Seta Pueblo News

Volume 17 Issue 4

Pueblo of Isleta website: www.isletapueblo.com

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April 2022

Governor's Report

Ma Gu wam,

Hello everyone. I hope this email finds everyone in good health. As we see the Covid-19 surge decrease over the past month, the Covid Mitigation team has made the decision to amend the Health Order. The following changes to point out are:

- All persons 2 years of age and older <u>are</u> <u>recommended</u> 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 are high-risk for complication related to Covid-19.
 - Masks may still be required at the discretion of the Governor and or Traditional Leaders during traditional activities or gatherings that may pose a risk to individuals.
- Any gatherings of greater than 75 individuals on the Pueblo of Isleta will be required to have a Covid-19 Safety Plan completed and documented with the Public Health Services Department.
- Limited access will be granted to persons who are participating in Pueblo of Isleta sponsored activities or programs, such as recreation events and religious services.

See the attached Public Health Order. Please be respectful to one another and mask up if asked to wear a mask. Covid Booster vaccinations are still available. Call the Covid-19 Hotline at 505-869-9720 for appointments and clinic days.

We have received questions regarding the use of the Chical Reception Hall and Parks. At this time, the Chical reception hall will not be rented out along with tables and chairs until further notice. The parks can be reserved for use for parties following all Covid-19 safe practices. Please get in contact with the Parks and Recreation department to reserve at 505-869-9777.

The Pueblo of Isleta is working with New Mexico Gas Company for payment assistance. NM Gas has agreed to credit qualifying Tribal Members with this assistance. The credit will appear on the qualifying account in May or June. To qualify, you must be a Tribal Member and live within the reservation boundaries and have not received HEAT NM assistance in 2022. If you think you qualify, please call the Governor's office to submit your name. You will be asked to provide the Customers Name, Account Number and Service Address. The Deadline to submit your information is Friday April 22, 2022. During the COIVD-19 surge, many services were put on hold. One of those services was land transfers. The Survey and Mapping Department is working diligently to get the surveys completed as well as getting transfers signed and filed. I have agreed to schedule on Saturdays if necessary to complete land transfer signing of paperwork. Please contact the Survey and mapping Department to schedule a Saturday appointment if necessary. It is very important to keep your appointment if you are scheduled for a land transfer. If you are scheduled and do not show or cancel, you will be placed at the back of the line to be rescheduled.





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

PUBLIC HEALTH EMERGENCY ORDER 2022-02

PUEBLO OF ISLETA

March 22, 2022

 The intent and purpose of this Public Health Emergency Order is to amend the Public Health Emergency Order 2022-01 to revise the restrictions for gatherings, mask-wearing, and access into the Pueblo of Isleta. The Pueblo of Isleta continues to vaccinate individuals, ensure access to COVID-19 testing, and improve 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 recommended 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.
 - Masks may still be required at the discretion of Governor and or traditional leaders during traditional activities or gatherings that may pose a risk to individuals at high-risk.
- 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.

(Continued Page 2)

- Any gathering of greater than 75 individuals on the Pueblo of Isleta will be required to have a COVID-19 Safety Plan completed and documented with Public Health Services Department.
- Social distancing and wearing a well-fitted mask is recommended at any gathering or event at any indoor public spaces or Pueblo of Isleta venues.
- G. Access is restricted to all non-residents, with the exception of Tribal Members of the Pueblo of Isleta.
 - All non-resident, non-tribal 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.
 - Limited access will be granted to persons who are participating in Pueblo of Isleta sponsored activities or programs, such as recreation events and religious services.
- 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:

Isleta hosted the Six Middle Rio Grande Pueblos Coalition meeting March 3, at the Golf Course. This was the first in person gathering since COVID required virtual meetings. The BIA was the only entity that still participated virtually. The meeting was well attended and everyone was in good spirits to discuss important and current water issues in person. The next meeting will be hosted by Sandia, April 7, and will be in person as well.

Tribal Administration, Environment, UXO, Police, and Fire departments met with Sandia National Laboratories Emergency Management Team to discuss processes and protocols in the event of any emergency. This was a meet and greet meeting to generate more discussion as to what kind of partnerships may be available for training and participating in mock drills. More information will be provided as it becomes available.

We continue to be contacted by companies regarding establishing solar energy development on Isleta. The last meeting was held with a company named Cenergy. Discussions are also on going with SunShare to name another. Companies like these and others are looking to take advantage of the NM Community Solar Act that allows electricity customers to opt into solar power from a shared facility larger than residential solar panels but smaller than a utility-scale solar farm. The Act allows NM tribes not to be bound by some limitations while taking advantage of others. Tribal projects can be larger than the five (5) megawatt (MW) without constraint on the number of subscribers (tribal members) or size of the subscriptions (financial models). Tribes/tribal entities are able to keep and sell renewable energy credits (RECs) generated from their community solar facilities to name a couple. However, these solar projects need to be constructed near existing transmission lines. Additionally, before Isleta can consider such a project Isleta and Tribal Council would need to determine and better yet guided through a land use plan where any type of developments can or cannot occur.

Also in the realm of power news, we met with Public Service Company of New Mexico (PNM) on their upcoming Isleta 12 Feeder Rebuild Project. This will be a large project and will involve a full line rebuild of distribution lines that feeds portions of the Pueblo. PNM will upgrade all existing equipment to new and safer standards to address the overall aging infrastructure and various outage related issues. The project will comprise of two phases, Backbone (main three phase line) to be completed this year; and Laterals (single phase lines connecting homes) next year. The Backbone Rebuild will cover 8.2 miles of reconductor to larger more reliable size, 230 poles replaced and upgraded, 95 overhead transformers, 7 overhead switches, 3 reclosers, 50 sets of lightening arrestors. The Lateral Rebuild will consist of 1000+ poles and 400+ transformers to be inspected/replaced depending on condition. Earlier this year, one of the contractors jumped the gun on the project and was present on Isleta without permission which raised concerns by tribal members. This problem was corrected and PNM apologized and will make every effort to work with Isleta to make sure their Rebuild Project will be done respectively and in coordination with the Pueblo. Going forward with the project all PNM contractors/subcontractors will be known and be issued our Permission Agreement to Enter to confirm acknowledged presence. The Backbone phase is scheduled to start in July and updated information will be provided throughout the project. May we continue to be protected and safe from the bad both outside and inside our community and meet our challenges together as one.

- 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.
- 2. All persons should maintain social distance of 3 to 6 feet to accommodate safe physical distancing for protection from the spread of respiratory droplets when out of the home and in public.
- 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.ede.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 75 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.
- 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.
- 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.
- 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 Tuesday March 22, 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 March 21, 2022 are rescinded and/or have been revised in this order.

ADDITIONAL ORDERS WILL FOLLOW AS CONDITIONS WARRANT, SO ORDERED THIS 22nd DAY OF MARCH, 2022.

ba RNU

Tribal Health Officer/Public Health Services Director Isleta Health Center

Haw-wu Vernon B. Abeita Governor Concur

Vernon Abeita, Governor





The Pueblo of Isleta is working with the New Mexico Gas company for payment assistance for Isleta Tribal Member residents. The qualifications are for residence within the exterior boundaries of the Isleta Reservation that **have not** received Heat NM assistance in 2022.

Contact the Governor's Office at 505-869-3111

The following New Mexico Gas information is needed for approval:

Customer	Name
Account	Number
Service Add	ress
Deadline to submit information	on is Friday, April 22, 2022

LETTER FROM THE EDITOR

DEADLINE for May Newsletter articles is set for Wednesday, April 20, 2022, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@ <u>isletapueblo.com</u>. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you, Nathaniel Lujan

Newsletters may be found at the fifteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at http://www.isletapueblo.com/newsletters.html

Vernon B. Abeita Governor



Lt. Governor, Virgil N. Lucero Lt. Governor, Blane M. Sanchez

PUEBLO OF ISLETA OFFICE OF THE GOVERNOR P.O. Box 1270 Isleta, New Mexico 87022 Telephone: 505-869-3111 Fax: 505-869-7596

EXECUTIVE ORDER

GUIDELINES REGARDING MASK-WEARING

EFFECTIVE: MARCH 28, 2022

On March 22, 2022, the Public Health Emergency Order 2022-02 was enacted to lessen the restrictions regarding mask-wearing, gatherings, and access in and out of the Pueblo of Isleta.

Although masks are now recommended, there are facilities at the Pueblo of Isleta that still provide services and are held accountable for providing safe and sustainable operational practices to keep high-risk community members safe.

The Isleta Health Center, Isleta Assisted Living Facility, Isleta Elder Center, Isleta Recreation Centers, Isleta Tribal Court, and St. Augustine Church, will continue to require masks to be worn when entering the facility. We respect that many may choose to continue to wear a mask to protect themselves and others. We will not tolerate any disrespect of your choice to wear a mask; however, we ask that you respect the requirement of wearing a mask when entering these facilities at this time.

Thank you for your cooperation in continuing to keep the Pueblo of Isleta safe and healthy.

Vernon B Abeita

Governor Pueblo of Isleta

First Notice



PROBATES

IN THE MATTER OF THE ESTATE OF: Denise Trujillo-Baca (DOD: 03/27/2021)

Case No. CV-PR-0190-2021

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Denise Trujillo-Baca**, deceased **03/27/2021**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for Wednesday, April 20, 2022 at 9:30 am at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

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

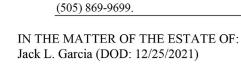
Case No. CV-PR-0185-2021

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Patrick Chavez, deceased 12/02/2021, 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)

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.
- Health Center South end of Health 10. Center Parking lot
- 11. Library Sunlight & Moonlight Intersection
- TR 6 47 Intersection 12.
- 13. TR 12 - 47 & 147 intersection (Old Smoke & Save)
- 14. TR 71 & TR 54 @ Y - Holiday Robot / Paved Road / **Railroad Tracks**
- TR 45 & TR 40 @ Y Tata Mel (POI Signage) 15.



days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for Wednesday, April 27, 2022 at 9:30 am at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at

Case No. CV-PR-0003-2021

Second Notice

Second 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 Thursday, June 16, 2022 at 9:30 am at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.





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
	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	3/24/2022
SHUTTLE DRIVER	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	3/24/2022
Front Desk Agent	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	3/23/2022
SOUS CHEF	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	3/23/2022
SPA ATTENDANT	0510 - SPA SALON	11000 Broadway SE	Albuquerque, NM	3/18/2022
ESTHETICIAN	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	3/10/2022
PASTRY CHEF	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	3/9/2022
APPLICATIONS ADMINISTRATOR I	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	3/9/2022
SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	3/9/2022
SUPERVISOR F & B (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	3/7/2022
SUPERVISOR F & B (Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	3/7/2022
HOUSEPERSON	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	3/7/2022
LAUNDRY ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	3/7/2022
HOTEL PM TECHNICIAN	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	3/7/2022
CALL CENTER AGENT	0210 - HOTEL RESERVATIONS	11000 Broadway SE	Albuquerque, NM	3/7/2022
SPA RECEPTIONIST	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	3/7/2022
Irrigation Technician	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	3/7/2022
Table Games Floor Supervisor	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	3/7/2022
SURVEILLANCE AGENT	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	3/3/2022
SALES MANAGER	0220 - HOTEL SALES	11000 Broadway SE	Albuquerque, NM	3/3/2022
CATERING MANAGER	0220 - HOTEL SALES	11000 Broadway SE	Albuquerque, NM	3/2/2022
Соок I	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	2/25/2022
BARBACK	0334 - F&B CENTER BAR	11000 Broadway SE	Albuquerque, NM	2/25/2022
	0200 - HOTEL OPERATIONS	11000 Broadway SE	Albuquerque, NM	2/24/2022
Cook I (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	2/24/2022
SUPERVISOR F & B	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	2/24/2022
Cook I (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	2/24/2022
NAIL TECHICIAN	0200 - HOTEL OPERATIONS	11000 Broadway SE	Albuquerque, NM	2/24/2022
RESTAURANT CHEF	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	2/23/2022
BARTENDER	0334 - F&B CENTER BAR	11000 Broadway SE	Albuquerque, NM	2/22/2022
BARTENDER	0334 - F&B CENTER BAR	11000 Broadway SE	Albuquerque, NM	2/18/2022
RETAIL ATTENDANT	0400 - RETAIL ENCHANTMENT	11000 Broadway SE	Albuquerque, NM	2/17/2022
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
Соок I	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	2/14/2022
<u>Room Attendant</u>	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	2/9/2022
HVAC Tech II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/8/2022
Plumber II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/8/2022
	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque,	2/7/2022

Isleta Pueblo News

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<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
<u>Main Banker</u>	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		Albuquerque, NM	2/4/2022
BSA COMPLIANCE TECHNICIAN	1540 - COMPLIANCE		Albuquerque, NM	2/4/2022
Custodian	1355 - CUSTODIAL		Albuquerque, NM	2/4/2022
SECURITY OFFICER II	0180 - SECURITY		Albuquerque, NM	2/2/2022
VALET ATTENDANT	0250 - HOTEL GUEST SERVICE		Albuquerque, NM	2/1/2022
BAKER I	0380 - F&B BAKERY		Albuquerque, NM	2/1/2022
Banquet Server	0340 - F&B CATERING & BANQUETS		Albuquerque, NM	2/1/2022
Table Games Dealer	0120 - TABLE GAMES		Albuquerque, NM	2/1/2022
Banquet Captain	0340 - F&B CATERING & BANQUETS		Albuquerque, NM	2/1/2022
POOL ATTENDANT	1365 - POOL MAINTENANCE		Albuquerque, NM	2/1/2022
ADMISSIONS/ISSUE CLERK	0140 - BINGO		Albuquerque, NM	1/26/2022
Caller/Floor Clerk	0140 - BINGO		Albuquerque, NM	1/26/2022
FOOD ATTENDANT (BEVERAGE)	0331 - F&B DAUBERS GRILL		Albuquerque, NM	1/26/2022
FOOD ATTENDANT	0330 - F&B CHILI RISTRA		Albuquerque, NM	1/26/2022
Food Attendant (Chills)	0332 - F&B CHILL COFFEE BAR		Albuquerque, NM	1/26/2022
SLOT PERFORMANCE ANALYST	0100 - SLOTS OPERATIONS		Albuquerque, NM	1/26/2022
PMI I	1350 - FACILITIES MAINTENANCE		Albuquerque, NM	1/26/2022
SLOTS TECHNICIAN INTERN	0100 - SLOTS OPERATIONS		Albuquerque, NM	1/26/2022
Cage Cashier	0150 - CASH OPS CAGE		Albuquerque, NM	1/20/2022
SHOP CLERK	0700 - GOLF COURSE OPERATIONS		Albuquerque, NM	1/19/2022
OUTSIDE SERVICE	0700 - GOLF COURSE OPERATIONS		Albuquerque, NM	1/19/2022
MASSAGE THERAPIST	0200 - HOTEL OPERATIONS		Albuquerque, NM	1/18/2022
SHIPPING & RECEIVING CLERK	1580 - SHIPPING & RECEIVING		Albuquerque, NM	1/13/2022
Count Member	0160 - CASH OPS COUNT		Albuquerque, NM	1/4/2022
EDR ATTENDANT	0370 - F&B EMPLOYEE DINING		Albuquerque, NM	1/4/2022

White Eagle Electrical

St. Augustine Parish

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

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

whiteeagleelectricalservices.com Sp Adobe Spark

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.

Pueblo of Isleta Career Opportunities

Position Posting

Office Location

ACCOUNTANT ADMINISTRATIVE ASSISTANT AGRICULTURAL IRRIGATION TECHNICIAN ASSISTANT MANAGER **AUTO & DIESEL MECHANIC BILLING TECHNICIAN** BUS DRIVER (Part Time) CAREGIVER (2 Positions) **CERTIFIED CODER II** CERTIFIED FITNESS INSTRUCTOR CHILD CARE PROVIDER **CLINICAL THERAPIST** CONSTRUCTION FOREMAN CONSTRUCTION PROGRAM COORDINATOR COMMUNITY HEALTH NURSE COURT CLERK COVID CUSTODIAN (2 Positions) **CUSTODIAN** DIRECTOR, CONSTRUCTION OPERATIONS EARLY HEAD START TEACHER EXECUTIVE DIRECTOR, IPHA **FACILITIES WORKER** GAMING INVESTIGATOR **GRANTS & CONTRACTS MANAGER GROUNDS KEEPER GROUNDS MAINTENANCE WORKER** HEALTH INFORMATION MANAGER HOME CARE ATTENDANT INSTRUCTIONAL COORDINATOR **INTERNAL AUDITOR** JR. SYSTEMS ADMINISTRATOR LANGUAGE TEACHER LEAD CUSTODIAN LIBRARY AIDE I LIFEGUARD MAINTENANCE TECHNICIAN MEDICAL ASSISTANT **PARKS & MAINTENANCE WORKER** PERSONAL CARE SERVICE AIDE (2 Positions) PHYSICIAN PLUMBER POLICE OFFICER I - CERTIFIED POLICE OFFICER I - CERTIFIED PRESENTING OFFICER PROBATION/CHILDREN'S INTERVENTION OFFICER **RECORDS CLERK REGISTERED NURSE** ROADWAY MAINTENANCE WORKER I SALES ASSOCIATE SECURITY OFFICER SEPTIC TRUCK DRIVER SHIFT LEAD SHIFT SUPERVISOR SYP-AQUATICAIDE (3 Positions) SYP-RECREATION AIDE (16 Positions) SYP-WEED & LITTER (16 Positions) TRIBAL COUNCIL COORDINATOR TUTOR I **TUTOR II** VETERAN SUPPORT SERVICE MEMBER W-WW APPRENTICE/ W-WW OPERATOR IV

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

Closing Date

Open Until Filled Open Until Filled 04/04/2022 **Open Until Filled Open Until Filled** 03/25/2022 **Open Until Filled Open Until Filled** Open Until Filled **Open Until Filled Open Until Filled** 03/26/2022 03/26/2022 03/26/2022 **Open Until Filled Open Until Filled Open Until Filled Open Until Filled Open Until Filled**

Construction Operations C-Stores Health Services Public Works C-Stores Assisted Living Parks & Recreation- Within Only Tribal Council Department of Education Department of Education Elder Center-Within Only Public Works

April 2022

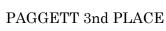
Department of Education

The Department of Education would like to thank all who participated in the Isleta Recycles! poster contest and all those who voted. It is important to spread the awareness of recycling for our future generations. Congratulations to our poster winners. The first place winner is Armani, who won a night at the movies with an ice cream treat. The second place winner is Darin, who also won a night at the movies. The third place winners were IES Ms. Pagett's 3rd grade class who won a pizza party. The grand prize poster was created by Armani. The grand prize poster will be permanently displayed at the Isleta Transfer Station to remind everyone to recycle.







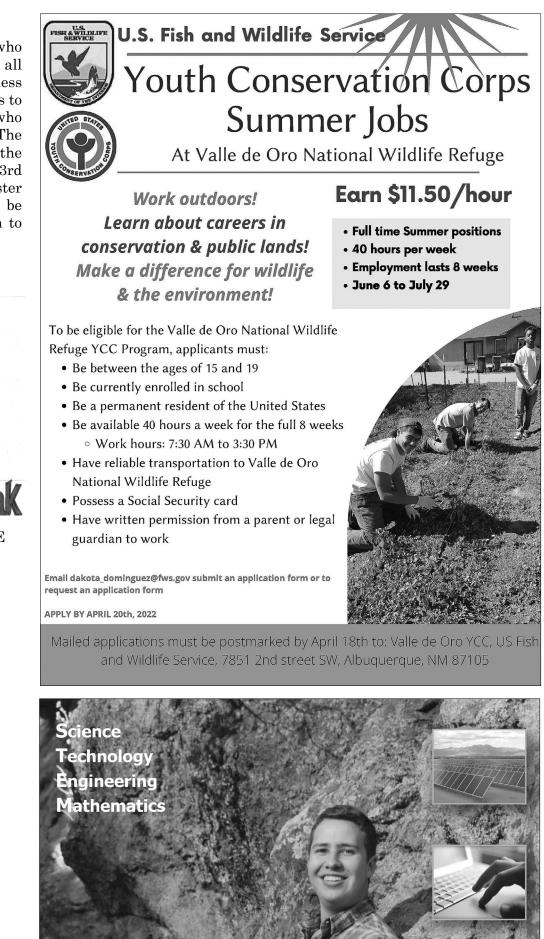




ARMANI 1st PLACE



DARIN 2nd PLACE





Thank you to all those who have applied for summer funding!

Reminder: All supporting documents are due MAY 31st @ 11:59 P.M.



isletapueblo.formstack.com/forms/scholarship_ application_supporting_documents

Jack Saloio SMA Native American STEM Scholarship Recipient

I will be a CHANGEMAKER

Bring STEM home.

For more information about SMA Native American STEM Scholarship opportunities or to obtain an application please visit www.soudermiller.com

Scholarship application submission deadline: June 10, 2022 at 5:00 p.m.







\$1,000 Scholarship for Native Americans (2022-2023)

Eligibility:

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

DEADLINE: August 3, 2022

Email: <u>swlopc@outlook.com</u> to request an application

2021-2022 Scholarship Recipients

MAY 1. 2022

Kierston Vicenti

Ms. Vicenti is currently enrolled at Colorado State University-Pueblo pursuing a degree in the Veterinary Program.



Vincent C. Otero

Mr. Otero is currently enrolled at the American Musical and Dramatic Academy College of the Performing Arts, pursuing a Bachelor of Fine Arts in Acting.

Scholarship Criteria for the 2022-2023 Tibien (Elk Mountain) College Fund

Purpose: In honoring the memory of our son and nephew, **Aaron Robert Dailey**, the Tibien College Fund will award one \$1000 scholarship for school year 2022-2023 to a college-bound or college student.

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

Amount: One Scholarship of \$1000 will be disbursed in two equal installments in August 2022 and January 2023. The disbursement will be made to the Financial Aid office of the recipient's college.

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

Deadline: The application deadline is **August 3**, **2022.** Applications must be received by that date to be considered. Award will be made no later than August 31, 2022.

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

Submit applications by August 3, 2022 to:

Sh'eh Wheef Law Offices P.O. Box 167 Isleta, New Mexico 87022 or swlopc@outlook.com

2022 Stakeholder Engagement

Meeting Series

Join us

Students, Parents, Guardians, Teachers, Principals, Special Education Directors and Other Interested Stakeholders:

As your partner in education, the Special Education Division, of the New Mexico Public Education Department, invites you to participate in opportunities for target setting, analyzing data, developing improvement strategies, and evaluating progress of indicators required by the Individuals with Disabilities Education Act, Part B.

We are hopeful you can participate in these events.

Planning by Indicator Group

Each group will focus on the indicator listed next to each group. All meetings will be held virtually, via Zoom. Meeting Zoom links are available at: <u>https://webnew.ped.state.nm.us/bureaus/special-education/stakeholder-engagement/</u>

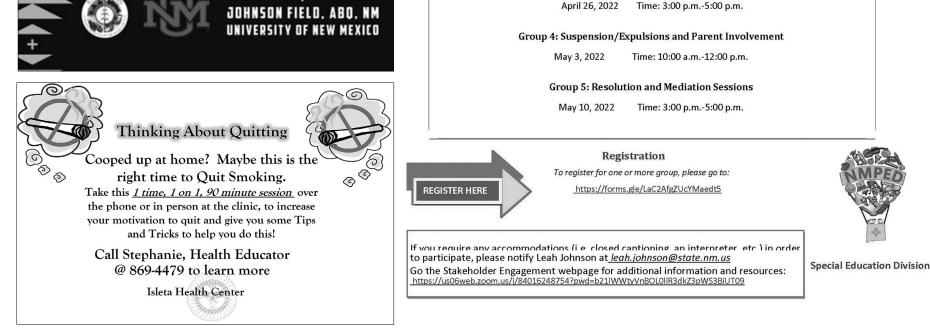
Group 1: Graduation, Drop out and Post-School Outcomes

April 5, 2022 Time: 3:00 p.m.-5:00 p.m.

Group 2: Student Assessments and Learning Environments

April 19, 2022 Time 10:00 a.m.-12:00 p.m.

Group 3: Preschool Learning Environments and Preschool Outcomes



FAQ: NEW MEXICO **OPPORTUNITY SCHOLARSHIP**

What is the New Mexico Opportunity Scholarship?

Established by Gov. Lujan Grisham in 2020, the Opportunity Scholarship covers tuition and required fees for eligible New Mexico residents pursuing career training certificates, associate degrees, and bachelor's degrees at New Mexico public colleges and universities.

Do I qualify for the Opportunity Scholarship?

If you are an established New Mexico resident and plan to enroll in at least six credit hours at a public college or university in New Mexico toward a training certificate, associate degree, or bachelor's degree, you may qualify.

How do I apply for the Opportunity Scholarship?

There is no application for the scholarship. If you are an eligible student enrolled in a New Mexico public college or university, the financial aid office at your school will work with you to award the scholarship

What does the Opportunity Scholarship pay for?

The Opportunity Scholarship can be used to cover up to 100% of tuition and required fees at any New Mexico public college or university

Should I still complete my FAFSA if I am going to receive the Opportunity Scholarship?

Yes! If you qualify to receive federal aid such as a Pell Grant, you can put this money toward other college costs like books, housing, meal plans, transportation, etc.

Remember to complete your



maximum federal and state aid they may qualify fo



Does my school provide the Opportunity Scholarship?

- There are 29 participating two-year and four-year colleges for this program:
- Central New Mexico Community College Clovis Community College
- Diné College
- Doña Ana Community College (NMSU) Eastern New Mexico University - Portales
- Eastern New Mexico University Ruidoso
- Eastern New Mexico University Roswell
- Institute of American Indian Arts Luna Community College
- Mesalands Community College
- Navajo Technical University
- New Mexico Highlands University
- New Mexico Junior College
- New Mexico Military Institute New Mexico State University - Las Cruces
- New Mexico State University Alamogordo
- New Mexico State University Carlsbad
- New Mexico State University Grants
- New Mexico Tech
- Northern New Mexico College
- San Juan College Santa Fe Community College
- Southwest Indian Polytechnic Institute
- The University of New Mexico Albuquerque
- The University of New Mexico Los Alamos
- The University of New Mexico- Taos The University of New Mexico - Gallup
- The University of New Mexico Valencia
- Western New Mexico University

I started college but did not finish. Can I use the Opportunity Scholarship to go back and finish my degree?

Yes! If you have less than 90 credit hours on your transcript toward an associate degree or less than 160 toward a bachelor's degree, you may gualify.

I used to receive the Lottery Scholarship but lost it. Can I be eligible for the **Opportunity Scholarship?**

If you have not yet finished your degree, you may be eligible if you enroll in at least six credit hours and maintain a 2.5 cumulative GPA going forward.



Happy Easter to you and your families. We hope you have a wonderful Easter celebration.

Before you know it, it will be summer time and you will be enjoying the outdoors with family and friends. It will be a combination of fun and school as some will have to attend summer school to make up missed credits. Keep in mind that although you may feel that you are missing out on all the fun, your hard work will pay off when you are back on track with your class credits. By then you will be ready to enjoy graduation and class time with your peers.

Summer school is the last thing on your child's mind as they would rather hang out with friends or have a summer job to make some money. It's always a good idea to remind your child(ren) that even though a summer job is great that there will always be opportunities to work, as it is important to focus on graduating on time with their class and friends.

Studies have shown that during the summer when students are not engaged in learning, they lose up to two months of academic knowledge in reading and math.

Benefits of Summer School

Smaller classes: with smaller classes, there is more of a relaxed environment, with less students in each class and a better teacher student ratio.

More likely, you will have a different teacher and with that, a different teaching technique which may help with the way you learn and understand.

You will focus on one particular class

Summer school can help you by not getting overwhelmed with multiple classes and focus on the subject that is needed.

Summer school will give you the opportunity to raise your GPA by replacing any failed grade.

Remember to meet with your school counselor to register for summer school and feel free to reach out to our Department for assistance

The Truancy Department hopes that you have a safe and wonderful Easter. Remember that if you attend summer school this will help you get back on track again or even possibly get ahead with your high school class credits: this can also lead to having to take one less core class or dual credit during the regular school year.



Pueblo of Isleta Veterans Association (POIVA)

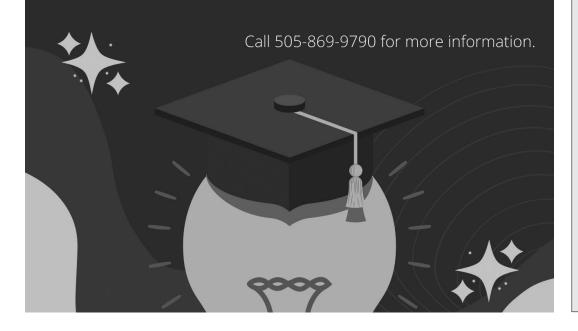


SENIOR CLASS OF 2022 We are looking for you!

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

https://isletapueblo.formstack.com/forms/2022 senior contact

at fafsa.gov ent Aid (FAFSA) is your ticket to larships, work study, and more Jally on Oct. 1 5



After last month's meeting in March 2022, the Association unanimously voted to hold monthly meetings on the third Thursday of each month at 6:00 PM. Membership is open to all honorably discharged veterans. Annual fees are \$10.00 per year.

Also, on the first Tuesday of each month, from 10:00 AM -12:00 PM, the POIVA Veterans Service Officers will be at the Isleta Health Clinic to answer questions on Veterans issues, i.e. recovery of military records, medical benefits, etc.

For any questions or concerns, please call Fred R. Lujan at 505-573-3733, or Ulysses Abeita at 505-264-4110.

Bike Rodeo

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

Do you wear your helmet every time you ride a bike? Well, as the 4th grade students learned, this is a very important thing to do to PREVENT INJURY. The Isleta Health Center Health Educator teamed up with the Albuquerque Parks and Rec to present to the Isleta Elementary School 4th graders on March 4, 2022 on Bike Safety. The 4th graders learned about the importance of wearing a helmet whenever they ride a bicycle and then they had the opportunity to try out their newly learned skills through participating in a BIKE RODEO. A bike rodeo is a skills course, which provides a fun and safe environment for a class to learn various bike safety skills and practice them. This rodeo consisted of a bike riding course designed to simulate actual road conditions, a stop sign to help practice their starting and stopping, as well as, using their directional signals, a chance to practice their skills when they are approached by a dog and many other important bike safety skills. Bike riding is a lot of fun, but accidents happen. Every year, many kids go to the emergency room because of bike injuries. Some of these injuries are so serious that children die, usually from head injuries. A head injury can mean brain injury and as the 4th graders learned; OUR BRAIN IS THE MOST IMPORTANT PART OF OUR BODY, so we need to PROTECT IT!! That's why it is so important to **wear your bike helmet**.

Some skills the 4th graders learned were:

- STOP and Look Left, Right, Left, before crossing the street
- Use your hand signals when turning
- If you are ever chased by a dog while your are riding your bike, you should stop peddling and coast (continue to move forward without using your peddle), if the dog continues to chase you, get off your bicycle and put it between you and the dog and back up slowly.

• ALWAYS WEAR A HELMET!!



THANK YOU, ALBUQUERQUE PARKS and Rec for teaching our students how to ride safely!!



Acequia Madre Ditch Association (AMDA)

2022 Ditch Work Scheduled for April 2, 2022

 $Irrigation\,season\,for\,2022\,shall\,commence\,with\,annual\,ditch\,work\,scheduled$



for April 2, 2022, at 7:30 a.m. All Acequia Madre Ditch Association members are to meet at the front of the Isleta Governor's office for proper sign-in and instructions from the current Mayordomos. Mayordomos for irrigation season 2022 are:

Matthew Lente, Head Mayordomo, Phone Number: (505) 440-0275 Clint Lente, Assistant Mayordomo, Phone Number: (505) 480-7556 Diego Lujan, Treasurer/Secretary, Phone Number: (505) 238-8826

Members are reminded of their obligation to pay their annual ditch assessments on the day of ditch work or within fifteen (15) days of such work. The following are the fees for the 2022 irrigation season:

- 1. Assessment of \$15.00 for all members who irrigate off the Acequia Madre Ditch system.
- 2. Penalty payment of \$60.00 for all members who do not participate in the annual ditch work on April 2, 2022.

It is hoped that all Farmers have a prosperous 2022 farming season.

DEPARTMENT OF CULTURAL AND HISTORIC PRESERVATION

Ma ku wum from the Department of Cultural and Historic Preservation! We are very happy to share the news that we have two wonderful interns working with us this summer: Felicia Bartley and Alexis Scalese. Felicia will begin her second year in the Public Humanities & Cultural Heritage Graduate Program at Brown University in the fall and is writing her thesis on the history of the Indian Pueblo Cultural Center. Alexis will begin her senior year at the American Studies Program at Amherst College in the fall and would like to pursue a career as an archivist. Please drop by the Yonan An Cultural Center to say hello!

History of the Yonan An Cultural Center Building: This August marks one year since DCHP staff moved our offices into the Yonan An Cultural Center. Located in the newly renovated tribal day school building, the 13,926 square-foot cultural center houses DCHP offices, an exhibition space, lecture hall, classrooms, and 1,207 square feet of climatecontrolled storage and work space for the tribal archive. Funded by the Public Works Administration and built by Isleta tribal members who worked with the Civilian Conservation Corps-Indian Division in the late 1930s, the school opened in 1940 and remained in use through 2009. Constructed of adobe in the Pueblo Revival Style, the school building reflected the regional architecture design ideals of the period and featured state-of-the-art facilities and modern classrooms. During the building's history as a school for Isleta students, two additions were made to the original design: a small vestibule on the west end and a larger addition with locker rooms at the southeast corner. Additionally, the courtyard garden was converted to a gym. For a short period of time after the opening of Isleta's new elementary school, the Cultural Committee conducted meetings in the Pueblo Revival Style building. In 2013, a historic preservation plan was drawn up for the preservation and renovation of the building, in accordance with the National Historic Preservation Act, the National Environmental Policy Act, and the Secretary of the Interior's Standards for the Treatment of Historic Properties. In 2020, renovation and construction of the building were completed, providing a beautiful site for the Pueblo of Isleta Yonan An Cultural Center.

Community members whose friends or family members were a part of the CCC crew who originally built the building in the 1930s are encouraged to contact POI Tribal Archivist at (505) 869-5376. Additionally, tribal members with class photos, school memorabilia, and other memories of their time as students at the school are encouraged to consider sharing those with the POI Tribal Archive as well. Ms. Smith is interested in housing and exhibiting some of the tribal history associated with the school in a special Isleta Day School Archival Collection.

<u>Isleta Heritage Garden Planning</u>: If you are a community member with farming experience, gardening knowledge, or are interested in learning more about Isleta's agricultural practices and putting that knowledge to use, consider being a part of the up-and-coming Isleta Heritage Garden! Planning is now underway for clearing some land and identifying the types of desired plants. If you are interested in contributing, we are making a call for seed donations, Tiwa plant knowledge, and equipment to help clear a plot of land. The next meeting for planning the garden will be August 3rd at 1:00 PM in the lecture hall at the Yonan An Cultural Center (the former Isleta Elementary School).



Let's Talk Trash Isleta! It is that time of the year, windy season. The Solid Waste Department wants to remind you to expect early closures at the Transfer Station on very high wind days and remind you to please bag all trash and recyclables for curbside pickup. We ask that you please do not come to the Transfer Station on very high wind

For more information, visit the "Heritage Garden Project" tab on the Pueblo of Isleta website: https:// www.isletapueblo.com/tribal-programs/dept-of-culturalhistoric-preservation/dchp-projects/heritage-gardenproject/

<u>Thank You:</u> Lastly, DCHP staff would like to extend our heartfelt thanks to the following individuals for their gifts and long-term loans to the Yonan An Cultural Center: Frances Abeita, Ramona Abeita, Loraine Padilla, Stephanie Padilla, Margarite Analla, Frank Jiron, and Miriam and Mike Lucero.

Kheurkim! We look forward to hearing from you soon!

days as we may close early. We do this for safety reasons as well as to KEEP ISLETA BEAUTIFUL. Lots of times trash is blown out of vehicles during transport and it litters our community, also this pollutes our range lands and can be harmful to cattle that may eat the trash. Poor visibility and dust can impair vision and cause damage to your eyes leading to accidents or injuries. This precaution is taken for your safety, livestock and community in mind, we appreciate your understanding and cooperation.

PLEASE BAG RECYCLABLES IN CLEAR PLASTIC BAGS ONLY. PHOTO SHOWS A BAG FULL OF RECYCLABLES READY FOR PICKUP IN A CLEAR BAG. THIS WILL PREVENT THE MATERIAL FROM BEING AIRBORNE WHEN EMPTIED CUASING LITTER.



KEEP ISLETA BEAUTIFUL! 869-4106



Isleta Pueblo News

April 2022

ISLETA POLICE DEPARTMENT

APRIL - 2022



SPRING arrived on March 20, 2022 but everyone was fooled when there was an unexpected snow storm on March 23, 2022. And by the end of the day the snow was gone, the sun was

shining and it was pleasant. Weather is always changing and we ask all who travel are prepared for wind, rain, "snow", hail etc. Keep in mind the smallest amount of moisture will change roadways and one should always prepare for slick roadways.

WELCOME:

You may have seen a new face patrolling the Pueblo of Isleta and responding with Animal Control. We welcome Nicklaus Jones who joined Animal Control last month.



Hello, my name is Nicklaus Jones and I am from Albuquerque. My passion for interacting with animals has led me to this position as a part of the Animal Control Team. I have enjoyed working in this department in my short time here. Before joining the Animal Control Team I was a service dog trainer for veterans. During my free time I enjoy spending time with my wife and our 4 dogs, a Turkish Kangal named Baymax, a Mastiff mix Arlo, and 2 smaller mixed dogs, Athena and Oliver. I am grateful for this opportunity to help protect the people and animals of Isleta Pueblo.

WELCOME ABOARD!

INDIAN HIGHWAY SAFETY PROGRAM

Under this program, patrol saturations were held in March and continue through April. Officers will be conducting traffic enforcement throughout the Pueblo but will be focusing much more on Tribal Roads. Many complaints and concerns have been received regarding speeding vehicles on these roads leading to the higher concentration of enforcement. So please take heed of speed limit signs, stop signs, yielding right of way and watching for school bus pickup and drop off zones. Patrol officers will also be in these areas as well enforcing traffic laws.

CONGRATULATIONS!



CHRIS PADILLA, Supervisor

TANIKA GRANT MATTHEW TORREZ

Congratulations are in order for our two newest state certified dispatchers, Tanika Grant and Matthew Torrez. The two attended the three-week academy in Santa Fe and graduated on March 18, 2022, Class 154. The two are now fully certified and will be able to work solo as needed. Thank you for your hard work!



COMMUNITY SAFETY

A beautiful plaque was received recognizing the Police Department's "pursuit of community policing experience in 2021 for Special Olympics New Mexico which was awarded February 4, 2022".

Key Findings

■ In 2019 there were 7,214 people 65 and older killed in traffic crashes in the United States accounting for 20 percent of all traffic fatalities. From 2018 to 2019 there was a 3-percent increase in the number of people 65 and older killed in traffic crashes.

■ In 2019 there were 54.1 million people—16 percent of the total U.S. population—who were 65 and older. The population of people 65 and older increased by 34 percent from 2010 to 2019. Traffic crash fatalities in this age group increased by 31 percent over this period.

■ From 2010 to 2019 older male driver fatalities increased by 39 percent, compared with a 12-percent increase in older female driver fatalities.

■ Among the older population, the traffic fatality rate per 100,000 licensed drivers in 2019 was highest for the 80-to-84 age group.

• Older drivers made up 20 percent of all licensed drivers in 2019 and 15 percent of drivers involved in fatal traffic crashes in 2019.

■ In 2019 most traffic fatalities in crashes

DON'T TEXT AND DRIVE! DON'T DRINK AND DRIVE! ALWAYS WEAR YOUR SEATBELT! ENSURE CHILDREN ARE IN APPROPRIATE CHILD RESTRAINTS! This month we will focus on Older Drivers. As taken from the National Highway Safety Administration:

Overview

If you are an older driver or a caregiver, NHTSA encourages you to talk about driving safety. We offer material to help you understand how aging can affect driving and what you can do to continue driving safely as you age, such as adapting a vehicle to meet specific needs.

Older Population For the purposes of this fact sheet, the term "older"—in relation to population, drivers, occupants, and nonoccupants—refers to people 65 and older. involving older drivers occurred during the daytime (72%), on weekdays (69%), and involved other vehicles (66%). This is an increase compared to all fatalities (49% during the daytime, 60% on weekdays, and 45% involving another vehicle).

■ Among passenger vehicle occupants killed in crashes in 2019, those 65 and older were restrained 71 percent of the time, compared to 48 percent for those under 65.

■ Sixty-nine percent of older pedestrian fatalities in 2019 occurred at nonintersection locations, compared to 84 percent for those under 65. This fact sheet contains information on fatal motor

Isleta Pueblo News

April 2022

vehicle traffic crashes based on data from the Fatality Analysis Reporting System (FARS) and non-fatal motor vehicle traffic crashes from the Crash Report Sampling System (CRSS). Refer to the end of this publication for more information on FARS and CRSS. A motor vehicle traffic crash is defined as an incident that involved one or more motor vehicles in transport that originated on a public trafficway, such as a road or highway. Crashes that occurred on private property, including parking lots and driveways, are excluded. The terms "motor vehicle traffic crash" and "traffic crash" are used interchangeably.

Important Safety Reminders For Older Drivers:

■ Age-related changes may undermine your driving ability. Understanding how changes that are a part of normal aging, as well as any medical conditions you have, affect your driving allows you to make informed decisions about continuing to drive. By accurately assessing these changes, you may be able to adjust your driving habits to remain safe on the road or choose other kinds of transportation.

■ Stay safe while driving by adjusting your seat and mirrors properly, knowing how to use your vehicle's driver assistance features, and making sure your vehicle is properly maintained.

• Explore how to adapt a vehicle to meet your specific needs. For Friends and Family Members: Talking with an older person about their driving is often difficult. Most of us delay that talk until we believe that the person's driving has become dangerous. Such conversations can be awkward for everyone involved, but there are ways to make the conversations more productive. If you decide to initiate a conversation with an older adult about their ability to drive safely, consider taking these three steps:

■ Collect information. Note specific concerns about the person's driving, and about their ability to carry out routine non-driving tasks such as cooking or yard work, as changes in the ability to do such tasks may indicate declines that affect driving as well.

Develop a plan to (a) convey your concerns to the driver, (b) assist the driver to identify strategies to avoid unmanageable driving contexts, and (c) show them how to access and use alternative transportation options to maintain their mobility without driving.

■ Follow through on the plan. For more details and additional information, visit www. nhtsa.gov/road-safety/older-drivers. NHTSA's Research and Program Development

THE ISLETA POLICE DEPARTMENT WISHES ALL A **HAPPY EASTER!**









Jump Rope, Sled Push, Sledge Hammers, Tire Jumps, Sand Bags and So Much More

ATTENTION: Bernalillo County Clerk's Office is Hiring for Election workers to work at Isleta Poll site During the Primary and General Election

PLEASE CALL our office, 505-468-1291 (option 4)

Isleta Historical Society



Protect the Land • Preserve the Culture • Honor the Ancestors

This continues a monthly series of articles about historic Isletans and significant happenings at Isleta. The Isleta Historical Society is an independent, inclusive group looking to broaden understanding through vigorous research, interviews, visits to museums and other historical sites etc. We are interested in your reaction to these stories and encourage you to contact us with ideas for future publications. Visit us on Facebook and Instagram @isletahistoricalsociety or email us at isletahistoricalsociety@gmail.com. We will not use any information without your permission. Thank you!

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

Verna Teller is one of several contemporary Native American women over the last 50 years who has worked tirelessly to pursue the rights of Native Americans in this country. Her accomplishments are similar to other noted female Native Americans such as the late Wilma Mankiller, President of the Cherokee Nation; Ada Deere, Chairman of the Menominee Tribe of Wisconsin and former Assistant Secretary of the Interior; Deb Haaland, former U.S. Congresswomen from New Mexico and now, currently U.S. Secretary of the Interior.



Former Governor Verna Teller, Geraldine Lujan, photographer

Verna Teller became involved in Isleta politics at an early age. Her father and brother took her to tribal council meetings in the 1950s and 1960s, where she became familiar with the procedures and the council members. When she was in middle school, her brother John and her sister Maria put out a newspaper called, The Town Crier. Her siblings would give her assignments to interview people. Armed with her tablet of paper and list of questions, she would knock on peoples' doors, write down their answers to their questions, and her siblings would publish her interviews in The Town Crier. Verna comes from a family that had served Isleta for many years. Her parents were Jose Rey Olguin and Caroline Garcia Olguin (a Laguna descendent). Verna's paternal grandfather, Patricio Olguin, served as Tribal Judge for several years in the 1940s. Verna remembers that he held court in his house. She and her siblings had to be quiet when people came to see him, she recalled. Verna's grandmother, Isabel Olguin, was married for eighty years and died in the early 2000s at the age of 100. Other family members who served Isleta were her brother John Olguin, who was appointed to the tribal council by Governor Andy Abeita when he was only twenty-five-years-old and her eldest brother, Frank, who was

lieutenant governor in 1964 and became president of the tribal council in 1980-81. Besides the men in her family, Verna had the watchful eyes of several women in her life. Her mother, Caroline Olguin, and older sister, Maria Roybal, were there to provide her guidance and strength. And Agnes Dill, an Isleta educator, mentored her on the ways of the outside world. Another woman of inspiration was Josephine Waconda, a fellow tribal woman who was Area Director for the Albuquerque Indian Health Service.

Her early community involvement meant that Verna was well known in the community. People often asked her to be their advocate in tribal court where she felt at ease speaking to the judges and other tribal officials in her native Tiwa language. One day, a little girl knocked on Verna's door and told her, "my tata and other tatas want to talk to you." When she later met with these elders, they told her they were very concerned because foam was coming down the river. They were religious leaders who used the water in their ceremonies; they asked if she might be able to do something about it. Verna agreed to investigate, though she told them she knew nothing about water quality in the Rio Grande River or who might be responsible for polluting the river.

Verna soon learned that it was probably wastewater from Albuquerque that was causing the problem. In 1985, a year before the tribal election, the elders asked her to consider running for governor so she could speak for them and do something about the water quality in the Rio Grande River. At first, she thought it was not possible because she was too young. She was thirtyfive at the time, but the elders pointed out that she would be thirty-six, the minimum age, when she would be eligible to serve. She agreed to run. Her mother didn't find out until she saw her name on the ballot.

Verna figured she could at least get on the tribal council because the candidates who received the second and third most votes gained seats on the council. She began to campaign and received support from the elders, her family, and her peers. Then she ran into a roadblock when the tribal council declared her ineligible to serve because she was a woman and because the Constitution uses the masculine pronoun "he" in referring to the Tribal Governor. In 1970, an amendment to the Pueblo of Isleta Constitution gave women the right to vote in tribal elections. Finally, Verna took the matter to tribal court, which upheld her position. When the primaries were held, the outcome was very close. The Albuquerque press became interested in the election and the possibility that Pueblo of Isleta would elect its first Female Governor and came out endorsing her. When the election was held, Verna won to many people's surprise, including her own.

In 1987, Verna Teller (then Verna Williamson) was elected as the first female governor of Isleta Pueblo. Her first lieutenant governor was Isidor Martin, who handled religious matters, and Paul Shattuck served as second lieutenant governor. For the tribal council, Verna chose Charlene Seidel, Rey W. Abeita, and Josephine Padilla. For tribal judge she appointed Rosemary Abeita, the first woman appointed to serve in the position. Isleta potter Robin Velardez, who also championed clean water, served on a later tribal council. With the support of the council. Governor Verna Williamson, as she was then known, began the fight for cleaner river water.



Front Row: First Lt. Gov. Isidor Martin, Gov. Teller, Second Lt. Gov. Juan Paul Shattuck Back Row: Sheriff Isidor Jaramillo, Under Sheriff Robert Lujan, Richard "Dikki" Garcia, photographer

During her tenure, and with the help of a supportive tribal council, she was able to greatly improve water quality in the Rio Grande River by establishing stricter water quality standards than the upstream City of Albuquerque. This led to a lengthy legal battle which Isleta Pueblo eventually won, forcing Albuquerque's wastewater treatment plant to implement new technologies that led to cleaner water in the river that feeds Isleta's acequias. Besides irrigation, other historic uses were for religious ceremonies, agriculture, and recreation, and to partially feed two lakes on the pueblo.

Verna also had the support of Lamar Parrish, tribal attorney, who pointed out that Section 108 of the Clean Water Act allows tribes to establish their own water quality standards. The battle to accomplish that goal got a boost when Verna met an Environmental Protection Agency (EPA) employee at one of the many water quality meetings she attended. He agreed to assist the Pueblo of Isleta in establishing its own

water quality standards and stayed in touch with Verna on a regular basis. The next step was to raise community awareness of the problem. The Indian Health Service (IHS) assisted with community education by setting up water fairs where people could test the water that came out of their residential taps. The Bureau of Indian Affairs (BIA) installed monitor wells along the north boundary to test the river and ground water. University of New Mexico (UNM) hydrology students working on their master's theses started conducting research on Isleta's water and gave the results to the tribal government. The goal of all this research was to discover what toxins were coming into the river and where they were coming from. Besides Albuquerque's wastewater treatment facility, there was concern about what toxins were coming from Sandia Labs and Kirtland Air Force Base. They also looked at the South Broadway wrecking yards, slaughterhouse, the chicken farms, and dairies house where high levels of manure, gas, oil and antifreeze might possibly be leaking into the groundwater.

Verna and her associates decided to set Isleta's water standards for toxins such as arsenic higher than the Federal standards. Later, as Isleta worked closely with the EPA, Isleta's standards were lowered but remained higher than those of the state standards. Finally, the head of the EPA came to a tribal council meeting and agreed to approve Isleta's strict water quality standards. The next step was for the City of Albuquerque to comply with those standards.

Isleta set high standards of water quality based on several uses, including ceremonial use. As Williamson and tribal council members like Robin Velardez pointed out, the river's purity is a spiritual issue for the people of Isleta. Clean water is part of their daily life and part of their religion; the two cannot be separated. The City of Albuquerque objected to the stricter water quality standards, claiming that to implement them would require the city to expend millions of dollars on an expansion of its Wastewater Treatment Facility. It also challenged in federal court the EPA's authority to apply Isleta's standards to the city. The Pueblo was not a party to the lawsuit although it filed a friend of the court brief on appeal. The city argued that there was no scientific basis for Isleta's standards and that the requirement for clean water for use in religious ceremony violated the separation of church and state enshrined in the U.S. Constitution. The U.S. District Court, however, upheld the EPA's approval of Isleta's proposed water standards in a 1993 Decision that forced the city to start renovation of its wastewater treatment plant to meet Isleta's standards. The Pueblo of Isleta was granted Treatment as State (TAS) status for the purpose of monitoring upstream discharges into the river.

to treat tribal governments the same way it treats states. Not only were tribes allowed to create water quality standards, but these standards also had "to be equal to or more stringent than federal standards."

Concerned over the district court decision against its position, the City of Albuquerque started renovating its water treatment plant to better meet Pueblo standards, while it appealed the decision. When the Tenth Circuit Court of Appeals upheld the district court in 1996, the city went ahead with its \$60 million renovation of its treatment facility which opened in 1998. The new facility met Isleta's standards for nitrate and ammonia but not for arsenic, and the US Supreme Court refused to review the appellate court's decision. The city and Pueblo finally began negotiating in 1998 over the issue of arsenic levels. They jointly commissioned a study that revealed that much of the arsenic in the water from the Rio Grande delivered to Isleta did not originate in Albuquerque; rather, it was present in the river upstream from the city. Since EPA had delayed issuing the city a new permit, in 2002, the Pueblo relaxed the arsenic standard, allowing renewal of Albuquerque's EPA permit, although the standard is still more stringent than the state and federal limit. By using the court's favorable decisions, Isleta compelled the city to clean up the water pollution affecting the Pueblo and other downstream users.



Former Governor and Councilwoman Verna Teller, Greg Sorber, photographer

Verna Teller has continued her efforts

governor, she served as president of the tribal council for 8 years. Recently, Teller has served as a tribal judge for several years.

Since the election of Deb Haaland of Laguna Pueblo to serve in congress, and now her appointment as Secretary of the Interior, the pueblos have experienced visibility. Verna Teller helped bring the Pueblos to center stage when she appeared before the House of Representatives as guest Chaplain on November 13, 2019, to offer the Opening Prayer at the request of then-Representative Haaland. In Deb Haaland's introduction of Ms. Teller, she said:

"...I am honored to have a fierce woman from my District to deliver a historic Opening Prayer. Isleta Pueblo Chief Judge Verna Teller is the first Native American to deliver the Opening Prayer in the U.S. House. This is a special time in our country's history and in honor of Native American Month, a time to reflect on the contributions of Native Americans to this country. Chief Judge Teller made her own history in New Mexico. She broke barriers when she was elected the first woman Pueblo Governor [at Isleta] . . . I am proud to stand with Chief Judge Teller to highlight the resilience of Indigenous women and our perseverance to uplift our girls and our women in all of our communities."



Chief Tribal Judge Verna Teller and Representative Deb Haaland Photo courtesy of Indian Country Today

Again, we want to thank everyone who has been reading these articles. We invest a great deal of time and energy into these articles, and we do so because we are interested and passionate about the topics we cover. We believe that by sharing these stories with the community it may instill a sense of confidence in who we are as Isletans. We are grateful for all of our readers and have been receiving feedback from the community. Some of you have even reached out with ideas about what topics to cover next or areas of interest for the Historical Society to dig deeper into. We thank you for your interest in the stories we are telling about the Pueblo and the people and encourage you to reach out to us with any information, ideas, or comments that you feel would be helpful to us. This will be the last article for now in our series of historical articles. Please continue to send us your suggestions for future historical articles.

The decision was another victory for Isleta, proving as it did the Pueblo's right to establish higher water quality standards than the City of Albuquerque. The EPA had empowered Isleta, in a sense strengthening the tribe's sovereignty when the agency amended the 1972 Clean Water Act in 1987 to clean up the river and to work for the benefit of Isleta Pueblo. After the City of Albuquerque renovated its wastewater treatment plant, there was an immediate improvement in the water quality in the Rio Grande River. No longer was there foam coming down the river. The elders thanked Verna for listening to their concerns and doing something about them. Though the quality of river water has not improved as much as Isleta would like, it has not gotten worse. Verna Teller has earned her positive reputation as the Pueblo governor who fought for cleaner water in the river which feeds the Pueblo's acequias and is used in its cultural ceremonies. After serving as

A lot has been happening at the library within the past month. We have been planning our upcoming months along with our Summer Reading Program. We would like to send out an invitation to our community members to come to the library and see what services and resources we have to offer in case some of you forgot. We would like to see you ALL back at the library checking out books,

Pueblo of Isleta Public Library



News

The Library will be closed for the morning of Tuesday, April 12, 2022 from 8:30 am to 1 pm for training with the Isleta Police Department. We apologize for any inconveniences this may cause. Should you need to use the computers during this time period, the Department of Education's computer lab will be available for usage.

In observance of Good Friday on April 15th the library will be closed along with other POI departments. All library media checked out on Wednesday, April 13th will have a due date of Monday, April 18th. We apologize for any inconvenience this may cause. We will resume regular business hours on Monday.

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.

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

movies and participating in programs once again. Summer Reading Program Registration will be May 6th starting at 7am. Registration will be on first come, first serve basis. We will have one single line for registration for youth and junior groups. This will insure that priority is given to those whom showed up early for registration. Summer Reading Program Calendars and descriptions will be released in April so keep a look out for that. Some reminders to keep in mind before registering:

- Only Parents/Legal Guardians of students are allowed to sign up students for the Summer Reading Program.
- 3 year olds MUST be potty trained.
- We will be asking for BASIC information on registration form.

If you have any questions regarding our Summer Reading Program, please give us a call at the library and speak with a staff member 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 come. For the month of April after story time we will be doing a variety of crafts such as Pom Pom Easter Eggs, Easter Bunny Trucks, Mess Free Earth Painting and Heart Flowers. 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 is coming fast and we are excited to share with you all our new themes for our youth and junior programs. Summer Reading Program will start June 6th and end July 22nd.

Our Junior Program theme for 2022 will be Oceans of Possibilities. The Junior Program is open to children 3 to 6 years of age. Join us this year as we dive into the ocean depths this summer as come together and do ocean related crafts and activities that include art projects, science experiments, live performances, field trips and so much more. Students will also engage in daily recess time and breakfast and lunch will be served every day. For additional information please refer to this year's Junior Summer Program Calendar.

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

Discover the wonders of science, technology, engineering, and math! Come and join the Pueblo of Isleta Public Library's Summer Reading Program and join Cheyenne's Science group! This summer we will go over different types of sciences each week. We will study biology by looking at fruit DNA, discovering what PH levels are in certain foods (how acidic something is), creating edible chemistry projects from everyday things in your kitchen, making Harry Potter circuit wands, and using magnets to find out more about physics for the last week of the program. Learn about the fun, and gross, sides of science by growing your own bacteria farm and discover what happens when you mix certain acids to make eruptions! Lastly, during the month of June, we will be taking a field trip to the National Museum of Nuclear Science and History where we will take a tour of the museum and have a scavenger hunt! For more information regarding the curriculum



April 2022

Isleta Pueblo News

please contact Cheyenne at cheyenne. castillo@isletapueblo.com or by phone at (505)869-9808.

Have you heard of this event called comiccon or an Anime con and see people dressed up in different costumes from their favorite TV shows, and movies? These people are are called cosplayers. This summer join the Pueblo of Isleta Public library's summer reading program, this is where you can learn different Methods to create props for a costume. The program will have various crafts from the Marvel Universe that you have seen the superheroes use. In June we'll create Iron Man's arc reactor, Loki's helmet, and Spider-Man's iron spider legs. In July we will create Black Widow's gauntlets, Doctor Strange's eye of agamotto, and Wolverine's adamantium claws. Also, in July we'll go on a field trip to the movie theaters to watch Thor: Love and Thunder. For more information regarding the curriculum please contact Kyle at kyle. lujan@isletapueblo.com or by phone at (505)869-9808.

Would you be able to survive if dinosaurs still roamed the Earth? Do you have what it takes to be a paleontologist? Sign up this summer for the Pueblo of Isleta Public Library's Summer Reading Program, and enroll in Kimberly's Dinosaur Program to find out! We will use the same tactics as paleontologists for our fossil fueled activities. Ranging from chipping through a dinosaur egg made of ice, to digging for fossil shaped sugar cookies! We will even be digging through some edible dinosaur poop just like in the Jurassic Park movie! If paleontology gets boring then we will focus on Dinosaur themed crafts during July, such as jelly soaps, egg bath bombs, and shadow lanterns! All of this will lead up to a field trip to the movie theater to see Jurassic World: Dominion. If you want to hear more about this program or have any questions please contact Kimberly at (505)869-9808 or email Kimberly.Lacsina@ isletapueblo.com.

What's better than enjoying your own home cooked meals! Sign up this summer for the Pueblo of Isleta Public Library's Summer Reading Program. Each day the students will be learning different recipes that they can make for a quick snack, lunch, dinner, even desserts. We will be learning how to make healthy snacks, yummy desserts, and traditional foods that can be made for feast days! We will also be making different types of sandwiches and a few ideas from Tik Tok! We all love trying ideas off of Tik Tok. We will take a field trip to Eldora Chocolate, we will learn how they make their own chocolate and get to taste different types of the chocolate. If you would like to hear more about this program or have any questions, please contact Minewa at (505)869-9808 or email minewa.jaramillo@isletapueblo.com Thank You!



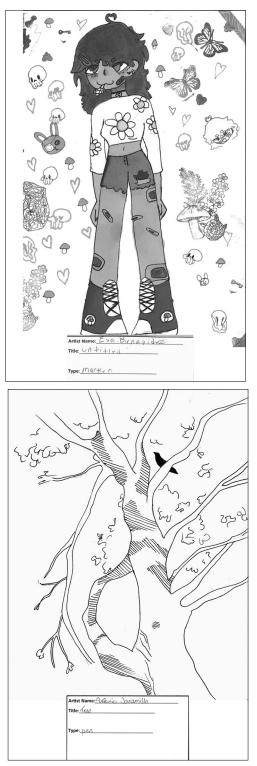
After School Students enjoy a field trip to Urban Air!



Students can't get enough of the ball pit at Urban Air.

Library Anime Art Contest Submissions





Recap

The library staff member Cheyenne hosted an Anime Art Contest in March. This program was open to all ages and participants bring their artwork to the library to be entered in the contest. Participants could use any medium of their choosing. Artwork was then posted on our social media accounts for a vote. Winners were announced on March 22nd and prizes are as follows: 1st place was a choice of

Isleta Pueblo News

4 books, 2nd place was a choice of 2 books, and 3rd place was one book. Votes were then tallied up and here are the winners.

We would like to thank everyone who participated in our Anime Art Contest! We loved seeing all of your art work and we look forward to having more programs like this in the future.

For the month of March the library participated in National HIV/AIDS Awareness Week. It was the first time the Pueblo of Isleta community observed National Native HIV/AIDS Awareness Day (NNHAAD) on March 20th. The library was a location for swag bags for the community that included a FREE HIV testing kit. During this week we shared information and resources through our social media outlets to bring awareness to NNHAAD. It was great seeing the community getting involved and we look forward to next year.

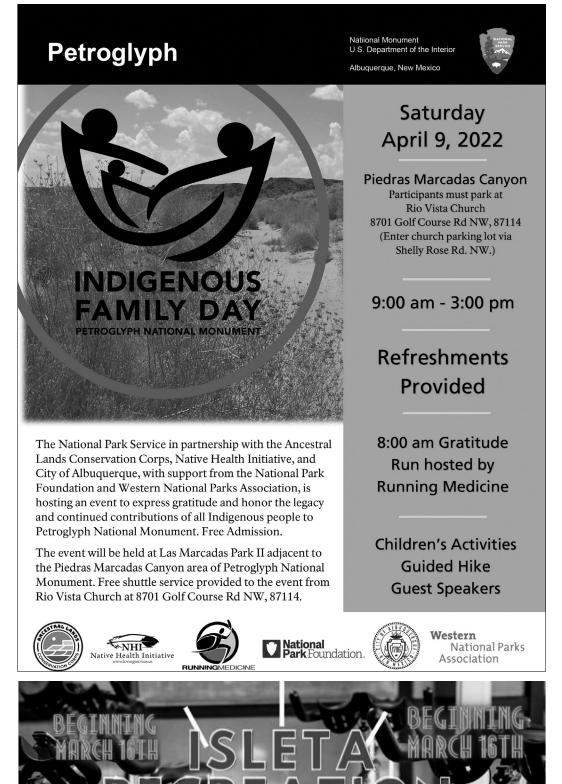
Things are finally feeling back to normal with our After School Program. After two years to the day, we once again got to take our students on an incentive field trip to Urban Air and Golden Corral. Students were so excited to get to go on a field trip that they were soon asking when the next field trip will be.

Here's a little insight on why we like incentive

field trips so much because it gives students a goal to work towards. Some days they come in not so eager to do reading or homework but if they know they are working towards something like a field trip it gives them that extra little push to complete their assignments.

When planning field trips, we usually get students' input on what they want to do or where they would like to go. The school year is almost over and we have two more incentive field trips in the works for April and May.

For more information regarding our After School Program, please call the Library at 505-869-9808.



Goodwill

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!



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Jonna Toledo, Career Specialist **Goodwill Industries of New Mexico** jtoledo@goodwillnm.org 505-944-0289 Voice

Page 18



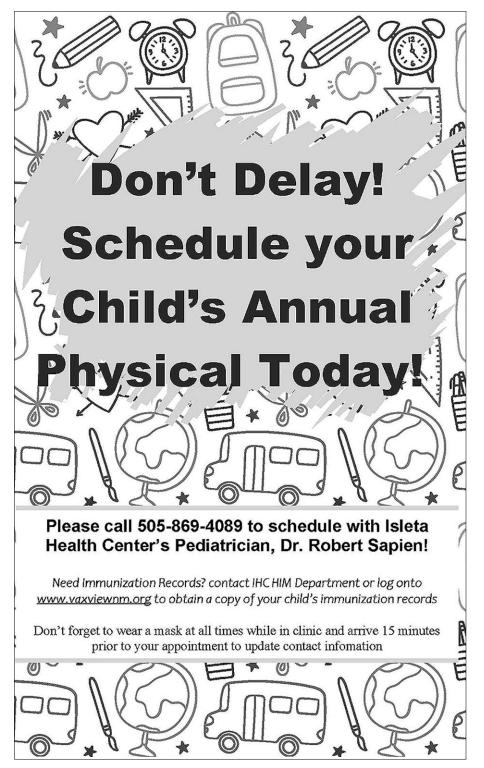
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Nathaniel Lujan Asst. Editor: **Diane** Abeita **Published By:** Valencia Express



Health Effects of Cigarette Smoking Part 1

Stephanie Barela | Isleta Health Educator | 869-4479

Smoking Causes Death

- Cigarette smoking causes more than 440,000 deaths, or nearly one of every five deaths each year in the United States.
- More deaths are caused each year by tobacco use than by human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- If nobody smoked, one of every three cancer deaths in the United States would not happen.
- Smoking causes an estimated 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women.
- An estimated 90% of all deaths from chronic obstructive lung disease are caused by smoking.

Smoking and Increased Health Risks

Compared with nonsmokers, smoking is estimated to increase the risk of—

- Coronary heart disease by 2 to 4 times,
- Stroke by 2 to 4 times,
- Men developing lung cancer by 23 times,
- Women developing lung cancer by 13 times, and
- Dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by

12 to 13 times.

Smoking and Cardiovascular Disease

• Smoking causes coronary heart disease, the leading cause of death in the United States.

• Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries) and puts smokers at risk of developing peripheral vascular disease (i.e., obstruction of the large arteries in the arms and legs that can cause a range of problems from pain to tissue loss or gangrene).

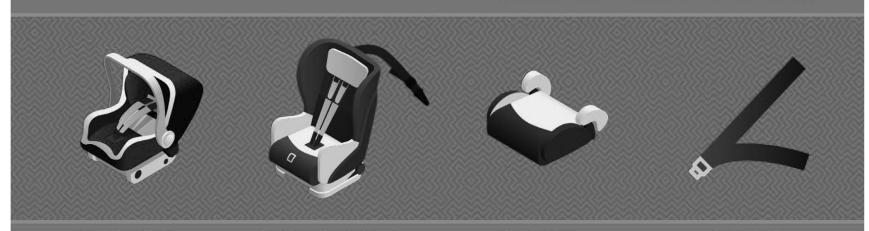
• Smoking causes abdominal aortic aneurysm (i.e., a swelling or weakening of the main artery of the body—the aorta—where it runs through the abdomen).

To learn more about the quit smoking program Thinking about Quitting", please contact the Isleta Health Center's Health Educator Stephanie Barela at 869-4479

<u>KEEP YOUR CHILDREN SAFE</u>

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.

PARKS & RECREATION DEPARTMENT

April showers bring May flowers! We can only hope, right! April already, wow, this year seems to be going by pretty darn quickly or so it seems that way. The good news is that things seem to be getting better every day now that Covid issues seem to be tapering off more and more every day, what a relief for all of us. I think all of us are feeling much better about being able to get back to a somewhat normal routine again. I am not sure if we will ever get back to our old normal but it sure is nice to be closer to that old normal we all remember.

Here in the Parks & Recreation Department things are also picking up. We've recently changed our operating hours back to the hours we had prior to the Covid pandemic. The recreation center is now open from 5am to 8pm Monday through Thursday and 5am to 6pm on Fridays. Old Rec (Pickle Heights) is now open from 4am to 7pm Monday through Friday and 4am to 6pm on Fridays.

The Fitness section is busy training tribal members and helping them stay healthy. Our trainers are once again teaching classes (Spin, Yoga, Boot Camp, etc.) and tribal members are coming back to those classes. Our fitness section has also been working closely with the Assisted Living Center, Elder Center and Memory Care facility, our fitness staff goes over to those facilities to do some physical activities with the individuals in those facilities. Keep your eyes open for other fitness activities and classes.

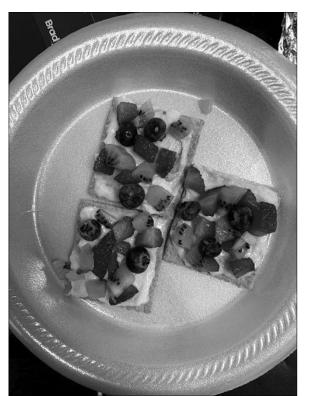
The youth recreation section is doing their thing, as well. Our afterschool youth recreation program is going strong and numbers are picking up; I believe we now have 14 children registered in that program. We are also in the planning and preparation stages of our upcoming youth summer recreation program. If you are interested in registering your child or children for that program, please make sure you fill out the paperwork to enter those children into the summer program lottery.

The sports program section is also busy planning events and actual runs again; it is going to be nice to physically see tribal members actually running in our runs/ events instead of us tracking them virtually, as we have been doing. Our Volleyball league is also doing well, everyone participating in that league seems to be having a great time. Please keep your eyes open for other sporting events and activities as well. We have been talking about a possible three on swim on a regular schedule as well, it is wonderful to see children in the pool having fun again, I've missed seeing and hearing them in our pool. Our pool staff is also doing an awesome job with the swim lessons. Those lessons are happening one on one with our lifeguards and the participants seem to be getting much more from the one on one lessons. If you're interested in taking swimming lessons, please reach out to the aquatics staff for more information.

After School Program News:

Spring Break participants had their hands full of fun activities at the Recreation center. Here are some highlights of activities children made over their Spring Break. Youth made wooden boats, fruit pizzas snacks, painted animal rocks, leprechaun traps and went on a nature walk and collected shells.







AQUATICS INFORMATION

Isleta Aquatics is excited to announce we have extended our hours! We offer lane reservations by the hour, Monday-Thursday from 5:30am-9:30am and 2:30pm-7:30pm as well as family sessions Monday-Thursday from 2:30pm-7:30pm (family sessions are limited to 8 household members). Fridays we will have sessions available from 5:30am-9:30am as well as 2:30pm-5:30pm. The Wading pool is also available for children 6 and under with an accompanying adult. We are also offering our adults only lap swim on Mondays, Wednesdays and Fridays from 12pm-1:30pm. All three types of swim sessions can 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 is wrapping up and the waitlist is already filled for the second session, which will begin the first week of April. Summer session is now available but filling fast. Registration forms are available at the front desk at the Rec Center or contact Josh or Connie at 505-869-9783 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 flexible with school and extracurricular activities, and will provide training and certification upon hire. For anyone interested in applying or for any questions about the Lifeguard certification or for information about child or adult swim lessons and other aquatic programming please call Josh or Connie at 505-869-9783.

FITNESS INFORMATION

The following is information and an introduction from our newest fitness instructor Anne Asman, please stop by the new recreation center and meet her.

three league, three point shooting contests, Mini Tri-Athlon, and much more, so be on the lookout for these and other activities/ events as well.

Our Parks Maintenance Section is once again working hard on prepping our fields. They and all of us are very excited to see our Little League come back, and as of right now Little League is scheduled to take place this spring, barring things continue to progress in a positive manner. The crew is also out getting our parks ready for all of you to enjoy, so make sure that you get out and take full advantage of our beautiful parks.

Our Aquatics Center is doing great as well. We've had numerous steady lap swimmers that consistently come in to do their thing. We've also had our afterschool participants



Mindful Breathing: Pathway to the Present - By Anne "AC" Asman

Are you breathing? Your immediate answer might be, and understandably so, "Of course I am." But are you really breathing? Asked another way, are you fully inhaling to the point of air reaching the deeper part of your lungs and then releasing this air, exhaling as you feel your muscles relax? If you just noticed yourself doing this while reading this then-congratulations! You have just achieved a practice called "mindful breathing." PsychCentral defines mindful breathing, as "a simple conceptit's all about taking time to slow down and bring a sense of awareness to your breathbut there are many ways to incorporate it into your day." It suggests that these various ways to practice mindful breathing do not have to take place over long bouts of time. In fact, you will most likely notice a difference with several seconds of awareness focusing on your breath for a few inhalations and exhalations, as you may have already experienced by reading above.

So often as we go about our daily activities, we get caught up in our thoughts and forget to live in the present. It is all too habitdriven for us humans to be constantly focusing on the past or the future. The past by stressing about something, we could have done differently or what another person may have said to offend us. The future by worrying about what might happen to our children, our elders or our pets, or even as routine as stressing about what we'll make for dinner later in the day.

By turning our attention to our breath, we are able to truly live in the now and experience the mental, emotional and physical benefits as a result.

"The good news is that mindful breathing techniques can help you develop greater conscious control over the stress response. Your parasympathetic nervous system, which is involved with "rest and digest" processes in your body, responds to this slow, controlled, mindful breathing," says Brett Klika of the American Council on Exercise. "When you improve your parasympathetic tone (i.e., the degree to which the parasympathetic nervous system is "in charge"), the more your physiological, psychological, and neurological systems work like they should. You feel better, think clearer and act more rationally."

When you are able, perhaps try this exercise and see if it benefits:

1. Find yourself in a comfortable seated position and close your eyes.

2. Notice where in your body you might be holding on to tension checking in with your feet and all the way up through your head.

3. When you are ready, take a deep breath while counting to 3.

4. Hold your breath for 3 seconds.

5. Exhale and count to 3–truly empty your lungs.

6. Repeat steps 3 through 5 several times.

When you are ready open, your eyes, wiggle your fingers and toes while reawakening your body. How do you feel? Hopefully rejuvenated, relaxed and ready to resume your day.

in Albuquerque. She holds Practical Yoga specialization certification through the Athletics and Fitness Association of America and is completing her 200-hour certification at Yoga by Julia in Albuquerque. With a background in competitive dance, AC has always had a love for fitness and for staying physically active in general. She is a certified personal trainer through the American Council on Exercise with multiple certifications including TRX Suspension Trainer and National Academy of Sports Medicine Fitness Specialist for Golf, a sport she has played for 20 years.

SPORTS SECTION

From Coach Waquie's Desk - Hello my fellow tribal members, hope all is well and everyone is staying safe. I am very excited about the new equipment we purchased, it's called Dr. Dish shooting machine. It's going to help our youth kids develop a good technique in their shooting as well as free-throws and other drills. If you are interested, please call and schedule a time to use machine with George Waquie here at the Rec center. I also want to thank everyone who participated in our Isleta Pueblo Family Fun Run; this virtual run had great participation. Also keep a look out for the next department virtual run/ walk challenge. I would challenge all Directors to get involved. Sign off for now, please stay Safe!!

Senior Olympics Summer Games Announced for 2022

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

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

Registration is now open through April 30th

Website nsga.com State Information Page

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

No out of state participants.

- All fees will be refunded in the event games have to be cancelled due to the pandemic.
- Olympians you may qualify for the 2023 National Senior Games planned for Pittsburgh, PA

Getting Back on Track with the Sports Clinic This Fall Each clinic will have specific sport training experts to work with seniors

Visit the website at www.nmseniorolympic.org and sign up over the phone1-888-623-6676



Did you enjoy this exercise?

If so, you may enjoy taking Yoga at the New Rec Center where we will do mindful breathing exercises such as these. Mon/ Wed 5:30 p.m., Fri: 10 a.m.

AC (Anne) Asman teaches Yoga at Isleta Recreation Center. She started her practice at the Yoga Center of California in Costa Mesa in 1997, where she learned the physical postures and meditation techniques of Hatha Yoga. For several years, AC deepened her spiritual practice at Self Realization Fellowship, which was founded by renowned Hindu monk and guru Paramahansa Yogananda. For more than 6 years, she has taught Yoga to a variety of populations at LA Fitness, at a Southern California high school for a Lady's Varsity basketball team, and at Open Gym

Drawing will be NEW ELIGIBILITY AGE on May 2, 2022 **PROGRAM HOURS:** FOR SUMMER PROGRAM CHILD MUST BE 5 AND 9:00AM-3:00PM ENTERING 2022-2023 **KINDERGARTEN** WORKING PARENTS: SCHOOL YEAR TO BE **DROP OFF HOURS** ELIGIBLE. 7:30AM/PICK UP (NO HEADSTART OR 5:30PM PRE-K) **BREAKFAST: 8:00AM** fun & creative activities *Swimming *Nature Walks *Basketball/Running *Cooking *Arts & Crafts Fitness *Cultural Activities*Movies For More information Call 505-869-9777



cause or is an excuse for sexual assault.

CALL ISLETA BEHAVIORAL HEALTH IF YOU ARE EXPERIENCING EMOTIONAL DISTRESS AT 505-869-5475





This project was supported by Grant No. 2020-TW-AX-0035 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the K'ea-wah Supervised Visitation & Safe Exchange Program and do not necessarily reflect the views of the Department of Justice, Office on Violence Againt women.

MON/WED : 5:30 p.m. | FRI: 10 a.m.

Enjoy the restoring, relaxing and strengthening benefits of this ancient practice :)

Location: New Rec Center 60 Tribal Road 40 Bring: Water, towel, mat, Yoga blocks (we will have extra mats and blocks!) Questions? Call Anne at 869-9012

All levels velcome!

Hop into Spring with Tiwa Lending!

We offer home loans, consumer loans, and financial counseling services.

Be sure to sign up for our annual Financial Education Classes! Our classes help with money management, credit and collections, as well as homeownership.

For questions or to pre-register for our classes please contact Miranda Lente at

miranda@tiwalending.org or call (505)916-0634.



Isleta Behavioral Health Clinic

Kidney Awareness

How do you know if your kidney may be damaged from alcohol misuse?

The National Institute on Alcohol Abuse and Alcoholism (NIH) reports that excessive alcohol use is the third leading preventable cause of death in the United States.

Alcohol is a depressant. This means it slows down vital bodily functions, including muscle coordination, reflexes and speech. "Binge" drinking has harmful effects on the kidney that can even lead to acute kidney failure. This often goes away after a time, but it can occasionally lead to lasting kidney damage.

Alcohol misuse can affect the kidneys in the long term by dehydrates your body, which can have negative effects on the function of your kidneys and other vital organs. Excessive alcohol use can also lead to high blood pressure, which can increase your risk of developing kidney disease.

Possible signs of Alcohol-Induced Kidney Damage

- Decreased urination.
- Exhaustion.
- Swollen legs, ankles, or face.
- Problems breathing or shortness of breath.
- Nausea or vomiting.
- Confusion.

APRIL IS — SEXUAL ASSAULT — AWARENESS MONTH &

Wear Teal on Tuedays during the Month of April

LET'S COME TOGETHER IN SOLIDARITY TO SUPPORT OUR VICTIMS OF SEXUAL ASSAULT IN ISLETA PUEBLO

We are calling all Tribal community membersnear and far, all POI Departments, local schools, Housing and Isleta Health Center staff to wear teal every Tuesday.

POST YOURSELF. YOUR DEPARTMENT OR YOUR FAMILY WEARING DENIM TO SOCIAL MEDIA USING #POISAAM OR CREATE YOUR OWN HASHTAG TO SPREAD AWARENESS AND SUPPORT

If you are experiencing emotions of distress please call Isleta Behavioral Health at 505-869-5475 or RAINN Hotline 1-800-656-4673.

To report a crime of sexual assault, please call 911 or Isleta Police Dispatch at 505-869-3030.



Sponsored By K'EA-WAH SUPERVISED VISITATION & SAFE EXCHANGE PROGRAM & ISLETA SOCIAL SERVICES

This project was supported by Grant No. 2020-TW-AX-0035 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the K'ea-wah Supervised Visitation & Safe Exchange Program and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



Let's keep Isleta beautiful by cleaning up around your neighborhood! We will provide trash bags and snacks to those who volunteer.

Chest pressure or pain

While it is not possible to reverse kidney damage, you can take steps to slow it down. Taking prescribed medicine, engaging in exercise, and eating well will help. You will also feel better and improve your overall well-being.

Here are some ways to help keep your kidneys healthy.

- 1. Keep active and fit.
- 2. Control your blood sugar.
- 3. Monitor blood pressure
- 4. Monitor weight and eat a healthy diet.
- 5. Drink plenty of fluids.
- 6. Don't smoke.
- 7. Be aware of the amount of over the counter pills you take.
- 8. Have your kidney function tested.

(Information taken from National Kidney Foundation, http://www.kidney.org/atoz/content/alcohol)

BRING YOUR OWN GLOVES/TOOLS Meet up at Isleta Recreation Center @ 8:45 am



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	E TOPIC		AKER	LOCATION	
4/12/2022 10:30am – Noon	Know Diabetes by Hea	Cassandra Vander Diabetes MAPP Prevention	pool , MS, RDN, LD, (Management & Programs)	Presented Virtually and Possibly at Isleta Health Kitchen	
5/10/2022 5pm-7:30pm	Colobration		Presented Virtually and Possibly at Isleta Health Training Center		
6/14/2022 10:30am – Noon	Advance Directives and End of Life Planning	Anjie C Clinical Psych	Cureton hologist, UNM	Presented Virtually and Possibly at Isleta Health Kitchen	
7/12/2022 5pm-6:30pm	EVENING SESSION Alternative Medicine and Cancer Treatment		o Wilson Program Director	Presented Virtually and Possibly at Isleta Health Training Center	
8/9/2022 10:30am – Noon	What is Inflammation		o Wilson Program Director	Presented Virtually and Possibly at Isleta Health Kitchen	
9/13/2022 5pm – 6:30pm	EVENING SESSION Depression/BH/Suicide	Isleta Behav	vioral Health	Presented Virtually and Possibly at Isleta Health Training Center	
10/11/2022 10:30am-12pm	12yr Anniversary Celebration of Group Established October 2010			Presented Virtually and Possibly at Isleta Health Kitchen	
11/8/2022 5pm-6:30pm	EVENING SESSION Stress Management for Caregivers training	Clinical Prov	p ez, LMSW vider Trainer vrn Sky	Presented Virtually and Possibly at Isleta Health Training Center	
12/13/22 10:30-12pm Heart Health			ohnson val Liaison	Presented Virtually and Possibly at Isleta Health Kitchen	
Topics are subject to change. Limited Space available in order to Social Distance EVERYONE WELCOME Limited Space available in order to Social Distance					
Sessions are Virtual; dial in on phone or in-person (Depending on Restrictions). SEATS MUST BE RESERVED AHEAD OF TIME PLEASE CALL IN ADVANCE Call Stephanie for Log In MASKS ARE REQUIRED					
Information or Phone Number To sign up or learn more please contact: Stephanie Barela Phone: 869-4479 Email: sbarela@islclinic.net					



E-Cigarettes:

Things Everyone Should Know

Stephanie Barela | Isleta Health Educator | 869-4479 From Journeyworks Publishing

Nicotine in E-Cigarettes is Addictive

• Most e-cigarettes have nicotine, just like regular cigarettes and other tobacco products. Nicotine is very addictive, once you start it is very hard to stop. Nicotine Poisoning Risk

Nicotine is a poison that can KILL.

• There are no rules for safety labels or child proofing on e-cigarettes or the liquid refill packs, which can really put children and pets at risk.

Chemicals in E-Cigarettes Can Harm Your Health

• Some e-cigarette liquids have toxins such as antifreeze and other chemicals that are may cause cancer.

E-Cigarettes are Not Regulated

• Studies have shown nicotine is in some e-cigarettes that claim to be nicotine-free. People who buy them do not know what they are really getting.

Health Effects are Not Known

• E-cigarettes are very new and no one really knows how harmful they are.

• Long term studies on the health effects have not been done.

• There is no proof that the vapor is safe for the people smoking, or for those who breathe the secondhand vapor.

• E-cigarettes contain nicotine, which changes your heart rate and raises your blood pressure.

Can E-Cigarettes Help you Quit Smoking?

• People who sell e-cigarettes claim they can help a person stop smoking, but there is no proof this is true.

• In fact, some studies suggest they may keep smokers hooked.

• They may also cause people who have quit smoking to start again.

• E-Cigarettes are not regulated, so no one really knows if they are a safe quitting aid.

Nicotine is NOT harmless.

• Studies show it may increase problems with diabetes.

• Nicotine replacement therapy (NRT) has been proven to help people stop smoking. NRT includes nicotine patches, inhaler, nasal spray, lozenges and gum.

You may be eligible to receive nicotine replacement therapy from the Isleta Health Center Pharmacy if you attend the "Thinking About Quitting" Program.

To learn more about the quit smoking program "Thinking about Quitting", please contact the Isleta Health Center's Health Educator Stephanie Barela at 869-4479

Isleta Health Center

Health

Quarterly Newsletter

The Isleta Health Center has been disseminating Quarterly Newsletters with information on our programs and services, as well as, other informative health education information. The Isleta Health Center Spring Newsletter should be coming out in the beginning of April and can be found:

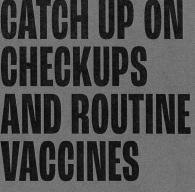
- Isleta Health Center Building
- Isleta Diabetes Program
- Isleta Physical Therapy
- Disseminated throughout the different Pueblo of Isleta Programs
- Can also be accessed on the https://islclinic. com/

If you would like to receive a newsletter, please contact, Stephanie Barela at (505) 869-4479 or Email: Stephanie.Barela@islclinic.net.









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

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

WELL-CHILD CHECKUPS



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



• The doctor tracks your child's growth and development

EW

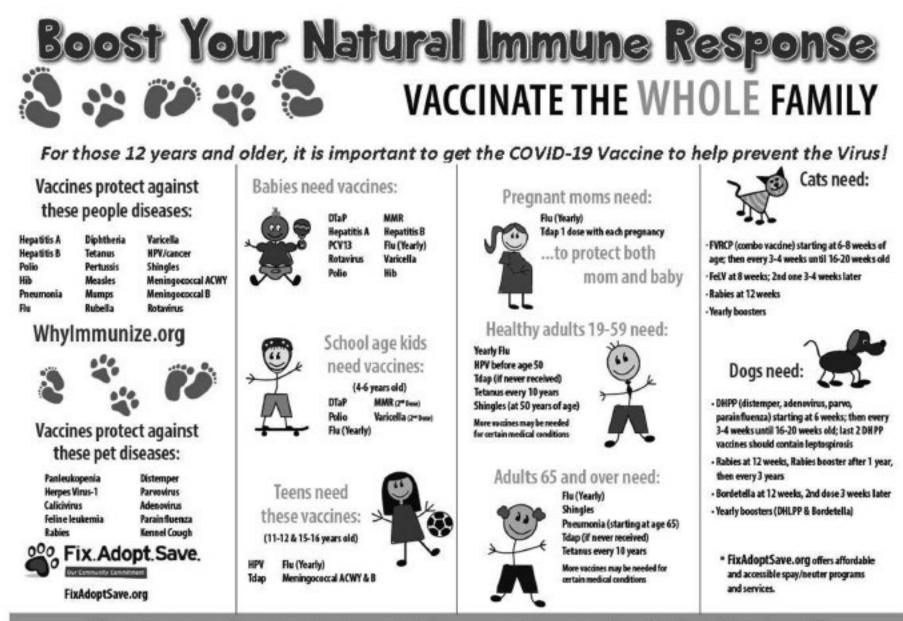
- You can **ask the doctor questions** about your child's health
- Your child gets recommended vaccinations
- Routine vaccinations during childhood help
 prevent 14 diseases
- Among children born from 1994-2018, vaccinations will prevent an estimated 936,000 early deaths, 8 million hospitalizations, and 419 million illnesses

CDC

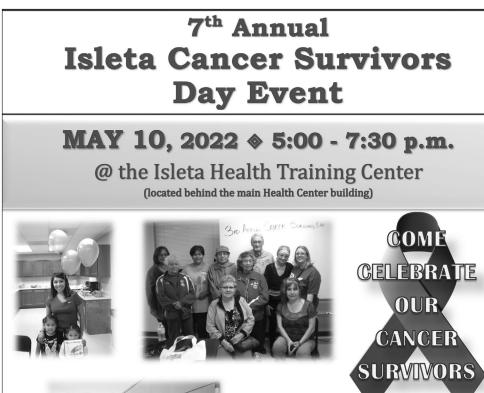
Doctors can safely see your child, even during the pandemic.

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

www.cdc.gov/vaccines/routine



VaccineS are the SimpleSt way to keep you & your family healthy & well. Ask your doctor, nurse, pharmacist and veterinarian about which vaccines are right for your family!



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.



Call Stephanie Barela for more information 869-4479.

NEEDED:

Balloon Release, Music, Presentation, Door Prizes, Activity & More! Cancer survivors and/or Cancer Caregivers to participate on a speaker's panel (Will be compensated). Please call if interested! 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





50+ Seniors Still got GAME!!!

SENIOR OLYMPICS SUMMER GAMES LAS CRUSES NM **JUNE STH-11TH**



Athletes planning to participate must complete a paper form or register online

> www.nmseniorolympics.org And sign up over the phone I-888-623-6676

DEADLINE APRIL 30TH



REGISTRATION FEE \$60 PER PERSON FOR A MAX OF 5 SPORTS -NO OUT OF STATE PARTICIPANTS. FEES WILL BE REFUNDED IN THE EVENT GAMES HAVE TO BE CANCELLED DUE TO THE PANDEMIC

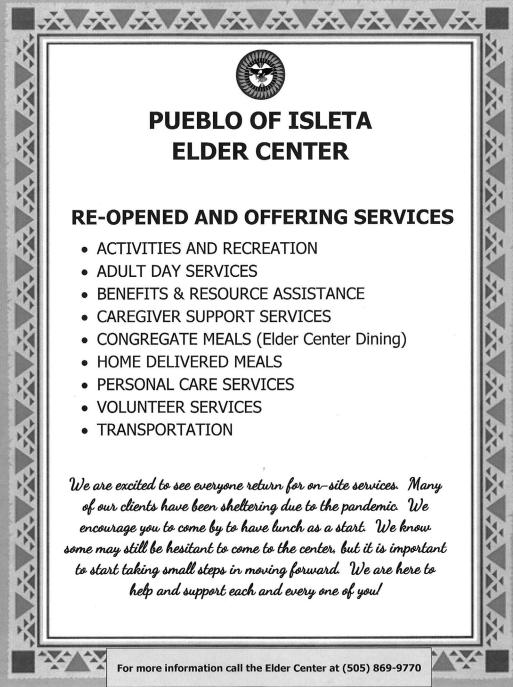
LIMITED MENU OF EVENTS DUE TO COVID-19

Contact the Activities Coordinator Antoinette Thayer at the Elder Center after registration 505-869-9770

'2022 Summer Games is a qualifying event for the '2023 National Senior Games Scheduled for Pittsburgh, PA.







HEALTH BEAT: World Parkinson's Day

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

https://www.whathealth.com/awareness/event/ worldparkinsonsday.html

World Parkinson's Day is on April 11th, 2022. This Health Observance is a day to raise awareness and a better understanding of this neurodegenerative disorder and how it can affect people. Parkinson's affects predominantly dopamine-producing neurons in a specific area of the brain. Although many people associate Parkinson's with physical symptoms of tremor or rigidity, such as head bobbing or other sudden involuntary jerking movements, World Parkinson's Day aims to make people more aware of the non-motor symptoms as well.

Parkinson's is a disease in which nerve cells that deliver the neurotransmitter dopamine to other cells are reduced in numbers. As cell death spreads to larger parts of the brain, more centers are affected. This results in an irritation of motor and non-motor disorders. After there is a reduction in dopamine levels, non-motor symptoms start to occur, which can happen for many years before a person has Parkinson's disease.

Non Motor Symptoms Include:

- REM sleep behavioral disorder
- Reduced sense of smell
- Automatic dysfunction
- Depression
- Impaired Vision
- Attention Deficit
- Difficulties planning and carrying out ordinary tasks

The motor symptoms of Parkinson's are based around involuntary movements or rigidity (in which muscles of the body 'freeze up' and do not work). The impact of these motor symptoms in the day to day life of a person with Parkinson's are enormous.

For example, a person may not be able to perform a simple activity like crossing the road in case their 'feet freeze' making them unable to walk. When shopping, they may be unable to take money out from a purse or wallet to pay for items due to involuntary arm and hand movements.

Symptoms are unpredictable and can vary in time starting at only lasting one minute. For those living with Parkinson's disease, some non-motor symptoms can be worse for the sufferer than the physical motor problems.

Medical treatments for Parkinson's therapy can trigger or aggravate some non-motor symptoms. Non motor side effects from treatments may take the form of impulse control disorders. These are a set of psychiatric disorders which may include compulsive behaviors such as compulsive gambling, excessive shopping, and sex addiction. For some, the treatments can lead to other

bad lifestyle habits such as eating out, drinking, and partying, to excess. In many cases, the person is unable to afford this kind of lifestyle creating further problems.

Unfortunately, without proper medication, the motor symptoms can quickly return (typically within an hour). In terms of treatment, a person with Parkinson's disease is 'caught between a rock and a hard place'; they have a choice and each one gives an unsatisfactory outcome. They will either endure loss of motor control or experience psychiatric problems should they medicate. Once on medication, a person may become fearful of possible consequences if they decide to stop this treatment.

The first step to living well with Parkinson's is to understand the disease and the progression.



Dinner & Candlelight Vigil

Join us for a Candlelight Vigil & have Dinner as a community who takes action against Child Abuse & Neglect in Isleta Pueblo.

Wednesday, April 20, 2022 @ Isleta Social Services (Cottonwood)

> Dinner at 6PM Vigil & Prayer @ 7PM

Please reserve your spot no later than Wednesday, April 13, 2022 @ 4:30PM by calling 505-869-2772.



Sponsored by Isleta Social Services & Planning Committee



Pueblo of Isleta Head Start, Early Head Start, and Child Care Center 2 Sagebrush Street, Albuquerque, NM 87105 (505) 869-9796



Important Dates:

April 6, 2022– In-Person Family Night @ 5:30pm April 15-18, 2022– April Break (NO SCHOOL) April 21, 2022– Policy Council Meeting @ 5:30pm April 28, 2022– Parent Committee Meeting @ 5:30pm

*Every Tuesday, unless specified– Head Start Transition Committee Meetings @ 5:30pm

A Look Inside the Classroom

Early Head Start Classroom B: Teacher Sasha and Teacher Ciara

We engaged the children in singing a matching game song as a group or individually. The children practiced labeling the colors yellow, red, green, and blue in both Tiwa and English. We ended the activity with an art experience painting over their names using the colors we practiced. We welcomed a new student, Isidor into our classroom this month!







Isleta Pueblo Presents Shuffle Board for 50 and over come and join the Fun. POI employee's, Tribal Member's and Casino employee's Only Where: Isleta Rec Center

Michael Mark Jojola August 13, 1980 – February 08, 2022

We would like to take this time to thank everyone for their support and condolences for Michael who was called home by our Lord.

He is survived by his father, two sons, daughter, older sister, two nephews, and three nieces.

Again we would like to thank all of you for your help and prayers.

May God bless every one of you and keep you safe.



Dates and times will be

Determined.

If your interested please contact George Waquie at 505-869-9777





Staff Members Love WIC Participants

I love serving my WIC clients because I was once in their place. The support I received from WIC helped me learn so much about myself and how I could make an impact on my children's growth - Carolyn Jim and well-being.

I like validating how important clients are and reminding them how we can work together to make life just a little easier. - Darlene Flores

I enjoy supporting and helping our WIC clients make healthy changes and goals for them and their families. - Janelle Esquibel

I like making a difference in our client's lives whether it's helping with breastfeeding issues or helping a picky child get their veggies in. - Jenna Zietzke

Providing education, resources and food benefits makes me happy because I know that it is going to help our clients in a positive way. - Jamie Vigil

Milk:

plain.

Eggs:

Fish:

cans.





Jamie Vigil

Any brand Whole or low fat milk.

by the gallon, half gallon or quart.

Low-lactose milk: half-gallon or

quart shelf stable: Silk Original-

One dozen grade A or AA, large.

Nature, Simple Truth, Smith's,

Kroger, Lucerne or Shurfine

Eggland's Best, O Organics, Open

30 ounces of canned salmon, tuna

or sardines. tuna: 5 ounce cans;

ounce cans; sardines: 3.75 ounce

Starkist, Kroger or Chicken of the

or brands to fill food prescription.

Sea. May mix and match quantities

salmon: 3.75 ounce and 14.75

(Least expensive brand preferred.)

Jenna Zietzke

Director's Comments Increasing Tribal Participation

It is my pleasure to join our Pueblo of Isleta Women, Infants and Children (WIC) Program staff members in welcoming you to our 2021 Annual Report. Their passion and commitment to our participants brings such joy to my heart.



Deanna Torres

Interestingly, we have a combined 103 years of WIC experience.

The pandemic has brought many challenges, but the staff members have continued providing excellent service to our participants. That has kept our participation numbers strong. This is something not all other WIC entities nationwide could accomplish.

Our 2022 goal is to increase Tribal participation. We look forward to collaborating with other Tribal programs, such as Head Start, the Library and the Health Center, to get the word out about our nutrition services and breastfeeeding support. We'll also look to attend community events.

The U.S. Department of Agriculture (pandemic-related) waivers expire in July. Staff members are eager to welcome participants back to in-person clinic service.

I am, too.

General Isleta WIC Food List Expanded Selection Due to COVID-19 Waiver Whole Grains:

Carolyn Jim

Darlene Flores

Infant Foods:

Infant Cereal: 6-12 months. 8 ounce containers of rice, oatmeal, multi-grain or barley. Gerber, Beechnut or Earth's Best Organic

gallon containers. Lactaid, Kroger, Lucerne Infant Fruits and Vegetables: 6-12 months. Soy milk: half gallon refrigerated or

Gerber, Beechnut, Earth's Best Organic or O Organics. See brochure for sizes.

Infant Meats: 6-12 months. Provided for exclusively breastfed infants. 2.5 oz jars of Gerber, Beech Nut

or Earth's Best Organic, with broth or gravy.

Fresh, frozen or canned fruits and vegetables provided for infants, aged 9-12 months. Cash value: \$4 per infant.

Fresh Fruits and Vegetables:

Any brand of fresh, frozen or canned. Bagged or pre-packaged is OK. Cash value increased due to COVID.

Women's: 100 percent fruit juice. 12 ounce frozen. Signature, Minute Maid, Dole, Kroger, Tree Top or Old Orchard.

Children's: 100 percent fruit and vegetable juice. 64 ounce bottle. Juicy Juice, Kroger, Mott's, Welch's, V-8, Shurfine, Old Orchard, Big TEX or Signature.

Cheese:

One pound solid blocks, sliced, shredded or stick. Cheddar, Colby, Colby Jack, Swiss, Sharp Cheddar, Provolone, Monterey, Mozzarella.

Kroger, Lucerne, Shurfine, Polly-O, Kraft or Cracker Barrel

Cereal:

12, 18 or 36 ounce containers. General Mills, Kellogg's, Cream of Wheat, Mom, Post, or Quaker.

Mix and match brands and quantities OK to fill food prescription. Cereal quantities may add together for a family group

Yogurt:

32 ounce tub Whole milk: Mountain High in plain or vanilla.

Low-fat or fat-free: Lucerne, Dannon, Mountain High, Chobani Greek, Yoplait, Brown Cow, Stonyfield or Simple Truth. Plain, vanilla, strawberry, peach or strawberry/ banana. Additional brands now available as listed in brochure.

Peanut Butter:

16 or 18 ounce jar of creamy or crunchy. Kroger, Shurfine, Signature or least expensive brand.

Beans and Legumes:

One pound package of dry beans. Casserole, El Mexicana, Goya, Signature, Shurfine, Kroger, La Preferida or El Orgullo de mi Tierra. Pinto, white, lima, black, navy, split peas, lentils, red lentils and more.

Tofu:

16 or 14 ounce. Firm type. Simple Truth Organic, Azumaya, or House brand.

Whole wheat breads: 16, 20 or 24

ounce. First ingredient must be whole wheat or whole grains. See brochure for brands; additional brands added for COVID.

Whole wheat and corn tortillas: Mission, Santa Fe, Albuquerque, Bueno, Guerro, New Mexican or La Banderita brands. See brochure for sizes

Oatmeal: round container (regular or instant) Mom's Best, Quaker, Kroger, Signature or Shurefine. See brochure for sizes.

Brown Rice: 14, 16 or 32 ounces. Regular or instant. Minute, Mahatma, Shurfine or Success

Whole wheat pasta: 16 ounce. Kroger, Shurfine, O Organic or Ronzoni.

Mix and match whole grain choices OK. Whole grains can be added together for a family group.



ent of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating prisal or retailation for prior civil rights activity in any program or activity conducted or funded by USDA. e with Federal civil rights law and U.S. D ed on race, color, national orig

WHATISADDICTION?



Juice:



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

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

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

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

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

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

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

Isleta Behavioral Health 505-869-5475

April 2022

SOCIAL SERVICE

Happy April Everyone!

We, the staff at Isleta Social Services would like to take some time to Thank everyone who came to our Traditional Parenting Workshops during the month of March. We would especially like to Thank our guest speakers who presented to us: Tata Moses Lujan, Tata Max Zuni, Tata Ignacio Lujan, Tata Eddie Paul Torres Sr., Terri Salazar, Rita Price, Edwina Abeita and Reyes Padilla. The knowledge, laughs, lived experiences and memories that were shared are cherished and appreciated. Thank you to our local caterers who provided delicious meals for all of our events: Marcella Wassmann of Marcella's Chuck Wagon and Miriam Lucero of Lucero Catering. We ask our Great Spirit to continue to watch over you and provide many blessings to you and your families.

April is National Child Abuse Awareness Month:

We have several community events planned and we invite you and your family to attend.

- Throughout the month of April, wear a blue shirt to help raise awareness.
- Wednesday, April 13, 2022: Fun Walk/Run at Isleta Social Services-Cottonwood. Pre-registration for this event has begun and ends on April 6, 2022. Onsite registration will be at 5:30 pm, and the Walk/Run begins at 6PM.
- Wednesday, April 20, 2022, join us for Dinner and a Candlelight Vigil at Isleta Social Services Cottonwood. Dinner will be served at 6PM followed by a Prayer and Candlelight Vigil at 7PM.

April is Sexual Assault Awareness Month (SAAM):

We are coordinating several events to bring awareness to our tribal community and to stand in solidarity with victims-named or unnamed.

- Every Tuesday-wear Teal shirts to help raise awareness. Use (hashtag) #POISAAM and tag Pueblo of Isleta on Facebook.
- Tuesday, April 5, 2022: Join us for a virtual event. Proclamation signing by Governor Abeita at Tribal Council Chambers. (More information will be posted as it becomes available).

• Wednesday, April 27, 2022: National Denim Day. Wear your denim to support victims and survivors of sexual assault. Use (hashtag) #POISAAM or create your own hashtag and post to social media to spread awareness and support. Be sure to tag Pueblo of Isleta on Facebook.

We would like to stop and take a moment to recognize and Thank Tata Larry Lucero for working at Isleta Social Services for 22 years. This is an amazing accomplishment and we hope you receive many blessings in return. Thank you for your dedication, assistance, support and commitment Tata Larry. You are appreciated. If you see Tata Larry around the community, be sure to congratulate him.

We would also like to recognize Reyes Abeita, Project Coordinator with K'ea-wah Supervised Visitation & Safe Exchange Program for being nominated and selected as Victim Advocate of the Month of April at the Coalition to Stop Violence Against Native Women. This nomination was for providing direct services to the community survivors and their children by ensuring safety during visitations and exchanges. These services are important to the continued safety during the most dangerous times for a victim of domestic violence or sexual assault. Reyes has the opportunity to attend the 2022 Conference on Crimes Against Women in Dallas, Texas along with two staff from the Coalition to Stop Violence Against Women-Tiffany Jiron and Ryder Jiron, both of Isleta Pueblo. SEXUAL ASSAULT AWARENESS MONTH (SAAM) DAY OF ACTION



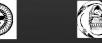
Join us as we come together and bring awareness, prevention and healing to Sexual Assault throughout the Pueblo of Isleta.

Proclamation Signing by Pueblo of Isleta Tribal Administration

Tuesday, April 5, 2022 Virtually via Zoom *More information on the time will be made available

SEEK SUPPORT IMMEDIATELY IF YOU ARE IN DISTRESS ABOUT THE TOPIC OF SEXAUL ASSAULT

Contact: Isleta B<u>ehav</u>ioral Health at 505-869-5475



Sponsored by Isleta Social Services & K'ea-wah Supervised Visitation & Safe Exchange Program

This project was supported by Grant No. 2020-TW-AX-0035 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings conclusions and recommendations expressed in this publication/program/exhibition are those of the K'ea-wah Supervised Visitaation & Safe Exchange Program and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



To report a crime of sexual assault call 911 or Isleta Police Dispatch at 505-869-3030.

If you are in distress or are experiencing symptoms of trauma and would like immediate support, please call Isleta Behavioral Health at 505-869-5475 or the RAINN National Hotline at 1-800-656-4673. When: April 13, 2022 At Social Services-Cottonwood Time: 5:30pm

Pre-registration ends April 6tth, and on-site registration will be available *registration slips will be available on POI Website , POI Facebook, and at the new rec center. Please submit forms at the rec or scanned via email to Marissa Abeita- Project Assistant marissa.abeita@isletapueblo.com More Information please call (505)869-2772

Isleta Elder Center Menu 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				4/1/2022
				Frito Pies
				Beans 1c
	Please call by 9 AM	**Come join us on April 22nd	HAPPY EASTER!	Shredded Cheese 20z
ABORN	to cancel Home Delivered	to Celebrate April Birthdays!	N-ANA	Red Chile 1/4c
REMINDER	Meals.			Lettuce/Tomato 1/2c
		(State and a state a		
	Thank you.		and a state to be	Frito Chips 2oz
1/1/2022	4/5/2022	1 1/ (2022)	1/7/2022	Fruit 4/8/2022
4/4/2022 RED CHILE ENCHILADAS	SALISBURY STEAK	4/6/2022 MINESTRONE SOUP	4/7/2022 BBQ PULLED PORK	4/8/2022 BLACKENED TILAPIA
Ground Beef 4oz	Salisbury Steak 40z	Ground Pork 3oz	Pulled Pork 407	Tilapia 4oz
Red Chile 1/4c	Mashed Potato 1/4c	Macaroni 1/2c	Baked Beans 1/2c	Rice Pilaf 1/4c
Shredded Cheese 20z	Gravy 2oz	Kidney Beans 1/2c	Mixed Vegetables 1/2c	Broccoli 1/2c
Spanish Rice 1/4c	Green Beans 1/2c	5way Vegetable 1/2c	Hamburger Bun	Tartar Sauce
Mixed Vegetables 1/2c	Dinner Roll	Dice Tomatoes 1/4c	Fruit	Fruit
	Fruit	French Bread	rrun	rrun
Fruit	rruit			
4/11/2022	4/12/2022	Fruit 4/13/2022	4/14/2022	4/15/2022
4/11/2022 MEATLOAF	CHICKEN TENDERS	INDIAN TACOS	CHEESEBURGER	BEANS
Ground Beef 40z	Chicken Tenders 40z	Ground Beef 30z	Beef Patty 3oz	Pinto Beans 1c
	Tater Tots 1/4c	Pinto Beans 1/2c	American Cheese loz	Red Chile 1/4c
Mashed Potato 1/2c				
Gravy 2oz	Chuckwagon 1/2c	Red Chile 2oz	Sweet Potato Fries 1/2c	Spinach w/onions 1/2c
California Vegetable 1/2c	BBQ Sauce 2oz	Garnish 2oz	Hamburger Bun	Cornbread
Sugar Free Jello 1/4c	Fruit	Fry Bread	Garnish 2oz	
4/18/2022	4/19/2022	4/20/2022	4/21/2022	**4/22/2022
BBQ CHICKEN	CHILE DOGS	POSOLE	BAKED PORK CHOPS	BEEF FAJITAS
Drumsticks 4oz	Beef Hotdog 4oz	Diced Pork 4oz	Pork Chop 4oz	Beef 4oz
Macaroni and Cheese 1/4c	Chile Beans 2oz	Hominy 1c	Baked Beans 1/2c	Peppers and Onions 1/2c
Green Beans	Shredded Cheese 2oz	Red Chile 2oz	California Vegetable 1/2c	Spanish Rice 1/4c
BBQ Sauce 2oz	Hotdog Bun	Tortilla	Dinner Roll	Garnish 2oz
Fruit			Sugar Free Jello	Chuckwagon 1/2c
				Salsa 2oz
4/25/2022	4/26/2022	4/27/2022	4/28/2022	4/29/2022
BURQUE TURKEY SANDWICH	SLOPPY JOE	TERIYAKI CHICKEN	SPAGHETTI	POTATO SOUP
Slice Turkey 3oz	Ground Beef 4oz	Grilled Chicken Thiah 4oz	Ground Beef 3oz	Diced Pork 4oz
Green Chile 1oz	Sloppy Joe Mix 1/4c	Steamed Rice 1/4c	Spaghetti loz	Potatoes 1/2c
Slice Cheese 1oz Mediterrian Blend 1/2c	Peas & Carrots 1c Hamburger Bun	Oriental Vegetables 1/2c Fortune Cookie	Marinara Sauce 1/4c Green Beans 1/2c	Mixed Vegetables 1c Green Chile 2oz
	Hamburger Bun Carrot Cake		Green Beans 1720 Garlic Bread	Green Chile 202 Tortilla
Potato Wedges 1/4c WW Bread	Carrot Cake	Teriyaki Sauce 2oz	Gariic Bread	Toritina
YUYU DI SUU				
	****Menus are subject	to change without notice, based on	the availability of products ****	

Isleta Elder Center Activities Calendar (505) 869-9770 Monday - Friday 8:00AM - 4:30PM	pello		202	2
Monday	Tuesday	Wednesday	Thursday	Friday
Please call the Elder Center With any questions regarding the Calendar or to sign-up for activities. Activities are offered to those 50 years and older unless otherwise noted	REMINDER Please Sign up for Activities Prior to the date First come first serve Covid Limit of 10 partisipants	Sign up for Summer Games June 8 -11 Los Cruces NM Website nsga.com Deadline April 30	FOOLS' DAT	Activities Room Prize BINGO! 1:00PM 2:00PM 2:00 PM - 3:00 PM BING 0
4	5	6	7	8
Activities Room 9AM - 4PM Most Activities available Exercise Equipment/Pool table, Ect Upon Request	Activities Room Sand Art 10AM - 11AM	Activities Room 9AM - 4PM Most Activities available Exercise Equipment/Pool table, Ect Upon Request	Activities Room Mass 11:30	Activities Room
11	12	13	14	15
Activities Room BILLARDS 10AM - 12PM	Activities Room 10:30 AM - 11:30 AM Yoga & Strength Training	Friendship Breakfast 9:00 AM & General Meeting 10:00 AM Health Clinic Presents: Stephanie Barela Topic : Healthy Sleeping as you age Chris Gonzales From AmberCare 11AM	West Rec Track Run Walk 9AM - 10AM Activities Room 10:30 AM - 11:30 AM Yoga & Strength Training	Advisory Committee Meeting 9:00AM GOOD ERIDAY Birth CLOSED ration! 12:00PM
18	19	20	21	22
Activities Patio Shuffleboard 10AM - 12PM	Rec Center Park Frisbee Toss 1:30 - 3:00	Commodities Distribution #1 8:30 AM - 3:00 PM	Activities Room Movie Day 10:00Am - 12:00PM	Activities Room BINGO 1:00PM 2:00PM 2:00 PM - 3:00 PM Birthday Celebration!
25	26	27	28 Activities Decem	29 Activities Decem
Activities Room Sand Art 10AM _ 11:30 AM	Activities Room Tai Chi 4 week class	Activities Room 10AM - 11:30AM Create a Faux succulent vase	Activities Room Tai Chi 4 week class	Activities Room BILLARDS COMPITION 10AM - 12PM
10 ppl first come first serve	10 ppl first come first serve	10 ppl first come first serve	10 ppl first come first serve	

APRIL²⁰²² ISLETA HEALTH CENTER Questions? Call 869-3200							
SAT/SUN	MONDAY	TUESDAY WEDNESDAY		THURSDAY	FRIDAY		
	ISLETA HEALTH SUPPORT GROUP Structure Structure Structu			April is Parkinson's Awareness Month			
2/3	4 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	5 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	6 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	7 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869- 5475	8		
9/10	11 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	12 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program : 4:30-6pm For more information please call: 869-5475	13 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	14 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869- 5475	15		
16/17	18 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	19 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program : 4:30-6pm For more information please call: 869-5475	20 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	21 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869- 5475	22		
23/24	25 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	26 The Ripple Effect : 9:00 - 12:00pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	27 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	28 <i>CLINIC OPENS AT 9:50am</i> Isleta Youth Wellness Pro- gram: 4:30-6pm For more information please call: 869- 5475	29 DPP=Diabetes Preventic Program: 869-4595 BHS=Behavioral Health Services :869-5475		



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

https://meet.google.com/qdm-bcqo-yeu

To join by phone, dial +1 502-430-2853



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