

Volume 17 Issue 3

Pueblo of Isleta website: www.isletapueblo.com

Facebook

March 2022

Governor's Report

Ma-guwam

I hope this newsletter finds everyone doing well. The COVID Mitigation Team has made changes to the Public Health Order. Please review the changes within the order. As we continue to monitor the changes with the COVID-19 Virus, we have seen a decrease in the amount of positive cases within the pueblo. This is a good sign and we are very hopeful that the end of the pandemic is near however; we cannot let our guard down. As you all may know, Governor Michelle Lujan-Grisham has removed the mask mandate for the State of New Mexico. The Pueblo of Isleta will continue to follow our current Public Health Order and require wearing masks for the Pueblo of Isleta. We are still encouraging the community to get vaccinated and practice COVID safe practices. If you have any questions about COIVD-19 please call the COVID line at 505-869-9720 for further information.

As the New Mexico Legislation ends, we received notice that our Capital Outlay funding requests for the Los Padillas Well Project was awarded \$1,000,000.00, and for the completion of the Solid Waste Transfer Station upgrade, \$350,000.00. Other legislation that passed was Indian Families Protection Act and Preserving Languages and Culture, and has gone to the Governor's for signature. We are hopeful that she will sign the legislation.

Tribal Administration proposed the re-establishment of a Natural Resources Department with Tribal Council approval. This is great news! As part of the first step, Tribal Council approved the Director position and budget. We will be advertising for the position and hope to have it filled by summer. The Natural Resource Director will be tasked to implement an amended organization chart. What will guide each of the new Natural Resources Departments will be the requirement that all positions meet the qualification of education and/or experience, and that managers develop and implement plans that have clear definable goals and objectives for each resource area. For example, under the Natural Resources Department and Range Program, the current Range Grazing Management Regulations need to be revised and re-written under separate categories of Range Management, Grazing Administration, and Livestock Health, which are all currently combined and are difficult to implement. The Tribal Council has appointed a select committee to make recommendation on its revision and language. Part of the discussion and recommendation is whether to continue with a Livestock Board (which was never established) or leave it to Tribal Administration and the Range Program to implement grazing administration. Regarding grazing permits for 2022, Tribal Council has not issued an extension for the current year until the Range Grazing Management Regulations can be amended and approved.

DEPARTMENT OF HEALTH SERVICES



TELEPHONE: 505-869-3200 FAX: 505-869-4584

PUBLIC HEALTH EMERGENCY ORDER 2022-01

PUEBLO OF ISLETA

February 3, 2022

 The intent and purpose of this Public Health Emergency Order is to amend the Public Health Emergency Order 2021-04 to the current CDC Guidelines for isolation of individuals who test positive for COVID-19 and modify the requirement for a quarantine order. The Pueblo of Isleta has made significant progress in vaccinating individuals, increasing access to COVID-19 testing, and improving the standard of masks available to the Pueblo of Isleta workforce and community. Whereas, the Pueblo of Isleta has objectively assessed the overall COVID-19 data and science related to the omicron variant, the current severity of disease with the January 2022 surge of cases, and the importance of carefully resuming normal activities.

THEREFORE, NOTICE IS GIVEN that, pursuant to the Tribal Health Officer authority set forth in Title 40, Communicable Disease Code, Pueblo of Isleta, effective May 11, 2020, as adopted by Tribal Council Resolution No. 2020-016B on November 25, 2020, I hereby order that:

- A. All persons 2 years of age and older are required to wear a mask while in indoor public settings, except when eating or drinking, or with members of the same household.
 - Masks are recommended in outdoor settings. In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated or high-risk for complications related to COVID-19.
- B. All persons who are experiencing COVID-19 like symptoms are to call the COVID-19 Response Line, 505-869-9720, to schedule a COVID-19 test.
- C. All persons who test positive for COVID-19 are to isolate for 5 days, if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), followed by 5 days of wearing a mask when around others to minimize risk of transmission.
- D. Persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if the following criteria are met:
 - Are up-to-date on COVID-19 vaccinations (a person who has received all recommended COVID-19 vaccines, including any booster doses when eligible) or fully-vaccinated (a person has received their primary series, dose 1 and dose 2 of COVID-19 vaccines).
 - Have remained asymptomatic since the current COVID-19 exposure.
 - Have had a confirmed COVID-19 positive test within the last 90 days.
- E. Persons who do not quarantine should still watch for symptoms of COVID-19 for 10 days following an exposure and wear a well-fitted mask.
 - Persons do not need to stay home unless COVID-19 like symptoms develop. Get tested immediately, if symptoms develop.
 - It is recommended to get a COVID-19 test even if you don't develop symptoms at least 5 days after you last had close contact with someone with COVID-19.
- F. Gatherings will be permitted.
 - Any gathering of greater than 30 individuals on the Pueblo of Isleta will be required to have a COVID-19 Safety Plan completed and documented with

One another note related to Natural Resources, and after discussion with the traditional leaders, the East Mountains will remain closed until further notice.

The Isleta Elementary School will be going through a retrocession. The School Board had requested the retrocession through the tribal council via a Tribal Council Resolution. The Resolution passed and the elementary school will be returned back to the Bureau of Indian Education (BIE) in June. Further information will be shared with parents and the community as the process continues.

We received some great news because of Isleta's Water Working Group and the Six Middle Rio Grande

- Public Health Services Department.
- Social distancing and a well-fitted mask will be required at any gathering or event at any indoor public spaces or Pueblo of Isleta venues.
- G. Access is restricted to all non-residents of the Pueblo of Isleta.
 - All persons who do not lawfully reside within the exterior boundaries of the Pueblo of Isleta reservation will be denied access into and through the Isleta Pueblo Housing Districts and into the main village area.
- H. The sale of prepared food, including but not limited to Indian Oven Bread or traditional food products, arts and crafts, agricultural and/or yard sales within the exterior boundaries of the Pueblo of Isleta is permitted. Vendors must abide by COVID-19 Safe Practices for all sales.

NOTICE IS FURTHER GIVEN that, pursuant to Section 40.10.1 of Title 40, Communicable Disease Code, all tribal law enforcement officers are hereby ordered to actively enforce all provisions of this Public Health Emergency Order.

NOTICE IS FURTHER GIVEN that all persons within the external boundaries of the Pueblo of Isleta must abide by the following additional preventive measures:

1. All persons should perform frequent hand washing with soap and water for at least 20 seconds, or frequently use a hand sanitizer that contains at least 60% alcohol.

(Continued Next Page)

Pueblos Coalition efforts, the Department of Interior, Working Group on Indian Water Rights Settlements, agreed to appoint a Federal Assessment Team to begin discussions on a negotiated settlement process to protect our water rights. The team will evaluate a set of factors and assess the opportunities that may be available to define and secure the Isleta's and Coalition Pueblos' water rights, including an appropriate binding mechanism that would resolve their water rights and bring certainty to other Rio Grande communities. The Secretary's Indian Water Rights Office (SIWRO) to will begin to work on initiating next steps, including the identification of team members.

As part of the above efforts, we received a copy of a letter from the Texas Rio Grande Compact Commissioner, stating that Texas has no objections to storing Prior and Paramount (P&P) water in Abiquiu Reservoir in lieu of El Vado undergoing repairs. The amount agreed to be stored is limited to 20,000 acre feet. Unused P&P stored water will still need to be released at the end of the irrigation season. For P&P storage in Abiquiu to occur, the Rio Grande Compact Commission must still approve and by unanimous consent.

Unfortunately, Texas did not agree to storing water for the Middle Rio Grande Conservancy District (MRGCD) water users that includes the Pueblo's Newly Reclaimed Land acreage. Texas' position is that due to debit water owed and until replaced, storing native Rio Grande water for non-P&P water users violates the 1938 Rio Grande Compact. As long as New Mexico is in accrued debit, Texas will not approve Abiquiu storage and release for non-P&P MRGCD water users.

In addition to the above, Water Work Group (WWG) has begun to have discussions on developing Isleta's strategic plan concerning our water resources. Developing our strategic plan will help guide how to address maximizing our water rights and what necessary actions must be taken by leadership to reach that goal. Part of that challenge is instituting a Land Use Plan that determines what and what we cannot do with our land to maximize our water right claims.

Despite some much needed moisture from snowfall, we are still in need of more. Despite the good news concerning P&P storage, farmers will need to be diligent in water use and cooperatively share. The community can expect for water restrictions to be implemented this year to stop water waste particularly related to our drinking water supply.

Our National Telecommunications and Information Administration (NTIA) broadband grant application underwent a curing to provide additional clarification of information submitted. We are still in the running to be funded under this grant to build a broadband fiber network with internet connection to homes on Isleta. Tribal Administration would like to thank Marie Campos, our contract grant writer, Bryan Schallip, Network designer, and Art Heffren of 19

- 3. All persons should avoid touching their face, nose, eyes or mouth.
- 4. All persons who are experiencing symptoms of COVID-19 should get a COVID-19 test as soon as possible.
- 5. All persons eligible to receive the COVID-19 vaccine should receive the COVID-19 vaccine as soon as possible.

Definitions:

- 1. Access is restricted to all non-residents, with the exception of tribal members of the Pueblo of Isleta. All non-tribal members of the Pueblo of Isleta who do not lawfully reside within the exterior boundaries of the Pueblo of Isleta reservation will be denied access within the exterior boundaries of the Pueblo of Isleta reservation including the Isleta Pueblo Housing Districts, the Main Village area, and other housing areas within the Pueblo of Isleta.
- 2. Well-fitted mask: A facial covering designed to filter breathing through both the nose and mouth and thereby contain or limit respiratory droplets. A mask must snugly cover the face around both the nose and mouth, have 2 or more layers of washable, breathable fabric, completely cover your nose and mouth, and have a nose wire to prevent air from leaking out the of the mask. For more information: https://www.cde.gov/coronavirus/2019-ncov/your-health/effective-masks.html
- 3. Public: Any area outside of an individual's residence wherein one could come in close contact with someone not from the individual's household.
- 4. Mass gathering: Any public gathering, private gathering, organized event, sporting or recreational event, or other grouping that brings together 30 or more individuals in a single room or connected space, or personal residence. Businesses, workplaces, houses of worship, and places of lodging do not qualify as mass gatherings, but must adhere to all applicable Pueblo of Isleta policies, Public Health Orders and Executive Orders. "Mass gathering" does not include individuals who are public officials or public employees in the course and scope of their employment.
- 5. Essential services: services such as home health care, delivery trucks, emergency home repair services, public utilities, and Pueblo of Isleta operations.
- 6. Isolation: used to separate people with confirmed or suspected COVID-19 from those without COVID-19. Persons in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate themselves from others or wear a well-fitting mask when they need to go to common areas of the home.
- 7. Quarantine: used to keep someone who might be exposed to COVID-19 away from others. People who have had COVID-19 within the past 3 months or who are fully vaccinated are excluded from quarantining as long as no new symptoms develop.
- 8. Close Contact: an individual who is within 6 feet of someone who has COVID-19 for a total of 15 minutes

or more, individual who provides care at home to someone who is sick with COVID-19, or individual who has had direct physical contact with someone who has COVID-19.

- 9. Fully vaccinated: ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine.
- 10. Up-to-date: persons who have received the primary series (1st and 2nd doses) and the booster dose (dose 3) of the COVID-19 vaccine series
- 11. COVID-19 vaccine: the Advisory Committee on Immunization Practices (ACIP) has issued interim recommendations for the use of Pfizer-BioNTech, Moderna, and Johnson & Johnson COVID-19 vaccines for the prevention of COVID-19 in the United States.
- 12. COVID-19 Mitigation Team: the Pueblo of Isleta incident command structure comprised of Incident Commanders, Logistics Chief, Operations Chief, Planning Chief, Finance Chief, Safety Officer, and other essential representatives from the Pueblo of Isleta operations.
- 13. COVID-19 Safety Plan: a formal operational plan for any outdoor activity that includes COVID-19 safe practices and guidelines that will be followed for anyone attending or participating in the activity.

NOTICE IS FURTHER GIVEN that this Order shall take effect Thursday February 3, 2022 at 6:00 PM, and shall remain in effect until otherwise ended by a subsequent Public Health Emergency Order. All Public Health Emergency Orders and Executive Orders issued prior to February 1, 2022 are rescinded and/or have been revised in this order.

ADDITIONAL ORDERS WILL FOLLOW AS CONDITIONS WARRANT, SO ORDERED THIS 3rd DAY OF FEBRUARY, 2022.

Technologies, and their continued efforts through the grant application process to support Isleta to be awarded this grant.

Despite the challenges leadership faces every day and differences of opinion on actions taken, we will continue to strive toward what we feel is in the best interest of Isleta. We must keep in mind how those actions affect not only today, but next year, 5, 10, and 100 years from now. To that end, I hope and pray we continue to work together as a community, so we can say 100 years from now, Isleta Strong! May our creator continue to protect and guide us so that we find and have a long, healthy, and happy life.

Haw-wu, Vernon B. Abeita Governor Tribal Health Officer/Public Health Services Director Isleta Health Center

Concur

Vernon Abeita, Governor

Pueblo of Isleta

AFTER SCHOOL

TUTORING

PROGRAM

Starting February 14, 2022

Department of Education

LETTER FROM THE EDITOR

DEADLINE for April Newsletter articles is set for Wednesday, March 23, 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.

 ${\bf CLASSIFIED ADS:} The new administration has requested$ 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



COVID SAFE PRACTICES WILL BE

COVID screening questionnaire

The fifteen Newsletter distribution locations are:

- 1. TR 2 & TR 22 - Chical SE of Community Hall
- TR 10 Behind the old 47 Sales 2.
- 3. TR 1 & TR 5 – Ranchitos / Bosque Farms **Reservations** Line
- **Ranchitos** Park 4.
- Post Office Big Tree 5.
- TR 82 & TR 84 Teller Road 6.
- TR 78 & TR 82 Carlos Trujillo Sr. 7.
- TR 90 @ Y CF Padilla 8.
- Mouse Town Park -9.
- 10. Health Center - South end of Health Center Parking lot
- Library Sunlight & Moonlight Intersection 11.
- TR 6 47 Intersection 12.
- TR 12 47 & 147 intersection (Old Smoke & Save) 13.
- 14. TR 71 & TR 54 @ Y - Holiday Robot / Paved Road / **Railroad Tracks**
- 15.TR 45 & TR 40 @ Y - Tata Mel (POI Signage)

2. The poster shows visual clarity, legible and can easily be read. 3. The poster message is clearly conveyed by the text and

4. The poster shows creativity, originality and artistic quality. 5.Student incorporated recucled or recuclable materials into

*Please note that all artwork submitted becomes the property of the DOE, is retained

Poster Submission

Posters may be submitted in person to the Department of Education at 950 Moonlight Dr. SW or online at

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

Deadline

Posters must be submitted to the no later than Friday, March 11, 2022. Winners will be announced at the DOE March Family Night event.

PROBATES

IN THE MATTER OF THE ESTATE OF: Patrick Chavez (DOD: 12/02/2021)

Case No. CV-PR-0185-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Patrick Chavez</u>, deceased <u>12/02/2021</u>, 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 <u>Wednesday, April 27, 2022</u> at <u>9:30 am</u> 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: Jack L. Garcia (DOD: 12/25/2021) Case No. CV-PR-0003-2021

Case No. CV-PR-0165-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Jack L. Garcia, deceased 12/25/2021, 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 <u>Thursday, June 16, 2022</u> at <u>9:30 am</u> 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: Steven J. Abeita (DOD: 04/25/2020)

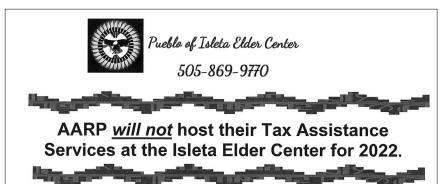
Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Steven J. Abeita</u>, deceased <u>04/25/2020</u>, 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 <u>To Be Determined (TBD)</u> at <u>TBD</u> 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

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Santana Olguin</u>, deceased <u>05/08/1984</u>, 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 <u>Thursday, April 14, 2022</u> at <u>9:30 am</u> 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)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Marie Josefita Kirk</u>, deceased <u>01/22/2021</u>, 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 <u>Wednesday</u>, <u>April 06</u>, <u>2022</u> at <u>9:30 am</u> 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

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Jose Andres Chewiwi, deceased <u>12/21/2016</u>, 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 <u>Wednesday, April 13, 2022</u> at <u>2:30 pm</u> 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

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Lupita Chewiwi</u>, deceased <u>07/15/2021</u>, 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 <u>Wednesday</u>, <u>April 13, 2022</u> at <u>3:15 pm</u> 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.

PUEBLO OF ISLETA PUBLIC WORKS DEPARTMENT

THE ISLETA CLEAN TEAM

Have you ever noticed the employees responsible for keeping your facilities clean? They are seldom noticed or acknowledged for the job they do for the Pueblo of Isleta. Imagine what our work environment would be like without those employees that work each day to provide a safe, clean and sanitary environment for every Isleta employee and visitor.

There are a total of 30 buildings that the Custodians provide services to on a daily basis and other facilities such as the Community Building on an as needed basis. Custodial employees may also respond after-hours for Covid related issues such as fogging and they assist at various events sponsored by the Pueblo of Isleta.

The Custodial team currently consists of a Supervisor, a Lead Custodian and nine custodians. The crews clean, dust, sweep, mop, vacuum, empty trash and wipe down furniture and counter tops. Cardboard and other recyclable materials are separated and

Case No. CV-PR-0186-2021



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

- You MUST call the Information line for AARP Foundation Tax Aide Sites.
- The number is: 1-888-227-7669. They will not make an appointment for you; you will be given information to specific sites to get your taxes prepared.
- You must make an appointment to receive tax assistance.
- You can go to <u>aarpfoundation.org/taxaide</u> to select a tax site & make your appointment.
- Tax prep will be available thru 4/18/22

Pauline E. Lucero

Benefits & Billing Manager

placed in the proper bins for collection by Solid Waste.

The Custodial Division employs staff that specialize in Covid-19 Prevention. They are tasked to thoroughly wipe down high traffic areas at all Tribal buildings, utilizing a product known to be effective against the COVID virus. The Custodial staff will also provide fogging services to Tribal Member residences as directed by the Isleta Health Clinic.

The Custodial team provides routine fogging for Pueblo buildings. The fogging process involves the use of a "fogging" machine, filled with a naturally formulated liquid that works on contact to kill the COVID-19 virus. Use of the fogger allows the liquid to be misted into the air, treating areas in the room that are hard to reach.

Each Custodial employee is provided with the necessary PPE to perform their job duties in a safe manner, both for the employee and anyone in the building.

Isleta Pueblo News



My name is Jonna Toledo and I work out of the Goodwill store in Los Lunas. What I do is help people find jobs in the community. This is a FREE service that Goodwill offers. I do work by appointment. The first appointment I just get the information to help with your job search. Example: What you are looking for, your availability, experience, etc...we do meet weekly until you find a job. Just because you find a job does not mean we are finished! I will stay in touch with you about once a month for 3 months just to make sure everything is going well. We want to make sure you are being treated well and that the job is a good fit for you. I can give job leads, help fill out applications electronically, make resumes, and we can also practice interviewing skills so you feel comfortable in an interview. I do know lots of hiring managers in the area to help set up interviews. We participate in job fairs as well as organize them and set them up at Goodwill in Albuquerque and Los Lunas. Because we are a non profit there is no charge for this service. It is FREE to the community. Not a lot of people realize that Goodwill does FREE services because they are not really advertised. They just know that the store is a good place to go and get good deals on merchandise. It doesn't matter what type of job you are wanting, I can help! There are several different fields in the area including administrative, custodial/janitorial, retail, daycare, eldercare, warehousing, production, retail and food services. Soon landscaping and outdoor type positions will be opening up. Please contact if you need help. It is always my pleasure to help with your job search. Just call me to set up an appointment! Thank you!

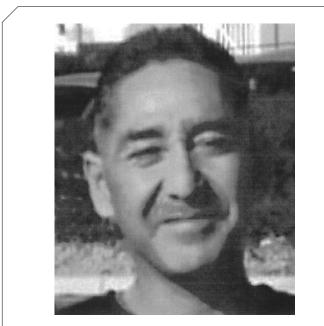


Helping New

Jonna Toledo, Career Specialist Goodwill Industries of New Mexico jtoledo@goodwillnm.org 505-944-0289 Voice 505-750-4315 Remote 201 Desert Willow Rd., Los Lunas, NM 87031

Mexicans overcome barriers to employment since 1941





CENSUS / TRIBAL ENROLLMENT DEPARTMENT

<u>Tribal Member file audit:</u>

Our office is currently conducting an audit on all tribal member files. We will be sending out a letter from our office if any supporting document is missing from your file. Please respond to these letters in a timely manner so we can update each file. This audit is time consuming so not everyone will get a letter at the same time. We will be working on this audit throughout the year. Thank you for your understanding.

Address Updates:

Please make sure to update your address each time you move so our office has the most current information on file. We have noticed a lot of address issues within the Census and Treasury department during the past two distributions. Our office is the main source that other departments use to verify information. You may also call our office to verify your information regularly to avoid any issues.

Minor IIM accounts:

BIA is working on setting up all minor tribal member accounts for the past distribution. Supporting documents were sent to their office by approval of Tribal Council. Please note some files are missing birth certificates or social security cards, please contact our office to verify if your child's information is up-to-date and all documents are in file. Although accounts are already in the works, BIA is still requesting we reach out to parents to send these documents to their office. We have attempted to contact parents via telephone, we have still not received a majority of these documents. BIA informed us that these accounts can take up to 3 months to create for every minor tribal member, please be patient during this process. On March 31, 2022 BIA will send out letters regarding each child's account. Please contact our office for more information.

Tribal Identification Cards:

Tribal Identification cards will be issued every Tuesday and Thursday by appointment.

Reminder** ALL TRIBAL IDENTIFICATION CARDS HAVE AN EXPIRATION DATE OF FIVE (5) YEARS. **ALL REQUIRED DOCUMENTS MUST BE ON FILE WITH THE TRIBAL ENROLLMENT/CENSUS OFFICE PRIOR TO RECEIVING A TRIBAL IDENTIFICATION CARD. **

Birth and Certificates:

State of NM Birth Certificates may be obtained through the Census/Tribal Enrollment Department. We will continue to make monthly visits to New Mexico Vital Statistics on behalf of tribal members. An Authorization form must be signed and notarized at the Census/Tribal Enrollment Department giving Director or Enrollment Clerk authorization to obtain Birth Certificate on behalf of Tribal Member. The cost for each certified certificate is \$10.00 each with cash, check or money order payable to: NM Vital Records Office. P.O. Box 25767 Albuquerque, NM 87125

Death Certificates:

There have been many questions regarding the death certificate process as a reminder, The Pueblo of Isleta, Census/Tribal Enrollment Department will kindly assist family members in the completion of death certificates of all Tribal Members. Paperwork needs to be completed by the family before starting the process on the state system. Paperwork can be picked up at the Census office.

Once the death certificate has been approved and registered with the NM State Vital Office, An Authorization form must be signed and notarized at the Census/ Tribal Enrollment Department giving Director or Enrollment Clerk authorization to obtain Death Certificate on behalf of the family.

All Certified Death Certificate copies are \$5.00 each with cash, check or money order payable to: NM Vital Records Office. P.O. Box 25767 Albuquerque, NM 97195

Michael James Lucero February 23,1969 - January 8, 2022

On behalf of the family of "Michael Lucero", we would like to take this opportunity to thank you all for the prayers and contributions you all had provided.

May God Bless you all and kept you safe.

01120

Residence Ordinance:

Any non-tribal member wishing to reside on the reservation must have a residence ordinance application on file. Applications are available for pick up only at our office. This ordinance is being enforced by Governor's and IPD, please make sure your application is up-to-date. Due to delays in background checks, this application can take up to 6 weeks or longer to complete. Note: only one non-tribal member can be sponsored by enrolled tribal member (over the age of 18) per household. Any minor non-tribal members do not need an application. Please verify with our office the status of your application or any concerns you may have.

Please contact the Pueblo of Isleta Census/Tribal Enrollment Department at (505) 869-9766 if you have any questions.

Census/Tribal Enrollment Staff,

Nanette Coriz, Director Ashlee Abeita, Enrollment Clerk Andrae Gabaldon, File Clerk



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.

Title	Location	Address	City , State	Date Posted 🕶
RETAIL ATTENDANT	0400 - RETAIL ENCHANTMENT	11000 Broadway SE	Albuquerque, NM	2/17/2022
SERVER	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	2/16/2022
Groundskeeper	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/15/2022
MAINTENANCE MECHANIC	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/15/2022
OFF-SITE ATTENDANT	0335 - F&B GOLF COURSE GRILL	11000 Broadway SE	Albuquerque, NM	2/15/2022
Floor Beverage Server	0390 - F&B FLOOR BEVERAGE	11000 Broadway SE	Albuquerque, NM	2/14/2022
COOK I	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	2/14/2022
IT Specialist I	INFORMATION TECHNOLOGY	11000 Broadway SE	Albuquerque, NM	2/11/2022
Assistant Golf Pro	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	2/10/2022
SPA ATTENDANT	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	2/9/2022
Room Attendant	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	2/9/2022
SHUTTLE DRIVER	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	2/8/2022
HVAC Tech II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/8/2022
<u>Plumber II</u>	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/8/2022
COOK II	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	2/7/2022
<u>Cook I (Banquets)</u>	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	2/7/2022
<u>Cook I (Prep)</u>	0385 - F&B PREP KITCHEN	11000 Broadway SE	Albuquerque, NM	2/7/2022
FOOD ATTENDANT-cashier/attendant/service (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	2/7/2022
FOOD ATTENDANT-cashier/attendant/service (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	2/7/2022
DATABASE COORDINATOR	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	2/7/2022
Main Banker	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	2/7/2022
SECURITY OFFICER I	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	2/4/2022
Guest Service Representative	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	2/4/2022
Guest Service Supervisor	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	2/4/2022
DATABASE MANAGER	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	2/4/2022
BSA COMPLIANCE TECHNICIAN	1540 - COMPLIANCE	11000 Broadway SE	Albuquerque, NM	2/4/2022
Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	2/4/2022
SECURITY OFFICER II	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	2/2/2022
BARTENDER	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	2/1/2022
VALET ATTENDANT	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	2/1/2022
BAKER I	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	2/1/2022
Banquet Server	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	2/1/2022
Table Games Dealer	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	2/1/2022
Banquet Captain	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	2/1/2022
BARTENDER	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	2/1/2022
POOL ATTENDANT	1365 - POOL MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/1/2022
			Albuquerque,	2/1/2022
Paralegal	1540 - COMPLIANCE	11000 Broadway SE	NM	2, 1, 2022
Paralegal CALL CENTER AGENT	1540 - COMPLIANCE 0210 - HOTEL RESERVATIONS	11000 Broadway SE		1/31/2022
	0210 - HOTEL	•	NM Albuquerque, NM Albuquerque,	
CALL CENTER AGENT	0210 - HOTEL RESERVATIONS	11000 Broadway SE	NM Albuquerque, NM	1/31/2022

Isleta Pueblo News

FOOD ATTENDANT	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	1/26/2022
Food Attendant (Chills)	0332 - F&B CHILL COFFEE BAR	11000 Broadway SE	Albuquerque, NM	1/26/2022
MANAGER OF SURVEILLANCE	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	1/26/2022
SLOT PERFORMANCE ANALYST	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/26/2022
D PMI I	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	1/26/2022
SLOTS TECHNICIAN INTERN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/26/2022
Cage Cashier	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	1/20/2022
	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/19/2022
OUTSIDE SERVICE	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/19/2022
MASSAGE THERAPIST	0200 - HOTEL OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/18/2022
LOBBY PORTER	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	1/18/2022
SHIPPING & RECEIVING CLERK	1580 - SHIPPING & RECEIVING	11000 Broadway SE	Albuquerque, NM	1/13/2022
APPLICATIONS ADMINISTRATOR I	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	1/7/2022
HOUSEPERSON	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	1/7/2022
LAUNDRY ATTENDANT	0270 - HOTEL LAUNDRY	11000 Broadway SE	Albuquerque, NM	1/7/2022
SLOTS FLOOR TECHNICIAN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/7/2022
Count Member	0160 - CASH OPS COUNT	11000 Broadway SE	Albuquerque, NM	1/4/2022
EDR ATTENDANT	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	1/4/2022
RETAIL SUPERVISOR	0295 - HOTEL MANAGEMENT	11000 Broadway SE	Albuquerque, NM	12/30/2021
SUPERVISOR F & B	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	12/29/2021
SPORTS BOOK WRITER/G.S.R.	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	12/29/2021
	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	12/28/2021
CALL CENTER AGENT	0210 - HOTEL RESERVATIONS	11000 Broadway SE	Albuquerque, NM	12/28/2021
SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/28/2021
SURVEILLANCE AGENT	0170 - SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	10/14/2021





In Partnership, the POI Human Resource Office, Elder Center and the Assisted Living Facility is hosting a

"Job & Volunteer Service Fair"

March 4, 2022

9am to 12pm

at the Isleta Elder Center

Prizes, Prizes & Cash Prizes!!





MUST HAVE A VALID JOURNEYMAN'S CARD AND ALSO A VALID DRIVER'S LICENSE. PLEASE SEND RESUME TO WHITEEAGLEELECTRICALSERVICES@GMAIL.COM

Pueblo of Isleta Career Opportunities

ACCOUNTING DIRECTOR ADMINISTRATIVE ASSISTANT AGRICULTURAL IRRIGATION TECHNICIAN ANIMAL CONTROL OFFICER ASSISTANT MANAGER **AUTO & DIESEL MECHANIC** BOSQUE RESTORATION CREW SUPERVISOR BUS DRIVER (Part Time) CAREGIVER (2 Positions) CARPENTER I, II or III CERTIFIED FITNESS INSTRUCTOR CHILD CARE PROVIDER **CLINICAL THERAPIST** CONSTRUCTION FOREMAN COMMUNITY HEALTH NURSE COURT CLERK COVID-19 MEDICAL ASSISTANT COVID CUSTODIAN (2 Positions) CUSTODIAN DIRECTOR, CONSTRUCTION OPERATIONS EARLY HEAD START TEACHER EXECUTIVE DIRECTOR, IPHA FACILITIES WORKER FEDERAL PROJECT MANAGER GAMING INVESTIGATOR GENERAL COUNSEL **GROUNDS KEEPER GROUNDS MAINTENANCE WORKER** HEALTH INFORMATION MANAGER HOME CARE ATTENDANT **ICWA COORDINATOR** INSTRUCTIONAL COORDINATOR INTERNAL AUDITOR JR. SYSTEMS ADMINISTRATOR LANGUAGE TEACHER LIBRARY AIDE I LIFEGUARD MAINTENANCE TECHNICIAN MEDICAL ASSISTANT **PARKS & MAINTENANCE WORKER** PERSONAL CARE SERVICE AIDE (2 Positions) PHYSICIAN PLUMBER POLICE CADET - OPEN SPACE (5 Positions) POLICE OFFICER I - CERTIFIED **POLICE OFFICER I - CERTIFIED** PRESENTING OFFICER **RECORDS CLERK REGISTERED NURSE** ROADWAY MAINTENANCE WORKER I SALES ASSOCIATE SECURITY OFFICER SEPTIC TRUCK DRIVER SHIFT LEAD SHIFT SUPERVISOR TRIBAL COUNCIL COORDINATOR TUTOR I **TUTOR II** VAN DRIVER WATER RESOURCE SPECIALIST W-WW APPRENTICE / W-WW OPERATOR IV



Treasury **Tribal Administration** Agricultural Division **Police Department** C-Stores **Construction Operations** Water Resources Head Start Assisted Living Facility Housing Authority Health Services Head Start Health Services Housing Authority Health Services Tribal Court **Health Services** Public Works Public Works **Construction Operations** Head Start Housing Authority Head Start Housing Authority Gaming Regulatory Legal Department C-Stores **Public Works** Health Services Elder Center Social Services Department of Education Gaming Regulatory MIS Department of Education Library Parks & Recreation Public Works Health Center Parks & Recreation Elder Center Health Center Housing Authority Police Department - Open Space Police Department Police Department - Open Space **Tribal Administration Tribal Administration** Health Services **Construction Operations** C-Stores Health Services Public Works C-Stores Assisted Living Tribal Council Department of Education Department of Education Elder Center Water Resources **Public Works**

 Elder Center
 Open Until

 Water Resources
 Open Until

 Public Works
 02/15/2022

 White Eagle Electrical
 License

 License
 License

Open Until Filled Open Until Filled Open Until Filled 02/25/2022 **Open Until Filled Open Until Filled** 02/22/2022 **Open Until Filled Open Until Filled** Open Until Filled - Within Only **Open Until Filled** Open Until Filled Open Until Filled - Within Only 02/25/2022 **Open Until Filled Open Until Filled Open Until Filled Open Until Filled** Open Until Filled - Within Only **Open Until Filled Open Until Filled** 03/04/2022 - Within Only Open Until Filled Open Until Filled - Within Only **Open Until Filled Open Until Filled** 02/25/2022 **Open Until Filled Open Until Filled** Open Until Filled - Within Only **Open Until Filled**

> 100% NATIVE OWNED Licensed and Bonded Electrical Contractor EE-98 License #397340 Licensed and qualified local electricians New Commercial, Retail, and Office estimates Property Management maintenance agreements Troubleshooting Sign repair including neon Code upgrades Office and exterior lighting including parking lot lighting Energy saving Solar energy Hookups for appliances and air conditioner units Ceiling fan and lighting repair 24-hour service

Thinking About Quitting

Cooped up at home? Maybe this is the right time to Quit Smoking. Take this <u>1 time</u>, <u>1 on 1</u>, <u>90 minute session</u> 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

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



Isleta Pueblo News

PUEBLO OF ISLETA VETERANS ASSOCIATION (POIVA)

"Veterans Helping Veterans"

The POI Veterans Service Officers will be at the POI Health Clinic on the first Tuesday of each month from 10 AM - 12 PM to provide information to Veterans and their families. The first scheduled date will be on 1 March 2022. Information on service connected benefits, survivors' pension, health care benefits and enrollment, burial benefits, recovery of lost military records, education benefits, etc. If possible please bring with you a copy of the veterans' DD214 (discharge document).

Within the last year, POIVA has not had regular meetings due to the coronavirus pandemic mandates. Now that some of the mandates have been lifted, POIVA may start having scheduled meetings in March 2022. The next tentative scheduled meeting will be on 17 March 2022. Meetings are scheduled for the first and third Thursday of each month at 6 PM,

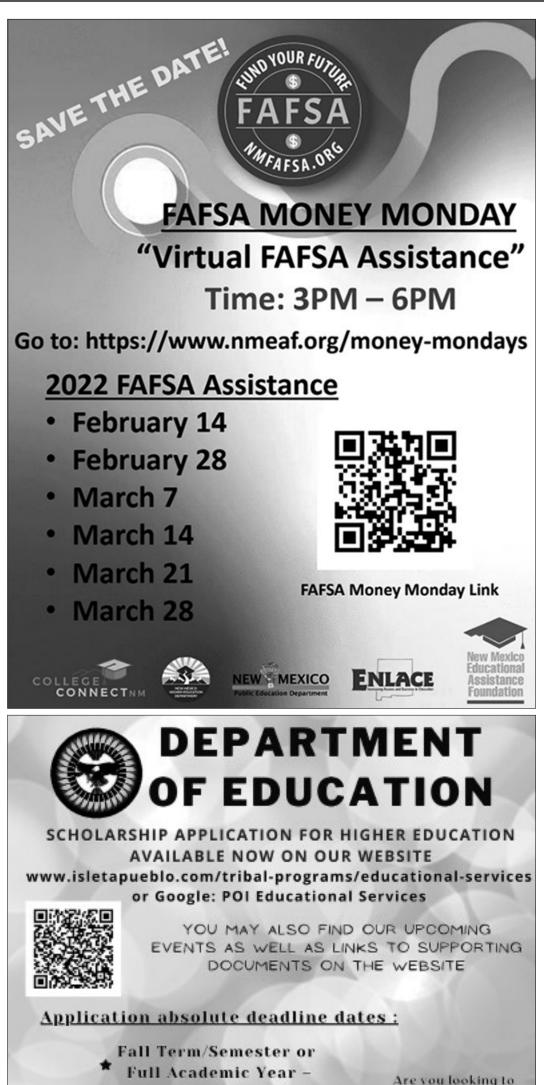
For information on POIVA meetings/activities call Fred R. Lujan, Commander, at 505-573-3733. For assistance concerning veterans issues, please call Ulysses Abeita, VSO, at 505-264-4110, or Marcus Lujan, VSO, at 505-514-7332. VSO's are available to schedule individual meetings with veterans.

WATER RESOURCES

2022 Irrigation Water Supply: Exceptional Drought Continues

The irrigation season will be starting this month and the Pueblo of Isleta Water Resources Department is getting ready to be on top of any and all issues that arise. The season irrigation season will be staggered with the Belen Division (everything south of the Isleta Diversion Dam) will start on March 7th and irrigation deliveries starting on the 28th of March. The Albuquerque division (the West side above Isleta Diversion Dam) will start charging on March 21st and irrigation deliveries will start on April 4th.

As stated in last month's article, this year is going to be very challenging for all water users. The current stream flow in the Rio Grande is 50% below average for this time of year and the snowpack for the basin is around 20% below average. A recent study published by the New York Times stated that we are in the worst prolonged drought the Southwest has experienced in the past 1,200 years (climate records only go back 1,200 years), and the drought shows no signs of slowing down. Climate change is here and the effects of it will be felt in full force this year, here, and throughout the whole Western United States. Lakes across the west are feeling the effects and are at historic lows, which could potentially threaten not only water supply, but also supply of electricity to many major cities.



As previously mentioned, this year will require all farmers, mayordomos, and MRGCD personnel to communicate frequently and work collaboratively together to ensure efficient scheduling and irrigation practices are adhered too. It is likely that strict irrigation rotation schedules, similar to last year, will have to be implemented at some point this year. Please use water wisely and efficiently, and don't overwater. If you have further questions, please don't hesitate to contact the Pueblo's Water Resources Department, at 505-869-7566.

July 1st 11:59pm

 Fall Term/Semester -August 31st 11:59pm
 Spring Term/Semester -January 15th 11:59pm
 Summer Term/Semester -May 31st 11:59pm certificate, associate, bachelor's, or master's degree? Please contact our office at:

gel your

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

Updated December 2021



TRUANCY

Let's Spring into Spring!

We hope you and your families have had a wonderful start to the New Year. Along with the weather change also comes daylight savings time; it's time to spring forward. We know the struggle of getting up an "hour early". Here is some information on day light savings time and a couple of tips to help you and your families for the spring forward struggle.

Daylight savings time began in 1916 in Germany, in an effort to reduce wartime energy costs by syncing daytime activities with natural daylight hours. Daylight savings time was introduced in the United States in 1918. At the start of daylight savings time, the United States were not required to observe this and only Arizona and Hawaii elected to do so. Today, about 70 countries observe daylight saving time during the summer months.

Teenagers and adults that need an alarm clock to wake up in the morning will more than likely struggle with the time change. It is difficult for teenagers to make this adjustment because they lose an hour of sleep by waking up an hour earlier and they will need to go to bed an hour earlier; it is difficult for some to go to sleep an hour earlier. One way of helping your child slowly adjust to this time change will be to wake them up an hour early on Saturday morning, the day before the time change and when evening approaches they will be ready for bed. Just remember that it may take about a week or more to adjust to this new time change. It may be more difficult for your child to go to sleep while the sun is still out. Consider darkening the room and for older children you might have them consider using a sleep mask.

Your child will not like the idea of having to get up an hour early. Some might have temper tantrums in the morning and mood changes for the first couple of weeks, but remember to be patient, as this will be temporary.

There are some pros and cons to daylight savings time:

<u>Pros</u>

Longer evenings

- Adds an hour of natural day light to our day.
- More time for family time and sporting activities
- People feel more safer in the evening since it stays brighter longer

Cons

Health

- Just by time changing even an hour, it disrupts our body's internal clock and circadian rhythm.
- Some studies have found that the risk for heart attacks increases within the

TUTORS

to offer academic supports for students grades 3-12.

Offering \$20/hour!

Tutors must commit 4 to 10 hours/week

FOR MORE INFORMATION: (505) 869-9790 ISLETAPUEBLO.FORMSTACK.COM/FOR MS/CONTRACT_STUDENT_TUTOR

We're in need of academic tutors in all subjects, however we have a high need for Math and Science tutors. If you are able to offer support, please apply!



- first few days after time change.
- Along with time change, depression is increased due to tiredness and lack of sleep.

We hope that your child has a successful remainder of the school year. Remember that the Truancy Department is here to assist you and your families!

Thank you, Isleta Truancy Department



Isleta Elementary School

Isleta Elementary Has A New Principal



As of Tuesday, February 1, 2022, the Pueblo of Isleta Elementary School has a new principal. Mikela Romero has 15 years of education experience under her belt. She began her career in education by working as a 3rd and 4th grade teacher with Albuquerque Public Schools. After spending 8 years in APS, Mrs. Romero decided she wanted to work closer to home and moved to Desert View Elementary School in Los Lunas to teach 2nd grade. During her time with Los Lunas Schools, Mrs. Romero also served as an Instructional Coach at the elementary, middle, and high school levels. Prior to coming to IES, she served as an assistant principal at Los Lunas High School. Mrs. Romero has expertise in the areas of elementary literacy, educational technology, supporting English Learners, coaching teachers, and developing curriculum. She is also proud of her Native American heritage and is a tribal member of Isleta Pueblo. It is for this reason that she is excited about having the opportunity to give back to her tribal community. In her free time, Mrs. Romero likes to spend time with her husband and kids. Outside school hours, she can usually be seen driving her son and daughter to swimming, music, and dance lessons.

Students Return To In Person Learning

On Monday, February 7, 2022, students at Isleta Elementary School were able to come to the school to learn in person for the first time since October of 2021. IES staff have been working hard to make sure that COVID safe practices are being utilized. This includes daily temperature checks, health screening, wearing recommended PPE, frequent hand washing, and social distancing. The majority of IES students have returned to in person learning. Students have been excited to see their friends and teachers face to face and teachers have been just as happy to see their students in person. The school is once again filled with the sounds of footsteps and laughter, as well as the sights of smiling faces and students learning. IES is committed to focusing these last few months of the 2021-2022 school year on setting its students up for success.

Mission: The Pueblo of Isleta Elementary School provides opportunities to inspire educational success!



Vision: The Pueblo of Isleta Elementary School will educate the whole child based on our core comunity values so each child has the knowledge and skills to be successful.

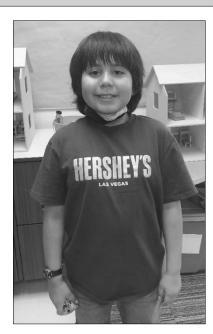
Tips For Student Success

To help your student be successful:

- Make sure that your student has a healthy breakfast. Keep in mind that IES does begin serving breakfast at 7:30 a.m. and is available to all IES students.
- Make sure your student is on time. Students are allowed to arrive on campus no earlier than 7:30 a.m. Class begins at 8:00 a.m., so please be sure your student arrives with enough time for them to eat breakfast if they need to and make it to class at 8:00 a.m.
- If your student is feeling sick at all, please keep them home and call the school as soon as the school opens at 7:30 a.m.
- Make sure your student is attending school unless they are sick or there is a family emergency. If you have not communicated with the school about your student's absence, they may be given an unexcused absence. Please communicate with the school when your student is absent.

• Make sure the school has your most current contact information in the event of an emergency. If your contact information has changed in the last several months, please contact the school and make sure the school has your most recent information.





that more newspapers were needed to serve the entire staff and faculty and suggested that we go right to the distributer to pick up more so he could complete his deliveries. Donald has proven that he is indeed the best student for the job and will go to any lengths

to make sure everyone here at the elementary school receives their paper in a timely manner. Donald's work ethic is impeccable! This is one student who has a bright future ahead of him.



DEPARTMENT OF EDUCATION

The Cold Truth in Education

According to the data received from Los Lunas Schools in February, <u>85% of Isleta</u> <u>high school students</u> are <u>failing</u> one or more classes. Take the time to connect with your students to see where they may be struggling or need educational assistance.

Isleta Elementary School has a new paperboy. Donald B just turned 9 years old and is the 3rd grade. He applied for the job in December, 2021, and after an extensive interview process, he was offered the job in January, 2022. Donald delivers the monthly newsletter to the POIES faculty and staff with a spring in his step and a smile on his face. After our friends from the library drop off the papers to the school, Donald brings them to his work station. He rolls the papers and secures them with rubber bands. Once that part of the job is complete, he loads his papers into the wagon and makes his many deliveries throughout the school. After delivering the February newsletter, Donald noticed that he did not have enough papers for the entire staff. He determined

The Department of Education is available to support students with their educational needs. Take advantage of the tutorial supports for students in Pre K-12 grades and college level courses. Tutors are available after school at the Department of Education office, virtual at student's schedule, and/or during advisory period at Valencia High School and Los Lunas High School.

Call 505-869-9790 for more information or submit a request of supports to: https:// isletapueblo.formstack.com/forms/doe_ afterschool_tutoring

ISLETA POLICE DEPARTMENT MARCH NEWSLETTER



WELCOME

We welcome another new employee to the Police Department family, Erika Pasqual who is from the Santa Ana Pueblo.

Hello, my name is Erika Pasqual and I am from Santa Ana Pueblo. just recently Ι joined the Animal Control team and so far I am enjoying everything about it. My love for animals



led me to work as a veterinary technician for the past 17 years. During my free time I enjoy spending time with my four children, working out and having movie nights with my kids. I currently have two dogs, a Great Dane named Duggs and a Chihuahua named Chadwick. I am grateful for this opportunity to help protect the people and animals of Isleta Pueblo.

IHSP TRAFFIC NEWS

The Isleta Traffic Division continues to work diligently to maintain the roadways through the Pueblo of Isleta as safe routes of travel for all who use them. Unfortunately, there have been some serious crashes on Interstate 25 and though they did not fall within the jurisdiction of the Police Department, officers were out assisting Bernalillo County Sheriff's Office wherever needed. A prime example of working together to keep as many people safe as possible. Please drive with care and scan ahead being constantly observant of items/ individuals/animals that may cross your path suddenly. Cell phones should only be used handsfree with a Bluetooth speaker where the driver does not have to pick it up to answer or dial. "Alexa" and "Siri" are great partners in this. Remember there are traffic laws addressing the use of cell phones and distracted driving, and Isleta Police Department will enforce these.

Well, at the time of this writing it seemed March arrived early as I sat and listened to the winds howl and the parking signs rattling. A reminder to all, New Mexico weather is quite unpredictable and drivers need to take heed of weather forecasts and adjust accordingly. We can have shorts and suntanning weather one day and an inch of snow on the ground the next.

Traveling in a high profile vehicle can be dangerous as wind gusts can catch your vehicle, move you into the next lane and into the path of another vehicle. If weather conditions are not ideal for the type of vehicle you operate, reconsider traveling and remain stationary or at home until the weather changes.



Keenan Samantha Travis You will remember these three faces as they were introduced in last month's newsletter but you may not have not seen them around much. They are all training at the Basic Police Academy in Santa Fe, New Mexico and we are happy to report the trio is doing well, working hard and making us proud. Keep up the good work!

"NHTSA prioritizes the safety of everyone on our nation's roads, whether they are inside or outside a vehicle. New technologies can help advance that mission," said Dr. Steven Cliff, NHTSA's Deputy Administrator. "NHTSA is issuing this final rule to help improve safety and protect vulnerable road users."

Adaptive driving beam headlight systems, or ADB, use automatic headlight beam switching technology to shine less light on occupied areas of the road and more light on unoccupied areas. The adaptive beam is particularly useful for distance illumination of pedestrians, animals, and objects without reducing the visibility of drivers in other vehicles.

<u>The final rule amends</u> Federal Motor Vehicle Safety Standard No. 108, "Lamps, reflective devices, and associated equipment." The amendments adopted today are intended to allow manufacturers to offer this technology and establish performance requirements for these systems to ensure that they operate safely.

NHTSA also has the following safety tips when driving in adverse weather. We all know the adage.....if you don't like the weather in NM, wait 20 minutes and it will weather, stay focused on yourself and change. We go from 60 degree weather one your passengers, your car, and your day to snow the next and back to sunshine and warmth two days later. As presented

by NHTSA:

Whether it's snow, sleet or ice, winter weather can cause extremely dangerous road conditions. In 2019, there were 440 fatal crashes, and an estimated 33,000 injury crashes that occurred in wintry conditions. Preparing yourself - and your vehicle – for winter weather is key.

Driving in Winter Weather

The Basics

Slow down. It's harder to control or stop your vehicle on a slick or snow-covered surface. In fact, in 2019, there were an estimated 182,000 police- reported crashes that occurred in wintry conditions. On the road, increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.

Don't crowd a snow plow or travel beside the truck. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently. If you find yourself behind a snow plow, stay far enough behind it and use caution if you pass the plow.

What to Do in an Emergency

If you are stopped or stalled in wintry surroundings.

NEWS FROM NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION (NHTSA)

On February 15, 2022 the following press release was published regarding Adaptive Driving Beam (ADB) headlights.

February 15, 2022 | Washington, DC The U.S. Department of Transportation's National Highway Traffic Safety Administration issued a final rule today allowing automakers to install adaptive driving beam headlights on new vehicles. This satisfies a requirement in the Bipartisan Infrastructure Law more than a year and a half ahead of schedule.

This final rule will improve safety for pedestrians and bicyclists by making them more visible at night, and will help prevent crashes by better illuminating animals and objects in and along the road.



Stay with your car and don't overexert yourself.

> Let your car be seen. Put bright markers on the antenna or windows and keep the interior dome light on.

> Be mindful of carbon monoxide poisoning. Make sure your exhaust pipe is clear of any snow and run your car only sporadically — just long enough to stay warm. Don't run your car for long periods of time with the windows up or in an enclosed space.

Changes You May Notice

Tires

As the outside temperature drops, so does tire inflation pressure. Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, which is in your owner's manual and on a label located on the driver's side door frame. Do not inflate your tires to the pressure listed on the tire itself. That number is the maximum pressure the tire can hold, not the recommended pressure for the your vehicle.

Some other tips:

- Inspect your tires at least once a month and before long road trips.
- It's best to check the tires when they're cold, meaning that they have not been driven on for at least three hours.
- Check each tire's age. Some vehicle manufacturers recommend replacing tires every six years regardless of use.

An inspection is not just about checking tire pressure and age. Remember to check:

- for any damage or conditions that may need attention;
- the tread and sidewalls for any cuts, punctures, bulges, scrapes, cracks, or bumps. The tread should be at least 2/32 of an inch or greater on all tires; and
- your spare tire.

If you find tire damage, take your vehicle to a tire service professional.

Consider installing snow tires, but before buying new tires, visit NHTSA's Tires page to review tire safety ratings. The Uniform Tire Quality Grading System (UTQGS) lets you compare tire treadwear, traction performance, and temperature resistance.

Car Seats

child in a car seat. When your child will be secured in a car seat, pick thin, warm layers, and place blankets or coats around your child after the harness is snug and secure for extra warmth.

Also, make sure car seats and booster seats are properly installed and that any children riding with you are in the right seat for their ages and sizes. See NHTSA's <u>child</u> <u>passenger safety recommendations to find</u> <u>the right seat</u> for your child's age and size. You can visit NHTSA's <u>Child Car Seat</u> <u>Inspection Station Locator</u> to find a free car seat inspection site near you, or to get information on virtual inspections.

Batteries

When the temperature drops, so does battery power. In cold weather, gasoline and diesel engines take more battery power to start, and electric and hybrid-electric vehicles' driving range can be reduced. Have a mechanic check your battery, charging system, belts, and for any other needed repairs or replacements.

Safety Technologies

Familiarize yourself with the safety technologies on your vehicle and how they perform in wintry conditions. Know whether your vehicle has an antilock brake system and learn how to use it properly. Antilock brake systems prevent your wheels from locking up during braking. If you have antilock brakes, apply firm, continuous pressure to the brake pedal. If you don't have antilock brakes, you may need to pump your brakes if you feel your wheels starting to lock up. For more information on driver assistance technologies, visit <u>NHTSA.gov/</u> <u>DriverAssistTech.</u>

Floor Mats

Due to slushy winter conditions, you might consider switching out your usual floor mats for thicker material or rubbery ones. Improperly installed floor mats in your vehicle could interfere with the operation of the accelerator or brake pedal, increasing the risk of a crash. Follow the manufacturer's instructions for mat installation and use retention clips to secure the mats. Always use mats that are the correct size and fit for your vehicle.

Preparing Your Vehicle



Lights



cooling system for leaks, test the coolant, and drain or replace the old coolant.

You may also want to visit your mechanic for a tune-up and ask them to check for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

Before You Go

Stock Your Vehicle

Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including:

- a snow shovel, broom, and ice scraper;
- abrasive material (sand or kitty litter), in case your vehicle gets stuck in the snow;
- jumper cables, flashlight, and warning devices (flares and emergency markers);
- blankets for protection from the cold; and
- a cell phone and charger, water, food, and any necessary medicine.

Gas Up or Plug It In

Keep your gas tank close to full whenever possible.

For electric and hybrid-electric vehicles, decrease the drain on the battery. In general, lithium ion batteries have reduced energy at lower temperatures. Additionally, most all vehicle batteries will use battery power for self-heating in low temperatures. The battery drain due to heating can be minimized by keeping your electric vehicle as warm as possible during freezing temperatures. A common way to do this: plug your vehicle in at night during the winter, keeping the battery temperature in its optimal ranges.

Plan Your Route

Check your local weather and traffic reports before heading out. If your roads are not in good shape, consider postponing nonessential travel until the roads are cleared. If you do have to go out, make sure you are prepared in case you become delayed while traveling. If making a long road trip when winter weather is forecasted, consider leaving early or changing your departure to avoid being on the roads during the worst

Coats in Car Seats: What's Best for Toddlers?



In colder weather, parents typically dress their children in winter coats. But it's important to know that heavy coats can interfere with the proper harness fit on a Check your headlights, brake lights, turn signals, emergency flashers and interior lights. Be sure to also check your trailer brake lights and turn signals, if necessary.

Windshield Wipers

You can quickly go through a lot of windshield wiper fluid in a single snowstorm. Make sure your vehicle's reservoir is full of highquality "winter" fluid with de-icer before winter weather hits. Make sure defrosters and all windshield wipers work and replace any worn blades. Consider installing heavyduty winter wipers if you live in an area that gets a lot of snow and ice.

Cooling System

Make sure you have enough coolant in your vehicle, and that it meets the manufacturer's specifications. See your vehicle owner's manual for recommendations. Check the of the storm.

Familiarize yourself with directions and maps before you go—even if you use a GPS—and let others know your route and anticipated arrival time. On longer trips, plan enough time to stop to stretch, get something to eat, check your phone, and change drivers or rest if you feel drowsy.

Year-Round Safety

Check for Recalls

NHTSA's <u>Recalls Look-up Tool</u> lets you enter a vehicle identification number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for free. You can also download <u>NHTSA's SaferCar</u> <u>app</u> and enter your vehicle and equipment (Continued next page) information. If a recall is issued, you'll get an alert on your phone.

Avoid Risky Driving Behaviors

You know the rules: Do not text or drive distracted; obey posted speed limits; and always drive sober. Both alcohol and drugs can impair safe and responsible driving by affecting things such as coordination, judgment, perception, and reaction time. And remember: always wear your seat belt.

Weather can be unpredictable and the weather forecasters may not always be on the money in their predictions so always be prepared. We have all seen how the roads (Highways 47, 45, 314, 317) can become

dangerously treacherous with an overnight snowfall with gusty winds turning to ice underneath the snow. Four-wheel drive vehicles do not make a vehicle magical and have the ability to travel any road condition at regular speeds so always drive with caution. One may think once we get in to the month of March, all is well but snow and/or an ice storm have occurred in the state in April and in May.

Conduct regular maintenance checks on your vehicles and repair/replace unsafe worn tires, brakes, etc. Never take a chance because Mother Nature unleashes poor weather conditions whenever she chooses. DRIVE SAFELY AND BE PREPARED AND PLEASE --DON'T DRINK AND DRIVE, DON'T DRIVE AGGRESSIVELY, DON'T TEXT AND DRIVE

ISLETA PUEBLO HOUSING AUTHORITY

Greetings from the Isleta Pueblo Housing Authority (IPHA). We have started out this new year with a very busy schedule. The Moonlight Subdivision is well underway; our first three homes are close to completion. The next three homes are being prepped for pre-construction. Due to COVID, our Construction Crew has been working with a limited number of crewmembers, resulting in a delay in some projects.

IPHA has been receiving a number of calls for maintenance (clogged sinks, busted water pipes, heater outages, etc.); our Maintenance Crew is also experiencing a shortage of staff due to COVID. IPHA has partnered with POI Public Works in handling after hour emergency calls. These emergency calls go through the IPD Dispatch for emergencies related to electrical hazards, water leaks, sewage issues, gas leaks, heating, etc. All calls must be safety related or a true emergency. IPD Dispatch will contact the Public Works on-call employee. The Public Works on-call employee will contact the Tribal Member to request additional information about the emergency. A determination will be made if it is an IPHA or Public Works issue. The on-call employee will make a judgement if it is a true emergency - a safety or hazardous concern. The on-call employee may need to respond and assess the situation, if a true emergency exists, repairs will be made to address the issue. If it results in a nonemergency, a work order will be placed to either IPHA or Public Works for repairs to be made the next business day. Your cooperation and understanding would greatly be appreciated.



Emergency Rental Assistance Program – this program has also been very busy. As a reminder, this program was created by the US Treasury Department to help renters dealing with financial challenges related to the COVID-19 pandemic. For eligible households, the program offers rental and utility assistance to help Tribal Members avoid eviction or loss of utility service. This is a federally funded program, IPHA must follow federal guidelines when processing these applications. These applications are being processed on a first-come first-served basis.

Lastly, IPHA would like to congratulate our most recent New Homeowner, Benedict J. IPHA Staff recently had a 'key ceremony', turning over the keys to Mr. Jojola to begin enjoying the comfort of his new home! IPHA continues to apply for grants and additional funding to be able to complete long awaited projects as this. Congratulations Benedict!!



Greetings everyone, I am LaTanya Yazzie. I am the new Homeownership Counselor at the Isleta Pueblo Housing Authority. I have 10 years of Indian Housing Experience. I have gained my work experience while employed at Navajo Housing Authority, Pueblo of Jemez Housing Services, and Pueblo of Zia Housing Services. I have assisted many Homebuyers in resolving their Delinquent Accounts and Payoffs. I have also assisted in the preparation of the Annual Performance Reports and quarterly reports. I have obtained my certification(s) in Financial Education and Pathways. I look forward to further my education and certification in Indian Housing that would benefit my services to the IPHA Homebuyers and community members of Isleta.



I am super excited to work with the Pueblo of Isleta Homebuyers and community. I especially am looking forward to meeting all of you personally. My newly acquired tasks will be working with Homebuyers currently living in the POI Tribal Homeownership program, Mobile Homes, and Emergency Rental Units with the following:

* Delinquent Accounts * Annual Statements * Title Conveyance * Housing Counseling

Please feel free to schedule and appointment or give me a call should you have any questions regarding your housing account at (505) 869-4153.



P.O. Box 35207 Albuquerque, New Mexico 87176 www.crimestoppersnm.com

CRIME STOPPERS BULLETIN 22-13



On February 3, 2022, two unknown individuals attempted to break into a residence on the Pueblo of Isleta, where the victim is a senior citizen. The white Ford truck pictured is believed to have been used in the commission of the attempted burglary.

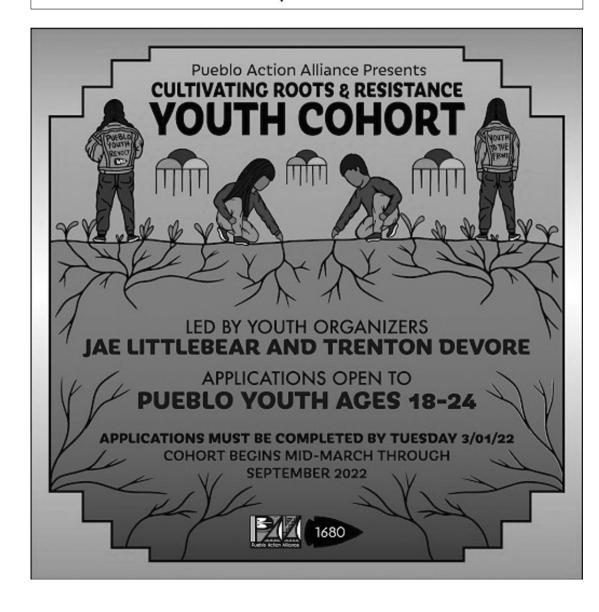
The vehicle is a newer model, white Ford Truck, unknown license plate number. One of the suspects is described as a Hispanic male, wearing gray sweats, a black sweater with a white stripe that says AIR JORDAN, and a black beanie with a Raiders emblem on the front.

Anyone with information is asked to contact, Isleta Pueblo Police Department at (505) 869-3030 or Crime Stoppers, anonymously, at (505) 843-STOP (7867) or p3tips.com/531.

If you have any information on this incident, you could be eligible for up to a \$1,000.00 REWARD You will Remain Completely Anonymous For more information on who is eligible for reward, contact Sonya Marquez (505) 768-2256

Publication Date: February 8, 2022

SAY IT HERE"



ISLETA PUEBLO VOTERS ALLIANCE

MaGuWam, Greetings Relatives, Family and Friends!

Happy New Year! We hope all is well and you're staying safe. It's been awhile since you've heard from us. You're probably wondering what happened to us, well we took some time off and we all grew professionally and collectively, gaining relevant experiences and knowledge to bring back to IPVA for this year's 2022 Tribal Elections. We're super excited to get IPVA up and going again. In this letter you will find last year's POI Community meeting with our newly elected tribal officials. We also have a small synopsis of the meeting and an update on our goals for this year's 2022 Tribal Elections.

The Tribal Council Community Meeting was held at the Isleta Pueblo Casino on June 19th, 2021. Honorable Governor Abeita, Lt. Blaine Sanchez, 2nd Lt. Virgil Lucero and all Tribal Council Members. Tribal Council President, Joe Padilla, Vice President, Charlene Sidel, Council Secretary, Rodney Jones, and Tribal Council Members, Joyce Jojola, Larry Lucero, and Herman Lente were all in attendance.

Agendas were provided before entering the ballroom. Governor Abeita greeted us all and started following a PowerPoint to go over the topics that were on the agenda. (Agenda is attached) Governor Abeita first introduced Ms. Jacqueline Yalch, who is Social Services new Director. Ms.Yalch briefed us about a grant they received to kick off a new initiative called the Community Ready Initiative. This grant would target suicide prevention, trauma, and patient help.

Governor Abeita talked about Economic Development proposals. What do we want on our Pueblo? Governor Abeita suggested Chick-fil-A, a Costco, etc. Pitching ideas to possibly grow our tribal economy. Questions from several Tribal members were presented.

Questions from IPVA and the community were submitted to Tribal Council prior and were answered in various topics throughout the meeting.

1. Sustainability - What are we doing to be innovative? How are we planning for the future/ what's our 5 year future plan look like?

2. How are we investing in our farmers, people? Where do we fit in?

3. How can we start to use our water more efficiently? We need to find ways to recycle, if possible.

Some questions were never answered. It was decided that the POI presentation would not be interrupted, and all questions would be held until the presentation was over.

We have not followed up with the Tribal Council or Governor Abeita to see what our status is on some of these topics. As part of IPVA's goal this year we look forward to providing updates about the progress of our Pueblo and engage more with our community by

holding community meetings, bringing in community volunteers, and empowering our tribal members to vote. Let's have the best voter turnout this year!

If you would like to volunteer please click on the link below and join us!

https://docs.google.com/forms/d/e/1FAIpQLSdVI Edaue7xXG4YEYIKosIZV32eKfWxEBUuws4fjZAhAHNzQ/viewform?usp=sf_link

Hawuu/Kerkem for your support and please follow us for more information!

Instagram: isletapueblovotersalliance Facebook: isletapueblovotersalliance Phone: 575-418-3782

In Solidarity, IPVA

PARKS & RECREATION DEPARTMENT

Everything seems to be headed in the right direction these days, which is a very good thing for the pueblo, state and the world! Covid positive cases are dropping fast and things are looking up. This does not mean we should let our guard down, we all need to stay diligent and continue to follow Covid safety practices at all times. Now that things are headed in the right direction again, we (Parks & Recreation Department) will be able to start offering and hosting more events, activities and programs for the community. We will be doing this in the safest way possible! Our charge is to do more for our community members, but to do so in the safest manner for all participants and users.

Please Please Please continue to be cautious and safe, but have fun doing so!

AQUATICS CENTER

Isleta Aquatics hope you and your families have had a good start to your year! With busy schedules we know it can be hard to fit in a workout, we would like to invite all of you to come schedule a lane! Only 30 minutes of swim is a great quick cardiovascular exercise and has much lower impact on your joints than more traditional cardio methods. We offer lane reservations by the hour from 6:30am-5:30pm Monday-Friday as well as family sessions Monday-Friday from 2:30pm-5:30pm (family sessions are limited to 8 household members). The Wading pool is also available for children 6 and under with an accompanying adult. All three types of swim sessions need to be reserved by the hour at the front desk of the Rec Center.

Isleta Aquatics is also excited to announce we are now able to resume both our child and adult swim lessons. The first session of 2022 has already been filled but the waitlist is open for the second session, which will begin the first week of April and will be filling fast. Registration forms are available at the front desk at the Rec Center or contact Josh or Connie at <u>505-869-9783</u> for more details on availability and registration.

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. We are very flexible with school schedules, extracurricular activities and we will provide training and certification upon hire. For anyone interested in applying for a position or if you have any questions about the Lifeguard certification, please call or for any other information regarding the Aquatic Center information or about child or adult swim lessons and other aquatic programming please call Josh or Connie at 505-869-9783.

RECREATION PROGRAM

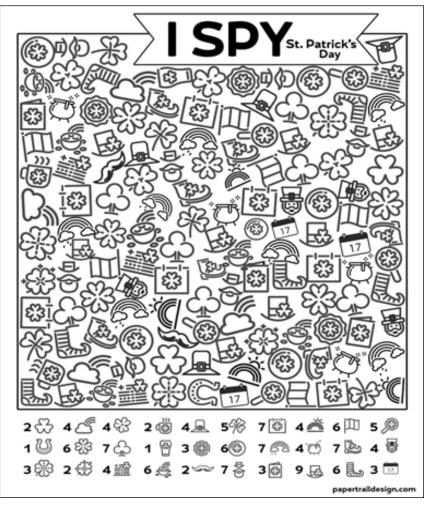
After School Program News – The After School program would like to welcome the new faces that have registered into the program. We do have a few slots available if your child wants to participate in the After School program which starts at 3 pm and ends at 5:30 pm daily. We provide an assortment of activities for the children here at the Recreation center from Kinder-12th grade age level. For more information, please call the Recreation Center at 505-869-9777.

March Activities – The youth are back into their swimming routine 2 days out of the week, enjoying the nice weather with lots of outdoor play and being creative with their little minds with bead making, boat making, and their monthly step by step painting. This month the youth will learn some cool facts about St. Patrick's Day and make a leprechaun trap, crayon shamrock sun catchers and find the pot of gold during their nature walk.

Upcoming Events for Isleta Youth – Summer Recreation will be a Lottery Drawing this year again and will start taking entries in April. Look out for dates and more information of any new changes posted at the Recreation Center or Isleta web site. In addition, Isleta teens and adults, 16 and older, look out this month for the job fair for summer hires at the Recreation Center. We will be hiring for the Summer Recreation program, Weed & Litter crew and Lifeguards.

of Ireland's nickname "The Emerald Isle", the green in the Irish flag and the shamrock or clover.

Mmm... Corned Beef & Cabbage – Is the staple meal at St. Patrick's Day Celebrations.



Please share with your family and friends. The After School Program will have a Spring Break program filled of activities during March 14th-18th, 2022 for Isleta youth. It will be a lottery drawing for **10 youths** to participate in the Spring Break program. For an entry form, come by the Recreation Center and enter your child's name at the front office. For more information, you can reach me between the hours of 9:00am—3:00pm. Please see flyer!

SPORTS SECTION

Volleyball League Update – We are happy to announce that we will be starting up the Volleyball league on March 15, 2022, so get your teams ready. If you want practice call and set up a time here at the rec center. We will be holding a Coaches meeting on Tuesday, February 22, 2022 at 6 pm here at the rec center, all coaches need to attend this meeting, please email me (George Waquie) at george.waquie@ isletapueblo.com so I know you received the message. The Volleyball games will be scheduled on Tuesday and Thursday evenings and game time will probably be 6:30pm and 7:30pm. For safety reasons and due to current covid restrictions, only players will be allowed in the gymnasium (SPECTATORS WILL NOT BE ALLOWED at this time)! (PLEASE SEE FLYER!)

Virtual Family Fun Run Update – This run will start on March 1, 2022 and we will once again be using the Nike Run Club App to keep track of all runners/walkers. If you have any questions about this app or about the run itself please contact me at (505) 869-9777 and I will do my best to get you set up and answer any questions you may have. Good Luck to everyone that will be participating in this run. Stay safe!

St. Patrick's Day Fun Facts – The Shamrock – St. Patrick used the three-leafed shamrock to explain the Trinity. The first is for Hope, the second for Faith and the third for Love.

Why do we pinch each other on St. Patrick's Day – The tradition in America is to pinch anyone who isn't wearing green on St. Patrick's Day. Legend has it that wearing green makes you invisible to leprechauns, who pinch anyone they see.



Color for St. Patrick's Day – Green was originally blue! Wearing green has become a staple of St. Patrick's Day but the holiday color was originally blue. It's thought that the shift to green happened because

(PLEASE SEE FLYER!)

FITNESS SECTION

Fitness goers.... It is time to start your 2022 health goals. Spring will officially be here on March 20, 2022. The days will be longer and the weather will be welcoming. Classes will be up and running soon, so be on a lookout for schedules of classes via flyers or on the community Facebook page. We got many new classes in store for you this year. We are so excited to get these classes going again and we hope to see lots of new faces as well as familiar ones. We hope you all are doing well and we cannot wait to assist you with your personal health goals, whatever they may be. Also if group training is not your thing, Personal Training is available as well, so feel free to contact the Main Recreation Center or the Fitness West facility to get started. Thank you and see you soon.

Isleta recreation would like to introduce our newest Personal Trainer Ann Asman, she is training at the Fitness West location and is available for your fitness needs. Please go meet her and utilize her fitness knowledge and expertise. Please be on a look out for posting.

Thank you and we hope to see you utilizing your fitness facilities.



Lottery Information:

Only 10 participants will be selected to participate in the program.

All participants must be entered into lottery drawing to be eligible for the drawing.

Lottery Drawing will take place on **Monday, March 7th, 2022 at 9 a.m.**

Requirements for the Children:

*Must Follow Covid-19 Safe Practice Guidelines *Must bring a sack lunch each day. Spring Break Date: March 14th-18th, 2022 Time: 7:30am-5:30pm Eligibility: Ages 6 years to 14 years old

For more information about this program, please contact the Recreation Center at 505-869-97

5:30 pm - 7:30 pm Tribal Member's , POJ employees and Casino employees into email-george.wac designation oco 505-869 9777 ext. 1011



News

On February 7th the library resumed inperson programming and the front doors are now unlocked. No need to call, just come on in, however patrons, we still need to do a temperature check and a screening as well as follow all COVID policies and procedures. We would like to remind patrons that even though some things have changed we still need to be cautious and follow policies and procedures, so please continue to be patient with library staff as we follow protocols during your visit.

If you look around the children and teen room you will notice that we added some color to the rooms. With bright colorful furniture to brighten up the room. In the teen room we have new computer chairs, and a new lounge are to set relax and read a book. In the children room we re-arranged a little adding some new rugs and chairs. If you haven't been by the library in a while stop by and see what's new.

The library now has laptop checkouts for in house use only for library patrons with a valid ID. Laptops are available on a firstcome, 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.

If you can't make it into the library to check out a book, take advantage of our eBook service! Library patrons now have access to Overdrive. Overdrive is a free service offered to you by the Pueblo of Isleta Public Library that allows you to borrow eBooks and audiobooks anytime, anywhere. You will need your library card number and pin to log on Overdrive. Download the mobile

Pueblo of Isleta Public Library

Another month into the year as we welcome March. Spring will be here before we know it along with Daylight Saving Time on March 13th. Here's to warmer and longer days as we approach the season of Spring. A time for re-growth, the sun's warmth and the reappearance of green and color everywhere.



New furniture in Children and Teen Rooms!

app Libby to start enjoying this free service or simply log on to overdrive.com. If you have any questions about our services, please give us a call at 505-869-9808.

Tax season is upon us and the 2021 New Mexico Taxation and Revenue form packets are now available here at the library. Federal Tax and Revenue forms will need to be downloaded from the Internal Revenue website irs.gov. Instruction packets will need to be downloaded onto a flash drive or device form irs.gov. Stop by the library or 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.

Come join our team! The library is currently hiring for a Library Aide I Full Time position. Applications can be found at isletapueblo.com/careers or you can pick up an application at the library. Applications must be submitted to Isleta Resources located at the Tribal Service Complex. If you have any questions regarding this position or how to apply, please call the library at 505-869-9808 and speak with a staff member.

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 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 online library account. 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. 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



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



March 2022

come. For the month of March after story time we will be doing a variety of crafts. 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

Summer Reading Program will be here before we know it and we are excited to share with you all our new themes for our junior and youth programs. Summer Reading Program will start June 6th and end July 22nd.

Our Junior Program 3-6 years old, theme will be Ocean of Possibilities. Every day story time will be incorporated along with crafts and activities following this year's theme. Students will also get to attend field trips and engage in daily recess time. Breakfast and lunch will be served every day.

Our Youth Program, ages 7-14 years old, will feature 4 different curriculums to choose from. We will be accepting 20 students with 5 spots available for the mentioned programs below.

STEM, Biology, Chemistry, Engineering and Physics. Library staff

Marvel Universe. Library staff

for the Summer Reading Program.

Isleta Pueblo News





Chinese New Year Program participants making Pineapple Cookies!

(Continued Next Page)

Isleta Pueblo News

March 2022



Recap

On February 16th library staff member Cheyenne hosted a night to celebrate the Chinese New Year "Year of the Tiger". Participants learned how to make Pineapple Cookies. The word for Pineapple in Hokkien, also means "Luck is Coming". People eat pineapple tarts for good luck. Everyone in attendance enjoyed learning how to make a dessert from a different culture. Thank you all for joining us!

February was a month of Valentines programs here at the library and on February 9th library staff member Shaypof hosted a Valentine's Day Chocolate Letter Box. Filled with chocolate dipped strawberries, chocolate truffles and flowers. Participants filled a letter of their choosing with chocolate dipped strawberries and filled a box full of delicious goodies to give to their Valentine or to share with loved ones. We had a great turn out and it was nice to have in-person programming once again. We would like to thank everyone who participated in this program.

Valentine's Day Keepsakes program took place on February 10th with participants making a Valentine's Day Keepsake for that special person in their life. Participants made a Heart Picture Holder and a Rose Flower Heart to take with them for Valentine's Day. We wanted to give patrons an opportunity to make something special for Valentine's Day to keep to remember for years to come. We would like to thank everyone who participated in our program this Valentine's season.

The After School Program is back in-person and we are so excited to welcome all the students back to the library. Just like riding a bicycle, students got right back to routine and didn't skip a beat. Coming in and completing their homework or reading before getting into crafts or activities library staff have prepared for them. Crafts and activities for the month of February included Heart Fizz bombs, Orbeez experiment, Valentine's Day card and so much more. We are optimistic that we will finish the school year strong and things will continue to improve each day. Our After School Program is currently full, however we do have a waiting list and as things continue to change there's a good possibility, we can open our After School Program up to more students. If you would like more information or to add your child to the waiting list, please call the library at 505-869-9808.





Valentine's Day Chocolate Letter Box program participants and the finished product!



Valentine's Day Keepsake Program Participants!



Waltiple Curriculum Ages 7-14 years old a spots available • Aeading Croups • Challenges • Crafts Cummer Luncch program view by PARENT or guardiant no exceptions: Promore information please call the library at 505-869-9808

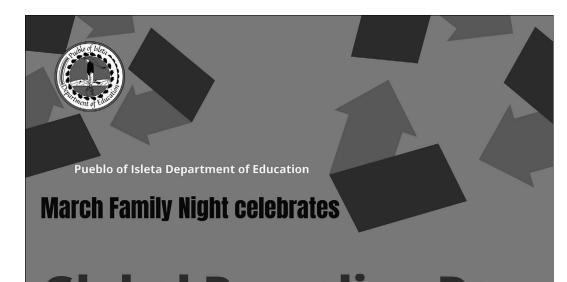


Jeam work makes the Pream work

THANK YOU POI Employees

FOR ALL THAT YOU DO

-Tribal Administration



Health Beat Colorectal Cancer Awareness Month

Stephanie Barela, Isleta Health Center Health Educator Phone: 505-869-4479 sbarela@islclinic.net (Information from the "Guide to Preventable Cancers" and www.aastec.net)

March is Colorectal Cancer Awareness Month and a great time to get screened. Colorectal Cancer is cancer of the colon or rectum found equally in both men and women. According to the Albuquerque Area Southwest Tribal Epidemiology Center and data from the NM Tumor Registry 2007-2011, it is the 2nd most common cancer among American Indians in New Mexico. Colorectal Cancer is often diagnosed at a later stage in Native Americans, which is why it is so important to get screened! Colorectal cancer is one of the MOST PREVENTABLE cancers, because it develops from polyps that can be removed before they become cancerous. If you get the recommended screening, this cancer can be prevented or can be detected early when it can be easier to treat.

RISK FACTORS

- Men and women who are age 50 and older
- People who use commercial tobacco, are obese or sedentary
- People with a personal or family history of colorectal cancer or benign (non-cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long-standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

RISK REDUCTION AND EARLY DETECTION

- Be physically active and exercise regularly
- Maintain a healthy weight
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains
- Consume calcium-rich foods like low-fat or skim milk
- Limit red meat and avoid processed meats
- Stay away from smoking commercial tobacco (sign up for Freedom From Smoking-869-4479)
- If you drink alcohol, limit your drinking to one drink a day if you are a woman or two drinks a day if you are a man
- If you are at average risk for colorectal cancer, start having a regular screening at age 50. If you are at greater risk, you may need to begin regular screening at an earlier age. The best time to get screened is before any symptoms appear

Global Kecycling Day

Thursday, March 17, 2021 5:30-7pm

JOIN THIS EVENT TO LEARN ABOUT RECYCLING AND PROTECTING MOTHER EARTH BY VARIOUS PRESENTERS WHILE PARTICIPATING IN FUN ACTIVITIES.

THE WINNERS OF THE ISLETA RECYCLES! POSTER CONTEST WILL BE ANNOUNCED AT THIS FAMILY NIGHT EVENT.

Sign up here: https://isletapueblo.formstack.com/forms/family_night_sign_up

For more information, call 505-869-9790.

any symptoms appear.

SYMPTOMS

- Rectal bleeding or blood in or on the stool
- Change in bowel habits or stools that are narrower than usual
- Stomach discomfort (bloating, fullness or cramps) Diarrhea, constipation or feeling that the bowl does not empty completely
- Weight loss for no apparent reason
- Constant fatigue
- Vomiting

TREATMENT- Surgery is the most common treatment. When the cancer has spread, chemotherapy or radiation therapy is given before or after surgery.

NEWS FROM ISLETA SOCIAL SERVICES

Social Services has been working diligently with our collaborative partners on a couple of initiatives that can bring healing and wellness to our community that may helpful for you to be aware of.

Tribal Assisted Equine Psychotherapy Project (TEAP) "Building Youth Resiliency through Horses"

We are in the third phase of our "TEAP" project. With partnership from the great crew at the Guadalupe Stables in Albuquerque's North Valley, this project focuses on trauma and supports family to creatively communicate with one another. Families work with the TEAP team and a horse designated to the family once a week. Families have fun recording their time spent with their horse and hands on experience at the stables. Incentives for participants are provided throughout the 8-week project. We've included storytelling each week to share the significant meaning and importance of horses in historical time and in today's culture; dinner is always provided! As we near the final months of the project, We extend this invitation to you and your family who are interested in participating during the next phase that is set to begin in the spring. Based on feedback from families who participated in the prior groups, they described it as "magical and healing". Families were able to expand their learning and had some "neat experiences" working with horses. We hope you consider joining this incredible opportunity with a little twist on learning something new about yourself and your family.

If you would like more information and/or wish to participate in this powerful experience, contact Patricia Abeita at 505-869-2772 as soon as possible to reserve your spot as it is as first come basis.

Community Readiness Model

The Community Readiness Model focuses on addressing and raising awareness in Adverse Childhood Experiences, also known as ACEs. This project focuses on trauma that everyone experiences in utero, childhood and the lasting effects that can follow into adulthood.

What is the Community Readiness Model?

The Community Readiness Model:

Provides the community "truth" or perception about an issue, which may or may not be the real "truth." Finding community "truth" helps set strategies based on the community's readiness and is the best point for intervention.

Is a model for community change that integrates a community's culture, resources, and level of readiness to more effectively address: Adverse Childhood Experiences (ACEs).

Allows communities to define issues and strategies in their own cultural contexts.

- Builds cooperation among systems and individuals.
- Increases capacity for ACEs prevention and intervention.

Encourages community investment in Adverse Childhood Experiences prevention and awareness.

Can be applied in any community. (Geographically, Issuebased, Organizational, etc.).

Can be used to address a wide range of issues.

Is a guide to the complex process of system and community change.

What does Community Readiness mean?

Readiness is the degree to which a community is prepared to take action on an issue. Readiness:

- Is issue-specific.
- Is measurable across multiple dimensions.
- May vary across different segments of a community.
- Can be increased successfully.
- Is essential knowledge for the development of strategies and interventions.

	STAGE	DESCRIPTION
1.	No Awareness	ACEs prevention generally is not recognized by the community and/or leaders as an issue (or it truly may not be an issue).
2.	Denial/Resistance	At least some community members recognize that ACEs prevention is a concern, but there is little recognition that it might be occurring locally.
3.	Vague Awareness	Most Feel that there is local concern but there is no immediate motivation to do anything about it.
4.	Pre-planning	There is a clear recognition that something must be done and there may even by a group addressing it. However, efforts are not focused or detailed.
5.	Preparation	Active leaders begin planning in earnest. Community offers modest support in efforts.
6.	Initiation	Enough information is available to justify efforts.
7.	Stabilization	Activities are supported by administrators or community decision-makers. Staff are trained and experienced.
8.	Confirmation/Expansion	Efforts are in place. Community members feel comfortable using services and they support expansions. Local data regularly obtained.
9.	High Level of Community Ownership	Detailed and sophisticated knowledge exists about ACEs prevalence and consequences. Effective evaluation guides new directions. Model is applied to other issues.

The ACEs team is working continuously on providing awareness, education and resources the community to address ACE's. Be on the look out for more information from the team. If you are interested in finding out what your ACE's score is and/or you'd like to discuss more in detail, reach out to the ACE's leaders at ISS, Meighen Nieto or Reyes Abeita at 505-869-2772.

Empowering Parents, Guardians and Foster Parents. Helpful **Resources.**

Parenting 101: 5 Types of Discipline

When it comes to parenting-there is no right or wrong way to raise a child or children. There are many different parenting styles along with the traditional way of following in our generational practices of learning by how we were parented. There are five types of parenting styles.

Positive Discipline: The basic premise of this method is to 1. help children find a sense of belonging and significance in the world. This is done through showing mutual respect between parent and child, and it's described as "kind and firm at the same time."

An example of this: When a child is reluctant or resisting to complete daily homework assignment, parent then sits with child, explains why the homework needs to be completed. Parent sits and works through as many problems or assignments as it takes in order to help child be prepared for the next day of school. This is working with the child instead of "forcing" them to do something.

Gentle Discipline: This is something that starts right when a 2. child is born (which can make the toddler years a bit easier). This is not a reward and punishment system or situation but a supportive teaching process.

An example of this: When a child is reluctant or resistant to complete daily homework assignment, parent then might respond with a joke, and continue to help child continue to complete homework.

Boundary-Based Discipline: This lets children know that they need to respect the needs of others, and in turn, their needs will be respected. This is a more common form of parenting.

An example of this: When a child is refusing to do homework, a parent using boundary-based discipline will typically say that if the child does not complete homework, they will not get to spend any

Matching an intervention to a community's level of readiness is essential for success. Interventions must be challenging enough to move a community forward in its level of readiness.

Why use the Community Readiness Model?

Adverse Childhood Experiences may have barriers at various levels. Community Readiness addresses this resistance.

It conserves valuable resources (time, money, etc.) by guiding the selection of strategies that are most likely to be successful based on the readiness stage.

It is an efficient, inexpensive, and easy-to-use tool.

It promotes tribal community recognition and ownership of adverse childhood experiences as an issue of concern.

Because of strong community ownership, it helps to ensure that strategies are culturally congruent and sustainable.

It encourages the use of local experts and resources instead of reliance on outside experts and resources.

The process of community change can be complex and challenging, but the model breaks down the process into a series of manageable steps.

It creates a community vision for healthy change.

time on devices that night.

Behavior Modification: This relies on "unlearning a 4. behavior" and relies on conditioning theories that believe that behavior is learned-therefore, it can be unlearned. This relies on a lot of praise and rewards-meaning that the child is being conditioned by their parent(s)/caregiver(s) to behave in a certain way by offering a reward for behaving well. An example of this is: When a child does not want to complete

homework, a small reward is offered when homework is completed.

Emotion Coaching: This is responding to children in a 5. respectful way. They follow beliefs that the children's behaviors are based on their feelings and needs. It is the job of the parent(s)/ caregiver(s) to teach them how to express these feelings and needs in a respectful and appropriate way.

An example of this is: When a child is refusing to do homeworktheir emotions will be surrounding why they don't want to complete the work. Parent/guardian will validate how they are feeling about the thought of doing the homework, and how they will work through those feelings together. An activity is conducted to share and express feelings. When the feeling is taken care of, the homework is more likely to be completed.

March 2022

Date:

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Name:

Social Skills

X G L D J E P D H B T Q V Y X L Z N V X P M B S C M Y D E S U C O F V Z C L M I M C L X ZDGL L I V Q C B H S A G R E N E T S D 0 0 G Ш 1 1 WPGDGOODCOMMUNI CΑ 0 ROC ANEGNI KROWDRAHB IFU JOPS 1 ZWGSMRREYALP I H S R R T S C H F Z B U M O K X R Y B A X X T R U C Z K D D A C S H F S B C C Y Κ R K T S G J A G M I V Z F H N Z N G J С NF B L O T P Y F M L H D M Q N G D I V E R S D Е A E Q Y M S L E T X E C R R N H O B M H H Y КРОЈ ABYDEWIXNNOLW QY T Y O W O A N W J O P A L Y N X Y V S IRZIPTVFRFPCBHTS 0 S - T Т C R E JEVWHEEIMAAAOK 0 P ХЕН ΤТ N C P YLCECHGDN 0 X 0 EMNLPZXUJIBIFXLCZNN R E C E P E S X X S A G A J I X Y O A Q Y B N C H F U J S Q B B J P M E F Z RPTI Q Z Z F T L X V R X V L K K T S F K R K T E M Ρ M H S K Z F O B A Y L C E W H B C X M Z н SSD E R D M E U L R C S B L Y N U X Q D I L Υ TFS TIAVLELBISNOPSERCQAGPCW ۷ H I P Q V M Q J L U F E C R U O S E R U R K S L

Smart Easily Redirected Mentor Team Player Diversity Honest Responsible Happy Reliable Strong Academics Sympathy Good listener Attentive Hard working Good Communicator Dependable Focused Empathy Resourceful Respectful



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



Pueblo of Isleta families attending Albuquerque Public schools

Join the Department of Education to find out about resources available to you

March 10th, 2022 THURSDAY 3pm-7pm APS City Center (6400 Uptown Blvd NE Albuquerque, NM 87110)

Various Pueblo of Isleta entities will be in attendance to provide information about the services they provide.

REFRESMENTS WILL BE SERVED

Please use the following link or QR code to RSVP (RSVP recommended but not required) https://isletapueblo.formstack.com/forms/aps_rsvp



For more information contact DOE @ 505-869-9790 950 Moonlight Drive SW Albuquerque, NM 87105

COVID-19 COUNSELING & SUPPORT SERVICES IT'S FREE & ANONYMOUS. CALL (505) 954-1057

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:

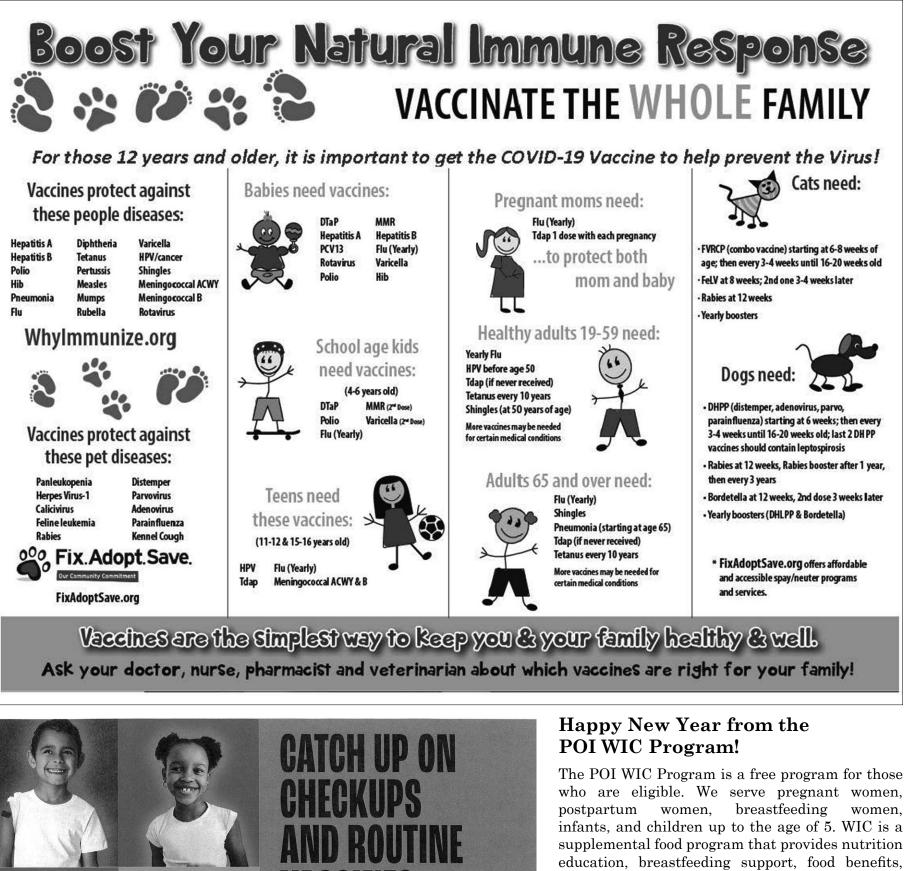
- Social-Emotional
 Physical
- Mathematics
- Social Studies
- cal Cognitive Literacy
- Science and Technology
- The Arts

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.



Find out if you and your family are eligible today! (505)869-2662

and more to the families we serve.

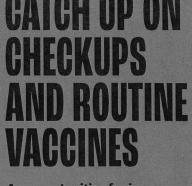
The POI WIC Program hopes that this new year gets off to a healthy start.

To make sure you are sticking to those healthy new year resolutions, please see the healthy snack recipe below with ingredients that can be bought with WIC food benefits!

Whole Grain WIC Roll Ups







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.

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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
- · 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

CDC



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

Ingredients:

- 8 oz low fat cream cheese at room temperature
- 1 can Rotel tomatoes with mild chilies. Well drained (WIC food)
- A big handful of fresh spinach. Rinsed, chop, and remove stems (WIC food)
- 3-4 whole wheat tortillas (WIC food)
- Garlic powder to taste

First, mix together the softened cream cheese, drained tomatoes, spinach, and garlic powder. Next, spread the mixture on the tortillas. Finally, roll the tortillas, slice, and enjoy!

Isleta Health Center

Screen Your Way

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

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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).

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

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 the Isleta Health Center Health Educator at 869-4479 to have your Child Safety Seat checked to make sure it is properly installed and appropriate for your child





REAR-FACING

A rear-facing car seat provides the best protection for young children. When properly harnessed, the seat will cradle the child to reduce the stress to the child's fragile neck and spinal cord.

FORWARD-FACING

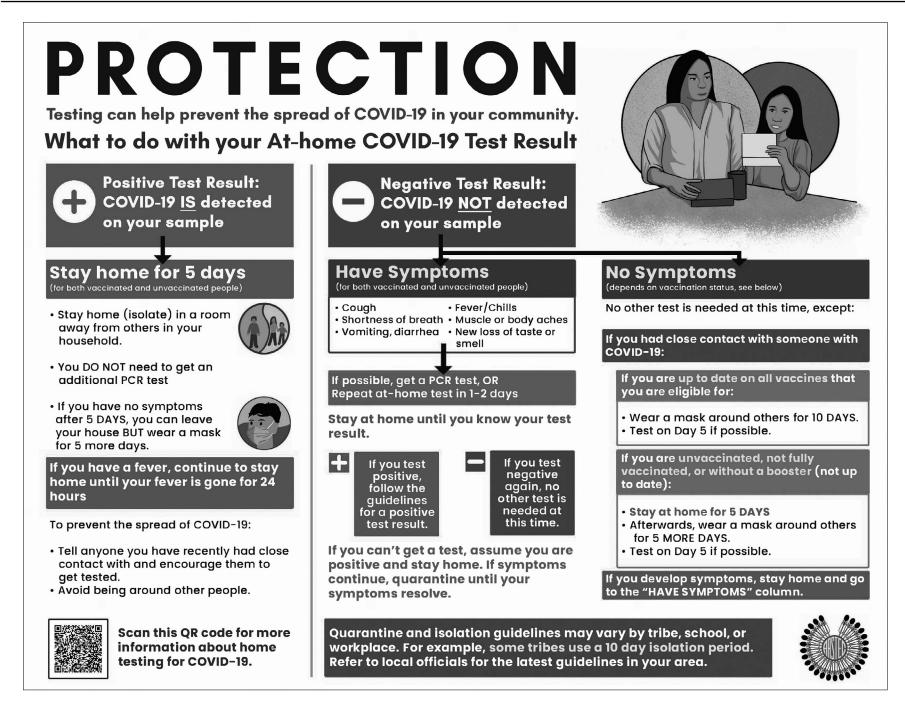
A forward-facing car seat has a harness and tether that limits your child's forward movement during a crash. Keep your child in a harness car seat as long as possible, to the weight or height limit allowed by the manufacturer.

BOOSTER

A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body: Hips, Chest, Shoulders.

SEAT BELT

Proper seat belt fits when: • Lap belt lies snugly across upper thighs, not touching the stomach. • The shoulder belt lies snug across the shoulder and chest, not across the face or neck. *Children under 13 years should sit in the rear seat.



PROTECTION

What to do if you had close contact with someone with COVID-19

What is a close contact?

Someone, with or without a face covering, who was less than 6 feet away from someone with COVID-19 (confirmed by a lab test or doctor) for a combined total of 15 minutes or more over a 24-hour period.

For example, a person who has three separate 5-minute exposures to someone with COVID-19 for a combined total of 15 minutes.

If you have close contact with a person with COVID-19 and DO NOT HAVE SYMPTOMS:

- If you are up to date on all vaccines that you are eligible for:
- Wear a mask around others for 10 DAYS. • An N95, KN95, or surgical mask is preferred.

If you are unvaccinated, not fully vaccinated, or without a booster (not up to date):

Quarantine for 5 days. Then wear a mask around others for 5 MORE DAYS.

If you have close contact with a person with COVID-19 and YOU HAVE SYMPTOMS:

 Immediately isolate and get tested. A negative COVID-19 test should not be used to end quarantine early.

If you test positive for COVID-19:

late for 5 days followed by 5 day

Circle of Security Parenting

Presented by: Reyes Abeita

Sponsored by: Isleta Social Services

Location: Isleta Social Services-Cottonwood

Dates/Times: On an individual basis

Cost: FREE

Who should attend: Parents, Guardians, Caregivers

How to register: Contact Reyes Abeita at 505-869-2772 or e-mail reyes.abeita@isletapueblo. com

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting[™] program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

around others

If you still have symptoms on day 5, isolate until fever free for 24 hours without use of fever reducing medication, and wait until symptoms improve



Quarantine and isolation guidelines may vary by local tribe, scho or workplace. For example, some tribes use a 10 day isolation per Refer to local officials for the latest guidelines in your area

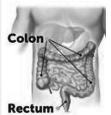
Learning Objectives of the Program:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



Health Beat Colorectal Cancer Awareness Month

Stephanie Barela, Isleta Health Center Health Educator Phone: 505-869-4479 sbarela@islclinic.net (Information from the "Guide to Preventable Cancers" and www.aastec.net)



March is Colorectal Cancer Awareness Month and a great time to get screened. Colorectal Cancer is cancer of the colon or rectum found equally in both men and women. According to the Albuquerque Area Southwest Tribal Epidemiology Center and data from the NM Tumor Registry 2007-2011, it is the 2nd most common cancer among American Indians in New Mexico. Colorectal Cancer is often diagnosed at a

later stage in Native Americans, which is why it is so important to get screened! Colorectal cancer is one of the MOST PREVENTABLE cancers, because it develops from polyps that can be removed before they become cancerous. If you get the recommended screening, this cancer can be prevented or can be detected early when it can be easier to treat.

RISK FACTORS

- Men and women who are age 50 and older
- People who use commercial tobacco, are obese or sedentary
- People with a personal or family history of colorectal cancer or benign (non-cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long-standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

RISK REDUCUTION AND EARLY DETECTION

- Be physically active and exercise regularly
- Maintain a healthy weight
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains
- Consume calcium-rich foods like low-fat or skim milk
- Limit red meat and avoid processed meats
- Stay away from smoking commercial tobacco (sign up for Freedom From Smoking-869-4479)
- If you drink alcohol, limit your drinking to one drink a day if you are a woman or two drinks a day if you are a man
- If you are at average risk for colorectal cancer, start having a regular screening at age 50. If you are at greater risk, you may need to begin regular screening at an earlier age. The best time to get screened is before any symptoms appear.

SYMPTOMS

- Rectal bleeding or blood in or on the stool
- Change in bowel habits or stools that are narrower than usual
- Stomach discomfort (bloating, fullness or cramps)
- Diarrhea, constipation or feeling that the bowl does not empty completely
- Weight loss for no apparent reason
- Constant fatigue
- Vomiting

TREATMENT- Surgery is the most common treatment. When the cancer has spread, chemotherapy or radiation therapy is given before or after surgery.

COLORECTAL CANCER IS THE SECOND MOST COMMON CANCER AMONG AMERICAN

INDIAN MEN AND WOMEN IN NEW MEXICO

MEN	WOMEN
I. Prostate	1. Breast
2. COLORECTAL	2. COLORECTAL
3. Kidney	3. Uterus
4. Liver	4. Kidney
5. Lung	S. Thyroid
6. Stomach	6. Ovary
7. Pancreas	7. Liver
8. Non-Hodgkin Lymphoma	 8. Non-Hodgkin Lymphoma
9. Bladder	9. Lung
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IQ. Oral a source: New Mexico Turner Registry 2007-201	10. Stomach
IO. Oral course New Masie Turner Registy 2007-201 Leading Causes of Death for I. Cancer	10. Stomach
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IO. Oral course New Masie Turner Registy 2007-201 Leading Causes of Death for I. Cancer	10. Stomach
10. Oral course New Made Turner Registy 2007-201 Leading Causes of Death for 1. Cancer 2. Heart Disease	10. Stomach

ON AVERAGE, THERE ARE 51 NEW COLORECTAL CANCER (CRC) CASES DIAGNOSED AMONG AMERICAN INDIANS IN NEW MEXICO EVERY YEAR

ARE AFFECTED? NEW CASES EVERY YEAR ter Regulary 2007-201

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

ISLETA BEHAVIORAL HEALTH CLINIC

Inhalant Awareness

Inhalants are substances or fumes that are "sniffed", or "huffed" and cause an immediate high. In the United States, inhalant use among younger populations is very common due to the fact that most of these chemicals are found in household items and can also be purchased or easily obtained. There is a variety of inhalant categories that include gases, solvents, aerosols, nitrates, adhesives, and cleaning agents. Some common household products that are most commonly abused can include, but are not limited to: paint thinners, nail polish removers, propane, butane, poppers, rubber cement, glue, hairsprays, spray paints, computer duster, room deodorizers, dry erase board cleaners, and kitchen and bathroom cleaners. Because these products are so inexpensive and easily accessible, inhalants are the 5th most used drug among younger populations. Inhalants pose a serious health risk to youth populations, and can lead to a misdemeanor offense in New Mexico if you are caught misusing. Inhalant use can be discrete, and there are multiple pathways of consumption. Slang terms used in relation to inhalant use can include:

· Dusting- inhaling compressed air and/or propellant from a canned product used for dusting computer keyboards or other electronics

· Huffing- when a rag is soaked in chemicals and

is held to the face or mouth and is inhaled

• Sniffing- can be done directly from containers, plastic bags, clothing, or rags saturated with a substance or from the product directly

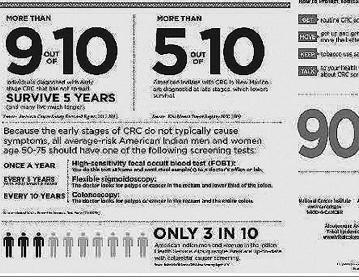
· Bagging- when a substance is sprayed or deposited into a plastic or paper bag and the vapors are inhaled. This method of consumption is very dangerous and can cause suffocation due to the fact that the bag is placed over the individuals head, cutting off oxygen supply

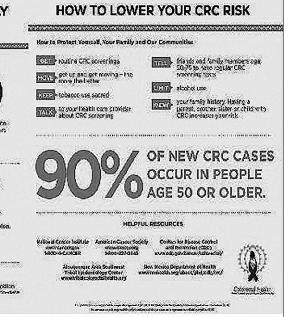
First time users may experience short term effects that may include euphoria, drowsiness, impaired functioning, confusion, impaired judgment, belligerence, nausea and or vomiting, headaches and the inability to coordinate movements. When inhalants are used regularly the user may inflict damage to vital organs and some effects are potentially irreversible. Long term users can build a tolerance to the substances leading to more use to achieve the same effects and individuals develop compulsive use of inhalants. Long term effects of inhalants are dependent on the chemical being consumed and can sometimes lead to irreversible damage including brain damage, damage to the central nervous system, hearing loss, limb spasms, and bone marrow damage. There are signs and symptoms to be aware of when detecting inhalant use and may include:

- Paint or stains on body or clothing
- Spots or sores around the mouth
- Red or runny eyes or nose

HOW MANY AMERICAN INDIANS

ROUTINE SCREENING CAN ACTUALLY PREVENT CRC OR FIND IT EARLY





- Chemical odor on breath
- Drunk, dazed or dizzy experience
- Nausea, loss of appetite
- Anxiety, excitability, irritability •
- Lack of interest
- Rapid decline in school performance
- Poor concentration
- Confusion
- Paranoia

Inhalant use is often overlooked but can result lasting damage to an individual even after just one use. If you or someone you know is struggling or engaging in inhalant use, please do not wait to seek help. If you are in need of assistance please feel free to reach out to the Isleta Behavioral Health Clinic at 505-869-5475. We are here for you!



National Native HIV/AIDS Awareness Day is a national mobilization effort designed to encourage American Indians across the U.S. to get educated, get tested, get involved in prevention and get treated for HIV.

This year, our Isleta Pueblo community will be celebrating all week long during the week of :

MARCH 20TH IS... National Native HIV/AIDS Awareness Day

WAYS TO GET INVOLVED:

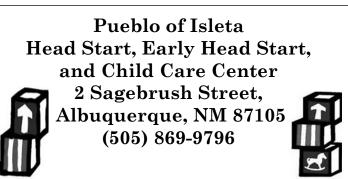
- 1. Join our week long virtual 3 mile walk/run challenge via Nike Run App hosted by the Isleta Recreation Center.
- 2. Pick up a FREE at -home HIV testing kit at one of the following locations:
 - (New) Isleta Rec Center
 - Isleta Library
 - Isleta Health Center -CHR

MARCH 13-20, 2022

GOT QUESTIONS? CALL 505-869-4482

For more information on National Native HIV/AIDS Awareness Day, visit www.NNHAAD.org





We are happy to announce, In-Person Services for our Head Start, Early Head Start, & Child Care children has officially resumed! The kiddos are excited to be back at school socializing with their peers and teachers!

It is very important for Parents/guardians to monitor children for any signs of illness and to keep them home when they are feeling sick. Our staff will continue to practice and enforce safety procedures to ensure the health of our children, families, and staff.

We would also like to wish a Warm Welcome to the new members of our Head Start Family:

Anita Chiwewe- Administrative Assistant Meredith Platero- Child Care Provider Aimee Jojola- Child Care Provider

Important Dates:

March 2, 2022 – Family Night Activity & Meal Pick-up at 5:00pm-6:00pm

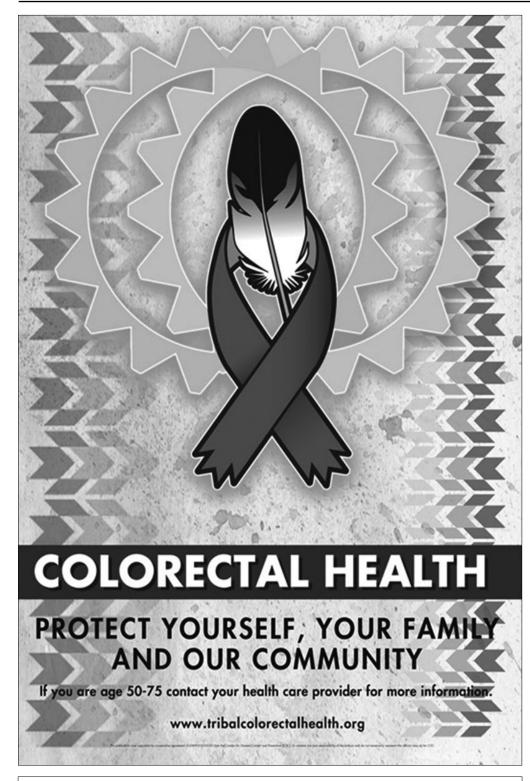
March 14-18, 2022– Spring Break (NO SCHOOL)

March 21, 2022– Program Services Resume

A Look Inside the Classroom









GET YOUR FREE AT-HOME HIV TESTING KIT & SWAG BAG!

AVAILABLE AT THE FOLLOWING LOCATIONS (DURING BUSINESS HOURS):

(NEW) ISLETA REC CENTER **ISLETA LIBRARY**

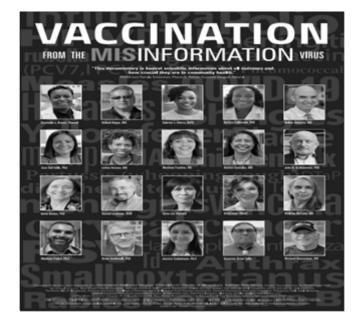
ISLETA HEALTH CENTER- CHR

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!

***TESTING KITS AVAILABLE FOR DELIVERY**

MARCH 13TH - 20TH, 2022

Please join us in recognizing the impact of HIV on Native communities, and in communicating about the importance of knowing one's HIV status by getting tested today!

QUESTIONS? CALL 505-869-4482

*Delivery of testing kits available to community residents under the following: 1) In guarantine or isolation OR 2) Transportation not avaialable (must be home at time of delivery)

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 Orders, 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 going to https://portal. knme.org/show/vaccination-misinformation-virus/.

I will be planning 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.

ISLETA HEALTH SUPPORT GROUP 2022 Meeting Schedule Location: Isleta Health Center Kitchen or IHC Training Center Daytime sessions: Use main entrance | Nighttime sessions: Training Center or IHC Kitchen Training Center location: Pink building at north end behind the Health Center Kitchen Location: South side of the Health Center near the grassy gated area-2nd door on the right. Morning Session:10:30am to 12:00pm | Evening Session 5:00pm-6:30pm *Meetings usually alternate time every other session, from 10:30am-12:00pm to 5pm-6:30pm. *Due to potential COVID restrictions, meetings may be offered online only. Please call to verify location and reserve spot. DATE TOPIC SPEAKER LOCATION Presented Virtually and 3/8/2022 Renaldo Wilson **EVENING SESSION** Possibly at 5pm - 6:30pm DOH NUPAC Program Directo 4/12 10:30an 5/10 5pm-7 6/14 10:30an 7/12 5pm-6 8/9/ 10:30an 9/13 5pm -10/11 10:30a 11/8 5pm-6 12/1 10:30 Topie EVE Sessions in-pers **Call Stephanie for Log In** MASKS ARE REQUIRED **Information or Phone Number**

NOTICE: Log in information is different each session

- 6:30pm	Pain Managem	ient	DOH NUPAC Program Director	Isleta Health Training Center		
2/2022 m – Noon	Know Diabetes b	y Heart	Cassandra Vanderpool, MS, RDN, LD, Diabetes MAPP (Management & Prevention Programs)	Presented Virtually and Possibly at Isleta Health Kitchen		
0/2022 7:30pm	EVENING SESS ^{7th} Annual Isle Cancer Survivors D	eta	Balloon Release/ Survivor Celebration (Anjie Cureton)	Presented Virtually and Possibly at Isleta Health Training Center		
4/2022 m – Noon	Advance Directive End of Life Plar		Anjie Cureton, Clinical Psychologist, UNM	Presented Virtually and Possibly at Isleta Health Kitchen		
2/2022 6:30pm	EVENING SESS Alternative Medicin Cancer Treatm	ne and	Renaldo Wilson DOH NUPAC Program Director	Presented Virtually and Possibly at Isleta Health Training Center		
/2022 m — Noon	What is Inflamm	ation	Renaldo Wilson DOH NUPAC Program Director	Presented Virtually and Possibly at Isleta Health Kitchen		
3/2022 - 6:30pm	EVENING SESSION Depression/BH/Suicide		Isleta Behavioral Health	Presented Virtually and Possibly at Isleta Health Training Center		
1/2022 am-12pm	12yr Anniversary Celebration of Group Established October 2010			Presented Virtually and Possibly at Isleta Health Kitchen		
3/2022 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		
13/22 0-12pm	Heart Health		Janet Johnson DOH Tribal Liaison	Presented Virtually and Possibly at Isleta Health Kitchen		
ERYONE	Ics are subject to change.ERYONE WELCOME					
ns are Virtual; dial in on phone or son (Depending on Restrictions).			S MUST BE RESERVED PLEASE CALL IN AD			

To sign up or learn more please contact: Stephanie Barela Phone: 869-4479 | Email: sbarela@islclinic.net

Helping Your Adult Family Member

Who Has an Addiction

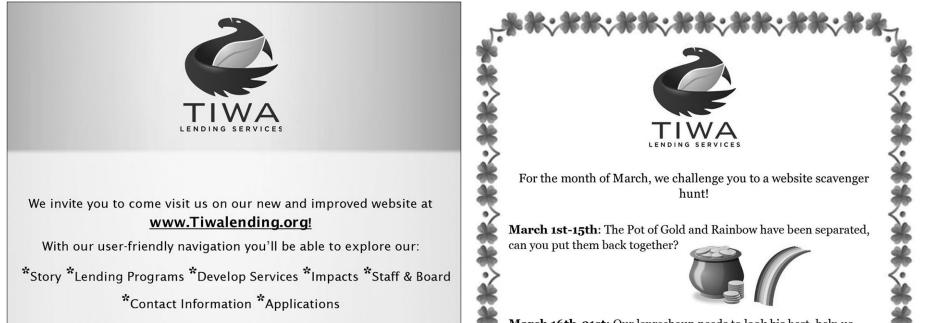
Although you may be tempted to rescue, bribe, pamper, scold, or threaten your adult family member who continues to use and abuse alcohol and/or drugs, this is not a helpful approach.

Families share experience, strength, and hope at Al-non meetings. These meetings teach you how to stop "enabling". The word enabling means "allowing, permitting, or aiding" the alcoholic/addict to stay in their sickness and enabling keeps you, the family, trapped in the problem. Enabling can make you physically and emotionally sick and cause increased stress with you and your home environment. Addiction is not something that affects just the alcoholic/ addict but has a negative impact on the entire family and the community.

No one wants their adult family member to suffer with an addiction and your intentions to help are out of love and concern. When enabling turns into an intervention, things begin to change. It is time to take your focus off the adult family member's addiction and place it onto yourself and your family. You regain power to make meaningful choices about what you will do and what you won't do. Enabling does not teach responsibility.

You can contact Al-non at (505) 262-2177 and find out the nearest location from your community to attend, (IBHS does not provide transportation).

Isleta Health Center - Behavioral Health





March 16th-31st: Our leprechaun needs to look his best gather his outfit!

To play: go to www.Tiwalending.org, search through our website to find the items, take a picture or screenshot, and email it to Sheila@tiwalending.org.

Prizes will be given to the first participate who finds ALL the items.

Good luck!



POI Senior Olympics



Isleta Elder Center is one of the only two tribes in New Mexico sanctioned by the NM State Sr. Olympic Organization as an official site to hold associated events and activities. Standard activities held throughout the year consist of: Local Games where many sport events are held as an introduction to Sr. Olympics; seniors attend the State hosted Annual Indian Game Day and State Games. In addition, our monthly calendar allows for practicing the sport of your choice (e.g., shuffleboard, pickle ball, bowling, archery, etc.). Sr. Olympic programming is sponsored by the Isleta Casino and Resort to cover the purchase of equipment and/or sponsor affiliated activities and events to include travel to the National Senior Olympics.

We are proud to announce POI Olympians who qualified to compete in the upcoming National Sr. Olympics in Fort Lauderdale, Florida in June of 2022. These athletes were dedicated and committed in 2019 to compete at the State Games to qualify for Nationals. **Congratulations athletes!!**

2019 National Qualifiers

Gloria Analla-Shuffleboard Leanora Carpio-Shuffleboard Edna Jiron-Shuffleboard Maryann Johnson-Shuffleboard John Jojola-Golf Kenneth Jojola-Golf Patty Jojola-Golf Debra Lente-Jojola-Shuffleboard Rudy Jojola-Golf Shirley Jojola-Shuffleboard and Cycling Alberta Lente-Shuffleboard Beatrice Lente-Archery Herman Lente-Archery Pauline Lente- Shuffleboard Marie Lujan-Bowling, Golf Jose Martinez-Shuffleboard Ramona Montoya- Swimming and Cycling Paul Padilla-Horseshoes Theresa Padilla-Bowling Rose Zuni-Shuffleboard (our beloved Rose, may she rest in peace)

Confirmed List of Travelers to the Nationals

Gloria Analla Edna Jiron Patty Jojola Debra Lente -Jojola Shirley Jojola Beatrice Lente Herman Lente Pauline Lente Theresa Padilla

The Isleta Elder Center encourages elders in the community to stay physically active. All research shows the value of exercise and maintaining social connections. As they say "you don't stop playing because you get old, you get old because you stop playing."

Special thanks to: the Advisory Committee for overseeing Sr. Olympic Programming and Budgeting; the Sr. Olympic Sub-Committee in supporting activities and events. Last but not least, the Isleta Resort and Casino for the annual contribution. For more information call Antoinette Thayer, Activities Coordinator at (505) 869-9770.

• Must be 50+ years of age to participate in Sr. Olympics

• Must meet eligibility criteria for Travel Sponsorship per approved policy

Isleta Elder Center Menu 2022 Home Delivered Meals Tuesday Wednesday Monday Thursday Friday BAKED CHICKEN **BBQ RIB SANDWICH** BAKED TILAPIA BARLEY SOUP Baked Tilapia 4oz BBQ Rib 3oz Chicken Thigh 3oz Barley 1/2c Baked Beans 1/2c Steamed Rice 1/4c Mashed Potato 1/2c 5way Vegetable 1c Chuckwagon 1/2c California Vegetable 3/4c Broccoli 1/2c Crackers 2ea Gravy 2oz Hamburger bun Tartar Sauce 2oz Fresh Fruit Fresh Fruit Fruit Cup Cherry Cobbler 1/4c LENT 3/8/202 3/11/202 MEATLOA **BROCCOLI & HAM CASSAROLE ITALIAN SOUP** CHEESEBURGER SLIDERS TERIYAKI SALMON Meatloaf 4oz Meatballs 3oz Ground Beef 40z Salmon 4oz Diced Ham 4oz Rice Pilaf 1/4c Orzo pasta 1/2c Mashed potato 1/4c Broccoli 1c Cheese loz Sweet Potato Tots 1/2c Gravy 2oz Rice 1/2c Carrots/Celery/Onions 1/2c Broccolini 1/2c Green Beans 1/2c Cheees sauce 2oz Spinach 1/2c California Vegetable 1/2c Teriyaki Sauce 2oz Crackers 2ea Dinner Roll French Bread Mini Rolls 2ea Fresh Fruit Fresh Fruit Fruit Cup Fresh Fruit

3/14/2022	3/15/2022	3/10/2022	3/1//2022	3/10/2022
GC ENCHILADAS	PASTRAMI SANDWICH	GNOCCHI STEW	CORNED BEEF & CABBAGE	VEGETABLE LO MEIN
Diced Chicken 4oz	Pastrami 3oz	Dice Chicken 4oz	Corned Beef 3oz	Lo Mein Noodles 1/2c
Spanish Rice 1/4c	Swiss Cheese 1oz	Gnocchi pasta 1/4c	Cabbage 1c	Broccoli 1/2c
Chuckwagon 1/2c	Coleslaw 1oz	5way Vegetable 1/2c	Boiled Potatoes 1/4c	Snap Peas 1/4c
Green Chile 2oz	Green Beans 1/2c	Breadstick	Carrots 1/2c IUCKY	Carrots 1/4c
Fresh Fruit	Fresh fruit	Fresh Fruit	Carrot cake 1/4c	Fortune Cookie
3/21/2022	3/22/2022	3/23/2022	3/24/2022	3/25/2022
OPEN FACE TURKEY SANDWICH	PESTO PASTA	HEARTY BEEF STEW	CHICKEN FRIED STEAK	BAKED COD
Sliced Turkey 4oz	Penne Pasta 1/2c	Beef Stew Meat 4oz	Chicken Fried Steak 3oz	Cod 4oz
Mashed Potato 1/4c	Pesto Cream Sauce 2oz	Carrots 1/4c	Mashed Potato 1/4c	Sweet PotatoTots 1/4c
Gravy 2oz	Italian Vegetable 1/2c	Celery 1/4c	Country Gravy 2oz	Carrots 1/2c
California Vegetable 1/2c	Garlic Bread	Onions 1/4c	Peas & Carrots 1/2c	Tartar Sauce 2oz
Toast	SF Jello Cup	Potatoes 1/2c	Fresh Fruit	Fresh Fruit
Fruit cup		Dinner Roll		
3/28/2022	3/29/2022	3/30/2022	3/31/2022	
PORK TAMALES	CHICKEN AND RICE	POT ROAST	CHICKEN TACOS	
Pork Tamale 4oz	Diced Chicken 3oz	Pot Roast 4oz	Chicken 4oz	
Beans 1/4c	Rice 1/2c	Baked Potato 1/4c	Refried Beans 1/2c	Please call by 9 AM
Chuckwagon 1/2c	Green Chile 2oz	Carrots & Celery 1c	Elote Corn Salad 1/2c	
Red Chile 2oz	Carrots 1/2c	Gravy 2oz	Tortilla	to cancel Home Delivered
Cheese loz	Oyster Crackers 2each	Cherry Cobbler 1/4c	Salsa 2oz	Meals.
Rice Pudding 1/4c	Fresh Fruit	,	Garnish 2oz	Thank you.
			Fresh Fruit	
	****Monus are subject	to change without notice, based or	n the availability of products ****	

MARCH ²⁰²² ISLETA HEALTH CENTER ^{Questions? Call 869-3200}						
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	ISLETA HEALTH SUPPORT GROUP Pain Management Renaldo Wilson DOH NUPAC Program Director Tuesday, March 8, 2022 Contact Stephanie Barela 869-4479 sbarela@islclinic.net	1 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869-5475	2 The Ripple Effect : 10:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 9:00 -10:00pm For Information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	3 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869-5475	4 National COLORECTAL CANCER AWARENESS Month MARCH	
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 Pro- gram: 4:30-6pm For more information please call: 869-5475	9 The Ripple Effect : 10:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 9:00 -10:00pm For more Information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call:	10 CLINIC OPENS AT 9:50am Isleta Youth Wellness Pro- gram: 4:30-6pm For m ore 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 Pro- gram: 4:30-6pm For m ore information please call: 869-5475	16 The Ripple Effect : 10:00 - 12:00pm . For more information please call: 869-5475 Wellbriety Group: 9:00 -10:00pm > For more Information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	17 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869-5475 HAPPY CLIPIC OPENS AT 9:50am	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 Pro- gram: 4:30-6pm For more information please call: 869-5475	23 The Ripple Effect : 10:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 9:00 -10:00pm For Information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	24 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 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	29 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869-5475	30 The Ripple Effect : 10:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 9:00 -10:00pm For Information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	31 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869-5475	DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475	

Isleta Health Support Group					
DATE	TOPIC	SPEAKER	LOCATION		
3/8/2022 5pm – 6:30pm	EVENING SESSION Pain Management	Renaldo Wilson DOH NUPAC Program Di- rector	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		

Albuquerque Area Southwest Tribal Epidemiology Center Native American COVID-19 Vaccine Hotline

Got questions about the COVID-19 vaccine? Call or Text:

1-833-VAX-AIAN

We are here to help answer your questions Monday–Friday 8am-8pm



Saturday 9am-2pm

All times are MST



Our trained phone navigators are available to assist with up-to-date information about COVID-19 vaccines, but do not provide medical advice.

Scan this QR code to chat online with our COVID-19 vaccine hotline:





ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER WWW.AASTEC.NET