



Isleta Pueblo News

Volume 17 Issue 5

Pueblo of Isleta website: www.isletapueblo.com



May 2022

Governor's Report

Ma-gu-wam

Hello to everyone. I hope this newsletter finds everyone in good health. To begin with Tribal Administration would like to report that our positive Covid-19 cases within the Pueblo have been below five (5). At one point our positive cases were at Zero for a few weeks. As stated, with less than five cases a week, we still want to remind everyone to use his or her best judgments when in crowds. The COVID-19 mitigation team still highly recommends the use of masks and hand sanitizer.

It seems as if the days and months are moving by quickly. We are in the midst of spring and farmers have already begun to prepare their fields for planting while others have already started irrigating. We want to ask again that every individual who plans to burn any property to follow the no burn notices. As we know the fire danger is increasing every day. Higher than normal temperatures, little precipitation and winds have decreased moisture content of the soil and plant material. This combination increases the chances of fires to become more destructive if they become out of hand. Please follow no burn orders and call for assistance when burning large parcels of land. Let us continue to pray for moisture which is very much needed and we wish all farmers success in their planting efforts.

Tribal Administration and Tribal Council took the opportunity to tour Facebook in Los Lunas. We were provided an overview of their operation by taking us through the facility. It was eye opening to learn the amount of storage required in terms of needing petabytes (1,000 Terabytes) times thousands to handle data. Due to the massive amount of electronics required 24/7, the heat generated must be regulated along with humidity. We were shown how the building is engineered to address the cooling of the equipment. While there is concern of water use, Facebook does not have its own water well, but uses the Los Lunas municipal system and takes measures to limit use requirements. Going forward, we would like to explore partnering opportunities with Facebook that could be beneficial to Isleta and our community.

The US Army Corps of Engineers (USACE) met with us to discuss partnerships in ongoing projects we are involved in together. Discussed was the Bernalillo to Belen River Levee Rehabilitation Project. The Isleta West Unit (I-25 to the Isleta Diversion) will begin once funds are received and a Design Agreement is entered into with us. The target timeline is to have a Design Agreement by July 2024, and construction to begin in 2027.

The second topic discussed with USACE was the Abiquiu Deviation. Isleta and the Six Middle Rio Grande Pueblo Coalition's Prior and Paramount (P&P) water supply is to be stored in Abiquiu Dam due to El Vado under repair for the next two years. Our meeting was to explain the process of receiving consent from the Rio

Grande Compact Commission, finalize an Environment Assessment, and request approval from the USACE South Pacific Division. We are happy to say, our P&P water supply was approved and will be stored and available during the El Vado repairs. Unfortunately, used P&P water will still need to be evacuated downstream in November as usual.

Also discussed was the Section 1135 Ecosystem Restoration Program. As part of the Water Resources Development Act of 1986, provides funding at 25% match (but can be possibly lessened) for up to \$10 Million for projects where ecosystem degradation associated with an existing Corps project. This potential funding would be integrated and enhance our Bosque Restoration Project activities.

Another USACE project was the Pottery Mound Erosion Protection effort. The project has been submitted for funding. Upon receiving funding, a Feasibility Report and approval should take approximately 24 months, followed with a Design estimate of 10 months, followed by construction taking approximately 9 months. This effort would help additional with the Bureau of Reclamation funding (\$350,000) received for watershed protection and improvements there.

Last to be discussed was the Native American Lands Environmental Mitigation Program funding by USACE. We received \$583,917 for FY22 for approximately 435 acres of additional unexploded ordnance debris clearance with an additional \$200,000 to clear 20 acres related to the HH-53C Helicopter Crash Site. Of all the tribes receiving NALEMP funding, Isleta's program under Clint Lente has been the most productive and noteworthy. We will continue to advocate for increased funding to reduce the current time of over 20+ years to complete clean up.

Tribal Administration, in filling in for the Natural Resources Department section of the Housing Application process, found concerns related to criteria not considered in protecting our water rights. Due to this concern, the Housing Application process

has been placed on hold with Tribal Council's concurrence until assessment criteria can be improved and integrated into the web based module software that was created but stalled from being put into effect. Of concern is the loss of converting irrigated farmland into home sites that potentially reduce our water rights claims. Until we settle our water rights claims we must do what is necessary not only to protect current uses but future uses as well. To offset the limitation of homesite development on agriculture lands, we must provide alternative home sites with coordination between traditional leadership and Tribal Council. The need to put a hold on homesite approval is not popular, but has to be done in the best interest of Isleta's future until a better process and alternative home sites can be implemented.

As previously reported, a Federal Assessment Team (FAT) was petitioned for by Isleta and the Pueblo Coalition and was successful in being established to begin the process how to approach settlement of our water rights claims. The FAT is comprised of the Interior Secretary's Water Rights Office (SIWRO) Director, SIWRO Liaison, Bureau of Reclamation, Bureau of Indian Affairs, Interior Solicitor, US Fish and Wildlife Service, Department of Justice, and US Army Corps of Engineers. The first task will be to understand and determine the type of studies needed by the Pueblo Coalition members. We will continue to report as this process develops.

We would like announce that we have selected John Lujan, as the Natural Resources Director. Mr. Lujan has an extensive background working with several federal agencies and that experience will be an asset in re-building the department and program underneath. We will provide more of an introduction when Mr. Lujan is on board.

May our creator continue to protect us all and let us continue to pray for rain which is much needed.

Haw-wu
Vernon B. Abeita
Governor

**COVID-19 COUNSELING
& SUPPORT SERVICES**

**IT'S FREE &
ANONYMOUS.**

CALL (505) 954-1057

HUMAN SERVICES
DEPARTMENT

LETTER FROM THE EDITOR

DEADLINE for June Newsletter articles is set for Wednesday, May 18, 2022, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it’s time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you,
Nathaniel Lujan

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

The fifteen Newsletter distribution locations are:

1.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

TR 1 & TR 5 – Ranchitos / Bosque Farms Reservations Line

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

TR 12 - 47 & 147 intersection (Old Smoke & Save)

14.

TR 71 & TR 54 @ Y - Holiday Robot / Paved Road / Railroad Tracks

15.

TR 45 & TR 40 @ Y - Tata Mel (POI Signage)
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PROBATES

IN THE MATTER OF THE ESTATE OF:

Case No. CV-PR-0159-2021

Jose Alejandro Abeita aka Joe Alex Abeita (DOD: 08/27/2018)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose Alejandro Abeita aka Joe Alex Abeita**, deceased **08/27/2018**, 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, May 05, 2022 at 09:30 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:

Case No. CV-PR-0190-2021

John Pershing Abeita (DOD: 11/21/21)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **John Pershing Abeita**, deceased **11/21/2021**, 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 02, 2022 at 11:00 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:

Case No. CV-PR-0015-2022

Mary S. Donaldson (DOD: 10/19/2021)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Mary S. Donaldson**, deceased **10/19/2021**, 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 09, 2022 at 10:30 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:

Case No. CV-PR-0024-2022

Michael James Lucero (DOD: 01/08/22)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Michael James Lucero**, deceased **01/08/2022**, 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, July 14, 2022 at 9:00 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:

Case No. CV-PR-0039-2022

Rodney L. Paquin (DOD: 12/13/2021)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Rodney L. Paquin**, deceased **12/13/2021**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **To Be Determined (TBD) at TBD** at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:

Case No. CV-PR-0190-2021

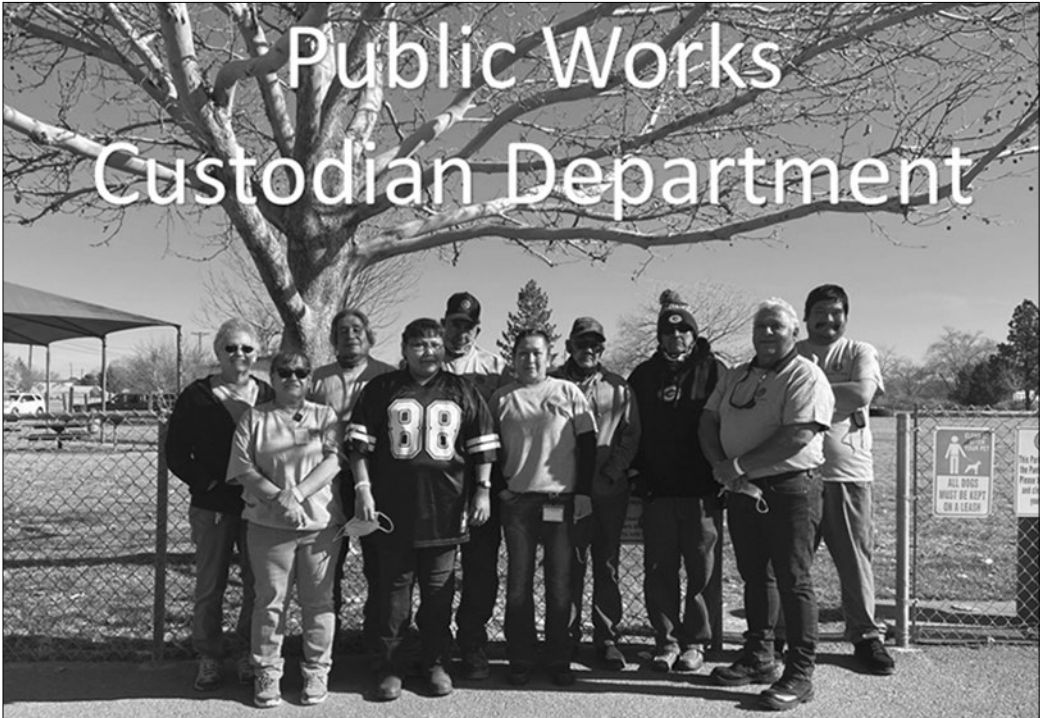
Denise Trujillo-Baca (DOD: 03/27/2021)

Second Notice

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.

PUBLIC WORKS DEPARTMENT

THE ISLETA CLEAN TEAM



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

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

The Custodial team consists of a Supervisor, a Lead Custodian and nine custodians. The crews clean, dust, sweep, mop, vacuum, empty trash and wipe down furniture and counter tops. Cardboard and other recyclable materials are separated and placed in the proper bins for collection by Solid Waste.

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

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

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

PUBLIC WORKS DEPARTMENT

CONSERVE ONE OF OUR MOST PRECIOUS RESOURCES, WATER

It's simple – open the faucet and water comes out. Water is free and available for use whenever it is needed or wanted, right? Is it really free? Is it really always available?

Water isn't free, there is a cost involved in everything. Water isn't always available - water lines break, leaks occur inside homes and well pumps may fail. The Pueblo of Isleta pays for all the costs involved to bring the water to your home or business.

There is a lot of cost involved in bringing water to your home or business. Pumps pull the water out of the ground and electricity is needed to operate the pump and other equipment; disinfection and treatment supplies are expensive and the buildings to house the equipment need to be maintained. Most of the treated water is pumped into storage tanks and then flows throughout a piping system and is delivered to each home and business located within the water system. A service line is connected from the main water line to your home or business allowing you to open a faucet and utilize the water.

New Mexico is in a drought. There may not be enough snowpack on the Northern Mountains to feed the Rio Grande with sufficient waters this year for irrigation purposes, as farmers can attest. Hopefully the situation will improve in the next few months and our farmers will have a successful year.

Residents are asked to protect and help save our most precious resource, water. Do not leave hoses running, over-water landscaping, or use potable water for irrigating large gardens. If your road is dry and dust is an issue, contact the Transportation Department and ask for the road to be watered down. Transportation does not utilize potable (treated) water when performing this task; they utilize a non-potable water source.

Public Works performs routing flushing at various locations to ensure a safe and potable water supply. This is a necessary procedure to keep the water in the lines from becoming stagnant.



MEMORIAL DAY SERVICE SCHEDULE


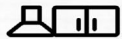
Monday and Tuesdays trash will both be collected on Tuesday May 31st. Have carts out by 7AM. Have a Happy Memorial Day!



KEEP ISLETA BEAUTIFUL!

869-4106

Summer To-Do List?



☐ Replace windows

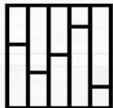
☐ Paint master bath

☐ New flooring

☐ Refresh yard fencing

☐ Add new bedroom and bath

☐ Replace roof



Maintaining a home can take time and money but don't let your list get any longer. Let Tiwa Lending help you with financing new home improvement needs.

Call or e-mail us today to ask about our programs:

Sheila Herrera


(505)-916-0556

Sheila@tiwalending.org

Miranda Lente

(505)-916-0634

Miranda@tiwalending.org





Job Postings

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

OUR LOCATION
Isleta Resort and Casino is located 7 minutes south of downtown Albuquerque at Interstate 25 and Hwy 47, exit 215.
The Human Resources office can be found on the east side of the building through the Employee Entrance doors.


<input type="checkbox"/> Title	Location	Address	City , State	Date Posted ▾
<input type="checkbox"/> SOUS CHEF	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	4/21/2022
<input type="checkbox"/> GUEST SERVICE SUPERVISOR	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	4/20/2022
<input type="checkbox"/> FRONT DESK AGENT	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	4/19/2022
<input type="checkbox"/> TABLE GAMES DEALER	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	4/19/2022
<input type="checkbox"/> LAUNDRY ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	4/19/2022
<input type="checkbox"/> BARTENDER	0334 - F&B CENTER BAR	11000 Broadway SE	Albuquerque, NM	4/18/2022
<input type="checkbox"/> BAKER II	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	4/18/2022
<input type="checkbox"/> SOUS CHEF	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	4/18/2022
<input type="checkbox"/> TRAINING SPECIALIST	HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	4/15/2022
<input type="checkbox"/> TRAINING & DEVELOPMENT MNGR	HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	4/15/2022
<input type="checkbox"/> Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	4/13/2022
<input type="checkbox"/> SUPERVISOR F & B	0334 - F&B CENTER BAR	11000 Broadway SE	Albuquerque, NM	4/8/2022
<input type="checkbox"/> VALET SUPERVISOR	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	4/8/2022
<input type="checkbox"/> COOK II	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	4/7/2022
<input type="checkbox"/> SLOT PREVENTATIVE MAINTENANCE (PM) TECHNICIAN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	4/7/2022
<input type="checkbox"/> Lieutenant	SECURITY	11000 Broadway SE	Albuquerque, NM	4/5/2022
<input type="checkbox"/> Captain	SECURITY	11000 Broadway SE	Albuquerque, NM	4/5/2022
<input type="checkbox"/> HDC SPECIALIST	UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	4/5/2022
<input type="checkbox"/> BANKER	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	4/5/2022
<input type="checkbox"/> COCKTAIL SERVER	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	4/4/2022
<input type="checkbox"/> ADMISSIONS/ISSUE CLERK	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	4/4/2022
<input type="checkbox"/> SOUS CHEF	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	4/1/2022
<input type="checkbox"/> COOK I	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	4/1/2022
<input type="checkbox"/> COOK III	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	3/31/2022
<input type="checkbox"/> COOK II	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	3/31/2022
<input type="checkbox"/> STEWARD	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	3/31/2022
<input type="checkbox"/> HDC SPECIALIST	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	3/29/2022
<input type="checkbox"/> SLOTS FLOOR TECHNICIAN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	3/28/2022
<input type="checkbox"/> PMT II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	3/28/2022
<input type="checkbox"/> HDCT	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	3/24/2022
<input type="checkbox"/> PASTRY CHEF	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	3/9/2022
<input type="checkbox"/> APPLICATIONS ADMINISTRATOR I	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	3/9/2022
<input type="checkbox"/> SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	3/9/2022
<input type="checkbox"/> SUPERVISOR F & B (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	3/7/2022
<input type="checkbox"/> SUPERVISOR F & B (Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	3/7/2022
<input type="checkbox"/> HOUSEPERSON	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	3/7/2022
<input type="checkbox"/> HOTEL PM TECHNICIAN	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	3/7/2022
<input type="checkbox"/> Irrigation Technician	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	3/7/2022
<input type="checkbox"/> Table Games Floor Supervisor	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	3/7/2022
<input type="checkbox"/> SURVEILLANCE AGENT	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	3/3/2022
<input type="checkbox"/> SALES MANAGER	0220 - HOTEL SALES	11000 Broadway SE	Albuquerque, NM	3/3/2022


<input type="checkbox"/> <u>CATERING MANAGER</u>	0220 - HOTEL SALES	11000 Broadway SE	Albuquerque, NM	3/2/2022
<input type="checkbox"/> <u>COOK I</u>	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	2/25/2022
<input type="checkbox"/> <u>Cook I (Fat Burger)</u>	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	2/24/2022
<input type="checkbox"/> <u>Cook I (Panda Express)</u>	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	2/24/2022
<input type="checkbox"/> <u>RESTAURANT CHEF</u>	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	2/23/2022
<input type="checkbox"/> <u>BARTENDER</u>	0334 - F&B CENTER BAR	11000 Broadway SE	Albuquerque, NM	2/18/2022
<input type="checkbox"/> <u>Groundskeeper</u>	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/15/2022
<input type="checkbox"/> <u>MAINTENANCE MECHANIC</u>	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/15/2022
<input type="checkbox"/> <u>OFF-SITE ATTENDANT</u>	0335 - F&B GOLF COURSE GRILL	11000 Broadway SE	Albuquerque, NM	2/15/2022
<input type="checkbox"/> <u>COOK I</u>	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	2/14/2022
<input type="checkbox"/> <u>Room Attendant</u>	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	2/9/2022
<input type="checkbox"/> <u>HVAC Tech II</u>	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/8/2022
<input type="checkbox"/> <u>Plumber II</u>	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	2/8/2022
<input type="checkbox"/> <u>COOK II</u>	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	2/7/2022
<input type="checkbox"/> <u>Cook I (Banquets)</u>	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	2/7/2022
<input type="checkbox"/> <u>Cook I (Prep)</u>	0385 - F&B PREP KITCHEN	11000 Broadway SE	Albuquerque, NM	2/7/2022
<input type="checkbox"/> <u>FOOD ATTENDANT-cashier/attendant/service (Fat Burger)</u>	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	2/7/2022
<input type="checkbox"/> <u>FOOD ATTENDANT-cashier/attendant/service (Panda Express)</u>	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	2/7/2022
<input type="checkbox"/> <u>DATABASE COORDINATOR</u>	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	2/7/2022
<input type="checkbox"/> <u>Main Banker</u>	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	2/7/2022
<input type="checkbox"/> <u>SECURITY OFFICER I</u>	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	2/4/2022
<input type="checkbox"/> <u>Guest Service Representative</u>	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	2/4/2022
<input type="checkbox"/> <u>DATABASE MANAGER</u>	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	2/4/2022
<input type="checkbox"/> <u>SECURITY OFFICER II</u>	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	2/2/2022
<input type="checkbox"/> <u>VALET ATTENDANT</u>	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	2/1/2022
<input type="checkbox"/> <u>BAKER I</u>	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	2/1/2022
<input type="checkbox"/> <u>Banquet Server</u>	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	2/1/2022
<input type="checkbox"/> <u>Banquet Captain</u>	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	2/1/2022
<input type="checkbox"/> <u>FOOD ATTENDANT (BEVERAGE)</u>	0331 - F&B DAUBERS GRILL	11000 Broadway SE	Albuquerque, NM	1/26/2022
<input type="checkbox"/> <u>FOOD ATTENDANT</u>	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	1/26/2022
<input type="checkbox"/> <u>Food Attendant (Chills)</u>	0332 - F&B CHILL COFFEE BAR	11000 Broadway SE	Albuquerque, NM	1/26/2022
<input type="checkbox"/> <u>Cage Cashier</u>	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	1/20/2022
<input type="checkbox"/> <u>OUTSIDE SERVICE</u>	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/19/2022
<input type="checkbox"/> <u>MASSAGE THERAPIST</u>	0200 - HOTEL OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/18/2022
<input type="checkbox"/> <u>SHIPPING & RECEIVING CLERK</u>	1580 - SHIPPING & RECEIVING	11000 Broadway SE	Albuquerque, NM	1/13/2022
<input type="checkbox"/> <u>Count Member</u>	0160 - CASH OPS COUNT	11000 Broadway SE	Albuquerque, NM	1/4/2022
<input type="checkbox"/> <u>EDR ATTENDANT</u>	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	1/4/2022

Department of Education
Higher Education

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



St. Augustine Parish
Isleta Pueblo

Ministry of Consolation



MISSION STATEMENT

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

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACCOUNTANT	Treasury	Open Until Filled
ACCOUNTANT/ PAYROLL	Treasury	Open Until Filled
ADMINISTRATIVE ASSISTANT	Tribal Administration	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Parks & Recreation	Open Until Filled
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department	Open Until Filled
ASSISTANT MANAGER	C-Stores	Open Until Filled
AUTO & DIESEL MECHANIC	Construction Operations	Open Until Filled
BOSQUE RESTORATION CREW SUPERVISOR	Water Resources	Open Until Filled
BUS DRIVER (Part Time)	Head Start	Open Until Filled
CARPENTER I, II or III (3 Positions)	Housing Authority	Open Until Filled
CAREGIVER (2 Positions)	Assisted Living Facility	Open Until Filled
CERTIFIED CODER II	Health Service	Open Until Filled
CERTIFIED FITNESS INSTRUCTOR	Health Service	Open Until Filled
CHILD CARE PROVIDER	Head Start	Open Until Filled
CLINICAL THERAPIST	Health Services	Open Until Filled
CONSTRUCTION FOREMAN	Housing Authority	Open Until Filled
COMMUNITY HEALTH NURSE	Health Services	Open Until Filled
COOK I	Assisted Living Facility	Open Until Filled
COOK I	Head Start	Open Until Filled
CUSTODIAN (2 Positions)	Health Services	Open Until Filled
CUSTODIAN	Public Works	Open Until Filled
DENTAL ASSISTANT	Health Services	Open Until Filled
DIRECTOR, CONSTRUCTION OPERATION	Construction Operations	Open Until Filled
DISPATCHER	Police Department	Open Until Filled
EARLY HEAD START TEACHER	Head Start	Open Until Filled
EMS MANAGER	Health Services	Open Until Filled
EMT INTERMEDIATE	Health Services	Open Until Filled
EXECUTIVE DIRECTOR, IPHA	Housing Authority	Open Until Filled
FACILITIES WORKER	Head Start	Open Until Filled
FAMILY SERVICES PRESENTING OFFICER	Tribal Administration	Open Until Filled
FITNESS INSTRUCTOR	Parks & Recreation	Open Until Filled
GAMING INVESTIGATOR	Gaming Regulatory	Open Until Filled
GRANTS & CONTRACTS MANAGER	Treasury	Open Until Filled
GROUNDKEEPER	C-Stores	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HOME CARE ATTENDANT	Elder Center	Open Until Filled
HOMEOWNERSHIP/LOAN AGREEMENT COUNSELOR	Housing Authority	Open Until Filled
INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled -Within Only
INTERNSHIP	Human Resources	05/02/2022
INTERNAL AUDITOR	Gaming Regulatory	Open Until Filled
JR. SYSTEMS ADMINISTRATOR	MIS	Open Until Filled
LABORER	Housing Authority	Open Until Filled
LANGUAGE TEACHER	Department of Education	Open Until Filled - Within Only
LEAD CUSTODIAN	Health Services	Open Until Filled
LEAD CUSTODIAN	Public Works	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
MEDICAL ASSISTANT	Health Center	Open Until Filled
NUTRITIONIST BREASTFEEDING COORDINATOR	WIC	Open Until Filled
PARAMEDIC	Health Center	Open Until Filled
PARKS & MAINTENANCE WORKER	Parks & Recreation	Open Until Filled
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center	Open Until Filled· Within Only
PHYSICIAN	Health Center	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
POLICE OFFICER I - CERTIFIED	Police Department	Open Until Filled
POLICE OFFICER I - CERTIFIED	Police Department - Open Space	Open Until Filled -Within Only
POLICE SERGEANT	Police Department	Open Until Filled
PRESENTING OFFICER	Tribal Administration	Open Until Filled
PROBATION/CHILDREN's INTERVENTION OFFICER	Tribal Court	Open Until Filled
RECORDS CLERK	Tribal Administration	Open Until Filled
REGISTERED NURSE	Health Services	Open Until Filled
REGISTERED NURSE-PT	Assisted Living Facility	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SECURITY OFFICER	Health Services	Open Until Filled
SECURITY OFFICER	Police Department	Open Until Filled
SECURITY OFFICER/SUPERVISOR	Police Department	Open Until Filled
SEPTIC TRUCK DRIVER	Public Works	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
SYP-RECREATION AIDE	Parks & Recreation	Open Until Filled
TUTOR I	Department of Education	Open Until Filled
TUTOR II	Department of Education	Open Until Filled
VETERAN SUPPORT SERVICE MEMBER	Elder Center	Open Until Filled -Within Only
WATER RESOURCES MANAGER	Water Resources	04/25/2021
W-WW APPRENTICE/ W-WW OPERATOR IV	Public Works	Open Until Filled



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



Helping New
Mexicans
overcome barriers
to
employment since
1941

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



Want to make money this summer working outside and learning about careers in conservation and public lands?
Want to get paid to help wildlife and your community?

Join the Youth Conservation Corps at Valle de Oro National Wildlife Refuge!



- **Full time employment June 6 to July29**
- **Make 11.50 per hour**
- **Build your resume!**
- **Must be enrolled in school and be 15, 16, 17, or 18 years old.**
- **Email questions to:**
dakota_dominguez@fws.gov
- **SCAN THE QR CODE TO APPLY NOW!**
 - **Applications due by April 29th**



**Valle de Oro NWR
Spring Calendar 2022**

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

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

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

**Apr-May
Environmental Justice
Community Day**
Small events happening through April and May. Find more info at:
<https://friendsofvalledeoro.org/>
On going

**Apr 6
ABQ Backyard Refuge
Program Q & A**
Find more information at: Facebook
@ABQbackyardRefuge
3 pm

**Apr 30
Jr Duck Stamp
Award Ceremony**
In person outdoor event at refuge amphitheater
1 pm to 2 pm

**Apr 30th
Art Along the Rio Grande**
In person outdoor art fair at the Gutierrez Hubble House. Fundraiser for Friends of Valle de Oro NWR.
10 am to 2 pm

**Starting May 5
Visitor Center and Nature Store Open**
Parking lot, breezeway bathroom, trails, visitor center and Friends Nature Store open
Thursdays through Saturdays 9 am to 4 pm

**May 7th
HerbFest Info Table: Friends of VdO and Backyard Refuge Program**
In person event at the Rio Grande Nature Center
On going

**May 8
HerbFest talk: Sharing Space with Wildlife-Build a Backyard Refuge**
In person outdoor event at the Rio Grande Nature Center State Park
11 am to 12 pm

**Starting May 31st
Visitor Center and Nature Store Open**
Parking lot, breezeway bathroom, trails, visitor center and Friends Nature Store open
Tuesday through Saturdays 9 am to 4 pm

**Jun 11
Star Party**
In partnership with The Albuquerque Astronomical Society. In person outdoor event at refuge. RVSP at: <https://friendsofvalledeoro.org/>
8 pm to 11 pm



Join us!



*Volunteers
wanted*

to staff the new visitor center at Valle de Oro National Wildlife Refuge

We are looking for volunteers to help staff the welcome desk in our new visitor center starting in May. Morning and afternoon shifts are available. Come be a part of the first Urban National Wildlife Refuge in the Southwest! Contact: dakota_dominguez@fws.gov if interested.

APPLY NOW



SCAN ME

For more information and to apply use the QR code to visit volunteer.gov or search "Valle de Oro" on volunteer.gov

**Aaron Robert Dailey Scholarship
-The Tibien (Elk Mountain) College Fund
\$1,000 Scholarship for Native Americans
(2022-2023)**



Eligibility:

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



DEADLINE:
August 3, 2022

Email: swlopc@outlook.com
to request an application

2021-2022 Scholarship Recipients

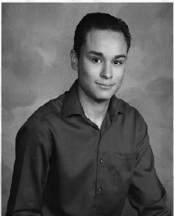
Kierston Vicenti

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

ISLETA FIRE DEPARTMENT

Greetings from Isleta Fire Department,

As we all know fire season is now upon us, now is the time to ensure that your house and property are safe from fire. We have seen continuously in the news all the wildfires around us and just recently the closest wildfire that occurred just south of us in Belen called the “Big Hole” fire. Some residents didn’t have time to gather personal belongings and others did, as evacuations are mandated residents only have minutes to gather what they need and leave their residences. Let’s make sure we as a community are prepared if one day a wildfire occurs in the Bosque or a field fire gets out of control. Here are a few tips to fireproof and keep your house and property safe from a wildfire.

BE PREPARED

- Ensure your home and neighborhood have legible and clearly marked street names and numbers. Driveways should be at least 12’ feet wide with a vertical clearance of 15’ feet for emergency vehicle access.
- Develop, discuss, and practice an emergency action plan with everyone in your home. Include details for handling pets, large animals and livestock.
- Plan two (2) alternate routes out of your house and neighborhood (besides the one normally used), practice a family evacuation drill using the alternate route, have a family meeting spot.
- Have a prepacked bag with clothing, prescribed medication and personal items to last three days (72 hours), keep all personal and important documents in a safe place or in a fireproof safe.

CHECK YOUR PROPERTY

- Make sure your home address number is visible from the street. If not, trim and clear obstructions covering or blocking the numbers, replace numbers if not visible, firefighters may need to locate your home.
- Clear a 30’ foot radius around your house from broken tree branches, piled up dry leaves and weeds. Wood piles should be kept away from your house and off the porch or deck at least 30’ feet away. Keep all propane tanks and flammable liquids away from your house and off your porch or deck.
- Keep all trees and shrubs pruned and trimmed, remove low hanging tree branches up to a height of 4’ feet from the ground.

If you feel threatened by the fire and feel it’s unsafe to stay, EVACUATE, don’t wait to receive an emergency notification.

Let’s all think safely and burn wisely. Contact Isleta Police dispatch (505) 869-3030 to see if it’s a BURN or NO BURN Day. Remember Burn Permits are required.

Department of Education

UPCOMING

SENIOR EVENTS



May 3

Senior Banquet for APS

Honoring the Graduating Class of 2022 Native American students who attend Albuquerque Public Schools and charters. To be held at UNM SUB Ballroom.

May 7

Senior Baccalaureate Mass

The baccalaureate mass for the class of 2022 has been scheduled for May 7th, 5pm at St. Augustine Church. Graduates, please wear your cap and gown.

May 21

LLHS Graduation

Class of 2022 Commencement Ceremony for Los Lunas High School will be held at the Pit at 9:00 AM

May 21

VHS Graduation

Class of 2022 Commencement Ceremony for Valencia High School will be held at the Pit at 1:00 PM

Graduation dates and times for APS & private schools vary, please contact the school directly for more information

Department of Education
505-869-9790

TRUANCY

Celebration season is here!

The time has come for school to come to an end for the 2021-2022 school year and graduation is upon us. We are happy and excited for our youth who will be graduating and going on to the next chapter in their lives whether it be moving into higher education or entering the workforce.

We know it's a time of celebration with family and friends. Remember to be safe and cautious when out and about, as there will be many gatherings. If you are with your younger siblings/cousins or friends, set a positive example for them and show them the respect you'd want. It is important for parents to talk to your child about the importance of safety at any age but most importantly during the upcoming months, as they will be out more with their peers, during the summer months.

Graduation is important for many reasons. It's a time for family to get together and to enjoy and celebrate the graduate, and their accomplishments.

- Have fun and remember that this is their day to enjoy.
- Be sure to show up on time to the event, to ensure you get a seat.
- If you are not having a celebration the day of graduation, enjoy the day with family and plan lunch/dinner, or going to a movie.



Tips for Parents:

- **Set curfews:**

Have a set curfew, but if you do decide to extend curfew do not let hours go by without checking on your child. Know where they will be and how long they will be there.
- **Communicate your expectations:**

Even though you might have talked to your child about the choices they make and how it will affect them, it is always a good idea to have the conversation again especially around this time of year.
- **Trust:**

Building trust with your child is mutual; this builds a strong relationship between child and parent. This also allows for growth and understanding.
- **Boundaries:**

Your child might want to go to a celebration that is out of town or at place you are not familiar with. Allowing your child to attend these celebrations might create a safety risk for your child and yourself. Make sure you discuss your concerns and make your decisions based on the outcome of your conversation.

Science
Technology
Engineering
Mathematics



I will be a

CHANGEMAKER

Jack Saloio

SMA Native American STEM Scholarship Recipient

Bring STEM home.

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

SMA

Since 1985

Scholarship application submission deadline:

June 10, 2022 at 5:00 p.m.

PARKS & RECREATION DEPARTMENT

May is here, the plants are flowering, the grass is green, the trees are filling in looking great, and giving us some awesome shade and if any of you are like me, your allergies are giving you all kinds of trouble. Well sometimes a few allergies and a little discomfort for a few weeks is the price some of us, not all of us, pay for nature's beauty. I do not know about you, but I am willing to put up with the allergies and the few weeks of discomfort. I always look forward to seeing the beauty nature brings us this time of the year, I just hope and pray that we get lots more moisture (rain).

I am sure all of you are well aware of the many fires burning all over the state and country right now, what a loss. The devastation these fires have caused is awful, loss of land, loss of homes and property, the loss of animals, the loss of nature's beauty, and worst of all, the loss of lives as well in some cases. It is awful to see and read about and unfortunately, many of these fires are caused by negligence. Please-please-please let's all do our part to help try and prevent fires by making sure we follow any and all safety requests involving fires and how to extinguish them properly and also by making sure that we are not negligent with cigarettes, matches, lighters, camp fires etc.

RECREATION PROGRAM INFORMATION

Summer Recreation Program is just around the corner! Thank you parents for taking the time to come in and enter your children in the lottery drawing for Summer Recreation program. Summer program will start June 6th and end on July 29th, 2022 it will be a 8 week summer program. This summer we will include the Tiwa Program to teach Tiwa class to our Isleta youth and hopefully get Explora to come back to join us for the summer again. We will have a rotation of activities such as swimming, fitness time, arts & crafts, nutrition snack making, nature walks and much more! We are finalizing the hiring of summer staff and will have staff training for these youth workers on pool safety, child abuse awareness, proper use of sports equipment, recreational activities and other topics as well. If you haven't entered your child(ren) into the summer program lottery yet, please come down to the recreation center and do so, we will be drawing the participant names who we will be taking for this year's summer program on Monday, May 2nd, 2022.

After School Program – After school participants have been involved in making various snacks that are easy to make at home. They follow step-by-step instructions on a recipe and learn how to measure food properly in measuring cups and spoons and after they help out by washing their dirty dishes. They have made fruit pizza, chocolate birds nest with Chinese noodles, Jell-O Jigglers and edible Kool-Aid slime. This month's activities for the youth will be working with clay, a painting activity and create a Mother's Day gift and more snack making.

For more information about our recreation programs (summer or after school) please contact us at (505)869-9777.



New Isleta Recreation Center presents:



BERNIE JOJOLA

MEMORIAL Challenge

Fun Walk & Run

Saturday, May 21st, 2022

On Site Registration Begins at 8AM

•Walk/Run Starts at 9AM

Location: New Rec Center (Isleta) Tribal Road 40

For more information please call: (505) 869-9777

Pick-up Registration forms at New Recreation Center

Tribal members and POI employee's only, must pre-register by April 22, 2022

word search puzzle

Mother's Day

B	C	R	C	A	R	D	E	Y	T	M	O	I	L	M	G	T
I	O	Q	U	D	C	M	N	S	T	H	Z	C	C	Y	L	H
V	O	S	U	N	D	A	Y	V	V	S	N	M	O	M	M	Y
E	K	C	X	S	Q	M	U	M	S	C	G	B	I	U	T	I
C	I	N	Q	W	P	Z	B	I	A	A	H	R	Z	B	I	B
F	E	S	M	T	I	I	K	E	D	Y	A	U	P	O	V	T
U	S	E	J	B	X	W	J	H	E	A	R	T	G	U	R	V
D	C	O	O	T	R	A	D	I	T	I	O	N	E	Q	U	Q
M	E	H	G	U	O	F	C	A	R	G	N	K	I	U	V	D
F	A	M	I	L	Y	J	X	F	E	Q	A	Z	Y	E	X	L
F	J	L	O	V	E	Z	G	N	Z	C	M	K	T	T	O	F
L	F	H	B	U	G	R	A	T	E	F	U	L	G	T	T	X
P	Z	C	F	L	O	W	E	R	S	P	P	C	H	R	L	R
R	L	C	E	L	E	B	R	A	T	E	W	G	H	K	D	Q

BOUQUET

MAY

CAKE

MOMMY

CARD

SUNDAY

CELEBRATE

TRADITION

COOKIES

LOVE

FLOWERS

HUG

GRATEFUL

FAMILY

HEART

KISS

↻ ↺ ↻ ↺

FITNESS

Isleta recreation center is in full swing of spring fitness activities like the 8 week Employee Challenge, Boot Camp, Personal Training, Spinning and Yoga. These are just some of the activities that have been taking place with great success. There is still plenty of room to join and start your fitness journey. Also a recommendation of

where to start. In-Body 270, is a total body composition scale that shows you where you currently are in your health and fitness journey. In-Body gives you a layout of body fat percentages, skeletal muscle mass, body mass index, pounds recommended to lose, pounds of muscle recommended to gain and most importantly, if your body is getting enough water.

After all, water is the source of all life. Upon completion of your In-Body read out, a fitness professional will go through your In-Body analysis and tell you what exactly what everything means. The In-Body scale is available to everyone free of charge. As to where other places can charge anywhere for \$25.00 up to \$100.00 to depending on where you go. So if interested, please call Isleta Recreation Center at 505-869-9777 and speak with your local fitness professionals (Anne Asman, Matthew Jaramillo and Thomas Zuni).

SPORTS

Things are hopping once again here at the recreation center, volleyball is going strong still and we are getting ready to start up our 3 on 3-basketball league. Our Fun Runs are always a big hit with lots of participation and coming up is our Bernie Run (see the posted flyer). We continue to have open gym, kids and adults stop in to play basketball. We also have elders stopping by to play shuffleboard as well. We are always open to new ideas and activities as well, so please feel free to stop in or call and talk with Coach Waquie, he is always willing to talk and help our youth. Coach Waquie can be reached at (505) 869-9777. Please keep your eyes open for flyers advertising any upcoming activities. We do our best to try and get information out to everyone.

AQUATICS CENTER

Isleta Aquatics hopes everyone is having a terrific Spring! We are excited to announce that we have had multiple families come in and enjoy our aquatic facility! It is a great way to cool off and have fun with the family in a safe environment. We would like to remind everyone that we offer lane reservations by the hour, Monday-Thursday from 5:30am-8:30am and 3:30pm-7:30pm as well as family sessions Monday-Thursday



from 3:30pm-7:30pm (family sessions are limited to 8 household members). Fridays we will have sessions available from 5:30am-8:30am as well as 3:30pm-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-1:00pm. All three types of swim session can be reserved by the hour at the

front desk of the Rec Center. Swim lesson 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. For anyone interested in information about child or adult swim lessons, water aerobics and other aquatic programming please call Josh or Connie at 505-869-9783.

3 ON 3

CO-ED BASKETBALL
LEAGUE ALL AGE GROUPS

WHERE: ISLETA PUEBLO REC CENTER

WHEN: MAY 15TH AND 16TH

SUNDAY 10 AM TO 2 PM

MONDAY 6PM TO 8 PM

REGISTRATION STARTS APRIL 18TH - DEADLINE MAY 2ND

IF YOU HAVE ANY QUESTIONS PLEASE CALL 505-869-9777

OR EMAIL: GEORGE.WAGUIE@ISLETAPUEBLO.COM

Made with PosterMyWall.com

YOGA

Focus Areas for May 2022

Week 1 (May 2, 4, 6)

Breathing exercises and poses to stretch the chest and cleanse the deeper lungs.

Week 2 (May 9, 11, 13)

Hip poses to manage tightness and soreness throughout the pelvic region.

Week 3 (May 16, 18, 20)

Stretches that release tightness in the hamstrings, glutes and low back.

Week 4 (May 23, 25, 27)

Poses for front thigh muscles (quadriceps) to ease tension before and after long periods of sitting. (Memorial Day road trip prep!)

Mon & Wed : 5:30 p.m. | Fri : 10 a.m.

@ New Rec Center | Call Anne for more info: x9012

Mat & Yoga blocks available. Bring your own too!



Pueblo of Isleta Public Library

Summer Reading Program Registration is here, are you ready? Registration will be May 6th IN-PERSON here at the library starting at 7am until all spots are filled. Read more about it in our upcoming section of our article. Schools will be letting out this month and the library may be busier than usual throughout the day. Please be aware of your surroundings in the parking lot, around the library and in the neighborhood as children may be out enjoying their Summer Break. Hotter days are slowly creeping up on us, please remember not to leave children, elderly, or pets in your vehicle. Temperatures can rise in a matter of minutes, even with a cracked window.

News

The library will be CLOSED on Monday, May 30th in observance of Memorial Day. All library media checked out on Thursday, May 26th will be due on Tuesday, May 31st. Enjoy your three-day weekend and also remembering those who are no longer with us!

The library will be having a staff meeting the first week of May. During this time, we will be discussing the Summer Reading Program and making any last-minute preparations and making sure we are all set for the Summer.

The Summer is a very busy time for the library and patrons may experience longer waiting times at the front desk. You will notice more children during the day and new summer workers. Please be patient with us as some of the new staff are just learning and for some it is their very first job. We would like to apologize in advance for any inconvenience during this busy time and we thank you for understanding. Please feel free to reach out if you have any questions or concerns you may call the library at 505-869-9808.

The library would like to thank all applicants who applied for our Library Aide I Full-Time position. The decision was not easy. We appreciate your interest in the library.

The library now has laptop checkouts for in house use only for library patrons with a valid ID. Laptops are available on a first-come, first-served basis. Wi-fi is available and laptops will automatically connect to it for easy internet access. Laptops must be returned to the checkout desk after each

session or before the end of the business day. Laptop checkouts are only for use inside the library and cannot be taken home. If you would like to learn more about this service or have any questions, please give the library a call at 505-869-9808.

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 May after story time we will be doing a variety of crafts such as a Mother's Day Card, Paper Crab Craft, Tissue Paper Chicks and a Popsicle Stick Fish. Story Time will be every Wednesday at 10:30am here at the library. Give us a follow on our social media accounts if you would like to see what book and craft we will be doing that day, and you can also pick up a calendar 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

Staff Fire Extinguisher Training is scheduled for this month which will include the basics of fire extinguisher locations, common fire hazards, proper procedures, and safe evacuation routes. Staff will also be trained on how to use fire extinguishers and to discharge.

The library will once again be a host site for the Summer Meal Program provided by the Bernalillo County food program. We are still not sure if meals will be in-person or grab-and-go, we will share more

information as it comes available. All meals are FREE and must be eaten on site. If you have any questions regarding this program, you may give the library a call at 505-869-9808.

Summer Reading Program Registration will be May 6th in-person at the library starting at 7am. Registration will be on a 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 on Monday May 2nd and will be posted on our library social media accounts, website, or you can come by the library to pick up a copy.

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 old's 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.

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. The Junior Program will be "Oceans of Possibilities." The Junior Program will be open to 20 students 3-6 years old from 9am to 11:30am daily Monday through Friday.

MAY
2022

Family Story
Time is
every
Wednesday
Starting at
10:30am at
the Library!

*Story time is subject to change
to virtual Per POI Public health
orders*



FAMILY STORY TIME CALENDAR						
SUN	MON	TUE	WED	THU	FRI	SAT
1 	2		4 Story time Begins: 10:30am Book: Ruby in Her Own Time Craft: Mother's Day Card	5	6	7
8 	9		11 Story time Begins: 10:30am Book: I'm the Biggest Thing in the Ocean Craft: Paper Crab Craft	12	13	14
15	16		18 Story time Begins: 10:30am Book: Quiet Bunny's Many Colors Craft: Tissue Paper Chicks	19	20	21
22	23		25 Story time Begins: 10:30am Book: Octopus Ocean Craft: Popsicle Stick Fish	26	27	28
29	30	31				

For the Youth Program it will feature 4 different curriculums to choose from that include Science, Marvel Universe, Dinosaurs and Cooking. Our Youth Program ages 7-14 years old from 1pm to 4pm daily Monday through Friday. We will be accepting 20 students with 5 spots available for each curriculum.

Descriptions and calendars for the Summer Reading Program are available at the library. They are also available on the library’s website: www.isletapueblo.com/whats-new.html and on the library’s social media accounts.

Recap

The Active Shooter Training was held on Tuesday, April 19th. Instructed by officer Lorenzo Lujan of the Isleta Police Department. During training, staff learned how to recognize the signs of danger, react appropriately, and make quick survival decisions. Though it is scary to think about and we often think it could never happen, trainings like these can often be difficult to go through. Just like a fire drill we now have to make an Active Shooter situation plan for the safety of staff, patrons and students.

The After School Program is slowly coming to an end with only one more month left in school. However, there is still lots to do! Students have been working hard for their next incentive field trip. Which will be to the movies to see Sonic the Hedgehog 2 and dinner at Dion’s. This time around library staff is going off a point system where students come in and do homework or read to earn their points for the movie. In order to go on the field trip students must earn 20 points before the field trip. Students come in daily to check their points and they make sure to complete their homework or reading to earn those points. The incentive field trip was held on Friday, April 29th. Also in the works is the final field trip or an end of the school year party. We usually like to do something special for the end of the school year to thank students on doing a great job throughout the year. It’s sad to see another school year come to an end and we will miss our students but we would like to wish all students a wonderful summer, and we will see you next school year.



After School Program working on some Spring Crafts for the month of April!



CHR Transport Resources:

We've had to adjust our CHR transport schedule until further notice, therefore if you need a ride to Isleta Health Center on Tuesdays or Thursdays, we encourage using:

► **Rio Metro 505-352-3595** ◀

- Rides must be requested by 12 Noon one business day in advance
- For Monday rides, requests must be made by 12 Noon on the Friday before
- Ride requests are accepted between 8 a.m. and 5 p.m.
- Rio Metro dispatchers will work with riders to accommodate requested times or give other options based on bus availability

► **Utilizing your insurance member services number,** ◀

Call your insurance member services number, (number usually found on your insurance card) and they can help set up transportation for you. Please be mindful that most requests for transport services require a 72 notice but can vary.

Call CHR today if you need help navigating these resources 869-4485



PUEBLO OF ISLETA PUBLIC LIBRARY

SUMMER MEAL PROGRAM

JUNE 1ST - AUGUST 5TH

Breakfast and lunch will be provided!



Monday -Friday

TIMES AND DETAILS: TBA

FREE to ALL Youth AGES 1-17 years old



Youth must be present.

Meals are limited and served on a first come first served basis.

The Pueblo of Isleta Public Library will be a site for meal distribution!

If you have any questions please contact the library at (505) 869-9808.

ISLETA POLICE DEPARTMENT

SPRING ROARED IN!



April 22, 2022 – Between Albuquerque and Santa Fe

As we all know March and April are the windy months where it is said “March comes in roaring like a lion and leaves like a lamb”. It seems the lion has delayed his departure as was witnessed by some of the winds last month.



Blowing dust can turn into what the DOT calls "blinding dust" in a moment's notice.

The New Mexico Department of Transportation urges everyone to reconsider travel plans today. Those who are traveling today, NMDOT is offering these tips to help you stay safe if you're caught in a dust storm.

- Avoid driving into or through a dust storm.
- Do not wait until poor visibility makes it difficult to safely pull off the roadway — do it as soon as possible. Completely exit the highway if you can.
- If you encounter a dust storm, check traffic immediately around your vehicle (front, back and to the side) and begin slowing down.
- **Do not stop in the roadway;** pull completely out of the travel lanes and as far onto the right shoulder as possible.
- Stop the vehicle in a position ensuring it is a safe distance from the main roadway and away from where other vehicles may travel.
- Turn off all vehicle lights, including your emergency flashers.
- Set your emergency brake and take your foot off the brake.
- Stay in the vehicle with your seat belts buckled and wait for the storm to pass.
- Drivers of high-profile vehicles should be especially aware of changing weather conditions and travel at reduced speeds.

You can also check the latest travel conditions by calling 511 or visiting nmroads.com



WELCOME

We welcome the newest member to the Police Department family, Officer Keith Miller. Officer Miller who brings nine years of experience not only in patrol but has specialized in DWI, Drug Recognition and Narcotics investigations. When not policing, Officer Miller enjoys hunting and other outdoor-related activities. “I look forward to serving the Pueblo of Isleta and assist in any capacity I can”.

IHSP

As always the IHSP Traffic Division is busy and will be busier as the weather becomes warmer and nicer as this brings out travelers, motorcyclists enjoying a day trip somewhere, ATVs and just an increased flow of traffic on all the main thoroughfares through the Pueblo. These officers are ever vigilant for traffic violations and maintaining safe passageways for all. With that said they are also participating in a national mobilization beginning this month – “CLICK IT OR TICKET”. Although they watch for unrestrained travelers in vehicles during their regular course of duty this focus allows for specialized enforcement apart from regular duty. Patrol officers from the department will also participate in this mobilization. Following is some statistical data as to the reasons this is an important mobilization as published by NHTSA

2022 CLICK IT OR TICKET

Fact Sheet

From May 23-June 5, 2022, state and local law enforcement agencies across the

nation are conducting enforcement efforts for motorists who aren’t wearing their seat belts.

Face the Facts

- The national seat belt use rate in 2019 was 90.7%, which is good — but we can do better. The other 9.3% still need to be reminded that seat belts save lives.
- Among young adults 18 to 34 killed while riding in passenger vehicles in 2019, more than half (57%) were completely unrestrained — one of the highest percentages for all age groups.
- Men make up the majority of those killed in motor vehicle traffic crashes. In 2019, 65% of the 22,215 passenger vehicle occupants who were killed were men. Men also wear their seat belts at a lower rate than women do — 51% of men killed in crashes were unrestrained, compared to 40% of women killed in crashes.

Bust the Myths

- Vehicle type: There seems to be a misconception among those who drive and ride in pickup trucks that their larger vehicles will protect them better than other vehicle types would in a crash. The numbers say otherwise: 58% of pickup truck occupants who were killed in 2019 were not buckled. That’s compared to 43% of passenger car occupants who were not wearing seat belts when they were killed. Regardless of vehicle type, seat belt use is the single most effective way to stay alive in a crash.
- Seating position: Too many people wrongly believe they are safe in the back seat unrestrained. Forty-five percent of all front-seat passenger vehicle occupants killed in crashes in 2019 were unrestrained, but 58% of those killed in back seats were unrestrained.
- Rural versus urban locations: People who live in rural areas might believe their crash exposure is lower, but in 2019, there were 11,971 passenger vehicle fatalities in rural locations, compared to 10,187 fatalities in urban locations. Out of those fatalities, 48% of those killed in the rural locations were not wearing their seat belts, compared to 45% in urban locations.

Click It or Ticket — Day and Night

- High-visibility seat belt enforcement is important 24 hours a day, but nighttime is especially deadly for unbuckled occupants. In 2019, 55% of passenger vehicle occupants killed at night (6 p.m.–5:59 a.m.) were not wearing their seat belts.
- Click It or Ticket isn’t about citations; it’s about saving lives. In 2019, there were 9,466 unbuckled passenger vehicle occupants killed in crashes in the United States. To help prevent crash fatalities, we need to step up seat belt enforcement, day and night.

Learn more about the Click It or Ticket mobilization at NHTSA.gov/ciot.



TRIBAL INJURY PREVENTION RESOURCE CENTER

TRIBAL INJURY PREVENTION PROGRAM

CAR SEAT SAFETY

WHICH CAR SEAT SHOULD I USE?

Age by Years

Birth

1

2

3

4

5

6

7

8

9

10

11

12

13+



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.



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

Adult ‘Mental Health First Aid’ Trainings

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

- WHO:

Community Members
- WHAT:

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

Thursday & Friday, May 12th & 13th
8:00 – 12:30 each day (8-hr Certification Course)
- WHERE:

Isleta Health Center; Training Center (Pink Modular Building on Westside of Clinic)
- WHY:

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

Adult Mental Health First Aid: Program Overview

- [What is Mental Health First Aid \(MHFA\)?](#)
 - [Mental Health Problems in the United States](#)
 - [Mental Health First Aid Action Plan](#)
 - [Understanding Depression and Anxiety](#)
 - [Mental Health First Aid Action Plan for Depression and Anxiety](#)
 - [Mental Health First Aid Action Plan for Depression and Anxiety](#)
 - [Panic Attacks](#)
 - [Traumatic Events](#)
- [Symptoms of Anxiety](#)
 - [Understanding Psychosis](#)
 - [Mental Health First Aid Action Plan](#)
 - [Psychosis](#)
 - [Disruptive or Aggressive Behavior](#)
 - [Understanding Substance Use Disorders](#)
 - [Mental Health First Aid Action Plan](#)
 - [Overdose](#)
 - [Withdrawal](#)
 - [Substance Use Disorders](#)
 - [Using your Mental Health First Aid Training](#)

Women, Infants, & Children (WIC)
Hello Spring!

Due to a temporary increase in federal funds, the POI WIC Nutrition Program has increased the amount of Cash Value Benefits (CVB) that our participants receive! Participants can purchase fresh and frozen fruits and vegetables. Currently, children receive \$24 each month. Pregnant women and Postpartum women receive \$43, while breastfeeding women are receiving \$47. Please give the POI WIC Nutrition Program a call to get more information about WIC benefits and to check your eligibility! (505)869-2662

The days are getting longer and warmer. Check out the recipe below for a healthy springtime snack. All of the foods provided for this parfait can be purchased using WIC benefits!

WIC Frozen Fruit Parfait

- Low-fat Vanilla Yogurt
- Frozen fruit of any kind
- Honey Bunches of Oats and/or any other WIC cereal to top off your Parfait.

Combine all ingredients in a small bowl as a healthy snack or dessert!



CENUS DEPARTMENT


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

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

Minor IIM accounts:
UPDATE BIA is still working on setting up all minor tribal member accounts for the past distribution. Because all accounts are still not set up, they were unable to send out account statements as planned on March 31, 2022. Parents can request an account statement by calling (888) 678-6836, the next quarterly statement date is June 30, 2022.

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

Isleta Health Support Group



7th Annual Isleta Cancer Survivor's Day

Everyone Welcome

Tentative Schedule

May 10, 2022 * 5pm-7:30pm

5:00pm to 5:10pm	Sign in, get Dinner
5:10pm to 5:20pm	Welcome & Prayer Governor Abeita
5:20pm to 5:25pm	Opening Prayer
Drawing	
5:25pm to 6:10pm	Cancer is Survivable: Teresa Gomez and Amy C Gundelach
Drawing	
6:10pm to 6:30pm	Cancer Survivors/Caregivers Panel with Q&A: To be determined
6:30pm to 6:45pm	Activity: Fill out Balloon Messages Write Letters Fill out Fans Share
Drawing	
6:45pm to 6:50pm	Cancer Survivor and Caregiver Acknowledgement Stephanie Barela
6:50pm to 7:15pm	St. Peregrine Presentation
Drawing	
7:15pm to 7:20pm	Please fill out your evaluation and turn in for a Dream Catcher
7:20pm to 7:25pm	Closing: Governor Abeita
7:25pm to 7:27pm	Drum Group Closing Song
7:27pm to 7:30pm	Balloon Release

Big thanks to all of our presenters and those that assisted with the day

ALL WELCOME MASKS REQUIRED

Contact: Stephane Barela | 505-869-4479 | stephanie.barela@islclinic.net


LET'S CELEBRATE
Isleta CANCER SURVIVORS & CANCER CAREGIVERS
May 10th 5pm at the Isleta Health Training Center
Stephanie Barela, Health Educator
| 869-4479 | sbarela@islclinic.net



7th Annual Isleta Cancer Survivor's Day Event
Every year in June, people all over the country CELEBRATE National Cancer Survivor's Day. Due to Isleta's busy June schedule, the Isleta Health Center always celebrate our Cancer Survivors in May. From 2015-2019, the Isleta Health Center has celebrated those affected by Cancer during an annual event we offer on the 2nd Tuesday in May. Although it is a month earlier than the National Cancer Survivor's Day, the Isleta Health Support Group believes any time is the right time to celebrate the cancer survivors in the community.

As we are beginning to start to live our lives in the "new normal", we will continue to practice COVID-19 safety measures and offer this event back at the Isleta Health Training Center. If you are affected by Cancer or just want to support those in Isleta that are affected by it, please plan to attend this annual event, so that we can honor those in Isleta who are touched by this disease. The event will be on Tuesday, May 10th at 5pm-7:30pm. We will have a presentation on "Cancer is Survivable", along with sharing from a few cancer survivors and caregivers. We will have an activity to write messages onto a Balloon. We plan to offer dinner and sharing along with several door prizes and then a presentation on St. Peregrine. I hope that you can join us in celebrating and supporting those in Isleta who have dealt with or are currently dealing with Cancer.

We are still looking for 1 or 2 Cancer Survivors or Caregivers to speak on the panel. Along with a Drum Group or someone to play an instrument during this event. Please contact me if you are interested. You will be compensated for your time.



Smoking Increases Your COVID-19 Risk

While the past year has not brought an end to the coronavirus as we would have hoped, we do know more about the virus that can help us protect ourselves. Of course, wash your hands, wear a mask, and social distance – but did you know it is now proven that **smoking increases your risk of severe illness from COVID-19?**¹
That's right, the U.S. Centers for Disease Control and Prevention (CDC) stated that "being a current or former cigarette smoker increases your risk of severe illness from COVID-19."
Here's what you can do to help mitigate your risk:

- If you currently smoke, quit. If you used to smoke, don't start again. If you've never smoked, don't start.
- For help quitting, call the New Mexico Quitline at 1-800-QUIT NOW or visit www.QuitNowNM.com.
- Get support. Counseling from a healthcare provider and use of FDA-approved nicotine replacement therapy like nicotine patches, lozenges, or gum can double the chances of quitting smoking.

It's not too late to prioritize your health.
Quit smoking today.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medicalconditions>.

PROTECTION

I wear my mask to protect myself and my community.

Although statewide indoor mask mandates have been removed, masks are still:

- 1) One of the best ways to protect ourselves from the spread of all coronavirus variants;
- 2) Strongly recommended to be worn in all indoor public settings by the CDC, NMDOH and many tribal governments; and
- 3) N95, KN95, and surgical masks are preferred.

Many tribal lands and buildings are still enforcing mask mandates and restrictions, please adhere to local rulings.

Masks are still effective in protecting you and others against the spread of COVID-19. Refer to your local officials for guidelines in your area.

Fact sheet developed as of 04/05/2022

Mental Health Awareness

Orion Zuni,
Experiential Educator
Isleta Behavioral Health Services
(505) 869-5482

“You don’t have to struggle in silence. You can be Un-silent. You can live well with a mental health condition, as long as you open up to somebody about it.”
~Demi Lovato

The month of May is dedicated to Mental Health Awareness and was established to bring attention to the importance of mental health and wellness in American lives, and to celebrate recovery from mental health illness. Although we may not realize it, mental health is an essential aspect of a person’s overall health.

What is mental health?

Mental health is focused on our emotional, psychological, and social well-being. It is very impactful to the way we think, feel, and act. Mental health is very important at every stage in life, from childhood and adolescence through adulthood into our elder years. It helps determine how we handle stress, relate to others, and when making choices. Throughout our lives we may face mental health problems that could impact our thinking, mood, and behavior.

There are many factors that can contribute to mental health problems, and could include:

- Life experiences, such as abuse or trauma
- Family history of mental health problems
- Biological factors, such as genes or brain chemistry

Mental health problems affect everyone and are very common within our community. Typically, mental health problems are clinically diagnosable and are products of our experiences, biology, psychology and social factors. There are many various types of treatments for mental health problems and are dependent on the individual. Treatments can include therapies (talk, trauma, EMDR, etc), medication, or both depending on the individual’s needs that will target specific mental health problems.

While it is important to consider mental health as a part of our overall health and wellbeing, it still holds a lot of stigma behind it. Many people with mental health problems can be highly productive members of our community. You probably know someone who struggles with mental health problems but does not show it. Even very young children may show early warning signs of mental health concerns. Unfortunately, less than half of children and adolescents with diagnosable mental health problems receive the treatment they need. Mental health support early in a child’s life can help before problems interfere with other developmental needs.

While there are many factors that play into mental health problems, there are also positive ways of maintaining positive mental health and can include:

- Getting professional help if you need it
- Connecting with others
- Getting active physically
- Helping others
- Maintaining a healthy sleep schedule
- Developing healthy coping skills

Positive mental health allows us to realize our full potential, cope with the stress of everyday life, work productively, and make meaningful contributions to our community.

While mental health problems are very common, help is available. People with mental health problems can get better and many recover completely. If you or someone you know is struggling with mental health feel free to reach out to the Isleta Behavioral Health Clinic at 505-869-5475 and set up an appointment with one of our counselors.

NATIONAL PHYSICIANS WEEK

WAS

MARCH 25-MARCH 31, 2022

The Isleta Health Center would like to **THANK** our wonderful Physicians for all of their dedication and support to the Isleta Community!

WE APPRECIATE OUR PROVIDERS!

Expressing our gratitude for your dedication to our community. Your devotion and care brings healing, comfort and hope.

DR. NELSON
DR. CHYNOWETH
DR. SAPIEN

PUEBLO OF ISLETA HEALTH CENTER

ISLETA ELDER CENTER HOSTS A SPECIAL PRESENTATION ON JUNE 15, 2022. 9:30 AM

NATIVE AMERICAN PROFESSIONAL PARENT RESOURCES INC. (NAPPR) Empowers, educates, and provides supportive services to build healthy Native American children and families. Services include: tribal home visiting, early intervention, early Head Start, dental services, and health education. NAPPR is extending their outreach to Pueblo of Isleta Elders. Please come join us for a special presentation on Dental Care and Potential Dental Disease. Come see the new dental tools in the market for Elder Dental Care.

Bingo and Prizes!!! Elder Center 869-9770.

DIABETES
and Periodontal Disease

Periodontal disease is a chronic infection of the gums. Periodontal disease affects people with diabetes 2x more than people without diabetes, making it harder to fight off germs that settle in the mouth, causing infection.

Keeping a healthy mouth plays a big part in maintaining your diabetes. In addition, it is also very important to eat healthy, exercise, take needed medicines, check blood sugar, inspect feet, control blood pressure and cholesterol, and stop the use of commercial tobacco.

Steps you can take:

- See your dentist regularly
- Tell your dentist you have diabetes
- Ask for more information about mouth health and diabetes from your doctor and dentist
- Brush with fluoride toothpaste 2 times a day
- Floss once a day

Dry Mouth

Also called xerostomia, dry mouth can be painful and cause problems in:

- tasting
- chewing
- swallowing
- speaking
- getting more cavities
- tooth sensitivity
- more mouth infections

Causes

Medications
Diabetes
Other diseases
Infections
Hormone changes
Chemotherapy
Radiation therapy

Treatments

Saliva Substitutes
Sugar-free gum
Fluoride gel
Water
Chap-Stick use
Humidifier

Things to Avoid

Salty Foods
Sticky Foods
Caffeine
Commercial Tobacco

Spicy Foods
Sugary Foods
Alcohol

SAVE THE DATE:

June 10, 2022
Farmers Market
Isleta Elder Center

The Pueblo Resurgents (young Isleta Men and Women revitalizing the importance of farming) and the Isleta Elder Center hosts the first **Farmers Market of the Season 10 am to 2 pm** at the Elder Center.

To start this project, at **9am to 10am** a **panel of elder farmers** will talk about the days of past and what farming was like. Come join us and listen to the stories of our elders and support our local farmers. *Call 869-9770 for Vendor Applications.*



Isleta Elder Center Menu 2022




Monday	Tuesday	Wednesday	Thursday	Friday
5/2/2022	5/3/2022	5/4/2022	5/5/2022	5/6/2022
Ham & Cheese Sandwich	GC Chicken Alfredo	Meatball Sub	Beef Tacos	Mothers Day Cook Out
Slice Ham 3oz Slice Cheese 1oz Carrots 1/2c Baked Chibs 2oz Fruit cup	Grilled Chicken 4oz Pasta 1oz Alfredo Sauce 2oz Italian Vegetable 1/2c Breadstick Fruit	Meatballs 3oz Marinara Sauce 2oz Swiss Cheese 1oz California Vegetable Hoagie Fresh Fruit	Ground Beef 4oz Spanish Rice 1/4c Grilled Corn Salsa 2oz Cake 1/4	Menu to Be Determined!
5/9/2022	5/10/2022	5/11/2022	5/12/2022	5/13/2022
Carne Adovada	Beef Tips	Sliced Turkey	Bean Burrito	Chicken Parmesan
Pork Chile Meat 4oz Potatoes 1/4c Chuckwagon 1/2c 1 Tortilla SF Jello	Beef Tips 4oz Steam Rice 1/4c Broccoli 1/2c Gravy 2oz Dinner Roll Fruit	Turkey 4oz Stuffing 1/4c Gravy 2oz Green Beans 1/2c Fruit	Beans 1c Spanish Rice 1/4c Red Chile 2oz Mixed Vegetable 1/2c Shredded Cheese 1oz	Chicken Breast 4oz Pasta 1oz Marinara Sauce 2oz Italian Vegetable 1/2c Fruit
5/16/2022	5/17/2022	5/18/2022	5/19/2022	5/20/2022
Roast Beef	Chicken Salad Sandwich	Shopards Pie	Sweet and Sour Chicken	Chile Beans
Sliced Roast Beef 4oz Mashed Potato 1/4c Gravy 2oz California Vegetable 1/2c Dinner Roll	Dice Chicken 4oz Lettuce/Tomato 2oz Baby Carrots 1/2c Baked Chips 2oz Croissant	Ground Beef 4oz Peas & Carrots 1/2c Gravy 2oz Mashed Potato 1/4c Fruit	Tempura Chicken 4oz Fried Rice 1/4c Stir Fry Vegetable 1/2c Sweet and Sour Sauce 2oz Fortune Cookie	Beans 1c Ground Beef 3oz Red Chile 2oz Corn Bread Fruit
5/23/2022	5/24/2022	5/25/2022	5/26/2022	5/27/2022
Corn Chowder	Taco Burgers	Lasagna	Country Chicken	Grilled Cheese
Dice Chicken 3oz Dice Potatoes 1/4c Corn 1/2c Bread Stick SF Jello	Hamburger Patty 3oz Green Chile Sauce 2oz Slice Cheese 1oz Chuckwagon 1/2c Tater Tots 1/4c Taco Shell	Ground Beef 4oz Cheese Mixture 1/4c Pasta 1oz Marinara Sauce 2oz Broccoli 1/2c Fruit cup	Chicken Breast 4oz Ranch Mashed Potatoes 1/4c Cream Gravy 2oz Carrots 1/2c Fruit	Cheese 2oz Whole Wheat Bread Mixed Vegetable 1/2c Baked Goldfish 2oz
5/30/2022	5/31/2022			
CENTER CLOSED	Chicken Cordon Bleu			
MEMORIAL DAY RESURGENTS AND FARMERS	Chicken stuffed with Ham 4oz Baked Potatoes 1/2c Honey Pinon Sauce 2oz Green Beans 1/2c Dinner Roll	REMINDER	Please call by 9 AM to cancel Home Delivered Meals. Thank you. 505-869-9770	

****Menus are subject to change without notice, based on the availability of products.****

Isleta Elder Center

Benefits & Resources Assistance




Benefits Assistance is provided when applying for any of the following:

- **New Mexico Human Services Benefits**
 - Medicaid
 - Personal Care Services
 - Medicare Saving Program
 - SNAP – Supplemental Nutrition Assistance Program
 - Cash Assistance
 - LIHEAP – Low Income Home Energy Assistance Program
- **Commodities** – Food Distribution Program
- **Social Security**
- **PNM Good Neighbor Fund**
- **Medicare** – you must apply for Medicare 3 months before or 3 months after you turn 65 years of age.

If you are interested in applying for benefits or have questions, please do not hesitate to give me a call. I am available Monday thru Friday from 8 a.m. to 4:30 p.m.

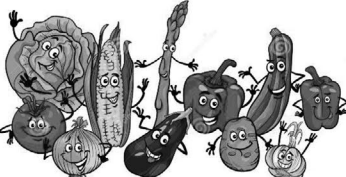
Pauline Lucero, Benefits & Billing Manager
Office: 505-869-9770
Email: pauline.lucero@isletapueblo.com



We are **open** for lunch, so come join us!

Monday thru Friday 12 pm – 1 pm

Fresh Salad Bar available daily!


















CANCELED


Isleta Health Center
Health Fair

Isleta Health Center has been very busy working on various projects that we are hoping to offer to the community throughout the year. Because of this, we have decided to cancel 2022's Isleta Health Center's Health Fair.

Please keep a look out for other programs the Isleta Health Center is offering.



If you have questions please contact Stephanie Barela @ (505) 869-4479

<div><div>Isleta Elder Center Activities Calendar (505) 869-9770 Monday - Friday 8:00AM - 4:30PM</div><div>MAY2022</div><div>Activities Coordinator Antoinette Thayer (505) 869-9770 Ext. 9336</div></div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Open Activities</div> <div>9AM - 3PM</div> <div>Most Activities available</div> <div>Exercise Equipment/Pool table, & Board Games</div> <div>Upon Request</div>	<div>3</div> <div>Activities Room</div> <div>Yoga & Strength Training</div> <div>10:30AM - 11:30AM</div> <div></div> <div>Rec Center Park</div> <div>Frisbee Toss</div> <div>1:30 - 3:00</div>	<div>4</div> <div>Open Activities</div> <div>9AM - 3PM</div> <div>Most Activities available</div> <div>Exercise Equipment/Pool table, Board Games & Adult color</div> <div>Upon Request</div>	<div>5</div> <div>Activities Room</div> <div>Yoga & Strength Training</div> <div>10:30AM - 11:30AM</div> <div></div> <div>Cinco de Mayo</div> <div>Lunch</div> <div>12PM</div>	<div>6</div> <div>Mother's / Chee-e's Day</div> <div></div> <div>Celebration</div> <div>Elder Center</div> <div></div> <div>COOK-OUT & Entertainment</div> <div>11:30 am - 1:30 pm</div>
<div>9</div> <div>Open Activities</div> <div>9AM - 3PM</div> <div>Most Activities available</div> <div>Exercise Equipment/Pool table, etc.</div> <div>Board Games & Adult color</div> <div>Upon Request</div>	<div>10</div> <div>Activities Room</div> <div>Yoga & Strength Training</div> <div>10:30AM - 11:30AM</div> <div></div>	<div>11</div> <div>Tinkertown</div> <div>Museum</div> <div>Field Trip</div> <div>General Admission \$6</div> <div>Lunch & Snack Provided</div> <div>Transportation Provided</div>	<div>12</div> <div>Activities Room</div> <div>Yoga & Strength Training</div> <div>10:30AM - 11:30AM</div> <div></div> <div>Mass 11:30</div>	<div>13</div> <div>Activities Room</div> <div>Shuttleboard</div> <div>12:30PM - 2PM</div> <div></div>
<div>16</div> <div>Activities</div> <div>10AM - 11:30AM</div> <div>Board Games</div> <div>Rec Center Gym</div> <div>Shuffleboard</div> <div>1PM - 3PM</div> <div>Early Voting</div>	<div>17</div> <div>Activities Room</div> <div>10:30 AM - 11:30 AM</div> <div>Yoga & Strength Training</div> <div></div> <div>Early Voting</div>	<div>18</div> <div>Friendship Breakfast 9:00 AM</div> <div>General Meeting 10:00 AM</div> <div>Meet and Greet Tim Zuni Isleta Police</div> <div>Daryl From: Pueblo of Resurgents</div> <div>Presentation about Sovereignty & Food Security</div> <div>Commodities Distribution</div>	<div>19</div> <div>Activities Room</div> <div>10:30 AM - 11:30 AM</div> <div>Yoga & Strength Training</div> <div></div> <div>Early Voting</div>	<div>20</div> <div>Early Voting</div> <div>Advisory Committee Meeting 9:00AM</div> <div></div> <div>Birthday Celebration!</div> <div>12:00PM</div>
<div>23</div> <div>Open Activities</div> <div>9AM - 12PM</div> <div></div> <div>West Rec Track</div> <div>12:30pm- 1:30pm Run/Walk</div> <div>Early Voting</div>	<div>24</div> <div>Open Activities</div> <div>1PM - 3PM</div> <div>Most Activities available</div> <div>Exercise Equipment/Pool table, etc.</div> <div>Board Games & Adult Color</div> <div>Early Voting</div>	<div>25</div> <div>Activities</div> <div>10AM - 11:30AM</div> <div>Board Games</div> <div>Rec Center Gym</div> <div>Shuffleboard</div> <div>1PM - 3PM</div> <div>Early Voting</div>	<div>26</div> <div>Activites Room</div> <div>1PM - 3PM</div> <div>Canvas Painting</div> <div></div> <div>Early Voting</div>	<div>27</div> <div>Activities Room</div> <div>*Sign up 10 per session</div> <div>Prize BINGO!</div> <div>12:30PM 2:00PM</div> <div></div> <div>Early Voting</div>
<div>30</div> <div>Memorial Day</div> <div></div>	<div>31</div> <div>Activities Room</div> <div>10:30 AM - 11:30 AM</div> <div>Yoga & Strength Training</div> <div></div> <div>Early Voting</div>	<div>June 8 -11</div> <div>REMINDER</div> <div>Las Cruces NM</div>	<div>Activites are open to everyone</div> <div>over the age of 50, unless</div> <div>unless otherwise noted.</div>	<div>*Field Trip</div> <div>Zoo</div> <div>June 2nd</div> <div>Sign up soon</div> <div>Transportation Provided</div>
<div>*Allactivities subject to change</div>				





**Elder Center Hosting
Mothers/Chee-e's
COOK-OUT**

Enjoy Good Food & Entertainment
Raffle's Every 15 minutes
Isleta Elder Center
May 6th
11:30 am - 1:30 pm
In the courtyard
RSVP by 4/29/22 505-869-9770



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



Important Dates:

May 3, 2022- Head Start Transition Meeting

May 13, 2022- Last Day of School for Head Start children

May 14, 2022- Head Start Transition Ceremony

May 16, 2022- Professional Development Day (NO SCHOOL)

May 19, 2022- Policy Council Meeting

May 30, 2022- Memorial Day (NO SCHOOL)

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



Mariah Lente- Teacher Assistant

Yolanda Garley- Head Start Staff Assistant

A Look Inside the Classroom

Head Start Classroom 3:
Teacher Erika and Teacher Alex

Last month we completed so many art projects. To introduce our Insect Study the children made different insects. Some chose bumble bees, ants, or caterpillars. We also made watercolor butterflies to introduce our "Isleta Butterflies" to the classroom. In continuation from last month we are still working on practicing writing our first name and continuing our sight word practice. For the month of April we have started our final study on Insects. The children are really enjoying learning about the life cycle of bugs and all the different bugs we have around the center and our homes. You may have heard them talking about "exoskeletons" and "habitats". We are also very excited to see our Isleta Butterflies growing and currently in their chrysalis stage! In the coming weeks we will be able to release them and watch them fly to their new habitat.



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.

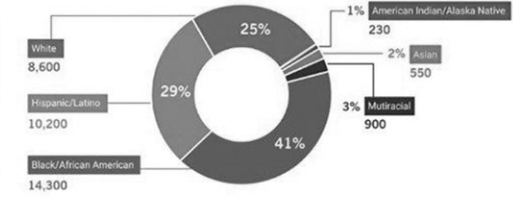
You may be eligible to receive nicotine replacement therapy from the Isleta Health Center Pharmacy if you attend the "Thinking About Quitting" Program.

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

National Native HIV/AIDS Awareness Day

Statistics of HIV/AIDS affecting Native Americans

HIV incidence by race/ethnicity, 2019



HIV infections amongst Native Americans/Alaskan Native populations are estimated to be 1.3% of the US population in 2019

In 2015 19% of AI/ANs living with HIV were undiagnosed, compared to 13% nationwide. Lowest survival rate after AIDS diagnosis and lowest rates of viral suppression.

Information and Images from <https://www.hiv.gov/hiv-basics/and/nihb.org>

For more information about HIV/AIDS you can visit nnhaad.org/resources/

Health Beat

National High Blood Pressure Education Month

Stephanie Barela, Health Educator @ 869-4479 • <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure>

May is National High Blood Pressure Education Month. High Blood Pressure is also known as hypertension. This month is a good time to get your blood pressure checked and see if you at risk for a heart attack. High Blood Pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure is determined by two readings. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure is and the more risk you have.

- **Top number (systolic pressure).** The first, or upper, number measures the pressure in your arteries when your heart beats.
- **Bottom number (diastolic pressure).** The second, or lower, number measures the pressure in your arteries between beats.

You can have high blood pressure for years without any symptoms. Fortunately, high blood pressure can be easily detected, you just need to get it checked. Once you know you have high blood pressure, you can work with your doctor to control it. Uncontrolled High Blood Pressure it can lead to:

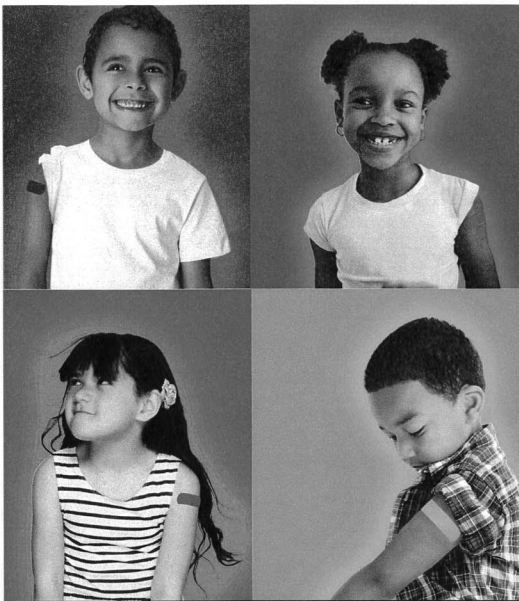
- **Heart attack or stroke**-hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications.
- **Aneurysm**-blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.
- **Heart failure.** To pump blood against the higher pressure in your vessels, the heart has to work harder. This causes the walls of the heart's pumping chamber to thicken (left ventricular hypertrophy). Eventually, the thickened muscle may have a hard time pumping enough blood to meet your body's needs, which can lead to heart failure.
- **Weakened and narrowed blood vessels in your kidneys.** This can prevent these organs from functioning normally.
- **Thickened, narrowed or torn blood vessels in the eyes.** This can result in vision loss.
- **Metabolic syndrome.** This syndrome is a group of disorders of your body's metabolism, including increased waist size, high triglycerides, decreased high-density lipoprotein (HDL) cholesterol (the "good" cholesterol), high blood pressure and high insulin levels. These conditions make you more likely to develop diabetes, heart disease and stroke.
- **Trouble with memory or understanding.** Affect your ability to think, remember and learn. Trouble with memory or understanding concepts is more common in people with high blood pressure.
- **Dementia.** Narrowed or blocked arteries can limit blood flow to the brain, leading to a certain type of dementia (vascular dementia). A stroke that interrupts blood flow to the brain also can cause vascular dementia.

Risk factors for High Blood Pressure Include: www.mayoclinic.com

- **Age.** The risk of high blood pressure increases as you age. Until about age 64, high blood pressure is more common in men. Women are more likely to develop high blood pressure after age 65.
- **Race.** High blood pressure is particularly common among people of African heritage, often developing at an earlier age than it does in whites. Serious complications, such as stroke, heart attack and kidney failure, also are more common in people of African heritage.
- **Family history.** High blood pressure tends to run in families.
- **Being overweight or obese.** The more you weigh, the more blood you need to supply oxygen and nutrients to your tissues. As the amount of blood flow through your blood vessels increases, so does the pressure on your artery walls.
- **Not being physically active.** People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each contraction and the stronger the force on your arteries. Lack of physical activity also increases the risk of being overweight.
- **Using tobacco.** Not only does smoking or chewing tobacco immediately raise your blood pressure temporarily, but the chemicals in tobacco can damage the lining of your artery walls. This can cause your arteries to narrow and increase your risk of heart disease. Secondhand smoke

also can increase your heart disease risk. If you are interested in Quitting Commercial Tobacco Use, please contact Stephanie Barela at the Isleta Health Center (505-869-4479).

- **Too much salt (sodium) in your diet.** Too much sodium in your diet can cause your body to retain fluid, which increases blood pressure.
- **Too little potassium in your diet.** Potassium helps balance the amount of sodium in your cells. A proper balance of potassium is critical for good heart health. If you don't get enough potassium in your diet, or you lose too much potassium due to dehydration or other health conditions, sodium can build up in your blood.
- **Drinking too much alcohol.** Over time, heavy drinking can damage your heart. Having more than one drink a day for women and more than two drinks a day for men may affect your blood pressure. If you drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women and two drinks a day for men. One drink equals 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof liquor.
- **Stress.** High levels of stress can lead to a temporary increase in blood pressure. Stress-related habits such as eating more, using tobacco or drinking alcohol can lead to further increases in blood pressure.
- **Certain chronic conditions.** Certain chronic conditions also may increase your risk of high blood pressure, including kidney disease, diabetes and sleep apnea.




CATCH UP ON CHECKUPS AND ROUTINE VACCINES

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


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

WELL-CHILD CHECKUPS ARE ESSENTIAL




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

VACCINATION HELPS PROTECT YOUR CHILD'S HEALTH




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




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

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


www.cdc.gov/vaccines/routine





ISLETA PUEBLO
NATIONAL NATIVE
HIV/AIDS
AWARENESS
WEEK UPDATE

OBSERVED DURING THE WEEK OF
MARCH 13TH - MARCH 20TH



Greetings POI Community Members,

Thank you for your participation in our POI community's **FIRST TIME** observing National Native HIV/AIDS Awareness Day (NNHAAD),

Our POI community, inclusive of POI employees, during the week of March 13th- March 20th took part in observing NNHAAD by either picking up a free at home HIV at-home testing kit, participating in the walk/run challenge, and or learning more about HIV/AIDS through posts created by the POI library staff.

Within the designated week, our community picked up **62** at-home testing kits! This is incredible for our community because this has NEVER EVER been done before. We hope everyone that participated continue to share all information you learned about HIV/AIDS. Remember, HIV is preventable- meaning HIV can be avoided. In order to keep our community members safe we, as a community, must continue to provide access to education that is free from judgement and stigma.

A very special thank you to these POI departments that assisted on helping make this observation week a success:

- Isleta Behavioral Health The Isleta Recreation Center,
- Isleta Public Library,
- Isleta Community Health Representative (CHR) Program,
- Isleta Recreation Center,
- Community Health Education Resiliency Program (CHERP),
- Southwest Indigenous Initiatives (SWII) Coalition,
- Isleta Diabetes Program, and
- Isleta Environmental Department.

Her'khem / Ha'wu / Thank you for your participation!

Isleta Pueblo Community Health Representative Coordinator
Brandi Lucero-Jiron





CHR Trasnpport
Update:

We've had to adjust our CHR transport schedule until further notice, this includes specifics to our program such as:

- **Rides must be requested 72 hour in advance**
- **IHC walk-in appointments are welcome but require a 24 hour notice and on space availability basis. Please let appointment clerk if you need a ride.**

We encourage you to make your CHR transport reservations as early as possible. We accept reservations 3 weeks in advance.

Call CHR today, 869-4485



CHR Trasnpport
Schedule Update:

We've had to adjust our CHR transportation schedule until further notice. We apologize for the inconvenience but appreciate your understanding and patience.
space is limited each day


Monday
Wednesday
Friday

IHC ONLY

Tuesday
Thursday

Albuquerque
Area ONLY

Call us today to schedule your ride to your next non-emergency medical appointment
869-4485



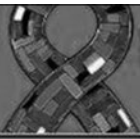
Thinking About Quitting

Have you been Thinking About Quitting?

**Now is the time to act and
Quit your Nicotine Habit for Good!**

Take this 1 time, 1 on 1, 90 minute session over the phone or in person at the Isleta Health Center, to increase your motivation to quit and to get some Tips and Tricks to help you do Quit for Good!

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




National Native HIV/AIDS AWARENESS
DAY

What is HIV?

It is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases.

- HIV can be treated with medicine (called antiretroviral therapy or ART)

WHAT IS HIV?

Human Immunodeficiency Virus (HIV) is a virus that attacks cells that help the body fight infection.

There's no cure, but it is treatable with medicine.


What is AIDS?

AIDS is the late stage of HIV infection and occurs when the body's immune system is damaged from the virus.

- HIV medication can still help with this stage of progression and can be lifesaving.


How do you know if you have
HIV/AIDS?


→The ONLY way for someone to know if they have HIV is to get tested!



*Information and images were pulled from the nnhaad.org website

For more information you can learn about HIV/AIDS you can visit nnhaad.org/resources/





ISLETA HEALTH SUPPORT GROUP

2022 Meeting Schedule

Location: Isleta Health Center Kitchen or IHC Training Center
Daytime sessions: Use main entrance | Nighttime sessions: Training Center or IHC Kitchen

Training Center location: Pink building at north end behind the Health Center
Kitchen Location: South side of the Health Center near the grassy gated area-2nd door on the right.

Morning Session:10:30am to 12:00pm | Evening Session 5:00pm-6:30pm

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

DATE	TOPIC	SPEAKER	LOCATION
5/10/2022 5pm-7:30pm	EVENING SESSION 7 th Annual Isleta Cancer Survivors Day Event	Balloon Release/ Survivor Celebration (Anjie Cureton)	Presented Virtually and Possibly at Isleta Health Training Center
6/14/2022 10:30am – Noon	Advance Directives and End of Life Planning	Anjie Cureton Clinical Psychologist, UNM	Presented Virtually and Possibly at Isleta Health Kitchen
7/12/2022 5pm-6:30pm	EVENING SESSION Alternative Medicine and Cancer Treatment	Renaldo Wilson DOH NUPAC Program Director	Presented Virtually and Possibly at Isleta Health Training Center
8/9/2022 10:30am – Noon	What is Inflammation	Renaldo Wilson DOH NUPAC Program Director	Presented Virtually and Possibly at Isleta Health Kitchen
9/13/2022 5pm – 6:30pm	EVENING SESSION Depression/BH/Suicide	Isleta Behavioral Health	Presented Virtually and Possibly at Isleta Health Training Center
10/11/2022 10:30am-12pm	12yr Anniversary Celebration of Group Established October 2010		Presented Virtually and Possibly at Isleta Health Kitchen
11/8/2022 5pm-6:30pm	EVENING SESSION Stress Management for Caregivers training	Antonio Lopez, LMSW Clinical Provider Trainer Western Sky	Presented Virtually and Possibly at Isleta Health Training Center
12/13/22 10:30-12pm	Heart Health	Janet Johnson DOH Tribal Liaison	Presented Virtually and Possibly at Isleta Health Kitchen

Topics are subject to change.

EVERYONE WELCOME
Sessions are Virtual; dial in on phone or
in-person (Depending on Restrictions).

**Call Stephanie for Log In
Information or Phone Number**

Limited Space available in order to Social Distance

**SEATS MUST BE RESERVED AHEAD OF TIME
PLEASE CALL IN ADVANCE
MASKS ARE REQUIRED**


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

Isleta Health Center 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.



COVID-19 COUNSELING
& SUPPORT SERVICES

IT'S FREE &
ANONYMOUS.

CALL (505) 954-1057

Boost Your Natural Immune Response

VACCINATE THE WHOLE FAMILY

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

Vaccines protect against these people diseases:

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


WhyImmunize.org

Vaccines protect against these pet diseases:

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


Fix.Adopt.Save.
Our Community Commitment
FixAdoptSave.org

Babies need vaccines:



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


School age kids need vaccines:



(4-6 years old)

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


Teens need these vaccines:



(11-12 & 15-16 years old)

HPV	Flu (Yearly)
Tdap	Meningococcal ACWY & B


Pregnant moms need:



Flu (Yearly)
Tdap 1 dose with each pregnancy

...to protect both
mom and baby


Healthy adults 19-59 need:



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

More vaccines may be needed for certain medical conditions


Adults 65 and over need:



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


More vaccines may be needed for certain medical conditions

Cats need:



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

Dogs need:


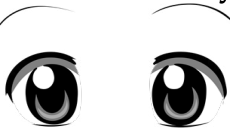


- DHPP (distemper, adenovirus, parvo, parainfluenza) starting at 6 weeks; then every 3-4 weeks until 16-20 weeks old; last 2 DHPP vaccines should contain leptospirosis
- Rabies at 12 weeks, Rabies booster after 1 year, then every 3 years
- Bordetella at 12 weeks, 2nd dose 3 weeks later
- Yearly boosters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

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

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

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

MAY ²⁰²² ISLETA HEALTH CENTER Questions? Call 869-3200					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 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	3 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	4 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	5 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	6
7/8	9 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	10 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	11 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	12 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	13
14/15	16 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	17 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	18 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	19 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	20
21/22	23 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	24 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	25 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	26 <div>CLINIC OPENS AT 9:50am</div> Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	27
28/29	30 Clinic Closed 	31 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	Health Vision Month Call 869-4080 to schedule a vision check today... 	<div>ISLETA HEALTH SUPPORT GROUP</div> <div>7th Annual Isleta Cancer Survivors</div> <div>Tuesday, May 10, 2022 Isleta Health Training Center (Not offered Virtual this month)</div> <div>Call to reserve a space Contact Stephanie Barela 869-4479 </div>	DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services :869-5475
All In Person Programs are subject to the most current COVID-19 Public Mandate...					



7TH ANNUAL
ISLETA CANCER
SURVIVORS

May 10, 2022
5:00 - 7:30 pm

Isleta Health Training Center
(Pink building behind the main Health Center)

NEEDED:

Cancer survivors & Cancer Caregivers to participate on a speakers panel & Drum Group or someone to play relaxing music during event.
(Will be compensated.)

ALL ISLETA COMMUNITY
WELCOME!

In person only, not offering program virtually

Call Stephanie Barela for more information at 869-4479

Balloon Release, Music, Presentation, Door Prizes, Activity, Food and More!



HIV Testing Site List

Isleta Health Center

#1 Sage Brush St
Albuquerque, NM 87105
505-869-3200

First Nations Community Health Source

5608 Zuni SE
Albuquerque, NM 87108
5505-262-6052

Albuquerque Indian Health Services (IHS) Hospital

801 Vassar Drive NE,
Albuquerque, NM 87106
505-248-4000

Los Lunas Public Health Office

445 Camino Del Rey SW, Suite A
Los Lunas, NM 87031
505-222-0940

Midtown Public Health Office

2400 Wellesley Dr NE
Albuquerque, NM 87107-1812
505-841-4100



Find more resources like:

- HIV/AIDS Statistics
- Learn more about NNHAAD
- Youtube videos for youth
- Getting a HIV testing kit mailed to you for FREE
- and more!

by visiting our linktree.



Just type,

"www.linktree/IsletaCHR"

into your URL.
Link will be valid until the end of May. Otherwise, you can request printed resources from CHR
869-4485
:)