



Isleta Pueblo News

Volume 17 Issue 11

Pueblo of Isleta website: www.isletapueblo.com



November 2022

Governor's Report

Ma-gu-wam,

I hope this newsletter finds you all well and in good spirits. We are moving forward however, still battling the COVID-19 virus. Fortunately, the positive cases have been low within the community. The COVID team has the new COVID booster shot available and taking appointments. Please call the COVID line at 505-869-9720. As we enter the fall and winter months, the Flu season is upon us, and the Flu vaccine is available at the Isleta Health Center. Please schedule your appointment with the Health Center staff at 505-869-3200.

I attended the National Tribal Health Conference in Washington, DC in October. Many topics were discussed about healthcare and services provided. Many nations have issues with Behavioral Health and substance abuse. I want to report, services the Pueblo of Isleta provides is very good in comparison to other nations. Our crisis team made up of Isleta Social Services, B'ee K'oo-ee Health Services, and Isleta Police Department are services that other tribes and nations are looking to build with in their communities. I had a discussion with an individual from Alaska Health Services who has developed a virtual reality program for individuals who are struggling with fentanyl abuse. It was

very interesting to see the affects within the brain and the physical disconnect that happens. This program is a new concept however; this program may be good with the services provided here at the pueblo such as the Ripple effect program and the Healing to Wellness Court. We will meet in the future with the Alaska services to see if we can get these services to the pueblo.

The mountains are open again. We had a rockslide with all the wonderful rain we had. The rockslide has been cleared up and all the roads are open. Just a reminder that the Deer Hunts are happening in the month of November on the weekends. Woodcutting and wood hauling will not be allowed during the scheduled hunts in the mountains. Wood and burn permits are available at the Governor's Office, Wildland Office at the Complex and the Police Substation on the west side. Please call Isleta Police Dispatch for the current burn day status and notification that you will be burning.

1st Lieutenant Governor Lucero along with staff from the Isleta Head Start and Department of Education are attending the total immersion initiative which was established in Hawaii. Lt. Lucero has met with Jemez Pueblo which had implemented a similar program that

the Hawaiian community has put in place to continue their language. Jemez Pueblo staff has initiated this process within their community and have shown progress within their community members learning their language. As we assess the language situation within our community and understanding that total immersion is how we have learned our language, we feel that this is an avenue that needs to be researched.

2nd Lt. Governor Sanchez was invited to speak at the 67th Annual NM Water Conference in Las Cruces, October 25-26, 2022. In the session topic "A Reflection Between Indigenous Communities and Their Water Resources," he discussed his involvement in water issues for Isleta in his position. This will be 2nd Lt. Governor Sanchez' sixth time participating as a speaker and/or conference moderator in the Annual NM Water Conference. You can find his presentations at the NM Water Resources Research Institute webpage under Water Conference Proceedings.

May the creator bless every one of you with good health and a long life.

Haw-wooh,
Vernon B. Abeita
Governor

TRIBAL COUNCIL

Early Voting for the General Election shall be held Monday, November 21st and Tuesday, November 22nd, 2022 from 1p.m. to 7p.m. daily, at the Isleta Recreation Center Gymnasium.

General Election Voting for Governor and Tribal Council will be held on Saturday, November 26th, 2022 from 8 a.m. to 7 p.m. at the Isleta Rec Center Gymnasium.

Curbside Service will be provided for the Voting events noted above for the elderly, disabled, and COVID-19 positive individuals in designated areas. All Voters must wear a mask.

(If you participate in Early Voting, you do not have to return to vote on November 26th, 2022)

PUEBLO OF ISLETA VETERANS ASSOCIATION

Pueblo of Isleta Veterans Association/Veterans Service Officers

Due to lack of interest, the Pueblo of Isleta Veterans Association Veterans Service Officers will no longer be at the Isleta Health Clinic on Tuesdays. Instead, beginning on Thursday, November 3, 2022, the POIVA/VSO's will be at the POIVA Veterans Center located in Los Charcos from 10 AM - 2 PM. We will be there every Thursday.

If you have any questions on Veterans issues, i.e., Benefits, Health, Pensions, Search for Military Records, Funerals (flags, headstones), etc., we will be there to help. If you have it, bring your DD-214. If anything, just come by and have coffee with us.

For any questions, please call Ulysses at 505-264-4110, Marcus at 505-514-7332, or Fred at 505-573-7332.

Vernon B. Abeita
Governor



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

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

Turkey Distribution

DATES: Tuesday, November 15, 2022
Wednesday, November 16, 2022

WHERE: Isleta Pueblo Recreation Center TR 40

TIME: 8:00 a.m. to 6:00 p.m.

FOR: Tribal members living within Isleta Pueblo
Boundaries ONLY

Individuals must provide proof of Tribal membership and residency.

Only one (1) Turkey per household 18 yrs & over.

A written letter for picking up for another household living within the Isleta Pueblo Boundaries is required. Your cooperation will be appreciated. Thank you.

Governor, Vernon B. Abeita

LETTER FROM THE EDITOR

DEADLINE for December Newsletter articles is set for Wednesday, November 16, 2022, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

Currently, this service is FREE to Tribal members. Land, houses, and mobile homes must be within the reservation boundaries. Ads must meet the 160 character limit. Ads that exceed the 160 characters will NOT be submitted into the Newsletter. A single picture 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:
Margo Michelle Jojola

Case No. CV-PR-0084-2022

First Notice


TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Margo Michelle Jojola, deceased 02/04/2021, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for Thursday, December 01, 2022 at 1:30 pm at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:
Marcelina E. Jaramillo-Portillo

Case No. CV-PR-0116-2022

Second 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.



2022 GENERAL ELECTION

Early Voting in-Person begins OCT 22, 2022

Bernalillo County Early Voting Site at

Isleta Elder Center OPENS

October 22, 2022 to

November 5, 2022

from 10a.m.-6p.m.

Tuesday to Saturday

For more information, go to www.bernco.gov/myvotecenter or call 505-243-VOTE (8683).

Replacement and Upgrade of Roadway Luminaire Heads on NM47



Construction materials for the installation of roadway luminaire heads on NM47, as reported in the October Newsletter, have arrived sooner than anticipated.

Construction is now anticipated to begin Mid-November and require two weeks to complete. There will be no lane closures, but a rolling arrow board will be used to protect traffic and the shoulder work zones.



If you have any questions please contact the Transportation Department at: (505) 869-4965



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

Thank you!



Helping New
Mexicans
overcome barriers
to
employment since
1941

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

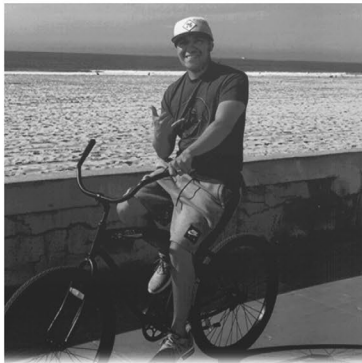


2022-2023 Aaron Robert Dailey Scholarship - The Tibien (Elk Mountain) College Fund

We would like to thank everyone who applied for the Aaron Robert Dailey Scholarship - The Tibien (Elk Mountain) College Fund. Our Native American communities are filled with youth driven to make a change and we are happy to be a part of their journey.

Congratulations to the 2022 - 2023 recipients!
They have displayed hard work and determination toward their academic endeavors and we wish them the best in their achievements.

-Sh'eh Wheel Law Offices, P.C.



Jodi Kallestewa is a tribal member from the Pueblo of Zuni and is currently enrolled at New Mexico State University pursuing a double major in Forensic Science and Criminology.

"I am interested in solving the Missing and Murdered Indigenous people in the southwest region and will focus on assisting current cases when given the opportunity".

-J. Kallestewa



Alondra Mariano is a tribal member of the Navajo Nation and is currently enrolled at the University of Southern California pursuing a dual degree in biological sciences and nursing.

"Working as a labor and delivery nurse not only tackles the mortality issue among Native American women, but also tackles the need for Native American nurses, which improves access and quality to patient care".

-A.Mariano



VETERANS DAY SERVICE SCHEDULE

The Transfer Station will be closed on Friday November 11th in honor of Veterans Day. Thursday and Fridays trash and recyclables will be collected on Thursday November 10th. Have carts out by 7AM.
Thank you Veterans!



KEEP ISLETA BEAUTIFUL!
869-4106



THANKSGIVING SERVICE SCHEDULE

Wednesday, Thursday and Fridays trash and recyclables will be collected on Wednesday November 23rd. Have carts out by 7AM.
The Transfer Station will be closed on Thursday 11/24 and Friday 11/25, we will reopen Saturday 11/27 at 7AM. Happy Thanksgiving!



KEEP ISLETA BEAUTIFUL!
869-4106



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"/>	ADVERTISING MANAGER	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	10/21/2022
<input type="checkbox"/>	FRONT DESK AGENT	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	10/19/2022
<input type="checkbox"/>	ESTHETICIAN	0500 - SPA THERAPY	11000 Broadway SE	Albuquerque, NM	10/19/2022
<input type="checkbox"/>	ADMINISTRATIVE ASSISTANT I	HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	10/19/2022
<input type="checkbox"/>	SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	10/19/2022
<input type="checkbox"/>	CALL CENTER AGENT	0305 - F&B TIWA CAFE	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	BARBACK (Triple 7s)	0333 - F&B 777 SPORTS BAR	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	HDC SPECIALIST	UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	STEWARD	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	BARTENDER (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	HOUSEKEEPING SUPERVISOR	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	10/17/2022
<input type="checkbox"/>	HOTEL PM TECHNICIAN	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	10/17/2022
<input type="checkbox"/>	ELECTRICIAN III	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	10/14/2022
<input type="checkbox"/>	SHIPPING & RECEIVING CLERK	1580 - SHIPPING & RECEIVING	11000 Broadway SE	Albuquerque, NM	10/14/2022
<input type="checkbox"/>	FOOD ATTENDANT (BEVERAGE)	DAUBERS	11000 Broadway SE	Albuquerque, NM	10/14/2022
<input type="checkbox"/>	ELECTRICIAN III	1350 - FACILITIES MAINTENANCE	11000 Broadway	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	Cook I (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	COOK II (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	COOK I (Chile Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	COOK II (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	COSMETOLOGIST	SPA SALON	11000 Broadway SE	Albuquerque, NM	10/12/2022
<input type="checkbox"/>	HOUSEPERSON	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	10/11/2022
<input type="checkbox"/>	SERVER	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	10/10/2022
<input type="checkbox"/>	SALES AND EVENT SERVICES MANAGER	0220 - HOTEL SALES	11000 Broadway SE	Albuquerque, NM	10/10/2022
<input type="checkbox"/>	ROOM ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	10/5/2022

<input type="checkbox"/>	SURVEILLANCE AGENT	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	10/5/2022
<input type="checkbox"/>	VALET ATTENDANT	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	10/5/2022
<input type="checkbox"/>	NETWORK SYSTEMS ADMINISTRATOR	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	10/5/2022
<input type="checkbox"/>	LAUNDRY ATTENDANT	0270 - HOTEL LAUNDRY	11000 Broadway SE	Albuquerque, NM	10/4/2022
<input type="checkbox"/>	SUPERVISOR F & B (Triple 7s)	0333 - F&B 777 SPORTS BAR	11000 Broadway SE	Albuquerque, NM	10/3/2022
<input type="checkbox"/>	BINGO MANAGER	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	9/30/2022
<input type="checkbox"/>	FOOD ATTENDANT (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	9/29/2022
<input type="checkbox"/>	POKER DEALER	0130 - POKER	11000 Broadway SE	Albuquerque, NM	9/29/2022
<input type="checkbox"/>	POKER FLOOR SUPERVISOR	0130 - POKER	11000 Broadway SE	Albuquerque, NM	9/29/2022
<input type="checkbox"/>	SHUTTLE DRIVER	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	9/29/2022
<input type="checkbox"/>	FRONT DESK SUPERVISOR	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	9/27/2022
<input type="checkbox"/>	HVAC TECH II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/26/2022
<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"/>	SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/15/2022
<input type="checkbox"/>	GUEST SERVICE SUPERVISOR	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	9/6/2022
<input type="checkbox"/>	FOOD ATTENDANT	0330 - F&B CHILI RISTRA	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"/>	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"/>	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 (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"/>	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"/>	NAIL TECHNICIAN	0200 - HOTEL OPERATIONS	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	TABLE GAMES DEALER	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	7/18/2022
<input type="checkbox"/>	COUNT MEMBER	0160 - CASH OPS COUNT	11000 Broadway SE	Albuquerque, NM	7/5/2022
<input type="checkbox"/>	SLOTS TECHNICIAN INTERN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	6/7/2022

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.



REDUCE, REUSE, RECYCLE!
KEEP ISLETA BEAUTIFUL!

VILLAGE

RECYCLING

STARTING NOVEMBER

BEGINNING NOVEMBER, CURBSIDE RECYCLING WILL BE
AVAILABLE TO OUR VILLAGE RESIDENCE. CALL THE
TRANSFER STATION TO SIGN UP.

Pueblo of Isleta Solid Waste
(505)869-4106

Made with PosterMyWall.com

E-Cigarettes:

Things Everyone Should Know

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

Nicotine in E-Cigarettes is Addictive

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

Nicotine Poisoning Risk

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

Chemicals in E-Cigarettes Can Harm Your Health

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

E-Cigarettes are Not Regulated

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

Health Effects are Not Known

- E-cigarettes are very new and no one really knows how harmful they are.
- Long term studies on the health effects have not been done.
- There is no proof that the vapor is safe for the people smoking, or for those who breathe the secondhand vapor.
- E-cigarettes contain nicotine, which changes your heart rate and raises your blood pressure.

Can E-Cigarettes Help you Quit Smoking?

- People who sell e-cigarettes claim they can help a person stop smoking, but there is no proof this is true.
- In fact, some studies suggest they may keep smokers hooked.
- They may also cause people who have quit smoking to start again.
- E-Cigarettes are not regulated, so no one really knows if they are a safe quitting aid.
- Nicotine is NOT harmless.
- Studies show it may increase problems with diabetes.
- Nicotine replacement therapy (NRT) has been proven to help people stop smoking. NRT includes nicotine patches, inhaler, nasal spray, lozenges and gum.

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

To learn more about the quit smoking program, “Thinking About Quitting”, please contact the Isleta Health Center’s Health Educator. Stephanie Barela at 869-4479

Join us for the 2022
NATIVE AMERICAN
STUDENTS & FAMILIES
COLLEGE FAIR!

Saturday, November 5
1 - 4 p.m.
Buffalo Thunder Resort

NEW MEXICO
HIGHER EDUCATION
DEPARTMENT
Fostering Student Success from Cradle to Career

NM STATE
College of Agricultural, Consumer
and Environmental Sciences
Indian Resources Development

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACTIVITIES COORDINATOR	Elder Center	10/31/2022
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
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
BOSQUE RESTORATION TECHNICIAN	Natural Resources	Open Until Filled- Within Only
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	Open Until Filled
BUS DRIVER (Part Time)	Head Start	Open Until Filled
BUSINESS MANAGER II	Public Works	Open Until Filled
CARPENTER I, II or III (3 Positions)	Housing Authority	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
COMMUNITY HEALTH NURSE	Health Services	Open Until Filled
COMMUNITY SERVICE WORKER COORDINATOR	Tribal Courts	10/31/2022
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
CUSTODIAN	Public Works	Open Until Filled
DIRECTOR, CONSTRUCTION OPERATIONS	Construction Operations	Open Until Filled
DIRECTOR, PUBLIC HEALTH SERVICES	Health Services	10/20/2022
EMT INTERMEDIATE	Health Services	Open Until Filled
EMT INTERMEDIATE- PRN	Health Services	Open Until Filled
ENVIRONMENTAL MANAGER / LAND		
MANAGEMENT PLANNER	Natural Resources	Open Until Filled
FACILITIES WORKER	Head Start	Open Until Filled
FARM EQUIPMENT OPERATOR	Conservation	10/21/2022 - Within only
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	Open Until Filled
HIGHWAY SAFETY POLICE OFFICER	Police Department	Open Until Filled
HOME CARE ATTENDANT	Elder Center	Open Until Filled
IN-HOME SERVICES PROGRAM MANAGER	Elder Center	10/31/2022
INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled -Within Only
INVESTIGATOR	Police Department	Open Until Filled
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
NATURAL RESOURCES MANAGER	Natural Resources	Open Until Filled
OPTOMETRIST ASSISTANT	Health Services	10/31/2022
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 CADET	Police Department	10/31/2022
POLICE CADET - OPEN SPACE (2 Positions)	Police Department Open Space	10/31/2022
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	Open Until Filled
PURCHASED/REFERRED CARE MANAGER	Health Services	11/03/2022
RANGELAND MANAGEMENT SUPERVISOR	Natural Resources	Open Until Filled
RANGELAND MANAGEMENT TECHNICIAN	Natural Resources	Open Until Filled
RECORDS CLERK	Tribal Administration	Open Until Filled
REGISTERED NURSE	Health Services	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SECURITY OFFICER	Police Department	Open Until Filled
SEPTIC TRUCK DRIVER	Public Works	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
TIWA LANGUAGE EDUCATION ASSISTANT	Department of Education	Open Until Filled
UTILITY FOREMAN	Public Works	10/18/2022
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
W-WW APPRENTICE - W-WW OPERATOR IV	Public Works	Open Until Filled

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

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.





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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

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APPLY NOW

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- 18 years old at the time of appointment
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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

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Tiwa Language Classes

Pueblo of Isleta Department of Education is hosting group Tiwa classes for Tribal members.

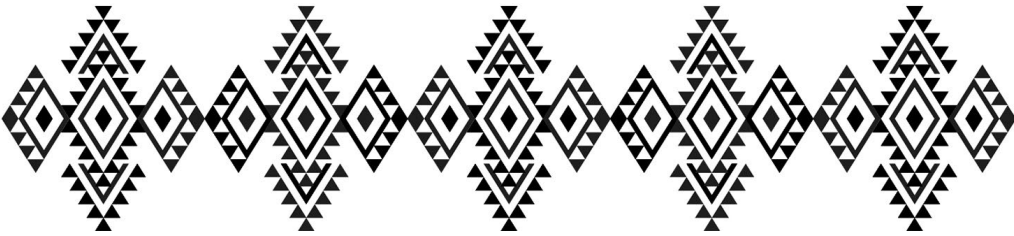
**TUESDAY & THURSDAYS
SEPTEMBER 27TH THRU
NOVEMBER 10TH, 2022**

Department of Education

950 Moonlight Dr. SW Albuquerque, NM 87105

5:30-6:30PM

Questions please call 505-869-9790



SFIS 2023-24 APPLICATION

Opens Nov. 1
Closes Feb. 1, 2023



Apply at www.sfis.k12.nm.us

Documents Required

- Birth or Baptismal Certificate
- CIB/Tribal Enrollment
- Current HS Transcript or,
- Current MS Report Card
- Teacher & Community Recommendation Forms
- Home Language Survey
- Current Test Scores (MAP, NM-MSSA, NM-ASR, SAT or, Other State Assessments)



Applications must include all required documents by the Feb. 1 closing date.

Admissions Exam

Applicants are required to take the exam on Jan. 28 or Feb. 25, 2023 to be considered for admission. The exam assesses math & reading skills for class placement and a writing section to allow the applicant to express personal interest in attending SFIS.

Contact: 505-989-6370
admissions@sfis.k12.nm.us

TRUANCY

Happy Fall,
Cooler mornings, shorter evenings. The colors of leaves changing. It’s time for Fall. There are so many fun things to do in the month of October with your families, such as going to the pumpkin patch, a hike, football games, decorate for Fall, and of course Thanksgiving. We know that this time of year is a very happy time for all with the holidays and all the fun activities that can be done.

With the holidays coming up, always remember to be kind and respectful to others, not just during this time of year but all year around.

Bullying does not just happen to our youth, but to adults as well, and it has so many negative effects.

There is so much that everyone can do to help stop the rise of bullying.

Parents, be sure to talk to your children about bullying and the negative effects it will have. These effects can range from depression and anxiety, a drop in grades and missing school more often, as well as a person’s eating habits and sleep which can then lead to health problems. The effects of bullying most likely will follow a child into adulthood.

Types of bullying:

- Verbally
- Teasing,
 - Name calling,
 - Threatening to cause harm to that person.
- Social
- Telling other kids not be friends with someone,
 - Spreading rumors so no one will talk or be around them,
 - Making fun of someone in front of others or in private (texting, calling, messaging on social media).
- Physical
- Hitting/kicking/pinching,
 - Breaking/stealing someone’s belongings,
 - Spitting,

One important way to stop bullying is by setting an example for your children, as they watch and repeat what adults do. If they see or hear you being rude or hurtful to someone they will think that it is ok for them to do it too. If you have any concerns that your child or other children may be victims of bullying, please reach out to the school or POI service providers to report this behavior. Remember that your voice can support many others.

We are glad to announce that the Truancy Department has a new Truancy Coordinator. We would like to welcome Christine Abeita into your department. Christine comes to us from the Tribal Court with experience in working with our community.

Thank you,
Truancy Department



COVID-19 COUNSELING & SUPPORT SERVICES

IT'S FREE & ANONYMOUS.

CALL (505) 954-1057

HUMAN SERVICES DEPARTMENT

PUBLIC SERVICE ANNOUNCEMENT
FISCAL RECOVERY FUND DISTRIBUTIONS

On October 14, 2022, the Tribal Council authorized a Fiscal Recovery Fund Distribution and a Proceeds of Labor Distribution. Tribal members who were enrolled as of October 14, 2022 are eligible for the distribution payments as follows.

Who is Eligible?

ADULTS

- **Elders Residing within the Pueblo of Isleta (60 years or older as of October 14, 2022):** \$4,100
- **Adults Residing within the Pueblo of Isleta (18-59 years old as of October 14, 2022):** \$3,200
- **Adults and Elders Residing within a 75 Mile Radius of the Pueblo of Isleta:** \$3,200
 - o Residency will be determined by the address on file with the Census Office as of September 30, 2021.
- **Adults and Elders Temporarily Residing Outside of the Prescribed Radius:** \$3,200
 - o **Must be either:**
 - Active-duty U.S. Military
 - OR attending an institution of higher education, including university, community college, trade school, or apprenticeship.
 - o Tribal members who are on active-duty military or attending an institution of higher learning must submit a certification of their eligibility to the Census Enrollment Office for verification. CONTACT THE CENSUS ENROLLMENT OFFICE ASAP.
- **Adults and Elders residing outside of a 75 mile radius are not eligible for fiscal recovery fund distribution payments.**

CHILDREN

Minors younger than 18 years old as of October 14, 2022 will be eligible for a Proceeds of Labor Distribution of \$2,500, regardless of residency.

- Distributions will be deposited into IIM accounts. Checks do not have to be picked up.

What will be withheld from the distribution payment?

1. Any overpayment erroneously made by the Pueblo of Isleta to a Tribal Member who was not entitled to the payment;
2. Any grazing fees and applicable late fees or penalties;
3. Any sponsorship/donation payment the Tribal Council determines was not appropriately used by the recipient;
4. Any past-due Tribal Court fines and fees.

If a Tribal Member believes a withholding from their distribution as erroneous, they may file an appeal with the Tribal Council upon receiving such distribution.

How can I pick up payment?

- **Mark Your Calendar!** Checks can be picked up in person with Tribal ID or Driver’s License between 8am and 7pm on November 12, 2022 at the Isleta Main Recreation Center.

What if I can’t pick up payment on that date?

- Members are highly encouraged to pick up checks in person on November 12.
- However, if you are not able to pick up your distribution on November 12, eligible members may pick up payments directly from the Treasurer’s Office during normal business hours, Mondays through Fridays from November 13 to November 30, 2022.

Other FAQs

- **Are the distributions taxable?** NO
- **Will any outstanding child support be withheld from the distribution?** NO
- **What if I don’t pick up my distribution payment?** Eligible tribal members who do not pick up their checks by November 30, 2022 forfeit their distributions.
- **When do I have to cash my distribution?** Tribal members MUST cash or deposit their checks by December 30, 2022. Any checks not cashed by that date will be void.
- **How can dependent adults pick up distribution payments?** Dependent Adult Members may designate a person to receive their Distribution, as long as certification and either a valid guardianship, power of attorney, or other adequate proof, is provided to the Tribal Treasurer prior to November 4, 2022.
- **How can tribal members temporarily residing outside the 75 mile radius for school or military receive distribution payments?** Members outside of the 75 mile radius who otherwise qualify for the distribution may designate a person to pick up their distribution via a Notarized statement sent to the Tribal Treasurer prior to November 10, 2022. However, you must first verify your enrollment in either the military or in higher education with the Census Enrollment Office. Contact the Census Enrollment Office and the Tribal Treasurer ASAP.

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!



Isleta Pueblo News

Editor:
Nathaniel Lujan


Asst. Editor:
Diane Abeita



Published By:
Valencia Express


NOVEMBER 2022

Isleta Elementary School

BREAKFAST

**School Information:**
Isleta Elementary School
1000 Moonlight Dr.
505-869-2321

**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Biscuits & Gravy Orange Wedges Choice of Milk1	Pancake Sausage Fruit Cocktail Choice of Milk2	Scrambled Eggs Sausage Link Toast Apple Slices Choice of Milk3	Breakfast Sandwich Egg & Cheese Sausage Patty Pears Choice of Milk4
Breakfast Scramble English Muffin Peaches Choice of Milk7	Breakfast Pizza Mandarin Orange Cup Choice of Milk8	Cream of Wheat Banana Graham Crackers Choice of Milk9	English Muffin Sandwich Applesauce Juice Choice of Milk10	**No School** 11 Happy Veterans Day
Bagels w/Cream Cheese Grapes Choice of Milk14	Cinnamon Toast Crunch Bar Apple Slices Juice Choice of Milk15	Mini Waffles Mixed Fruit Cup Syrup Choice of Milk16	Cold Cereal Banana Graham Cracker Choice of Milk17	Blueberry Muffin String Cheese Fruit Cup Choice of Milk18
Oatmeal Blueberry Mix Toast Choice of Milk21	French Toast Sticks Sausage Syrup Peaches Choice of Milk22	**No School** 23 Thanksgiving Break	**No School** 24 Happy Thanksgiving!!	**No School** 25 Thanksgiving Break
CiniMinis Craisins Fruit Cocktail Cup Choice Of Milk28	Breakfast Burrito Salsa Orange Wedges Choice of Milk29	Chorizo and Eggs Tortilla Strawberries Choice of Milk30		


****Menu Subject to Change Due to Availability of Food**This is an equal opportunity institution****


NOVEMBER 2022

Isleta Elementary School


LUNCH

**School Information:**
Isleta Elementary School
1000 Moonlight Drive
505-869-2321

**November is National Peanut Butter Lovers Month.** Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Enchiladas Spanish Rice Chuckwagon Vegetable Apple Slices Choice of Milk1	Grilled Cheese Tomato Soup Broccoli w/Ranch Orange Wedges Choice of Milk2	Turkey Sandwich Baked Chips Cucumber Slices Sidekick Slushie Choice of Milk3	Beef Tostadas Chuckwagon Vegetable Lettuce, Tomato & Cheese Salsa Fruit Cup Choice of Milk4
Beef Stew Mixed Vegetables Fry Bread Fruit Cocktail Choice of Milk7	Beef & Broccoli Stir Fry Fortune Cookie Mandarin Orange cup Choice of Milk8	Chicken Sandwich Potato Wedges Green Beans Applesauce Choice of Milk9	All Beef Hot Dogs Goldfish Crackers Carrot Sticks w/Ranch Fruit Cup Choice of Milk10	**No School** 11 Happy Veterans Day
Beef Tacos Pinto Beans Green Beans Pears Choice of Milk14	Macaroni Soup Mixed Vegetables Crackers Jello Cup Choice of Milk15	Chile Beans Cornbread Peaches Choice of Milk16	Ham & Cheese Sandwich Baked Chips Cherry Tomatoes w/Ranch Fruit Cup Choice of Milk17	Turkey w/Mashed Potato Gravy, Cranberry sauce Green Beans Dinner Roll Pumpkin Pie Choice of Milk18
Bean & Beef Burrito Mixed Vegetables Salsa Grapes Choice of Milk21	Corn Dogs French Fries Celery Sticks w/Ranch Side Kick Slush Choice of Milk22	**No School** 23 Thanksgiving Break	**No School** 24 Happy Thanksgiving	**No School** 25 Thanksgiving Break
Spaghetti w/Meat Sauce Corn on the Cob Breadstick Mixed fruit Choice of Milk28	Taco Burger California Veg Green Sauce Pears Choice of Milk29	Baked Chicken Macaroni & Cheese Broccoli Strawberry Applesauce Choice of Milk30		

****Menu Subject to Change Due to Availability of Food**This is an equal opportunity institution****



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Tutor Doctor is Hiring Tutors!

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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

WHAT IS GRIEF?

Grief is the natural reaction to loss. While everyone experiences some form of grief and loss, it is also an intensely personal experience. It is the emotional suffering we feel when we lose something or someone we love. The pain of the loss can feel overwhelming and we may suddenly experience unexpected emotions from shock or anger to disbelief, guilt, and deep sadness. The pain of grief is not limited to our emotional suffering but our physical health can also suffer, making it difficult to sleep, eat, or even think straight. These are common reactions to loss—and the more significant the loss, the more intense our grief will be.

Many are enduring losses during this challenging time of the Pandemic. While we usually associate grief with the death of a loved one, any loss can cause grief, including:

- Divorce or relationship breakup
- Loss of health
- Loss of a job
- Loss of financial stability
- A miscarriage
- Retirement
- Death of a pet
- Loss of a cherished dream
- Serious illness of a loved one
- Loss of a friendship
- Loss of safety after a trauma
- Selling or moving away from the family home

Whatever the cause of the grief, there are healthy ways to cope with the pain that, in time, can ease our sadness and help us come to terms with our loss, find new meaning, and eventually move on with our lives.

Seek help if you:

1. Feel like life isn't worth living
2. Wish you had died with your loved one
3. Blame yourself for the loss or for failing to prevent it
4. Feel numb and disconnected from others for more than a few weeks
5. Are having difficulty trusting others since your loss
6. Are unable to perform your regular daily activities

Call Isleta Behavioral Health Clinic at 869-5475

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



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



NEWSLETTER ISLETA POLICE DEPARTMENT
NOVEMBER - 2022

The eleventh month of the year has arrived, putting Thanksgiving just around the corner, with Christmas close behind, and before you know it, 2023 will be here! Where has the year gone?

WELCOME

Please welcome our new Chief of Police Vincent Rodriguez.



Chief Rodriguez has been a New Mexico resident for approximately 22 years where he and his wife, Eunice have raised their family. Throughout the last 22 years, Chief Rodriguez has held various law enforcement and detention leadership positions in state, county, and municipal public safety organizations. Most recently, Chief Rodriguez served the City of Truth or Consequences as their police chief.

Chief Rodriguez’s educational background includes a bachelor’s degree in Criminal Justice Administration, a master’s degree in Business Administration, and a master’s degree in Criminal Justice Administration with an emphasis in Law Enforcement Organizations/Security from University of Phoenix. Chief Rodriguez is also a proud graduate of the Northwestern University Center for Public Safety School of Police Staff and Command Class #445, a staple in executive law enforcement leadership education.

Chief Rodriguez holds an Executive Advanced Law Enforcement Certification, the highest level of advanced certifications awarded by the New Mexico Law Enforcement Academy. Chief Rodriguez has a wide range of experience in the areas of community policing relations, patrol, criminal investigation, civil court services, school resource, gambling, tobacco/alcohol enforcement, narcotics, detention, emergency telecommunications, and mental health de-escalation.

Throughout his law enforcement career, Chief Rodriguez took an immediate interest in teaching, which led him to obtain his General Police Instructor certification allowing him to teach various policing subjects to hundreds of law enforcement officers. Chief Rodriguez has also taught at two area higher education institutions where he introduced hundreds of local college students including many students from the Pueblo of Isleta to the inner workings of the criminal justice and business professions.

Chief Rodriguez is excited and committed to serving the residents of the Pueblo of Isleta as their police chief.

Chief Rodriguez has not allowed the “grass to grow under his feet” as he has set up a Facebook page for the Police Department

National Prescription Drug TAKE BACK DAY

Got Drugs?

Dispose of your unused medications properly!

October 29, 2022 from 10:00am - 2:00pm
Isleta Police Department
Tribal Complex

Turn in your unused or expired medications we will accept the following:

Antibiotics, codeine, morphine, Ritalin, anti-depressants, steroids, inhalers, cough syrup, and many more

- Ointments
- Prescription Patches
- Over-the-Counter Medications
- All Prescription Medications
- Vitamins
- Samples
- Medications for Pets

For More Information Contact Isleta Police Department at 505-869-9737

and has assigned a committee to plan “town hall” style community meetings to name a couple of projects. These meetings are already in the planning stages and will hopefully start them this month. The Pueblo residents attending can meet with the Command Staff and officers to discuss issues and/or concerns they have. The Department will address these and discuss with the residents possible solutions/plans. At each of the meetings short presentations will be a part of the program and could include Crime Stoppers, Critical Response, Mental Health, Drug Awareness, Animal Welfare, Elder Fraud Awareness, Child and Elder Abuse etc. Please watch for announcements which are forthcoming.

The link for the Police Department’s Facebook page is: <https://www.facebook.com/profile.php?id=100086226116534>

The purpose of the Department’s Facebook page is to keep the community aware of the many projects undertaken, sending out community reminders (getting drivers to slow down, DWI prevention campaigns, getting the community to take the initiative to watch for burglars and assist in identifying suspect[s]), Animal Control and any other police events occurring.

We want to also welcome our new School Resource Officer Richard Yzquierdo



Hello my name is Ricardo Yzquierdo, my friends and family call me Rick or Ricky.

I started my career in 2001 as a dispatcher for the Belen Police Department. I also enlisted in the New Mexico Army National Guard. My position as a dispatcher inspired me to want to help people and in 2003 I became a certified police officer. I worked as a Patrol Officer for the Belen Police Department until 2005 when I was deployed with the Army National Guard during Operation Iraqi Freedom. I returned from deployment in late 2006 and continued my duties as a Patrol Officer. In 2008 I lateralled to the Santa Fe Police Department in search of advanced training so that I could not only better myself as a Patrol Officer but also provide a better service to the community. During my time in Santa Fe I was fortunate to have the opportunity to join the Crime Scene Unit in 2011. I remained with the Santa Fe Police Department and Crime Scene Unit until I retired in December of 2021.

My hobbies are being with my family, cooking, watching football, and most recently gardening with my kids. Thank you for the opportunity and I look forward to being of service to this community.

IHPS TRAFFIC DIVISION

The division’s new grant, reviewed and approved, began October 1, 2022. The division will also begin to utilize the TRAX program allowing Traffic Officers to use digital E-tickets and will improve and enhance officers enforcing traffic laws in a more expedient manner.

It was also announced the Traffic Division does have a vacancy in the Division and those interested should apply. For further details please go to the Human Resources website.

2022 HALLOWEEN CARNIVAL

The Department was also a participant in the Halloween Carnival with their theme “Harry Potter”. The carnival seems to have been a huge success and a great time was held by all.

Winter is approaching, the monsoon season is apparently not completely done and the roadways may become hazardous so we are asking drivers to be particularly observant and cautious when traveling in inclement weather conditions to include wind and dust. If you have no need to venture out during bad stormy days, please stay home.

We hope all had a safe and Happy Halloween and are now preparing for the Thanksgiving holidays.



Happy
Thanksgiving



Pueblo of Isleta Public Library

Greetings, Pueblo of Isleta Readers! Don't forget to set your clocks back an hour because it's time to fall back to shorter days and longer nights. The library would like to wish you all a Happy Thanksgiving & Black Friday Holiday. Enjoy your time with your family as the end of the year is approaching faster than we expected. The library has been planning programs to end out our year and to start the new calendar year. So, come in and see what programs and services the library has to offer.

News

The library will be having a staff meeting on Wednesday, November 2nd. The library will remain open during this time so feel free and come in and use the library as normal. During this time, we will be discussing upcoming programs for the remaining months of the 2022 as well as planning for the beginning of 2023. We apologize for any inconvenience this may cause.

With the Holiday Season, **the Library will be CLOSED** on the following dates, also keep in mind times and days are subject to change as we get notices from administration:

Friday, November 11th in observance of Veterans Day. We would like to thank all that have served our country past and present. All library media checked out on Wednesday, November 9th will be due on Monday, November 14th.

Thursday, November 24th, Friday, November 25th and **Saturday, November 26th** in observance of the Thanksgiving Holiday. All library media checked out on Wednesday, November 23rd will be due on Monday, November 28th.

With the weather quickly changing and with unpredictable weather patterns, please keep in mind that unexpected closures may occur. Notices will be posted throughout the library and up to the minute, notices will be posted on the library's social media accounts.

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

The After School Program has a lot of fun activities and crafts planned for this month and the upcoming holiday seasons there is even an incentive field trip in the works. All our After School students are doing so good coming in getting their homework and reading done. They have the routine down



Library Staff at the Halloween Carnival at the Rec.



Library Booth featuring Battleship and Pirates of the Caribbean



McCall's Scream Fest participants and library staff enjoying a night out at the Haunted Farm!

and often come in after school wanting to know what the craft or activity is for the day. Half the school year is almost done and we will soon be ready to start the second half. Our After School Program is currently full but we do have a waiting list for anyone that wants to sign up their student. If you have any questions or concerns about this program, please feel free to give us a call at 505-869-9808.

Mark your calendars this November because the library will be hosting an Autumn Paint Night on Wednesday, November 9th from 5:00pm to 6:30pm. Relax and sip some hot tea while painting at the library! Bring your friends and/or family to enjoy a relaxing evening painting before the rush of the Holidays. This program is open to the first 10 patrons 18 & over, all supplies will be provided. Registration starts on Monday October 24th, to sign in please come into the library or give us a call. For

more information please contact Cheyenne at 505-869-9808 or by email Cheyenne Castillo@isletapueblo.com.

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

The library participated in the Rec's annual Halloween Carnival on Friday, October 14th. The library is excited to announce that our booth came in second place for best booth and costumes within the POI departments. This year we wanted to do a life size game of Battleship with a Halloween Twist of incorporating Pirates of the Caribbean. It was an epic dual between the East India Trading Company and Jack Sparrows Pirates. We called on participants to come and join in on the fun

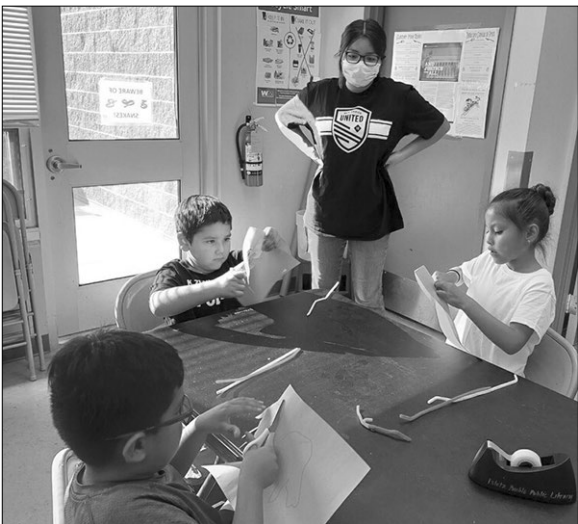
and help us sink ships between the two opponent teams. Participants were given two paint balls to throw over and have their chance at sinking the opponent’s ship. We had so much fun and it was nice to see the community having a great time. Thank you to everyone who came out and stopped by our booth. Until next year!

During the month of October, the library did a promotion of Spooky Snack Packs where patrons would come in and check out a Halloween movie or book and receive a Spooky Snack Pack Filled with popcorn, candy and drinks. This promotion was done every Friday for the month of October and was our second year doing the Spooky Snack Packs here at the library.

The library hosted a series of Financial Education Nights in collaboration with Tiwa Lending and Social Service. Session included Saving & Budgeting, Credit & Collections and Homeownership that was presented by Miranda Lente from Tiwa Lending. The library provided child care during these sessions with activities for the children that included Pumpkin Carving, Solar Bugs and a Movie Night where Hocus Pocus 2 was shown and popcorn was served. We had a great turn out and we would like to thank everyone who participated.

Thank you for Victims’ services for donating Halloween Goody Bags to our Program kids and to our After School Program students!

On Tuesday, October 25th the library hosted a Pumpkin Cheese Ball Program for the first ten adults to sign up. Participants got to come in and learn how to make a pumpkin shaped cheese ball for their Halloween and Thanksgiving events. As a special surprise participants also got to



Library Staff member Kim instructing the After School Students on a fall craft!



After School Program students working hard on their fall crafts, pumpkin carving and crispy treats!

make an easy Carmel apple dip that only took three ingredients to put together. We would like to thank everyone who signed up and participated in this program. We hope you enjoyed making a holiday treat to take home and share with family and friends. During this program the library’s cook books were on display for participants and patrons to check out for the upcoming holiday season.

Scream Fest at McCall’s Haunted Farm took place on Saturday, October 22nd.

Participants came into the library and checked out 2 books from our designated selection of Halloween books and wrote a review per book. The first 10 to submit their book reviews earned their ticket to McCall’s Haunted Farm. Transportation was provided to McCall’s as well as dinner from Dion’s. It was a scary night, but library staff and participants made it out safe and sound. We would like to thank everyone who participated in our library program.



PUEBLO OF ISLETA PUBLIC LIBRARY

AUTUMN

Paint Night



RELAX AND SIP SOME HOT TEA WHILE PAINTING AT THE LIBRARY! BRING YOUR FRIENDS AND/OR FAMILY TO ENJOY A RELAXING EVENING PAINTING BEFORE THE RUSH OF THE HOLIDAYS.



OPEN TO THE FIRST 10 PATRONS 18 & OVER

SUPPLIES WILL BE PROVIDED

*SIGN UPS BEGIN MONDAY, OCTOBER 24TH

WEDNESDAY, NOVEMBER 9TH

FROM 5:00PM-6:30PM



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

PARKS & RECREATION DEPARTMENT

Believe it or not the Holidays are already here! Thanksgiving Day will be here before you know it and if you are like me, you will probably eat way too much and feel awful afterwards. If that is you, please make sure to read the tips in this article that our Fitness staff has to offer to help you get through the holidays in a healthy manner. Great tips and great information!

For those of you that did not get a chance to come out for our Halloween Carnival last month you missed a great event! Many POI departments had booths and, boy, do they get in the spirit. Their booths were awesome, some of the themes were Jurassic Park, The Smurfs, Coco, Catwomen, Harry Potter, Carnival Theme, Battleship: Pirate of the Caribbean Edition , Stranger Things, Golf Theme and Disney Halloween to name a few. We had a few other themes as well, I'm sorry if I didn't mention your departments theme, believe me it was done inadvertently not on purpose. When you get as old as me you have tendency to forget things sometimes (lol). Everyone who attended seemed to have lots of fun, especially the children and this event is mainly for the children like always. We could not have asked for a better night, the weather was great! Over all it was an awesome event and everyone had an awesome time! Thank you all for making this event successful once again.



Aquatics Section

We hope everyone has had a good fall so far! Isleta Aquatics would once again like to invite all of you to come check out our facility! Although the temperature is dropping outside, our pool area as well as the pools themselves stay just as warm as they are in the summer! The Lap Pool is 80 degrees, Wading Pool is 90 degrees, and the Jacuzzi is 102 degrees! We will have sessions available from 6:00am-8:30am as well as 2:30pm-7:30pm Monday through Thursday, and 6:00am-8:30am and 2:30pm-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. Isleta Aquatics is still 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! 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.

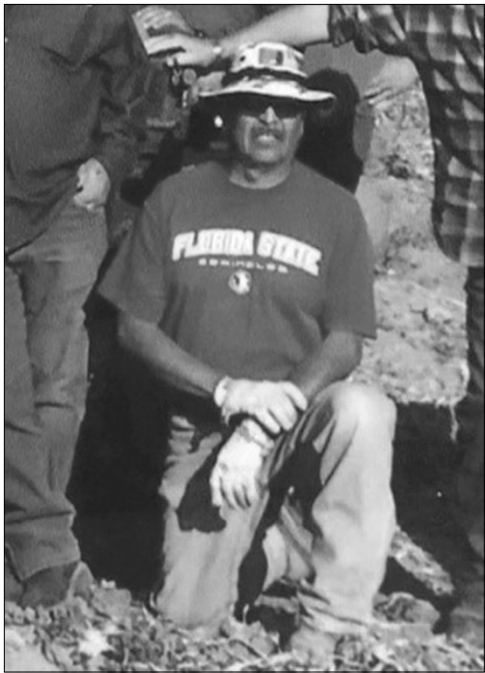
Parks Management Section

The weather has changed and our parks crew is or has already started to winterize our parks, so you'll see less watering or

no more watering for a while. Leaves are falling so they will be out there picking up the leaves and trying to get the rest of the left over weeds from the grounds and parks. We are also asking for residents to keep an eye out for graffiti, we have noticed some playground equipment and different areas in some parks that have been tagged with graffiti. If you happen to see any graffiti please let us know so we can get it removed as quickly as possible.

The Parks and Recreation Department would like to thank Mr. Ron Abeita for his many years of dedicated service to the Parks Department. Ron came to the department from the Isleta Eagle Golf course 10 years ago as an Irrigation Tech. Over the years, Ron's job was to assure that all grass and vegetation was kept green, healthy and beautiful and as you can tell, he did his job very well. He was also an equipment operator and performed all the duties required from a Parks maintenance crewmember, so he wore many hats for us in our Parks Division.

Ron was recently promoted to the Parks field Foreman where he oversaw the Parks



Maintenance Crew, Ron did a great job for us. Not only did he excel in this area but he also taught and gained the respect from the parks/weed and litter crew.

Ron has always had a passion for the game of Baseball, he was a coach for many of the youth here in the Pueblo, and he talks about how much he enjoyed teaching the game to the youth. Unfortunately, for us Ron’s last day with us was on October 14, 2022. He officially retired from POI on that day and his expertise, commitment, dedication, and professionalism will be missed. We wish Ron and his family well for the new future that lies ahead. I have a feeling we will still be seeing him a lot around our fields, he loves Baseball and Softball way too much to not be around the game. Good Luck Ron and we will definitely see you around!

Sports Section

From the sports desk! We just finished up with the Hitting Challenge in October at Chical Baseball Fields and like always, it was a good turnout. In the Adult Division, we had David Lucero, Michael Abeita, Michael Toya, Brain Lente, Izzy Lujan, and Nate Lujan. Winning it all this fall was Michael Abeita, in 2nd place, we had Isidor Lujan; and our 3rd place winner was Michael Toya.

In the Youth division we had Michael T. Jr., Curtis J., Cody J. Isiah C., and Peyton J. competing this year. Winning it all this fall was Michael T. Jr. in the division, in 2nd place we had Isiah C., and our 3rd place winner was Curtis J. We want to thank all the participants in this year’s Hitting Challenge and we look forward to seeing all of you next year as well.

We started our Pueblo Harvest Run/Walk on October 19th, 2022, this run will go through Nov 19th, 2022, the goal this year is to run, walk, or both for at least 75 miles. We want to wish all the participants good luck and good health.

Our Co-Ed Volleyball League sign-ups end November 4, 2022, so if you haven’t signed up your team there still might be time to do so. This season will start this year on November 14, 2022, and all games will be held on Monday and Wednesday evenings at 6:30pm and 7:30pm.

We are trying to start a Pickle Ball League as well, we have had some people ask about Pickle Ball, so we have put together an introduction to the game, so if you would like to learn how to play Pickle Ball we will teach you. We are having classes on Wednesdays from 11am to 4 pm. Pickle Ball is a fun activity/sport that all age groups can compete in and have fun doing so.

Keep a look out for an upcoming Corn Hole league Flyer as well.

For more information on Sport Activities or to offer suggestions on new Sport Activities feel free to contact Coach George Waquie at (505) 869-9777.

Fitness Section

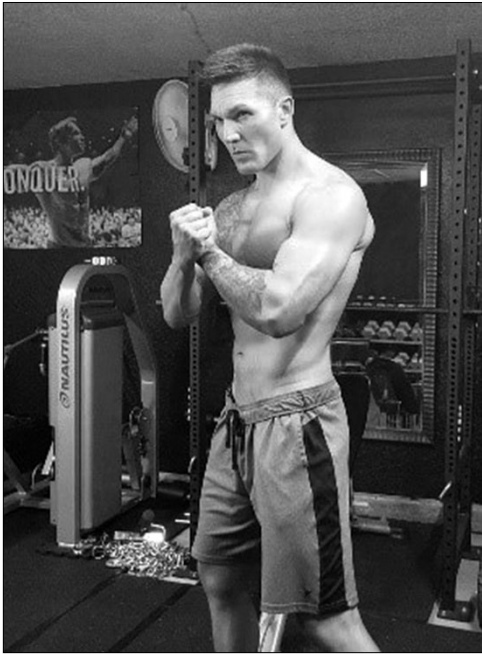
Beat the Food Obsession this Holiday Season – By New Recreation Fitness Staff



Photo Credit: Tim Samuel from Pexels via Canva

The holidays are coming and ‘tis the season to eat, and eat, and eat. As fitness professionals, this is the time of year when we start to see a drop off in attendance at gyms and weight rooms around the country—mainly due to time spent planning for or attending holiday gatherings. Then, it is no surprise that the biggest uptick for gym memberships is in January of each year when people set resolutions to come in, lose the weight they gained for the holidays, and start the year off right. That is all well and good—but hey, that’s where we come in. As your trusted fitness professionals at the Isleta Recreation Center, we are here to help you make time to continue with your fitness regimes and, if this is you, beat the food obsessions that overtake you during the Holidays. Trust us, we understand. After all, food is frickin’ awesome, right?! Each of us, Matt, Thomas and Anne, have our own ways for not overdoing it and meeting our respective fitness goals during the Holidays. Here’s what usually works for us:

Matt Jaramillo – Fitness Instructor (NETA-CPT):



When you are out with family gatherings, know your limits. It is okay to not give into peer or family pressure. I know it is hard when not in your home to say “no” when you are offered something. But it is okay to say “no.” Also, maybe do a half and half when you are eating—half “junk food” and half-healthy—when fixing a plate. In addition, I recommend doing the maintenance work before the holidays hit. Work out hard leading into Thanksgiving, as opposed thinking you will do it after, then you can enjoy holiday eating more. Check out my Bootcamp class as a way to help you get there.

Anne Asmen – Fitness Instructor (ACE-CPT, RYT-200):



Two words: portion control. As hard as it is when we’re surrounded by good food all season, we can cut back and still enjoy it by putting just a “little bit of everything” on our plates as opposed to piling high. However, make sure to watch the amount of servings! For moving, I recommend walking after a meal—this is also a great way to bond with friends and family, including pets! If you have mobility issues, simply march in place in your chair or do arm exercises to burn some calories. In addition, research shows that Yoga “rewires”¹ the brain and reduces stress-related habits,” this includes eating. So come to the New Rec Center and get started on taking Yoga as we head into the holidays!

Thomas Zuni – Fitness Coordinator (ACE-CTP):



Water, water, water! During the holidays, it is very easy to pick the sweet drinks along with all the delicious food but drinking a glass of water before your meal will help reduce the risks of overeating. In addition, no other beverage has proven to be better than water. Water is life! Drinking sodas along with food could lead to sugar overload—it increases the glycemic index of the meal that can cause spikes in your blood sugar levels and blood pressure. Truth be told, drinking a soda during a meal increases the desire for overeating, so try drinking water this holiday. Take the challenge! If the Cokes and food win this holiday, your Isleta Recreation fitness staff are here for each and every one of you. Each Recreation personal trainer possesses a certain set of skills to help you achieve your health and fitness goals—flexibility, strength training, toning, weight loss or just encouragement to keep you motivated. We are here and hope you take advantage of these beneficial services provided to you free of cost. If you have never visited us, try it; come see what you have been missing and what others are benefiting from. Happy Holidays from Isleta Recreation fitness staff!

References
1 “How Yoga Can Help You Recover from Food Addictions,” Elizabeth Kovar, June 1, 2015, American Council on Exercise

Youth Recreation Program

The Youth Afterschool Program is going strong and here are a few of the activities that the program is doing or has done:

- Fun Science: The youth were able to make their own Hovercraft Racers! They build their craft using balloons, compact discs and lids from empty water bottles. The youth learned how the friction of the air from the bottom of the bottle cap could make it slide over the surface.

- **Step-by-Step Painting:** Youth love to paint. Their recent painting projects were painting a sea life silhouette and a Halloween pumpkin with spiders. During their painting class, the youth really listen to all the step-by-step instructions and are amazed at their finished artwork at the end.
- **Snack Making:** The youth have made some yummy snacks in the program such as Ants on a log on celery or apple slices, S'mores, and decorated Halloween cookies. Children also learned facts about S'mores. Did you know that Americans buy 90 million marshmallows a year and 50% of it is used during the summer for S'mores!
- **Crafts Activities:** For Halloween, the youth decorated the Game room by making construction chains to hang, black cat ornaments, made Fall Acorns faces and made magnets using pearl beads.
- **Fun Time:** The youth do an assortment of gym play such as basketball, playground time, running laps against each other's, minute to win games or play a selection of board games.

Parents if you are interested about the After School Program for your child or children, please call the Recreation Center for more information at 505-869-9777



Thanksgiving Word Search

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

- | | |
|-------------|------------|
| Turkey | Pilgrims |
| Pumpkin | Feast |
| Squash | Holiday |
| Cranberries | Cornucopia |
| Thanks | November |
| Family | Maize |
| Dinner | Yams |
| Grateful | Pie |
| Traditions | Plymouth |
| Harvest | Carve |



Isleta Little League
2023 Season

BASEBALL
Flash Sale

ONLINE ONLY

EARLY
REGISTRATION

\$25

NOVEMBER
25TH-27TH
6AM-5PM

UPCOMING REGISTRATION:
DECEMBER 1ST- FEB 12TH \$50

LATE REGISTRATION WILL BE \$60 AFTER FEB 12TH

<http://tshq.bluesombrero.com/Isletalittleleague>

OR SCAN our QR Code

What Every Parent and Caregiver Needs to Know About FAKE PILLS

DRUG ENFORCEMENT ADMINISTRATION • Public Safety Alert

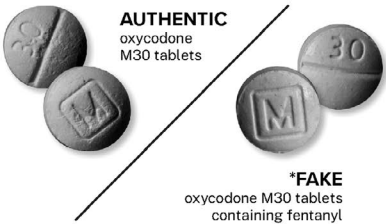
What is fentanyl?

- It is a deadly synthetic opioid that is being pressed into fake pills or cut into heroin, cocaine, and other street drugs to drive addiction.

FENTANYL IS
50x
MORE POTENT
THAN HEROIN

What are fake pills?

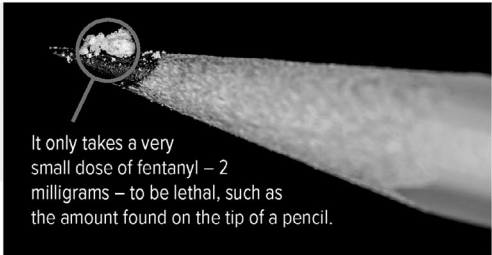
- The Sinaloa Cartel and Cartel de Jalisco Nueva Generacion are making fentanyl and pressing it into fake pills. Fake pills are made to look like OxyContin®, Xanax®, Adderall®, and other pharmaceuticals. These fake pills contain no legitimate medicine.
- Fentanyl is also made in a rainbow of colors so it looks like candy.



*FAKE rainbow oxycodone M30 tablets containing fentanyl

Why is fentanyl so dangerous?

- DEA lab testing reveals that four out of every ten fake pills with fentanyl contain a potentially lethal dose.



What are the physical and mental effects of fentanyl?

- Fentanyl use can cause confusion, drowsiness, dizziness, nausea, vomiting, changes in pupil size, cold and clammy skin, coma, and respiratory failure leading to death.

Visit www.dea.gov/onepill for more information and resources for parents and caregivers

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



Data as of September 2022

ISLETA HEALTH CENTER

Know Your Numbers, You Are Important, You Are Worth It Weight, BMI, and Waist Circumference

Andrea Wilson, Fitness Instructor
Phone: 505-869-4595
References: cdc.gov nhlbi.nih.gov uofmhealth.org

Weight, waist measurement, and/or BMI are different measurements used to measure the health of an individual. Being overweight or obese increases your risk for developing health diseases such as type 2 diabetes, high blood pressure, high blood cholesterol, and many others. If you are overweight and/or obese, losing a small amount of weight (between 5-10% of your current weight) will help you lower your risk for developing these health diseases. The best way to lose weight is by eating a healthy and balanced diet, and by exercising at least 150 minutes per week.

Weight

The ideal weight for males and females can differ. It also depends on factors such as: age, height, fat and muscle composition, frame size, etc. It is important to know how much we weigh, that way we know our risk for developing health diseases. If you are overweight and/or obese, you are at a higher risk for developing health diseases such as diabetes, heart disease, stroke, and some types of cancer. You can maintain a healthy weight by exercising regularly, and eating a healthy and balanced diet. One way to determine a healthy weight is calculating your BMI.

BMI

BMI is known as Body Mass Index. BMI is a measurement of body fat based on an individual's height and weight. It is important to note that BMI does not consider muscle mass, and for this reason individuals with a high muscle mass may have a high BMI. In this specific case, the individual would have a high BMI, but have a healthy-looking physique. There are different BMI categories, which include: Underweight=<18.5, Normal weight= 18.5-24.9, Overweight= 25-29.9, and Obesity= BMI of 30 or greater. For example, if you are 5'5" and you weigh 170 pounds, your BMI would be 28. A BMI of 28 would place you in the overweight category. In order to move into the normal weight BMI category, you would have to lose about 30 lbs. Let's say you lost 30 lbs. and you now weigh 140 lbs. Your BMI would be 23, which is considered a normal weight. You can calculate your BMI through various websites, InBody, handheld body fat analyzers, body fat scales, bod pods, and skinfold calipers. You can decrease your BMI by exercising and eating a healthy and balanced diet in order to lose weight. A decrease in weight results in a decreased BMI.

Waist Circumference

Your waist size is also another way in which you can measure your health. A large waist circumference is associated with an increased risk for type 2 diabetes, high cholesterol, high blood pressure, and cardiovascular disease. You can measure your waist circumference by placing a tape measure at the top of your hip bone, then bringing the tape measure all the way around your body, level with your belly button. A healthy waist measurement for males is less than 40 inches, and a healthy waist measurement for females is less than 35 inches. You can decrease inches from your waist measurement through calorie deficit and exercising often.

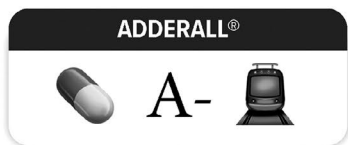


Drug Enforcement Administration

WHAT EVERY PARENT AND CAREGIVER NEEDS TO KNOW ABOUT FAKE PILLS

How would my child get fentanyl?

- Drug traffickers are using social media to advertise drugs and conduct sales. If you have a smartphone and a social media account, then a drug trafficker can find you. This also means they are finding your kids who have social media accounts.
- To learn about emoji codes used on social media, visit Emoji Drug Code Decoded on www.dea.gov/onepill.



Why you should be concerned.

- The drug landscape is dramatically different from when you grew up, or even from just a few years ago.
- All parents and caregivers need to be educated on current drug threats to be able to have informed talks with their kids.

Tips for Parents and Caregivers

- Encourage open and honest communication
- Explain what fentanyl is and why it is so dangerous
- Stress not to take any pills that were not prescribed to you from a doctor
- No pill purchased on social media is safe
- Make sure they know fentanyl has been found in most illegal drugs
- Create an "exit plan" to help your child know what to do if they're pressured to take a pill or use drugs
- For more tips on how to talk to your child about drugs, read Chapter 4 of Growing Up Drug Free: A Parent's Guide to Substance Use Prevention at www.getsmartaboutdrugs.com/publications




Visit www.dea.gov/onepill for more information and resources for parents and caregivers

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




Data as of September 2022



Isleta Elder Center

Five Sandoval Food Distribution



Did you know that the Isleta Elder Center is an agency site for *Commodities – Five Sandoval Indian Pueblos Food Distribution Program?*

The 5S Food Distribution Program is a federal program that provides USDA food assistance to Native American & non-Native American households living on a reservation & to households living in designated areas near a reservation that contain at least one person who is a member of federally-recognized tribe.

5S Food Distribution is scheduled once a month here at the *Isleta Elder Center* from 9 a.m. to 11 a.m. Eligible recipients can come by the Elder Center to pick up their commodities from 5S Staff on scheduled days (once a month). Elder Center staff will take your orders & submit them to 5S by the 10th of each month.

5S Food Distribution Dates for 2022

October 19th

November 16th

December 21st

You will need to submit the following documentation to determine eligibility:

1. Commodity Application

2. Tribal ID

3. Current Income Verification

4. Current Utility Bill

If you or someone you know is interested & would like to apply, please call the Isleta Elder Center. I will gladly assist you with the application process.

For more information or assistance, contact:

Pauline Lucero, Benefits & Billing Manager @ 505-869-9752.

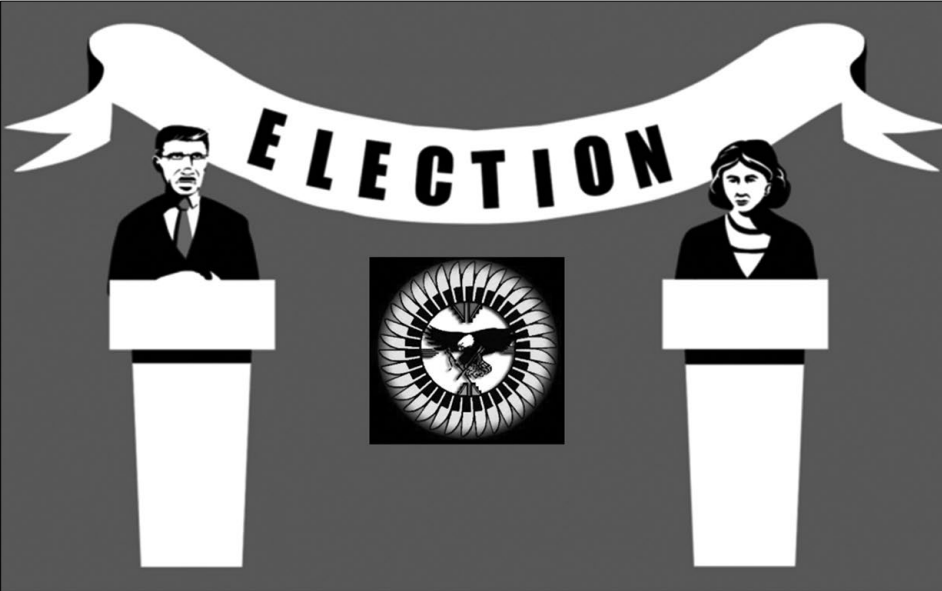
Monday thru Friday from 8:30 a.m. to 4:00 p.m.

If your call is not answered, it is important to please leave me a detailed message with your name & phone number. I will return your call within 24 hours or same business day.

TRANSPORTATION

Upcoming Project for Replacement and Upgrade of Roadway Luminaire Heads on NM 47 from TR-2 to TR-15

The Pueblo of Isleta has been awarded a Local Government Road Funds (LGRF) grant from the New Mexico Department of Transportation for replacement of the existing incandescent luminaires on NM47 with state of the art LED luminaires. Installation of the luminaires will be performed under a contract with MWI for an estimated cost of \$73,268.85 including \$18,317.21 of American Rescue Plan Act (ARPA) matching funds. There will be an estimated 12 week lead time for delivery of materials. Construction is anticipated to begin Mid-December and require two weeks to complete. There will be no lane closures, but a rolling arrow board will be used to protect traffic and the shoulder work zones. The LED luminaires will reduce energy consumption and provide perpetual future operational and maintenance cost savings. Quality LEDs have an expected lifespan that is an order of magnitude longer than typical incandescent bulbs. LEDs do not have filaments or glass enclosures and are therefore breakage resistant. LEDs use 50% less electricity than traditional incandescent lights, resulting in a substantial reduction in energy consumption and associated cost savings. This project was conceived by James Weldon, Transportation Manager and advanced by the Construction Operations Department with the support of Tribal Administration and Tribal Council.



PUEBLO OF ISLETA TRIBAL ELECTIONS

A POLITICAL FORUM

Sponsored by the Pueblo of Isleta Elder Center

Advisory Committee

SAVE THE DATE

NOVEMBER 17, 2022


9AM TO 12PM

Forum to be held at the Elder Center

Limited space-50+ years of age, call to RSVP starting on November 1, 2022

Join the Forum via Video Conferencing-link available


Call for link starting on November 1, 2022





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/>



				Isleta Elder Center Lunch Menu 2022	
Monday	Tuesday	Wednesday	Thursday	Friday	
	11/1/2022	11/2/2022	11/3/2022	11/4/2022	
	Indian Taco	Pork Chop	Grilled Ham & Cheese	Pesto Pasta	
	Ground Beef 3oz	Pork Chop 3oz	Sliced Ham 3oz	Penne Pasta 1/2c	
	Beans 1/2c	Stuffing 1/4c	Sliced Cheese 1oz	Pesto Cream Sauce 1oz	
	Garnish 2oz	Gravy 1oz	WW Bread	Italian Vegetable 1/2c	
	Shredded Cheese 1oz	California Vegetable 1/2c	Cream Corn 1/2c	Bread Stick	
	Fry Bread 2oz	Fresh Fruit	Fresh Fruit	Fresh Fruit	
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022	
Green Chile Squash Stew	Baked Cod	Chicken Stir-fry	Frito Pie		
Ground Pork 3oz	Cod 3oz	Diced Chicken 3oz	Ground Beef 3oz		
Yellow & Green Squash 1/2c	Sweet Potato 1/2c	Stir Fry Vegetable 1/2c	Beans 1/2c		
Corn 1/2c	Mediterranean Blend 1/2c	Steamed Rice 1/2c	Garnish 2oz		
Green Chile 2oz	Tartar Sauce 1oz	Fortune Cookie	Shredded Cheese 1oz		
Tortilla	Fresh Fruit	Fresh Fruit	Frito Chips 2oz		
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022	
Turkey Barley Soup	Chicken Pot Pie	Cheeseburger	Baked Ham	Lasagna Soup	
Ground Turkey 3oz	Diced Chicken 3oz	Hamburger Patty 3oz	Ham 3oz	Ground Beef 3oz	
Carrots & Celery 1/2c	Mixed Vegetable 1/2c	Sliced Cheese 1oz	Mashed Potatoes 1/2c	Pasta 1/2c	
Sliced Mushrooms 1/4c	Biscuit Topping	Sweet Potato Fries 1/2c	Red Chile 1oz	Marinara Sauce 2oz	
Barley 2oz	Fresh Fruit	Hamburger Bun	Yams 1/2c	Diced Tomato 1/2c	
Crackers 2ea.		Fresh Fruit	Oven Bread	Bread Stick	
Fresh Fruit			Pecan Pie	Fresh Fruit	
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022	
Green Chile Posole	Beef Stroganoff	Tuna Sandwich	<div>CENTER CLOSED THURSDAY & FRIDAY</div> <div></div> <div>****Menus are subject to change without notice, based on the availability of products.****</div> <div>Please call by 9 AM to cancel Home Delivered Meals.</div> <div>505-869-9770 - Thank you.</div>		
Diced Pork 3oz	Beef Tips 3oz	Tuna 3oz			
Hominy 1/2c	WW Egg Noodles 1/2c	Carrot Sticks 1c			
Green Chile 1oz	Country Vegetable Blend 1/2c	Low Fat Ranch 2oz			
Mixed Vegetable 1/2	Gravy 1oz	Goldfish 2oz			
Tortilla	Fresh Fruit	Fruit Cup			
Fresh Fruit		WW. Bread			
11/28/2022	11/29/2022	11/30/2022			
Unstuffed Eggroll	Green Chile Corn Chowder	Pot Roast			
Ground Pork 3oz	Corn 1/2c	Pot Roast 3oz			
Coleslaw Mix 1/2c	Zucchini 1/2c	Baked Potato 1/4c			
Oriental Vegetable 1/2c	Green Chile 1oz	Carrots & Celery 1c			
Wonton Strips	Dinner Roll	Gravy 1oz			
Fresh Fruit	Fresh Fruit	Apple Crisp			



There’s a New
Inter-Tribal
Partnership
Brewing this Fall!

The POI Recreation Center and the POI Elder Center is at a preliminary stage of planning joint efforts to; educate, promote, recruit, and have elders age 50+ begin making exercise an important part of their life. Seniors do not always recognize the benefits of exercise. The GreenFields Health Center” best describes the benefits: “Exercise is good for you; it’s just a matter of making it a priority and habit in your daily life. In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function.” Regardless of your age, we hope this will motivate you to incorporate exercise into your life.”

“To unveil our Partnership Ideas, we are inviting you to join us on November 9, 2022 at the Elder Center’s General Meeting at 10:00 am. At the General Meeting, we plan to have subject experts talk about important data relating to exercise, highlight and solicit partnership ideas, and as an effort to get as many seniors to attend, we will be raffling many really-really cool prizes!!!! We will have lunch at the Elder Center at 12 noon, afterwards if you *continue* and tour the Recreation Center, you will qualify for the Grand Prize Raffle!

For more information, please contact the Elder Center at 505.869.9770
or the Recreation Center at 505.869.9777

What to do if you find a
used needle outdoors



People, especially children, must never touch or pick up needles found on the ground. Discarded needles can be harmful. Needles or hypodermic needles are also known as syringes or sharps.

Cleaning up discarded needles must be done carefully to protect human health and the environment.

If a used or discarded needle is found on Isleta tribal land, please call Isleta Police Dispatch at 869-3030 to report the location so that a qualified tribal employee can safely collect and dispose of the discarded needle.

Individuals who use needles for insulin shots or other medical uses are expected to dispose of their used needles appropriately in sharps containers that individuals have to purchase themselves.

An exclamation mark within a triangular border is the international symbol for caution. Always exercise caution if you see a discarded needle.

If you have any questions about this article, please contact Environment Department at 869-7565.

RECYCLE RIGHT ISLETA!

WHAT DO I PUT IN MY BLUE BIN???



WHAT DO I KEEP OUT OF MY BLUE BIN???

DO RECYCLE

- PLASTICS: BEVERAGE CONTAINERS, SHAMPOO & CONDITIONER CONTAINERS, LAUNDRY DETERGENT & FABRIC SOFTENER CONTAINERS, RIDGID PLASTICS, HAMPERS, CLEAN TUPPERWARE
- ALUMINUMS & TINS: BEVERAGE CONTAINERS, TIN FOOD CANS, FOIL, PIE SHEETS, DOG & CATFOOD CANS
- PAPER: JUNK MAIL, NEWSPAPERS, MAGAZINES
- CARDBOARD: FOOD BOXES SUCH AS CEREAL, CAKE & CRACKER CONTAINERS, SHOE BOXES, BEVERAGE CARRIERS, BREAKDOWN BOXES, REMOVE STYROFOAM, PACKING, PEANUTS & PLASTIC

DO NOT RECYCLE

- GLASS
- PIZZA BOXES
- STYROFOAM
- LIGHT BULBS
- BATTERIES
- HOSES & CORDS
- PAPER PLATES
- NAPKINS
- PLASTIC BAGS
- LIQUIDS
- YARD WASTE



CURBSIDE RECYCLING PROGRAM

Recycle Right Isleta! Here is some information on recycling correctly at home with your blue bin. It is important to keep your recyclables clean. This means please do not place food contaminated products such as used paper plates, napkins, paper towels, plasticware and pizza boxes in your blue bin, please dispose in the trash. A light rinse is helpful, though please keep water usage minimal. When bagging recyclables use clear bags only, clear bags can be purchased where trash bags are sold. Do not bag recyclables in black trash bags. When recyclables are bagged in black trash bags, they are not opened when they reach the recycling facility. The recycling operators assume the black bags are trash and your efforts are wasted. Do not use recycling carts for trash, using recycle carts for trash will result in confiscation. REDUCE, REUSE, RECYCLE! (505)869-4106

KEEP ISLETA BEAUTIFUL!

ISLETA TRASH TALK!



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





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

PLEASE DO

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

PLEASE DO NOT

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

CURBSIDE TRASH PICKUP SERVICE

Let's talk trash Isleta! Here is some information on our curbside trash pickup service provided to you. It is important to understand why certain materials cannot be disposed with the regular trash. Lots of materials such as boards and rugs can be damaging to the inside components of the trash truck, which can lead to costly repairs and service delays. The curbside trash pickup program is intended to provide you the community with curbside HOUSEHOLD trash pickup service. This means only household trash is collected in your green waste cart. What is household waste? Household waste is waste generated in the home such as food scraps, napkins and bottles. Any other waste besides household trash must be disposed at the Transfer Station. The Transfer Station is open 7 days a week for all your disposal and recycling needs. Thank you for your understanding and cooperation. (505)869-4106

KEEP ISLETA BEAUTIFUL!

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.


Monday	Tuesday	Wednesday	Thursday	Friday
ISLETA ELDER CENTER (505)869-9770 MONDAY-FRIDAY 8:00AM-4:30PM	1	2	3	4
7	8	9	10	11
SENIOR FUN FITNESS SESSION @ NEW POI RECREATION CNTR. 9AM-12PM	ACTIVITIES ROOM OPEN ACTIVITIES 10:00AM-3:00PM	FRIENDSHIP BREAKFAST 9AM GENERAL MEETING 10:00AM GUEST SPEAKER TBA	MASS @11 :30AM  ISLETA ELDER CENTER ACTIVITIES ROOM	VETERANS DAY CLOSED 
14	15	16	17	18
Thanksgiving Card Making 10am-12pm	STORY TELLING COME SHARE A STORY.. ROCK YOUR MOC'S	ADVISORY COMMITTEE MEETING 9AM COMMODITIES DISTRIBUTION	ISLETA PUEBLO POLITICAL TRIBAL FORUM 9AM	THANKSGIVING DINNER @12PM BIRTHDAY CELEBRATION 
21	22	23	24	25
RUN/WALK-WEST REC TRACK 9AM-12PM	THANKSGIVING BINGO 1PM-3PM	ACTIVITIES ROOM OPEN ACTIVITIES 10:00AM-3:00PM	 CLOSED	
28	29	30		
SENIOR FUN FITNESS SESSION @ New POI RECREATION CNTR. 9AM-12PM	ACTIVITIES ROOM OPEN ACTIVITIES 10:00AM-3:00PM	ACTIVITIES ROOM PICKLEBALL 10AM – 12PM @POI NEW RECREATON CNTR		

NOVEMBER 2022


PUEBLO OF ISLETA ELDER CENTER ACTIVITIES CALENDER:

NATIVE AMERICAN MONTH, WE WILL BE CELEBRATING WITH ROCK YOUR MOC'S ON TUESDAY November 15TH


*ALL ACTIVITIES ARE SUBJECT TO CHANGE


 Isleta Elder Center

Medicare Enrollment Assistance ➡ One-on-One

 Medicare

Medicare Annual Enrollment Assistance & Benefits Review

 Turning 65
and have questions
about Medicare?
Get Medicare Ready!


 65
is only
25 in Scrabble

dates
Remember

Date: Tuesday, November 15th

Time: 10am-2pm


Location: Activities Room

 one-on-one

Nathan, along with Presbyterian, WellCare, & Amerigroup representatives will be here to assist you.

Brought to you by:
Nathan Lucero

Senior Health Resource Center


 just a reminder

This event is on a first-come-first-serve basis

Mask must be worn when entering the Isleta Elder Center

Lunch is served 12pm - 1 pm in our Elder Center Dining

For more information, please call Pauline,
Benefits & Billing Manager at
505-869-9752.

 Isleta Elder Center

Personal Care Services

Isleta Elder Center *Personal Care Services* assist elders and/or disabled adults over the age of 21. PCS enables an individual to live in the comfort of their home and maintain the highest level of independence.

Isleta Elder Center Personal Care Services:

Provides services in the client's home five to seven days a week; these hours will depend on the assessment through their MCO – Managed Care Organization.

Provides support in assisting the client to reach highest level of independence.

Provides a PCS Aide or the client can select a qualified family member who is 18 years or older to assist their PCS client. (with the exception of a spouse)

PCS Aides will follow their client's plan that may or may not include the following:

Assist client with hygiene, grooming, and bathing that includes shampooing hair, shower, bath, sponge bath, dressing, combing hair, applying lotion etc.

Assist client with meal and snack preparation

Assist client with eating or drinking, may include partial or total assistance.


Assist client with Self-Administered medications-prompting and reminding only

Assist client with mobility -stand-by help, prompting/cueing, transferring/repositioning

Provide client with household services-dusting, sweeping, mopping, changing linens, laundry, washing dishes etc.

Provide client with transportation services-grocery shopping, errands, etc.

Provide minor cleaning/sanitizing to wheelchairs, canes, walkers, etc.



For more information, contact:

Pauline Lucero, Benefits & Billing Manager

Monday thru Friday 8:30 a.m. to 4:00 p.m.

505-869-9752

PUEBLO OF ISLETA ADULT DAY SERVICES

There comes a point in an elder’s life when the family must decide whether their loved one should be placed in a long-term facility such as an assisted living facility or a nursing home. Signs of when the elder may need Adult Day Services: when safety becomes an issue (e.g., leaving the stove/range on, leaving the water on, unable to make a 911 call, memory loss, experiencing numerous falls and/or unable to cook for themselves, etc.).

An Individualized Elder Care Plan is developed to ensure specific needs are taken into consideration and met on a daily basis. Clients are transported daily to and from the Elder Center to participate in a day starting with breakfast followed with daily activities, snacks, special projects, exercising and lunch. In addition, a variety of field trips are planned throughout the month to include grocery shopping, outings, field trips, medication pick up and transportation to medical appointments within the Pueblo of Isleta. Periodic home visits are made to ensure fire and safety hazards are addressed on behalf of the elder and to work closely with family members for other needed services.

Before an elder is placed in a long-term care facility an option may be enrolling the elder in the POI Adult Day Service Program (60+ years and older). This supports the family in the care of their loved one Monday through Friday 8:30am to 3:30pm.

Here are some of the activities that the clients have participated in:



Field trip to Snake Ranch Farms to purchase roasted green chile which was peeled, chopped and bagged. They also enjoyed green chile stew and fry bread for Indigenous Day.



The clients made supa for the Advisory Board Meeting. They were proud to show off their talents.



They enjoy going to the Pueblo of Isleta Library to check out books. They also enjoyed the Isleta Housing Authority Open House event.



The clients enjoy socialization, arts and crafts, word search, puzzles, coloring and sewing projects. They also attend informational meetings at the Elder Center.



The clients held a fund raiser event and made 67 pies, which included cherry, blueberry and lemon. It was a huge success!





They enjoyed a field trip to Constanza Apple Orchard, afterwards, they made apple butter and baked apples for a nice warm treat.



Participated in the Housing Fair where the clients were able to showcase their arts and crafts. They were able to sell some of their wonderful art pieces.



TEST YOUR HOME FOR RADON

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

Isleta Health Center
Optometry Department



Eye Health for Adults Over 60

See your eye doctor regularly!
First and most important, it is recommended that you have your eyes examined by an optometrist or ophthalmologist at least once per year. You will be screened for eye diseases such as glaucoma or macular degeneration. If these are identified early, you can work with your eye doctor to preserve your vision for many years to come.

Maintain a healthy lifestyle!
Conditions such as Diabetes and High Blood Pressure can affect your eyes. It is very important to work with your Primary Care Doctor to maintain healthy blood sugar and blood pressure. A healthy lifestyle not only helps the body, but also helps the eyes.

Use the right eye drops!
Dryness of the eyes is very common with age. It is recommended that you use eye drops for lubrication, also known as “artificial tears”. Avoid drops that say, “get the red out” as these can actually make the eyes feel more dry. Instead, look for drops that say “lubricating” or “moisturizing”. If you are not getting sufficient relief, talk to your eye doctor about other options.

Be aware of normal aging changes to your vision!
The eyes change with time. Driving at night and moving from dimly lit to well-lit areas become more difficult. Be extra cautious while driving, especially at night. You may also find that good quality lighting will improve your ability to read and do other near tasks.

Wear Sunglasses!
Good sunglasses with UVA/UVB protection will help to slow the progression of cataracts and other eye damage that can be caused by UV light. Wide-brimmed hats can also help to decrease the UV light that enters the eyes.



Time for a new opportunity?
Interested in serving on a Board?
Want to make a difference?
Apply today!

Tiwa Lending Services is seeking professionals of various backgrounds to join our Board of Directors.

Experiences preferred: Housing Development, Residential Construction, Legal, Public Relations, Small Business, Strategic Planning, and Accounting.

To apply please submit a letter of interest along with a resume to Sheila Herrera at Sheila@tiwalending.org.

NEWS FROM ISLETA SOCIAL SERVICES & K’EA-WAH

SUPERVISED VISITATION & SAFE EXCHANGE PROGRAM

We want to take some time to thank our biggest supporters and community partners for their contributions to our recent Grocery Bingo to support victims and survivors of domestic violence as well as silent witnesses-or children who witness domestic violence in the home or family.

Special thanks to the following individuals who helped during this first in-person awareness event:

Isleta Recreation & Fitness Center staff: Rochelle Zuni, and George Waquie

B’eeh-K’oo-ee Wellness Center: Orion Zuni, Katelynne Johnson, Kaylee Chavez, and Lisa-Kaye Cherino

Pueblo of Isleta Youth volunteers: Jared Jojola, Payton Jaramillo, Timothy Panteah, Ali Panteah, and Aaron Jiron

Coalition to Stop Violence Against Women staff: Rufina Abeita, Tiffany Jiron, Ryder Jiron, and Delaney Thiele

We would also like to thank the following departments for their generous donations and contributions that supported many winners throughout the evening:

Pueblo of Isleta Human Resources: (2) tickets to McCall’s Pumpkin Patch; (1) Gaming basket with Hulu Gift Card

Pueblo of Isleta Public Works: (1) Coffee basket with department promotional items

Pueblo of Isleta Governor’s Office: (2) Baking baskets

Pueblo of Isleta Truancy: (1) Crockpot w/ cooking utensils; (1) Laundry/cleaning basket

Pueblo of Isleta Public Defenders Office: (1) Pizza Basket (donated money to create basket)

Pueblo of Isleta Department of Natural Resources/Environmental Department: (1) Movie basket

Pueblo of Isleta Procurement Department: (2) Gift baskets

Pueblo of Isleta Department of Education: (1) Gift basket

Pueblo of Isleta Treasurer’s Department: (4) Pumpkin pies w/ whipped cream

Pueblo of Isleta Travel Center & One Stop: (1) Snack Basket

Pueblo of Isleta Veteran’s Association: \$100.00 donation

Pueblo of Isleta Social Services: (1) Laundry basket; (1) House cleaning basket; (1) Halloween Themed basket; *Grand Prize: (4) Tickets to UNM Lobo v. Wyoming, UNM Lobo spirit wear, grill, charcoal, grill utensils.

Lil Island: (1) Self-care/Spa basket; (1) Auto cleaning basket (donated money to create baskets)

Sopas: (1) \$25.00 Gift Card, T-shirt, Rosary Terri’s Sweet Garden: (3) \$20.00 Gift Cards Sichler Farms: (1) \$50.00 Gift Card

April Abeita-Scentsy Representative: (1) Scentsy Gift basket

Clayton & Felicia Padilla- CF Padilla: (1) Movie Night basket

Gretchen Jiron-Zuni’s Store: (1) Grocery basket

Pueblo Resurgent’s: (6) Fresh veggie bags

Sheryl Jiron-Queenfeens Custom Creations (1) Promo Gift bag

Most of all, we want to Thank all of our participants who attended this fun-filled event. We appreciate all of your donations, participation and commitment to being a source of support for victims and survivors of domestic violence. We are proud to say we had 115 people playing rounds of BINGO! Together--Let us ALL take a stand and put an end to the cycle of domestic violence behaviors. We encourage and support healthy relationships within the Pueblo of Isleta.

If you or someone you know is in an unhealthy relationship, and would like

help, please call the Domestic Violence Resource Center at 505-248-3165.

Social Services, in collaboration with Tiwa Lending Services, and Pueblo of Isleta Public Library hosted Financial Education Nights at the Library. The resources provided from Miranda Lente with Tiwa Lending Services were: Savings & Budgeting; Credit & Collections, Home Ownership & Maintenance, followed with activities for the children provided by Pueblo of Isleta Library staff: Halloween Pumpkin Carving, Solar Bugs, and Movie Night-Hocus Pocus 2.

The information provided by Isleta Social Services was focused on financial abuse that can stem from perpetrators of domestic violence. Domestic violence can be confused with just physical abuse only. This is a myth. Domestic violence also includes financial abuse. Housing is very limited and can be a cause for a family to be forced to remain in an unhealthy environment. Because of housing limitations, not only within the Pueblo of Isleta, but throughout the State of New Mexico we hope that these Financial Education Workshops provided the education and resources to community members, perhaps empowerment and support can be planted to those who may suffer in silence or information can be spread by word of mouth of the types of resources within the Pueblo of Isleta and throughout the State of New Mexico.



Circle of Security Parenting

Presented by: Reyes Abeita

Sponsored by: Isleta Social Services

Location: Isleta Social Services-Cottonwood

Dates/Times: On an individual basis

Cost: FREE

Who should attend: Parents, Guardians, Caregivers

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

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

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



Valle de Oro National Wildlife Refuge
Refugio Nacional de Vida Silvestre Valle de Oro

Valle de Oro NWR
Fall Calendar 2022

All events, free, open to the public and located at Valle de Oro National Wildlife Refuge unless noted otherwise. All times are in Mountain Standard time. Check websites and our Facebook/Instagram pages for more information.

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

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

October 9-15
National Wildlife Refuge Week
Enjoy walking at Valle de Oro and pick up a free Walk for the Wild sticker in the Nature Store
All week

October 14
Opening of the West Side of the Refuge Property
2.5 mile loop on the west side of the refuge. Open to pedestrian use, bicycle riding and dog walking. Horse back riding allowed on the south side of the loop.
On going

October 14
Walk for the Wild Bird Walk
Bird walk the west side of the refuge property. 2.5 miles round trip.
9 am to 11 am

October 15
Mural Loop Guided Walk
Learn about the refuge's history and plans for restoration on a 1 mile walk with Ranger Dakota.
10 am to 11 am

October 15 and 22
ABQ Backyard Refuge Work Day
At Zuni Elementary School. Email for more information: laurel@friendsofvalledeoro.org
9 am to noon

October 28
Stewart Udall: The Politics of Beauty
Film screening and discussion with film maker
2 pm to 4 pm

November 5
ABQ Backyard Refuge Work Day
Valle de Oro NWR. Email for more information: laurel@friendsofvalledeoro.org
9 am to noon

November 12
ALMA Tile Making Workshop and Fish Sculpture Viewing
Make tiles for Valle de Oro's 2023 mosaic crane sculpture. Visit the fish mosaic sculptures on the west side of the refuge, 2 miles round trip.
11 am to 1 pm

November 12 and 19
Mural Loop Guided Walk
Learn about the refuge's history and plans for restoration on a 1 mile walk with Ranger Dakota.
10 am to 11 am

November 19
How to Draw a Duck
Learn from a local artist how to draw a duck for the annual NM Jr Duck Stamp Contest kindergarten - 12 grade
12 pm to 2 pm

December 10
Luminaria Making Event
Make wildlife and plant designed luminarias for the luminaria viewing December 16th
9 am to 4 pm

December 16
Luminaria Walk and TAAS Star Party
Enjoy luminarias around the visitor center. Watch the stars with The Albuquerque Astronomical Society
6 pm to 9 pm

December 17
Mural Loop Guided Walk
Learn about the refuge's history and plans for restoration on a 1 mile walk with Ranger Dakota.
10 am to 11 am

December 30
Valle de Oro Christmas Bird Count
Email to sign up: valledero@fws.gov
Starts at 7 am

December 31
Photo Contest Submissions Due
Email entries to valledero@fws.gov
Due before midnight

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

Head Start, Early Head Start, and Child Care Center

2 Sagebrush Street, Albuquerque, NM 87105

(505) 869-9796



November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November 1–3, 2022– Family Picture Day (By Appointment)

November 9, 2022– Disabilities Family Night @ 5:30pm at The Center (RSVP required)

November 11, 2022– Veteran’s Day Observed (NO SCHOOL)

November 17, 2022– Policy Council Meeting @ 5:30pm at The Center

November 23–25, 2022– Fall Break (NO SCHOOL)

November 29, 2022– Parent Committee Meeting @ 5:30pm at The Center



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!

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

ISLETA REC CENTER
PRESENTS




PICKLEBALL

WOULD YOU LIKE TO LEARN THE GAME OF PICKLEBALL?
COME DOWN AND WE WILL TEACH YOU ! SET UPS WILL
BE ON WEDNESDAYS FROM 11 AM TO 4 PM

STARTING OCT 12TH

IF YOU HAVE ANY QUESTIONS FEEL FREE TO CALL THE
REC CENTER OR EMAIL
GEORGE.WAQUIE@ISLETAPUEBLO.COM



Isleta Co-Ed
VOLLEYBALL

SIGN-UPS OCT -10th
TRIBAL MEMBERS ,POI
EMPLOYEES,CASINO EMPLOYEES ONLY

GET YOUR TEAMS IN SEASON WILL START
NOV -14th

**DEADLINE NOV- 4TH
AT ISLETA REC CENTER**

GAME TIMES 6:30PM, 7:30PM

MONDAY & WEDS NIGHTS

for more info.
email-george.waquie@isletapueblo.com
or 505-869-9777