



Isleta Pueblo News

Volume 16 Issue 4

Pueblo of Isleta website: www.isletapueblo.com

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April 2021

Governor's Report

Ma-Gu-Wam,

I hope this newsletter finds everyone in good health. With the upcoming Easter Holiday approaching fast, we want to remind everyone that there is still an order that limits gatherings. We want everyone to continue to follow all guidelines and orders that have been issued. With the increase of individuals and families receiving the COVID vaccination we want to reiterate the need to continue to follow all social distancing orders, mask wearing and continue good hand hygiene. We only hope that if we continue to follow those safe practices we may get back to "normal" soon. Let us come together as a community to get this done.

We want to thank all those involved in the COVID Mitigation team as they have been working diligently with the public to identify and track cases of COVID-19 when they arise. As of this writing there are no current positive cases within the community. At this time there are no current households that are quarantined or isolated due to COVID.

As we look back to the beginning of the pandemic, the first case of COVID was identified in March of 2020. The number of cases was steady through the summer and as we reached fall we saw a spike of cases. In November the number of cases within the community reached 153. The numbers steadily declined to 13 in the month of February of this year. As of current, we have had two (2) identified cases to date for the month of March. We hope to continue this trend but we must not let our guard down quite yet.

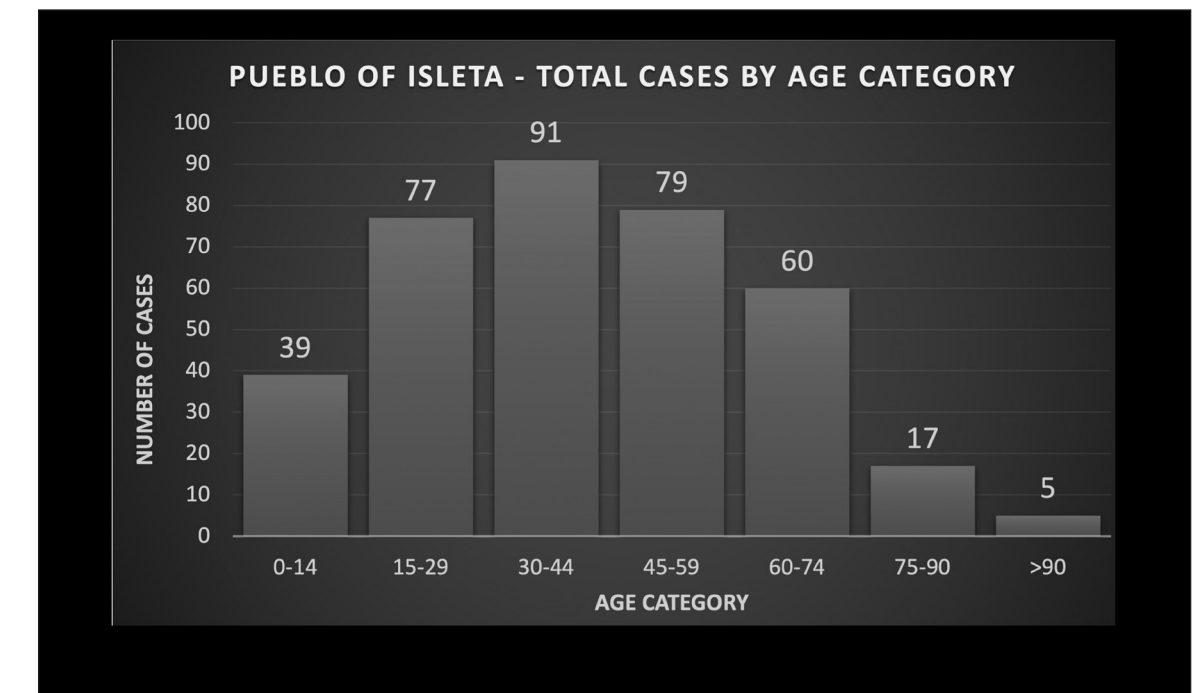
Vaccination Status: To date, the Isleta Health Center has administered a total of 2996 doses of vaccine. Approximately 68% of the POI employees have been vaccinated. They are currently on Phase 2 of the vaccine stage which allows persons 16 years and older to receive the vaccine. If you are interested in getting the vaccination, please call the COVID hotline at 869-9720.

Administration would like to introduce our new Chief of Police, Robbin Burge. She has worked for Isleta Police department for approximately seven years. She is very involved with the community and her dedication to the department makes her a great fit for the position. Congratulation to Chief Burge.

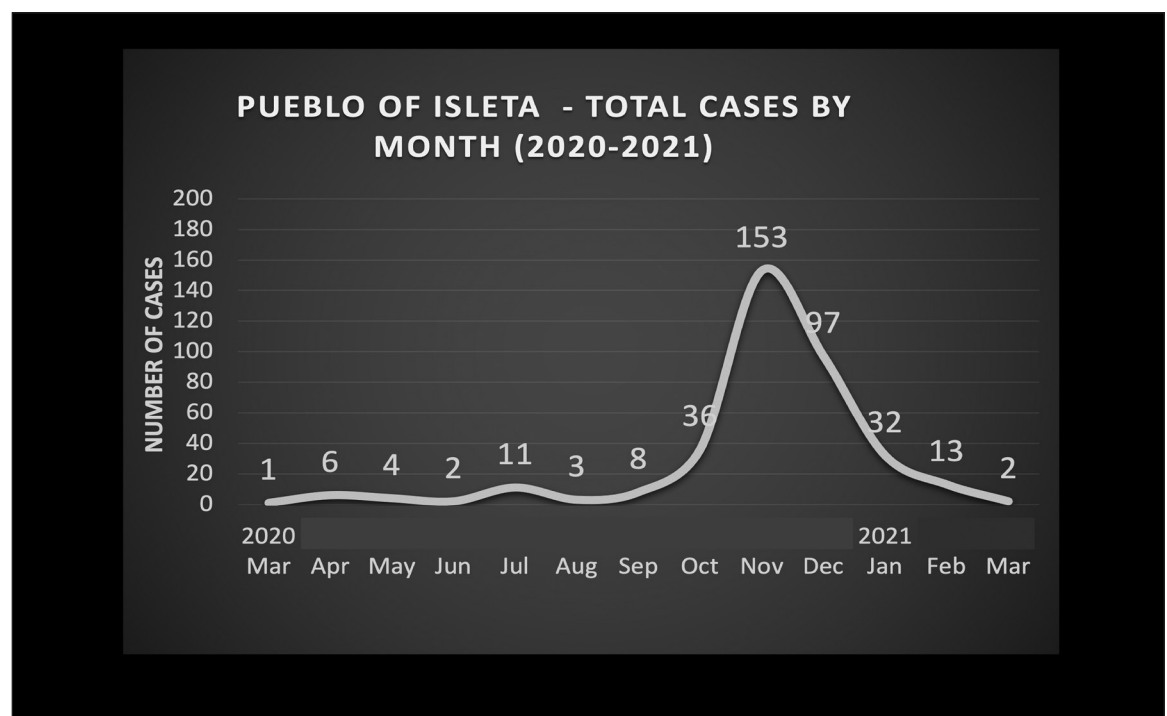
Spring is fast approaching and more people are requesting Burn Permits. Please take all precautions before you burn. Also as a reminder, call the Police Department's non-emergency number (869-3030) to call in your burn and to check to see if it is a burn day. Let us all do our part to keep our burn controlled.

Water Supply Update

The March 1 forecast of the Rio Grande at Otowi is 390,000 acre feet (ac-ft), 54% of average, down from the February 1 forecast of 425,000 ac-ft, 59 % of average. This is the natural flow of the river available for prior



The graph provides a visual of all the cases with Pueblo of Isleta tribal affiliation identified by the Isleta Health Center and the New Mexico Department of Health from March 2020 to March 12, 2021 categorized by age. The total number of cases equals 368. The age category with the highest number of cases is the 30-44 years of age with 91 cases (25% of all cases). The next highest age category was 45-59 years of age with 79 cases (21% of all cases) and 15-29 years of age with 77 cases (21% of all cases). Approximately, 78% of the cases were less than 60 years of age. This is important when we start to look at hospitalizations and deaths for the Pueblo of Isleta.



The graph provides a visual of all the cases with Pueblo of Isleta tribal affiliation identified by the Isleta Health Center and the New Mexico Department of Health from March 2020 to March 12, 2021. The total number of cases equals 368, identified at different points in time throughout the year. The first case was identified in March 2020 and the cases remained steady until a small spike of 11 cases in July 2020. The surge of cases started in October 2020, peaked in November 2020, and has steadily declined from December 2020 to March 2021. The month with the greatest number of cases was November with 153 cases identified.

and paramount (P&P) Pueblo water and other uses, including Middle Rio Grande Conservancy District (MRGCD) non-P&P (New Reclaimed and pre-1907) use. P&P has the senior water right for the natural flow of the Rio Grande.

Based on the March 1 forecast, the projected P&P storage in El Vado is 28,181 ac-ft. The storage amount tends to go down between the March 1 and the May 1 forecasts. We use the May 1 forecast for the final P&P storage amount.

The March 1 forecast inflow to El Vado (which can be used for P&P storage) is 113,000 ac-ft, 50% of average for March-July. This is down from the February 1 forecast of 145,000 ac-ft, or 64% of average, for March-July.

New Mexico is still in Rio Grande Compact Article 7 Restrictions. This means no storage for non-Prior and Paramount lands is allowed in El Vado for non-P&P use until a combined Elephant Butte and Caballo Dams (Rio Grande Project) useable storage exceeds 400,000 ac-ft. As of March 18, storage is 197, 588 ac-ft. We will likely be in Article 7 restriction all year.

NM is still in Rio Grande Compact Article 6 Restrictions. The debit number through the end of 2020 will be made official at the Rio Grande Compact Commission meeting in April. NM is in debit to Texas about 96,000 ac-ft. If NM's debit to TX exceeds 200,000 ac-ft, NM will be in violation of the Compact. All six Middle Rio Grande Pueblos agreed to the request of MRGCD

(Continued Page 2)

(Governor’s Report, Continued)

to delay the start of the irrigation season until April 1 this year, so that flows can keep on being delivered to Elephant Butte.

MRGCD has inquired about beginning storage of P&P water in April or May so as to move as much to Elephant Butte as possible during colder months when transport losses are smaller. Given that only 7,000-8,000 ac-ft of storage has been made in El Vado since January 1, and that we are already in mid-March, this won’t happen.

MRGCD has a yearly San Juan-Chama allocation for non-P&P use (both Indian and non-Indian) of 20,900 ac-ft. It is likely this year that less than that amount will be available because of drought conditions. Allocations are usually made monthly, so this amount will not be available at the start of the irrigation.

There is a small chance that MRGCD might be able to benefit from credit relinquishment water from previous years and store possibly 30,000-35,000 ac-ft of water. However, based on the NM Engineer’s Adviser’s comments, the State Engineer is leaning against authorizing the use of credit water relinquishment water this year because of NM’s debit.

The six Pueblos were put on notice at the March 8, 2021 Coalition workgroup meeting to be preparing for internal administration of water deliveries, both between Pueblos and within Pueblos. This means potential strict irrigation scheduling. More information will be provided as received and will be posted on the Governor and Tribal Council and POI Facebook pages and future newsletters.

* Information provided from BIA Designated Engineer at the POI Tribal Council Meeting March 16, 2021.

May everyone be blessed with a great year going forward. Governor Vernon Abeita and Staff.

WATER RESOURCES

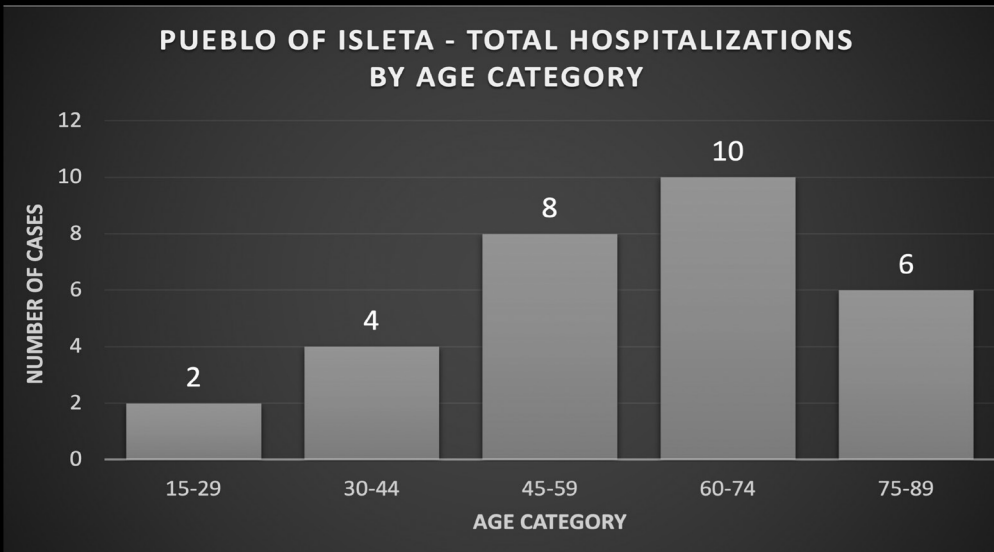
2021 Irrigation Water Supply

Irrigation season is around the corner. On April 1st water will be released by MRGCD and by the 3rd or 4th the Pueblo canals will be charged and ready for irrigation. The good news is that recent precipitation has helped the overall irrigation outlook for this year, but more rain and snow is needed. As mentioned in last month’s newsletter, water supply this year is still looking tight.

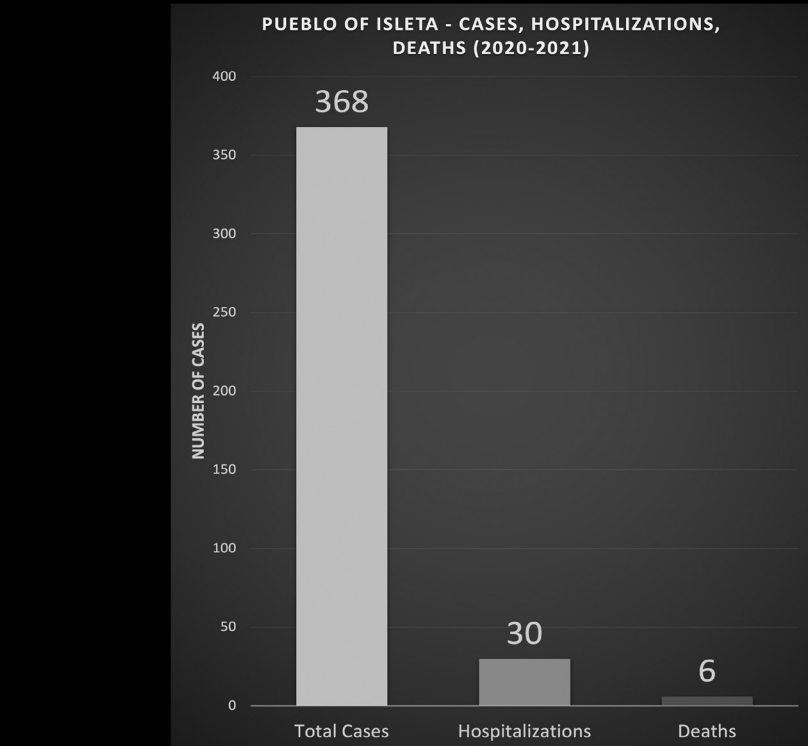
Due to limited irrigation water supply, the Pueblo of Isleta Water Resources Dept. will be working closely with Reclamation, BIA, and MRGCD water managers to ensure the Pueblos’ irrigators receive water in sufficient quantity and on schedule. The Water Resource Dept. is also working to ensure that prior and paramount water storage and delivery is managed to the benefit of Isleta’s farmers for as long as possible. Final prior and paramount storage numbers will likely not be known until May 2021. As conditions change on the ground, so will management options.

This year will require all farmers, mayordomos, and ditch riders to communicate frequently and work collaboratively together to ensure efficient scheduling and irrigation practices are adhered too. Should it be necessary for irrigation operations to deviate from regular practices due to water shortages, the farmers will be notified. If you have further questions, please don’t hesitate to contact the Pueblo’s Water Resources Department, at 505-869-7566

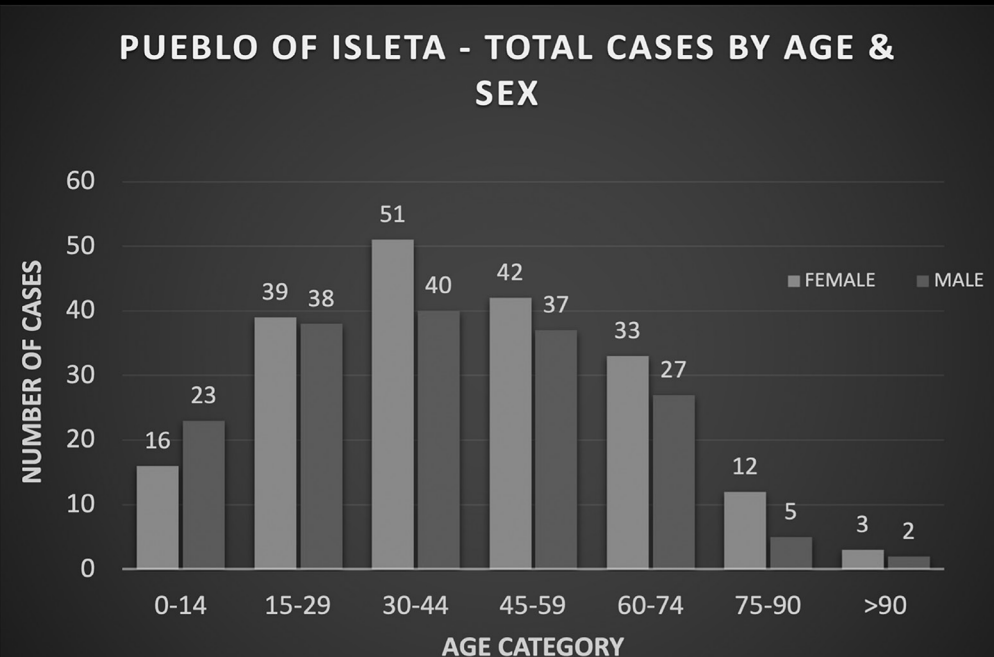
Stay well, stay safe, and stay hydrated.



The graph provides a visual of all the hospitalizations with Pueblo of Isleta tribal affiliation identified by the New Mexico Department of Health from March 2020 to March 12, 2021 categorized by age. The total number of hospitalizations equals 30. The age category with the highest number of hospitalizations is the 60-74 years of age with 10 hospitalizations (33% of all hospitalizations). The next highest age category was 45-59 years of age with 8 hospitalizations (27% of all hospitalizations) and 75-89 years of age with 6 hospitalizations (20% of all hospitalizations). This graph provides us with information that the cases who were older than 60 years of age accounted for approximately 50% of the hospitalizations.



The graph provides a visual of all the cases, all hospitalizations, and all deaths with Pueblo of Isleta tribal affiliation identified by the New Mexico Department of Health from March 2020 to March 12, 2021. The total number of cases equals 368, which is approximately 7% of the total enrolled tribal population. The total number of hospitalizations equals 30, which is 8% of all cases. The total number of deaths equals 6, which is approximately 2% of all cases.



The graph provides a visual of all the cases with Pueblo of Isleta tribal affiliation identified by the New Mexico Department of Health from March 2020 to March 12, 2021 categorized by age and sex. The total number of cases equals 368. The female population is the green color and the male population is colored blue. The female population is the most impacted with the high number of cases of 196 and the male population accounting for 172 cases. The only age category that males had more cases was the 0-14 years of age, with 23 cases being male and 16 cases being female.

PROBATES

IN THE MATTER OF THE ESTATE OF: Case No. CV-PR-0087-2020
Ray Michael Abeita (DOD: 08/04/2020)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Ray Michael Abeita**, deceased **08/04/2020**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **Tuesday, April 20, 2021 at 1:30 p.m.** at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF: Case No. CV-PR-0083-2020
Jose Epifanio Olguin (DOD: 01/04/2020)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose Epifanio Olguin**, deceased **01/04/2020**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **Thursday, March 25, 2021 at 10:30 a.m.** at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF: Case No. CV-PR-0113-2020
Andrew M. Teller (DOD: 10/18/2020)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Andrew M. Teller**, deceased **10/18/2020**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **“To Be Determined”** at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

NAME CHANGE

SECOND NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner **Joylene Hope Campos** has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from **Cyenna Zaiyah Marsay Hawley** to **Zaiyah Treasure Marsay Cyenna Hawley**. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **Friday, November 20, 2020** at 10:45 a.m. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

Department of Cultural and Historical Preservation

Ma-gu ‘wam and a happy welcome to spring from the Department of Cultural and Historic Preservation!

DCHP staff members continue our work at the Yonan An Cultural Center and look forward to the day that we can welcome community members to enjoy some of the many exciting programs we are planning. We hope to share details for a new community initiative in next month’s newsletter! Meanwhile, if you have any photographs or other items of cultural or historical significance to the Isleta community and are considering contributing them to the archive, please contact POI Archivist Cassandra at (505) 869-5376 or email her at cassandra.smith@isletapueblo.com to discuss details.

Herkim! We look forward to hearing from you soon!

LETTER FROM THE EDITOR

DEADLINE for May Newsletter articles is set for for Friday, April 21, 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)
- 

Position Posting	Office Location	Closing Date
ACTIVITIES COORDINATOR	Elder Center	03/26/2021
ANIMAL CONTROL OFFICER	Police Department-Open Space	Open Until Filled
BOSQUE & RIVERINE RESTORATION MANAGER	Water Resources	03/22/2021
BUS DRIVER- PART TIME	Head Start	Open Until Filled
CAREGIVER I	Assisted Living Facility	Open Until Filled
CAREGIVER II	Assisted Living Facility	Open Until Filled
CHILD CARE PROVIDER - REPOSTED	Head Start	Open Until Filled
CUSTODIAN	Public Works	Open Until Filled
DISPATCHER	Police Department	03/26/2021
EXECUTIVE ASSISTANT	Tribal Administration	04/02/2021
FAMILY SOCIAL WORKER	Social Services	Open Until Filled
FEDERAL PROJECT MANAGER	Isleta Pueblo Housing Authority	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAVY EQUIPMENT TECHNICIAN	Construction Operations	Open Until Filled
HOME OWNERSHIP COUNSELOR	Isleta Pueblo Housing Authority	Open Until Filled
HVAC TECHNICIAN	Public Works	Open Until Filled
LIFEGUARD (6 POSITIONS)	Parks & Recreation	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
PAINTER	Housing Authority	Open Until Filled
PATIENT REGISTRATION CLERK	Health Center	04/02/2021
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center Within Only	Open Until Filled
PHYSICIAN- AMENDED	Health Center	Open Until Filled
PHYSICIAN/PEDIATRICIAN (Part Time)	Health Center	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
REGISTERED NURSE	Health Center	Open Until Filled
RESIDENTIAL PROJECT MANAGER- REPOSTED	Isleta Housing Authority	Open Until Filled
ROADWAY MAINTENANCE WORKER	Construction Operations	Open Until Filled
ROADWAY MAINTENANCE WORKER II	Construction Operations	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 SUPERVISOR- REPOSTED	Construction Operation	Open Until Filled
SYP RECREATION AIDE (16) positions	Parks & Recreation	04/30/2021
SYP WEED & LITTER	Parks & Recreation	04/30/2021

WOOD AND BURN PERMITS




Permits will be available at the Following locations without an Appointment:

Open Space Police Department
(3950 Hwy 47, Building E, 869-7564)

Governor’s Office
(117A TR 40, Next to the Post Office, 869-3111)

Isleta Police Substation
(1001 Moonlight Street, 869-5387)



White Eagle Electrical Services LLC

(505)917-6933
(505)259-4178
Jpirowees@gmail.com

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Licensed and Bonded Electrical Contractor EE-98
License #397349
Licensed and qualified local electricians
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Sign repair including neon
Code upgrades
Office and exterior lighting including parking lot lighting
Energy saving
Solar energy
Hookups for appliances and air conditioner units
Ceiling fan and lighting repair
24-hour service



whiteagleelectricalservices.com

Isleta Health Center Program Postponements

The Isleta Health Center (IHC) is doing our part to encourage social distancing, by continuing to postpone the following programs until further notice:

The IHC Programs below are postponed:

- ▶ ICAP Sewing Class on Thursday evenings
- ▶ ICAP Moccasin Making Class on Tuesday evenings
- ▶ Isleta Diabetes Prevention Exercise Classes (Eagle HIIT) held Mondays and Wednesdays
- ▶ Isleta Diabetes Weight Training held Tuesdays and Thursdays (Wellness Center available by appointments only)



OUR LOCATION

Isleta Resort and Casino is located 7 minutes south of downtown Albuquerque at Interstate 25 and Hwy 47, exit 215.

The Human Resources office can be found on the east side of the building through the Employee Entrance doors.

Address:

Isleta Resort and Casino
Attention: Human Resources Department
11000 Broadway Avenue SE
Albuquerque, New Mexico 87105

Fax: 595 244-8232

Title	Location	Address	City , State	Date Posted ▾
<u>Outside Service</u>	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	3/17/2021
<u>Table Games Floor Supervisor</u>	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	3/15/2021
<u>Custodial Assistant Supervisor</u>	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	3/8/2021
<u>Database Manager</u>	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	3/8/2021
<u>Retail Attendant</u>	0400 - RETAIL ENCHANTMENT	11000 Broadway SE	Albuquerque, NM	3/3/2021
<u>Front Desk Agent</u>	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	3/2/2021
<u>Irrigation Technician</u>	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	3/1/2021
<u>Landscape Technician</u>	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	3/1/2021
<u>Shop Clerk</u>	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	3/1/2021
<u>Applications Administrator I</u>	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	2/24/2021
<u>Lakes Cashier</u>	0780 - LAKES	11000 Broadway SE	Albuquerque, NM	2/12/2021
<u>Lakes Cashier</u>	0780 - LAKES	11000 Broadway SE	Albuquerque, NM	2/10/2021
<u>HVAC TECH II</u>	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/9/2021
<u>Plumber II</u>	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/9/2021
<u>Plumber III</u>	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/2/2021
<u>Table Games Dealer</u>	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	11/11/2020
<u>Custodian</u>	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	10/16/2020
<u>Security Officer I</u>	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	10/16/2020
<u>Security Officer II</u>	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	10/16/2020

Telemedicine

Now Available at the Isleta Health Center

Health Educator:
Stephanie Barela, BS CHES CSST

During 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 required to schedule a face-to-face visit for Well Child Visits and Sports Physicals.

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



SAVE THE DATE

VALLE DE ORO NATIONAL WILDLIFE REFUGE

ENVIRONMENTAL JUSTICE
COMMUNITY DAY

SATURDAY APRIL 17 2021

An event focused on the communities of Mountain View, Pueblo of Isleta and South Valley Residents. This year we're reflecting on the first People of Color Leadership Summit on Environmental Justice held in 1991 which established the Environmental Justice Principles.

FOR MORE INFO & TO PARTICIPATE FRIENDSOFFALLEDEORO.ORG OR TERESA_SKIBA@FWS.GOV - DUE TO COVID IT'S A VIRTUAL EVENT

Department of Education

The Department of Education would like to recognize the following students from the Native American Community Academy (NACA) for their academic achievements.

Native American Community Academy Eagle Honor Roll

High School

Jenny Chavez
Marissa Abeita
Ualzonah Abeita
Mark Lucero
David Tewaheftewa
Joyce Abeita

Middle School

Jared Abeita
Jaeyden Tewaheftewa

April Family Night-

To celebrate our Mother Earth, let's take the day to give back to her. Join our April Family Night for Earth Day Celebrations. This event is for all students grades K-12. The event will take place on Thursday, April 22, 2021 at 5:30pm.

Sign up for the event here: https://isletapueblo.formstack.com/forms/march_family_night

Call 505-869-9810 for more information.



Happy Earth Day!

Who loves money?

Now that I have your attention! Any high school students interested in learning about a pathway to financial success are encouraged to join the Financial Literacy Educational class. In this class you will learn to budget, manage credit, pay bills, understand work benefits, and other financial responsibilities. Tiwa Lending will sponsor classes to assist and prepare students to be financially independent. There will be two class sessions a month on a certain topic for you to choose from depending on your availability. The topic for April is "Credit". The first class will be held on Tuesday, April 20, 2021 at 5:30-7:30pm. Be on the lookout for additional topics on financial success each following month. Call the Department of Education at 505-869-9810 to obtain a registration form and the link to join the class.

College Engagement Nights!

College representatives within and surrounding New Mexico take time to present their institution information with high school students and other prospective students. These events provide students with the opportunity to learn about the benefits of each institution. This information helps students make an informed decision on selecting a college that meets their unique needs.

- On April 7, military recruiters will be joining the event by providing information on the multiple branches, such as the Army, Marines, and the National Guard. Amongst them will be New Mexico Military Institute (NMMI) to present their institute.
- On April 21, representatives from CNM, UNM, UNM-Valencia and the American Indian College Fund will participate in the College Engagement Night event to provide scholarship and FAFSA information to students.

College Engagement Nights will occur **4/7 and 4/21** from 4:30- 6pm.

Pre-Register here: https://isletapueblo.formstack.com/forms/college_engagement_night_preregistration_form

visit our webpage or call the Department of Education.

Thank you to all the participants for taking advantage of our previous college engagement nights. Congratulations to our incentive winners on these nights!

If you have any questions about the College Engagement Nights, call 505-869-9810.

The TUTORING PROGRAM is in full swing and ready to support K-12 and College students!

If you are in need of tutorial support, complete tutor online registration request form. The Department of Education has many tutors available to provide your student with services. If you are college student in need of services, tutors are also available for you as well. Sign up for tutorial services here: <https://isletapueblo.formstack.com/forms/tutoring>

If you have any questions about the tutoring program or how to access a tutor registration form, call 505-869-9810.

FAFSA Help?

Completing a FAFSA form can often be confusing and discouraging. Assistance is available through the Department of Education for students completing a FAFSA form. Visit: [Isletapueblo.com](https://isletapueblo.com) Tab: Educational Services to schedule an appointment for FAFSA support or call 505-869-9790. Please, have all required documents ready at the time of your meeting.

Do you also need help completing the Pueblo of Isleta Scholarship Application or do you require assistance with college or career advisement? Please fill out the form below to schedule an appointment or contact our office at 505-869-9790.

https://isletapueblo.formstack.com/forms/scholarship_assistance.

IEC Welcomes a New Member

The Johnson-O'Malley Indian Education Committee welcomes Izabella Olguin as the new IEC Student Representative. Izabella, also known as Thurna, is the daughter of Jeanette Olguin. Izabella is a junior at Los Lunas High School where she is part of a community service project called Lend a Paw. She also plays soccer and runs track. Izabella has goals to attend college after she graduates high school. Izabella joined the IEC to speak up for her peers that will not or cannot speak up. The Johnson-O'Malley Program and Indian Education Committee are delighted to have Thurna on board.

Happy National Poetry Month

Poetry is in the air! Thank you to our wonderful poet for their submission.

This is Me
By Miyawni Curtis
PAPA 12th grade

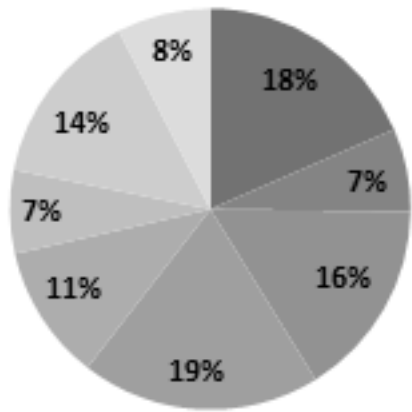
This is me.
I am a strong woman with three types of blood running through my veins.
I have big poofy curls and a very different name.
I am proud of all the cultures that I get to represent.
My family is one of the greatest things that God has ever sent.
They make me who I am today and who I've always been.
I know I may look light, but my identity dives deeper than my skin.
I am Black, Hispanic, and Native American.
I would never wish to be someone other than who I am.
This is me.

For more information on the Department of Education events, to access forms and links, or submit documents, visit: www.isletapueblo.com Tab: Educational Services. You may also call 505-869-9790 for additional assistance.

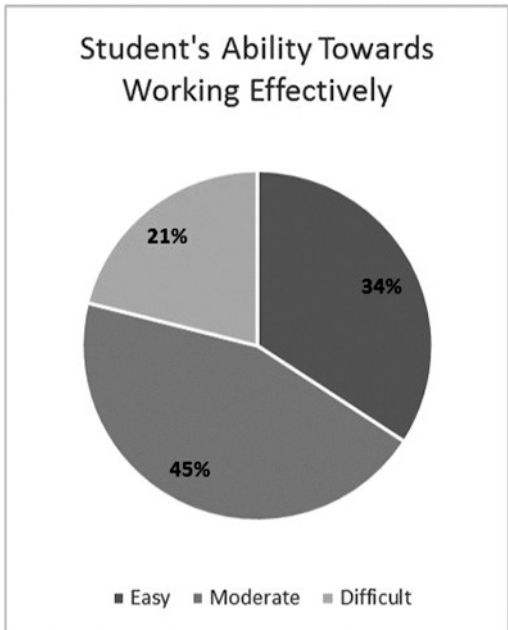
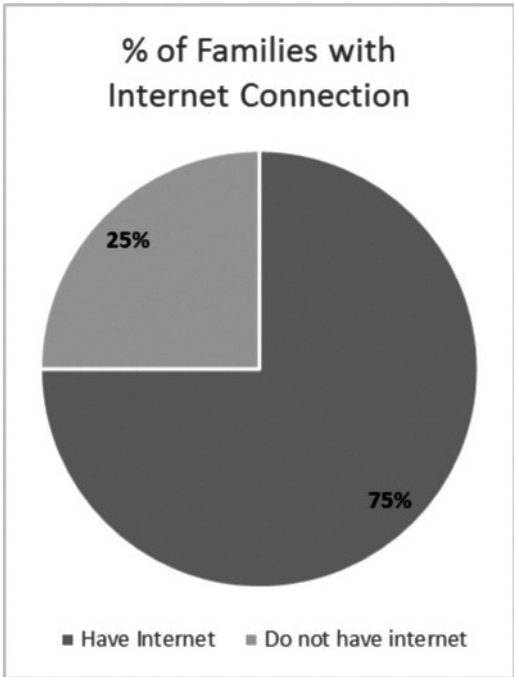
Mid-Year Survey Data

The Department of Education conducted a midyear survey in January 2021 with K-12 grade student families. Below is the data on some of the survey topics that were addressed regarding students and virtual learning.

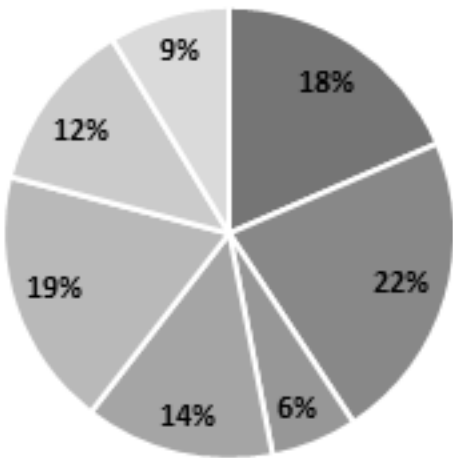
Challenges of Virtual Learning



- Internet Connectivity
- Social Isolation
- Communication with School
- General Anxiety
- Other
- Too many Distractions
- Not Enough information How to Work from Home
- Physical Workplace



Family Assistance Needed



- School Supplies
- Communication
- Computer Application
- Tutoring Support
- Technology (devices)
- Navigating Virtual Learning
- Technology (support)

Attention all GRADUATES of
2020 and 2021

High School, Post-Secondary
and College Graduates!!

The Pueblo of Isleta Tribal Administration and Department of Education would like to know about you and your accomplishments. If you graduated in 2020 or if you will be graduating by June 2021 please send us your information using the one of the following methods:

1. Call our office at 505-869-9790.
2. Visit our webpage and select forms & links from the menu bar, click on the appropriate link and fill out the form.
3. Use one of the following links below:

2020 High School Graduate Link

https://isletapueblo.formstack.com/forms/2020_hs_graduates

2021 High School Graduate Link

https://isletapueblo.formstack.com/forms/2021_hs_graduates

2020 & 2021 College & Post-Secondary
Graduates

https://isletapueblo.formstack.com/forms/2020_21_college_graduates

Isleta Elementary School


The Isleta Elementary Governing School Board is currently looking for board members. Submit a resume and a letter of interest to Tribal Council by **April 9, 2021**.

IES Board Meetings are held every first Monday of the month. The meetings are currently held virtual. The next meeting will be held on **Monday, April 5, 2021** at 5pm. Zoom information is provided below.

Meeting ID: 980 5179 0309

Passcode: jJ3FNu

Please call IES at (505)869-2321 for more information.



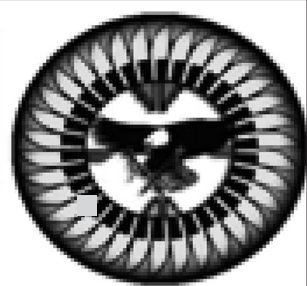
PUEBLO OF ISLETA ADULT EDUCATION

ARE YOU INTERESTED IN GETTING YOUR GED/ HISET? IT'S NEVER TOO LATE.

The Isleta Department of Education Program can help! The program can assist with the following services:

- PLACEMENT IN GED CLASSES
- BASIC SCHOOL SUPPLIES
- PRETESTING AND TESTING SERVICES

Contact Information:
Adult Education Coordinator:
Valerie Keryte
(505) 869-9790







PUEBLO OF ISLETA PUBLIC LIBRARY

Embroidery for Beginners!

Every Thursday at 10am, starting April 15th.

Let's learn together here at the library the basics of embroidery using the online resource of Skill Share. We will be learning the 10 basic hand stitches. All supplies will be provided. This program is open to 5 adults 18 and over. To register please call the library.

FOR MORE INFORMATION PLEASE CONTACT DIANE AT
505-869-9808 OR EMAIL AT
DIANE.ABEITA@ISLETAPUEBLO.COM



We are Proud :
Isleta Eagles



Pueblo of Isleta
Elementary

Joe Robledo III,
Principal

Dates to Remember:

4-2 No School

Students of the Month –

Great Work Ethic!

K. – Charisma Padilla
First – Kaylene Lente
Second – Zoe Zuni
Third – Anthony Flores
Fourth – Tori Jojola
Fifth –Kassie Tewaheftewa
Sixth – Alyshia Jojola
Resource Room – Anastacia Lujan

Happy Birthday

4-3 Carlos Jojola
4-9 Sophia Grace Chavez
4-15 Damian Otero
4-26 Kayla Olguin



Librarian's Message:

During our remote learning this year and last, I am responsible for teaching 2 classes for each grade level at IES. During these classes we have completed a variety of literacy based activities involving a wide range of topics appropriate for each grade level. It is very important for students to attend their library classes. Students may still check out books by going to our website at: <https://www.isletaelementary.org/library>. If you ever have any questions, please feel free to call a:505-869-2321 ext.1213 or email at: jerri.fryar@poies.org

Music Notes: Music classes have been running smoothly. Your students have been studying about Jazz music, and its origin. They've also learned about the different instruments that are used in jazz music. They have also been studying the type of singing called scatting that is used in jazz production. Students learned about some of the people who made jazz popular. These people include Louis Armstrong, and Ella Fitzgerald. I have also taught students about instrument families. Thank you families for doing such a GREAT job. Can't wait to be in person so we can make great music together.

Physical Education: Ms. Moore
With students having limited space and improvised equipment, we have met most of the state and national physical education standards. I miss the kids and can't wait to see them in person!

April Newsletter

Principals Message:

Dear Parents/Guardians,

Let me take this time to introduce myself. I am Joe Robledo III, a member of the Mohave tribe from Parker, Arizona. I am also the new principal here at Isleta Elementary. I am so proud once again to be working in this fantastic, beautiful, and respectful community with such wonderful people and students.

My goal, along with the staff and school board is to help bring out the best in educational opportunities during these times of challenges to the children, which includes a staff commitment of revisiting our plan for academic success.

We will continue to build on the foundation that is rich in culture, language, academics, and in extra-curricular activities that is needed for student growth and success.

We will also continue to grow with Professional Development in our programs of General Education, Special Education, Gifted and Talented, Library, Computers, Physical Education, Music, Tiwa Language, Art, school support staff, and school safety.

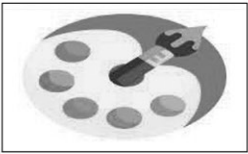
We will have other virtual activities planned as we move forward in this school year 2020-2021. Look for our schedule as I send out text messages regarding school activities or other school information.

In conclusion, I am glad and honored to be back and I would ask that you reach out with any questions and concerns that you may have. Go Eagles!
Joe Robledo III, ED.S.

Office Hours:
Mon.-Thur. 7:00-4:00
Friday - 7:00-3:30
3:30-4:00 Fogging of building on Fridays

Hello Everyone,
Our talented artists at Isleta Elementary are excelling in various areas. With a program focused on painting, drawing, sculpture and geometric design, the students have envisioned and created masterpieces. Different projects have been in place, including clay sculptures, embossed metal, landscape painting and woven materials. Using materials that are sometimes raw and recycled, the students are able to use their creativity to its full potential. We send home various art materials weekly, so remember to keep them in a special "art box" so students have what they need for class.
Miss you all,
Ms. Otero

Art Teacher



REGISTRATION IS NOW OPEN!

Online @

www.tshq.bluesombrero.com/isletalittleleague

Deadline Saturday, April 10, 2021

No Fee @ this time
Age: 4 to 16 years old
Must turn 4 by August 31, 2021

For more information please contact Christine Abeita @ 505-610-4042
or
Michelle "Shelly" Valdez @ 505-850-8322



Aaron Robert Dailey Scholarship – The Tibien (Elk Mountain) College Fund

\$1,000 Scholarship for Native Americans (2021-2022)

Eligibility:

1. Must be an enrolled member of a federally recognized tribe in New Mexico or California pursuing a college degree.
2. Must have at least a 2.5 GPA.
3. Must be a high school senior or have graduated from high school within the last 4 years.
4. Must be accepted to a college/university.
5. Must be enrolled for a minimum of 12 credit hours per semester, or 6 hours and working part time.
6. Must maintain a 2.5 GPA.
7. Family members not eligible.

Thank you to our partner sponsors: Donald & Janice Leach

DEADLINE:
AUGUST 3, 2021



2020-2021 Scholarship Recipient



John Begay is currently a college student at the New Mexico State University, pursuing a double major in Business and Environmental Science.

"My three main goals while pursuing my education are to double major, graduate with honors and most importantly graduate debt free".
John Begay

Email swlopc@outlook.com for an application

Scholarship Criteria for the 2021-2022 Tibien (Elk Mountain) College Fund

Purpose: In honoring the memory of our son and nephew, **Aaron Robert Dailey**, the Tibben College Fund will award one \$1000 scholarship for school year 2021-2022 to a college-bound or college student.

Criteria: Students eligible to apply for the Scholarship are graduating high school seniors or persons who graduated from high school within the last 4 years from the date of application, who are enrolled in a federally recognized tribe in New Mexico or California, and pursuing a college degree. Consideration will be given to academic achievement and the student's community service record. Students should submit a scholarship application.

Amount: One Scholarship of \$1000 will be disbursed in two equal installments in August 2021 and January 2022. The disbursement will be made to the Financial Aid office of the recipient's college.

Guidelines: The recipient must continue to attend classes and maintain a 2.5 grade-point average each semester.

Deadline: The application deadline is **August 3, 2021**. Applications must be received by that date to be considered. Award will be made no later than August 31, 2021.

Application Process: Call (505) 869-3836 or email swlopc@outlook.com for application.

Submit applications by August 3, 2021 to:

Sh'eh Wheef Law Offices

P.O. Box 167

Isleta, New Mexico 87022

or swlopc@outlook.com

Isleta Behavioral Health Clinic
Services for the Community

Are you someone who believes that Isleta Behavioral Health can only help people who have alcohol or drug problems or who are ordered to get counseling by the Tribal Court? If so, then there is a whole part of Isleta Behavioral Health that you have yet to discover.

The term behavioral health is used to describe the connection between how we behave and the overall health of our mind, body, and spirit. Sometimes life can be a little overwhelming, especially now more than ever. And would it be nice to just have someone listen? Our goal at Isleta Behavioral Health is to help people lead healthier, happier, and fuller lives. If you are struggling with on-going stress, depression, anxiety, anger, relationship problems, grief, or other challenges in life, perhaps we can help.

This is a service that is available to children, adult and elderly community members of the Pueblo of Isleta. We are located in the Southwest corner at the Isleta Health Clinic.

We Are Here To Serve
Call us today at 505-869-5475

Virtual Programs Offered to Date:

- Ripple Effect-Intensive Outpatient Program,
- Grief/Loss Support, Wellbriety and Youth Prevention Groups

Scholarship Application 2021-2022	Aaron Robert Dailey Scholarship – The Tibien (Elk Mountain) College Fund
Date: _____	
PERSONAL INFORMATION	
Full Name : _____	Gender : Male ____ Female ____
Birthdate : ____/____/____	Name of Tribe Enrolled in: _____
E-mail : _____	Tribal Enrollment No. _____
Contact # _____	(ATTACH CIB)
Mailing Address : _____	
Physical Address : _____	
HIGH SCHOOL INFORMATION	
Year of High School Graduation or GED : _____ Name and Address of High School Attended : _____	
GPA : _____ (not necessary if college GPA provided)	
(ATTACH OFFICIAL HIGH SCHOOL TRANSCRIPT)	
High School activities, community activities, volunteer work, honors, offices held : _____	

COLLEGE INFORMATION	
Name of College/University Attended : _____	
Years Attended : _____	GPA: _____
(ATTACH OFFICIAL COLLEGE TRANSCRIPT)	
OR College that you plan to attend: _____	
Mailing Address of College : _____	
Attach letter of acceptance from the University/College.	
Attach 2 letters of recommendation from a teacher, employer or other person who is not a family member.	
ESSAY - Write a 1 page single-space essay on why you are pursuing your chosen degree.	
Email completed application to swlopc@outlook.com or mail to Sh'eh Wheel Law Offices P.O. Box 167 Isleta, NM 87022	



Isleta Historical Society

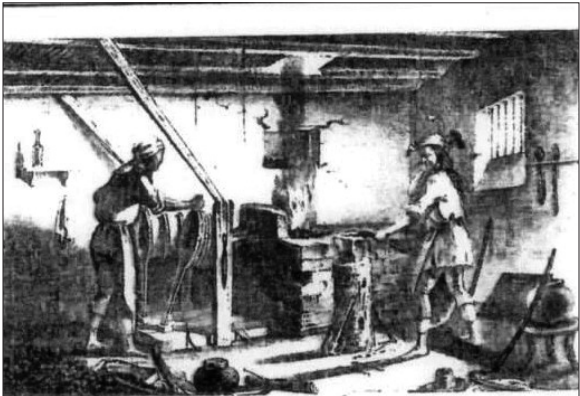
Protect the Land • Preserve the Culture • Honor the Ancestors

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

Blacksmithing at Isleta – Part One

Blacksmiths were held in high regard in all the pueblos because of the importance of their craft. Many blacksmiths had a reputation for being cantankerous and easily moved toward anger. This is a stereotype but seemed to have been true in many instances. Scholars who studied specific smiths in early 1970s Sonora, Mexico and southern New Mexico found this to be true in several individuals they studied. For instance, José Borrego, who worked at the Hubbell Trading Post on the Navajo reservation in Arizona, is remembered “for his bushy mustache, and his quick temper, anger generally reserved for Navajo kibitzers who got in his way while working.” In 1900, the census identifies one blacksmith at Isleta: Jose Rito, age 71; in 1910 there were four listed: Juan Jojola, 22; Samuel Kerety, 45; Felipe Padilla, 24; and Ramon Zuni, 26, and in 1920 only one blacksmith is listed in the census: Jose Lupe Jojola, 26. Ramon Zuni went on to be governor of Isleta in 1956 and 1957. There were probably more smiths working in 1900 and 1920 because not every census-taker was as careful to list occupations as was Pablo Abeita, who took the 1910 census. As of this writing it is not known to what extent these Isletan blacksmiths fit the negative stereotype referred to, but it is likely that most of them were held in high esteem. People depended on blacksmiths who repaired agricultural tools like hoes, rakes, sickles, plow points, machetes, branding irons, sheep shears, and chains. They also made iron bits, spurs, stirrups, and horseshoes for horsemen and harness hardware and wagon parts for teamsters. In the early days, buying a new tool to replace a broken one was not always an option, so the skills of the blacksmith were essential for every community.



Colonial Blacksmiths

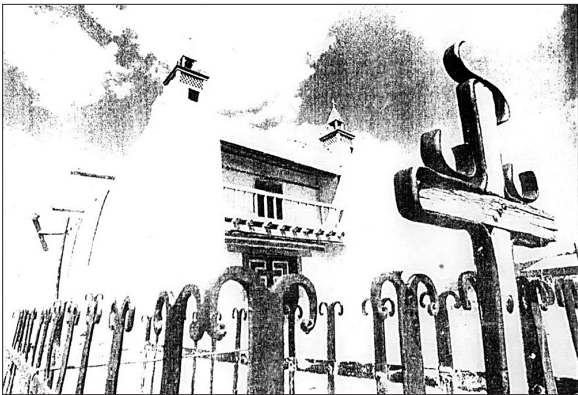
The history of metalworking is a long one. There is evidence that metal workers smelted iron circa 1500 B.C.E. in Syria. In the Andes and Central America indigenous people knew metallurgy, smelting copper, tin silver, and gold, but not iron because they had yet to develop the furnaces able to produce the high temperatures necessary. In Spain, with the arrival of the Moors in the eighth century, smiths expanded their work from strictly utilitarian to pieces with more artistry. By the ninth century Toledo, Spain had begun to acquire a reputation for fine swords that was to make its smithing famous throughout the Western world. At

about this time iron rose to prominence over copper and bronze because of its greater strength and edge-holding capability. But because the melting point of iron is so high, it was not until the sixteenth century that European and Middle Eastern blacksmiths began using furnaces that were capable of providing the high temperatures needed to transform iron ore to a molten state, permitting it to be cast and later converted into wrought iron. Blacksmithing arrived in the Americas with the Spaniards. Three blacksmiths accompanied Fernando Cortés from Cuba to the mainland in 1519, and during his conquest of Mexico, a supply ship arrived from Vera Cruz, bringing stores of iron. Cortés directed that the soldiers’ horses be shod and that the leftover iron be used for new lance points. After the defeat of Montezuma, the Spaniards built a new capital on the ruins of Tenochtitlan as a flood of colonists arrived after 1524, including blacksmiths, farriers, armorers, swordsmiths, and locksmiths. As was true before and would be true thereafter, Cortés deemed the priority was weapon-making. In 1524, he decreed that every citizen must keep in his house, a lance, a sword, a dagger, a shield, a helmet, and whatever other arms he could afford. This provided even more work for blacksmiths.

The focus of Cortés and the other conquistadores was, as we know, the conquest of the indigenous population and the acquisition of silver and gold. This explains Cortés’s emphasis on using what iron was available to make weapons instead of other needed items. In addition, the emphasis on mining silver explains why there was so little iron in Colonial Mexico: nobody wanted to invest time and money in mining iron when silver was so profitable. Fortunately for blacksmiths, the process of mining silver required many tools that only the smiths could make. One item that blacksmiths manufactured was the twenty to thirty-pound long iron bar which was practically the sole tool of the Indian miner, serving as a pick, a drill, and a pry bar. Other essential tools were sledgehammers, metal parts for refining machinery, iron nails, chains, rods, hatchets, rakes, and shovels.

Blacksmiths were so much in demand in Colonial Mexico that they organized guilds, which, together with royal ordinances, regulated all aspects of blacksmithing: such as testing, standards, and apprenticeships. Initially, the guilds tried to exclude Indians and Mestizos but Spanish decrees later provided that Native craftsmen were entitled to hold the office of journeyman and master. Between 1530 and 1560, Mexican Bishop Vasco de Quiroga assigned each town in the Tarascan province a separate occupation or handicraft to balance the economies of Indian villages: San Felipe de los Herreros specialized in ironwork and Santa Clara de Cobre made copperware. There was one tool used by blacksmiths whose production was the sole province

of Native craftsmen: the leather bellows used to raise the temperature in the forge. Because Spanish colonists disliked the difficult and unpleasant work of tanning hides, such work was left to Native craftsmen who became adept cobblers and saddle-makers, and the sole producers of the leather bellows used by most blacksmiths.



Ironwork at Las Trampas Church

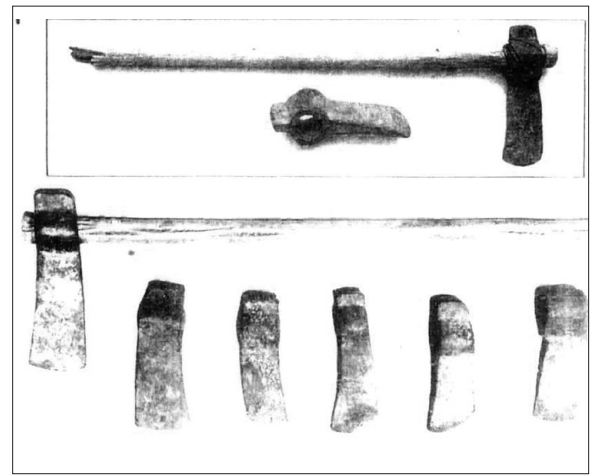
When Don Juan de Oñate arrived in New Mexico in 1598, he brought blacksmiths and many of their tools, for he hoped to set up a silver-mining operation. The inventory of the expedition revealed nine anvils, bellows, sets of horseshoeing tools, and over 5,000 horseshoes. Oñate did not find silver deposits in New Mexico, but not long after his arrival, several fully equipped blacksmith shops were set up in the pueblos and in Santa Fe. The Franciscans friars assigned to each pueblo taught the Indians the trades of smithing and carpentry essential to building the mission churches. The Oñate colonists also brought large quantities of metal goods such as knives, hatchets, scissors, needles, thimbles, and awls to trade with the Pueblos and Plains Indians. Other items much in demand by the mission priests were the pitchers and cups used in making and drinking chocolate.



Copper pitcher used for making chocolate

The Franciscan Fray Alonso de Benavides remarked in 1631 that the Native people displayed unusual dexterity in the mastery of forging techniques. After the 1680 Pueblo Revolt when Governor Antonio de Otermín made an abortive attempt at reconquest in 1681, he found that the Sandias had set up a blacksmith shop in their church with a forge, a good set of bellows, and a plowshare

for an anvil. When Diego de Vargas “reconquered” the province beginning in 1692, he was confronted by Pueblo warriors armed with lances with iron points made by a Tewa blacksmith north of Santa Fe.



Colonial axe made in New Mexico



Blacksmith Shop, Isleta Pueblo

As mentioned, blacksmiths everywhere have been accorded a special privileged status and been shielded from harm in times of war or civil unrest. For example, in the 1830s, the Navajos invited two smiths, Ramón Sena, son of Tomás Sena of Santa Fe, and José Castillo of Cebolleta, into their camp in western New Mexico to do forge work and make silver-mounted bridle bits. While there, news came of a battle between other Navajos and a Hispano militia nearby. Navajo chief Manuelito, fearing for the blacksmiths’ safety, had them escorted to Cebolleta by eighteen of his warriors. In Zuni, the pueblo permitted Hispanic blacksmiths to live in the pueblo and carry on their trade and even allowed them to farm small tracts of Indian land. Eventually, these smiths would teach Natives their craft, as happened in Zuni Pueblo with the Pueblo smith named Kiwashinakwe, Ax-Maker, who specialized in making axes and hoes. A similar arrangement is said to have existed at Isleta.

More on blacksmithing in a later issue. For more information, see Marc Simmons and Frank Turley, *Spanish Colonial Ironwork*.

...

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!

Isleta Pueblo News

Editor:
Nathaniel Lujan

Asst. Editor:
Diane Abeita

Published By:
Valencia Express

Health Beat Medication Safety Awareness Week

https://www.womensheart.org/content/outreach/medicationsafetyweek/whatis_medicationsafetyweek.asp

Stephanie Barela, Health Educator

Phone: 505-869-4479

The first full week in April is Medication Safety Awareness Week:

April 4: Clean Out Your Medicine Cabinet

- Get rid of outdated medicines and old prescriptions, many drugs lose potency over time.
- Store medicines in their original containers and in a cool, dry place located away from children and pets.

April 5: Know Your Medicines

- Make a list of medicines: size, shape and color, purpose of the medication and times you should take it including possible reactions and any side effects. Note the generic and trade names of your medicines and what they are for in order to prevent an accidental double dose. Include in your list all over-the-counter medicines, birth control pills, patches and supplements.
- Keep list updated and with you, make sure you inform your doctor and pharmacist of any dietary supplements before you take them, as herbal medicines and other dietary supplements can react with other medication and have an unknown effect. Do not mix alcohol with any medications, as the combination can be deadly.

April 6: Read Medicine Labels Carefully

- Make sure you are taking your medication as instructed by your doctor. Note precautionary stickers on the label, route, dose and frequency of your medicines.
- Pay attention to warnings. Note that some medicines can react with foods and others have to be taken on an empty

stomach. Some medicines lose potency quickly and need to be kept in an airtight container. The effectiveness of many medicines is dependent upon taking them at the correct times. How the medicine is to be taken –the route– is also important (i.e. by mouth, through the skin, under the tongue, inhaling, rectal or vaginal suppository, enema or douche).

April 7: Organize Your Medicines

- Use of a medicine organizer box may be helpful, especially for those taking more than one pill several times a day; however, a medicine organizer box requires close monitoring, especially when there is a change in medicines. Be aware that use of an organizer box violates the rule of keeping medicines in their original containers. Managing pills with a medicine organizer box, while convenient, is not without risk, and there are certain drugs (i.e. chemotherapy agents) that should not be mixed into a medicine box with other pills.

April 8: Transitional Care Aware

- Changes in care (i.e. being moved from one hospital floor to another, transferred from one care facility to another, or being discharged home) all need to make sure that your services are coordinated and there is good communication between your providers. When you are discharged, make sure you understand your medicines and how you are to take them. Ask for written instructions of your entire medical regimen and follow-up care. When picking up your medicines from the pharmacy,

double-check all prescriptions are correct. Ask that the generic and brand names of each drug be listed on the label, and what the medicine is for.

April 9: Know Your Individual Risk before Starting a New Rx

- Talk to your pharmacist; be sure to discuss any possible risk of a serious side effect to occur. Learn if the new medicine is one known to adversely affect heart rhythm and increase chance of sudden cardiac arrest. Report serious side effects to your doctor and pharmacist promptly.

April 10: Better Communication with Health Professionals is Key

- Share information with all your prescribing practitioners and your pharmacist about every medicine and supplement you are taking. Discuss the risks and benefits with your prescribing practitioner; be sure to talk about expected effects, possible side effects and any side effects that occur your doctor should be informed of right away. Report adverse drug effects promptly and never hesitate to ask questions when it comes to your health and the use of medicines and supplements.

Please take all Expired or Unused Medications to the Isleta Police Department to be properly disposed, or you can participate in the NATIONAL PRESCRIPTION DRUG TAKE BACK DAY on April 24, 2021 10am-2pm @ New Rec Center & Tribal Complex at the Isleta Police Department.

ISLETA POLICE DEPARTMENT
APRIL - 2021



SPRING has sprung and with it comes the wonderful windy and dusty weather. With that in mind, reminders to all when burning, please ensure it is a burn day, you have a burn permit and you call in your intention to burn with your permit number. With the blustery winds and unpredictable changes safety is a must.

The strong winds and dust also present dangerous driving conditions and we want all to travel safely. Please be alert when driving because a sudden strong gust of wind can cause your vehicle to move, possibly into the adjoining or opposing lane unexpectedly. During these days of inclement weather please do not be distracted with telephone calls, texting, etc. while driving.

WELCOME:

We welcome two new members to the Department.



Meet the new Animal Control Officer, Isiah Chavez who is from Isleta and Cochiti. He was born in Isleta and is the son of Bernard Chavez and his Chee-ee is Bernadette.

He is a welcome addition to the Department and as the lone animal control officer has been kept busy since his first day. He is serving the community well in his position and states you can contact him at his work number 505-917-3506.



Briana Tower is our newest dispatcher and is from the Pueblo of Isleta. She is a graduate of CNM with an associate degree I Business Administration and Integrated Studies. Briana is married and has two children. She has, in the past, coached youth basketball teams and was in San Antonio, Texas the last two years as her husband was on active military duty.

Briana states she is glad to be home and is looking forward to helping serve her community.

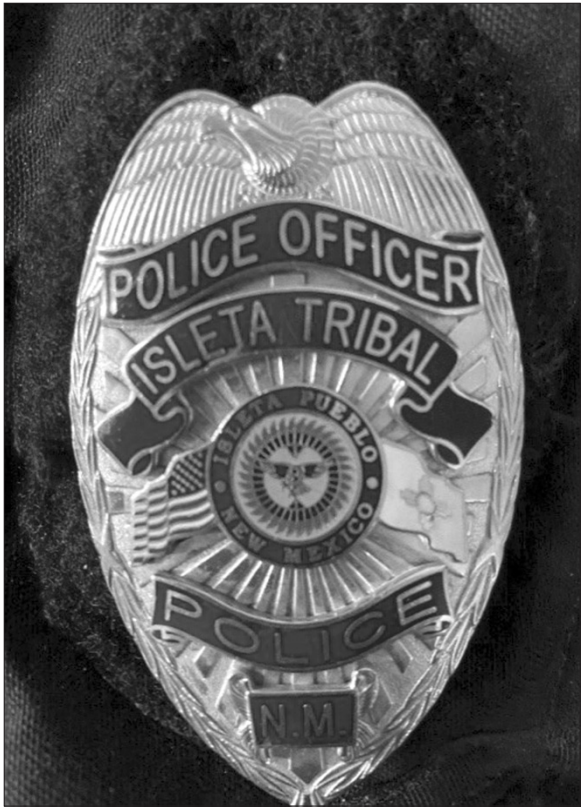
WELCOME ABOARD!

SEEKING DESIGNER/ARTISTS

The Isleta Police Department is currently seeking Isleta tribal member artists in helping create a new Department Police badge. We want the community's help and input and is open to all age ranges. We are open to all ideas and creations. If you are interested in helping create the new department badge please feel free to pick up a blank badge template at the following:

Isleta Recreation Centers (Old and New), Governor's Office, Tribal Complex, Police Department, or create a badge of your own choice. The deadline for all creations will be **April 19, 2021 at 4:30p.m.** All completed templates can be turned into the police department. If you have any questions, please contact Officer Leandra Abeita at 505-264-9533.

The picture is the current department badge.



INDIAN HIGHWAY SAFETY PROGRAM

IHSP Traffic Division continues to monitor and enforce the roadways throughout the Pueblo of Isleta maintaining safety for all with traffic enforcement. The majority of construction at the ditches on Highway 47 appears to be completed as the orange barrels and dividers have been removed. However, be alert as there is still more to be done on Highway 47. The speed limits have changed in some areas to 45 mph, but there are still 35 mph zones on Highway 47 so please be aware and reduce your speeds where required. Also keep in mind you must maintain the speed from one speed limit sign until you come upon the next which either raises or lowers the speed limit.

For the most part northbound Highway 47 maintains a 35 mph speed limit from approximately the 37 mile marker. The speed southbound from the 38 mile marker is currently posted at 35 mph but may change soon. So please be vigilant.

Our Traffic Officers are ever vigilant for traffic violations and are enforcing them in order to maintain the safety of those working in construction areas, as well as the motoring public.

And as always maintain your entire time and attention to the roadway, traffic signals/stop signs and other motorists.

DON'T TEXT AND DRIVE!
DON'T DRINK AND DRIVE!
ALWAYS WEAR YOUR SEATBELT!
ENSURE CHILDREN ARE IN APPROPRIATE CHILD RESTRAINTS!

COMMUNITY SAFETY

SEWER PROJECT:

A project began March 22, 2021 on Tribal Road 33 and throughout the Village which will result in road closures, limited travel in areas, etc. We continue to ask for your patience during this time as the project continues for 300 days from the start date. We also ask everyone to be observant of speed limits, stop signs, etc. as we strive for the safety of not only the workers on this project, but all individuals traveling/walking in the village.

CURFEW AND RESIDENCY:

The curfew remains in effect and we urge everyone to abide by these restrictions. Though the State of New Mexico has lifted restrictions outside of Isleta we are still observing curfew (9 p.m. – 6 a.m.). With the longer days due to Daylight Savings Time and much more pleasant weather, we may have increased violations of the curfew, but be mindful it is still being enforced.

Those who are non-Tribal and are not approved and properly registered with Census to live on the Pueblo cannot be on the Pueblo. It is posted throughout the Pueblo and there are no excuses – PLEASE abide by the restrictions. Residency requirements are being enforced and we request adherence by all.

SCHOOLS:

It appears virtual learning will continue until the end of the school year. With that in mind children will remain home and may become a bit restless as the weather warms and days are nicer. We ask motorists to be aware of children who may be outside playing, riding bicycles and walking. Please observe all speed limits in the housing areas and be keenly aware of the surroundings. A child could dart into the street at any time and your vigilance will help to prevent an unfortunate or tragic incident.

COVID-19:

With increased recipients of the vaccine for COVID-19 the numbers do seem to be on a downward slide and this is always welcome news. Nevertheless, please be vigilant and take care of yourselves, your family and others.

If you have tested positive for the virus, PLEASE STAY HOME AND QUARANTINE! If you believe you have been exposed please report to the Health Clinic and they will provide instructions on

how to address this. There are reports of the “new strain” of this virus found in New Mexico and other states and countries which is troubling and we must continue safety precautions.

Members of the Police Department continue to serve the members of the community, following safety protocols and strive to keep the community safe. So please:

STAY HOME – MASK UP – SAFE DISTANCING – WASH HANDS FREQUENTLY – AVOID GATHERINGS PLEASE!

SEEKING A PHLEBOTOMIST:



The Isleta Police Department is still seeking interested individuals to conduct blood draws for DWI suspects. Must have a current license/certificate as a phlebotomist, pass a background check and be able to serve on an on-call basis as needed. For additional information, questions or interest, please contact:

Detective Sergeant K. Lucero
(505) 869-9728

**BUCKLE UP FOR SAFETY
EVERYONE!**

The Isleta Police Department
wishes you a safe and joyous
Easter Holiday!



**FIREWOOD
FREE**

**BLOCKED CHINESE ELM
FIREWOOD**

CALL Tony Jaramillo @
(505) 263-8381



SEATBELTS/CHILD RESTRAINTS

Whether taking a trip to the grocery store or shopping mall or just down the road to a family member or friend please remember to BUCKLE UP! It is mandated by State Law and is for the safety of all who travel in the vehicle. For children, appropriate fitting car seats or booster seats must be installed and used. Adults/teenagers are not excluded from buckling up.

The following was taken from the Safer NM Website:

“It’s the Law – EVERYONE in a car must be properly belted in all seating positions.”

Seat belts and child safety seats save lives, and Safer is dedicated to efforts which increase their proper use. The NHTSA reports that using child safety seats decreases the risk of death by an estimated 71% for infants and 54% for older children



A CHILD UNDER AGE 1	
Must ride in a rear-facing child safety seat in a back seat. If the vehicle has no back seat, a child under age 1 can ride in a front seat if the air bag is deactivated or if the vehicle does not have an air bag deactivation switch.	
IMPORTANT: The National Highway Traffic Safety Administration recommends NEVER putting a rear-facing child safety seat in front of a front passenger air bag.	
CHILD AGE 1 through 4 years	CHILD UNDER 40 pounds
Must ride in a child safety seat.	Must ride in a child safety seat.
CHILD AGE 5 through 6 years	CHILD UNDER 60 pounds
Must ride in a child safety seat or booster seat.	Must ride in a child safety seat or booster seat, regardless of age.
CHILD AGE 7 through 12 years	CHILD AGE 13 through 17 years
Must be properly restrained in a child safety seat, booster seat, or seat belt. (see below for proper seat belt fit)	Must ride in a seat belt.

Seat Belts are appropriate for your child if:		
1	2	3
The lap belt fits across a child’s upper thighs and hips (not the abdomen); AND	The shoulder strap fits across the center of a child’s chest (not the neck); AND	The child can sit all the way back with knees bent over the seat edge.



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 or in person at the clinic, to increase your motivation to quit and give you some Tips and Tricks to help you do this!

Call Stephanie, Health Educator
@ 869-4479 to learn more

Isleta Health Center





Pueblo of Isleta Public Library

Spring is upon us and with that comes spring-cleaning! Library staff has been busy cleaning the library in preparation of upcoming programs and the Summer Reading Program. Things are slowly returning to normal and we couldn't be more excited. Please read more about our updated services the library has to offer.

News

On Thursday, April 1st the library will be having their monthly staff meeting from 8:30am to 10:30am. The library will remain open during this time so feel free to drop on in. We will be discussing upcoming programs and addressing any concerns before our Summer Reading Program starts.

In observance of Good Friday on April 2nd the library will be closed along with other POI departments. All library media checked out on Wednesday, March 31st will have a due date of Monday, April 5th. We apologize for any inconvenience this may cause. We will resume regular business hours on Monday.

The library would like to announce that we have been approved to do IN-PERSON programming once again here at the library. On Thursday, March 18th library staff members met with Bryce Lockmiller who is the Safety Officer for the Pueblo of Isleta to discuss our reopening policies and procedures. The meeting consisted of a walkthrough of the library and a review of IN-PERSON programming protocols. We went over step-by-step plans and addressed any questions or concerns he had. Our IN-PERSON programming will start in April which happens to be an Adult program. Teen and Children programs will follow shortly. Our IN-HOUSE approval also includes our upcoming Summer Reading Program and transportation to pick up Bosque Farms Elementary students for the After School Program.

At this time we would like to acknowledge the staff of the Isleta Head Start & Child Care for their help in helping us improve loose ends within our with our reopening policies. They also allowed us to shadow their staff in the morning so we could properly prepare for our Summer Reading Program. Their willingness to share their lessons in real time played a major role in our meeting with Bryce as were able to infuse their concepts with ours.

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 April crafts will include crafts such as a Cotton ball Easter Bunny, Duckling, Earth Day and a Rainbow. 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.

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

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

Library Temporary Covid-19 Hours of Operation

Monday–Thursday: 8am to 6:30pm
Friday: 8am to 4:30pm
Saturday: CLOSED
Curbside Hours
Elderly: 10am-11am
General: 11am-5pm

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

Library Access from Home

During this time we encourage the use of our digital services. If you ever have questions or need help accessing our online services. Please call us at the library at 869-9808 during regular business hours or message us on social media (FB, Snapchat, & Instagram).

The Library's digital services give cardholders 24/7 free access to eBooks, audiobooks, 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 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.

Upcoming

Exciting news, the library will be starting its first ever embroidery for beginners program. We will be learning together here at the library the basics of embroidery using the online resource of Skill Share. Participants will be learning the 10 basic hand stitches. This program will meet every Thursday at 10am starting April 15th. All supplies will be provided. This program is FREE and open to the first 5 adults 18 and over to sign up. To register please call the library and speak with Diane or send an email to Diane.Abeita@isletapueblo.com.

Summer Reading Program Registration will be open starting Monday, April 26th through Friday, May 7th. We will be doing a lottery registration this year. Registration will be open to everyone for

two weeks, and on May 7th there will be a live drawing to fill all the spots. Space is limited and we feel that this option will give everyone an equal chance to reserve a spot in the program.

Lottery Information

- 20 participants will be selected for the Youth program 7-17 years old.
- 20 participants will be selected for the Junior Program 3-6 years old (must be potty trained).
- All participants must be entered into the lottery drawing to be eligible for the drawing.

More details on registration coming soon! Summer Reading Program is coming fast and we are excited to share with you all our new themes for our youth and junior programs. We are also excited to announce that this year's program will be IN-PERSON here at the library. Summer Reading Program will start June 7th and end July 23rd. Our Junior Program 3-6 years old, students will be taking a reading road trip around the U.S.A. We will be reading our way and making stops in New Mexico, California, Texas, Louisiana, Florida, and New York. Along the way we will be learning about state symbols, food, and landmarks. With a daily schedule of story time, crafts, activities, playtime and field trips to insure our day is busy and filled with fun. No need to pack, just make sure to pre-register to be entered into the drawing for a spot in the program.

Our Youth Program, ages 7-17 years old, will feature 5 different themes to choose from. We will be accepting 20 students with 5 spots available for the mentioned programs below.

- **Science:** Library staff members Shaypof and Isaac will be leading this program and here is what they have to say about the program. Science is something we deal within everyday life. So, let's learn about science together! Experiments that make you go "WOW"! I wonder why it does that? We will be doing amazing experiments that range from solidifying fingerprints to making astronaut ice cream! You will not only have fun doing these experiments but also learn interesting facts along the way. If you have any questions regarding our curriculum you may contact Shaypof Ybarra 505-869-9808 or by email at Shaypof.ybarra@isletapueblo.com.
- **Building and Creating:** Library staff member Ashley will be leading this program and here is what she has to say about the program. Join us this summer in exploring the fields of architecture and engineering. We will be creating and designing our own projects, as well as building them. We will work with different building materials while creating multiple projects. You will get to bring your own style and get creative with the building projects. We will also learn some engineering by build kits from the companies: Brown Dog Gadgets and KiwiCo. A few of our building projects include bristle bots, DIY basketball game, and a marshmallow catapult! If you have any questions regarding this curriculum you may contact Ashley Morales at (505) 869-9808 or by email at Ashley.Morales@isletapueblo.com.
- **Monster Movie Makeup:** Library staff member Cheyenne will be leading this program and here is what she has to



After School Program students celebrating Dr. Seuss' birthday!



After School Program students made tasty Truffula Tree treats for Dr. Seuss' birthday celebration!



After School Program students also did a little St. Patrick's Day experiment!

say about the program. Always wondered how to create your favorite movie monsters or how to create the best special effects makeup for your Halloween costume? Come and join Cheyenne's summer reading program group! This summer we will be going over different special effects makeup to ramp up your Halloween costume or to create videos. Each week we will be going over different forms of special effects makeup, such as, face paint, prosthetics, and DIY recipes to make fake blood and prosthetics. During the month of June we will learn how to create certain types of shading and lighting to create optical illusions, from creating puppet type features, to making it seem like you have a floating head. Also, during this time we will be having a mini field trip! During the month of July we will be creating zombie looks using everyday items and professional type makeup to make gruesome looks. Lastly, we will be creating our own monster looks by using professional tools and prosthetics. If you have any questions regarding this curriculum you may contact Cheyenne Castillo at (505) 869-9808 or by email at Cheyenne.Castillo@isletapueblo.com.

- **Mythology and Astrology:** Library staff member Kyle will be leading this program and here is what he has to say



about the program. If you are interested in learning more about Thor, Hercules, or the Zodiacs. This program will be centered on different mythologies from Greece, Egyptian, Norse and Astronomy. The mythologies will consist of the students learning about the different creation stories from each mythology, the gods and goddesses, heroes vs. monsters. The students will create Trojan horses, Viking shields, and Mummies during the week of each mythology. In Astronomy the students will learn the different phases of the moon, the constellations, and planets. During the week of Astronomy the students will create a planet model, galaxy snowglobes. If you have any questions regarding this curriculum you may contact Kyle Lujan at (505) 869-9808 or by email at Kyle.Lujan@isletapueblo.com.

Recap

The After School Program has been doing great since their return and we even welcomed two new students to our program. Just before Spring Break students had a Pizza Party and made their very own pizza using pizza kits from Dion's. It was a great way to start Spring Break and we hope our students enjoyed their break and are ready to start back up when they return.

VIRTUAL FAMILY STORY TIME CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
				1 APRIL FOOLS DAY	2	3
4 EASTER	5		7 VIRTUAL FAMILY STORY TIME AT 10:30AM Book Cottonball Easter bunny Craft	8	9	10
11 NATIONAL PET DAY	12		14 Virtual Family Story Time at 10:30am Book duckling Craft	15	16	17
18 	19		21 Virtual Family Story Time at 10:30am Book Earth day Craft	22 EARTH DAY	23	24
25 NATIONAL PENGUIN DAY	26		28 Virtual Family Story Time at 10:30am Book Rainbow Craft	29	30	

APRIL

PUEBLO OF ISLETA PUBLIC LIBRARY



Summer Reading Program 2021

JUNE 6TH - JULY 23RD

JUNIORS

3yrs-6yrs
Road Trip U.S.A
9am to 12pm
Open to 20 students


YOUTH

7yrs-14yrs
Multiple Curriculum
1pm to 4pm
Open to 20 students

Open Lottery Registration starts April 26th through May 7th!

Registration must be completed by PARENT or GUARDIAN NO EXCEPTIONS!
To register please call the library.
For more information please call the Library @ 505.869.9808

New Isleta Recreation Center presents:



MEMORIAL Challenge

FUN WALK & RUN

Starts April 24th, 2021

This run will be a Virtual run. I will be putting this on the NIKE RUN CLUB APP. If you're not able to download the Nike app. When you're done with the 3 mile run or walk you can screen shot me and send it to my email - george.waquie@isleta-pueblo.com and come in for your shirt once this is done.

HA-WUH

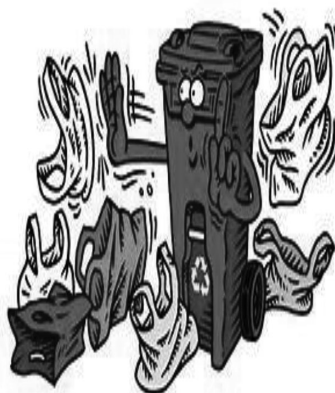


Greetings from the Solid Waste Department!

It's WINDY SEASON! We want to let you know to be prepared for early closures. We ask that you please do not come up to the Transfer Station on very high wind days as we may close early. We do this for safety reasons as well as to KEEP ISLETA BEAUTIFUL. Lots of times trash is blown out of vehicles during transport and it litters our community, also this pollutes our range lands and can be harmful to cattle that may eat the trash. Poor visibility and dust can impair vision and cause damage to your eyes. This precaution is taken for your safety, livestock and community in mind, we appreciate your understanding and cooperation.

PLEASE BAG ALL TRASH & RECYCLABLES FOR CURBSIDE SERVICE

- USE CLEAR BAGS FOR RECYCLING. THEY CAN BE PURCHASED WHERE TRASH BAGS ARE SOLD, THEY ARE CLEAR AND LABELED RECYCLING BAGS.
- PLEASE KEEP GLASS, STYROFOAM AND FOOD SOILED PAPER PRODUCTS OUT OF THE RECYCLE BINS SUCH AS USED NAPKINS, PAPER PLATES AND PIZZA BOXES.
- PLEASE KEEP OUT GARBAGE, FOOD, YARDWASTE AND GROCERY BAGS.
- DO NOT USE YOUR RECYCLE BIN FOR GARBAGE.



KEEP ISLETA BEAUTIFUL!

869-4106



Hello community from Synergetic Business Solutions (SBS)! What a crazy year it has been, with COVID-19 and the race issues that divided our nation. The things we have seen in the past year are overwhelming. We spent most of our time in our homes or away from our loved ones to be safe and to keep them safe. Because of what we heard, we developed fears about getting and giving Covid. Some of us tackled this fear and continued living with minor adjustments. Some of us developed anxiety and felt on edge with others simply because we did not feel safe. Then there are the racial issues. The acts of hate and violence. All inhumane. All preventable. The human body is made to love and be loved. Think of the times you questioned if anyone loved you then remember the time when someone showed you they did. We experience emotions with our bodies, we literally feel them. The higher the emotion—love, freedom, joy, peace, appreciation—the better we feel and the better we act toward others. But what happens when people and situations push you to your limits? STOP what you are doing. INHALE through your nose for four seconds. HOLD your breath for four seconds. EXHALE your breath slowly for five seconds. How do you feel? This quick mindfulness technique will keep you in control of your emotions and allow you to make the BEST decision for you. The best decisions always come from love and a settled body.

~ SBS provides workshops on stress and body-mind management. Look for our next article about other mindfulness techniques to keep you and your body at your best. Call us for more information or to give us ideas on what you want to read about!

~SBS also sells personal protection equipment (PPE) in bulk to federal, state, and tribal governments to keep people safe during the pandemic. We have some inventory available to the public – hand sanitizer (gallon & 8oz bottles), black cloth masks, Kn95 masks, and half-face respirators. Call us for pricing. Free delivery for our community members who live in Isleta Pueblo. We look forward to hearing from you!

Thank you!! Jennifer Padilla, Owner. (505) 331-1571. Jenn@SBSolutionsNM.com

Spring into Financial Literacy Month!
Tiwa Lending would like to invite you to
participate in our
5 Keys to Financial Success Workshops!

Workshop introduction will be hosted via
Zoom on Tuesday, April 20th at 5:30p.m.-
7:00p.m..

To register please email
Miranda@tiwalending.org
or
call 505-916-0556.

Have a Hoppy Easter!



2021 Fire Season

Isleta Pueblo Fire Department

Fire season is here! The Isleta Pueblo Fire Dept. will be available to assist and stand-by for community members with agricultural burns. Burn permits will be required, instructions on burn permit must be followed. For more info contact the numbers listed below.

505-869-9725

505-869-9724

Isleta Dispatch 505-869-3030

PARKS AND RECREATIONAL CENTER

April already? Wow, this year seems to be moving pretty quickly and what a change from last year. It's good to see that many Isleta Pueblo Tribal members, people around the state, and the world are getting their COVID vaccinations. Vaccinations not only help protect the individual but it will also make it safer for anyone around that individual. If you have friends and / or family members that have not received the COVID vaccination, please encourage them to schedule their vaccination.

Quick reminder to all tribal members, we will be having an Easter Egg Hunt/ Drive Through (see attached flyer) at the parking lot north of the recreation center on Saturday, April 3, 2021, from 10 am to 12 noon or until supplies last. Please stop by that morning and pick up your Easter Bag.

PARKS MANAGEMENT

All the parks in the pueblo are now open for use again! Please feel free to use them, but remember we are still asking that you wear your masks and practice social distancing. The Parks crew has worked really hard to make sure that our parks are well maintained and good to go. The grass at the parks has been fertilized and aerated, I'm sure many of you have already started seeing the effects of the work that has been done at our parks. Once again, get out and enjoy the wonderful weather we are having and enjoy our parks whenever you are able to do so.

RECREATION PROGRAM

Distance Learning Program Activities – Students celebrated Dr. Seuss's Birthday at the beginning of March. Students decorated the area with Truffula trees from the Lorax and Fishes from: One Fish, Two Fish, Red Fish, Blue Fish Book. Students participated in a Dr. Seuss Jeopardy game, Pin the Hat on the Cat, and made many



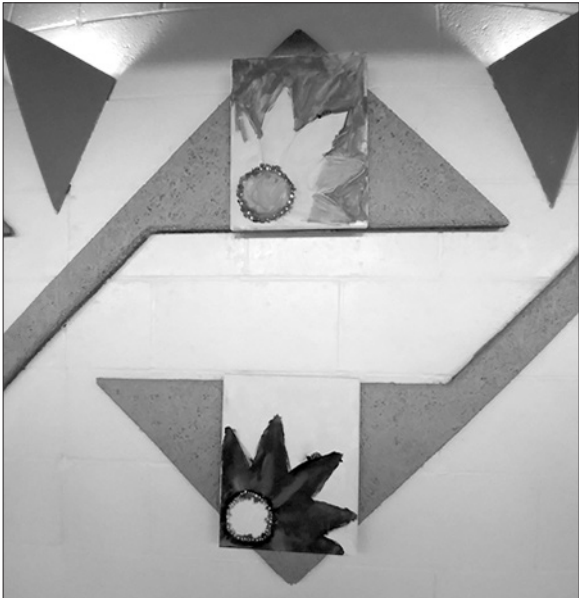
crafts related to Dr. Seuss books. Who would have imagined there are so many Dr. Seuss books!! Students also watched Cat in the Hat and the Lorax movies to relate with activities they did in the program.

Nature with Heart Shape Rocks – Some students have been learning about rocks in school and in conjunction, we involved all students to search for a special type of rock that a student's teacher had been collecting



for years when she travels or goes for walks. So on one of our daily walks around the center, students had to look for heart shape rocks. At first students thought it was nonsense but they searched and were amazed to find one to share with others.

Step By Step Painting: Students have learned to paint by listening using step by step instruction and use only one color at a time. They were given a pre-drawn canvas and selected colors to use. Part of the activity was to use their ears and follow each instruction that was given. Students also learned how to use various paint brushes in their painting and how to care for the brushes after each use.



Spring Break Program

Participants were involved in many activities during Spring Break. They made homemade chalk, a mosaic stepping stone, tie-dye shirts, elephant toothpaste, edible cookie dough, perler bead magnets, decorated the Game room with a SpongeBob Theme wall and participated in a Blind Fold Challenge searching for various items hidden in the grass.



Summer Recreation Program

Information for the Summer Recreation Program will be posted soon. This year it will be a lottery style drawing for all age groups. This summer all activities will be stationed at the Recreation Center and will follow all CDC guidelines on COVID-19.

Look out for the upcoming Flyer for more information on registration and drawing dates!!

AQUATICS PROGRAM

Greetings from Josh Roybal our Aquatics Coordinator/Pool Manager! The Pool is coming along great. The Deck has been re-painted and looks awesome. We are currently working on updating the lighting in the pool area as well. The main swimming pool plaster has cured and the machinery has been tested. The water in the pool is a cozy 80° and ready for lap swimming while the Jacuzzi water is at 102°. With that said, come feel the water as it feels awesome. Please contact the recreation center at (505) 869-9777 or the swimming pool directly at 869-9783 to schedule a time to use our pool.

As of right now the pool will only be open for scheduled lap swimming and Jacuzzi use, therefore, you will have to make an appointment to use either. As things start to get better and open up, we will increase the pool usage. Until then please call and schedule your appointment to use the aquatics center.

Our hours of operation will expand as we acquire more lifeguards. We are currently still looking to fill lifeguard positions; the job is posted on the POI website. For anyone interested in applying, has any questions about the Lifeguard certification, seeking information about swim lessons, and other aquatic programming please call (505) 869-9783.

FITNESS PROGRAM

Isleta Recreation Fitness Center is doing quite well with a lot of new faces utilizing

the facility. The State’s Restrictions have changed to Yellow but unfortunately this still means we will continue to operate at a maximum of 25% capacity in the workout area. Remember our Basketball gym is open for everyone to shoot hoops. Again please remember that face masks remain required when visiting the recreation facility, especially during all activities.

For all of you thinking about starting a workout regimen, we have trainers available to assist you. As well as weekly workouts written on our workout boards if you are not sure what you want to target that day. For further questions, please call your Recreation Center at (505) 869-9777 or the Old recreation facility at (505) 869-5741.



SPORTS PROGRAM

From the desk of George Waquie (Sports Coordinator) – I would like to give everyone an update on what’s going on here at the Rec center.

We recently held the Family Fun run on March 8th, it ended on March 31st. It was geared to get families out with their kids and enjoy the scenery and fresh air. We had a total of 72 family members participate. It was nice to see everyone on the walking trail here at the park.

The next event we did was a Hitting Challenge for kids in the 7-11 age bracket. We had a total of 8 participants starting with Lawson, Jaydon, Jude, Michael, Kateri, Payton, Zayden, and Kellyen. It was Kellyen and Zayden in the Championship with Zayden out hitting Kellyen. It was great to see the kids being active.



We had 9 participants in the 12 -17yr bracket, Christiano, Kyle, Aubery, Thur-Shun, Ava, Greg, Dominic, Troy, Dominic. It was Kyle and Troy in the Championship with Kyle coming out with the victory.

In the adult bracket we had 12 participants Bubba Jiron, Cubs Montoya, Michael Toya, Kyle Valdez, Isidor Lujan, Travis Lente, Darren Chiwewe, Donovan Abeita, Brian Lente, Kyle Creager, Troy Chiwewe, and Edwin Chiwewe Jr. This one was a cold one, we had a little hail at the field, but the guys wanted to finish up the Challenge. So it was Cubs and Travis in the finale with Travis having to beat Cubs twice to become champion. Cubs didn’t let it happen and came out on top to become the Hitting Champ on the Rez.

Hopefully everyone is staying safe.

We do have the Bernie Run coming up so if you haven’t signed-up, please come down to the Rec center and do so.







Pueblo of Isleta

Head Start, Early Head Start, and Child Care Center

2 Sagebrush Street, Albuquerque, NM 87105

Po. Box 579 Isleta, NM 887022



April 2021

April 2, 2021– Good Friday– No School (CLOSED)

April 5, 2021– Reopening for Head Start Children
(Service Hours: 8:30am-12:30pm)

April 7, 2021– Family Night Meal Pick-Up
(5:00pm-6:00pm: By RSVP)

April 13, 2021– Parent Committee Meeting
(5:00pm via Zoom)

April 15, 2021– Policy Council Meeting
(5:00pm via Bluejeans)

Date is TBD- Transition Meeting

****All parent meeting are open to all parents and guardians. If you would like additional information and meeting links/passcodes, you may call the center at 869-9796.**

Head Start, Early Head Start, and Child Care is open for in person and remote services. 50 percent of children are able to return for in person learning or may remain on remote learning.

ISLETA HEALTH CENTER

April is Alcohol Awareness Month

Kaylee Chavez, Health Educator
Isleta Behavioral Health Clinic
Phone: 505-869-5475

April is Alcohol Awareness Month and an important time to be aware of how alcohol affects our community. Alcohol is the most frequently misused substance and is one of the top leading causes of death within our community. More than half of alcohol-attributed deaths are linked to health effects that are caused from drinking too much over time, which can induce multiple types of cancer, liver disease (cirrhosis), and heart disease. Lives that have been lost due to alcohol can also include deaths due to poisonings that involve other substances such as, (drug overdose), suicide, and motor vehicle crashes. So many lives are negatively influenced by alcohol misuse... elders, mothers, fathers, children, family and friends can all suffer from one or more individuals who misuse alcohol, but the negative consequences that stem from alcohol misuse can be prevented. Every human has the capability within himself or herself to overcome difficult times.

The Isleta Behavioral Health team are here to provide the help necessary to guide you to find your inner ability to overcome any struggles you may be facing. Whether it be someone struggling with a substance use disorder, a person living in recovery or searching for help to maintain recovery, someone who may have had a setback and wants to get back on track, or someone who may be affected from a loved one who is struggling with a substance use disorder. Our team is here to help you in any way that we can, if you have questions please reach out and contact us. We all have the capability to be resilient and our team is here to help you increase your overall social, mental, and physical well-being.

Please contact Isleta Behavioral Health with any questions you may have or if you would like to schedule your first visit with us at 505-869-5475.

PROTECTION

Correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19.



- Make sure your mask fits snugly against your face, and covers your mouth AND nose.
- Pick a mask with two layers to keep your spit droplets in and others' out.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.

Use a mask with a nose wire:

- Bend the wire over your nose snugly
- Keeps air from leaking from the top of the mask

For a better mask fit:

- Use a fitter or brace
- Use adjustable loops
- Tie the ear loops of your mask

Two ways to layer:

- Wear a disposable mask under a cloth mask
- Use a cloth mask with multiple layers









Do NOT:

- Combine two disposable masks
- Combine a KN95 mask with any other mask
- Put mask around your neck or your forehead
- Wear a wet or dirty mask





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

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.


1-800-222-1222



STRENGTH

If we look 100 years ahead and back...what did we do to ensure our community stayed healthy?

We washed our hands.
We wore a face mask.
We watched our distance.
We got vaccinated.



Isleta Health Center, Public Health Department
Call 896-9720 to schedule a COVID VACCINE

COVID-19 vaccines are important to help stop the pandemic.
The vaccine will not give you the virus.
For more information, visit [CDC.gov/vaccines/covid-19](https://www.cdc.gov/vaccines/covid-19)

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

ATTENTION ISLETA TRIBAL MEMBERS
Emergency Rental Assistance Funds Available

In 2020, the U.S. Congress appropriated funding to provide emergency rental assistance to low-income renters (this includes homebuyers lease purchasing a home) experiencing financial hardship as a result of the COVID-19 outbreak.

Funding allocated to Isleta Pueblo Housing Authority (IPHA) to provide:

- Emergency Rental Assistance in the form of rental arrears and accruing rent
- Utilities, and
- Home energy costs assistance

Who is Eligible?

Assistance is available to applicants who meet all of the following requirements:

- Tribal members residing within a fifty (50) mile radius of the Isleta Pueblo Reservation NOT already receiving assistance from other service providers, and residents on the Reservation NOT already receiving assistance from other service providers
- Households paying rent under a rental agreement (this includes tenants making lease payments under a lease purchase agreement)
- Households where one or more individuals have either
 - a. Qualified for unemployment benefits or
 - b. Have experienced a decrease in income, incurred significant costs, or **financial hardship due to the COVID-19 outbreak**
- Is a **low-income** household

What are Eligible Expenses?

Assistance is provided for the following. **Documentation will be required.**

- Rent arrears incurred on or after **March 13, 2020**
- **Accruing rent up to** for a three month period
- Utilities, including connection of utilities and past due payments for utilities and late fees incurred on past due payments, late fees may NOT exceed \$20 monthly
- Other heating costs such as propane for home heating use, wood, or pellets
- Relocation costs and rental deposits
- Internet services Not to Exceed \$100.00 for **BASIC** services only

What are the Limitations?

- Rental assistance may not be provided for current or future rent unless the rental assistance provided has cured the rent arrears or a payback agreement will cure the rent arrears
- Eligible to re-apply after three months if needed
- Households who have received assistance from other providers are not eligible for assistance for the same months for which assistance was already provided.

What is the Application Process?

Submit an application for rental assistance and/or utilities by applying at the IPHA office or at its website at POI Facebook. IPHA will also make applications available by email.

PROTECTION

We all have a responsibility to protect our community

Even as states and tribes reopen, we all must still be careful. COVID-19 is still here.

Ways to Protect Our Community from COVID-19:



- Always wear face coverings when in public settings



- Frequently wash hands with soap and water for 20 seconds or use hand sanitizer that contains at least 60% alcohol



- Don't touch your face



- Maintain physical distance of at least 6 feet from other persons outside of your home



- Always avoid large gatherings



- Self-quarantine for 14 days if you come in close contact with someone who is known to have COVID-19.



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.ih.gov

Isleta Health Center Call 869-9720 to be scheduled for a COVID-19 test.

FOR IMMEDIATE RELEASE

Call to Sign Up or Information: IBHC @ 869-5475



Adult ‘Mental Health First Aid’ Trainings

Similar to traditional ‘First Aid’ and CPR, ‘Mental Health First Aid’ teaches individuals how to help those experiencing mental health challenges or crises

WHO:

Community Members- 10 community members at a time (per training session)
COVID Specific Protocols Implemented

WHAT:

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

WHEN:

Thursday & Friday, April 22nd/23rd,
8:30 – 12:30 each day (8-hr Certification Course)

WHERE:

Isleta Health Center; Training Center (Modular Building on Westside of Clinic)

WHY:

Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, *more than one in five American adults will have a mental health problem in any given year.* The National Council for Behavioral Health certifies individuals throughout the nation, including IBHS, to provide Mental Health First Aid courses to prepare their communities with the *knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis.* Identified on SAMHSA’s National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

Adult Mental Health First Aid: Program Overview

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

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



30th annual Red Ribbon Multi-Cultural Relay Run 5k & 1 Mile Walk

Join us in this Alcohol and Drug Free prevention event run or walk challenge!!

September 9th, 2021 (Thursday)

Save The Date!!

Isleta 2nd Annual Indigenous peoples Day Fun Run

5K and 10K

Join Us

October 11, 2021 (Wednesday)

Save The Date!!





9th Annual Isleta Rock Your Mocs

5K Fun Run & 1 Mile Walk

Show your pride with us on Saturday

November 20th, 2021


Save The Date!!!

Pueblo of Isleta

UXO / HAZMAT DEPARTMENT

Native American Lands Environmental Mitigation Program

The Pueblo of Isleta UXO/HAZMAT/NALEMP Department aims to make the community safer by cleaning up munitions left by the United States Military. By removing the debris left, we can help preserve the land and keep it safe for future generations.



Shown above are just some of the munitions found on the reservation.

Munitions can be found by anyone, and can be in forms such as ammunition, bombs, hand grenades, etc. If you come across anything of this manner PLEASE contact Clint Lente, UXO/HAZMAT Manager at (505) 869-5748.

DO NOT try to move or touch anything yourself as it can be very dangerous.

Make sure to always follow the 3 R's of Explosive Safety:

Recognize -



that what you have found is a munition and is dangerous

Retreat -

do not touch, move, or disturb it. Leave the area.

Report -

Contact the UXO/HAZMAT Division and provide as much information as possible about the location. Coordinates are the best.



US Army Corps of Engineers.

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

National Prescription Drug

TAKE BACK DAY

Got Drugs?



Dispose of your unused medications properly!

April 24, 2021 from 10:00am - 2:00pm

Drop Off Locations


Isleta Police Dispatch

Main Recreation Center


Turn in your unused or expired medications we will accept the following:

- All Prescription Medications
Antibiotics, codeine, morphine, Ritalin, anti-depressants, steroids, inhalers, cough syrup, and many more
- Ointments
- Prescription Patches


- Over-the-Counter Medications
- Vitamins
- Samples
- Medications for Pets



For More Information Contact Isleta Police Department at 505-869-9737



Need a new driver's license?



Did you know you can renew on line even if you're 79 or older?

Just visit mvdonline.com

Upload your medical report or eye exam results, if required. MVD will notify you when it's been accepted, and then complete the process using the renew/replace option.

MVD


NEW MEXICO

TLC

Plumbing & Utility

Service & Construction

PUBLIC SERVICE ANNOUNCEMENT



PUEBLO OF ISLETA

VILLAGE SEWER LINE IMPROVEMENT PROJECT

The Pueblo of Isleta has contracted TLC Plumbing & Utility for the Village Sewer Line Improvement Project to complete sewer upgrades within the next 300 days. While work is taking place you can expect Traffic & Sewer Flow Disruptions from 7:00 AM to 5:30 PM on March 23, 2021 through February 2, 2022. Please see information below for a quick reference of the project, contractor, and contact information. Thank you for your patience, it is greatly appreciated.

TLC Contact Information:

Project Name: Village Sewer Line Improvements

Contact: Bobby Thomas / Ron Abeita

Daytime Phone: 505-362-2317 (Bobby Thomas)

After-Hours Emergency Phone: 505-362-1814

Contact Phone: 505-362-1814 (Ron Abeita)

Email: bthomas@tlcplumbing.com

Pueblo of Isleta Contact Information:

Project Name: Village Sewer Line Improvements

Project Manager: Ernest Archuleta, PE

Contact Phone: 505-231-4597

Email: Ernest.Archuleta@wsp.com

Public Works Director: Edwin Jaramillo


Contact Phone: 505-869-5170 & 505-869-9781

Email: Edwin.Jaramillo@Isletapueblo.com

5000 Edith Blvd NE • Albuquerque, NM 87107

Phone: (505) 761-9696 • Fax: (505) 761-9875 • www.tlcplumbing.com

Map of Village Sewer Line Improvement Project




Traffic & Project itself will be worked in various locations in each week. Notifications to residents will be sent out one week in advance.

St. Augustine Parish

Isleta Pueblo

Ministry of Consolation




MISSION STATEMENT

We are a ministry of consolation at St. Augustine Parish to offer spiritual comfort and support to families who have experienced the loss of a loved one. We will continue to honor and respect our traditional teachings.

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

SAVE THE DATE

APRIL 17

ENVIRONMENTAL JUSTICE COMMUNITY DAY 2021

JOIN US + FREE VIRTUAL EVENT

Resisting Injustice:
Principles of Environmental Justice 30 Years and Strong

TERESA_SKIBA@FWS.GOV FOR MORE INFORMATION
WWW.FRIENDSOFFALLEDEORO.ORG

PHOTO CREDIT: CATHERINE LEIGHT



Los Jardines Institute
Agriculture • Literacy • Community
Workshop for Environmental, Economic, and Social Justice



NATIONAL WILDLIFE
REFUGE SYSTEM



PUEBLO OF ISLETA



CESOSS
CENTER FOR SOCIAL JUSTICE AND SUSTAINABLE LIVING
Celebrating people, place, and resources



ATRISCO HERITAGE ACADEMY
HIGH SCHOOL



FRIENDS OF
VALLE DE ORO



MOUNTAIN VIEW
NEIGHBORHOOD ASSOCIATION



PUEBLO OF ISLETA



NACA
Growing Together



B-MP
Bosque Ecosystem Monitoring Program

Did You Know?

The Hubbell Crash Site

In 1946, there was a crash on the Pueblo of Isleta involving a U.S. Navy twin engine air transport plane. The plane had 11 military personnel on board, and all 11 were killed in the crash.

There was over 1,800 pounds of debris that was recovered, consisting of over 8,500 pieces of the plane.

The aircraft involved in the crash was a cargo transport counterpart for the Douglas C-47 'Skytrain'. Shown above is the 'Skytrain'.

Have you been told a story of a plane crash on the reservation? If so, we would love to hear it and investigate the story. Please contact the UXO/HAZMAT Department at (505)869-5748 with any tips or findings.

Well Child Visits

A Key to Healthy Kids

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

Well child visits help:

PREVENT PROBLEMS

The clinic team will:

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

TRACK GROWTH AND DEVELOPMENT

The doctor will measure:

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

BRING UP CONCERNS

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

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

CREATE A TEAM APPROACH

You and the clinic team can:

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

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



Now, more than ever, it's important to keep up with your children's vaccinations!

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

Source: www.healthychildren.org



PUEBLO OF ISLETA

VOICE
OF REASON

COVID-19 VACCINATION PLAN

PHASE 1A

- Health Care Personnel
- Residents at Long-Term Care Facilities

PHASE 1B

- Frontline Essential Workers
- Isleta Tribal Members 75 Years & Older

PHASE 1C

- Isleta Tribal Members 65-75 Years of Age
- Other Essential Workers
- Isleta Tribal Members 16 - 64 Years of Age with Underlying Health Conditions

PHASE 2

- All Isleta Tribal members 16 years of age or older living on or off the reservation

CALL TODAY TO PRE-REGISTER 869-972

Vaccine clinics will be scheduled as the vaccine becomes available. Once you pre-register, you will be contacted with a scheduled date and time to receive your vaccine.

Currently we are implementing Phase 1A, Phase 1B, Phase 1C and Phase 2 if you meet any of the criteria.

GREETINGS TO ALL SENIORS/
ELDERS OF OUR COMMUNITY

The POI Elder Center is happy to announce a new loan program for seniors age 60+. This program will provide a senior a Chromebook or iPad on a loan basis. We are hopeful that the lending program will allow seniors to explore the world of technology. Especially at a time where we have seen more days of isolation due to the pandemic.

The devices will be downloaded with community photos of the old and new; video introduction of tribal leaders such as Governor Vernon Abeita; Native American Music, games and more. We will be lending these devices out on a one-month loan period. The plan is to continuously add more information onto the devices about our community. This is a way to keep our seniors entertained and engaged to the community. Unfortunately, these devices will not have internet connectivity unless you connect to a nearby hotspot.

We will start taking calls for this loan program on April 1, 2021—call the Elder Center at (505) 869-9770. Limited number of devices available, so first-call-first serve.



AARP is assisting with free tax prep at select Senior Affairs sites as well as other venues in the community.

You **MUST** call the Information line for AARP Foundation Tax Aide Sites.

- The number is: **1-888-227-7669**. They will not make an appointment for you, they will give you information to specific sites to get your taxes prepared.
- You must make an appointment to receive tax assistance.
- You can go to aarpfoundation.org/taxhelp to select a tax site and make your appointment.
- Tax prep will be through 4/15/21
- New extension to file your 2020 taxes is 5/15/21

Once again, AARP will not be at the Isleta Elder Center to assist with Tax Services this year.


Pauline E. Lucero
Benefits & Billing Manager

Isleta Elder Center
PO BOX 1270 Isleta, NM 87022


Office: 505-869-9770 ext. 9339
Fax: 505-869-7593

PUEBLO OF ISLETA
WE NEED YOUR HELP!

PUEBLO OF ISLETA




505-869-9770



Menu Instructions Included

April Menu - Food Box #1

Day 1	Day 2	Day 3	Day 4	Day 5
BAKED HAM	CHICKEN SANDWICH	BEANS W/HAM	TUNA SALAD	CHEESEBURGER
4oz Baked Ham	2 Chicken Breast	1c Beans	9oz Tuna	2 Hamburger Pattys
4oz Baked Potato Wedges	2 Slice Cheese	1/2c Diced Ham	3/4c Stewed Tomato	3/4c Waffle Fries
1/2c Yams	1/2c Chateau Blend	2 Jalapeno Corn Bread	4 Sliced Bread	2 Slice Cheese
2 Dinner Rolls	2 Hamburger Buns		2 Granola Bars	2 Hamburger Buns
	2 Baked Chips			
Day 6	Day 7	Day 8	Day 9	Day 10
BEEF ENCHILADA	BAKED CHICKEN	PORK POSOLE	CHICKEN ALFREDO	CHEESE QUESADILLA
8oz Ground Beef	4 Drumsticks	6oz Ground Pork	6oz Diced Chicken	3/4c Shredded Cheese
1/2c Spanish Rice	3/4c Stuffing	1c Hominy	1/2c Alfredo Sauce	3/4c Winter Blend
1/2c Chuckwagon	3/4c Chateau Blend	3/4c Broccoli	1c Egg Noodles	1/2c Refried Beans
6 Corn Tortillas	BBQ Sauce	5 Crackers	1/2c Carrots	2 Tortillas
Red Chile	2 Dinner Rolls			
Day 11	Day 12	Day 13	Day 14	
SHEPARD'S PIE	CHICKEN FAJITAS	PORK CHOPS	BEEF STEW	
8oz Ground Beef	6oz Diced Chicken	2 Pork Chops	6oz Beef Stew Meat	
1c Mashed Potato	1/2c Fajita Vegetable	2 Baked Potatoes	1/2c Barley	
1/4c. Gravy	1/2c Spanish Rice	1/2c Chateau Blend	1/2c 5 Way Vegetable	
1/2c Peas & Carrots	2 Tortillas	2 Applesauce	5 Crackers	
2 Dinner Rolls	Salsa			




COVID-19 Testing Frequently Asked Questions

1

Why is testing important?

Viral tests can tell someone if they have the virus that causes COVID-19. The sooner someone learns they have the virus, the sooner they can isolate from others to prevent the spread and receive any needed medical attention.




2

When should someone get tested?

- As soon as possible if they have symptoms (fever, cough, trouble breathing, headache, chills, muscle pain, congestion or runny nose, nausea or vomiting, diarrhea, sore throat).
- 3-5 days after exposure to COVID-19.

Examples of exposure include: being within 6 feet for a total of 15 minutes or more with someone with COVID-19; hugging, kissing, or sharing utensils with an infected person; being sneezed or coughed on by an infected person; or attending large social gatherings.

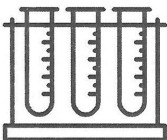


3

What do the test results mean?

- A **positive result** on a viral test means the person likely had COVID-19 at the time of the test.
- A **negative result** on a viral test means the person likely did not have COVID-19 at the time of the test, or the test was taken too early in the infection to be detected.


The virus can stay in the body without showing on a test for up to 2 weeks after exposure.



4

Where can I get tested for COVID-19?

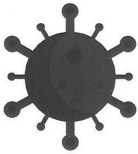
- Those with symptoms of COVID-19 should contact their healthcare provider for information.
- Those without symptoms should contact their local tribal health department for the latest information on testing. COVID-19 tests are available at no cost.




5

Can someone catch the virus from getting tested?

It is very unlikely that someone will get COVID-19 from getting a test. Viral tests involve a simple nose or mouth swab and will not expose the person to the virus. All testing sites require patients to wear masks and stay 6 feet apart. In addition, most testing sites are taking steps to circulate air to make testing safe for everyone.





JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH

Isleta Health Center

Call 869-9720 to be scheduled for a COVID-19 test.

Effective February 1, 2021

Source: CDC



A Memorial

This is in remembrance for the loved ones we lost this past year, either from the Coronavirus or other reasons. Many of us have lost our Tata, Nana, mother, father, brother, sister, son, daughter, relative, friend, or neighbor. It has been terribly difficult due to the coronavirus because we were required to stay home to be safe. Although many people were not able to pay respects and say goodbye to the ones we lost, as we normally do as a community, you are not forgotten. Please know that we continue to keep you in our thoughts and prayers and a time will come when we will be able to see one another again.

Please join us in a private prayer as we light a candle In remembrance of our loved ones starting on Easter Sunday.

We pray for everyone as we continue to stay healthy and safe.

From the Elder Advisory Committee

Until we meet again



*We think about you always,
We talk about you still.
You have never been forgotten,
And you never will.
We hold you close within our hearts,
And there you will remain.
To walk and guide us through our lives,
Until we meet again.*

~Author Unknown

ISLETA HEALTH CENTER
ATTENTION OPTOMETRY
PATIENTS:

We would like to announce that we now have a Full Time Optometrist here at Isleta Health Center and are scheduling Routine Eye Examinations. If you would like to schedule an appointment, Please give us a call at (505) 869-4080.

***Please note: The Optometry Staff will no longer be giving Referrals to Eye Associates of New Mexico for Routine Eye Examinations. If a patient chooses to be seen with Eye Associates of New Mexico, they will be financially responsible for their own appointment.**

Thank you
-Isleta Health Center
Optometry Staff

Isleta Pueblo WIC Program
505.869.2662

April 2021

April is National Public Health Month!

What can we do?

In our communities:

Help families get healthy foods. Improve access to food programs such as SNAP and WIC. Every vote matters, from the community level all the way up.

Help kids eat well at school. We can help address nutrition and hunger by providing children with healthy meals while they're at school. Meal programs in the summer or during the pandemic address food insecurity at the local level.

Help people make informed choices about what they eat. Programs like WIC offer nutrition counseling that can help families make better choices. Offering nutrition education through schools and community programs helps us make long term sustainable changes.

Wipe out food deserts. Many urban neighborhoods and rural towns have plenty of fast food chains and convenience stores but not enough grocery stores selling fresh, healthy and affordable food. The U.S. Department of Agriculture estimates that 23.5 million people in the U.S. live in a food desert. A recent study found that low-income areas had half as many supermarkets as wealthier areas. Work with your city and county planners to change local policies that increase access to healthy food options.

For more info: <http://www.nphw.org/tools-and-tips/themes/give-everyone-a-choice-of-healthy-food>

In our families:

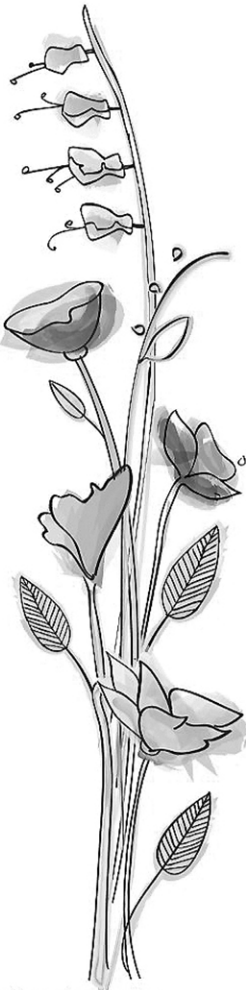
Choose healthier options to favorite foods. Small changes such as adding a little less sugar to recipes, swapping refined grains for whole grains, and adding extra veggies to dishes can really add up to better health.

Strengthen support networks. Reaching out to local support groups is a great way to make friends and gain support on your journey.

Breastfeed. Breastfeeding our babies and supporting other family members to breastfeed greatly improves ours and our children's health for an entire lifetime and generations to come. Studies have shown reduced risks of cancers, asthma, diabetes, obesity, and many other childhood and adult illnesses. Any amount of breastfeeding is beneficial!

WIC NEWS

We have been working hard to make sure our clients get the best service possible. We are offering car-side and drive thru services, phone counseling, as well as late and same day appointments to accommodate busy schedules. Our clients come from many different backgrounds and areas in and around Albuquerque and Isleta Pueblo. Our caseload is growing and we're always happy to welcome new clients so let your friends and family know about us!



The WIC Program offers healthy foods for women, infants and children, as well as nutrition information and counseling. Call us at 505 869-2662 for our soonest available appointment.

Why is now a good time to try quitting commercial tobacco?



It is always a good idea to quit commercial tobacco use. Commercial tobacco use dramatically increases the risk of many serious health problems, including both respiratory problems and cardiovascular diseases. Quitting is especially important at this time to reduce the harm caused by COVID-19.

Quitting commercial tobacco helps to reduce the interaction between your mouth and hands. Continually bringing a cigarette, chew, or other tobacco product to your mouth increases the risk of introducing harmful germs into your body.

After quitting commercial tobacco use there are immediate positive effects on your health, including impact on the lungs and cardiovascular functions. The risk of other negative health effects, such as chronic obstructive pulmonary disease (COPD) and cancer, are greatly reduced while quality of life is drastically increased. These improvements help your body to respond to infections and reduce the risk of developing more severe symptoms. Over time, people who quit smoking and commercial tobacco use see many benefits to their health.

If you are interested in quitting and would like free support, call 1-800-QUIT NOW or visit www.QuitNowNM.com.

Time after quitting	Health Benefits
Minutes	Heart rate drops
24 hours	Nicotine level in blood drops to zero
Several days	Carbon monoxide level in the blood drops to the level of someone who does not smoke
1 to 12 months	Coughing and shortness of breath decrease
1 to 2 years	Risk of heart attack drops sharply
3 to 6 years	Added risk of coronary heart disease drops by half
5 to 10 years	Added risk of cancers of the mouth, throat, and voice box drops by half
10 years	Risk of stroke decreases
15 years	Added risk of lung cancer drops by half after 10-15 years
20 years	Risk of cancers of the bladder, esophagus, and kidney decreases
	Risk of coronary heart disease drops to close to that of someone who does not smoke (COPD)
	Risks of cancers of the mouth, throat, and voice box drops to close to that of someone who does not smoke
	Risk of pancreatic cancer drops to close to that of someone who does not smoke
	Added risk of cervical cancer drops by about half



