



Isleta Pueblo News

Volume 17 Issue 2

Pueblo of Isleta website: www.isletapueblo.com



February 2022

Governor's Report

Ma-gu-wam

I hope this finds you all well and in good spirits. As we still try to move forward in the pandemic of COVID-19 we are continuing every effort to keep our community safe. As we are all aware the new variant Omicron, has surged and infected a large number of our community members. The COVID-19 Mitigation team urges everyone to continue COVID safe practices by wearing a mask, social and physical distancing and good hand hygiene. We all feel the “when is this going to end?” feeling and this has caused some of us to drop our guard against COVID. Please understand the COVID Team has provided the community with readily available vaccinations, boosters, testing, monoclonal antibody treatments, services for isolated and quarantine households, statistics of positive cases, deaths, and the affected age groups. As we face the surge of Omicron and its contagious factors that are affecting families and households, we encourage you to take advantage of the available resources provided, get vaccinated, get boosted and get tested. On a side note, I want to recognize the COVID Response Team for accomplishing and being the only Pueblo to provide the monoclonal Antibody treatment here on the Pueblo. We all have a part in keeping our family and community safe. Currently, the Public health order is still in effect along with the Executive order, which has an explanation of the current situation we are facing. If you have any questions about COVID-19 or want to get tested, please call the COVID line at 505-869-9720.

As we move along with the 30-day legislative session, we had the opportunity to meet and voice our concerns with Speaker of the House Brian Egolf. The Pueblo has requested legislative funding for our water well system upgrade and transfer station improvements. We also voiced our support for house bill 60 that is sponsored by Representative Lente for the support of native language preservation and payment increases for certified language instructors within the school. Another concern is the support of the State Indian Child Welfare Act (SICWA), which is supported by Representative Georgene Louis and the Pueblo of Isleta's Social Services Director Jacqueline Yalch. Other concerns voiced were issues on climate changes, support for Governor Lujan-Grisham's increase funding for Behavioral Health funding, continued funding for the Tribal Remedy Framework to address the Yazzie-Martinez lawsuit, support on eliminating taxes on social security benefits and, last but not least support of the Indian Affairs Department for increase funding and personnel for their department. In closing, we humbly ask to work together with the State of New Mexico and our sister Pueblo and tribes, and that our requests and voices be heard and do not fall on deaf ears.

Our National Telecommunications and Information Administration (NTIA) Tribal Broadband Connectivity Program (TBCP) application has moved forward to the

programmatic review stage. We are in the process of clarifying and improving those parts of our application with NTIA to complete the programmatic review for further consideration of our application for funding. One of our team members commented that being in the programmatic review stage, our application is still in the running, given some applications have already been outright rejected. Tribal Administration along with our team will make every effort to receive this grant funding and achieve the goal of providing high speed internet to all tribal members of Isleta.

Please remember to get your burn permits for the New Year. You may pick them up at the Governor's Office Open Space office (behind Tribal Complex) or at the Police Substation on the west side. Reminder as well, wood permits are available at the same location. Please note that wood hauling and use of wood is only permitted for tribal members and is not to be sold or traded for goods. Please respect our resources, which are here for our use as members. Anyone caught abusing this will have their wood permit privileges revoked.

We would like to welcome Mark Drebing as the new Tribal Prosecutor. He was the Chief Deputy District Attorney for the state of New Mexico. He has a lot of good experience and we feel that he will do well as our Prosecutor. He will be located at the Tribal Services Complex Center.

Additionally, we would like to welcome “CJ Kettle” to the Motorpool Team under the Transportation Department. CJ Kettle will be the Motorpool Fleet Supervisor. CJ Kettle will be responsible for overseeing

day-to-day operations in the Facility Maintenance and Operations Shop along with working on scheduling the repair and maintenance of POI owned vehicles and equipment.

We urge everyone who is driving around on ATVs, motorcycles, and side-by-sides to wear a helmet and be safe while operating these vehicles. We understand the use of an ATV and similar vehicles as such however, the use of these vehicles are prohibited “off road” on the east and west rangeland and the East Mountains. Driving the ATVs, off road destroys the vegetation and the land.

As the spring comes and we all get ready for outdoor activities, such as sports, we have received phone calls for sponsorship requests. The Pueblo of Isleta has a Sponsorship Committee to provide funding for such events; however, the Tribal Council has placed a moratorium on the committee until the policy and procedures can be revised. As soon as we hear from the Tribal Council about the Sponsorship Committee, we will keep you aware of the progression.

Finally yet importantly, I would like to introduce the new traditional leaders this year, Ray Jojola, Edwin Wilson, Patrick Benavidez, Daniel Waseta Jr., Malcom Trujillo, Andrew Zuni, and Nicholas Trujillo. May the creator give you all the strength and guidance to lead our community. We look forward to working together.

I pray to our creator to keep each one of you safe and for a long, healthy, and prosperous life. I pray to our creator to bring us snow and rain to have a fruitful year for our crops and animals.

Haw-wooh,
Vernon B. Abeita, Governor

WATER RESOURCES

2022 Irrigation Water Supply: Uncertain Times Ahead

The current water supply forecast for 2022 is not looking favorable for the Middle Rio Grande Valley. Water supply is forecasted based on snowpack in the mountains that supply runoff water to New Mexico's northern reservoirs which, in turn, supply water to the Middle Rio Grande. Reservoirs serving the Middle Rio Grande already have poor storage due to a dismal water supply in 2021. This year's less than average snow pack (~80% of average) coupled with higher than average temperatures and lower than average precipitation forecasted over the next few months is adding to the misfortune. Additionally, the Middle Rio Grande Conservancy District is planning on bypassing some of this year's native water to reduce the Compact delivery obligations owed to Texas, adding further uncertainty to this year's irrigation season. And to top all of this off, El Vado Reservoir, which stores Prior and Paramount (P&P) water for the six Middle Rio Grande Pueblos, is scheduled to be under construction this year and next, greatly limiting the ability for P&P storage for the Pueblos. The Pueblo is working hard to increase the P&P storage volume in another northern reservoir but the Pueblos need the

cooperation of the federal and state agencies to do so.

Irrigation season start date is undetermined but will likely start in the second half of March. Needless to say, irrigation water supply will be very tight throughout the Middle Rio Grande Valley. Final P&P storage numbers will likely be severely reduced compared to previous years but will not be known until May of 2022, and as conditions change on the ground, so will management options. POI staff is closely monitoring this situation and is in close communication with Reclamation, BIA, and MRGCD.

This year will undoubtedly be challenging for all water users. It will require all farmers, mayordomos, and MRGCD personnel to communicate frequently and work collaboratively together to ensure efficient scheduling and irrigation practices are adhered to. It is likely that strict irrigation rotation schedules, similar to last year, will have to be implemented. If you have further questions, please don't hesitate to contact the Pueblo's Water Resources Department, at 505-869-7566.

LETTER FROM THE EDITOR

DEADLINE for March Newsletter articles is set for Wednesday, February 16, 2022, 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)
- 

PROBATES

IN THE MATTER OF THE ESTATE OF:
Steven J. Abeita (DOD: 04/25/2020)

Case No. CV-PR-0165-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Steven J. Abeita**, deceased **04/25/2020**, 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 (TBD)** at **TBD** 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:
Santana Olguin (DOD: 05/08/1984)

Case No. CV-PR-0177-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Santana Olguin**, deceased **05/08/1984**, 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 (TBD)** at **TBD** 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:
Marie Josefita Kirk (DOD: 01/22/2021)

Case No. CV-PR-0186-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Marie Josefita Kirk**, deceased **01/22/2021**, 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 (TBD)** at **TBD** 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:
Jose Andres Chewiwi (DOD: 12/21/2016)

Case No. CV-PR-0194-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose Andres Chewiwi**, deceased **12/21/2016**, 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 (TBD)** at **TBD** 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:
Lupita Chewiwi (DOD: 07/15/2021)

Case No. CV-PR-0195-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Lupita Chewiwi**, deceased **07/15/2021**, 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 (TBD)** at **TBD** 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:
Isidor Carpio (DOD: 12/15/2013)

Case No. CV-PR-0156-2021

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Isidor Carpio**, deceased **12/15/2013**, 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, January 4, 2022 at 1:30 pm** 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:
Bernadette L. Gaisthia (DOD: 06/4/2021)

Case No. CV-PR-0117-2021

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Bernadette L. Gaisthia**, deceased **06/04/2021**, 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 **Wednesday, January 26, 2022 at 9:300 am** 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:
Juan Felipe Lucero (DOD: 05/15/2020)
Doris A. Lucero (Maria Dominga Abeita) (DOD: 07/10/2018)
Patrick Angelo Lucero (DOD: 09/08/2020)

Case No. CV-PR-0116-2021
(ALL cases Consolidated)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Juan Felipe Lucero**, deceased **07/12/2021**, **Doris A. Lucero**, deceased **07/10/2018**, and **Patrick A. Lucero**, deceased **09/08/2020**, 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 **To Be Determined (TBD)** at **TBD** 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.

VALLE DE ORO NATIONAL
WILDLIFE REFUGE IS OFFERING



Refuge neighbors are invited to share firewood, slash and mulch from a Siberian Elm removal project this summer. Please contact Natasha Robson to get a free permit. **Permits are required.**

Natalia_robson@fws.gov, 505-205-3545



HEALTH BEAT: January is Radon Action Month

Stephanie Barela, Health Educator, Isleta Health Center
Phone: 505-869-4479

Information from the Pueblo of Isleta Environment Department



January is National Radon Action Month. The aim of National Radon Action Month is to increase the public's awareness of radon, promote radon testing and mitigation, and advance the use of radon-resistant new construction practices. Please contact me if you would like a brochure.

FREQUENTLY ASKED QUESTIONS

What is radon?

Radon is a naturally occurring radioactive gas that can cause lung cancer in humans. Radon gas is inert, colorless and odorless. Radon is naturally in the atmosphere in trace amounts.

Where does radon come from?

Radon is a by-product of radioactive elements such as uranium which comes from erosion of soil and rocks.

How does radon get into your home?

Radon typically moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Your home traps radon inside, where radon can build up.

How does radon affect your health?

When you breathe in radon, it gets into the lining of your lungs and gives off radiation. Long-term exposure to radon can damage the cells and lead to lung cancer.

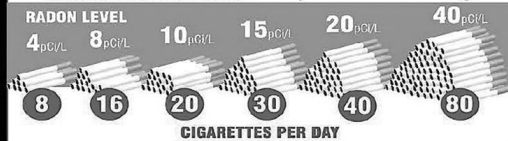
WHAT IS THE PUEBLO DOING?

The Environment Department has been testing radon levels annually by setting up radon sampling kits in tribal buildings and resident homes upon request. The department continues to work with the Radon Outreach Program at New Mexico Environment Department. For additional information on where to get radon sampling kits, please call the Pueblo's Environment Department.

RADON FACTS

- Radon is the second leading cause of lung cancer in the U.S.
- Radon is an odorless, colorless, tasteless radioactive gas.
- Radon is a "Class A" known human carcinogen.
- Radon does not go away over time.
- Radon levels spike during colder months when windows are kept closed, preventing heat (and radon) from escaping the home.
- Any home can have a radon problem.
- Existing radon exposures are responsible for about 21,000 deaths per year in the U.S.

RADON EXPOSURE compared to smoking



DOES YOUR HOME HAVE A RADON PROBLEM?

Testing is the only way to know if you and your family are at risk from radon. Radon sampling kits are EASY and INEXPENSIVE. Do not test when operating a swamp cooler.

WHAT THE RESULTS MEAN

0.4 pCi/L = Average outdoor radon level.

1.3 pCi/L = Average indoor radon level.

≥2 pCi/L = Mitigation level, consider fixing below 2 pCi/L.

≥4 pCi/L = Action level, fix your home.

NOTE: Smoking combined with radon exposure can increase your risk at developing lung cancer by 10 times

HOW TO FIX YOUR HOME

Lowering high radon levels requires technical knowledge and special skills. We suggest you use a contractor who is trained to fix radon problems. A qualified contractor can study the radon problem in your home and help you pick the right treatment method.

Immediate radon mitigation: Increase air flow in the building by opening windows and using fans and vents to circulate air. Seal cracks in floors and walls with plaster, caulk, or other materials designed for this purpose.

Contact the Isleta Environment Department at 505-869-9814 to receive a free Radon Sampling Kit to test your home for radon. For those that do not live in Isleta, please contact the New Mexico Environment Department Indoor Radon Outreach program at 505-476-8608 or email michael.taylor@state.nm.us to get more information on radon testing kits.

HEALTH BEAT:

What to Do if you Know Someone
Is Having Suicidal Thoughts

Kaylee Chavez, Case Manager,
Isleta Behavioral Health Services
Phone: 505-869-5475

Learn what to do if you know someone is having suicidal thoughts. Safety and protection trumps confidentiality in any crisis. If a person poses a danger to self or others, ask the person directly if he or she (1) is having suicidal thoughts, (2) has a plan to do so, and (3) has access to lethal means.

Some questions that you can ask include:

- Are you thinking about killing yourself?
- Have you ever tried to hurt yourself before?
- Do you think you might try to hurt yourself today?
- Have you thought of ways that you might hurt yourself?
- Do you have pills/weapons in the house?

You cannot predict death by suicide, but you can identify people who are at increased risk for suicidal behavior and refer them to effective treatment. Take seriously all suicide threats and all suicide attempts and act by seeking help. If you think an individual may harm him or herself, do not leave the person alone. If you or someone you know exhibits any suicidal behavior, please seek help. The numbers listed below are resources that can assist with crises related to suicide:

- > HAVEN Behavioral Health Hospital, 505-254-4564
- > Presbyterian Anna Kaseman Hospital, 505-291-2121
- > UNM Emergency Room, 505-272-2111
- > UNM Psychiatric Emergency, 505-272-2800
- > New Mexico Crisis and Access Line, 1-855-662-7474
- > UNM Children's Psychiatric Hospital, 505-272-2890
- > 911

If you have any other questions or would like additional information, please contact Isleta Behavioral Health Clinic at 505-869-5475.



TEST YOUR HOME FOR RADON

Testing is the only way to know if you and your family are at risk from radon. Contact the Pueblo of Isleta Environment Department at 505-869-9814 to get a free radon test kit.



Job Postings

Visit us online at
<http://www.isleta.com/career-opportunities.aspx>
Fax: 505-244-8232


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.

<input type="checkbox"/> Title	Location	Address	City , State	Date Posted ▼
<input type="checkbox"/> <u>Cage Cashier</u>	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	1/20/2022
<input type="checkbox"/> <u>SHOP CLERK</u>	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/19/2022
<input type="checkbox"/> <u>OUTSIDE SERVICE</u>	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/19/2022
<input type="checkbox"/> <u>MASSAGE THERAPIST</u>	0200 - HOTEL OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/18/2022
<input type="checkbox"/> <u>LOBBY PORTER</u>	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	1/18/2022
<input type="checkbox"/> <u>COVID-19 TRACER</u>	1510 - HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	1/17/2022
<input type="checkbox"/> <u>SHIPPING & RECEIVING CLERK</u>	1580 - SHIPPING & RECEIVING	11000 Broadway SE	Albuquerque, NM	1/13/2022
<input type="checkbox"/> <u>APPLICATIONS ADMINISTRATOR I</u>	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	1/7/2022
<input type="checkbox"/> <u>HOUSEPERSON</u>	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	1/7/2022
<input type="checkbox"/> <u>IT Specialist I</u>	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	1/7/2022
<input type="checkbox"/> <u>LAUNDRY ATTENDANT</u>	0270 - HOTEL LAUNDRY	11000 Broadway SE	Albuquerque, NM	1/7/2022
<input type="checkbox"/> <u>SLOTS FLOOR TECHNICIAN</u>	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/7/2022
<input type="checkbox"/> <u>GRAPHIC DESIGNER</u>	1100 - MARKETING ADVERTISING	11000 Broadway SE	Albuquerque, NM	1/7/2022
<input type="checkbox"/> <u>MECHANIC I</u>	1310 - VEHICLE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	1/6/2022
<input type="checkbox"/> <u>RETAIL ATTENDANT</u>	RETAIL ENCHANTMENT	11000 Broadway SE	Albuquerque, NM	1/5/2022
<input type="checkbox"/> <u>Count Member</u>	0160 - CASH OPS COUNT	11000 Broadway SE	Albuquerque, NM	1/4/2022
<input type="checkbox"/> <u>EDR ATTENDANT</u>	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	1/4/2022
<input type="checkbox"/> <u>COOK III</u>	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	1/4/2022
<input type="checkbox"/> <u>Sergeant</u>	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	1/4/2022
<input type="checkbox"/> <u>Lieutenant</u>	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	1/4/2022
<input type="checkbox"/> <u>RETAIL SUPERVISOR</u>	0295 - HOTEL MANAGEMENT	11000 Broadway SE	Albuquerque, NM	12/30/2021
<input type="checkbox"/> <u>SUPERVISOR F & B</u>	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	12/29/2021
<input type="checkbox"/> <u>SPORTS BOOK WRITER/G.S.R.</u>	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	12/29/2021
<input type="checkbox"/> <u>COOK I</u>	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	12/28/2021
<input type="checkbox"/> <u>COOK I</u>	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	12/28/2021
<input type="checkbox"/> <u>CALL CENTER AGENT</u>	0210 - HOTEL RESERVATIONS	11000 Broadway SE	Albuquerque, NM	12/28/2021
<input type="checkbox"/> <u>SLOTS FLOOR ATTENDANT</u>	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/28/2021
<input type="checkbox"/> <u>SUPERVISOR F & B</u>	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	12/28/2021
<input type="checkbox"/> <u>BARTENDER</u>	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	12/22/2021
<input type="checkbox"/> <u>BINGO MANAGER</u>	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	12/15/2021
<input type="checkbox"/> <u>Bingo Supervisor</u>	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	12/8/2021
<input type="checkbox"/> <u>SPA ATTENDANT</u>	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	12/6/2021
<input type="checkbox"/> <u>SLOTS FLOOR ATTENDANT</u>	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/6/2021
<input type="checkbox"/> <u>APPLICATIONS ADMINISTRATOR II</u>	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	12/3/2021
<input type="checkbox"/> <u>OFF-SITE ATTENDANT</u>	0335 - F&B GOLF COURSE GRILL	11000 Broadway SE	Albuquerque, NM	11/30/2021
<input type="checkbox"/> <u>Floor Beverage Server</u>	0390 - F&B FLOOR BEVERAGE	11000 Broadway SE	Albuquerque, NM	11/29/2021
<input type="checkbox"/> <u>TABLE GAMES SHIFT MANAGER</u>	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	11/29/2021
<input type="checkbox"/> <u>Revenue Auditor II</u>	1565 - REVENUE AUDIT	11000 Broadway SE	Albuquerque, NM	11/29/2021

<input type="checkbox"/> Assistant Golf Pro	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	11/1/2021
<input type="checkbox"/> MAINTENANCE MECHANIC	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	11/1/2021
<input type="checkbox"/> BARTENDER	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	10/28/2021
<input type="checkbox"/> SERVER	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	10/22/2021
<input type="checkbox"/> F&B SYSTEMS COORDINATOR	0395 - F&B MANAGEMENT	11000 Broadway SE	Albuquerque, NM	10/21/2021
<input type="checkbox"/> SUPERVISOR F & B	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	10/21/2021
<input type="checkbox"/> Guest Service Supervisor	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	10/19/2021
<input type="checkbox"/> BAKER I	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	10/18/2021
<input type="checkbox"/> PASTRY CHEF	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	10/18/2021
<input type="checkbox"/> DATABASE MANAGER	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	10/18/2021
<input type="checkbox"/> SURVEILLANCE AGENT	0170 - SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	10/14/2021
<input type="checkbox"/> COOK II	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	10/14/2021
<input type="checkbox"/> Sr. Director of Human Resources	1510 - HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	10/8/2021
<input type="checkbox"/> SUPERVISOR F & B	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> HDCT	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> POOL ATTENDANT	1365 - POOL MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Custodial Assistant Supervisor	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Banquet Server	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Banquet Captain	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Cook I (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Cook I (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Cook I (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Expeditor	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> Table Games Floor Supervisor	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> SAFETY SPECIALIST	1520 - RISK MANAGEMENT	11000 Broadway SE	Albuquerque, NM	9/28/2021
<input type="checkbox"/> SECURITY OFFICER I	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	9/20/2021
<input type="checkbox"/> SECURITY OFFICER II	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	9/20/2021
<input type="checkbox"/> PMT III	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/17/2021
<input type="checkbox"/> Guest Service Representative	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	9/13/2021
<input type="checkbox"/> FOOD ATTENDANT	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	9/9/2021
<input type="checkbox"/> FOOD ATTENDANT	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	9/9/2021
<input type="checkbox"/> Table Games Dealer	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	9/8/2021
<input type="checkbox"/> LANDSCAPE TECHNICIAN	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/8/2021
<input type="checkbox"/> VALET ATTENDANT	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	9/3/2021
<input type="checkbox"/> COOK II	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/3/2021
<input type="checkbox"/> Plumber II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/26/2021
<input type="checkbox"/> HVAC Tech II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/26/2021
<input type="checkbox"/> Cashier (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	8/19/2021
<input type="checkbox"/> Room Attendant	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	8/11/2021
<input type="checkbox"/> Cook I (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	8/4/2021
<input type="checkbox"/> Irrigation Technician	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/2/2021
<input type="checkbox"/> Groundskeeper	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/2/2021
<input type="checkbox"/> Cook I (Prep)	0385 - F&B PREP KITCHEN	11000 Broadway SE	Albuquerque, NM	8/2/2021
<input type="checkbox"/> Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	7/26/2021

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ADMINISTRATIVE ASSISTANT III	Isleta Elementary School	01/28/2022
ACCOUNTING DIRECTOR	Treasury	Open Until Filled
ADMINISTRATIVE ASSISTANT II	Cultural & Historic Preservation	Open Until Filled
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
AUTO & DIESEL MECHANIC	Construction Operations	Open Until Filled
ANIMAL CRUELTY INVESTIGATOR	Police Department - Open Space	Open Until Filled
ASSISTANT MANAGER	C-Stores	Open Until Filled
BOSQUE RESTORATION CREW SUPERVISOR	Water Resources	Open Until Filled
BOSQUE RESTORATION TECHNICIAN	Water Resources --Within Only	Open Until Filled
BUS DRIVER {Part Time}	Head Start	Open Until Filled
BUSINESS MANAGER	Elementary School	Open Until Filled
CAREGIVER (2 Positions)	Assisted Living Facility	Open Until Filled
CARPENTER I, II or III	Housing Authority	Open Until Filled
CERTIFIED CODER II	Health Service	01/19/2022
CLINICAL SUPERVISOR	Health Service	Open Until Filled
CONSTRUCTION FOREMAN	Housing Authority	Open Until Filled
COMMUNITY HEALTH NURSE	Health Services	Open Until Filled
COOK I	Assisted Living Facility	Open Until Filled
COURT CLERK	Tribal Court	Open Until Filled
COVID-19 MEDICAL ASSISTANT	Health Services	Open Until Filled
COVID CUSTODIAN (2 Positions)	Public Works	Open Until Filled
DIRECTOR, CONSTRUCTION OPERATIONS	Construction Operations	Open Until Filled
EARLY HEAD START TEACHER	Head Start	Open Until Filled
EDUCATION ASSISTANT	Isleta Elementary School	Open Until Filled
ELEMENTARY TEACHER 1st. GRADE	Isleta Elementary School	Open Until Filled
EMS MANAGER	Health Service	01/19/2022
FACILITIES WORKER	Head Start	Open Until Filled
FEDERAL PROJECT MANAGER	Housing Authority	Open Until Filled
GAMING INVESTIGATOR	Gaming Regulatory	Open Until Filled
GENERAL COUNSEL	Legal Department	Open Until Filled
GROUNDS KEEPER	C-Stores	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until Filled
HEALTH INFORMATION CLERK	Health Services	01/19/2022
HOME CARE ATTENDANT	Elder Center	Open Until Filled
HVAC TECHNICIAN	Public Works	Open Until Filled
ICWA COORDINATOR	Social Services	Open Until Filled
INSTRUCTIONAL COORDINATOR	Department of Education -- Within Only	Open Until Filled
INTERNAL AUDITOR	Gaming Regulatory	Open Until Filled
LANGUAGE TEACHER	Department of Education -- Within Only	Open Until Filled
LEAD CUSTODIAN	Public Works	Open Until Filled
LIFEGUARD	Parks & Recreation	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
PARKS & MAINTENANCE WORKER	Parks & Recreation	Open Until Filled
PATIENT REFERRAL COORDINATOR I	Health Services	01/19/2022
PATIENT REGISTRATION CLERK	Health Center	Open Until Filled
PERSONAL CARE SERVICE AIDE(2 Positions)	Elder Center -- Within Only	Open Until Filled
PHYSICIAN	Health Center	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
POLICE OFFICER I -CERTIFIED	Police Department	Open Until Filled
POLICE OFFICER I -CERTIFIED	Police Department- Open Space -- Within Only	Open Until Filled
PRESENTING OFFICER	Tribal Administration	Open Until Filled
PROBATION/CHILDREN's INTERVENTION OFFICER	Tribal Court	01/28/2022
PURCHASED/REFERRED CARE ACCOUNTING CLERK	Health Services	Open Until Filled
REGISTERED NURSE	Health Services	Open Until Filled
ROADWAY MAINTENANCE WORKER I	Construction Operations	Open Until Filled
ROADWAY MAINTENANCE WORKER II	Construction Operations -Transportation	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SECURITY OFFICER	Health Services	01/19/2022
SEPTIC TRUCK DRIVER	Public Works	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
SHIFT SUPERVISOR	Assisted Living	Open Until Filled
TUTOR I	Department. of Education	Open Until Filled
VAN DRIVER	Elder Center -- Within Only	Open Until Filled
WATER RESOURCE SPECIALIST	Water Resources	Open Until Filled



CATCH UP ON CHECKUPS AND ROUTINE VACCINES

As opportunities for in-person learning and play grow, it's important for your child to catch up on checkups and recommended vaccines to protect their health now and in the future.


The Centers for Disease Control and Prevention (CDC) recommends children continue to see their doctor for regular checkups and routinely recommended vaccinations, even during COVID-19.

WELL-CHILD CHECKUPS ARE ESSENTIAL

- The doctor tracks your child's growth and development
- You can ask the doctor questions about your child's health
- Your child gets recommended vaccinations

VACCINATION HELPS PROTECT YOUR CHILD'S HEALTH


- Routine vaccinations during childhood help prevent 14 diseases
- Among children born from 1994-2018, vaccinations will prevent an estimated 936,000 early deaths, 8 million hospitalizations, and 419 million illnesses



Doctors can safely see your child, even during the pandemic.

Talk with your child's doctor about staying up to date on regular checkups and routinely recommended vaccinations.

www.cdc.gov/vaccines/routine





PUEBLO OF ISLETA
ELEMENTARY SCHOOL
1000 MOONLIGHT DRIVE
ALBUQUERQUE, NM 87105
(505) 869-2321 Fax: (505) 869-1625



NOTIFICATION OF THE AVAILABILITY OF THE AHERA ASBESTOS MANAGEMENT PLAN

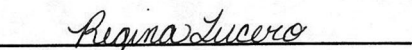
DATE: December 7, 2021

Attn: Isleta Elementary School Parents, Teachers, and Employee Organizations

Under the Asbestos Hazard Emergency Response Act (AHERA) of 1986, EPA published on October 30, 1987, the Asbestos-Containing Materials in School rule (hereinafter referred to as the AHERA rule), 40CFR Part 763, Subpart E. The AHERA rule became effective on December 14, 1987 and applies to all non-profit elementary and secondary schools nationwide, both public and private. Local Educating Agencies (LEAs) are responsible for ensuring compliance with the AHERA rule and are required, among other things, to develop and maintain an up-to-date Asbestos Management Plan (AMP).


Under Section 40 CFR 763.93(g)(4) of the AHERA rule, at least once each school year, the LEA must notify in writing parent, teacher, and employee organizations of the availability of the AMP. The Isleta Elementary School AMP is maintained in the School's Administration Office and is available for review during normal business hours.

Isleta Elementary School was constructed in 2006. The AMP contains a signed statement from the architect responsible for building construction stating that no asbestos containing building materials (ACBM) were used in construction of the School.



Regina Lucero
IES Board Chair President


12/27/21
Date



Pueblo of Isleta Public Library

Tuesday, February 1st
from 5:30pm-7:00pm

Happy Lunar New Year!



2022 Year of the Tiger



CELEBRATE THE CHINESE NEW YEAR IN MAKING A CHINESE NEW YEAR DESSERT, PINEAPPLE COOKIES (凤梨酥 FÈNGLÍ SŪ) AT THE LIBRARY!

OPEN TO THE FIRST 8 PATRONS 18 AND OVER TO SIGN UP AT THE LIBRARY!

FOR MORE INFORMATION PLEASE CONTACT CHEYENNE BY PHONE AT 505-869-9808 OR BY EMAIL AT CHEYENNE.CASTILLO@ISLETAPUEBLO.COM



Senior Olympics Summer Games Announced for 2022

Senior Olympics planned for this June in Las Cruces NM June 8-11

The "22 Summer Games offer 17 sports over the course of four days.

Registration is now open through April 30th

Website nsga.com State Information Page

All Registration fee \$60.00 per person for a maximum of 5 sports

No out of state participants.

All fees will be refunded in the event games have to be cancelled due to the pandemic.

Olympians you may qualify for the 2023 National Senior Games planned for Pittsburgh, PA

Getting Back on Track with the Sports Clinic This Fall

Each clinic will have specific sport training experts to work with seniors

Visit the website at www.nmseniorolympic.org and sign up over the phone 1-888-623-6676

Greetings from the Truancy Department,

We understand the struggle of this new way of learning, and how it can affect your children as well as you, the parent. With school being in-person one day then online the next we know that transitions are tough and it's difficult to have a regular routine. Many families feel like homeschooling could be a better alternative, but there are many pros and cons to homeschooling.

Pros

Flexibility of time

Homeschooling gives children the opportunity to learn at their own pace. Parents are able to manage time of each lesson.

Educational Control

Parents have the ability to be in charge of the content that will be taught.

Closer Family Relationships

With homeschooling, it allows families to spend time together and build relationships, while sharing learning experience and increasing time together. When one child is successful, the family celebrates together.

Cons

Time Consuming

Homeschooling takes up time for the parent that is in charge of organizing what is taught.

Cost

Homeschooling can become quite expensive even with the help of free or low cost curriculums.

Education

You will need to have a high school diploma in order to register your child, along with this you will also need to have organizational skills and strong record keeping skills.

Information regarding homeschooling can be found on the New Mexico Public Education Department website. They have step by step instructions to register as well as additional information regarding:

- **Parent and Family Information**
Student Safety, Nutrition, Bullying Intervention, Continuous Learning
- **Educator Information**
Licensure, Evaluation, Content Standards, Teacher Leadership

- **School Guidance**

The latest information and resources for educators and families.

Another thing you'll need to consider is work space for you and your child to be organized and have all the items that will help them succeed in their education. Structure will be needed to ensure progress, discipline of what is taught and time you will spend on each subject. It will take a lot of effort for both the parent and the child to be successful, but it is also important that this is what your child wants.

Please remember that if you choose homeschooling for your child, the Truancy Department will be here to assist and guide you with resources and assistance.

Thank you,
Isleta Truancy Department

Pueblo of Isleta Public Library


Book A Librarian

In-person or Virtual

Take advantage of our FREE services and assistance with:

- Job Applications
- Computer Basics
- Microsoft Office Program Help
- Resume Help & Tips
- Social Media
- Tech Devices

TO MAKE AN APPOINTMENT PLEASE CALL THE LIBRARY AT 505-869-9808 AND SET UP A DATE AND TIME OR FILL OUT A GOOGLE FORM AT [HTTPS://FORMS.GLE/YEGMTHJWFQCU48C8A](https://forms.gle/YEGMTHJWFQCU48C8A)





REGISTRATION IS NOW OPEN!

Online @

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


Deadline Wednesday, February 23, 2022

NO COST TO PLAY

Age: 4 to 16 years old

Must turn 4 by August 31, 2022

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



PUEBLO OF ISLETA DEPARTMENT OF EDUCATION

NEED A REFRESHER OR NEW SKILLS TO HELP WITH MATH

6 week College Math Prep Course


Beginning January 10, 2022

Monday & Wednesday 4PM-7PM

Saturday or Sunday Times Vary

To sign up use the following link or QR code https://isletapueblo.formstack.com/forms/math_science_support

Dr. Shivesh Pathak is excited to help with computer programming, physics and math at any level of difficulty.





DEPARTMENT OF EDUCATION

SCHOLARSHIP APPLICATION FOR HIGHER EDUCATION
AVAILABLE NOW ON OUR WEBSITE
www.isletapueblo.com/tribal-programs/educational-services
or Google: POI Educational Services



YOU MAY ALSO FIND OUR UPCOMING
EVENTS AS WELL AS LINKS TO SUPPORTING
DOCUMENTS ON THE WEBSITE

Application absolute deadline dates :

- ★ Fall Term/Semester or Full Academic Year – July 1st 11:59pm
- ★ Spring Term/Semester – November 1st 11:59pm
- ★ Summer Term/Semester – April 1st 11:59pm

Are you looking to get your certificate, associate, bachelor's, or master's degree? Please contact our office at:

Department Of Education
950 Moonlight Dr. SW
Albuquerque, NM 87105
(505) 869-9790

Supporting document absolute deadline dates:

- ★ Fall Term/Semester – August 31st 11:59pm
- ★ Spring Term/Semester – January 15th 11:59pm
- ★ Summer Term/Semester – May 31st 11:59pm

Updated December 2021

GETTING STARTED WITH FAFSA



What is FAFSA ?
FAFSA is the Free Application for Federal Student Aid

WHAT WILL I NEED TO FILL OUT THE FAFSA?

TO COMPLETE THE FAFSA APPLICATION YOU WILL NEED:

- **YOUR SOCIAL SECURITY NUMBER**
- **YOUR ALIEN REGISTRATION NUMBER (IF YOU ARE NOT A U.S. CITIZEN)**
- **YOUR FEDERAL INCOME TAX RETURNS, W-2S, AND OTHER RECORDS OF MONEY EARNED. (NOTE: YOU MAY BE ABLE TO TRANSFER YOUR FEDERAL TAX RETURN INFORMATION INTO YOUR FAFSA USING THE IRS DATA RETRIEVAL TOOL.)**
- **BANK STATEMENTS AND RECORDS OF INVESTMENTS (IF APPLICABLE)**
- **RECORDS OF UNTAXED INCOME (IF APPLICABLE)**
- **AN FSA ID TO SIGN ELECTRONICALLY. YOU WILL CREATE A FSA ID WHEN YOU CREATE YOUR ACCOUNT.**

An independent student is one of the following: at least 24 years old, married, a graduate or professional student, a veteran, a member of the armed forces, an orphan, a ward of the court, or someone with legal dependents other than a spouse, an emancipated minor or someone who is homeless or at risk of becoming homeless. If you do not meet the above, you are considered a dependent student, you will also need most of the above information for your parent(s).

Where can I find the Application?
You can fill out the application by visiting <https://studentaid.gov/h/apply-for-aid/fafsa>. You may also visit your college/institution financial aid office for more information.

Federal FAFSA Deadlines

2022-23 Academic Year
The FAFSA form must be submitted by 11:59 p.m. Central time (CT) on June 30, 2023. Any corrections or updates must be submitted by 11:59 p.m. CT on Sept. 10, 2023.

2021-22 Academic Year
The FAFSA form must be submitted by 11:59 p.m. Central time (CT) on June 30, 2022. Any corrections or updates must be submitted by 11:59 p.m. CT on Sept. 10, 2022.



SENIOR CLASS OF 2022

We are looking for you!

Sign up here to join the Senior list with the POI Department of Education:

https://isletapueblo.formstack.com/forms/2022_senior_contact

Call 505-869-9790 for more information.





"Strengthening our Tiwa Language"

PUEBLO OF ISLETA DEPARTMENT OF EDUCATION & TIWA LANGUAGE PROGRAM

ARE SEEKING

TIWA SPEAKERS

who are willing to help our community learn Tiwa by providing in person and virtual language instruction.
(Support with technology will be provided.)

Those interested must

- Be able to commit to providing 4 hours per week for 16 weeks with a maximum of 60 hours.
- Demonstrate an openness to learn new teaching techniques
- Open to constructive feedback
- Follow and encourage the Tiwa Teacher Norms and Tiwa Learner Norms
- Service Providers will be expected to successfully pass a background check and COVID-testing.

Deadline to apply will be February 18, 2022. Interested community members can apply via Formstack
https://isletapueblo.formstack.com/forms/language_consultants.
Or by calling Department of Education @ 505-869-9790.

FEBRUARY- BURN AWARENESS AND PREVENTION MONTH

From the Pueblo of Isleta Fire Department

Cooking causes over 160,000 home structure fires, annually, and is considered the number one cause of home fires and home injuries. Of the 160,000 annual cooking fires, two-thirds (66%) started with the ignition of food or other cooking materials. Often, these fires are ignited by grease.

In an effort to keep your home and community safe, please share these tips with friends and family. Knowing how to respond quickly could be the difference between a minor kitchen fire and a devastating disaster.



IF A GREASE FIRE STARTS:

1. Cover the flames with a metal lid or cookie sheet. Leave the cover on until it has cooled.
2. Turn off the heat source.
3. If it's small and manageable, pour baking soda or salt on it to smother the fire.
4. As a last resort, spray the fire with a Class B dry chemical fire extinguisher.
5. Do not try to extinguish the fire with water.
6. Do not attempt to move the pot or pan outside.

Do not use flour, baking powder or other cooking powders that resemble baking soda or salt – they have a different chemical makeup and will not react similarly. They will make the fire worse.

It's also important to remember that three out of five non-fatal home cooking fire injuries occurred when the victim tried to fight the fire themselves. The most common injuries sustained were burns to the hands and lower arms.

IF YOU ARE UNABLE TO EXTINGUISH THE GREASE FIRE:

1. GET OUT! You and your family members need to leave as soon as you can to prevent injury or loss of life. Do not try to be a hero.
2. Close the door as you leave to help contain the fire.
3. Call 911 as soon as you are at a safe distance from the fire.
4. Do not re-enter your home until the fire has been contained by firefighters.

While it is important to remember these steps in order to take appropriate action during a grease fire, it's equally important to take actions to prevent them from occurring in the first place.



TIPS TO PREVENT GREASE FIRES:

- Stay in the kitchen while you are frying, grilling, boiling or broiling food. The leading cause of fires in the kitchen is unattended cooking.
- Be alert and do not use the stove or stovetop if you are sleepy or have consumed alcohol.
- Keep anything that can catch fire away from your stovetop.
- Remove as much moisture as possible from the food before putting it in hot oil. Do not put frozen foods into hot grease.
- Keep the grease at the recommended temperature. If you see any smoke or the oil smells, it is an indication that it is too hot. Immediately turn off the burner to let it cool down.
- Heat the oil slowly.
- Add food gently to prevent splatter.
- Keep a lid near the pan you're

cooking with so that it is accessible if a fire starts.

- Always keep children away from the stove while cooking.

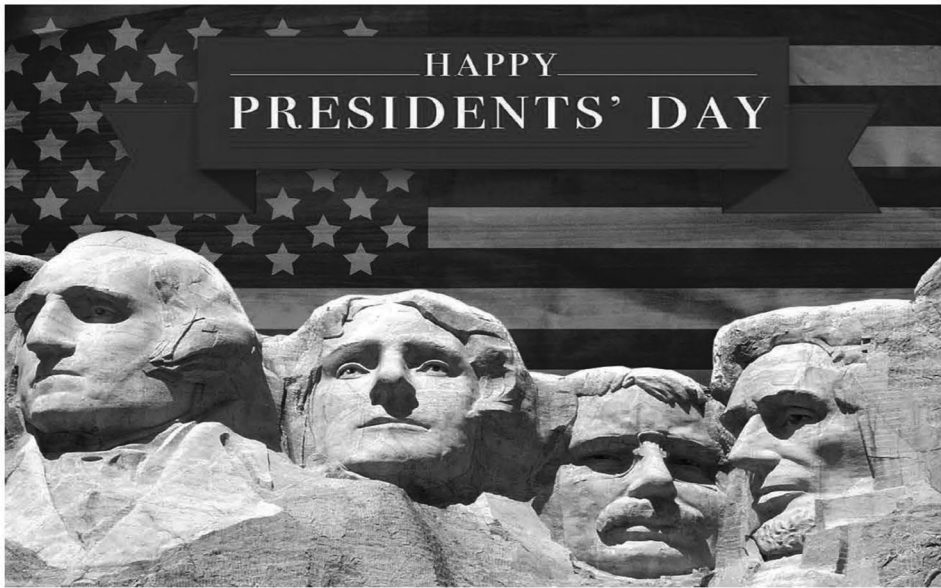
By using proper cooking techniques and best practices, frying with grease or oil should pose a relatively small risk. Still, it's always good to keep this information nearby in the event you do experience a grease fire. A quick and proper reaction will minimize any damage as well as prevent injury and death.

Put a Lid on it!!
**PUEBLO OF ISLETA
FIRE DEPARTMENT**
505-869-9724

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



PRESIDENTS DAY SERVICE SCHEDULE

Presidents Day is Monday February 21st, the Transfer Station will be closed. Monday and Tuesdays trash will both be collected on Tuesday February 22nd. Have carts out by 7AM.



KEEP ISLETA BEAUTIFUL!
869-4106

ANIMAL CONTROL

Hello to all,

Isleta Animal Control and Rocky Mountain Puppy Rescue would like to thank everyone for the amazing turnout with the Vaccination Clinic on Friday, January 7th. Everyone here had an amazing time! It has been hard to schedule these clinics for the reservation due to the on-going COVID-19 Pandemic, but we are working hard to bring them back. We do appreciate your patience and cooperation with us during these hard times.

On the 7th we vaccinated over 200 pets which we all thought was amazing. Although we unfortunately ran out of the Parvo-Distemper vaccinations, we will be planning on coming back with even more of them around the first week of March, so keep your eyes open for advertisements. Please take advantage of these resources when they come, for if you do not know it is **REQUIRED** under ordinance to have your pets vaccinated for Rabies when they are on the reservation.

I would personally like to thank Lt. Governor Lucero, Christine Abeita, Trina Jojola, Dwayne Lucero, Dante Martin, Esquipula Garcia Sr., and Isleta Police Cadets K. Gurule and T. Lente for giving their time to help out with this clinic. If it was not for every single one of you, this clinic could not have happened.

Again, thank you all for the amazing turnout, and please stay safe during these trying times.

Animal Control Officer A.B. Abeita



WHITE EAGLE ELECTRICAL SERVICES IS LOOKING FOR EXPERIENCED JOURNEYMAN ELECTRICIAN'S

MUST HAVE A VALID JOURNEYMAN'S CARD AND ALSO A VALID DRIVER'S LICENSE.

PLEASE SEND RESUME TO
WHITEEAGLEELECTRICALSERVICES@GMAIL.COM

PUEBLO OF ISLETA PUBLIC LIBRARY

Valentine's Day

KEEPSAKES AT THE LIBRARY
THURSDAY, FEBRUARY 10TH @ 5PM!

COME JOIN US IN MAKING A VALENTINE KEEP SAKE TO KEEP FOR YOURSELF OR TO GIVE TO THAT SPACIAL PERSON IN YOUR LIFE. WE WILL BE MAKING A HEART PICTURE HOLDER AND A MULIT-COLORED ROSE FLOWER HEART.

THIS PROGRAM IS FREE AND OPEN TO THE FIRST 7 ADULTS 18 AND OVER TO. SIGN-UPS START FEBRUARY 1ST. SIMPLY CALL OR COME INTO THE LIBRARY TO SIGN UP. THIS PROGRAM WILL BE IN-PERSON AND WE WILL FOLLOW ALL COVID POLICY AND PROCEDURES.

FOR MORE INFORMATION PLEASE CALL THE LIBRARY AT 505-869-9808.

Pueblo of Isleta Department of Education

TUTOR AVAILABLE FOR K-12 STUDENTS

Monday, Tuesday, Wednesday 3pm-5pm

At DOE next to Isleta Library 950 Moonlight Dr. SW
Call 505-869-9790 for more info.

ISLETA POLICE DEPARTMENT
FEBRUARY 2022 NEWSLETTER



We have completed one month of 2022 and it seems to have gone by very quickly.....too quickly. Though we are still facing difficulties with COVID-19 with the new variant, it seems everyone is working together to combat it the best way we can. As we all know together we are ISLETA STRONG! Please ensure everyone: your friends, family and co-workers are kept safe and continue COVID Safe practices all day, everyday! If you have signs and symptoms notify the COVID Response Team and follow their recommendations which will include quarantine, testing etc. Don't forget to wash your hands and sanitize frequently.

POLICE CADET NEWS:

On January 10, 2022 our three cadets traveled to Santa Fe for their pre-assessment physical agility testing and IPD is proud to say this trio (Samantha, Travis and Keenan) did very well and started their training at the Law Enforcement Academy on January 24, 2022 in Santa Fe. The training will last for approximately twenty weeks and upon successful completion and return they will then be in training with a Field Training Officer for approximately 90 days. Prior to their testing, the three were always seen studying, in the gym working out or running and assigned various tasks. These young people have demonstrated an excellent camaraderie with each other and are very much a part of the law enforcement family.

On Saturday, January 22, 2022 a "Family Day" was held so family and friends could wish them well and have questions answered and information provided as to expectations.

So the fledglings have embarked on their first leg of becoming certified officers and IPD is confident they will do better than fine. Congratulations and continued success!

OFF HIGHWAY VEHICLES (OHV)

There have been multiple complaints regarding Off Highway Vehicles throughout the Pueblo and though it has been published previously, we are publishing the information again. Traffic laws, to include OHV, have been adopted and the same requirements/guidelines apply here.

You will find below some of the most important information regarding responsibilities of adults when juveniles/minors are involved in infractions. These are taken from Chapter 16 Off Highway Vehicles from the Motor Vehicle Department's website.

Let us begin with some definitions:

Off-Highway Motor Vehicles (§§ 66-1-4.13(B) and 66-3-1001.1(E))

§66-1-4.13(B) defines an off-highway motor vehicle (OHV) as any motor vehicle operated or used exclusively off the highways of this state and that is not legally equipped for operation on the highways of this state. §66-3-1001.1(D) of the Off-Highway Motor Vehicle Act (§§ 66-3-1001 through 66-3-1020) further specifies that an off-highway motor vehicle is designed by the manufacturer for operation exclusively off the highway or road and includes an:

- 1. "all-terrain vehicle", which means a motor vehicle fifty inches or less in

width, having an unladen dry weight of one thousand pounds or less, traveling on three or more low-pressure tires and having a seat designed to be straddled by the operator and handlebar-type steering control;

- 2. "off-highway motorcycle", which means a motor vehicle traveling on not more than two tires and having a seat designed to be straddled by the operator and that has handlebar-type steering control;
- 3. "snowmobile", which means a motor vehicle designed for travel on snow or ice and steered and supported in whole or in part by skis, belts, cleats, runners or low-pressure tires;
- 4. "recreational off-highway vehicle", which means a motor vehicle designed for travel on four or more non-highway tires, for recreational use by one or more persons, and having:

- 1. a steering wheel for steering control;
 - 2. non-straddle seating;
 - 3. maximum speed capability greater than thirty-five miles per hour;
 - 4. gross vehicle weight rating no greater than one thousand seven hundred fifty pounds;
 - 5. less than eighty inches in overall width, exclusive of accessories;
 - 6. engine displacement of less than one thousand cubic centimeters; and
 - 7. identification by means of a seventeen-character vehicle identification number; or
5. by rule of the department, any other vehicles that may enter the market that fit the general profile of vehicles operated off the highway for recreational purposes. Other vehicles that (if not exempted by §6-3-1005 below) meet the definition of OHVs include dune buggies and golf carts.

Section E. Requirements for
Operation of an OHV Under Age
18

Revised November 30, 2017

Under-18 Off-Highway Vehicle Operation
Requirements (§66-3-1010.3(B))

§66-3-1010.3(B) imposes additional requirements on any individual under the age of 18 who operates an off-highway motor vehicle:

A person under the age of eighteen shall not operate an off-highway motor vehicle:

- or ride upon an off-highway motor vehicle without wearing eye protection and a safety helmet that is securely fastened in a normal manner as headgear and that meets the standards established by the Off-Highway Motor Vehicle Safety Board;
- without an off-highway motor vehicle safety permit; or
- while carrying a passenger.

§66-3-1010.3(C) and (D) further specify that:

- A person under the age of 18 but at least 10 years of age shall not operate an off-highway motor vehicle unless the person is visually supervised at all times by a parent, legal guardian or a person over the age of 18 who has a valid driver's license.
- This subsection shall not apply to a person who is at least: (1) 13 years of age and has a valid motorcycle license and off-highway motor vehicle safety permit; or (2)

15 years of age and has a valid driver's license, instructional permit or provisional license and off-highway motor vehicle safety permit.

- A person under the age of 10 shall not operate an off-highway motor vehicle unless: (1) the all-terrain vehicle is an age-appropriate size-fit vehicle; and (2) the person is visually supervised at all times by a parent, legal guardian or instructor of a certified safety training course.

IPD has a major concern as it is becoming apparent many of these "riders/drivers of OHVs are well under the age of 18 and in most instances, they are not under the watchful supervision of an adult. Please parents, do not allow your children to take neighborhood friends out on an OHV without supervision. There have been crashes on OHVs, and the outcome is not good as many riders/drivers have sustained serious injuries or death. This applies to youth and adults.

Another concern is there has been some destruction with youthful riders doing "donuts" in parking lots of some of the parks, at the baseball fields and individuals' property. This is destructive in some cases and can lead to charges. The parent will be held accountable and will have to appear in court alongside their children. Fines can also be imposed. IPD implores everyone in the Pueblo to familiarize themselves with the requirements of using an OHV. Check into this website and be fully aware.

We are focused on keeping riders/drivers safe, prevention of property destruction, and most of all prevention of injury crashes. Help us to keep everyone safe!

MARIJUANA INFORMATION

Addressing the new recreational marijuana state laws that came into effect by the State of New Mexico as of June, 2021 and medical marijuana card exemptions this is what is followed:

At the present time these laws have not been recognized by the Pueblo of Isleta or Federally. Based upon this, marijuana and obviously any form of narcotics is not allowed/tolerated within the boundaries of the Pueblo of Isleta. Please know at this time if you are caught with marijuana (or any other illegal narcotic) you will be charged. THERE IS NO EXEMPTION! Any amount is considered illegal.

NOTE: This information was confirmed with the Tribal Prosecutor's Office.

TO THE COMMUNITY:

Isleta Police Department thanks everyone in the community for assisting us in keeping the members of the Pueblo safe in all situations.

Please contact the Police Department if you have questions, concerns or comments.

ISLETA STRONG!
—TOGETHER—
COMMUNITY
&
POLICE

PUEBLO OF ISLETA PUBLIC LIBRARY

Valentine's Day Chocolate Letter Box

Don't know what to give that special someone for valentines day?

Join the library in making a letter box filled with chocolate covered strawberries, chocolate, and roses!

All material will be provided,

if you would like to add pictures in your box have pictures printed at

6 slots available, must be 18+

Sign ups open until Jan 28th or until filled.

February 9th | 5:00

*Date subject to change

For more information please call the library at 505-869-9808.

White Eagle Electrical Services LLC

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Jpirowees@gmail.com

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24 hour service

Happy VALENTINE'S DAY

whiteeagleelectricalservices.com



Hello Families of Isleta Head Start!

We are proud to announce that we are a FIVE STAR FOCUS Program! We are the first Tribal Head Start to achieve this status! We work closely with the University of New Mexico to ensure our children are receiving high quality early childhood education before going on to kindergarten.

What is FOCUS?

FOCUS On Young Children's Learning, New Mexico's Tiered Quality Rating and Improvement System (TQRIS), provides early childhood program personnel with the criteria, tools, and resources they need to improve the quality of their programs. These quality improvements focus on children's growth, development, and learning – so that each child has an equitable opportunity to be successful when entering school.

We work to:

- Provide developmentally appropriate activities for our children – Our program uses the Creative Curriculum as well as our own Tiwa Curriculum.
- Expand early childhood community capacity – We collaborate with various programs in the community such as the Isleta Public Library, Isleta Health Center and more!
- Support linguistically and culturally appropriate curriculum – Our program ties our Tiwa Language and Culture into our Creative Curriculum as such as providing various activities such as storytelling, singing and dancing.
- Focus on school readiness – We prepare our children and families for a smooth transition into kindergarten by providing developmentally appropriate activities and help them establish a plan.

Teachers carefully plan indoor and outdoor activities based on what children need to learn according to Teaching Strategies. Teaching Strategies is our observation based assessment. We use the objectives to share children's information based on the following domains:

- Social-Emotional
- Physical
- Cognitive
- Literacy
- Mathematics
- Science and Technology
- Social Studies
- The Arts

UNM-Valencia Campus opens the Workforce Training Center
Just a hop and a skip from Isleta

We are excited to share that University of New Mexico-Valencia Campus has just opened the **WORKFORCE TRAINING CENTER (WTC)** at 1020 Huning Ranch in Los Lunas located just South of the Starlight Cinema. The courses below are available for the high school students who are interested in dual credit and the general public.

Admission for the WTC courses are going through the UNM Valencia Admission office at our regular Valencia campus. To take courses at the WTC, for first time students, an application would need to be completed at the website: <http://valencia.unm.edu/admissions/index.html>

At that point, an email prompt will give instructions for registering for courses through their student account.

Another option would be to visit the UNM Valencia campus, to apply in person at 280 La Entrada Rd., Los Lunas, NM. Offices will be open through Dec 22, 2021 and reopen again January 4th. Courses begin Jan 18th.

UPDATES from the Department of Education and Language Program

Spring Semester 2022 Course Offerings

Courses for College Credit, starting Tuesday, 1-18-22 (contact 505.925.8560 for admissions information)

CRN	Subject and #	Section	Course Name	Days	Times
56310	AEEC 1110	501	Intro to Agricultural Economics	T/Th	9:00 - 10:15 AM
56322	CJUS 2140	501	Criminal Investigation	Sat	9:00 - 11:30 AM
56326	CS 152L	501	Computer Programming Fund.	M/W	1:30-2:45 PM
56393	ECED 1110	501	Child Growth Dev & Learning	M/W	6:00-7:15 PM
0570	ECED 1120	501	Guiding Young Children	M/W	4:30 - 5:45 PM
53320	ENGL 2210	501	Prof & Tech Communication	Wed	10:30 - 11:45 AM
56374	HIST 1150	502	Western Civilization I	T/Th	10:30 - 11:45 AM
56360	MFGT 101	501	Technology Foundations	Sat	9:00 - 11:30 AM
40283	MATH 021	503	Introduction to Algebra, Part I	M/W	6:00 - 7:40 PM
51728	MATH 1996	503	T: Critical Thinking for Math, Part I	Mon	5:00 - 5:50 PM
40285	MATH 022	513	Introduction to Algebra, Part II	M/W	6:00 - 7:40 PM
51729	MATH 1996	513	T: Critical Thinking for Math, Part II	Wed	5:00 - 5:50 PM
51315	MATH 1215	501	Intermediate Algebra	M/W	12:00 PM - 1:15 PM
51125	MATH 1215X	503	Intermediate Algebra IA	M/W	6:00 - 7:15 PM
51172	MATH 1215Y	503	Intermediate Algebra IB	M/W	6:00 - 7:15 PM
51276	MATH 1215Z	503	Intermediate Algebra IC	M/W	6:00 - 7:15 PM
50754	MATH 1350	501	Intro to Statistics	M/W	9:00 - 10:15 AM
50815	SPAN 1110	502	Spanish I	T/Th	12:00 PM - 1:15 PM

Adult Education, starting Tuesday, 1-18-22:

Title	Date/Time
English as a Second Language	T/Th, 5:30-8:00pm
Blended Learning	Fri, 9:00-11:00am

Contact 505.925.8900 for more information on

1020 Huning Ranch Loop East • Los Lunas, N.M. 87031 • Valencia.unm.edu



Pueblo of Isleta Public Library

Goodbye January, Hello February! We hope this year is treating you right so far and everyone is staying on track with those New Year Resolutions. Remember progress not perfection and you will be successful in hitting those goals. This February brings more library programming and Summer Reading Program Planning. Stay up to date with the latest news by following our Library social media accounts.

News

We are excited to announce that your very own Pueblo of Isleta Public Library has been selected as the Winner for the 2022 Best of Albuquerque Awards in the category of Public Library. Each year, in and around Albuquerque area, the Albuquerque Award program chooses only the best local businesses and focuses on companies that have demonstrated their ability to use various marketing methods to grow their business, often leading through customer service and community involvement.

The library now has laptop checkouts for in house use only for library patrons with a valid ID. Laptops are available on a first-come, first-served basis. Wi-fi is available and laptops will automatically connect to it for easy internet access. Laptops must be returned to the checkout desk after each session or before the end of the business day. Laptop checkouts are only for use inside the library and cannot be taken home. If you would like to learn more about this service or have any questions, please give the library a call at 505-869-9808.

Tax season is upon us and the 2021 income tax form packets are now available here at the library. Also, any forms that you may need for tax season can be downloaded from the Internal Revenue website [irs.gov](https://www.irs.gov). Just stop by the library and give us a call and we can run out a tax form packet to you or you can come in. If you have any questions, please call the library at 505-869-9808.

If you haven't heard by now, you can receive FREE rapid antigen at home tests that'll give you results within 30 minutes! Every household in the US can now order 4 free at-home rapid antigen tests. There is no shipping costs or credit card information required. Order at: <http://www.covidtests.gov/> . If you would like to schedule a time to come into the library to order your test, a

library staff member can walk you through it. For more information or if you would like to schedule an appointment, please call the library at 505-869-9808.

The US government also unveiled plans provide FREE N95 masks available. Here is what we know about the government free-mask plan so far. The masks will be available at major pharmacy chains like Walgreens. Supplies will be very limited and will be available on a first-come, first-serve basis. As of right now there is no website posted where you can order the N95 masks.

The library is in the process of purchasing new furniture for the children, teen and general area of the library. Technology is constantly running our day like clockwork with things such as school or work and before you know it you are running low on a battery charge or you need a space to plug in and use Wi-fi to complete that assignment or work deadline. The library has been working on a solution to your dilemma. We have purchased new tables, desk, chairs and couches, some that have power strips on them for your convenience. The library's computer lab will also be looking a little different with individual work areas for patrons to use compared to the traditional computer lab that we had before. Throughout the library you will notice more sitting area and even a board game table to come in and hang out and play a few games. This is an ongoing project and we are always open for feedback or ideas. If you have any suggestion or ideas of things that would work for the library to enhance your visit, please let a library staff member know.

Library Closures:
The library will be closed on February 21st in observance of President's Day. All library material checked out on Thursday,

February 17th and Friday, February 18th will be due on Tuesday, February 22nd. We hope everyone enjoys their three-day weekend and we apologize for any inconvenience this may cause.

With unpredictable winter weather, unexpected closures may occur. Library hours are subject to change at any given moment and a notice will be sent out as soon as we know. Please follow is on our Social Media platforms for up-to-the-minute updates on Library closures or delays.

Our Summer Reading Program Planning meeting will be taking place on January 25th & 26th from 9am-12pm each day, therefore we will be closed during that time. Once our planning meeting has concluded we will resume regular business hours. Our Junior and Youth curriculums will be developed and turned into a 6-week program during the summer. If you have any questions or concerns about the summer reading program, please call the library and speak with a library staff member at 505-869-9808.

With everything going on regarding the COVID pandemic we would like mention that any programs and events that are planned here at the library are subject to change or be canceled at any time due to the Pueblo of Isleta Health Orders. We will continue to plan programs that work for the community even if that means that they will be postponed or virtual. Keep connected with up-to-the minute notifications on any changes or cancellations by following us on our social media accounts.

Have you returned your library material? We are entering a new year so here's your chance to bring in any library material in good condition and there will be NO FINES applied to your library account. There are four ways to check your library account.

- Visit our online library catalog at

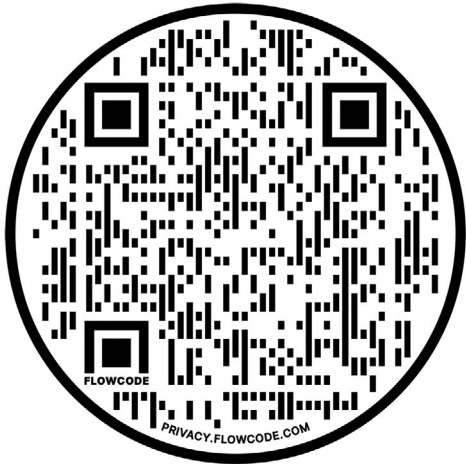
FAMILY STORY TIME CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		 2 Story time Begins: 10:30am Book: Groundhog Weather School Craft: Groundhog Craft	 3 Story time Begins: 10:30am Book: Groundhog Weather School Craft: Groundhog Craft			
6	7	 9 Story time Begins: 10:30am Book: Pete the Cat Valentine's Day is Cool Craft: Animal Valentine's Craft	10	11		12
13	14 	15 16 Story time Begins: 10:30am Book: How to Catch a Dragon Craft: American Eagle Craft	17	18		19
20	21 	22 23 Story time Begins: 10:30am Book: Love Monster and the Scary Something Craft: Love Monster Craft	24	25 		26
27	28					

Family Story Time is every Wednesday Starting at 10:30 am!
Story time is subject to change to virtual Per POI Public health orders
FEB 2022

<https://isletapueblo.booksys.net/opac/pipl/index.html> or scan the QR code and log on with your library card and pin number.

- Download our FREE Librista app (Found in the Google Play store and APP Store) on your mobile device and log on with your library card number and pin.
- Visit the library and speak with someone at the front desk.
- Give us a call at 505-869-9808.



You will need a pin number to access your library account online. Speak with a library staff member about setting up a password or a password reset if you forgot. For more information give us a call at 505-869-9808. Come join us for weekly Family Story Time here at the library. For the time being Family Story Time will be virtual, please make sure and pick your supplies for the crafts before Story Time. Family Story Time is a fun opportunity for parents, grandparents, and caregivers to introduce their children to reading and language. Open for ages 16 months to 5 years old, but please keep in mind that it is open for the whole family to come. For the month of February after story time we will be doing crafts that include a Groundhog, Animal Valentine's, American Eagle, and a Love Monster. Story time will be every Wednesday at 10:30am here at the library. If you have any questions about our story times give the library a call and speak with Cheyenne at 505-869-9808 or email at Cheyenne.Castillo@isletapueblo.com.

Upcoming

Join us on Tuesday February 1st from 5:30pm to 7:00pm as we are celebrating Chinese New Year at the library, 2022 is the year of the Tiger. Library Staff member Cheyenne will be teaching participants how to make a Chinese New Year dessert, pineapple cookies. This program is FREE and open to the first 8 patrons, 18 and over to sign up at the library. For more information, please contact Cheyenne by phone at 505-869-9808 or by email at Cheyenne.Castillo@isletapueblo.com.

Don't know what to give that special someone for Valentine's Day? Join the library Wednesday, February 9th at 5:00pm in making a letter box filled with chocolate covered strawberries, chocolate, and roses! All material will be provided, if you would like to add pictures in your box have pictures printed ahead of time to include in your box. This program is FREE and open to the first 6 patrons, 18 and over to sign up. For more information, please contact Shaypof by phone at 505-869-9808 or by email at Shaypof.Ybarra@isletapueblo.com.

Valentines Day is fast approaching and you wouldn't want to wait till the last minute to get that special person in your life something sweet or instead of buying something what

if you could make them something special for Valentine's Day? Well, the library is here to help on Thursday, February 10th library staff member Diane will be hosting a program where participants can make a Valentine's Keepsake for that special person in the life. Come join us in making a heart picture holder and a multi-colored rose flower heart. All supplies will be provided and this program is FREE, all you have to do is show up and we'll cover the rest. Sign-ups will start February 1st and will be open to the first 7 patrons, 18 and over. For more information, please contact Diane by phone at 505-869-9808 or by email at Diane.Abeita@isletapueblo.com.

Our Summer Reading Program will be here before you know it and library staff members are already in the process of planning for our 2022 Summer Reading Program and we couldn't be more excited. Here's what we know so far, the Youth Program will be open to 20 students ages 7-16 years old. Our Junior Program will be open to 20 students ages 3-6 years old. Toddlers must be potty trained. Registration for both programs will be on Friday, May 6th starting at 7am, more details about registration coming soon. Registration will stay open until all spots are filled, after that we will have a waiting list.

Recap

The After School Program is currently virtual until further notice. We hope to be back in-person by February, fingers crossed but we haven't let that stop us. Our Virtual After School Program is meeting daily Monday-Thursday for homework, reading, crafts and activities. Library staff members prepare supply kits every Friday for the upcoming week so students have all the supplies before they log on to Zoom for the program. Each week library staff members Kyle, Minewa and Kimberly take turns planning the week and leading the craft or activity. For the Virtual After School Program library staff members have to do a lot of planning in advance so we can make sure we are ready for the upcoming week. Everyone is doing such a great job and adjusting to current circumstances, we look forward to spending time with our students and we can't wait till we are all back in person once again here at the library. If you would like more information about the After School Program or would like to sign up your student, please give the library a call at 505-869-9808.



Library staff members preparing for the Virtual After School Program!

Pueblo of Isleta Public Library Receives 2022 Best of Albuquerque Award



Albuquerque Award Program Honors the Achievement

ALBUQUERQUE January 12, 2022 -- Pueblo of Isleta Public Library has been selected for the 2022 Best of Albuquerque Award in the Public Library category by the Albuquerque Award Program.

Each year, the Albuquerque Award Program identifies companies that we believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Albuquerque area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2022 Albuquerque Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Albuquerque Award Program and data provided by third parties.

About Albuquerque Award Program

The Albuquerque Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Albuquerque area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.

The Albuquerque Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

SOURCE: Albuquerque Award Program

Isleta Pueblo News



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



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

The Laguna Migration to Isleta - Part 2

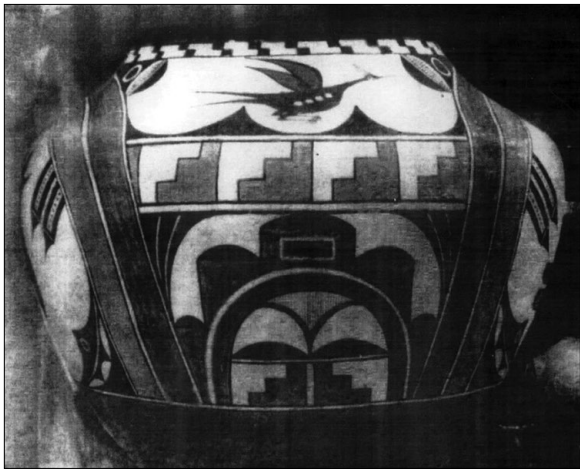
The entire list of names of the Laguna immigrants are found at the end of the 1880 United States Government census of Isleta Pueblo in a section which states: “*Pages 22, 23 & 24 are Laguna Indians adopted by the Pueblo Indians of Isleta.*” There follows a list of 112 heads of family, along with the names, ages, and occupations of all family members. However, only the first names of heads of families are listed. Additional research has been undertaken by Richard “Dikki” Garcia, genealogist, to identify the full names of all 112 Laguna immigrants. Mr. Garcia found this document to be of crucial importance in his reconstruction of Laguna immigrants’ genealogies. This list of Laguna immigrants had never been known to exist by Isleta, Laguna Pueblo or the Bureau of Indian Affairs. Garcia picks up the story of some of the contributions of the Lagunas listed in the 1880 census to Isleta society and culture:

By 1900 and 1910, the U.S. Government census revealed that the immigrants had intermarried with their Isleta hosts, and second and third generation Laguna immigrants became Abeitas, Lentes, Jirons, Olguins, Chiwiwis, Juanchos, Luceros, Lujans, Jojolas and Velardezes. Still other Lagunas came to Isleta later, such as the Kerytes, Shattucks, Reeds, Wacondas, and David families. Altogether, Isleta Pueblo has been highly influenced by the influx of Laguna people into Isleta society. Almost every Isleta family today has a Laguna descendent in their family.

In addition to the rich traditional and highly ceremonial contributions the Laguna immigrants brought to Isleta, the Laguna immigrants introduced many new occupations to Isleta. Laguna women were almost all highly skilled potters, introducing the richly decorated matte paint polychrome-ware that was sold and traded in Albuquerque and along the Santa Fe Railroad train stops, including the train stop in Isleta. Among the highly skillful Laguna potters around the turn of the century were Juana Maria Correa, mother of Manuel (*Payetema*) and Guadalupe (*Nana Lupe*) Abeita; Juana Dominga Chewiwi, mother of “*Nana Jesse*” Abeita; Maria Chaves and her daughter, Gertrudes Chaves Velardez; Jesusita Garcia (*Churina*), great-grandmother of former Isleta Governor Verna Teller (Olguin); Dolores Torres, wife of Pedro Torres; and Maria Rosalia Torres Lente, wife of Nepomucemo Lente and mother to Felipe, Luis, and Santana (*Nana Jenny Jiron*) Lente. Also were Maria Chiwiwi, Isleta wife of Jose Antonio Correa/Garcia, and Maria Marcelina Martin, great grandmother of Theodore “Ted” Jojola, distinguished University of New Mexico professor of architecture and planning. The immigrants also included blacksmith Jose Rito, and silversmith Jose Martin Platero, also the great grandfather of Ted Jojola.

As noted above, the women of the Laguna immigrants brought new pottery techniques to Isleta. Prior to 1880, Isleta potters made only undecorated functional bowls for chile and

pots for cooking beans. The Laguna potters introduced highly decorated polychrome pots, adding additional steps and complexity to the process. “In making the Isleta-ware you have only to ‘build’ and polish. For the Laguna-ware, you ‘build’, smooth, polish, paint, and fire.”



Laguna-ware Pot

Maria Chiwiwi, mentioned above, learned Laguna techniques from her Laguna neighbor, Benina Yuwai. Benina taught Maria to stop using a stick covered with wool as a paint brush, but to use a brush made of yucca fiber chewed fine, for making intricate designs. Maria Chiwiwi lived in the Oraibi section of Isleta with her Laguna husband, and when he died, she took up pottery-making full time. Benina Yuwai taught Maria how to ask the Clay Mother for clay, which she got from a bank of the Rio Grande near Isleta. Maria and other Isleta potters were still buying their pigments from Isleta colonists around 1928, when Maria was at the height of her creative powers. They got the red pigments from places near Old Laguna, and the black pigment from a place by the Rio Puerco. Around 1928, there were about ten Isleta potters making the new Laguna-ware and about ten potters making the old Isleta-ware.



Maria Francisca Chihuihui carrying an Isleta-ware pot in 1926, photographer: Edward Curtis

In addition, the immigrants brought to Isleta the bulk of traditional Laguna ceremonials

and the traditional leaders of almost every religious society. On January 6th of each year, the Laguna immigrants dance “*Dreynin*” in celebration of Kings’ Day, to the delight of Laguna and Isletans alike. On this day as well, the official canes of office — the Spanish Cane, the Mexican Cane and the Lincoln Canes — are traditionally blessed and presented to the new tribal officials (*as featured in our November issue*). The Kings’ Day celebration conducted by the Laguna colonists is a busy time for all members of that community. Men retreat into the kivas to prepare for the ceremony. Young men go the mountains to gather the all-important *kuaua*, or evergreen that will adorn the dancers and singers. Women will prepare the traditional foods such as red and green chili stews, bake bread, fruit pies, and cookies, as dancers will be hungry at lunchtime. After the dance, family and visitors from other villages will join in feasting. Young women will wear their best traditional garments for the dance. Male dancers will prepare their dance regalia and practice the songs of old. The loud hollow resonance of the dance drum can be heard throughout the village on four days (now three) during the January 6th celebration, accompanied by a large chorus of the male singers, all descendants of the original Laguna immigrants. Awaiting the chorus of singers is a large group of dancers adorned in rich traditional Pueblo regalia that reflect the rich traditions of the Laguna immigrants and their families. From the Laguna kiva, the dancers proceed to the small Laguna Plaza where hundreds of spectators await the dancers. And then, the dance begins.

As they step into the plaza, family members, men and women alike, will rise and, with corn meal or pollen in cupped hands, offer prayers to the Creator for the day, to the Three Kings, to whom the dance is dedicated, for good health to all, strength to the participants, and thanks to the Creator for providing life to the world. The corn meal is spread on the dance plaza before themselves. Many female members of the community will stand and dance along the perimeter of the dance plaza. Sitting along the first row of the spectators are the Laguna elders, wrapped in warm blankets and shawls, as they oversee the dance they once participated in their younger days. The dance is performed several times during the day. It is a time for all Laguna immigrants to celebrate their Laguna heritage and to reflect on the ancient songs of their Keresan ancestors. The dancers seem to be in deep thought; indeed, they are listening to the words of the songs of old, following the beat of the drum and keeping the steps to the songs.

These songs are considered the oldest and most traditional of all songs at Laguna, with their origins handed down since time immemorial. It is a time for Laguna and Isleta relatives and friends to gather, celebrate, and reflect upon the continuation of the rich customs and traditions that the Laguna immigrants of 1880 brought to the Pueblo of Isleta. And one can see that

at the moment that the crowd is totally immersed in the song and dance. Women rise to join the dance from the crowd all around the plaza. The drummer then turns the drum and all immediately react to the more vibrant sound. The dancers pound the earth, raising the dust among the crowd. Suddenly, the Singers seem much louder and all eyes are on the dancers. And finally, as if to make the day even more perfect, the crowd looks to the sky to see a couple of eagles soaring high above. They seem to be listening to the drumbeat below. And those below look in awe at the splendor of their circling flight. It's a message from up above that all our prayers are being heard, and with tears in our eyes we all realize that all is well –all is well.

Regretfully, this dance has been unable to be performed these last few years because of the Covid Pandemic. Hopefully, we will be able to enjoy this dance next year.

The Aftermath of the Migration in Laguna

The Laguna traditional religious structure was gutted after the migration, due to the loss of so many important religious leaders. Over time, with the help of Isleta's Immigrant leaders in Isleta, Laguna was able to rebuild its ceremonial ritual structure, bringing back the traditional songs and dances that had been lost. However, the conflict between conservatives and progressives continued at Laguna. At Laguna, many younger people did not even know the history of the Laguna migration.

In Isleta, after years of friendly and mutual co-existence, tensions began to appear between the descendants of the original 1880 Laguna Immigrants and their Isleta hosts around the turn of the century and continuing up to the present time. Some of the Lagunas at Isleta complained of their ill treatment by other Isletans.



Guadalupe "Lupita" Abeita

In one instance in December 2003, matters came to a head when the Isleta Tribal Council sent letters to 132 Isletans, many of them descendants of the Laguna immigrants, notifying them that their Isleta tribal enrollment was being questioned. They would have just a few weeks to prove that they were at least one-half Isleta. One of the recipients of that disenrollment letter was Isleta centenarian Guadalupe "Lupita" Abeita, who was a descendant of the Laguna immigrants and had lived in Isleta all her life. Mrs. Abeita, with the help of her daughter, told her story to *Albuquerque Journal* staff writer, Leslie

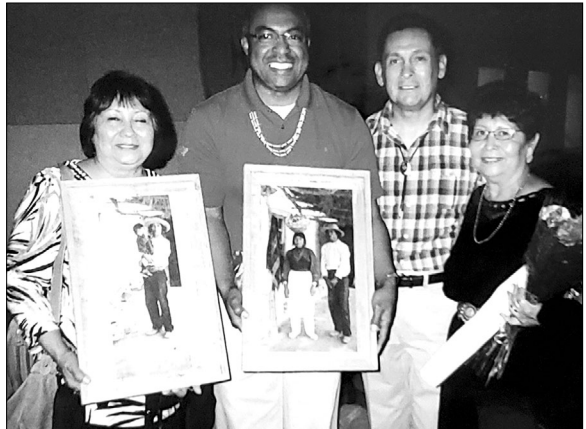
Lithicam, who wrote an article that appeared on the front page of the December 19, 2003 edition. Mrs. Abeita also appealed to the Tribal Council, however the Council never responded to her appeal. Several weeks after receiving her notice she, and others, were formally notified that their notifications had been rescinded. Mrs. Abeita and her daughter also confronted Isleta Governor Alvino Lucero, seeking clarification. Governor Lucero respectfully informed her not to worry, that it was a mistake and she would not be dis-enrolled.

On June 16, 2012, during the State of New Mexico's Centennial Celebration, the Albuquerque Public Library, in conjunction with the New Mexico Genealogical Society, gave a presentation by Richard "Dikki" Garcia, Isleta Pueblo member and genealogist, which centered on the diverse cultural identity and make-up of Isleta Pueblo. Of particular discussion was the acculturation of Laguna immigrants into the Pueblo of Isleta in 1880. An over-capacity crowd of participants included many descendants of the 1880 Laguna immigrants living in Isleta. Also present and Guest Speaker was Richard Luarkie, Governor of Laguna Pueblo at that time. Governor Luarkie was surprised to learn of the presence of so many Laguna Pueblo descendants and even more, that some of them still actually spoke the native Keresan language. But he was also dismayed to learn that some of the descendants felt that they had come to be treated unfairly throughout the years. Many conveyed to him their personal feelings and felt that Laguna Pueblo had forgotten about their long-gone sons and daughters. His discussions with the participants were well received and he pledged to relay their concerns to the Laguna Tribal Council. This encounter eventually led to a positive outcome. Governor Luarkie relayed his encounter with the Laguna descendants to the Laguna Tribal Council. After much internal discussion within the Pueblo, including elders and religious leaders, Laguna decided that Laguna tribal members needed more information about the history of the Laguna migration and that the present-day Laguna descendants in Isleta deserved to be acknowledged by Laguna Pueblo.

Governor Luarkie and Pueblo officials decided to sponsor a symposium at Laguna about the 1879-1880 Laguna migration. Governor Luarkie consulted former Laguna governors who supported the idea of a symposium, "because they had concerns that their people should understand the history and engage in the community." The symposium was held at the Laguna casino in 2012/2013, over a two-and-one-half day period and was facilitated by Regis Pecos, former Governor of Cochiti Pueblo. Over 600 people attended, including many from Isleta, including then Isleta Governor Frank Lujan and his staff. When the Isleta descendants arrived, led by Juana Correa, daughter of centenarian Lupe Abeita, the Laguna people greeted them with cheers and washed their hair as a traditional way of cleansing them and welcoming them home. "We welcomed them home," said Governor Luarkie, "... we renewed and refreshed our relatives to strengthen them ... We washed off the things that were hurtful ... When they dried off, they all felt renewed."

The symposium was a great success. "People learned the history," Luarkie said, "there were tears in peoples' eyes, they appreciated being included." It was a time of healing, as people were able to tell their stories. "I definitely felt

moved and special that day," said Governor Luarkie. Governor Luarkie noted that "there is a need to continually cultivate the connection between Laguna and Isleta." He summed it up eloquently: "There is no end to the migration. There is a lifetime of migrating, growing intellect and sophistication."



Terry Lente, Gov. Richard Luarkie, Dikki Garcia, and Vera Lente at the Albuquerque Public Library presentation on the Laguna migration, June 2012. Photographer: Ernie Correa

Richard "Dikki" Garcia continues his work on the genealogies of Laguna immigrants and their descendants so that their names will never be forgotten. This article is dedicated to the one hundred and twelve men, women and children who risked their lives to hold onto their traditions culture and religion, despite all the negative forces that were placed in front of them in 1879-80. May we also remember the original Laguna immigrants, now deceased, including Francisco Correa, Town Chief who died in 1918; Tomas Correa, former drummer; Seyu Chavez former associate headman; and Francisco Garcia, Carlos Lente, and Henry Jojola. Members who were living in 1956 included Ignacio "Nacu" Correa, the Headman; Joe (*Payetema*) Abeita, Song Chief; Vicente Correa, son of Tomas Correa; Sam Chavez, son of *Seyu*; and Dabi Jiron, Tony Torres, and Felipe and Luis Lente and many more, too numerous to name.

We would like to thank former Governor Richard Luarkie of the Pueblo of Laguna; Lisa Kindrick, Genealogy Librarian and David Schneider, both from the Albuquerque Public Library; Richard "Dikki" Garcia and to the many members of the Pueblo of Isleta who contributed either a photo or memory to help us complete this article for the Isleta Newsletter.

. . .

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. Beginning this month, we are requesting any ideas related the women figures in the Pueblo who could be covered and have their stories told. Again, any information is greatly appreciated and will not be used without your permission. Thank you!

PARKS & RECREATION DEPARTMENT

PARKS MAINTENANCE –
From Donald Lucero

The Parks crew has been out there getting things ready for spring. The Parks are looking great and being kept clean and weed free thanks to our crew. I do have a request from our parks maintenance crew and if all of you are able to help us with this request that would be great. We have seen an upswing in vandalism (graffiti, broken limbs and bushes, broken bottles and beer cans, vandalism to our parking lots, etc.) at our parks. My parks crew wanted me to ask all of you to please help keep an eye on our parks, and if you see anyone doing anything that looks suspicious at or to our parks please call Isleta Police Department (IPD) to report it as quickly as you can, that would be of great help to our parks and us. Thank you for you continued help and support.

FITNESS –
From Thomas Zuni and Mike Trujillo



Isleta recreation would like to introduce our newest Personal Trainer Ann Asman, she is training at the Fitness West (Pickle Heights) location and is available for your fitness needs. Ms. Asman is also a certified Yoga Instructor and as soon as we are able to start up classes again, Yoga will definitely be a class we want to start. Some community members have contacted me about the possibility of having a Yoga class and now that we have a certified instructor on board we are going to do our best to get a Yoga class started, as soon as we are able to do so. Please stop by our Fitness West (Pickle Heights) location to work out and meet our newest trainer, I'm sure she would be glad to meet you and work with you and don't forget about the Main Recreation Center, stop by there as well, we always have trainers available to help you. Keep your eyes open for upcoming classes as well, currently all classes are on hold/postponed until further notice, we hope to start up classes again very soon and we ask that you continue to be patient. Please remember that our first priority is to keep the community members safe and that is the reason that all of our classes have been postponed for now. Please be on a look out for upcoming posting. Thank you and we hope to see you utilizing your fitness facilities.

SPORTS –
From George Waquie

Hello, my fellow tribal members. Hope all is well and everyone is staying safe. I just want you to know that as soon as we get the ok, we will start up the Volleyball League. We have not forgotten about it and all the interest in it. I am very excited about the new piece of equipment we

purchased for basketball enthusiasts. That piece of equipment is called, the Dr. Dish shooting machine. This machine is going to help our youth and anyone else interested develop better shooting technique, as well as improve their free-throw shooting. It will also help with other basketball related skills and drills. If any of you are interested in seeing and using this machine, please call and schedule a time to use it with me (George Waquie) at the Rec center. You can reach me at (505) 869-9777. We will also be holding/hosting another virtual run (Isleta Pueblo Family Fun Run) in March. Keep your eyes open for the posting and registration information and details for this upcoming run. Also, keep a look out for the next department virtual run/ walk challenge, we are hoping to see more departments get involved and would love see managers including department Directors participants as well. Signing off for now, please stay Safe!!

AQUATICS –
From Josh Roybal

Greetings! Isleta Aquatics hopes all of you are staying safe and healthy this new year! Unfortunately, we had to postpone our upcoming swim lessons until further notice; we did this for safety reasons. Our swim lessons have been a huge success and we will be continuing them as soon as we are able to do so. We are committed to keeping our facility as safe and fun as possible while maintaining all precautions

and disinfecting protocols. Lanes are still available by appointment only for lap swim, we would like to encourage anyone interested swimming lap or wanting to use our pools to call the Rec Center at 505-869-9777 to reserve your lane/area! We are currently taking registration forms for the second swim lesson session of 2022 that will begin in February. Registration forms are available at the front desk at the Rec Center. Isleta Aquatics is still looking to fill lifeguard positions. If there are any prospective candidates that are over the age of 15 that would like to apply for the Lifeguard position have them call the Aquatics Office at 505-869-9783. For any students that are interested in Lifeguarding, we are flexible with school schedules and extracurricular activities; we will also provide training and certification if you are selected to be hired. If you have any questions about applying for a position or about Lifeguarding certifications or just for general information about child or adult swim lessons and other aquatic programming, please call Josh or Connie at 505-869-9783.

RECREATION –
From LeeAnne Zuni

After School Program News – This month we are celebrating the Chinese New Year “The Tiger” and students will be learning about the different Chinese zodiac animals and will enjoy eating some
(Continued Next Page)



Valentine’s Day
February 14th

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- ADORE

AFFECTION

ARROW

BE MINE

BELOVED

BOYFRIEND

CANDY

CHAMPAGNE

CHERUB

CHOCOLATE
- CUPID

DARLING

DEAREST

FLOWERS

GIFTS

GIRLFRIEND

HEARTS

HUG

I LOVE YOU

KISS
- LOVE

PINK

POEM

RED

ROMANCE

ROSES

SWEETHEART

VALENTINE



fried rice, wontons and fortune cookies. Here are some insights of the Chinese Zodiac to share with you and your family.

Chinese Zodiac – Chinese Zodiacs are named for Animals. Thousands of years ago, the Chinese started keeping track of the passage of time by naming the years after different animals. The Chinese zodiac has 12 animals, in this order: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. Since tigers are brave, many children wear hats or shoes decorated with tigers to scare away bad luck and bring good fortune. The Year of the Tiger are the following: 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022, 2034. Characteristics of People Born in the Year of the Tiger: The



Chinese like to say that people born in the various years have different personalities and talents. According to tradition, people born in the Year of the Tiger are brave and confident. They are charming and others tend to like them. They are strong-willed and can be stubborn. For more information and activities to celebrate, the Chinese New year go to www.holidappy.com

Update News – The After School program has limited slots available for students to attend, we currently still have openings, if you would like to sign up your child, please come to the New Recreation Center to fill out an application form. The hours of the After School Program are from 3:00pm to 5:30pm, Monday through Friday and located in the Game Room.

Other activities for After School program – Students will be making an assortment of Valentine Crafts and snacks, a Valentine painting for the month, participate in a scavenger hunt during their nature walk and make some homemade play-doh and many more activities at the recreation center.

Pueblo of Isleta Public Library

**2021
INCOME TAX FORM
PACKETS ARE
AVAILABLE AT THE
LIBRARY!**

COME BY THE LIBRARY AND PICK ONE UP TODAY. JUST GIVE US A CALL AND WE CAN BRING ONE OUT TO YOU OR YOU CAN COME IN.

ANY FORMS YOU MAY NEED FOR TAX SEASON CAN BE DOWNLOADED FROM THE INTERNAL REVENUE WEBSITE IRS.GOV. COMPUTERS AND WI-FI AVAILABLE AT YOUR CONVENIENCE.

WHAT IS ADDICTION?

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



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

Addiction is classified as a brain disease because abuse and misuse of alcohol and/or drugs changes the brain. Addiction is dependence on something that is physically or psychologically habit-forming. It is difficult for the addict to stop using alcohol/drugs because of the withdrawal that happens when the use stops. A alcohol hangover, or withdrawal is a severe physical and psychological shock. In opioid use disorders, the physical withdrawals are the most felt. In stimulant (methamphetamines) use disorders, the combination of both physical and psychological withdrawals occur.

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

The destruction of the disease of addiction is real and the changes to brain chemistry are frightening. Sobriety or recovery often seems impossible to the alcoholic/addict, family, friends, and community. However, all hope is not lost! In addiction treatment, there are many tools, services and methods to help with addiction. Untreated addiction is a tragedy that has a devastating ripple effect on children, parents, communities, and nations.

Services to help treat addictions include, individual weekly counseling, Ripple Effect-IOP Group (3 days a week), Medical Assisted Therapy (MAT)-- utilization of Vivitrol injections and inpatient residential treatment referrals.

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

Isleta Behavioral Health 505-869-5475

PUEBLO OF ISLETA PUBLIC LIBRARY

**FREE AT-HOME
COVID-19 TESTS
NOW AVAILABLE FOR ORDER**

EVERY HOUSEHOLD IN THE US CAN NOW ORDER 4 FREE AT- HOME RAPID ANTIGEN TESTS. THERE IS NO SHIPPING COSTS OR CREDIT CARD INFORMATION REQUIRED.

IF YOU WOULD LIKE HELP WITH THIS PROCESS PLEASE COME INTO THE LIBRARY AND A STAFF MEMBER CAN WALK YOU THROUGH IT.

ORDER AT: [HTTP://WWW.COVIDTESTS.GOV/](http://WWW.COVIDTESTS.GOV/)
OR SCAN QR CODE

COVID-19 COUNSELING
& SUPPORT SERVICES

**IT'S FREE &
ANONYMOUS.**

CALL (505) 954-1057

VACCINATION FROM THE MISINFORMATION

Stephanie Barela, Health Educator,
Isleta Health Center
Phone: 505-869-4479
www.TheMisinformationVirus.com

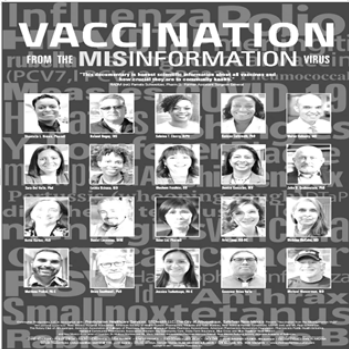
There is so much MIS-information in the media regarding Vaccinations that a group of health professionals throughout the country and right here in New Mexico, decided to do something about it. They prepared a documentary called “VACCINATION from the Misinformation Virus”. As noted in this documentary’s discussion/viewer guide, “This is a comprehensive media campaign to help parents and community leaders understand **vaccines are safe, important to community health and save millions of lives annually.**” The hope of this campaign is to empower and support families and community leaders to make healthy decisions regarding lifelong vaccinations. As the viewer guide states, “with so much misinformation in the media (social and otherwise)... (this project is) a way to ‘vaccinate’ yourself, your family, and your community with **clear, concise and honest science-based information from leading experts who have spent their lives studying vaccines and viruses.**”

People are exposed to a lot of different information from many sources and right now, during the COVID-19 pandemic, it is no different. Unfortunately a lot of this information is health misinformation, which is “information that is FALSE, INACCURATE or MISLEADING, according to the best evidence at the time.” Misinformation has caused confusion and led people to decline COVID-19 vaccines, reject public health measures such as masking and physical distancing, and use unproven treatments. Health misinformation is not something new, however, due to Social Media and the Internet, the misinformation spreads much faster and much farther. It is important that together, we build healthier communities by spreading accurate information, where we can all make informed decisions about our health, the health of our loved ones and the health of our communities.

Right now is a very important time to accurately educate ourselves on the importance of vaccinations. Research has shown us that vaccines are safe and important in order for the community to stay healthy. Vaccines have prevented the spread of many contagious diseases, such as, measles, mumps, polio, chicken pox, whooping cough, diphtheria and Human Papillomavirus (HPV). Benjamin Franklin once said “An ounce of prevention is worth a pound of cure”, which is very important today! To develop, distribute and administer a vaccine, it is much cheaper than the cost of treating someone with the disease. Prevention is key!

It is my hope that we will be able to offer an in person screening of this documentary soon, however, due to the current Public Health Order, we are not able to do that. Instead, please access this documentary at www.TheMisinformationVirus.com and watch the documentary virtually by clicking on PBS and then PBS Video Portal or simply go to:<https://portal.knme.org/show/vaccination-misinformation-virus/>. Once the public health order is loosened and we are able to meet in person, I will plan a watch party in order to view this educational documentary as a group.

If you would like to pre-register for the in person viewing of this documentary or if you have any questions, please contact me at (505) 869-4479.



PROTECTION

The Omicron variant of COVID-19 is spreading faster than previous variants.

What is the Omicron variant?

- Omicron is a new variant of the coronavirus that causes COVID-19.
- Viruses constantly change through mutation leading to new variants.
- The Omicron variant is the most contagious strain of COVID-19 yet.
- Like all other variants, it is spread when people breathe in air contaminated by droplets and small particles containing the virus.

Omicron and COVID-19 vaccines

- While breakthrough infections in people who are fully vaccinated and boosted (if eligible) are likely to occur, current COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death due to infection with the Omicron variant.

Unvaccinated people are at highest risk for severe illness, hospitalization, and death due to infection with the Omicron variant.

Staying protected against Omicron

All previous measures against COVID-19 are still effective against the Omicron variant.

- Get fully vaccinated and boosted (if eligible).
- Wear a N95, KN95, or surgical mask in public places.
- Keep at least 6 feet of distance from others.
- Avoid crowded spaces and large gatherings.
- Get tested if you are feeling sick. All available tests can detect COVID-19 caused by any known variant, including Omicron.
- Isolate from others if you test positive.

Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging.

Scan this QR code for more information about the Omicron COVID-19 variant:

STRENGTH

Protecting our children is an investment in our present and future

Although fewer children have been infected with COVID-19 compared to adults, children can: 1) Be infected with the virus that causes COVID-19; 2) Get sick from COVID-19; and 3) Spread COVID-19 to others.

Children age 5 and over are currently eligible to receive the Pfizer COVID-19 vaccine. Teens 16-17 years old are eligible for Pfizer booster shots.

Why should I get my child/teen vaccinated with the COVID-19 vaccine?

Getting a COVID-19 vaccination:

- Can help protect your child from getting COVID-19.
- Is safe and effective.
 - Vaccines have gone through all required research phases.
 - It will not give your child COVID-19.
- May help prevent spreading COVID-19 to others.
- Can help keep your child from getting seriously sick even if they do get COVID-19.
- Your child can get a COVID-19 vaccine and other vaccines at the same visit (without waiting 14 days between vaccines).

How can I protect my children who are under the age of 5?

- Wear masks in all indoor locations outside of your home.
- Keep at least 6 feet apart from others when outside of your home.
- Avoid large gatherings and activities that make it hard to stay 6 feet away from others.
 - Outdoor activities are safer than indoor activities.
 - If indoors, choose a well-ventilated location.
- Wash hands
- Sanitize high touch areas and materials
- Get everyone in your family who is 5 years or older vaccinated against COVID-19.

Contact your local IHS, tribal, or urban Indian health care facility for more information on getting vaccinated.

Scan QR code to learn more about COVID-19 vaccinations for children & teens. It's your time to shine!

Self-Care Tips During the COVID-19 Pandemic

Stephanie Barela, Isleta Health Center Health Educator • Phone: 505-869-4479 • sbarela@islclinic.net
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic>

It has been a very overwhelming year with COVID-19. Many of us are working longer/busier hours; we are constantly given updated information; some of us have been caring for family; and many of us are concerned about our family or ourselves contracting COVID-19. It is important to remember to take a minute for ourselves and take a breath, collect our thoughts and remain calm.

According to the Mayo Clinic, it is “normal to feel stressed or overwhelmed during uncertain times.” They mention that we may be feeling many emotions in response to this uncertainty, including anxiety, fear, anger and sadness, as well as, helpless, discouraged and occasionally out of control. Not only do we feel these emotions, but the stress can come out in a physical response as well, such as a headache, muscle tension, fatigue and sleeplessness. It is really important to take care of yourself during this time, especially so you can be available to help your family through this rough time as well.

Here are a few tips you can use to take care of yourself: Physical health:

- Fuel your body by, well-balanced **eating a healthy diet and drinking plenty of water.**
- Aim to get **seven to eight hours of sleep each night.**
- **Exercise every day.**
- **Take deep breaths and stretch often.**
- **Avoid risky or destructive behaviors,** such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.
- **Spend time outside,** such as going for a walk in the park following the social distancing guidelines.

Mental health:

- Set and **maintain a routine** at home.
- Focus on things you can control.
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to.

- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read books.
- Consume reliable news sources that report facts, and avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations.
- Acknowledge and appreciate what others are doing to help you and your community.

Symptoms to watch for

If any of the following symptoms become persistent or interfere with daily functioning and are outside the norm for the COVID-19 pandemic, contact your provider for help and guidance:

- Trouble focusing on daily activities
- Anxiety that turns into feelings of being out of control
- Strong feelings that interfere with daily activities
- Having emotions that become difficult to manage
- Feelings of hopelessness or helplessness

Learn more about self-care:

- Get strategies to help kids cope with COVID-19.
- Discover how to maintain human connection during social distancing.
- Visit our COVID-19 page for resources on how to get health care during the pandemic.

Another great resource available to everyone is a free & anonymous COVID-19 Counseling and Support Services, (505) 954-1057.

ISLETA TRASH TALK!



Do not to overfill cart and make sure the lid closes fully. Excessive trash needs to be disposed at the Transfer Station.





Oversized waste such as this swimming pool must be disposed at the Transfer Station.

PLEASE DO

- SET CARTS OUT BY 7AM.
- PLACE CARTS AT LEAST 5 FEET AWAY FROM OTHER CARTS, MAILBOXES, FENCES, PARKED VEHICLES, LOW HANGING TREES AND UTILITY POLES SO THE TRUCK CAN EASILY AND SAFELY ACCESS THE CART.
- PLACE CARTS WITH THE WHEELS AND HANDLE TOWARDS THE CURB.
- ALL HOUSEHOLD GENERATED SHARPS SUCH AS NEEDLES MUST BE PLACED INSIDE A HARD PLASTIC CONTAINER AND LABELED “CONTAINS SHARPS.”
- BAG ALL TRASH.
- HOUSEHOLD TRASH ONLY

PLEASE DO NOT

- DO NOT OVERFILL YOUR CART, MAKE SURE THE LID CAN FULLY CLOSE.
- DO NOT PLACE WASTE ON THE OUTSIDE OF YOUR CART ON TOP OR NEXT TO YOUR CART.
- DO NOT PUT YARD WASTE IN YOUR CART.
- DO NOT PLACE HOT ASHES OR COALS INTO CART.
- DO NOT PLACE CONSTRUCTION OR DEMOLITION WASTE IN YOUR CART.
- DO NOT PLACE HAZARDOUS WASTE IN YOUR CART.
- DO NOT LEND YOUR CART OUT, OR USE AT ANOTHER ADDRESS, USE AT ASSIGNED HOME LOCATION ONLY.
- DO NOT MARK OR SPRAYPAINT, USE MAILBOX LABELS.

CURBSIDE TRASH PICKUP SERVICE

Let’s talk trash Isleta! Here is some information on our curbside trash pickup service provided to you. It is important to understand why certain materials cannot be disposed with the regular trash. Lots of materials such as boards and rugs can be damaging to the inside components of the trash truck, which can lead to costly repairs and service delays. The curbside trash pickup program is intended to provide you the community with curbside HOUSEHOLD trash pickup service. This means only household trash is collected in your green waste cart.

What is household waste? Household waste is waste generated in the home such as food scraps, napkins and bottles. Any other waste besides household trash must be disposed at the Transfer Station. The Transfer Station is open 7 days a week for all your disposal and recycling needs. Thank you for your understanding and cooperation. (505)869-4106

KEEP ISLETA BEAUTIFUL!

Isleta Health Center Optometry

Digital Eye Strain

Dr. Mitchel Anderson, OD, Optometrist
Phone: 505-869-4080



We are using screens now more than ever before. Many of us use our computer screens at work and spend much of our spare time on our TVs, phones or tablets. This can be a wonderful thing, but there are also potential side effects. One of the effects of increased screen time is that it can bother our eyes, a recent term has been coined for this: “Digital Eye Strain”. Our eyes feel strained due to the background light from the devices, and due to small muscles inside our eyes that are working hard to keep us focused on the devices in front of us.

The Optometry Times and many eye-care professionals have recently created a simple rule to help combat this Digital Eye Strain. They call it the 20-20-20 Rule; this means that for every 20 minutes you spend on a digital screen, you should take a 20-second break to look at something at least 20 feet away. Oftentimes, our eyes feel most relaxed when we let them rest for a moment and just look into the distance. If you can actively remember to take short breaks from staring at screens throughout your day, your eyes will thank you. Especially if you are feeling eyestrain or fatigue at the end of the day, this is something you should implement into your daily routine. Vision is such an important part of our lives, let’s remember to take care of our eyes so they can take care of us for many more years to come.

Isleta Health Center
Optometry Department



Be Our Valentine?

Fall in love with your financial goals during 2022!

Tiwa Lending Services is ready to match you with the perfect plan to prepare for all your financial needs.

For more information, call 505-916-0556 or 505-916-0634.



ISLETA BEHAVIORAL HEALTH CLINIC

Isleta Youth Wellness Program

The Isleta Behavioral Health Clinic (IBHC) offers year-round Prevention and Intervention programs that serve at-risk Native American Youth. Information for all IBHC youth programs are provided below:

The **Isleta Youth Wellness Program (IYWP)** is a prevention-based program geared towards youth aged 9 – 17 years of age. This program uses a positive youth development approach through experiential learning to promote mental health awareness by reducing risk factors and increasing protective facts in adolescents with the intention of reducing, delaying or preventing the onset of substance use and/or mental health problems. Through participation in this program, prevention staff will foster positive group cohesion, increase social and emotional competency, and will guide students on how to develop important life skills and promote mental health awareness. The IYWP is built on the foundation of four guiding principles: culture/tradition, experiential education, service ethic, and community cohesion. The IYWP is offered in two different settings:

- **After School:** Program during the fall and spring, youth sessions are offered three days a week from 4:30PM to 6:00PM, with occasional weekend outings. Transportation to and from program is available for all participants residing within the reservation boundaries.
- **Summer:** During the summer, youth sessions are offered for three and half days out of the week, with occasional weekend trips. Transportation to and from program is available for all participants residing within the reservation boundaries.

Power Source is an after-school youth intervention program that targets highly at-risk youth. This program guides participants to develop skills and a lifestyle that promotes a strong sense of self and resiliency, which in turn will aid in the discovery of a sense of purpose and positive outlook for their future. This youth intervention program is held for thirteen consecutive weeks, covering a variety of topics ranging from anger management to mindfulness.

Program questions, concerns or inquiries please reach out to our program at 505-869-5475.

*****All youth programs are subject to the most current COVID-19 Public Mandates, which may result in switching to a virtual setting at any time during the program*****

Valle de Oro NWR Winter Calendar 2022

All events are free and open to the public unless noted otherwise. All times are in Mountain Standard time. Check websites and our Facebook/Instagram pages for more information.

https://www.fws.gov/refuge/valle_de_oro/
@ValleDeOroNationalWildlifeRefuge

<https://friendsofvalledeoro.org/>
@FriendsOfValleDeOro

Jan 18
Jr Duck Stamp
How to Draw a Duck
Virtual event on Valle de Oro NWR's Facebook page
11 am to 11:30 am

Feb 1
Photo Contest
Award Ceremony
Virtual event for contest winners. Photos posted to Valle de Oro's Facebook page the first week of February
5 pm to 5:30 pm

Feb 9
ABQ Backyard Refuge
Program Q & A
Find more information at:
<https://fb.me/e/1d5ORCzSn>
6 pm to 7 pm

Feb 18 - 21
Great Backyard
Bird Count
Bird watch in your own neighborhood and community. Find more info at: www.birdcount.org

Mar 2
ABQ Backyard Refuge
Program Q & A
Find more info at:
<https://fb.me/e/1qvsGCGIU>
2 pm to 3 pm

Mar 15
Jr Duck Stamp
Submissions Due
Mail entries to: 7851 2nd Street SW Bld. A, Albuquerque, NM 87105
Find more info at:
<https://www.fws.gov/birds/education/junior-duck-stamp-conservation-program.php>

Mar 19
ABQ Backyard Refuge
Program Q & A
Find more info at:
<https://fb.me/e/kuuBzyYFU>
2 pm to 3 pm

Mar 19
Water Quality
Testing Fair
In person outdoor event at Valle de Oro NWR in partnership with the New Mexico Environment Department. Find more info at:
<https://nmtracking.org/environment/water/PrivateWells.html>
9 am to 1 pm

Mar 25
Valle de Oro NWR
Construction Tour
Virtual event on Valle de Oro NWR's Facebook page
4 pm to 4:30 pm

Coming Winter
Visitor Center parking lot
Open to visitor use
Parking lot, breezeway bathroom, and new trails open to our neighbors and friends! Visitor center will remain closed until further notice.
Time and Date TBD



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.

Boost Your Natural Immune Response

VACCINATE THE WHOLE FAMILY

For those 12 years and older, it is important to get the COVID-19 Vaccine to help prevent the Virus!

Vaccines protect against these people diseases:

Hepatitis A	Diphtheria	Varicella
Hepatitis B	Tetanus	HPV/cancer
Polio	Pertussis	Shingles
Hib	Measles	Meningococcal ACWY
Pneumonia	Mumps	Meningococcal B
Flu	Rubella	Rotavirus

WhyImmunize.org

Vaccines protect against these pet diseases:

Panleukopenia	Distemper
Herpes Virus-1	Parvovirus
Calicivirus	Adenovirus
Feline leukemia	Parainfluenza
Rabies	Kennel Cough

Fix.Adopt.Save.

Our Community Commitment

FixAdoptSave.org

Babies need vaccines:

DTaP	MMR
Hepatitis A	Hepatitis B
PCV13	Flu (Yearly)
Rotavirus	Varicella
Polio	Hib

School age kids need vaccines:

(4-6 years old)

DTaP	MMR (2 nd Dose)
Polio	Varicella (2 nd Dose)
Flu (Yearly)	

Teens need these vaccines:

(11-12 & 15-16 years old)

HPV	Flu (Yearly)
Tdap	Meningococcal ACWY & B

Pregnant moms need:

Flu (Yearly)
Tdap 1 dose with each pregnancy

...to protect both mom and baby

Healthy adults 19-59 need:

Yearly Flu
HPV before age 50
Tdap (if never received)
Tetanus every 10 years
Shingles (at 50 years of age)

More vaccines may be needed for certain medical conditions

Adults 65 and over need:

Flu (Yearly)
Shingles
Pneumonia (starting at age 65)
Tdap (if never received)
Tetanus every 10 years

More vaccines may be needed for certain medical conditions

Cats need:

- FVRCP (combo vaccine) starting at 6-8 weeks of age; then every 3-4 weeks until 16-20 weeks old
- FeLV at 8 weeks; 2nd one 3-4 weeks later
- Rabies at 12 weeks
- Yearly boosters

Dogs need:

- DHPP (distemper, adenovirus, parvo, parainfluenza) starting at 6 weeks; then every 3-4 weeks until 16-20 weeks old; last 2 DHPP vaccines should contain leptospirosis
- Rabies at 12 weeks, Rabies booster after 1 year, then every 3 years
- Bordetella at 12 weeks, 2nd dose 3 weeks later
- Yearly boosters (DHPP & Bordetella)

* FixAdoptSave.org offers affordable and accessible spay/neuter programs and services.

Vaccines are the simplest way to keep you & your family healthy & well.

Ask your doctor, nurse, pharmacist and veterinarian about which vaccines are right for your family!

ISLETA HEAD START, EARLY HEAD START, & CHILD CARE

OPEN SLOTS!!!

Play, Learn and Grow... Together!

IT'S NOT TOO LATE!

Eligibility Requirements:

- *Birth Certificate
- *CIB and/or Proof of Residency
- *Proof of Income
- *Health Insurance

Early Head Start ages: Prenatal/Newborn—3 years old

Head Start ages: 3—5 years old

Child Care ages: 16 months—5 years old

Program Options:

Early Head Start Center-Based: 8:00am-3:00pm

Early Head Start Home-Based: 1.5 hours per week

Head Start: 8:15am-2:45pm

Child Care Full-Day: 8:00am-3:00pm

Child Care Before & After-School: As early as 7:30am & As late as 5:00pm

02 Sagebrush St. Alb., NM 87105/PH: (505) 869-9796

Isleta Social Services & The K'ea-Wah Supervised Visitation & Safe Exchange Program




Advisory Committee

Isleta Social Services and The K'ea-Wah Supervised Visitation & Safe Exchange Program is looking to fill 3 member positions in our Advisory Committee. It is very important that every committee member attend monthly meetings and become involved and vested in meaningful dialogue with regard to service delivery in the area of domestic violence and in the protection of victims of violence and their children. This is a working group of service delivery partners and community members that actively participate in the development and implementation of policies and procedures that are focused on victim protection in a collaborative, coordinated, community based and safe practice manner. There are always new projects, new forms, activities, and new questions that come up with the regard to safety and security in which the Advisory Committee members' contributions are appreciated and valued. If you would like to become part of the Advisory Committee, please contact Reyes Abeita-Project Coordinator at 505-869-7577.



Isleta Social Services
805 Blyth Rd NE
Los Lunas NM, 87031
505-869-7577



2022 Meeting Schedule

Isleta Health Support Group

Isleta Health Center Kitchen or Isleta Health Training Center
(Daytime sessions enter in the front doors, Nighttime sessions either at the Training Center (pink building farthest north behind the Health Center) or Kitchen (Enter on the South Side of the Building near the grassy gated area-2nd door on the right.)
10:30am to 12:00pm or 5:00pm-6:30pm

*Meetings usually change time every other session, from 10:30am-12:00pm to 5pm-6:30pm.
*Due to potential COVID Restrictions, Meetings may only be offered online. Please call to verify location.

DATE	TOPIC	SPEAKER	LOCATION
1/11/2022 5-6:30	Evening Session A New You for 2022	Anthony Fleg UNM Dept of Family & Community Medicine, Native Health Initiative	Presented On-line ONLY Due to COVID Restrictions
1st Friday 2/4/2022 9:30am – 12:30pm	9th Annual Go Red For Native Women Virtual Heart Health Summit American Heart Association HTTP://Heart.zoom.us/join/register/wn_ydaigccstku2uitf9ea9ug		Presented Virtually and Possibly at Isleta Health Training Center
📞 Contact Stephanie at 869-4479 to register for Heart Health Summit 📞			
3/8/2022 5pm – 6:30pm	EVENING SESSION Pain Management	Renaldo Wilson DOH NUPAC Program Director	Presented Virtually and Possibly at Isleta Health Training Center
4/12/2022 10:30am – Noon	Know Diabetes by Heart	Cassandra Vanderpool, MS, RDN, LD, Diabetes MAPP (Management & Prevention Programs)	Presented Virtually and Possibly at Isleta Health Kitchen
5/10/2022 5pm-7:30pm	EVENING SESSION 7th Annual Isleta Cancer Survivors Day Event	Balloon Release/ Survivor Celebration (Anjie Cureton)	Presented Virtually and Possibly at Isleta Health Training Center
6/14/2022 10:30am – Noon	Advance Directives and End of Life Planning	Anjie Cureton, Clinical Psychologist, UNM	Presented Virtually and Possibly at Isleta Health Kitchen
7/12/2022 5pm-6:30pm	EVENING SESSION Alternative Medicine and Cancer Treatment	Renaldo Wilson DOH NUPAC Program Director	Presented Virtually and Possibly at Isleta Health Training Center
8/9/2022 10:30am – Noon	What is Inflammation	Renaldo Wilson DOH NUPAC Program Director	Presented Virtually and Possibly at Isleta Health Kitchen
9/13/2022 5pm – 6:30pm	EVENING SESSION Depression/BH/Suicide	Isleta Behavioral Health	Presented Virtually and Possibly at Isleta Health Training Center
10/11/2022 10:30am-12pm	12yr Anniversary Celebration of Group Established October 2010		Presented Virtually and Possibly at Isleta Health Kitchen
11/8/2022 5pm-6:30pm	EVENING SESSION Stress Management for Caregivers training	Antonio Lopez, LMSW Clinical Provider Trainer Western Sky	Presented Virtually and Possibly at Isleta Health Training Center
12/13/22 10:30-12pm	Heart Health	Janet Johnson DOH Tribal Liaison	Presented Virtually and Possibly at Isleta Health Kitchen

Topics are subject to change.
EVERYONE WELCOME
Sessions are Virtual; dial in on phone or
in-person (Depending on Restrictions).
**Call for Log In Information
or Phone Number.**
NOTICE: Log in information is different each
session

**Contact Stephanie Barela to sign up
and to learn more!**
**In order to Social Distance there will
be limited space available**
**SEATS MUST BE RESERVED AHEAD OF TIME,
PLEASE CALL IN ADVANCE. MASKS REQUIRED!**
Phone: 869-4479 | Email: sbarela@islclinic.net

ISLETA HEALTH CENTER

Ma Gu Waam from
Shay Jaramillo, BSN, RN

I hope everyone is staying safe.

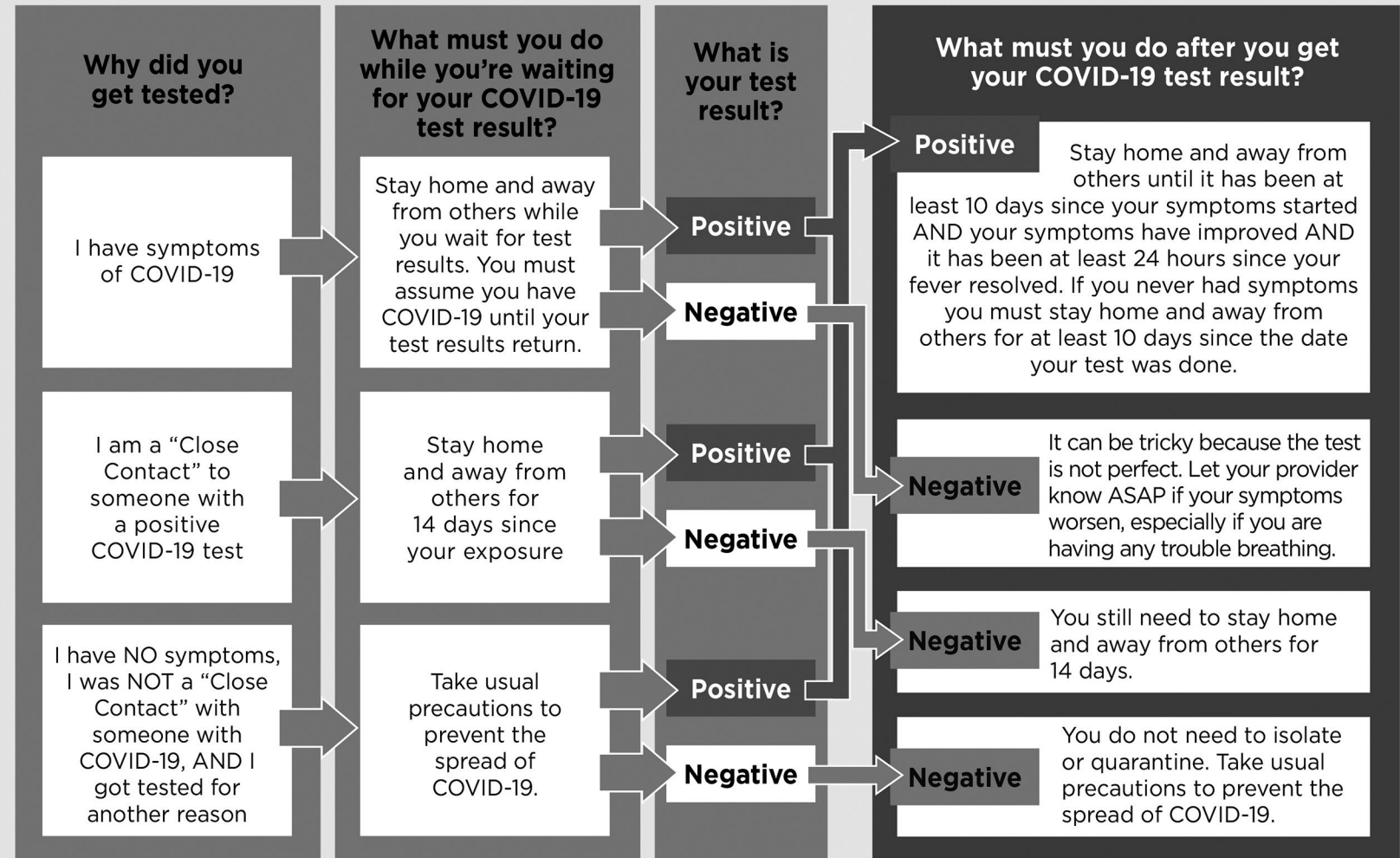
It is that time of year again; flu
shot season. Call to schedule
your flu shots today,
6 months and older are eligible.



Below are some helpful Q&A tips about the
Medical department:





- Did you know that you have to call at 8:00am for a walk in appointment? Dial 869-4385 to speak to a nurse, and remember we open at 10:00 am on Thursdays.
- Did you know we now have a pediatrician? His name is Dr. Sapien and he joined the IHC team on June 28, 2021. He is here twice a month; make an appointment for your child(ren) today.
- Did you know if you are transported by ambulance from the Health Center that you will still need to notify PRC within 72 hours?
- Did you know you can now print your child(ren)s or your own vaccine record? Visit VaxViewNM.org to print.
- Did you know you could request your medication refills without asking your doctor? This can be done by calling the Pharmacy refill line or the pharmacy directly. If you are out of refills, the pharmacy staff will ask your doctor to refill the medication for you.
- Did you know the best way to prevent illnesses such as the flu, cold and COVID is to WASH YOUR HANDS? Washing your hands with soap and warm water as soon as you get home from work, school, running errands or being outside will help keep yourself, your family and the community healthy.

WHAT TO DO WHILE WAITING FOR YOUR COVID-19 TEST RESULT



Isleta Elder Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	2/1/2022	2/2/2022	2/3/2022	2/4/2022
	MACARONI SOUP	CHICKEN FAJITAS	HOT DOGS	PORK CHOP
	Ground Beef 3oz Macaroni 1/2c Stewed Tomato 1/2c Crackers 2 ea Fruit	Chicken Strips 3oz Peppers & Onions 1/2c Spanish Rice 1/4c Tortilla Garnish 2oz Fresh Fruit	Beef Hotdog 3oz Sliced Carrots 1c Hot Dog Bun Condiments 2oz Fruit Cup	Pork Chop 3oz Baked Beans 1/2c California Vegetable 1/2c Applesauce
2/7/2022	2/8/2022	2/9/2022	2/10/2022	2/11/2022
COUNTRY CHICKEN	GRILLED HAM AND CHEESE	SLOPPY JOE	EGG SALAD SANDWICH	BEANS W/CHICOS
Country Chicken 3oz Mashed Potato 1/4c Country Gravy 2oz Green Beans 1/2c Dinner Roll Fruit	Sliced Ham 3oz Cheese 1oz WW Bread Tater Tots 1/4c Peas & Carrots 1c	Ground Beef 3oz Sloppy Joe Mix 1/4c Hamburger Bun Chuckwagon 1/2c Apple Crisp 1/2c	Egg Salad 3oz Carrot Sticks 1c Croissant Ranch 2oz Baked Chips 2oz	Beans 1c Chicos 1/4c Green Chile 1/4c Tortilla Fresh Fruit
2/14/2022	2/15/2022	2/16/2022	2/17/2022	2/18/2022
PETITE SIRLOIN	CHICKEN QUESADILLA	SPAGHETTI	VEGETABLE BARLEY	PIZZA
Sirloin 3oz Mashed Potato 1/2c Mushroom Sauce 2oz Asparagus 1/2c Dinner Roll	Dice Chicken 3oz Shredded Cheese 2oz Carrots 1/2c Tortilla Salsa 2oz	Spaghetti 1/2c Marinara Sauce 1/4c Meatballs 2oz Chuckwagon 1c Fruit	Barley 1/2c 5 way Vegetables 1c Kidney Beans 1/4c Oyster Crackers Fruit Cup	Sausage 2oz Marinara Sauce 1oz Mozzarella 1oz Italian Vegetable 1c Fresh Fruit
2/21/2022	2/22/2022	2/23/2022	2/24/2022	2/25/2022
CENTER CLOSED	GREEN CHILE POSOLE	CHEF SALAD	BEEF AND BROCCOLI STIR FRY	FISH SANDWICH
	Pork 3oz Green Chile 1/4c Hominy 1/2c Tortilla Fresh Fruit	Spring Mix 1c Sliced Ham & Turkey 2oz Cheese 1oz Tomato/Cucumber 2oz Boiled Egg 2oz Ranch Dressing 2oz	Flank Steak 3oz Spaghetti 1oz Broccoli 1c Carrots 1/4c Fortune Cookie	Breaded Cod 3oz Green Beans 1c Sweet Potato Fries 1/4c Hamburger Bun Fruit Cup
2/28/2022				
ROAST BEEF SANDWICH	<div><div>Please call by 9 AM to cancel Home Delivered Meals. Thank you.</div></div>			
Roast Beef 3oz Sauteed Onions 1/4c Cheddar Cheese 1oz California Vegetable 1c Texas Toast Fresh Fruit				
****Menus are subject to change without notice, based on the availability of products.****				

Isleta Health Center

Do you or someone you know have a drinking problem?

Alcohol use is not a problem for everyone but it can become a problem if you are not aware of the signs. It helps if you know the signs so you can do something about it before it becomes a problem. If you are curious whether your alcohol use might be a problem, take a moment to answer these questions:

In the past 6 months to a year, did you

- End up drinking more, or longer, than you intended
- Tried to cut down or stop drinking but continued to use alcohol
- Drive a car or operate heavy machinery hile drinking or “buzzed”
- Have to drink more than you used to in order to get the same effect
- Continue to drink even if you felt depressed, anxious, or guilty
- Continue to drink even though you had health problems because of the alcohol
- Continue to drink even though it caused problems with family, friends, and/or the job
- Spend a lot of time figuring out how you would get your next drink
- Experience hangovers that got worse each time you drank
- Ever have a drink the following day just to “steady your nerves” or to “take off the edge”

If you answered “yes” to any of these questions, it may be time to seek help...

Isleta Health Center
Behavioral Health Clinic
505-869-5475

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

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

WHEN: February 24-25, 2022, (Call IBHC for updated Training Schedule)

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](#)

Teen Dating Violence Awareness Month

Two young teens became involved in a romantic relationship that was something new to both of them and left them with feelings of excitement and happiness. As their relationship progressed, the excitement faded and became filled with negativity. The foundation of the relationship was now built around control, and that control was expressed through psychological manipulation and emotional abuse which later developed into physical violence. The boyfriend’s behaviors are conditioned to slap, punch, kick, and make unwanted sexual advances towards the girlfriend whenever he wanted to. She feared her boyfriend but did not know how to escape his power over her. He made her promises of being a better boyfriend in hopes that she would accept him and forgive him. She did, but the promises were broken as he continued to control her and abuse her until one day she was hospitalized. How could she stay in this relationship, jeopardize her life, and lose the many people and things she loved?

The IBHC youth prevention program submitted their feedback on a survey about teen dating violence (TDV). *Every single one of the youth knew a friend or family member that was involved in a violent relationship and not one of the youth reported that their parents taught them anything about teen dating violence.* Teen dating violence (TDV) is prevalent and universal and affects millions of teens in the U.S. each year. Approximately 1 in 9 female teens and 1 in 13 male teens report physical dating violence in the prior two years. According to statistics obtained from the Center for Disease Control, Prevention Youth Risk

Behavior Survey and the National Intimate Partner and Sexual Violence Survey. About 1 in 7 female teens and 1 in 19 male teens have reported sexual dating violence in the last two years. Alarmingly, 3 in 4 parents have never talked to their children about domestic violence. Sadly, violence – physical, sexual, or psychological, is highly underreported. The teen stages of life are common to have an emergence of romantic relationships and these early romantic encounters are the foundation for future development of learned intimacy skills and the development of one’s identity. TDV is a nationwide public health issue that needs recognition in order to process future change for a healthy development of our youth

Domestic violence does not just apply to adults. The statistics and real life situations applies to teens too. TDV has long standing effects on the life of an individual. Prior research has found that teens that undergo violence in romantic relationships have been associated with serious physical and mental health consequences such as depression, substance use, eating disorders, school failure, early pregnancy, suicidality, and injuries requiring medical attention caused by experiences from TDV. Continuous TDV reinforces interactional patterns; these patterns then carry on into adulthood as risk factors for a trajectory of increased abuse and possible future exposure to adult intimate partner violence. Violence is a learned behavior. *Each of the youth in the IBHC prevention program was witness or know someone who is in a violent relationship. One of the youth stated, “that relationship should not have so much*

control, and if domestic violence is coming your way, then you should get help right away”.

The youth involved expressed their stress and hardships at school and home in regards to violent relationships. They are concerned with the cycle of violence that is continuing in our community and throughout the entire nation. Although TDV is common, prevention efforts are available for future generations and eradicated for teens that currently undergo dating violence. TDV exposure can be limited through parental responses and communication about dating violence. Open and healthy adolescent-parent communication is a protective factor against adult domestic violence (ADV) and research has supported the idea that adolescents do seek advice, opinions, and support from their parents or guardians. Supporting the development of healthy, respectful, and nonviolent relationships can prevent and reduce harmful effects on the individual, their family, and their community. It is vital for youth to learn and begin early on in life. The skills needed to be aware that dating violence is common and is NOT acceptable and how to effectively behave and react to situations that are harmful to them.

If you feel like your partner is violent towards you in any way, talk to someone you can trust who will help you escape the abusive relationship and seek help to mend the situation. Prevention and change is possible, and it begins by teaching our children that violent relationships are never acceptable and that the cycle can have an end.

Heart Disease

Stephanie Barela, Health Educator
www.CDC.gov www.webmd.com www.goredforwomen.org
Phone: 505-869-4479

February is HEART DISEASE AWARENESS MONTH. Heart Disease, also known as cardiovascular disease, is the leading cause of death in the world, and accounts for one in three deaths among women each year and more than ½ of the deaths in men. Here are things we can do to LOWER our Risk of Heart Disease:

QUIT SMOKING COMMERCIAL TOBACCO.

Contact Stephanie Barela (869-4479) to learn about the Isleta Health Center’s quit smoking programs.

EAT HEALTHY.

Eat more

- Healthy fats, such as raw nuts, olive oil, fish oils, flax seeds, or avocados
- Colorful fruits and vegetables—fresh or frozen, prepared without butter
- High-fiber cereals, breads, and pasta made from whole grains or legumes
- High-quality protein, such as fish, poultry, and lean meats
- Organic dairy such as eggs, skim or whole milk, or unsweetened yogurt

Eat less

- Trans fats from partially hydrogenated or deep-fried foods; saturated fats from fried food, fast food, and snack foods
- Packaged foods, especially those high in sodium and sugar
- White or egg breads, sugary cereals, refined pastas or rice
- Processed meat such as bacon, sausage, and salami, and fried chicken
- Yogurt with added sugar, processed cheese

GET ACTIVE

Get moving and increase your heart rate. Try for 30 minutes a day, 5 days a week.

MANAGE YOUR STRESS

- Deep Breath
- Take a Break
- Exercise
- Write in a Journal
- Talk to someone (Friends/Family)
- Make an appointment with Isleta Behavioral Health (505-869-5475)

KNOW YOUR NUMBERS

BLOOD PRESSURE

- Keep it below 120/80.

BLOOD SUGAR

- Keep it below 6% (100mg).

BLOOD CHOLESTEROL

- LDL is “bad” Cholesterol--Keep it less than 100mg.
- HDL is “good” Cholesterol--Keep it higher than 60mg.
- Triglycerides--Less than 150mg.

BODY WEIGHT

- Keep your Body Mass Index between 18.6 and 24.9.

Wear RED on Friday’s in February, to support Hear Disease Awareness and Educate people how to Decrease your Risk!!

Isleta Health Center

Screen Your Way to Health



SAVE THE DATE

HEALTH FAIR 2022

Saturday - May 7, 2022

10:00am - 1:00pm

@ Isleta Health Center



Learn about Programs in your Community & How to Stay Healthy.

Booths, Screenings, PRIZES, and MORE!
Masks Required

Notice: Due to Restrictions, Date Subject to change.

For more information contact
Stephanie Barela @ 505-869-4479

Health Beat

COVID Natural Immunity:
What You Need to Know

Stephanie Barela, Isleta Health Center Health Educator
Phone: 505-869-4479
sbarela@islclinic.net
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-natural-immunity-what-you-need-to-know>
www.mayoclinic.org

What is “Natural Immunity”?
If you had COVID-19, does that mean you have “natural immunity” to the coronavirus?
If so, how does Natural Immunity compare to protection offered by the COVID-19 vaccinations?

Immunity is your body’s ability to protect you from getting sick when you are exposed to an infectious germ. Your body produces a variety of different cells that fight off the germs that attack your body. Some of these release antibodies into your body stream that can “remember” a particular germ, so that they can detect its presence if it returns and produce antibodies to stop it.

Natural Immunity is the antibody protection your body creates against a germ once you have been infected with it. Every person’s natural immunity will vary depending on the person and the germ, for instance, people who have had the measles are not likely to get it again, but this is not the case for every

disease. A mild case of an illness may not result in strong natural immunity. New studies show that natural immunity to the coronavirus weakens or wans over time, and this happens faster than immunity provided by COVID-19 Vaccination.

Vaccine-induced immunity is what we get by being fully vaccinated with an approved or authorized COVID-19 Vaccine, although over time, research has shown that protection that we get from the vaccines lessens, which is why now additional doses (boosters) are authorized for certain populations to lengthen the powerful protection offered by the vaccine.

Many might ask, if I have natural immunity, do I still need a COVID Vaccine? And the answer is YES! **The COVID-19 Vaccines** are recommended, even if you had COVID, because the vaccine is the **best protection against getting it**, whether you have had it already or not.

Recent research studies support this recommendation. Below are a few quotes from a few different studies:

- “Getting vaccinated for the coronavirus when you already had COVID-19 significantly enhances your immune protection and further reduces your risk of infection”, U.S. Centers for Disease Control and Prevention (CDC), 10/29/21.
- “If you had COVID-19 before and are not vaccinated, your risk of getting re-infected is more than 2 times higher than

those who got vaccinated after having Covid-19”, August 2021.

- A study found that the chances of adults testing positive for COVID-19 were 5.49 times higher in unvaccinated people who had COVID-19 in the past than they were for those who had been vaccinated for COVID and had not had an infection before. (CDC), 11/5/21.
- Another study showed that roughly 1/3 of those with COVID-19 cases in the study had no apparent natural immunity (CDC, 9/2021).

REASONS to GET VACCINATED with any of the 3 FDA-Approved or Authorized COVID-19 Vaccine, even if you have already been infected with COVID-19:

1. **Getting COVID-19 is very risky** and can result in long-term disease, lasting organ damage, hospitalization or even death.
2. Even if your own infection is mild, you can spread it to others who may have severe illness and death.
3. The authorized and approved vaccines are safe and highly effective against severe illness or death due to COVID.
4. Risks of COVID-19 vaccine side effects are extremely low.

CALL 869-9720 more information on scheduling your vaccine.



American Heart Association



Go Red for Women

9th Annual Drum to the Beat of a Healthy Heart

Go Red for Native Women®

Heart Health Summit

Digital Experience



February 4, 2022 10am-noon

JOIN THE ISLETA HEALTH SUPPORT GROUP IN VIRTUALLY ATTENDING THE 9TH ANNUAL GO RED SUMMIT.

PLEASE CONTACT STEPHANIE BARELA, HEALTH EDUCATOR, 869-4479

TO SIGN UP TO VIEW THE CONFERENCE AT THE ISLETA HEALTH CENTER (DEPENDING ON COVID RESTRICTIONS) OR REGISTER AT

[HTTPS://HEART.ZOOM.US/WEBINAR/REGISTER/WN_YDAIQCcsTKu2Uitf9EA9Ug](https://heart.zoom.us/webinar/register/WN_YDAIQCcsTKu2Uitf9EA9Ug)

TO VIEW IT FROM HOME ON ZOOM.

Thank you!


News from Isleta Social Services

Hello Everyone, we at Isleta Social Services would like to let you know that we have hired two new team members to the department. Our current staff would like you to join us in welcoming them to the community. Welcome Michelle Tappto-Family Interventionist and Marissa Abeita-Project Assistant.

Current staff are: Jacqueline Yalch-Social Services Director, Nicole Panteah-Administrative Assistant, Patricia Abeita-Supervisory Social Worker, Meighen Nieto-Family Social Worker, Larry Lucero-Case Worker and Reyes Abeita-Project Coordinator.

If you have any questions or concerns, please contact our department at 505-869-2772.

Thank you,
Isleta Social Services




Thinking About Quitting

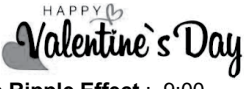




Cooped up at home? Maybe this is the right time to Quit Smoking.

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



FEBRUARY ²⁰²² ISLETA HEALTH CENTER Questions? Call 869-3200					
SAT/	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	2 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm For Information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	3 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	4
5/6	7 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475	8 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	9 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	10 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	11
12/13	14  The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475	15 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	16 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	17 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	18
19/20	21 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475	22 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	23 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm For Information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	24 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	25
26/27	28 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475			ISLETA HEALTH SUPPORT GROUP   9th Annual Go Red for Native Women Virtual Heart Health Summit American Heart Association Friday, February 4, 2022 Contact Stephanie Barela 869-4479 sbarela@islclinic.net	DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475
All In Person Programs are subject to the most current COVID-19 Public Mandate...					



JUST DRIVE.



PARK YOUR CELLPHONE
Before driving, turn off your ringer, or turn on airplane mode. Put your phone away.



TWO HANDS ON THE WHEEL
Keep both of your hands on the steering wheel. Work on ignoring your phone.



EYES ON THE ROAD
When you focus on the road, you can avoid dangerous situations ahead.



KEEP MUSIC LEVEL REASONABLE
If your music is too loud, you can't hear emergency vehicles, or other drivers.



PULL OVER AND PARK
If you need to use your phone, pull over and put your vehicle in park.

ADD YOUR OWN SAFE DRIVING TIP HERE:



TRIBAL INJURY PREVENTION PROGRAM



TRIBAL INJURY PREVENTION RESOURCE CENTER

Isleta Health Center Programs

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 Moccasin Making Class on Tuesday evenings (Check in with BH weekly for any status changes 869-5475)
- > Isleta Sewing Class canceled until further notice (Check in with BH weekly for any status changes 869-5475)

The IHC Programs below are still being offered:

- > Isleta Health Support Group February 4, 2022 10am-12pm Virtual Go Red For Heart Health Tentatively scheduled for Isleta Heath Center Training Center, but may go Virtual Only. Please call closer to the program to find out (869-4479).
https://heart.zoom.us/webinar/register/WN_YDAiqcCsTKu2Uitf9EA9Ua
- > Diabetes Prevention Program: Personal training sessions offered Monday-Friday 6 am-4:30 pm, by appointment only. Please call 869-4595 to schedule your appointment
- > Isleta Thinking About Quitting (Smoking Cessation Program) 90 minute one on one session. Please call 869-4479 to schedule an appointment
- > PowerSource Virtual Only (Check in with BH weekly for any status changes 869-5475)
- > Ripple Effect Virtual Only (Check in with BH weekly for any status changes 869-5475)
- > Youth After School Program Virtual Only (Check in with BH weekly for any status changes 869-5475)