



Isleta Pueblo News

Volume 17 Issue 10

Pueblo of Isleta website: www.isletapueblo.com

Like us on
Facebook

October 2022

Governor's Report

Ma-gu-wam,

I hope this newsletter finds you well. The COVID-19 pandemic is still a concern for the Pueblo. We have been fortunate that our COVID positive numbers have been low and have not had many hospitalizations due to COVID. We will continue to monitor and provide services needed for our community. The new booster vaccine will be available. Please contact the COVID line at 505-869-9720.

The Isleta Health Center staff and I met with the Center for Medicare and Medicaid Services (CMS) Deputy Administrator and Director Dr. Dan Tsai and Kitty Marx, Director of Division of Tribal Affairs, to discuss Medicaid process and services to the state and Pueblo. One discussion point that is important to the community is, during this pandemic of COVID-19 it was not necessary to update information with CMS. After our discussion CMS will soon be requiring individuals who receive Medicaid benefits to update their information as required to continue to receive services through Medicaid. If you receive Medicaid services, please update your information with the Isleta Health Center.

Isleta was asked to participate and give the opening prayer for the Valle del Oro National Refuge 10 Year Anniversary event on September 10, 2022. Lt. Governor Lucero gave the opening and provided comments. The event host acknowledged the refuge being on the ancestral lands of Isleta and appreciates the partnership with Isleta. During the event 2nd Lt. Governor Sanchez took the opportunity to talk with Albuquerque Mayor Tim Keller, who prior to his foray into politics helped Isleta develop our business operations on our north boundary. 2nd Lt. Governor's conversation centered on the asphalt plant being proposed to be located north of Isleta's boundary affecting air quality and our recreation areas.

Isleta, along with South Valley community groups have been opposing Star Paving Company wanting to build a continuous hot mix asphalt plant west of South Broadway Boulevard near Interstate 25, directly across the railroad tracks just north of the reservation boundary and past chicken operation. The County Zoning Administrator, the County Board of Adjustment, and Albuquerque's Environmental Health Department had denied all requests relating to the new asphalt plant. Star Paving and the property owners appealed the Zoning decision to the Bernalillo County Commissioners. The appeal hearing was held on September 13, 2022, and with coordination between Isleta and community groups, a large in person protest was staged at the front entrance of Alvarado Square. Due to our efforts which included Isleta's opposition letter in the September 11, 2022, Albuquerque Journal and signed on by the community groups, the Bernalillo County Commission unanimously denied the appeal. We would

like to recognize our Isleta team involved including our Environment Department, Ramona Montoya, Heaven Lucero, Jamie Jojola, in house legal counsel, Emily Soli, outside legal counsel Frank Holleman and Dave Mielke, and 2nd Lt. Governor Sanchez. Also, thanks to Mountain View Neighborhood Association, Mountain View Community Action, Friends of Valle De Oro National Wildlife Refuge, New Mexico Environmental Law Center, and Los Jardines Institute. Star Paving has 30 days to appeal to State Court. We will provide updates should this occur.

Tribal Council, 2nd Lt. Governor Sanchez, General Counsel Emily Soli, Outside Counsel Dave Mielke, and myself, attended the National Tribal Telecommunications Association (NTTA) Broadband Summit, in Chandler, AZ, September 20-21, 2022. Attending the conference was connected to Isleta's effort in building our fiber network from the National Telecommunications and Information Administration (NTIA), \$26 Million Grant Fund received in August. Some of the topic discussions covered: How to Build Sustainable Operations, Managing Broadband – Challenges and Opportunities, Becoming a Broadband Service Provider, and How to Build your Network, to name a few. Some tribes that are also building broadband networks already have telecommunications operations in place that make it easier to integrate this service for its members. For Isleta, we are starting from the bottom and not having experience in this type of telecommunication experience. Our challenge is to understand what all the parts are, how they work, build out, and then maintain the fiber network. We are in the process of developing a project manager position and hiring that person to coordinate and help manage these efforts. We will continue to provide updates on progress as they occur.

As the community is aware of by now, Big Game Hunting was allowed by our War Chiefs. Tribal Administration, along with them, determined the number of permits to be made available. As we continue to re-establish and develop our Natural Resources Department, we would like to establish a Wildlife Biologist position and management program that can help determine the size of our big game populations to base the number of permits issued. This would tremendously assist our traditional leadership when it comes to determining harvest numbers.

Lastly, it has been announced that Declaration of Candidacy for the 2023-24, Governor and Tribal Council. The open period to declare candidacy is October 3 – 19, 2022. Posting of candidates running for Governor and Tribal Council on Oct. 19, 2022, and by bulk mail. Registrations and nominations will take place 8 am to 7 pm, October 29-30, 2022. Early Voting for the General Election Voting will be Monday and Tuesday, November 21-22, 2022, from

1 to 7 pm. The General Election Voting will take place Saturday, November 26, 2022, from 8 am to 7 pm. Please see the separate article in the Newsletter regarding the Official Public Notice and that has been posted on Isleta's Facebook page.

As a reminder, when driving on the Pueblo, please respect the speed limits and especially the village 15 mph limit. Staying within the 15 mph limit helps reduce dust which is a health concern for those residing in the village and being exposed to that air quality. We will be looking to enforce speed limits for the safety and well-being of our community. If you see any suspicious activity or individuals, please do not hesitate to call our Police Department to report such occurrences. It is up to each and every one of us to protect our land, resources, environment, and community from any threats to our well-being.

May our creator continue to keep us safe and in following the good road and to be respectful to one another and please give us strength as a community to face the challenges now and tomorrow.

Haw-wu

Vernon B. Abeita
Governor

TRIBAL ELECTION OFFICIAL ELECTION NOTICE

Beginning Monday, October 3, 2022 tribal members wishing to declare their candidacy for either Governor or Tribal Council can do so at the Tribal Council Office located at the Tribal Services Complex during regular business hours. Deadline to declare candidacy will be noon on October 19, 2022.

Tribal members who will be at least 35 years old at the time of the election, have lived on the reservation continuously for five years and have never been convicted of a felony are eligible to run for Governor. Tribal members who will be at least 25 years old at the time of the election and have lived on the reservation continuously for five years are eligible to run for Tribal Council.

Registration/Nominations will be held Saturday, October 29, 2022 and Sunday, October 30, 2022 from 8 a.m. to 7 p.m. at the new Recreation Center. This year's Election Day will be held Saturday, November 26 from 8 a.m. to 7 p.m. at the new Recreation Center.

Early voting for this year's election will be held November 21, 2022 and 22, 2022 from 1 p.m. to 7 p.m. at the new Recreation Center. Voters participating in Early Voting do not have to return to vote on Election Day.

In light of the Covid-19 pandemic, voters are recommended to wear masks at the polling center. If you have questions, feel free to call the Tribal Council Office at (505) 869-9746.

Secretary M. Rodney Jones

LETTER FROM THE EDITOR

DEADLINE for November Newsletter articles is set for Wednesday, October 19, 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 June be submitted with the ad. Submitters of classified ads are responsible for generating their own ads as this is a FREE service.

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

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

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

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

Thank you,
Nathaniel Lujan

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

The fifteen Newsletter distribution locations are:

1.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

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

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

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

14.

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

15.

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

PROBATES

IN THE MATTER OF THE ESTATE OF:

Case No. CV-PR-0116-2022

Marcelina E. Jaramillo-Portillo

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Marcelina E. Jaramillo-Portillo, deceased 11/08/2013, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for 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-0020-2022

Angus Abeita

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Angus Abeita, deceased 06/09/2021, 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, September 08, 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.

Higher Education Reminder

If you are thinking of attending school in the Spring of 2023 for a certificate, associate's or bachelor's degree, be sure to fill out the Pueblo of Isleta Higher Education application by November 1, 2022 (11:59pm). You can find information on our webpage, to include our policies: <https://www.isletapueblo.com/tribal-programs/educational-services/isleta-higher-education/>

(Note: Students who applied for the full academic year (2022-2023) do not need to apply again for Spring. These students need to submit supporting documents by January 15, 2023)

Or you can fill out the application using the following link or QR Code:

Department of Education Scholarship Application - Formstack


If you have questions or need assistance, please do not hesitate to call our office at 505-869-9790.





MONKEYPOX


Who should get checked?


You should seek medical guidance from a healthcare provider if you:

Had contact with someone who had a rash that looks like monkeypox or someone who was diagnosed with confirmed or probable monkeypox

Had skin-to-skin contact with someone in a social network experiencing monkeypox activity, sexually active individuals who meet partners through an online website, digital application ("app"), or social event (e.g., a bar or party)

Traveled outside the US to a country with confirmed cases of monkeypox or where monkeypox activity has been ongoing

Had contact with a dead or live wild animal or exotic pet that exists only in Africa or used a product derived from such animals (e.g., game meat, creams, lotions, powders, etc.)

For more information about monkeypox, visit:
nmhealth.org/about/phd/idb/mpv

happy Halloween

JOIN THE SWEET HALLOWEEN CARNIVAL
AT REC CENTER

DOORS WILL OPEN AT 5:30-8:30PM

OCTOBER 14, 2022
Pumpkin Carving Contest | Costume Contest
Designated Area Entrance at Tribal Road 40/ State Road 314
FOR MORE INFORMATION CONTACT 505-869-9777

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!

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

Helping New
Mexicans
overcome barriers
to
employment since
1941

Call, Text, or Message
988
For Mental Wellness

988 NM Crisis Support
988nmcrisissupport
<https://988nm.org/>

Reasons to call 988:

Need information or referrals for local community services?

Feeling sad, confused, or angry?

Worried about your safety or someone you know?

Service member or veteran & their families in need.

Worried about alcohol or drug use or abuse.

Have something on your mind that you want to talk over.

988 NM Crisis Support
988nmcrisissupport
<https://988nm.org/>

Recruiting/Hiring
POLL WORKERS,
STUDENT WORKERS

For the Upcoming 2022
General Election

ATTENTION: Bernalillo County will be available to
8am to 3:30pm, Monday thru Friday.
PLEASE call 505-468-1291 (option 4)



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

OUR LOCATION

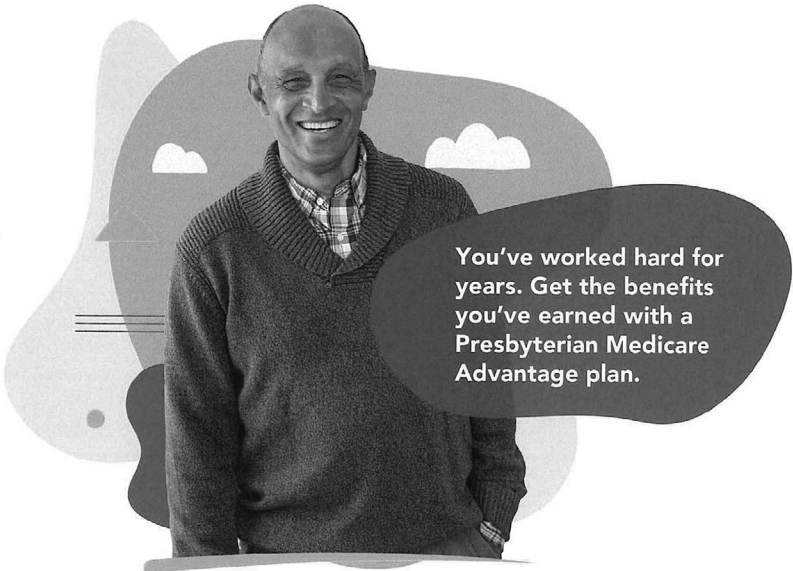
Isleta Resort and Casino is located 7 minutes south of downtown Albuquerque at Interstate 25 and Hwy 47, exit 215. The Human Resources office can be found on the east side of the building through the Employee Entrance doors.

<input type="checkbox"/>	Title	Location	Address	City , State	Date Posted ▼
<input type="checkbox"/>	OFF-SITE ATTENDANT	0335 - F&B GOLF COURSE GRILL	11000 Broadway SE	Albuquerque, NM	9/23/2022
<input type="checkbox"/>	Groundskeeper	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/18/2022
<input type="checkbox"/>	LANDSCAPE TECHNICIAN	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/18/2022
<input type="checkbox"/>	EXPEDITOR	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/15/2022
<input type="checkbox"/>	SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/15/2022
<input type="checkbox"/>	SECURITY OFFICER I	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	9/15/2022
<input type="checkbox"/>	LAKES GROUNDSKEEPER	LAKES	11000 Broadway SE	Albuquerque, NM	9/14/2022
<input type="checkbox"/>	SPA ATTENDANT	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	9/14/2022
<input type="checkbox"/>	SPA RECEPTIONIST	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	9/14/2022
<input type="checkbox"/>	Cage Cashier	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	9/14/2022
<input type="checkbox"/>	SECURITY OFFICER II	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	9/14/2022
<input type="checkbox"/>	FRONT DESK AGENT	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	9/14/2022
<input type="checkbox"/>	BARTENDER CART	0335 - F&B GOLF COURSE GRILL	11000 Broadway SE	Albuquerque, NM	9/8/2022
<input type="checkbox"/>	SUPERVISOR F & B	0334 - F&B CENTER BAR	11000 Broadway SE	Albuquerque, NM	9/6/2022
<input type="checkbox"/>	GUEST SERVICE SUPERVISOR	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	9/6/2022
<input type="checkbox"/>	HOUSEPERSON	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	9/1/2022
<input type="checkbox"/>	BARBACK	0333 - F&B 777 SPORTS BAR	11000 Broadway SE	Albuquerque, NM	9/1/2022
<input type="checkbox"/>	FOOD ATTENDANT	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	9/1/2022
<input type="checkbox"/>	SERVER	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/1/2022
<input type="checkbox"/>	SPORTS BOOK WRITER	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	8/31/2022
<input type="checkbox"/>	SUPERVISOR F & B	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	8/30/2022
<input type="checkbox"/>	BARTENDER	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	8/30/2022
<input type="checkbox"/>	SLOTS FLOOR TECHNICIAN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	8/30/2022
<input type="checkbox"/>	GUEST SERVICE REPRESENTATIVE	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	8/26/2022
<input type="checkbox"/>	ROOM ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	8/24/2022

<input type="checkbox"/>	SURVEILLANCE AGENT	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	8/15/2022
<input type="checkbox"/>	LAUNDRY ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	8/12/2022
<input type="checkbox"/>	HOUSEKEEPING SUPERVISOR	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	8/10/2022
<input type="checkbox"/>	NIGHT AGENT	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	8/1/2022
<input type="checkbox"/>	SERVER	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	7/20/2022
<input type="checkbox"/>	PLAYER DEVELOPMENT MANAGER	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	7/20/2022
<input type="checkbox"/>	HDCT	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	ADMISSIONS/ISSUE CLERK	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Banquet Server	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Banquet Captain	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Cook I (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Cook I (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Cook I (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	COOK II (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	COOK II (EMBERS)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	COOK II (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	DATABASE COORDINATOR	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Custodial Assistant Supervisor	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	FOOD ATTENDANT- cashier/attendant/service (BEVERAGE)	0331 - F&B DAUBERS GRILL	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	FOOD ATTENDANT- cashier/attendant/service (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	Food Attendant- cashier/attendant/service (Chills)	0332 - F&B CHILL COFFEE BAR	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	HDC SPECIALIST	UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	HOTEL PM TECHNICIAN	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	NAIL TECHICIAN	0200 - HOTEL OPERATIONS	11000 Broadway SE	Albuquerque, NM	7/18/2022

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACCOUNTANT	Treasury	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Department of Education	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Recreation Center	Open Until Filled
ADMINISTRATIVE ASSISTANT II	Tribal Administration	Open Until Filled
ADMINISTRATIVE ASSISTANT II	Elder Center	Open Until Filled
ADULT DAY CARE MANAGER	Elder Center	Open Until Filled
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
ASSOCIATE GENERAL COUNSEL I	Legal Department	Open Until Filled
AUTO & DIESEL MECHANIC	Construction Operations	Open Until Filled
BOSQUE RESTORATION TECHNICIAN	Natural Resources	Open Until Filled - Within Only
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	10/02/2022
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	Health Services	Open Until Filled
CERTIFIED POLICE OFFICER	Police Department	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
COMPUTER IT SPECIALIST	Department of Education	Open Until Filled
COMPLIANCE INSPECTOR SUPERVISOR	Gaming Regulatory	Open Until Filled
COOK I	Elder Center	Open Until Filled
COOK I	Head Start	Open Until Filled
COOK I	Assisted Living Facility	Open Until Filled
CUSTODIAN	Public Works	Open Until Filled
DIRECTOR, CONSTRUCTION OPERATIONS	Construction Operations	Open Until Filled
EMT INTERMEDIATE	Health Services	Open Until Filled
ENVIRONMENTAL MANAGER/ LAND MANAGEMENT PLANNER	Natural Resources	Open Until Filled
FACILITIES WORKER	Head Start	Open Until Filled
FORESTRY TECHNICIAN	Natural Resources	09/28/2022
GROUNDS KEEPER	C-Stores	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until Filled
HEALTH INFORMATION CLERK	Health Services	09/27/2022
HIGHER EDUCATION COORDINATOR	Department of Education	Open Until Filled
HOME CARE ATTENDANT	Elder Center	Open Until Filled
INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled - Within Only
INVESTIGATOR	Police Department	10/07/2022
IRRIGATION SUPERVISOR	Natural Resources	Open Until Filled
JR. SYSTEMS ADMINISTRATOR	MIS	Open Until Filled
LIFEGUARD	Parks & Recreation	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
MAINTENANCE TECHNICIAN	Housing Authority	Open Until Filled
MEDICAL ASSISTANT	Health Center	Open Until Filled
NATURAL RESOURCES MANAGER	Natural Resources	Open Until Filled
OPTOMETRIST	Health Center	09/30/2022
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 Space	Open Until Filled- Within Only
POLICE SERGEANT	Police Department	Open Until Filled
PRE K-12 EDUCATION COORDINATOR	Department of Education	Open Until Filled
PROCUREMENT ASSISTANT	Procurement	09/30/2022
RANGELAND MANAGEMENT SUPERVISOR	Natural Resources	Open Until Filled
RANGELAND MANAGEMENT TECHNICIAN	Natural Resources	Open Until Filled
RECORDS CLERK	Tribal Administration	Open Until Filled
RECORDS CLERK/RECEPTIONIST	Elder Center	Open Until Filled
REGISTERED NURSE	Health Services	Open Until Filled
SALES ASSOCIATE	C-Stores	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
SHIFT SUPERVISOR-CNA	Assisted Living	Open Until Filled
TIWA LANGUAGE EDUCATION ASSISTANT	Department of Education	Open Until Filled
VETERAN SUPPORT SERVICE MEMBER	Elder Center	Open Until Filled - Within Only
WATER RESOURCES MANAGER	Water Resources	Open Until Filled
WATER RESOURCES SPECIALIST	Water Resources	Open Until Filled
WIC NUTRITIONIST	WIC	Open Until Filled
W-WW APPRENTICE- W-WW OPERATOR IV	Public Works	Open Until Filled




You've worked hard for years. Get the benefits you've earned with a Presbyterian Medicare Advantage plan.

Zero means more.
Benefits with a \$0 monthly premium include:

- Dental plans
- Vision exam and eyewear
- Drug coverage with no deductible
- No cost outpatient mental health visits
- Hearing aid coverage
- Routine acupuncture and chiropractic care
- Worldwide coverage for emergencies

New for 2022!
\$0 telehealth exams with primary care providers, specialists and urgent care.

Contact Lorraine Chavez
at (505)492-1530
or by email LChavez@lycinsurance.com
to enroll or for more information.



PRESBYTERIAN
Medicare Advantage Plans

phs.org/medicare

Presbyterian Senior Care (HMO) is a Medicare Advantage plan with a Medicare contract. Enrollment depends on contract renewal.

Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711).

ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

Díi baa akó nínizin: Díi saad bee yánilti' go Diné Bizaad, saad bee áká 'anida' áwo 'dégé', t'áá jik'eh, éi ná hóló, kojí' hódíilnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

For more information, visit <https://www.phs.org/pages/nondiscrimination.aspx>.

Y0055_MPC082140_Accepted_M_08302021

Health Beat

Keeping our People Safe - Suicide Prevention

Orion Zuni,
Experiential Educator
B'eeh-K'oo-ee Wellness Center
(505) 869-5482
orion.zuni@ISLCLINIC.net

This time of year brings many things including seasonal change, the start of a new educational year, and for many people it can be a major change in our mental wellbeing.

According to the Centers for Disease Control, suicide is considered a death caused by injuring oneself with the intent to die. While a suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions. Suicide can be the product of violence, trauma, and even injury. This is a major public health issue that severely impacts Native American populations across the United States, especially those who identify as lesbian, gay or bisexual. CDC data shows that 90% of individuals who attempt suicide and survive will never go on to die by suicide.

Although suicide is a stigmatized and often taboo subject, it is still preventable and we can all play a role in saving someone's life. It isn't always obvious if someone is in distress, but most individuals who are suicidal will show some signs that they are considering harming or killing themselves. Unfortunately, adults are not the only populations that are at risk of suicidal inclinations. Today we are seeing younger generations experiencing hardships that lead to suicidal behaviors.

Signs of suicide within older and younger populations may differ in some instances depending on the individual's environment. Signs can include speaking about death or suicide, seeking methods of self-harm, and/or talking about being hopeless or having no reason to live. Other potential signs could also include an increase in alcohol or drug use, increase in reckless behaviors, uncontrollable anger, changes in sleep schedules, social withdrawal, and obtaining lethal weapons (guns, sharp objects, etc.). If one or more of those warning signs is observed, especially if they are new behaviors, or seem to be in relation to a painful event, loss, or change, please step in or speak up.

Intervening in these types of situations isn't easy, and can be very concerning for all involved. But, you are not alone! If you or someone you know is in an emergency call 911 immediately. There are also other free options for those who may find themselves in crisis, and may include dialing 988 which is an active suicide and crisis lifeline that provides 24/7, free and confidential support for people in distress. Sometimes it takes just one person to take action and save a life. If you find yourself or someone you know that is struggling with their mental health please feel free to reach out to B'eeh-K'oo-ee Wellness Center (AKA Isleta Behavioral Health) at 505-869-5475 and set up an appointment with one of our counselors.

Hallows Eve Fun/Run Walk

Thursday, October 20, 2022
Location: Diabetes Wellness Center
Registration: 5:15pm
Run/Walk Begins: 5:45pm

1 mile and 2 mile
Best Dressed Costume Contest
Pumpkins will be given
Haunted House

Call our office to register, 505-869-4595
or scan the QR code

Sponsored by: Isleta Diabetes Programs

HAPPY HALLOWEEN




White Eagle Electrical Services LLC

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

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

Happy Halloween

whiteeagleelectricalservices.com



Isleta Pueblo News

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

ISLETA ANIMAL CONTROL

Hello fellow Tribal Members
and Happy Fall!


Isleta Animal Control hopes everyone had a fun and safe summer this year. As summer draws to an end and the cooler months start coming in, we want to remind everyone to make sure their pets are still secured on their property. During these cooler months, pets are more active outside and will wander more than they would in the hot summer months. Isleta Animal Control has dealt with a substantial increase in pets being struck by vehicles recently due to them Running at Large.

We would like to take this time to inform everyone about the public services we offer. There will NOT be another spay/neuter clinic for the rest of the year. If you need your pet to undergo the surgery, or are required to do so, you can contact your normal veterinarian, or you can contact Isleta Animal Control and we will provide you with different “low cost” services you may qualify for. Our next Vaccination clinic is being planned for the early parts of next year (2023). If your pet needs the Rabies Vaccine or if you are required to get it for your pet, you can contact Village Veterinary Hospital in Bosque Farms. A one year Rabies Vaccine is \$21.00 plus tax. We are planning on bringing a microchip clinic back early next year as well. One last thing is the food donations. We may be getting another shipment of various pet foods again soon, so please keep your eyes open for advertisements.

Isleta Animal Control would like to close out with an important section from our Animal Ordinance.

Section 5.B. Animal Bites. *When a person/animal is bitten by an animal, without notice or warning and outside the residence of the owner, it is the responsibility of the owner of the animal to provide proof of rabies vaccination. If an owner fails to show that the animal is current on the rabies vaccination, the animal will be impounded for ten (10) days for a mandatory quarantine period. Any expenses incurred by the confinement of the animal for the quarantine is the responsibility of the owner. If after ten (10) days no rabies is found, the animal may be released to the owner after obtaining a release form from the Pueblo of Isleta Animal Control and payment of any fines and fees. In addition, the owner may be fined up to \$500.00.*

If your canine/feline bites someone off of your property unprovoked, and there is failure to show the animal is up to date on the Rabies Vaccine, your animal WILL be taken to the Valencia County Animal Shelter where you will be charged \$25.00 per day per animal. Please be sure your animals are secured on your property at all times. Thank you for your cooperation and everyone stay safe!



**tutor
doctor**
How learning hits home.

**Where trusted and valued Student/Tutor
relationships begin.**

Tutor Doctor is Hiring Tutors!
Albuquerque, Rio Rancho, Los Lunas, & Belen

Tutor Doctor is Currently looking for Tutors for all ages and all subjects.

Tutor Doctor tutors enjoy:

- Self-determined and flexible schedule
- Performance bonuses
- In-person and/or online tutoring

Qualifications:

- Degree Preferred but not required.
- Seeking talent in most any area/level of expertise
- You have a passion for inspiring student success
- COVID vaccinated or unvaccinated applicant’s welcome

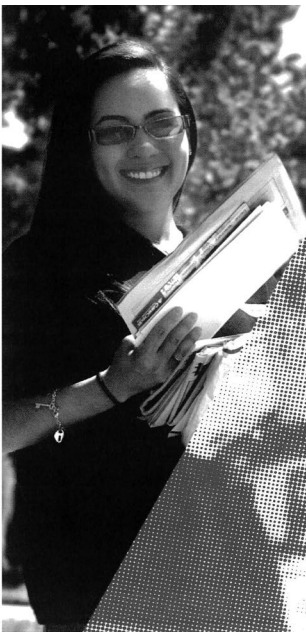
Responsibilities:

- Provide consistent and dynamic homework support/instruction
- Submission of simple reports within 24 hours of each session

Job Types: Part Time, Flexible, Independent Contract

Pay: \$18.00 +

Fill out an application online
<https://www.tutordocor.com/albuquerque/about-us/become-a-tutor/>
or
call Tutor Doctor at (505) 545-8500



NOW ★ HIRING

ALBUQUERQUE, NM

Rural Carrier Associates

This Position Requires:

- Sorting mail in delivery sequence and delivering the assigned route
- Receiving and signing for accountable mail
- Selling stamps, stamped paper, money orders, and more
- Performing any other assigned duties and responsibilities

APPLY TODAY

usps.com/careers

APPLY NOW

usps.com/careers

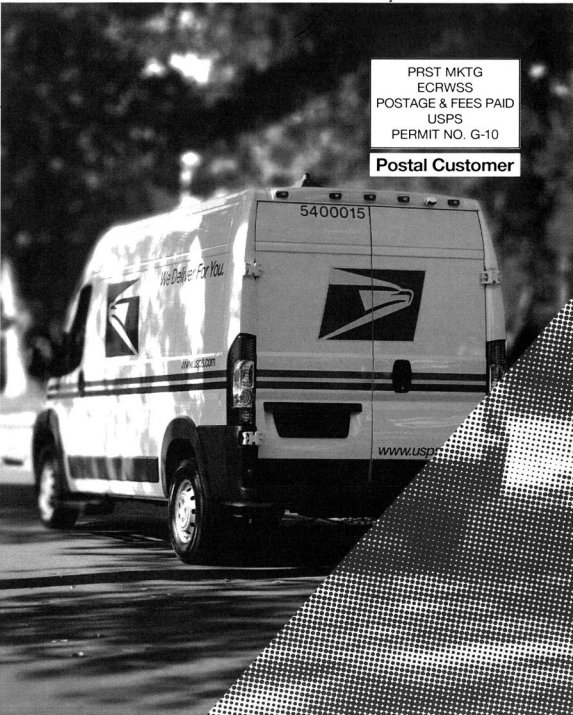
Think you have what it takes?

- 18 years old at the time of appointment or 16 years old with a high school diploma
- United States citizen, permanent resident, or citizen of American Samoa or other U.S. territory
- Able to pass a criminal background check, drug screening, medical assessment, and qualify to operate a Postal Service vehicle

You can earn

\$19.06/hour

©2019 United States Postal Service®. All Rights Reserved. The Eagle Logo is among the many trademarks of the U.S. Postal Service®. Privacy Notice: For information regarding our privacy policies, visit usps.com/privacypolicy. The Postal Service is committed to providing equal employment opportunities for all applicants regardless of race, color, sex, national origin, religion, age, genetic information, disabilities or veteran's status.



THREE BLIND MICE

ENTERPRISES LLC

Three Blind Mice Enterprises

Now offering specialty automotive services. Windshield rock chip repair, tire pressure monitor sensor replacement, and headlight restorations.

Located South of the Veteran's Center in Los Charcos.

3901 Highway 314 NW. **Call 505-865-2997 today! ALWAYS TAX FREE**

Mention this ad and get a free T-shirt with any purchase.

AutoGlass
- repair -

GLASS REPAIR
Fast repairs of rock chips with quality resins. Improve safety, save your windshield today. Starting at
\$30.00

TIRE SENSOR REPLACEMENT
Save fuel with properly inflated tires. Sensors for most vehicles. Turn off that light on your dash. Prices starting at
\$59.00

HEADLIGHT RESTORATION
Improve night vision and safety. Increases the value of your vehicle. Less expensive than headlight replacement. Prices starting at
\$89.00

Because of you, life doesn't stop.

Isleta Health Center

Thursday, November 17, 2022
8:00 -11:00 AM

Bloodmobile in the back parking lot
1 Sagebrush Street
Albuquerque, NM 87105

To schedule a lifesaving appointment, please call Mckinzey at 505-246-1452. If you have any questions, contact Stephanie at 505-869-4479.

For more information or to schedule a donation, call 877-258-4825 or visit us at vitalant.org

BLOOD DRIVE

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

Isleta Health Center

Billing Department Updates

Patient Registration Update:
Patient Registration has gone back to the normal patient check in process as follows:

- Patients are asked to fill out the patient sign-in sheet
- Review the patient face sheet which consists of demographic information and confirm it is correct.
- Make any needed updates to active telephone number, mailing address, physical address, and insurance information.

Please inform patient registration staff if you need assistance with this process or have any questions.

Benefits Coordinator Update:
The Benefits Coordinator is available to assist with all your NM Medicaid, Medicare and insurance questions. Please call (505)869-4469 if you have any questions or need help with any of the coverages listed.





Become a Poll Official!



Take a Picture of the QR Code

The link will Take you to our digital form for completing your interest in becoming a Poll Official.





Collaboration with Pueblo of Isleta Social Services

JOIN US THIS FALL


Tiwa Lending Services will be hosting their first in-person Financial Education Session on Wednesday, October 12, 2022 at 5:30 p.m. to 7:00 p.m.

Topics are to include: Budgeting & Savings, Credit & Collections, and Homeownership along with Home Maintenance.

Sessions will continue every Wednesday for the month of October.

To register please contact Miranda Lente:
Email: miranda@tiwalending.org
Phone: 505-916-0556

Sessions to be held at:
Isleta Public Library
950 Moon Light Drive Albuquerque, NM 87105
childcare with activities will be offered





ISLETA PUEBLO HOUSING AUTHORITY

SAVE THE DATE

IPHA 2022 HOUSING FAIR

Where: New Recreation Center
When: October 13, 2022
Time: 12:00pm to 6:00pm




- Get updates on IPHA Housing Programs & Current Development Projects
- Come meet the IPHA Staff
- Learn Basic Home Maintenance & Demonstrations
- Door Prizes & Giveaways
- Join us for LUNCH from 12:00 pm to 2:30 pm
- Local Vendors & POI Depts. are Welcome!


For more information on the event, you may contact the Homeownership Dept. at the Isleta Pueblo Housing Authority Office at (505) 869-4153.

SAVE THE DATE

Friday, November 11, 2022
8a – 4p
Isleta Resort and Casino




Southwest Native American Veterans Health and Wellness Symposium 2022



Sponsored by the
Isleta Pueblo Veterans
New Mexico VA Healthcare System
AARP New Mexico

Hosted by the
The Pueblo of Isleta Veterans Association



DEPARTMENT OF EDUCATION

Hello community! My name is Jolynn Sandoval. I would like to introduce myself as the Academic Success Coach with the Isleta Department of Education. In my position, I work closely in providing academic support individually or in small groups at the high school and first year of college level. My job is to meet with students and discuss their concerns and work to help them discover learning techniques that will enhance their overall academic performance and efficiency. My responsibilities also include planning, developing, and conducting assistance with academic advising, degree plans, scholarships, tutoring services, and financial aid assistance.

Now that the school year has officially begun, the Pueblo of Isleta Department of

Education has already scheduled a couple of events for Isleta students enrolled in APS and Los Lunas school districts. In July and August, we hosted our Freshman and Senior Kick Off Events at the Isleta Resort and Casino with students and families. It was an informative session to give an overview of high school credit requirements, Memorandum of Understanding (MOU) with local schools, Release of Information forms, truancy guidelines, and academic supports. Among our presenters were Governor Abeita, Lt. Governor Lucero, 2nd Lt. Governor Sanchez, Regina Lucero (Assistant Principal at LLHS), Andrea Evans (Native American Liaison for LLS), Isleta Behavioral Health, Isleta Social Services, EPICS, Isleta Police Department,

APS Indian Education Department (Philip Farson), and LLS Office of Special Programs (Cathy Chavez). Each presenter gave insight on how their departments can provide services to families and students. The Department of Education provided a meal and many door prizes for those in attendance. Our next event will be a combined Kick Off Event for both Sophomores and Juniors on October 20, 2022 from 5pm-8pm. The venue is still pending at this time. If you have a student in the 10th or 11th grade that attends APS or Los Lunas schools, be on the lookout for an invitation that will be sent via email or call our office at (505)869-9790 to add your student to our mailing list to RSVP for the event.

On September 14, myself and Department of Education Director, Charlene Lucero joined Governor Abeita in visiting Los Lunas High School, Century High School, and Valencia High School to speak with our Isleta students about tribal government and listening to ideas of what they would like to accomplish if they were governor or a tribal council member for a day. The students had some great responses and showed they care about the future of their community and people.

Upcoming Opportunities....On October 12, 2022, UNM is hosting an American Indian Senior Day to learn more about admissions, campus life, financial aid/ scholarships, and more. If your student is interested in attending this event, please contact our office or Andrea Evans (Native American Liaison for all Los Lunas High Schools) at (505)865-4646 ext. 6094 for more information. Registration needs to be completed by October 5.

Northern Arizona University has invited students interested in attending NAU to partake in their Indigenous Visit Day on October 28, 2022. Discover how NAU celebrates cultures through academic and personal development and learn about how departments across their campus work together to help indigenous students find success as Lumberjacks. To register, please go to nau.edu/special-events. If you have any questions about the event, registration,



or resources and support, email Nacy. Navarro@nau.edu or call (928)523-2907.

EPICS (Education for Parents of Indian Children with Special Needs) will be hosting a conference November 7-9th, 2022. It will be at the Marriot Albuquerque Hotel. This year’s conference will be focused on how to navigate resources, advocacy, and support to advance supported special education best practices for parents of children with disabilities. A few topics in consideration are: Special Education Process, Autism, IEP Process, Record Keeping, Transition Services for Young Adults, Bullying/Emotions/Stress/Anxiety/Depression, and many more... There will be great presenters and guest speakers. Go to www.epicsnm.org to register. The fee for the conference is \$100 for a parent of a child with disabilities. Please call or stop by the Department of Education office to ask for financial assistance with conference fee.

Lastly, please familiarize yourself with the important apps/tools the schools have made available for families and students to keep on track (Remind, Parent Portal, CANVAS, ParentVue) and for important messages like letting families know report cards were sent out September 19 and parents and students should know their grades for the first six-weeks. If you need support in setting up these apps, please call Andrea Evans for assistance.

If I can be of further assistance to help your student achieve their goal with individual learning needs, goal setting, and solutions to be a successful learner, please do not hesitate to call me to set up an appointment to meet. I may be reached at (505)869-9790 or Jolynn.sandoval@isletapueblo.com.

ST. AUGUSTINE



PARISH ONLINE GIVING

St. Augustine Parish is now offering online giving services to better serve our parishioners. We are providing this option in addition to cash or check donations. You can still give through traditional methods, but now you can make recurring or one-time gifts online with a credit/debit card or electronic check.

To give online through our new platform, visit our giving page on our website <https://www.isletachurch.org/>. You can also give through text message by sending “Give” to (505) 207-4077.

This program is beneficial to you, in that you do not need to worry about having cash or a check on hand at Mass, and it benefits the Parish by reducing the time needed to process donations and run financial reports.

ISLETA RESORT & CASINO

CALL FOR

Pueblo Artisans

Isleta Resort & Casino would like to extend an invitation to all

Isleta Pueblo Artisans

If you are an Isleta Pueblo Artisan that would like to showcase and sell your wares at special events, meetings or conventions we would love to have you.



This is a unique opportunity to be placed on a call list and be contacted for special events held at Isleta Resort & Casino.

MEET NEW ARTISTS • GAIN MORE EXPERIENCE AS A VENDOR
PREPARE FOR LARGER EVENTS AT THE END OF THE YEAR

For more details on how to apply or for any questions, please call:
Patricia Logan at 505-244-8123 or email patricia.logan@isleta.com

Applications may also be picked up at
Isleta Resort & Casino Hotel Sales Office



ISLETA
resort • casino

Valle de Oro National Wildlife Refuge



PHOTO CONTEST



2021 Best of Show Winner, by Cinda Wylie

Valle de Oro NWR invites photographers of all ages and skill levels to enter the 2022 contest by submitting images that highlight the beauty of the refuge's wildlife, landscapes, and visitors.

RULES:
All photos must be taken of/on Valle de Oro National Wildlife Refuge. Each participant may electronically submit six (6) photos total.

All submitted photos will become the property of the U.S. Fish and Wildlife Service and may be made as public domain images on the web or other publications. Entrants retain the right to use their photos for any other purpose.

Winning images will be displayed in the new Valle de Oro NWR Visitor Center, and prizes will be awarded by the Friends of Valle de Oro.

CATEGORIES:
Photographers should choose the most appropriate category for each submitted image.

- Wildlife/Plants: Including mammals, birds, insects, plants, fungi, etc.
- Landscapes: Including habitat or generalized wildlife, such as a field of geese on refuge.
- People: Visitors, staff or volunteers enjoying the refuge, connecting people and nature.
- Construction: Including restoration work on refuge.

VALLE DE ORO
NATIONAL WILDLIFE REFUGE
7851 2nd Street SW
Albuquerque, NM 87105

Refuge open daily from one hour before sunrise to one hour after sunset

Entries must be an electronic submittal at 300 dpi. Images should not be smaller than 5x7 in. and no larger than 9x12 in.

DEADLINE FOR ENTERING: DECEMBER 31, 2022
Email entries to valledeoro@fws.gov



Pueblo of Isleta Public Library

October is here and fall has officially started with the crispness in the air, the changing color of the leaves with shorter days and longer nights. As winter is approaching us, we can expect some unpredictable weather and with that comes unexpected delays and closures. Follow us on our social media accounts for up to the minute updates on programs, events, delays and closures.

News

The library will be having a staff meeting on Wednesday, October 5th. The library will remain open during this time so feel free and come in and use the library as normal. The library staff will be discussing upcoming programs, library business and staff concerns or questions.

The library staff will be participating in this year's Halloween Carnival at the Rec. We have something special planned for this event so make sure and stop by our booth to say hi and join in on the fun. This year's Halloween Carnival will be on Friday, October 14th from 5pm to 8pm at the new rec.

We will be closing at 5:30pm on Monday, October 31st. We would like to wish everyone a safe and Happy Halloween. Please be aware of your surroundings while driving and walking with your family.

The library is now open on Saturdays from 9am to 1pm so come in and use the computer lab, connect to the Wi-Fi, print or check out any library material for your weekend entertainment. Library staff is also available for any questions or any help that you may need and lastly, the conference room is also available to use.

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.

Join us every Wednesday at 10:30am with library staff member Renetta. Renetta will read a story and do a small activity with the families and children who attend. Family Story Time is geared towards children 16 months to 5 years old but everyone is welcomed! No sign up is required and monthly calendars will be available for story time here at the library. For more information on the story and activity for that day please call Renetta at 505-869-9808 or email Renetta.Jojola@isletapueblo.com.

Upcoming

For the month of October come in and check out any library movie and book from our Halloween collection and receive a Spooky Snack Pack filled with popcorn, candy and drinks to enjoy over the weekend. There will be a limit of 5 Snack Packs given out every Friday and it will be one snack pack per family. But don't worry, you have plenty of time to come in and get a Spooky Snack Pack. Remember Spooky Snack Packs will be given out every Friday. Dates include October 7th, October 21st and October 28th. Families can come to the library starting at 2:30pm to 4:30pm to receive a Spooky Snack Pack.

In collaboration with Social Services and Tiwa Lending, the library will host a series of financial classes in October for Domestic Violence month. The schedule is as follows: October 12th Saving & Budgeting, October 19th Credit & Collections, and October 26th Homeownership. All classes will be on a Wednesday from 5pm to 7pm here at the library. During this time the library will have Halloween themed crafts for children that attend with their parents or guardians. Please keep in mind that this craft is only for children whose parents or guardians attend the financial classes. This way parents or guardians can attend the classes without worrying about a babysitter. If you have any questions or concerns regarding this program, please give the library a call at 505-869-9808.

Come in and learn how to make a Pumpkin Cheese Ball here at the library on Tuesday, October 25th from 5pm to 6pm. Perfect for your Halloween and Thanksgiving events. This program is open to the first 10 adults to sign-up. This program is FREE and ALL supplies will be provided. Also, library cooking books will be on display for patrons to come check out throughout the month. Sign-ups for this program will start on October 11th. To sign up for this program please come to the library or give us a call.

For more information on this program please contact Diane at 505-869-9808 or by email at Diane.Abeita@isletapueblo.com.

Are you ready for the scare of your life? Join our reading incentive program for teens and adults here at the library! It will be a Scream Fest at McCall's Haunted Farm. Come into the library and check out 2 books from our designated selection, write a review (per book)! The first 10 participants to submit their reviews will earn a ticket to a night full of horror on Saturday, October 22nd. Sign-ups started on September 12th and you have until October 19th to read your two books and write your two reviews. Families are welcome to join at their own expense. For more information regarding this program please contact Kimberly at 505-869-9808 or email at Kimberly.Lacsina@isletapueblo.com.

Back by popular demand, the library is continuing its collaboration with Tutor Doctor. Tutor Doctor offers professional tutoring services for students. Tutoring session will begin sometime in September or October, whenever the first grading period concludes. This will help determine what subjects students are struggling with. A meeting will be scheduled for all that are interested. Dates and times will

Scream Fest at McCall's Haunted Farm





ARE YOU READY FOR THE SCARE OF YOUR LIFE?
Come to the Pueblo of Isleta library and check out 2 books from our designated selection, write a review (per book)! The first 10 to submit their book reviews will earn a ticket to a night full of horror on Saturday October 22!

Sign ups start September 12th, you have until October 19th to read your two books AND write your two reviews

Ages: 13+ and adults
*Families are welcome to join at their own expense

****IF YOU DO NOT READ OR WRITE YOUR REVIEWS YOU WILL NOT BE ABLE TO GO****

Any questions? Call (505)869-9808 or email Kimberly.Lacsina@isletapueblo.com





Participants from our Picture-Perfect Paint Night are all smiles and showing us their finished product!

be provided as they become available to us. For more information or questions please call the library at 505-869-9808.

More program announcements to come! For up to the minute info on the library follow us on our Social Media accounts where we will be promoting upcoming programs and events.

Recap

On Thursday, September 8th the library attended Isleta Elementary’s Open House from 4:30pm to 6:30pm. It was a great turn out and we were excited to talk to students and parents about our services and upcoming programs. It was great to see all the students and parents at the open house. On September the After School Program went on their first incentive field trip of the year to Terri’s Sweet Garden located in Los Lunas. Incentive field trips are designed to help keep students motivated to read or do homework. It’s a way for the library to say “good job and keep up the good work” to our students in our After School Program. The library staff loves to see when students are engaged in a good book or focused on getting that homework completed.



Library staff members Diane & Renetta at Isleta Elementary’s Open House!

Our Live Streaming Game Nintendo Switch Game Tournament took place on Saturday, September 24th. Participants got to choose between Super Smash Bros Ultimate or Mario Kart 8 to play in the tournament. Lunch was also provided from Chick-fil-a and winners received a Nintendo gift card. We would like to thank all the participants who played in our game tournament.

The library’s Perfect Picture Paint Night happened on Thursday, September 15th. We had a full house of kiddos and parents excited to paint the night away. Participants completed a picture using shapes to make



Participants from our Picture-Perfect Paint Night completing a Teddy Bear picture using shapes!

a colorful teddy bear. This paint night was geared for children 3 to 6 years old, and library staff member Renetta did step-by-step instructions so parents and children could follow along to complete their picture. Dinner was provided from Dion’s and kids also got to enjoy a yummy cookie that was in the design of a paint palette. We would like to say thank you to all the parents and children that participated in this program.

The library’s Anime Nights have concluded and it was a great success. On Saturday September 10th participants came into the library and enjoyed the Demon Slayer that we streamed here at the library. Lunch was provided from Dion’s and participants were given a survey to complete about the program. The number one request was more Anime programs and Saturday Programs. After each program has concluded we like to hand out a survey for participants to fill out. Surveys are anonymous and we ask for participants to be honest as a result we can see how to improve our services and

programs. We hope to have more events like this one in the near future. If you have any suggestions or ideas on how we can improve our services, please speak with a library staff.



Participants from our Anime Nights program enjoying the Demon Slayer that was streamed at the library!



The After School Program Students working together making fall crafts!

(Continued Next Page)



1-800-222-1222

ISLETA POLICE DEPARTMENT

October - 2022



We have just started the final quarter of the year and it is just unbelievable there are just three months for 2022! Soon the ghosts and goblins will be out and traveling in the neighborhoods hoping to gather treats. So the Isleta Police Department is once again reminding and putting out safety tips to keep everyone safe. As listed in their article, The National Safety Council (NSC) has published some suggestions:

Simple Steps for an Extra Safe Halloween

Kids love the magic of Halloween, but costume and traffic safety are essential for trick-or-treaters. These tips can help make a safe and happy holiday for everyone.

Costume Safety

To help ensure adults and children have a safe holiday, fda.gov has compiled a list of Halloween safety tips. Before Halloween arrives, be sure to choose a costume that won't cause safety hazards.

- All costumes, wigs and accessories should be fire-resistant
- If children are allowed out after dark, fasten reflective tape to their costumes and bags, or give them glow sticks
- Opt for nontoxic Halloween makeup over masks, which can obscure vision; always test makeup in a small area first to see if any irritation develops
- Remove all makeup before children go to bed to prevent skin and eye irritation

When They're on the Prowl

Here's a scary statistic: Children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. Lack of visibility because of low lighting at night also plays a factor in these incidents.

Keep these tips in mind when your children are out on Halloween night:

- A responsible adult should accompany young children on the neighborhood rounds
- If your older children are going alone, plan and review a route acceptable to you
- Agree on a specific time children should return home
- Teach your children never to enter a stranger's home or car
- Instruct children to travel only in familiar, well-lit areas and stick with their friends
- Tell your children not to eat any treats until they return home, and take care to avoid any food allergies
- Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street

Safety Tips for Motorists

NSC offers these additional safety tips for parents – and anyone who plans to be on the road during trick-or-treat hours:

- Watch for children walking on roadways, medians and curbs
- Enter and exit driveways and alleys carefully
- At twilight and later in the evening, watch for children in dark clothing
- Discourage new, inexperienced drivers from driving on Halloween

*So everyone have fun,
but be safe and take
care!!!*

WELCOME!!

The Isleta Police Department welcomes the newest addition to Patrol Division – Robert Anguiano. He is currently going through the administrative stages with paperwork, assignments, uniforms, etc. but will be seen on the street with a Field Training Officer soon.



I was born in Culver City, Ca. and raised in Whittier, Ca. I am a father of two amazing young adults.

I graduated from Pioneer H.S and right after graduation I went on to serving in the United States Marine Corps. For a few years after that I worked as a Deputy Sheriff for Los Angeles County. In 2010, I began working as a security officer for a local high school, where I coached football and ran the softball program for the last four years as Head Varsity Coach. This led to applying for the police officer position at the Pueblo of Isleta.

I'm honored for the opportunity to be able to serve your community and to be part of it. If you should see me around, please don't hesitate to say hello. Again, thank you for this opportunity to serve you!

NEWS FROM ANIMAL CONTROL

Erika Pasqual

Now that children have been back to school for over a month, Isleta Animal Control has been getting many calls about canines roaming the roads while children are getting on and off the bus. As the Animal Control Ordinance states, all animals must be kept secure on their property at all times. If you take a dog on a walk the dog must be restrained on a leash at all times. Let's all do our part to keep the children and animals safe.

Lost pets without identification are rarely reunited with their owners. Felines and canines must have an I.D. tag with current and correct information such as: pet's name, address and phone number. Microchips are another form of pet identification. If your pet is picked up by Animal Control without proper identification, it can result in a \$25.00 citation.

Please call (505) 869-3030 to report any animal related issues.

IHSP TRAFFIC DIVISION

This division is always busy but had even more activities in September. With the ending of the current grant year (September

30, 2022), the new approved grant will be incoming and changes appear to be in the offing which includes additions to help with the statistical data and possibly an addition to the division. This is proof positive the efforts of this division exceed the norm and warrant additional assistance. The Division assist the New Mexico State Fair (Expo NM) annually and their assistance does not go without notice.



Gil Stewart – EXPO NM The Division at community events “Thanks you guys, Isleta Pueblo you rock”.



The Division at community events National Night Out 2022

The division also attended a conference in Kentucky during the month of September as well and interact with other agencies throughout the nation sharing ideas regarding traffic safety continuing their quest towards conducting effective traffic services for their communities.



**HAVE A SAFE
AND HAPPY
HALLOWEEN!!!**



Following are a few of the photographs taken at the National Night Out held in Isleta August 5, 2022 which were not included in last month’s newsletter. It seems a good time was had by all and the photographs speak for themselves. Community events are fun, rewarding and fundamental in creating good working relationships with the community members, Pueblo departments and even outside agencies. On to NATIONAL NIGHT OUT 2023!



Ma-gu-wam

The Isleta Pueblo Voters Alliance (IPVA) was formed in 2020 as a non-profit, non-partisan group of volunteer Tribal Members who unite to look for solutions to increase General Election voter turnout. IPVA is committed to provide factual and educational information to Tribal members via Facebook, Instagram, the POI Newsletter, and most recently aired a special presentation about Pueblo Civil Rights Activist Miguel H. Trujillo on Native American Calling. The presentation aired on July 28, 2022, and honored Miguel H. Trujillo who was instrumental in advocating to allow Native American votes to be counted in State and Federal Elections. IPVA is committed to focus on increasing voter participation for the upcoming General Election 2022. We are currently working on



initiatives to inform eligible voters of their rights and responsibilities in Tribal elections. We will keep you informed on special dates, events, and hope to have a record-breaking voter turnout this 2022 election year. Be a part of history and exercise your Right to Vote!! Any questions or comments are welcomed and IPVA can be reached at ipva-01@ipvalliance.org. **A few important dates and facts:**

1. Any eligible member shall register their candidacy for Governor or Council 20 days prior to registration date.
2. Tribal Council shall designate the polling place at a public location from 8am to 7pm on the last weekend in October.
3. At registration time eligible voters may cast a secret ballot for a Governor and one Council Member candidate.

4. The two candidates receiving the greatest number of votes for governor shall be certified by the Council Secretary as the only two candidates for Office of Governor.
5. 14 persons receiving the greatest number of votes for Council shall be certified by the Council Secretary as the only candidates for Council members in the next general election.
6. 10 days prior to general elections the Council Secretary shall post announcements of the forthcoming elections and a list of candidates whose names will appear on the ballot and the location of the polling place designated by Council.

IPVA encourages all enrolled Tribal members to exercise your right to vote this 2022 election year!!

PARKS & RECREATION DEPARTMENT

Happy October Isleta Pueblo – The chill is in the air, I can feel it! The mornings have been so nice lately, cool and fresh. I love the weather this time of the year, cool mornings and comfortable warm afternoons. It is a perfect time to get out and go for a walk, a nice jog or even a bike ride. I do not know about any of you, but I would love to see the weather stay like this all year round.

Remember that both of our recreation centers (Old & New Rec), fitness facilities, swimming pool and all of our parks around the pueblo are all open for you to use. Come take advantage of these wonderful amenities offered to our tribal members.

FITNESS SECTION

October is Emotional Wellness Month – Remember to focus on the good as often as possible. By doing this you will feel better, if you continually look at the positive aspects of people, positive new experiences, eat good healthy meals and concentrate on positive fun everyday activities, your mood and demeanor will follow suit and your day will be much more positive and fulfilling and just overall better.

Deep breathing and progressive muscle relaxation can also help reduce your stress. Your new Recreation center facility provides wonderful yoga classes where

relaxation, deep breathing and mindfulness are the core focuses and teachings in the class. Other ways to reduce stress is to start exercising, working out is a great way to lose yourself in the moment and focus on you. By doing this, you will release endorphins, increase energy and even sleep better. These are just a few of the pros that come with exercise.

Come visit one of our fitness facilities and set up a time to work out one-on-one with one of our Personal Trainers or join one of our classes (Boot Camp, Spin or Yoga), I think you'll be glad that you did!

RECREATION SECTION

Fall is in the air! The participants in our After School Program are learning the meaning of Fall and what actually happens during this time of the year. Things like when and why the leaves change colors, how some animals prepare for the winter and what types of foods are being dried or cooked during the fall season. The youth activities this month will consist of some fall baking of apple pies, pumpkin cookies, painting fall portraits, making Hot Air Balloons, observing the leaves changing colors as a science activity and lastly carving pumpkins for Halloween!



October is Bullying Awareness Month

This month is Bullying Awareness Month. As a parent, we wonder why my child is being picked on at school or at an After School program. Well parents, bullying is becoming an issue again and your child may be scared to say anything because they're afraid they'll get beat up if they tell on the bully. Bullying usually starts from the schools, carries on to the bus, then to whatever program they may attend after school.

Here is some information on types of bullying that may occur and ways to prevent bullying.

Types of Bullying

There are three types of bullying:

- Verbal bullying** is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate sexual comments
 - Taunting
 - Threatening to cause harm
- Social bullying**, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
 - Leaving someone out on purpose
 - Telling other children not to be friends with someone
 - Spreading rumors about someone
 - Embarrassing someone in public
- Physical bullying** involves hurting a person's body or possessions. Physical bullying includes:
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone's things
 - Making mean or rude hand gestures

Here are Ways You Can STOMP Out Bullying!

Bullying is something many of us face, and it can be difficult to know what to do. You must always remember that bullying is NOT your fault. This Bullying Prevention Tip Sheet outlines steps you can take to help prevent bullying in your school or community.

Bullying Prevention Tip #1:
Report It – Don't be afraid to tell an adult. Telling isn't tattling! You are helping someone. Prevention is best addressed by communicating and teaching the expected pro-social behaviors:

Who should you tell?
You could tell your parents, teacher, school counselor, school nurse, coach or any adult you trust. Be sure to tell exactly what happened ... who was bullied, who the bully was, where and when it happened. Even if you only suspect a kid is being bullied, it is a good idea to report that, too. Most adults really do care about bullying and will be glad that you told them about it so they can prevent it from occurring in the future. If you tell an adult and you do not think they are doing anything about the bullying or if the situation isn't improving, tell another adult. Keep telling adults until someone does something to help.

Bullying Prevention Tip #2:
Be a Friend to Someone Who Is Being Bullied! When someone is down, they need a friend. Be there for the person who is being bullied. Be a buddy on school grounds, get together after school, include them in activities, walk home with them, or sit with them on the bus. Being an understanding and supportive friend means so much. Show a kid who is being bullied that you care about them.

Bullying Prevention Tip #3:
Stand Up to The Bully! If you feel safe and comfortable, tell the bully that what they are doing is mean and wrong. It is not cool and they should stop. Keep it simple.

Bullying Prevention Tip #4:
If you are Left Out of A Group and Being Bullied! Very often someone you thought was your friend, has joined the bully's side. While this does hurt you, ask yourself ... how much of a friend could they have really been if they are doing this to you? Find other friends; join groups and clubs at school. The best revenge is for you to be happy!

WHEN IT COMES TO BULLYING, REMEMBER

- It is NOT your fault. No one deserves to be bullied!
- Do not fight back or bully a person back. It will not make things any better and it will probably get you into trouble. The ONLY time to fight back is if someone is physically hurting you. At the same time, others who see this should seek help from a trusted adult.
- Never keep the pain of being bullied to yourself. Tell someone. Tell a friend. Tell a trusted adult. Report it! Telling is NOT tattling.
- Do not skip school or avoid friends, sports or clubs because you are afraid of the bully. You have a right to be there just as much as the bully does. No matter how bad you feel, hurting yourself or thinking about suicide is NOT the answer. Nothing is that bad. Talk with an adult and get help.

Does your school have a peer-mentoring group? If so, talk to them. Ask for help.

SPORTS SECTION

From the sports desk at the rec center we just finished up with our corn hole tournament we had a very good turnout. There were 19 teams and the Elote bro's came in 1st (Cody Lujan, Kevin Jojola), in 2nd place we had the Goo Back's (David Sousea, Heribeto Amaya) and in 3rd place we had the Old Schoolers (Virgil Lucero, George Waquie). It was nice to see the community show up and have fun.

You can start signing-up for the Pueblo Harvest Run/walk starting on Oct 1st, the deadline to sign up will be on Oct 15th, so let's celebrate what has been given to us. We will also be having our next installment of our Hitting Challenge on Sept 25th at Chical Field. We will have more details on how that went in the next newsletter.



AQUATICS SECTION

Isleta Aquatics is looking for Lifeguards! Previous experience is welcome but we can train and certify those that need it and qualify. Schedules are flexible and work around school and extracurricular activities. If you know anyone interested in becoming a Lifeguard, please call or visit the POI website for the job posting!

We would once again like to invite all to come check out the Lap Pool, Wading Pool, Jacuzzi and saunas! We will have sessions available from 6:00am-8:30am as well as 3:30pm-7:30pm Monday through Thursday and 6:00am-8:30am and 3:30pm-5:30pm Fridays. We will close mid-day to accommodate swim time for youth programs Isleta has to offer, as well as daily pool maintenance. We are also offering our adults only lap swim on Mondays, Wednesdays and Fridays from 12pm-2:00pm. All three types of swim session can be reserved in one and two hour increments 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 Lifeguard certification, child or adult swim lessons, water aerobics and other aquatic programming please call Josh or Connie at 505-869-9783.

2 N D A N N U A L



PUEBLO HARVEST
RUN/WALK

This event will be tracked on the Nike Run Club app. So let's all celebrate the Harvest that Mother Earth has given our People this year


Registration -Oct- 1st
Starts- Oct 18th thru Nov 19th
75 mile run or walk
No Treadmills or Elliptical
DEADLINE- OCT- 15TH

Join the fun to celebrate the unique heritage, of our culture

FREE EVENT - OPEN TO Tribal, Casino and POI Only
For more details contact
george.waquie@isletapueblo.com
or 505-869-9777 ext. 9011



FALL



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




acorn	colors	leaves	scarecrow
apples	fall	mushrooms	spiders
autumn	football	orange	squirrels
birds	frost	pumpkins	trees
bonfire	harvest	raking	vegetables
changing	jacket	red	yellow



Tree Valley Academy

LOS LUNAS YOUTH
BASKETBALL LEAGUE



Los Lunas Youth basketball league is looking for volunteers. We are currently down to two Board members with no volunteers to help out in the league this year. We need volunteers to kick our 2022 - 2023 season off. If we don't get volunteers we will not have a season this year. If you have any questions, please contact Jeff Lassard at 505-514-8001. Thank you!

<div><div></div><div>ISLETA ELDER HOME DELIVERED MEALS 2022</div><div></div></div>				
Monday 10/3/2022	Tuesday 10/4/2022	Wednesday 10/5/2022	Thursday 10/6/2022	Friday 10/7/2022
Beef & Potato Hash Ground Beef 3oz Diced Potatoes 1/2c Mixed Vegetables 1/2c Fresh Fruit	Ham & Cheese Roll Up Shaved Ham 3oz Sliced Cheese 5oz Tortilla 8" Baked Chips Fruit	Minestrone Soup Elbow Macaroni 1/2c 5 Way Vegetable 1/2c Kidney Beans 1/4c Oyster Crackers Fruit	Open Face Roast Beef Sandwich Sliced Roast Beef 3oz Mashed Potato 1/4c Gravy 2oz California Blend 1/2c Toast	Fish Sandwich Fish Patty 2oz Sliced Cheese 2oz Mixed Vegetables 1/2c Hamburger Bun Fresh Fruit
BBQ Rib Sandwich BBQ Rib 3oz Baked Beans 1/2c Chuckwagon 1/2c Hotdog Bun Fresh Fruit	Chicken Fajitas Chicken 3oz Peppers & Onions 1/2c Garnish 2oz Shredded Cheese 1oz Calabacitas 1/2c Fruit	Pizza Pepperoni 3oz Mozzarella Cheese 2oz Marinara Sauce 2oz Italian Vegetable 1/2c Garlic Toast	Beans Beans 1c Shredded Cheese 2oz Green Chile 1/4c Corn Bread Fruit	Carne Adovada Pork Carne Adovada 3oz Spanish Rice 1/2c Mediterranean Blend 1/2c Tortilla 6" SF Jell-O Cup
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
Turkey On Croissant Slice Turkey 3oz Sliced Cheese 1oz Lettuce & Tomato 2oz Potato Salad 1/4c	Taco Tuesday Ground Beef 3oz Refried Beans 1/4c Chuckwagon 1/2c Garnish 2oz Corn Tortilla Shells	Tuna Salad sandwich Tuna Salad w/Grapes 3oz WW Bread Mandarine Salad 1/2c Baked Chips	Chicken Noodle Soup Diced Chicken 3oz WW Noodles 1/2c Celery 1/2c Carrots 1/2c Crackers	Smothered Burrito Beef Burrito 3oz Cheese 1oz Red Chile 2oz Zucchini 1/2c Fruit
Potato Stew Diced Pork 3oz Potatoes 1/2c Country Blend 1/2c Green Chile 2oz Tortilla 6"	Blackened Tilapia Tilapia 4oz Steamed Rice 1/4c California Vegetable 1/2c Tartar Sauce 1oz	Meatball Sub Meatballs 3oz Marinara Sauce 2oz Swiss Cheese 2oz Italian Blend 1/2c Hoagie Bun Fresh Fruit	Chicken & Rice Diced Chicken 3oz Rice 1c Celery 1/4c Diced Onions 1/4c Red Chile 1oz Dinner Roll	Mummy Dogs Hot Dog 3oz Croissant 1oz Seasoned Fries 1/4c Peas & Carrots 1/2c SF pudding cup
10/31/2022	<div><div></div><div>Please call by 9 AM to cancel Home Delivered Meals. Thank you.</div></div>			
Salisbury Steak Salisbury Steak 4oz Mashed Potato 1/4c Gravy 2oz Green Beans 1/2c Fruit				
****Menus are subject to change without notice, based on the availability of products.****				

Isleta Elder Center Activities Calendar Monday - Friday 8:00AM - 4:30PM		<div>OCTOBER<div></div></div> 2022		Activities Coordinator Antoinette Thayer (505) 869-9770 Ext. 9336 <small>*All activities subject to change</small>	
Monday 3		Tuesday 4		Wednesday 5	
Open Activities 9AM - 4PM Most Activities available Exercise Equipment, Pool table, Board Games, etc. Upon Request		Activities Room 10:30 AM - 11:30 AM FREE Yoga & Strength Training  Join us it's fun!		Activities Room Ring Toss 10AM - 11AM 	
10		11		12	
Rec Center Exercise 1PM - 2PM *Sign up to Personal trainers available  Transportation Provided on Request		Activities Room 10:30 AM - 11:30 AM FREE Yoga & Strength Training  Join us it's fun!		Activities Room DIY CRAFT 10AM - 11:30PM Create a Pumpkin from cloth and TP FUN *FUN* FUN	
17		18		19	
Open Activities  1:00PM - 3:00PM		Field Trip Oak Street Health Center MOVIE & REFRESHMENTS *The New Elvis Movie 1pm -4PM Transportation Provided Sign up must have 5 participants		Activities Room Advisory Committee Meeting 9:00AM	
24		25		26	
Open Activities 9:00AM - 12:00PM  Afternoon Walk 1PM - 2PM Run - Walk West Rec Track		Activities Room 10:30 AM - 11:30 AM FREE Yoga & Strength Training  Join us it's fun!		POI Rec Center Play Horse Shoes 10AM - 11AM  Transportation upon request	
31				27	
Activities Room Ring Toss 10AM - 11AM 				Activities Room 10:30 AM - 11:30 AM FREE Yoga & Strength Training  Join us it's fun!	
				28	
				Dining Rm & Activities Room Halloween Fun! 11AM - 3PM Cookie Decorating Cake walk BINGO Must RSVP & be 50 yrs old  	
				REMINDER Please Sign up for Activities Prior to the date First come first serve	
<div><div>* Activities are open to everyone age 50 and older unless otherwise noted.</div><div>*All activities subject to change</div></div>					

ONE
PILL CAN
KILL

Department of Justice Drug Enforcement Administration

COUNTERFEIT PILLS FACT SHEET


FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT

4 OUT OF EVERY 10 PILLS

WITH FENTANYL CONTAIN A POTENTIALLY

LETHAL DOSE



Counterfeit pills often contain fentanyl and are more lethal than ever before.

DEA officials report a dramatic rise in the number of counterfeit pills containing at least 2 mg of fentanyl, which is considered a deadly dose.

Drug traffickers are using fake pills to exploit the opioid crisis and prescription drug misuse. The Centers for Disease Control and Prevention reports more than 100,000 drug overdose deaths in the United States in the most recent 12-month reporting period, the most ever recorded.

Fentanyl, the synthetic opioid most commonly found in counterfeit pills, is the primary driver in this alarming increase in overdose deaths.

Criminal drug networks are flooding the U.S. with deadly fake pills.


— Criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public.

— Counterfeit pills are easy to purchase, widely available, often contain fentanyl or methamphetamine, and can be deadly.


— Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms, making them available to anyone with a smartphone, including minors.

— Many counterfeit pills are made to look like prescription opioids such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®).

AUTHENTIC
oxycodone
M30 tablets




*FAKE
oxycodone M30 tablets
containing fentanyl



For more information about counterfeit pills, go to [DEA.gov/OnePill](https://www.dea.gov/OnePill)

Data as of December 2021



*Photos of counterfeit pills do not represent all available fake pills.

ONE
PILL CAN
KILL

Department of Justice Drug Enforcement Administration

COUNTERFEIT PILLS FACT SHEET

Counterfeit pills are widely available across every state in the Country.

— DEA and its law enforcement partners are seizing deadly fake pills at record rates.

— Counterfeit pills have been identified in all 50 states and the District of Columbia.

— Drug trafficking is also inextricably linked with violence.


— DEA has opened 912 investigations with a nexus to violent crime so far this year, and with our partners, seized more than 8,700 guns connected to crimes.

So far this year, DEA has seized

20,000,000

fake pills often laced with fentanyl

-more than the last 2 years combined-




The only safe medications are ones that come from licensed and accredited medical professionals.

DEA warns that pills purchased outside of a licensed pharmacy are illegal, dangerous, and potentially lethal.

For more information about counterfeit pills, go to [DEA.gov/OnePill](https://www.dea.gov/OnePill)

Data as of December 2021



The Drug Enforcement Administration ensures the safety and health of the American public by fighting against violent criminal drug networks and foreign cartels trafficking in illicit drugs. To accomplish that mission, the Drug Enforcement Administration employs approximately 10,000 men and women throughout the world—Special Agents, diversion investigators, intelligence analysts, and chemists—across 239 domestic offices in 23 U.S. divisions and 91 foreign offices in 68 countries.

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

Mental Health Awareness 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.

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

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

School age kids need vaccines:




(4-6 years old)
DTaP
Polio
Flu (Yearly)
MMR (2nd Dose)
Varicella (2nd Dose)

Teens need these vaccines:




(11-12 & 15-16 years old)
HPV
Tdap
Flu (Yearly)
Meningococcal ACWY & B

Cats need:



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

Dogs need:




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

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

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

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



SOCIAL SUPPORT GROUP

Thursdays 4:30-6:00 @

B'EEH K'OO-EE

(THE GOOD ROAD)

WELLNESS CENTER

1 Sagebrush St, Albuquerque, NM 87105
Pueblo of Isleta Health Center
(West side of building in the South corner - find the ramp)


Come join our Social Support Group. It is a gathering of people facing common issues to share what's troubling them. Through the sharing of experiences, we are able to offer each other; Support, Encouragement, and Comfort.

There is Healing in the Circle.

B'EEH K'OO-EE WELLNESS CENTER (ISLETA BEHAVIORAL HEALTH)

RODNEY PAQUIN

On behalf of the Paquin and Chewiwi family, we would like to express our sincere appreciation for all those who came to support us during our loss of our son and nephew Rodney Paquin. Rodney was a unique individual with a beautiful spirit, beautiful smile and has made himself unforgettable and loved by many. He will be missed and always loved. May he rest in peace, gone but he will always be in our hearts. He has joined his brother Michael and grandparents who will watch over us.



Gone But Never Forgotten
From our thoughts to our memories,
From our days to our nights.
From east to the west,
From my love that I write.
From the sadness we shed when you went away,
But in our hearts and minds you will forever stay!

Rodney was President of a Motorcycle Club Chapter in Albuquerque. He loved to travel and had lots of friends across the US and other counties. He started fund raising with his chapter to help cancer patients with medical bills, along with clothes drives, food drives, toy drives, school supplies drives and bike give aways every April at Los Lunas Park. On Saturday nights he helped feed the homeless, gave clothes, blankets and food away to whoever needed them. He got his education at Isleta Elementary, Rio Grande High School, Valencia UNM and CNM. Again, thank you to the community, family and friends for your support. Bless each and every one of you.



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.

LOVE

Test soon. Treat early.

Self-Care is community care for OUR collective wellness.

Get tested for COVID-19 if you feel sick with COVID-19 symptoms.



Contact your healthcare provider right away if your result is positive. Treatment is now available for most, but should be started as soon as possible.



PROTECTION

COVID-19 treatments are now available for those who get sick to prevent severe illness and hospitalization.

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



PUEBLO OF ISLETA

WIC PROGRAM

(505)869-2662



The first week of August was World Breastfeeding Week, and the Pueblo of Isleta WIC Program had a huge success! We love supporting our WIC families! We would like to thank Albertson's in Los Lunas, Albertson's off Rio Bravo, Jerry's Market, POI Transportation, Randy Jim, and WIC staff for making this day possible. We cannot wait for the next WIC event!

JOIN THE ISLETA
ELDER CENTER
FOR HALLOWEEN

Friday October 28, 2022

Cookie decorating Contest From: 11am -12pm

Bingo & cake walk from: 1pm 3pm

Prizes Going to cutest & most original cookie

Refreshments Will Be Served

Must be 50 yrs or Older to
Attend & Participate

CONTACT PERSON
ANTOINETTE THAYER
505-869-9770

Please RSVP By Oct. 10th

Limited Space Available

Isleta Elder Center
Lunch
in Albuquerque

Friday October 14th
11am to 3pm

50 yrs & older to attend *Self-pay for lunch

Sign up soon

Must have 5 participants

Transportation provided

Sawmill Market

You're Invited!

COVID-19 COUNSELING
& SUPPORT SERVICES

IT'S FREE &
ANONYMOUS.

CALL (505) 954-1057

Health Beat
Primary Care Week

Stephanie Barela
Isleta Health Center Health Educator
(505) 869-4479
Stephanie.Barela@Islclinic.net
<https://ucfhealth.com/our-services/primary-care/the-importance-of-primary-care/>
www.AAFP.com

National Primary Care Week is the first week in October (Oct. 1-5, 2022). You might wonder, what exactly is Primary Care? In looking at how the American Academy of Family Physicians (AAFP) defines Primary Care you can see that the Isleta Health Center gives a great example of this. AAFP defines Primary Care as:

“a provision of integrated, accessible health care services by physicians and their health care teams who are accountable for addressing a large majority of personal health care needs, developing a sustained partnership with patients, and practicing in the context of family and community. The care is person center, team-based, community-aligned and designated to achieve better health, better care and lower costs.”

Primary care is the routine health care and treatment of general ailments that promotes a patient's wellbeing. This type of generalized medicine ensures that people are on the right track to having healthy, high-quality lives. Primary care is your first line of defense against illness, chronic conditions, and injury.

Family physicians, nurse practitioners and internist with the health care system all typically provide primary care. These different providers can be seen for a number of ailments. Various services are covered under primary care including but not limited to yearly examinations, wellness checkups, and the treatment of flu, cold, strep throat, and other common ailments. Primary care also encompasses the diagnosis of less common illnesses through conversation and examination. Primary care includes vaccinations, cancer screenings, allergy tests, and more.

Primary care physicians can assist you uniquely because they are able to study your medical history, develop a trusted rapport and consider your needs going forward. Going to an Urgent Care Facility may just result in medication or over the counter symptom suppressant, but there are better benefits in going to clinic, where we know you and our providers know you and your history.

It is important to have a primary care provider so that you have the same person walking through your health journey, knowing your medical history and monitoring your symptoms routinely. You can consult with your primary care provider and address problems faster than you could by scheduling an appointment as a new patient with a random general practitioner. According to University of Central Florida Health, patients who see primary care physicians regularly, have better, more reliable access to beneficial health care plans. This website also states that a primary care doctor can benefit the whole community because they are able to notice a certain illness or chronic disease affecting more people in the community and ultimately be able to determine this concern for the community as a whole, rather than a provider outside of the community.

Please come to the Isleta Health Center and help Celebrate Primary Care Week the first week of October.

STRENGTH


Resiliency has always been our Strength, we shall continue to adapt!


1ST DOSE + 2ND DOSE + BOOSTER(S) (WHEN ELIGIBLE)

= UP-TO-DATE ON COVID-19 VACCINES

If you are 5 years or older & completed the COVID-19 vaccine primary series, you may be eligible to get boosted.

Contact your local IHS, tribal, or urban Indian health care facility or pharmacy to get vaccinated. Scan this QR code for more info:





Being fully up-to-date with COVID-19 vaccines is the best defense against severe illness from the virus.

ISLETA SOCIAL SERVICE

Hello Everyone. Domestic Violence Awareness Month is upon us. Because domestic violence can be considered a taboo subject that is rarely discussed in native communities, we are opting to take a stand in solidarity with victims, survivors, and silent witnesses associated with intimate partner violence and/or domestic violence on a macro scale. We truly value and appreciate those who choose to step forward and allow the healing to begin within our own community. We would like to take the time to share space with you...

You may ask yourself, what is domestic violence? What does that mean for my family members and my community? How can I become an ally and an advocate to support those who are or have been living in an unsafe and uncomfortable situation? Domestic violence falls under one of the categories from the Adverse Childhood Experiences (ACEs). The legal definition of domestic violence in New Mexico is defined as “an incident of stalking or sexual assault whether committed by a household member or any one else; or an incident committed by a household member against another household member that involves:

- Physical harm;
- Severe emotional distress;
- A threat causing imminent fear of bodily injury by any household member;
- Criminal damage to property;
- Repeatedly driving by a residence or workplace;
- Telephone harassment;
- Strangulation;
- Suffocation;
- Harm to children or threatened to harm children”

After reading the domestic violence legal definition, you may be asking yourself, what is harassment? Harassment is defined as “knowingly pursuing a pattern of conduct that is intended to: annoy, seriously alarm, or terrorize another person and that serves no lawful purpose. The conduct must be such that it would cause a reasonable person to suffer substantial emotional distress.”

With all this information, you may be asking yourself, how can I be a source of support to my family member, neighbor or community members? The answer is...listening, reporting any unsafe or alarming behaviors to law enforcement.

<https://www.womenslaw.org/laws/nm/restraining-orders/protection-orders-domestic-violence/basic-information/what-legal>

If you are in an unhealthy relationship and would like to speak to someone confidentially, please call the National Domestic Violence Hotline at 1-800-799-7233 or visit <https://www.thehotline.org/>

Pueblo of Isleta Public Library

Financial Education Nights at the library!

In collaboration with Isleta Social Services and Tiwa Lending

For the month of October the library will be partnering with Isleta Social Service and Tiwa Lending to bring to the community sessions on financial literacy and how domestic violence ties into it since October is Domestic Violence month.

Wednesday, October 12th 5pm to 7pm

Tiwa Lending Service: Saving & Budgeting
Library Craft: Halloween Pumpkin Carving

*Crafts are set up only for children who's parents are attending the sessions.

Wednesday, October 19th 5pm to 7pm

Tiwa Lending Service: Credit & Collections
Library Craft: Solar Bug's

*Crafts are set up only for children who's parents are attending the sessions.

Wednesday, October 26th 5pm to 7pm

Tiwa Lending Service: Homeownership
Library Craft: Movie Night Hocus Pocus 2

*Crafts are set up only for children who's parents are attending the sessions.

For more please contact the library at 505-869-9808 or to register please contact Miranda Lente at 505-916-0556 or by email miranda@tiwalending.org



ISLETA HEALTH CENTER
COMMUNITY HEALTH
REPRESENTATIVE
(CHR)
PROGRAM



OUR TEAM IS HERE TO ASSIST COMMUNITY MEMBERS WITH:

TRANSPORTATION TO NON-EMERGENCY MEDICAL APPOINTMENTS TO ISLETA HEALTH CENTER, WITHIN ALBUQUERQUE, AND LOS LUNAS AREAS.

MEDICATION & MEDICAL SUPPLY DELIVERIES

CONNECTION TO LOCAL AND COMMUNITY HEALTH RESOURCES

505-869-4485
CONTACT US FOR MORE INFORMATION!

OCTOBER ²⁰²² ISLETA HEALTH CENTER Questions? Call 869-3200					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2	3 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	4 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	5 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00 -3:30pm @IHC Training Ctr. For more information call 869-5475.	6 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more Information please call: 869-5475	7 National Depression Screening Day Wellbriety Group: 6:00 - 7:00pm @IHC Training Center, For more Information please call: 869-5475
		National	Primary	Care	Week
8/9	10 World Mental Health Day The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	11 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475	12 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00 -3:30pm @IHC Training Ctr. For more information call 869-5475.	13 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more Information please call: 869-5475	14 Wellbriety Group: 6:00 - 7:00pm @IHC Training Center, For more Information please call: 869-5475
15/16	17 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	18 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475	19 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00 -3:30pm @IHC Training Ctr. For more information call 869-5475.	20 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more Information please call: 869-5475	21 Wellbriety Group: 6:00 - 7:00pm @IHC Training Center, For more Information please call: 869-5475
		National	Health	Education	Week
22/23	24 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	25 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	26 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00 -3:30pm @IHC Training Ctr. For more information call 869-5475.	27 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more Information please call: 869-5475	28 Wellbriety Group: 6:00 - 7:00pm @IHC Training Center, For more Information please call: 869-5475 DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475
29/30	31 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475 Sewing Class 5:00-7:00pm @IHC Training Center For more information call: 869-5475	 — OCTOBER — DOMESTIC VIOLENCE <i>Awareness Month</i> TAKE A STAND AGAINST DOMESTIC VIOLENCE	National Prescription Drug Take Back Day October 24, 2022	ISLETA HEALTH SUPPORT GROUP Topic: Stress Management & Isleta Health Group 12th Anniversary Celebration Tuesday, October 18, 2022 10:30-Noon Cindy Brown, Senior One Isleta Health Training Center or Virtual Contact Stephanie Barela 869-4479 sbarela@islclinic.net	



Freedom From Smoking

DO YOU WANT TO QUIT SMOKING?

GET SUPPORT FROM THIS GROUP PROGRAM NOW!

8 WEEK EVENING PROGRAM STARTS THIS FALL

@ ISLETA HEALTH CENTER

CALL FOR MORE INFO!

GET SUPPORT FROM THOSE GOING THROUGH THE SAME THING.



Weekly Prizes!

- Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!
- Get support from others that are going through the same thing.

CONTACT:
Stephanie Barela @ 505-869-4479
for more information or to reserve your spot in this class!



Sponsored by the Isleta Health Center



ISLETA HEALTH SUPPORT GROUP

Our Goal: Provide health education and peer support to people impacted by chronic health concerns, to empower with knowledge & support, in order to strengthen the health of the community.

STRESS MANAGEMENT

12 YEAR ANNIVERSARY CELEBRATION

***NOTICE DATE CHANGE* Tuesday, October 18, 2022**
10:30-noon

Cindy Brown, Senior One
Senior Care Resources Broker

Meet in Person: Isleta Health Training Center or
Meet Virtually: meet.google.com/xej-utda-mzk
Dial-In: 1-401-594-0386 PIN: 547-249 049#



JOIN US!

EVERYONE WELCOME!

Learn about Chronic Disease, get support and be empowered!

PRIZES

Contact Stephanie Barela, Isleta Health Educator
(505) 869-4479 | Stephanie.Barela@islclinic.net