jim Thorpe, a Sac and Fox Indian, who excelled at all sports and led Carlisle Indian School’s team to a national collegiate football championship in 1911. Pablo Abeita was inspired by their example and became a lifelong baseball fan. Two of his sons, Andres “Andy” Abeita, and Ambrosio “Buster” Abeita became stars in their own right in the 1930s and 1940s.



Jim Thorpe,
as a member of the New York Giants

The first Isleta baseball team included Felipe Padilla, Domingo Jojola, Paul Shattuck, Frank Anzara, Tony Abeita, Lazaro Abeita, John T. Jojola, Marcelino Abeita, and Juan Rey Abeita. Marcelino was Pablo’s brother, Juan Rey was his oldest son; none of the other Abeitas were related to Pablo, however. After that famous game in 1911 when Isleta trounced Los Lunas, coach Pablo Abeita told a reporter that he was “well pleased with the showing.” After

this typical understatement, very little was reported about the Isleta baseball team until the 1930s and 1940s. But in the waning years of his life in the 1930s, Pablo Abeita would have every reason to be well pleased with the showing of the Isleta team, first called the Isleta Indians and the Isleta Braves, and with the performance of his sons, Andy, and Buster Abeita.



Isleta Baseball Team, 1911
Standing left to right: Felipe Padilla, Doming Jojola, Manager Pablo Abeita, Paul Shattuck, and Frank Anzara.
Seated left to right: Tony Abeita, Lazaro Abeita, John T. Jojola, Marcelino Abeita, and Juan Rey Abeita

By the 1930s, the Isleta baseball team had reached its pinnacle; some of its stars were Mariano Jojola, Sam Jojola, and Joe M. Abeita. Joe Abeita played catcher until he was hit in the head with a hardball. He was a silversmith and a cultural leader at Isleta all his life. He played against some of the best teams in the Albuquerque area; he even played against Pete Domenici, who later became a US Senator. In 1935 Laguna Pueblo hosted the first All-Indian baseball tournament in the U.S. It coincided with their annual September Feast Day honoring its patron saint, San José. The tournament started with only three teams, including Isleta and Laguna, but grew to an enormous southwestern tradition, bringing teams from as far away as California. The Isleta Indians, as they were then called, won consecutive championships in 1935 and 1936. By 1936 Isleta’s star, Joe M. Abeita was able to focus exclusively on pitching while Buster Abeita took over as manager. Buster led the Isleta Braves to their second All-Indian championship when they defeated Laguna. In 1937 Isleta again won the championship, winning fourteen of their nineteen games with Buster Abeita even pinch-hitting in the sixth inning of one game with the bases loaded. In the 1938 season the players of Isleta’s sandlot team were about the same with Sam Jojola and Joe M. Abeita still masterful; Joe M. Abeita struck out eleven and gave up only seven hits in the opener against Laguna.



Group Portrait of Albuquerque Indian School Baseball Team

Sam Jojola became manager of the Isleta team when Buster quit to form a new semi-pro team, the Albuquerque Indian All-Stars. The All-Stars included Marcell Littlehorse, a Potawatomie Indian who had played at Haskell and Nelson Hendrix, a Cherokee who also attended Haskell. By the end of July, Andy Abeita, Buster’s brother, led the All-Stars in batting at 438. By the end of August, the All-Stars were battling Santa Fe for second place behind the Madrid Miners in first, even though Joe M. Abeita was out with a broken rib. Buster Abeita returned to Isleta to coach the Isleta Braves to a third consecutive championship in the annual Laguna tournament.

When the Central New Mexico league folded after the 1939 season, Sam Jojola, Joe M. Abeita, and Andy Abeita returned to play for the Isleta Braves. In April 1940, the Isleta team entered the Coronado league, made up of diverse teams — Hispano, Anglo and Native. In 1940, both Isleta and Laguna made it to the semi-finals in the Coronado league, where dancers from Laguna performed the haunting Eagle Dance before the game.



Eagle Dance, Laguna Pueblo, 1962,
Lee Marmon, photographer

According to Jimmy Abeita, former ballplayer, Isleta felt they were born to play baseball and felt like they were more skilled at it than any other pueblo. But Laguna was equally good, if not better in some years, which heated up the intensity, often leading to fights.

Isleta developed a reputation for being the orneriest players around and were notorious for fighting. Isleta was once banned from the Laguna tournament for starting a fight. Nevertheless, Isletan ballplayers claimed that playing in the Laguna tournament was like going to the World Series and to win the tournament was the crowning glory of every baseball team’s dreams.

In 1961, a new league was formed which included the eight Northern Pueblos and sometimes the Jicarilla Apaches. Sportswriter Bill Bailey wrote of the Native players, “keen eyesight, powerful wrists and shoulders enable the Indians to whack a baseball with authority and for distance ... Few of them ever tighten up at a critical moment and they move with an easy grace after grounders and fly balls in the field.” Isleta baseball continued into the 1960s and 1970s with the Isleta Pollys, a team sponsored by Pollys restaurant in Albuquerque. Pollys, named after a pet macaw, was a favorite place of many from the pueblos and beyond. According to Emil Jojola, son of Sam Jojola, the Pollys won several championships with the help of the young Pablo Abeita as catcher and Emil as pitcher. The Isleta Pollys carried on the tradition of superior baseball teams that started with the first Pablo Abeita and his 1911 championship team. Today young Isletans play ball on their school team and on recreational leagues.



Playing Shinny, circa 1930-1940

Shinny

As mentioned, shinny was a traditional game Isletan men played annually after the spring cleaning of the acequia. If the ditch work took several days, then the laborers played after the work for each day was done. There may have been close to eighty players as that many Isletans cleaned the ditch. The players divided into sides or teams such as the North side against the South. Each player had his own shinny stick usually made of willow. Both the outer cover and the interior of the shinny ball was made of deer skin. In Taos, they stuffed the ball with seeds and played with it until it burst. At Isleta during the 1930s and 1940s, Baustista Benavides made the best shinny balls. He would bring the ball to the beginning of the game, and if play got too rough and fights erupted, Bautista might get angry and take the ball home. That was the end of the game.

The game of shinny is similar to field hockey where the players try to hit the ball through a goal. In this case, the goal might have been the opening or road next to the church. Although Bautista Benavides frowned on overt violence, players sometimes wielded

their shinny sticks as clubs. As if losing was not bad enough, the losing team had to suffer a further indignity at the hands of the winners, unlike the relay races (to be discussed in part 2) where the losers received gifts from the winners and their families. After a game of shinny, the losers lined up to take their punishment. The victors paraded by them and flicked the foreheads of the losers, lightly or not so lightly. One imagines that one or two flicks probably did not cause too much pain, but after the fortieth flick, the losers’ foreheads were probably aching and covered with welts. It could very well be that the losing player who had been the most aggressive with his shinny stick, using it as a weapon, would have the sorest forehead.

Another Isletan custom, similar to the Rooster Pull (also discussed in part 2), was that the women would throw water at the men as they passed by the houses before the shinny game. This may have been connected to the opening of the acequias, letting the water flow for the first time after the ditch-cleaning. Shinny was a popular game at Isleta in which both boys and girls participated but not against each other. Most pueblos and many other tribal nations across the country played the game of shinny.

Our thanks to genealogist Richard “Dikki” Garcia for his assistance.

For more information see: L.M. Sutter, *New Mexico Baseball* and Stewart Culin, 2 vols., *Games of North American Indians*

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Again, we want to thank everyone who has been reading these articles. We invest a great deal of time and energy into these articles and we do so because we are interested and passionate about the topics we cover. We believe that by sharing these stories with the community it may instill a sense of confidence in who we are as Isletans. We are grateful for all of our readers and have been receiving feedback from the community. Some of you have even reached out with ideas about what topics to cover next or areas of interest for the Historical Society to dig deeper into. We thank you for your interest in the stories we are telling about the Pueblo and the people and encourage you to reach out to us with any information, ideas, or comments that you feel would be helpful to us. We will soon be publishing on our social media platforms so be on the lookout for that content. Again, any information is greatly appreciated and will not be used without your permission.

Thank you!



**PUEBLO OF ISLETA
COVID-19
TESTING**

Testing available to all
**Pueblo Of Isleta
Community Members**
with or without symptoms

Medcor®

will now be available as an additional
resource to provide testing

DRIVE-UP TESTING
AVAILABLE ON TUESDAYS & THURSDAYS

To make your appointment please call
THE ISLETA COVID-19 RESPONSE LINE
505.869.9720



PUEBLO OF ISLETA

DEPARTMENT OF EDUCATION

The year 2020 has been challenging for everyone, especially in the realm of education. This past year you may have learned many new skills, from learning how to use ZOOM on an IPAD, Chromebook or phone, to creating calendars and designing positive learning environments in your home. You may have also found that quality internet is essential to navigate distance learning. 2020 has been a year of technological growth for many.

As we move into 2021, we look forward to some normalcy in the near future. The Department of Education (DOE) staff is working hard to ensure that the continuation of quality services are provided to our community.

INFORMATION FROM THE HIGHER EDUCATION PROGRAM:

If you are a new student in need of financial assistance for post-secondary education or if you are *full-year continuing student*, we ask that you use the online form to submit an application or to upload your supplemental documents. If you require a paper application, please contact our office at 505-869-9790.

The online form can be found on our website: <https://www.isletapueblo.com/tribal-programs/educational-services/>

The direct link to access the online form: <https://isletapueblo.formstack.com/forms/scholarship>

Submit official transcripts to: poischolarships@isletapueblo.com

REMINDER: If you haven't filled out the Free Application for Federal Student Aid (FAFSA) for SY 2020-2021 please do so now. Should you require assistance with this, contact our offices.

- Other scholarship opportunities include:
- Multiple scholarship opportunities are available through the Cobell Scholarship Program and can be accessed by visiting: www.Cobellscholar.org
 - **The Cobell Scholarship Vocational Opportunity is for any student who has not yet earned a college degree, is enrolled or will be enrolling in a vocational credential, vocational certificate or occupational license program.** Vocational degrees typically are one year or less in duration, certify competency in a specific trade, or provide a license to perform certain occupations. If you are uncertain, check with your institution or review the "What is a Credential" Fact Sheet at www.acteonline.org. Current deadline is **April 30, 2021**.
 - The American Indian Science and Engineering Society will soon post multiple scholarships on the website ranging from Agricultural Science, Computer Science to various areas of Engineering. Typically the priority deadline is March 31 annually. Look at the prior scholarships they have announced to gain an idea of the requirements and expectations. For more information visit: <https://www.aises.org/students/scholarships>
 - The American Indian Graduate Center offers more than 20 scholarships and fellowships that fund undergraduate,

graduate and professional degrees. For more information visit: <https://www.aigcs.org/scholarships-fellowships/>

INFORMATION FOR FAMILIES PreK – 12:

Now is the time to start thinking about your child's education for the 2020-2021 school year. Today, there are many options for education in PreK-12 ranging from local schools, public schools, charter schools and private schools. Think about what you want for your child, research the school to make sure the school has programs that fits your student(s) needs and/or interests. Education is important, make sure you are making an educated decision when you are selecting a school for your student!

The Department of Education also has an Educational Assistance Fund that provides assistance to families and students in the following areas: a) students who are in need of academic support, b) students with disabilities, c) students attending private institutions, d) students involved in extra-curricular school activities, e) group trips and, f) adult education. Please visit our website for more information on the policies and application.

If you have questions or would like some guidance, the DOE staff is available daily from 8:30 – 4:30. You can reach us by calling 505-869-9790. **School supplies are still available** to JOM eligible students **and** students who have received support from

the Educational Assistance Fund. Contact our office to pick up supplies.

Lastly, we would like to congratulate all students who graduated at the end of the Fall semester and let you know that we are very proud of your major accomplishments. In addition we encourage all students, especially those in High School to do your best! Remember, credits count. We are happy to assist you in your educational endeavors! Best wishes for a bright New Year!

PreK-12 Support Staff: Tish, AuDrena, and Brandon

Adult/Higher Education Support Staff: Fran and Val


DOE Administrative Staff: Charlene & Kristle

Pueblo of Isleta Vocational Program News

Greetings Students and Community members, Happy Holidays! Thank you to all of the Commercial Drivers License (CDL) students for making the first CDL class a success. We are so proud of all the students that completed the training and passed their CDL exam. Congratulations Students!

Submitted by Fran Mershon

You're invited!



Animal Dance Party

Do you know a girl in grades K-3 that you think would love Girl Scouts?

Invite her to join us at our FREE Animal Dance Party!

If she loves animals and dancing, she won't want to miss this party with Girl Scouts.

Choose from one of the convenient dates and times below:

January

Wed Jan 13 5:30 pm - 6:30 pm
Sat Jan 16 10:00 am - 11:00 am
Wed Jan 20 5:30 pm - 6:30 pm
Sat Jan 23. 10:00 am - 11:00 am
Wed Jan 27. 5:30 pm - 6:30 pm
Sat Jan 30. 10:00 am - 11:00 am

February

Wed Feb 3. 5:30 pm - 6:30 pm
Sat Feb 6 10:00 am - 11:00 am
Wed Feb 10 5:30 pm - 6:30 pm
Sat Feb 13. 10:00 am - 11:00 am
Wed Feb 17. 5:30 pm - 6:30 pm
Sat Feb 20. 10:00 am - 11:00 am

www.nmgirlscouts.org/animaldanceparty



BOSQUE FARMS 4-H CLUB

Toma Shaver, Organizational Leader 505-307-2273 or toma.l.shaver@gmail.com

This awesome 4-H Club meets the 2nd Wednesday of every month (ZOOM until further notice) at the Bosque Farms Community Center. Bosque Farms 4-H is a family oriented club and encourages participation from parents. We welcome Cloverbuds!

LIVESTOCK~BAKING~ARTS & CRAFTS~SHOOTING SPORTS~WELDING~ROCKETRY~DOG TRAINING. and more

This club chooses to participate in many community service activities ranging from food baskets during holiday seasons to preparing cards and care packages for deployed servicemen. We visit with residents (and decorate for the season) at Sierra Vista Assisted Living Center throughout the year.



With over 100 adult volunteers and more than 400 youth members, the Valencia County 4-H Program supports young people from elementary school through high school with programs designed to grow confident, capable, and caring youth with the life skills to thrive in today’s world and succeed in their boldest dreams for tomorrow. Working in partnership with New Mexico State University, 4-H programs are research backed and offer life changing experiences to youth in Valencia County and around the world!



BOSQUE FARMS 4-H CLUB
Enrollment is open for the 2020-2021 4-H Year
Contact: Toma Shaver (505)307-2273
toma.l.shaver@gmail.com

or
For more information contact:

Valencia County CES Office
404 Courthouse Road | Los Lunas, NM 87031
valencia@nmsu.edu
505-565-3002



RE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

To Join 4-H in
Valencia County:

1. Enrollment is completed at the club level. Review the club list and choose a club that meets your family’s schedule. Contact the volunteer club leader and attend the meetings. Open Enrollment period is October 1st through January 15th for youth ages 9-19. Children 5-8 years of age are encouraged to enroll in a special introductory program called Cloverbuds.
2. Next, select your 4-H Projects. We require all new members to take the “Welcome to NM 4-H” project. A wide variety of projects are available to youth of all ages. Review the 4-H Project Short List: https://aces.nmsu.edu/4h/projects/documents/nm-4-h-proj-and-lit-materials-short-list-2017-2018_200b-3b.pdf.
3. Club leaders will have enrollment and combined release forms available at club meetings. Forms can also be found: <https://aces.nmsu.edu/4h/forms.html>.
4. Turn in your filled out forms to your club leader.
5. Congratulations! You are now a Valencia County 4-H member!

Dental Tips for the New
Year

Hello to all!

IHC’s Dental Team has a brief message
to bring in the New Year!



We are all anticipating a New Year where we can begin to feel that “new normal” shaping up. We can all do our part to make healthy habits a permanent New Year’s resolution.

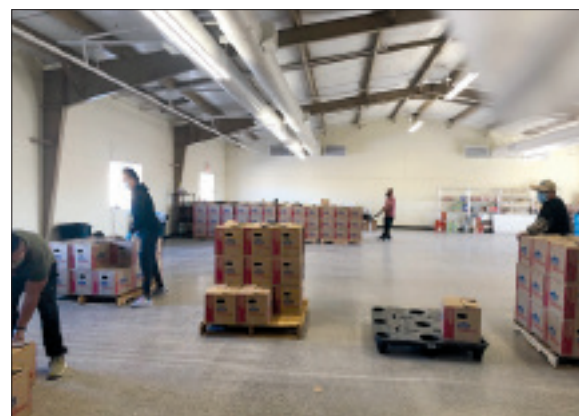
It is probably safe to say that none of us has ever washed our hands as often as we have learned to do in 2020! However, with everyone home most of the time, there is also an increase in snacking on sweets and other foods that can cause tooth decay and toothaches. Until more elective dental care and cleanings are back on the table, it is more important than ever to have good home care to maintain your dental health in between cleanings, to prevent having dental emergencies like toothaches. We would like to recommend electric toothbrushes, and regular flossing or water flossing.

If you have questions, we are here to help, please call us at 869-4499. The dental clinic staff is happy to answer questions on how to get the most out of your oral health habits.

Sincerely
The Isleta Dental Clinic

For more information, contact Jaci Marx, Senior Director of Marketing,
Isleta Resort and Casino / 505-269-4640 / jaci.marx@isleta.com

Isleta Resort & Casino received certification by the State of NM in Covid-Safe practices and all team members/volunteers have been trained in Covid-Safe procedures.



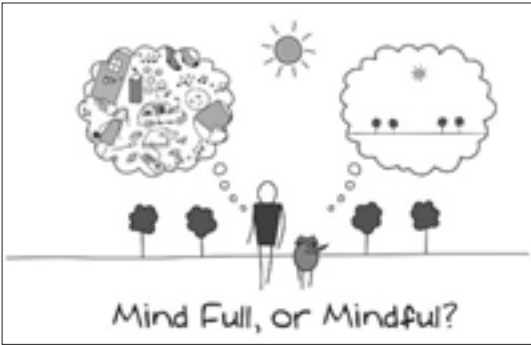
**White Eagle Electrical
Services LLC**
(505)917-6933
(505)259-4178
Jpirowees@gmail.com

100% NATIVE OWNED
Licensed and Bonded Electrical Contractor EE-001
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New Commercial, Retail, and Office estimates
Property Management maintenance agreements
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Sign repair including neon
Code upgrades
Office and exterior lighting including parking lot
lighting
Energy saving
Solar energy
Backups for appliances and air conditioner units
Ceiling fan and lighting repair
24-hour service

Happy 
New Year's
2021
whiteeagleelectricalservices.com

JOURNALING, IS MORE THAN JUST ‘WRITING’

What is Journaling, and how can I make it more beneficial for those around me, including myself? It can help you, your family, your work, or friendships, to meet daily goals and improve quality of life, overall. For one, it can help us with Mindfulness. Which is it, MindFULLness or Mindfulness? When we look at our normal daily stressors, think of this image and how well can we separate the two. (Figure 1).

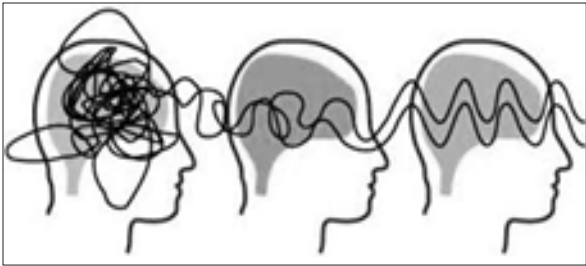


Journaling could help us clear our head, make important connections between thoughts, feelings, and behaviors associated with our everyday stressors with family, relationships, work, children, house chores, etc.! Journaling allows us to take more control over our lives (to an extent) and puts things in perspective. Further, it can help us shift from a negative mindset to a more positive one, especially about ourselves. If we can shift our mindset from negative to a positive, what improvements would you begin to see? Would you see improved communication with relationships among

family, friends, co-workers, or people in general? Would you be able to feel self-confident? These are some improvements on how this one thing, Journaling, can help shape our lives for the better and improve our overall quality of life.

Let us start off with everyday stressors that we all have, as mentioned above, how can journaling help? Journaling is an excellent method for anyone who simply wants to manage their stress, perhaps to keep it from pushing them into more serious mental health illnesses like Anxiety and Depression. Although Anxiety and Depressive symptoms may be relevant to general society, it does not mean you have Anxiety or Depression, as diagnosed by a Mental Health Specialist. By keeping a journal, this can help us fully explore our emotions, feelings, and triggers that may evoke those emotions or feelings, release of tension, and fully understand our experiences as they happen to us. We can work on reducing specific sources of stress (triggers) or aid you in reaching important goals. This too could be the overall goal, to reduce stress, period. When applying journaling, more improvement has come with the following: Improving cognitive functioning, Strengthening immune system, Examining thoughts and shifting perspectives, Promotes action, and planning for multiple options and considering multiple outcomes of a situation.

Next, looking at how journaling helps to calm and clearing of our mind, release of everyday stressors, letting go of negativity-thoughts, behaviors, exploring experiences with anxiety and/or stress, capturing your struggles through writing (also successes and gratitude), and improving self-awareness and teaching you about your triggers. The illustration helps us understand this (Figure 2).



Lastly, how do we start (if we do not already) Journaling? What do we write, what should I write, what is important, are all relevant questions for some. For starters, choosing what to write and how to write it, is dependent on you. Ask the question, do I see areas in your life that are more stressful? Why is it happening? Is there something I can do about it? This helps identify the areas in our lives that need to assess and addressed, identifying what is happening with your body and looking at solutions for improvement. When we can get to this point, we can help our family, our work, our friendships, to meet daily goals and improve quality of life, overall and ourselves.

8 Things to Know about the U.S. COVID-19 Vaccination Program

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html>

1. The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

2. COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.

You need 2 doses of the currently available COVID-19 vaccine. A second shot 3 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.

3. Right now, CDC recommends COVID-19 vaccine be offered to healthcare personnel and residents of long-term care facilities.

Because the current supply of COVID-19 vaccine in the United States is limited, CDC recommends that initial supplies of COVID-19 vaccine be offered to healthcare personnel and long-term care facility residents.

4. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.

The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

5. After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.

6. Cost is not an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

7. The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested.

If more COVID-19 vaccines are authorized or approved by FDA, the Advisory Committee on Immunization Practices (ACIP) will quickly hold public meetings to review all available data about each vaccine and make recommendations for their use in the United States.

All ACIP-recommended vaccines will be included in the U.S. COVID-19 Vaccination Program. CDC continues to work at all levels with partners, including healthcare associations, on a flexible COVID-19 vaccination program that can accommodate different vaccines and adapt to different scenarios. State, tribal, local, and territorial health departments have developed distribution plans to make sure all recommended vaccines are available to their communities.

8. COVID-19 vaccines are one of many important tools to help us stop this pandemic.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands.



OLD NEWS BUT GOOD NEWS - ELDER CENTER!

THANK YOU TO THE FAMILY THAT ACKNOWLEDGED THE WORK OF THE ISLETA ELDER CENTER IN THE ALBUQUERQUE JOURNAL ON

THANKSGIVING DAY!

This Isleta Pueblo family did not miss a thing about the amount of work that goes into the preparation of the Food Box deliveries every two weeks. We want our elders to understand the State and Federal Recommended Dietary Allowance (RDA) that the Elder Center must follow. This forces us to develop a menu to meet the dietary allowance in the meals we provide. In addition, by using a menu we can ensure that we are providing the necessary ingredients for each meal. Here are additional highlights about our deliveries and photos to show how our process works:

Based on funding, staffing, food delivery equipment and transportation the maximum number of food boxes we can provide is 250.

- ◆ We are reserving 25 Food Box slots for emergencies
- ◆ We started the Food Box Deliveries on May 26, 2020
- ◆ We started by serving all elders 80 years of age and older (all who wanted a food box)
- ◆ Added 70-79 years of age (all who wanted a food box)
- ◆ Added the last group to meet the maximum number of 225 by adding 65-70 years of age (all who wanted a food box)
- ◆ To date we have provided 26,056 meals to 303 consumers

As always, we are so very happy to be serving our elders and hope that the pandemic will be over soon! Please take care of yourselves!

We love you and miss all of you-Happy Holidays!



**What to Expect if You
Receive a COVID-19
Contact Tracer Phone Call**

www.healthline.com
Stephanie Barela, BS CHES CSST, 869-4479

Contact tracing is a public health strategy that involves identifying everyone who may have been in contact with a person who has the coronavirus, this also includes the positive person. Contact tracers collect information and provide guidance to help contain the transmission of disease. It starts when the Health Center or local department of health gets a report of a confirmed case of the coronavirus in its community and gives that person a call. It is crucial during this time to answer your phone. You may not recognize the number, it might be a contact tracer calling to let you know that someone you have been near has tested positive for the coronavirus. Ignoring calls from contact tracers could put you at risk of unknowingly transmitting the virus to your loved ones and others.

The contact tracer usually provides information on how to isolate, when to get tested, signs and symptoms. During your conversation with a contact tracer, you will be asked an array of questions. For example, family, employment, places and people you have been around. This helps identify people that may have been exposed to the virus. The interview can take anywhere from 30 minutes to a few hours, depending on how complex it is.

If you are the person who tested positive for COVID-19 you will be asked who you have been in contact with two days prior to the onset of symptoms. This is because the infectious time is believed to be 2 days before symptom onset. The Contact tracer will ask the person if they are socially distancing and other precautionary measures, wearing a face mask, staying 6 feet away, and hand hygiene. Socially distancing and places they have been. It's a relatively straightforward process,

If the Positive person has not been adhering to the prevention guidelines and has been getting together with others, not wearing a mask, traveling, working close to others and not washing their hands, the interview can get a lot more involved. The person might need to review their calendar, create a timeline of everywhere they have been, and figure out how long they spent with different individuals.

After the case interview, the contact tracers will call the people who have been around and potentially exposed to the coronavirus by the person who tested positive. They are given recommendations on how to safely quarantine or isolate, where to get tested, and what to do if they become sick. If they're not already sick, we still need to self-quarantine to prevent the spread of COVID. Just because you feel fine, you can still spread the virus to others.

Reaching contacts of positive cases can be difficult:

- 1. People do not answer their phone,
- 2. Return messages
- 3. Contact information is incorrect.
- 4. The number of contacts they have had.
- 5. Fear of getting in trouble

**Please help keep Isleta healthy,
thank you.**

Isleta Pueblo News



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

Isleta Health Center

**Happy to Share with the Community
Exciting News on COVID Vaccines!**



Isleta Health Center is excited to share with you a photo our EMS Manager Daniel Castro delivering our first phase of COVID Vaccines to the clinic.



Photo of Erica Carrasco, Pharm D & Shay Jaramillo, RN our first and second Isleta Health Care Tribal Members receiving the Pfizer COVID Vaccine.

Johnson O'Malley December Family Night

The Johnson O'Malley program in collaboration with the Isleta Language Program, demonstrated a tamale making session with families for the December "Christmas Time is Tamale Time" Family Night activity. This virtual experience was phenomenally eventful and complete with family fun. A big shout out to the five lucky raffle winners, as well as, the junior saxophone player who concluded the event with some fine tunes. We look forward to seeing families at the next virtual family night in January.



Facts about COVID-19 Vaccines

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts.html>

FACT: COVID-19 vaccines will not give you COVID-19

None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Vaccines currently in clinical trials in the United States won't cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody-testing results.

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible; people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

FACT: Getting vaccinated can help prevent getting sick with COVID-19

While many people with COVID-19 have only a mild illness, others may get a severe illness or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness. Learn more about how COVID-19 vaccines work.

FACT: Receiving an mRNA vaccine will not alter your DNA

mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA). The mRNA from a COVID-19 vaccine never enter the nucleus of the cell, which is where our DNA are kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop protection (immunity) to disease. Learn more about how COVID-19 mRNA vaccines work.

Well Child Visits

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

A Key to Healthy Kids

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

Well child visits help:

PREVENT PROBLEMS

The clinic team will:

- Find health problems early
- Make sure shots are current
- Review healthy eating
- Check on the child's safety

TRACK GROWTH AND DEVELOPMENT

The doctor will measure:

- Height and weight
- How your child learns and grows
- Milestones
- Mental and social health

BRING UP CONCERNS

You can talk to your doctor about your child's:

- Behavior
- Sleep
- Eating
- Growth
- Ability to get along with others
- Learning, thinking and problem solving
- Physical activity

CREATE A TEAM APPROACH

You and the clinic team can:


- Build trust in each other
- Help when well and help when sick
- Work together for your child and family needs
- Find other resources to help your child

Source: www.healthychildreno.org

WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD			
2-5 DAYS OLD	1 mo.	2 mo.	4 mo.
	6 mo.	9 mo.	12 mo. 15mo.
18 MONTHS to 3 YEARS OLD			
3 to 6 YEARS OLD			
3 yr.	4 yr.	5 yr.	6 yr. 8 yr.
PRETEEN AND TEEN			
9-12 yr.	13-16 yr.	17-20 yr.	

****CONTINUE YEARLY WELL VISITS INTO ADULTHOOD****



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

Community Coping: Grief and Loss



Grief and Loss affects every part of us – our thoughts, feelings, body, spirit, and relationships. With Grief and Loss sometimes we don't know how to manage its impact.

- Opportunity for helping you, your family, and friends with Feelings of Grief
- Opportunity for helping you, your family, and friends manage those feelings, and learn positive coping

Virtual Group for Individuals and Families who have lost a loved one, something special, or something important, due to COVID-19 or other circumstances.

Call **Isleta Behavioral Health Clinic** for more information, **505-869-5475**

JOHNSON O'MALLEY

Ma'Gu'am, He'dem'bak! Ta'Ween chee'beh'ee mum goo'bah'che!
Greetings, everyone! Happy New Year.
First things First!

We are pleased to announce the newest members to the Johnson O'Malley (JOM) team. Our JOM program has a new JOM Coordinator and a new College Peer Tutor. Let's welcome...

Tanesha (Tish) Howard as the JOM Coordinator;

Tish is the daughter of Tata Paul and Nana Rae Padilla. She has resided in the Isleta Pueblo community her whole life. She holds a Bachelor's degree in Elementary Education with a minor in English and a Master's degree in Language, Literacy and Sociocultural Studies with an emphasis on American Indian Education. Both degrees were obtained at the University of New Mexico (UNM).

Tish has worked with youth and in the education setting for 20+ years. She has served as a regular education teacher, as well as a substitute teacher for both Albuquerque Public Schools and the Los Lunas School district. She has served as a social worker with the Indian Child Welfare Unit. Tish has collaborated with the Department of Education in the past, where she has developed an academic Tiwa curriculum, as well as an online Tiwa curriculum, specifically for COVID 19 restrictions, with the Isleta Language Program. She has also served as vice-president on the Indian Education Committee with the JOM program.

Tish is extremely delighted to be a part of the JOM program, as she brings much experience and knowledge with her.



Brandon Norine as the College Peer Tutor;
Brandon Norine is an indie video game developer and article writer by trade. However, he has always had a passion and interest in education by helping communities have successful education provided to them. Brandon graduated from the UNM with an Associate's Degree in Video Game Design and Simulation. He spent a fair amount of time working as an unofficial teaching assistant for the game design program, by helping students with

their work and teaching course materials when the professor was out. He is currently attending the UNM for his Bachelor's in Liberal Arts degree with a focus on Video Game Design, Film and Digital Art, Information Technology, and Computer Science. He plans to attend college all the way through to a Master's degree, where he will pursue a teaching role as a professor.

Brandon feels that the job as a College Peer Tutor is an excellent step towards his goal. He feels that this is an amazing opportunity to help a community to hopefully improve the education and daily lives of many people. He looks forward to working alongside everyone in the JOM program and participating in community events. Brandon looks forward to getting to know everyone!



Welcome Tish and Brandon to the JOM program! We look forward to a prosperous New Year!
Program Updates:

The year 2020 has not been like any other year we have encountered. With the pandemic at our sides, students had to adapt to virtual learning, as well as many other online methods of schooling. The JOM program continues to work diligently to provide adequate service to our Indigenous youth. As we proceed into a new semester, the JOM program will be offering tutor support for our K-12 students. As you have read, the program has Brandon, the new College Peer Tutor on board who is available to assist students with their need. The College Peer Tutor will work alongside AuDrena Abeita, Academic Coach, to make tutoring supports accessible for all students. If you or your student is in need of a tutor, please contact the JOM program for an application to the tutoring program at (505) 869-9810. The sessions will be twice a week for 4-8 weeks depending on the need of the student. Tutoring sessions will be held via Zoom or Google Meet until in person learning can resume. Slots fill up quickly!
The JOM program would also like to encourage all interested parents to be a participant on the Indian Education Committee (IEC). At this time, there is a vacant position for an IEC member. The IEC is responsible for approving the JOM budgets, discuss grievances or concerns,

family activities, etc. The Indian Education Committee Meetings are held quarterly and sometimes more for special meetings, if necessary. The IEC meetings are open for all parents to attend. Currently, meetings are being conducted via Zoom and will continue until it is safe to return to in person sessions. The next IEC meeting will be held on Thursday, January 07, 2021 @ 5:30pm. Inquire with the JOM program for a Zoom link for this meeting. If you are interested in joining the IEC, please submit a letter of interest to Tish Howard, JOM Coordinator, at Tanesha.Howard@Isletapueblo.com. February 1st, 2021 will be the last day for letter of interest submission.

Lastly, parents will be receiving a Survey Monkey link from the JOM program. This survey is a mid-year check in to ensure that students are still achieving during their remote learning period. Please complete the survey to better help the JOM program on assisting you and your student(s).

Facebook, anyone?

The JOM program now has a Facebook Group page. This group is created to provide ongoing communication and updates for families and students. If you are a Facebook type of person, please join the Pueblo of Isleta Johnson O'Malley group. All you would need to do is: click the groups tab on your Facebook page, search Pueblo of Isleta Johnson O'Malley Program, click join group, and voila! You are in the JOM Facebook group.

Did you know?

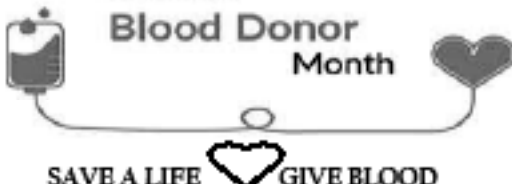


New Mexico celebrates a birthday on January 6th. New Mexico had become the 47th state of the United States on January 6, 1912. Although that was 109 years ago, New Mexico is still one of the nation's youngest states. Prior to statehood, New Mexico was known as New Mexico Territory and further back, Mexico/New Spain territory. On January 6th, be sure wish our beautiful state a Happy Birthday! The Johnson O'Malley Program wishes everyone a safe New Year. Please take care of yourselves and one another.



NM Poison Control

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 children's reach. If any cleaning or disinfectant solution is swallowed or injected, please contact the NM Poison Control immediately.



JANUARY 2021 ISLETA HEALTH CENTER						Questions? Call 869-3200	
SAT/SUN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
DP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475		<div><p>National Blood Donor Month</p><p>SAVE A LIFE GIVE BLOOD</p></div>			<div><p>The Best Protection Is Early Detection.</p><p>CERVICAL CANCER AWARENESS MONTH</p></div>		<div><p>1 Clinic Closed</p></div>
2/3	4 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	5 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	6 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475	7 <div>CLINIC OPENS AT 9:50am</div>	8		
9/10	11 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	12 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	13 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475	14 <div>CLINIC OPENS AT 9:50am</div>	15		
16/17	18 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	19 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	20 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475	21 <div>CLINIC OPENS AT 9:50am</div>	22		
23/24	25 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	26 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475	27 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more Information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475	28 <div>CLINIC OPENS AT 9:50am</div>	29		
30/31							

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



Isleta Health Support Group

January Meeting Canceled

During these difficult times I want you to know that you are not forgotten. I really miss seeing the group and although the group has not met, it is my hope that we can start meeting again later on in 2021, either over the internet, the phone, or in person. Please reach out to me if you have any questions, concerns, or just to let me know how best the group can support you.

We are working hard to determine ways to stay connected,we hope to continue with the group as soon as possible.

Please call 869-4479 if you are interested in being contacted once decisions are made.

For information please contact Stephanie Barela 869-4479