



Isleta Pueblo News

Volume 18 Issue 1

Pueblo of Isleta website: www.isletapueblo.com



January 2023

Governor's Report

Maguwam,

Happy New Year to all! We hope that everyone had a good holiday season and that it was filled with joy and good fortune. The year 2022 went by quickly. I want to take the time to thank everyone for their support for my Administration, Lt. Governors, Sheriff, our Programs and staff, the past two years. There were many challenges from the beginning of our term as we faced the COVID pandemic in making our community safe. This at the same time trying to re-align our tribal government programs, policies and procedures and applying them equally to everyone. Even now, we continue to have many vacancies that baffle us why no one is applying. Some of you saw us working long hours into the night to make the Pueblo of Isleta a better place. We want to wish the incoming Administration, Governor Elect Max Zuni, 1st Lt. Eugene Jiron, 2nd Lt. Juan Rey Abieta, Sheriffs Kyle Wade and Eugene Lucero, the best as they take over the affairs of the Pueblo. During the last month, we made efforts to transition the new administration into their positions by apprising them of current issues, projects and ongoing matters.

COVID-19 is still a concern. We encourage everyone to get his or her COVID-19 boosters as well as your Influenza shot. We had a rise in COVID-19 cases last month, but currently are at less than 10 positive cases. We still want to reiterate the need to use good hand hygiene and use a facemask when in crowded places. These practices will help prevent you from contracting COVID-19, Influenza and Respiratory Syncytial Virus (RSV). Please call the COVID Hotline if you feel that you may have COVID. The number is still 505-869-9720 between 8 am and 4 pm with any COVID-19 related questions.

2nd Lt. Sanchez attended the 35th Annual Intertribal Agriculture Council (IAC) Conference, December 6-8, 2022, in Las Vegas, NV. Over 1,000 attended from U.S. and Canada tribes and organizations. The IAC supports a comprehensive approach to removing barriers and inequities by advocating for policy priorities identified by its tribal members and advising the US Department of Agriculture (USDA) on programmatic implementation, while building our sovereign tribal food systems by Tribes and Tribal producers in their agriculture endeavors. A majority of the presentations focused on ranch and livestock business, working with USDA on programs and funding opportunities, financing, Agriculture Resources Management Planning, Farm to Market approaches, and Food Security and Integrating Food Systems into our Schools. Topic presentations covered improving all aspects of agriculture business enterprises and management, but had application to small-scale subsistence efforts. Isleta is not a member of the IAC, but tribal membership is encouraged and along with greater involvement. Only Isleta, Jemez, and Santa Ana staff were present at the conference and sadly, there were no presentations about Pueblo agriculture. As

part of continuing our efforts to re-establish a Natural Resources Department, hiring an Agriculture Specialist position would help Isleta bridge the gap taking advantage of the funding opportunities, and improving and advancing our Agriculture potential. Tribal Administration, along with our Legal and Environment Departments, continues to address the Air Force low flyovers. By the publication of this newsletter, we will have met with the Kirtland Air Force Base (KAFB) Commander on this issue. In addition, we will have submitted our comment to the Air Force regarding the Air Force Special Operations Command AC-130J, Formal Training Unit Relocation at KAFB, and their Environmental Assessment that does not address impacts on Isleta's land, air, Natural Resources, and Cultural and Traditional assets. We are requesting an Environmental Impact Statement (EIS), and have sought the assistance of our Senate and Congressional representatives to help intervene and assist.

We hope the incoming Administration and Council coordinate their efforts not only to address the current issues and challenges,

but the direction and decisions required to benefit the community, not individuals. While my Administration along with Council established a Water Rights, Water Resources & Agriculture Lands, Strategic Plan, we need strategic plans for every aspect of our Pueblo assets including land use/zoning, home site development, paying for potable water, wastewater, and solid waste services, business and economic development, wildlife and livestock grazing management, etc. Such strategic plans lay the path for each Administration and Council to follow or tweak to reach those goals and objectives. Those strategic plans and associated actions must not only benefit today, but 10, 50, or 100+ years from now and in perpetuity. Especially when it comes to our water resources and securing our water rights, which is the key to our future.

May 2023 and beyond be filled success, health, and joy with all your family, and friends. Continue to pray for rain and snow, and continue to take care of all our land, community, and each other, so we may all live a long and happy life.

Ha-wu
Vernon B. Abeita, Governor

SAVE THE DATE

**Isleta Health Center
Health Fair Fiesta**

Saturday, May 6, 2023

10:00 AM-1:00 PM

Isleta Health Clinic

**Offering the Isleta Community
A Wealth of Health Information,
Early Detection Screenings, and
more!**

- See what programs in Isleta have to offer!
- Win Prizes
- Food & More!

LETTER FROM THE EDITOR

DEADLINE for February, Newsletter articles is set for Wednesday, January 18, 2023, 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:
Jose Louis Jojola

Case No. CV-PR-0167-2022

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose Louis Jojola**, deceased **08/29/1990**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **To Be Determined (TBD)** at **TBD** at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:
Joe P. Zuni

Case No. CV-PR-0174-2022

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Joe P. Zuni**, deceased **02/19/2019**, 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.

TRIBAL COUNCIL

The Isleta Tribal Council is actively seeking two (2) applicants to fill vacancies on the Pueblo of Isleta Health Board. Each appointed position will serve a two-year term. **To apply, please submit a Letter of Interest, along with a resume, to edward.calabaza@isletapueblo.com.**

The following criteria should be considered when submitting your application:

- Health Board members are expected to have knowledge of business, boards, and management practices related to health care, or to have the ability and interest to develop a working understanding of medical processes, standards of care, policies and procedures, regulations, laws, planning, and problem resolution, tribal health, and knowledge of the culture of the Pueblo of Isleta.
- Health Board members must be committed to conducting Health Board business with confidentiality, professionalism, and ethics.
- Health Board members must be willing to dedicate sufficient time to attend regular, special board and committee meetings, and adequately prepare for such meetings by reviewing Board packets or other information provided to Board members.
- Health Board members must meet the minimum standards of character of the Indian Child and Family Violence Prevention Act, 25 U.S.C. § 3207 and associated regulations, and must have and successfully pass a criminal background check before appointment to the Health Board.
- Employees of the Pueblo of Isleta Health Services Department and their spouses, partners, and first-degree relatives (parents, siblings, or children) are not eligible for nomination or appointment to avoid conflicts of interest. Indian Health Service, Bureau of Indian Affairs, or Bureau of Indian Education employees shall obtain clearance from their agency prior to serving on the Health Board.

If you have any questions, please contact the Tribal Council Office at 505-869-9746.

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



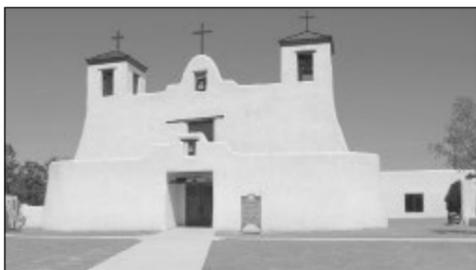
My name is Jonna Toledo and I work out of the Goodwill store in Los Lunas. What I do is help people find jobs in the community. This is a FREE service that Goodwill offers. I do work by appointment. The first appointment I just get the information to help with your job search. Example: What you are looking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

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

Helping New Mexicans overcome barriers to employment since 1941

[f](#) [t](#) [i](#) [p](#)

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.

NOW ★ HIRING

ALBUQUERQUE, NM

Rural Carrier Associates

This Position Requires:

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

APPLY TODAY
usps.com/careers

APPLY NOW
usps.com/careers

Think you have what it takes?

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

You can earn
\$19.06/hour

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PRST MKTG
ECRWSS
POSTAGE & FEES PAID
USPS
PERMIT NO. G-10
Postal Customer

How learning hits home.

Where trusted and valued Student/Tutor relationships begin.

Tutor Doctor is Hiring Tutors!

Albuquerque, Rio Rancho, Los Lunas, & Belen

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

Tutor Doctor tutors enjoy:

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

Qualifications:

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

Responsibilities:

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

Job Types: Part Time, Flexible, Independent Contract

Pay: \$18.00 +

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



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"/>	ELECTRICIAN II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	12/14/2022
<input type="checkbox"/>	SURVEILLANCE AGENT	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	12/13/2022
<input type="checkbox"/>	ASSISTANT SUPERINTENDENT	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	12/13/2022
<input type="checkbox"/>	EDR ATTENDANT	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	12/13/2022
<input type="checkbox"/>	SURVEILLANCE AGENT	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	12/13/2022
<input type="checkbox"/>	LAKES GROUNDSKEEPER	0780 - LAKES	11000 Broadway SE	Albuquerque, NM	12/9/2022
<input type="checkbox"/>	CALL CENTER AGENT	0210 - HOTEL RESERVATIONS	11000 Broadway SE	Albuquerque, NM	12/8/2022
<input type="checkbox"/>	SALES AND EVENT SERVICES MANAGER	0220 - HOTEL SALES	11000 Broadway SE	Albuquerque, NM	12/7/2022
<input type="checkbox"/>	FOOD ATTENDANT-cashier/attendant/service (BEVERAGE) - Daubers	0331 - F&B DAUBERS GRILL	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	FOOD ATTENDANT (Chili Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	FOOD ATTENDANT (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	Food Attendant-cashier/attendant/service (Chills)	0332 - F&B CHILL COFFEE BAR	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	LAUNDRY ATTENDANT	0270 - HOTEL LAUNDRY	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	Laundry Supervisor	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	NETWORK SYSTEMS ADMINISTRATOR	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	PLAYER DEVELOPMENT MANAGER	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	PMT I	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	POKER DEALER	0130 - POKER	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	POKER FLOOR SUPERVISOR	0130 - POKER	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	POOL ATTENDANT	1365 - POOL MAINTENANCE	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	RESTAURANT MANAGER	PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	ROOM ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	SECURITY ADMINISTRATOR	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	SECURITY OFFICER I	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	SECURITY OFFICER II	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	SLOTS FLOOR TECHNICIAN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/5/2022

<input type="checkbox"/>	SLOTS TECHNICIAN INTERN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	SPORTS BOOK WRITER	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	STEWARD	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	SUPERVISOR F & B (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	12/5/2022
<input type="checkbox"/>	GUEST SERVICE REPRESENTATIVE	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	ADVERTISING MANAGER	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	BARBACK	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	12/2/2022
<input type="checkbox"/>	BINGO MANAGER	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	COOK I	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	Cook I (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	COOK I (Chile Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	Cook I (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	COOK II (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	FOOD ATTENDANT (BEVERAGE)	DAUBERS	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	FRONT DESK SUPERVISOR	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	HDC SPECIALIST	UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	HOTEL PM TECHNICIAN	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	HOUSEKEEPING SUPERVISOR	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	HOUSEPERSON	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	HVAC TECH II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	VALET ATTENDANT	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	TABLE GAMES FLOOR SUPERVISOR	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	TABLE GAMES DEALER	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	12/2/2022
<input type="checkbox"/>	COUNT MEMBER	0160 - CASH OPS COUNT	11000 Broadway SE	Albuquerque, NM	12/1/2022
<input type="checkbox"/>	BARTENDER	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	11/23/2022
<input type="checkbox"/>	ADMISSIONS/ISSUE CLERK	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	11/22/2022
<input type="checkbox"/>	Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	11/22/2022
<input type="checkbox"/>	COCKTAIL SERVER	777'S	11000 Broadway SE	Albuquerque, NM	11/21/2022
<input type="checkbox"/>	COOK II	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	11/21/2022
<input type="checkbox"/>	SUPERVISOR F & B	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	11/16/2022

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ADMINISTRATIVE ASSISTANT II	Tribal Administration	12/23/2022
ADMINISTRATIVE ASSISTANT III	Tribal Administration	12/23/2022
ACCOUNTANT	Treasury	Open Until Filled
ACCOUNTANT	Housing Authority	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Department of Education	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Recreation Center	Open Until Filled
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department - Open Space	Open Until Filled
BOSQUE RESTORATION TECHNICIAN	Natural Resources	Open Until Filled - Within Only
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	Open Until Filled
BUYER	Procurement	Open Until Filled
BUSINESS MANAGER II	Public Works	Open Until Filled
CERTIFIED POLICE OFFICER	Police Department	Open Until Filled
CHILDCARE PROVIDER	Head Start	Open Until Filled
CHR COORDINATOR	Health Services	Open Until Filled
CLINICAL SUPERVISOR	Health Services	12/23/2022
COMMUNITY HEALTH NURSE	Health Services	Open Until Filled
COMPUTER IT SPECIALIST	Department of Education	Open Until Filled
COMPLIANCE INSPECTOR MANAGER	Gaming Regulatory	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	Open Until Filled
EARLY HEAD START TEACHER	Head Start	12/16/2022
EMT INTERMEDIATE	Health Services	Open Until Filled
EMT INTERMEDIATE-- PRN	Health Services	Open Until Filled
FARM EQUIPMENT OPERATOR	Conservation	Open Until Filled - Within Only
FORESTRY TECHNICIAN	Natural Resources	Open Until Filled
GROUNDS KEEPER	C•Stores	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until rilled
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
HOME MAINTENANCE TECHNICIAN	Elder Center	Open Until Filled
HR GENERALIST	Human Resources	12/23/2022
INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled - Within Only
INVESTIGATOR	Police Department	Open Until Filled
LIFEGUARD	Parks & Recreation	Open Until Filled
MEDICAL ADMINISTRATIVE SUPPORT ASSISTANT	Health Services	Open Until Filled
MEDICAL ASSISTANT	Health Services	12/22/2022
NATURAL RESOURCES MANAGER	Natural Resources	Open Until Filled
OPTOMETRY	Health Services	Open Until Filled
OPTOMETRY ASSISTANT	Health Services	12/19/2022
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
POLICE OFFICER I - CERTIFIED	Police Department - Open Space	Open Until Filled - Within Only
PRE K-12 EDUCATION COORDINATOR	Department of Education	Open Until Filled
PROCUREMENT ASSISTANT	Procurement	Open Until Filled
PROJECT ASSISTANT	Social Services	Open Until Filled
PUBLIC HEALTH MEDICAL ASSISTANT	Health Services	Open Until Filled
PURCHASED/REFERRED CARE ACCOUNTING CLERK	Health Services	Open Until Filled
PURCHASED/REFERRED CARE MANAGER	Health Services	12/21/2022
RANGELAND MANAGEMENT SUPERVISOR	Natural Resources	Open Until Filled
RANGELAND MANAGEMENT TECHNICIAN	Natural Resources	Open Until Filled
RECEPTIONIST	Gaming Regulatory	12/23/2022
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
TIWA LANGUAGE EDUCATION ASSISTANT	Department of Education	Open Until Filled
TRIBAL COUNCIL ADMINISTRATOR	Tribal Council	Open Until Filled
UTILITY FOREMAN	Public Works	Open Until Filled
VETERAN SUPPORT SERVICE MEMBER	Elder Center	Open Until Filled-Within Only
WATER RESOURCES MANAGER	Water Resources	Open Until Filled
WATER RESOURCES SPECIALIST	Water Resources	Open Until Filled
WILDLIFE BIOLOGIST	Natural Resources	Open Until Filled

TRUANCY

Happy New Year,

We hope you had wonderful and joyful holiday season with family and friends. The holiday season is always a happy time for many, such as spending time with family that we may not see all the time or even just spending more quality time with grandparents, elders in your families.

Throughout this past year the Truancy Department participated in many events.

We worked with the Department of Education earlier this year for a meet and greet at the Albuquerque Public School Indian Education Department and met with many families who have students attending APS. We also worked with DOE for a freshmen night with our students and provided commitment keys for students to promise that they will work and hard and plan to graduate in 2026 with their class. Another event was for the graduating 2023 class.

There was also the annual National Night Out that we were happy to be a part of. The Truancy Department had a fun plinko game that seemed to be a hit with the community as well as the prizes that we had. It is always fun to see our community come together, laughing, sharing and communicating with each other which is always great to see.

Throughout the year we were lucky to be able to purchase incentive baskets of cleaning supplies and home needs to be given out at community events or for families that were in need of such items. This was also a big hit amongst the many door prizes we donate for POI events.

There was also the annual Halloween carnival that we were a part of and gave out fun prizes to our community members.

The Truancy Department also works with the Isleta Elementary School to provide quarterly perfect attendance incentives. Students were provided Barnes and Noble gift cards for the first quarter and fun educational games for the second incentive and we look forward to providing more fun incentives for the remainder of the school year.

We also provided gift cards to our students that attend Los Lunas Public Schools and Albuquerque Public Schools for students that we work with or that we referred to the department for good attendance and accomplishments.

We look forward to working with our families. May you all have a wonderful New Year.

Thank you,
Truancy Department

NM Poison Control

During the Pandemic, we should be cleaning and disinfecting more often. It is important that you do not inject or ingest these chemicals into your body. Please remember to keep ALL chemicals out of children's reach. If any cleaning or disinfectant solution is swallowed or injected, please contact the NM Poison Control immediately.

1-800-222-1222

National Dog Training Month

PUEBLO OF ISLETA PUBLIC LIBRARY

Learn how to train your young or old furry friend with these books!

For young readers


EASY 636.72 SCH


EASY 636.728 SCH

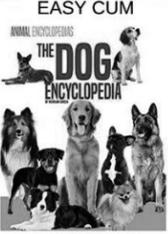

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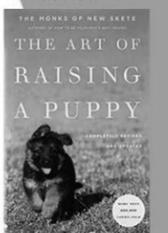

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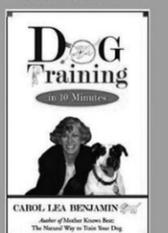

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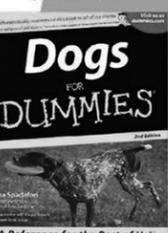
For more advanced readers

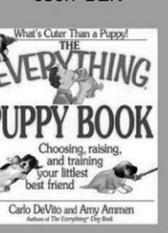

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EBOOKS

Can't come into the Library?
Check out these ebook titles!







White Eagle Electrical Services LLC

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

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Code upgrades

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Solar energy

Hookups for appliances and air conditioner units

Ceiling fan and lighting repair

24-hour service

Happy New Year!  2023

whiteeagleelectricalservices.com



Did you know?

Kirtland Air Force Base Precision Bombing Range Site

Did you know that the Pueblo of Isleta was once a test site for Atomic Bombs? In the 1940's -1960's there was a bombing range used by the military to practice dropping bombs.

There was a total of approximately 14,000-lbs of debris that was found. Among the debris found was a 500-lb bomb and a 1,000-lb bomb.



Shown is an example of a "Pumpkin Bomb".

Scan the QR code below to see footage of a "Pumpkin Bomb" being tested on the reservation.



Have you been told a story of a plane crash on the reservation? If so, we would love to hear it and investigate the story. Please contact the UXO/HAZMAT Department at (505)869-5748 with any tips or findings.

IPHA RENOVATION & EMERGENCY HOME REPAIR PROGRAM

The Isleta Pueblo Housing Authority (IPHA) would like to formally inform all Isleta Pueblo Homebuyers/Homeowners of the IPHA Renovation/Emergency Home Repair Program. According to the IPHA Renovation & Emergency Home Repair Policy prior to submission of any work order requests to IPHA, the homebuyer/homeowner must submit a supplemental application for maintenance services. Upon review and processing of the application, the IPHA will determine if services will be Grant "Courtesy" services" or Repayment "Invoiced" services. In order for an applicant to qualify for the IPHA Renovation/Emergency Home Repair program they must meet the following criteria:

- Must be an Isleta Tribal member;
- The applicant must own the home/property and must be their primary residence, which the home is located and provide proof of ownership i.e. land assignment, land survey, legal description;
- Must not have any vacated/past due accounts owed to IPHA, including no prior evictions from IPHA; and
- Must provide proof of income for all household members residing in home seeking services.

Supporting documentation is required to be provided at the time of submission along with the application to the IPHA. The Homeownership Counselor will review and process the application within a timely manner. Once the application has been processed and approved you will be formally notified by letter of which program you have qualified for. At that time the homebuyer/homeowner may then contact IPHA and submit their work order requests. The following funding threshold for the maintenance program will apply as follows for either Grant or Repayment:

- **Up to \$4,000.00 – Home Repair/Seasonal Services; and/or**
- **Up to \$10,000.00 – Emergency/Renovation Services**

The Homebuyer/Homeowner must reapply for services every three (3) years. However, once a Homebuyer/Homeowner has met/exceeded either limit, they will be notified by letter that they will not be able to receive maintenance services from IPHA for another five (5) years. At which the homebuyer/homeowner will not be able to make any service work order requests through the IPHA until the five (5) year period has passed. Should the homebuyer/homeowner need future maintenance services, they are welcome to contact an outside vendor/contractor for maintenance services.

The IPHA would like to extend our appreciation for your patience and understanding as we implement the supplemental application process. Here at IPHA, we are diligently working to respond to all maintenance service requests. With this process in place, the IPHA will be able to better manage the work flow of service requests and provide the equal opportunity of program assistance to tribal members who are unable to obtain such services without the assistance of the IPHA Renovation & Emergency Home Repair program. IPHA is a service provider strictly to the Pueblo of Isleta, with only a couple maintenance staff on hand, we ask for your patience in addressing your work order requests within a timely manner.

Should you have questions or concerns regarding this process, please feel free to contact the Isleta Pueblo Housing Authority Homeownership Dept. at (505) 869-4153.

*ISLETA PUEBLO HOUSING AUTHORITY
RENOVATION AND EMERGENCY HOME REPAIR
POLICIES ADOPTED JULY 19, 2006, AMENDED
DECEMBER 30, 2019; RESOLUTION NO. 2019-028*



MLK DAY SERVICE SCHEDULE

The Transfer Station will be closed on Monday January 16th in honor of Dr. Martin Luther King Jr. Monday and Tuesday's trash and recyclables will both be collected on Tuesday January 17th. Have carts out by 7AM and have a Happy Dr. Martin Luther King Jr. Day!



KEEP ISLETA BEAUTIFUL!

869-4106

FROM THE DEPARTMENT OF EDUCATION/LANGUAGE PROGRAM

As we enter the New Year of 2023, we wish you and your family good health, peace and joy. The Department of Education is here to assist you with multiple opportunities.

Adult Education

If you are interested in obtaining your GED, we can help you. Our department offers tribal members to either take the GED or HiSet Exam. We will set-up a meeting to go over the GED and Hi-Set exam, help create an account for either one of the exams, and explore goals for after you complete either the GED or Hi-Set exam. After completion of either the GED or Hi-Set, we can assist with job skills, and can help you transition into the workforce or higher education. Visit us and get started today!

Please visit our website to receive services at: https://isletapueblo.formstack.com/forms/adult_education_application

Higher Education

A friendly reminder, the deadline to submit all supporting documents for funding for the Spring Semester is January 15th. Please visit the website to submit all required documents.

https://isletapueblo.formstack.com/forms/scholarship_application_supporting_documents%20

We are currently taking application for the POI scholarship for the summer semester. The deadline to submit an application is April 1st. Please visit the website to apply: https://isletapueblo.formstack.com/forms/poi_scholarship_application

HIGHER EDUCATION BOARD

The Higher Education Board is need of additional members, if you have interest in serving on the Board, please send your letter of interest to the Department of Education or Tribal Council via email: poischolarships@isletapueblo.com or Edward.Calabaza@Isletapueblo.com

PREK-12 SERVICES

Department of Education
Academic Success Program

I would like to take some time to introduce myself. My name is Michelle Valdez, however most of you all know me by Shelly. I have returned to the Department of Education as the Academic Success Coordinator to work with Isleta high school and first-year college students. Parents and guardians, if you have not given your information to the Department of Education to receive information on our program, please email your information to michelle.valdez@isletapueblo.com

During my first few weeks here as the coordinator our program had the opportunity to meet with Century High School as well as Valencia High School. Those students who attended were given information about what the program has to offer as well as enjoying lunch with their peers.

Parents and Guardians, please check your emails as we will be sending important information about your student's education, as well as offering your students experiences to visit colleges and opportunities to meet with other high school students.

The higher education program and our program will be working closely to communicate with those first-year college

students to ensure that they are getting all the support they need as they adventure off into the college world. We will be visiting with those students who attend NMSU in February. Students, please look out for flyers on your social media NMSU pages as well as emails from our department with more information. We will be setting up other visits with local colleges as well.

A New Year means a new beginning, start off the year with new pages and make each chapter meaningful and experiential!

Michelle & Jolynn

JOHNSON O'MALLEY

Please join us for the Johnson O'Malley Indian Education Committee meeting to be held on:

- Thursday, January 12 from 5-7pm at the Department of Education (950 Moonlight Drive, SW)

The Johnson O'Malley (JOM) Indian Education Committee (IEC) is in need of additional committee members, if you are interested, please send a letter of interest to the Department of Education via email (poischolarships@isletapueblo.com) or drop your letter off at the DOE office.

Department of Education News
Absolute deadline dates:

Term/Semester	Isleta Higher Education Scholarship Application Due Date	Supporting Documents Due Date
Fall	July 1st 11:59 pm	August 31st 11:59 pm
Spring	November 1st 11:59 pm	January 15th 11:59 pm
Summer	April 1st 11:59 pm	May 31st 11:59 pm

With the New Mexico Opportunity Scholarship, the New Mexico Lottery Scholarship, and more than 25 scholarships, grants, and college financial aid programs available, there are options for every New Mexican to pursue higher education without having to worry about the cost of tuition and fees. Explore to learn more!

<https://www.reachhighernm.com/>
Reach Higher New Mexico / Introducing tuition-FREE higher education for every New Mexican.



PUEBLO OF ISLETA DEPARTMENT OF EDUCATION

TUTORING SERVICES

Tribal Members and JOM eligible students

- 📌 AFTER SCHOOL TUTORING @ DOE (DATES TBD) (3RD-12TH GRADE)
- 📌 VARSITY TUTORS- 1:1 VIRTUAL OPTION ONLY
- 📌 SAT/ACT PREP

Tribal Members ONLY

- 📌 SYLVAN LEARNING CENTER-ACE IT! READING PROGRAM@ DOE (K-6TH GRADE FOR MATH AND READING)
- 📌 SYLVAN LEARNING CENTER-@ SYLVAN LEARNING CENTER

[HTTPS://ISLETAPUEBLO.FORMSTACK.COM/FORMS/DOE_AFTERSCHOOL_TUTORING](https://isletapueblo.formstack.com/forms/DOE_AFTERSCHOOL_TUTORING)

MORE INFORMATION

950 Moonlight Dr. Albuquerque, NM 87105
505-869-9790





**Pueblo of Isleta
Department of Education
& Tiwa Language Program**

TIWA LANGUAGE PROGRAM

*Participants
must live
within the
boundaries of
the Pueblo of
Isleta.*

The Department of Education is looking for families or individuals interested in Strengthening the Tiwa language.

Those interested must be able to:

- Commit 2 hours per week for six weeks
- Follow language learner norms
- Provide feedback via pre & post surveys
- Willing to actively participate virtually

Please use the following link or QR code to register
https://isletapueblo.formstack.com/forms/tiwa_pilot



Please contact the Department of Education at 505-869-9790 if you have questions.

Updated 6/28/22

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

EDUCATIONAL ASSISTANCE FUND

The Pueblo of Isleta recognizes the need to provide families with supplemental funding to assist their child/children in their education. Applications shall be reviewed the third week of January, March, June and September. The education-funding year shall reflect school year – August through July.
 Through the Department of Education, specific guidelines have been developed to assist qualifying tribal members striving to reach high levels of district, local and state academic standards. These guidelines shall be used to provide monetary support to students and adults in need of educational assistance. Assistance may be provided for the following categories: (Priority will be given to category A, then B and so forth).

Category:

- (A) Students K-12: Students who are in need of academic support, unavailable through other resources, for example; tutoring through Sylvan Learning Center or other programs.
- (B) Students K-12: Students with disabilities.
- (C) Students K-12: Students attending private institutions.
- (D) Students K-12: Students involved in extra-curricular activities, i.e., band, chess, sports activities, science fair, etc.
- (E) Group Trips: To give students K-12 the opportunity to attend and explore educational programs or take education trips outside the regular classroom.
- (F) Continuing Education: Special interest classes, i.e., career development, etc.
- (G) Adult Education Special Programs: Department of Education hosted programs to include CNM Ingenuity and UNM-VC concurrent courses/ classes.

Who May Apply:

All enrolled tribal members who reside within a 60-mile radius of Isleta Pueblo. December 2022

For more information

Google- POI Educational Services

OR to fill out an application

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

Dental Tips for the New Year

Hello to all!

IHC's Dental Team has a brief message to bring in the New Year!



We are all anticipating a New Year where we can begin to feel that "new normal" shaping up. We can all do our part to make healthy habits a permanent New Year's resolution. It is probably safe to say that none of us has ever washed our hands as often as we have learned to do in 2020! However, with everyone home most of the time, there is also an increase in snacking on sweets and other foods that can cause tooth decay and toothaches. Until more elective dental care and cleanings are back on the table, it is more important than ever to have good home care to maintain your dental health in between cleanings, to prevent having dental emergencies like toothaches. We would like to recommend electric toothbrushes, and regular flossing or water flossing.

If you have questions, we are here to help, please call us at 869-4499. The dental clinic staff is happy to answer questions on how to get the most out of your oral health habits.

Sincerely, The Isleta Dental Clinic

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)

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.



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

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

JANUARY 2023

ISLETA ELEMENTARY SCHOOL

BREAKFAST



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



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.
Reference: USDA MyPlate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School <i>Happy New Year!!</i>	School**	School**	Biscuit and Gravy Diced Peaches 100% Orange Juice Choice of Milk	Croissant Sandwich Grapes 100% Apple Juice Choice of Milk
WG Breakfast Pizza Fresh Fruit 100% Orange Juice Choice of Milk	WG Pancake Mini Bites Syrup Mixed Fruit 100% Apple Juice Choice of Milk	Cinnamon Toast Crunch Cheese Stick Slice Apples 100% Orange Juice Choice of Milk	Omelet WG English Muffin Banana 100% Apple Juice Choice of Milk	Blueberry Yogurt Granola w/Dried Fruit Blueberries Choice of Milk
No School	Jumpstart Breakfast Kit Banana Choice of Milk	Parfait Graham Crackers 100% Orange Juice Choice of Milk	WG Blueberry Muffin Boiled Egg Peaches Choice of Milk	Egg & Potato Taco Salsa Apple Slices Choice of Milk
Scrambled Eggs WG Toast Dice Pears Choice of Milk	Hash Brown Sausage WG Tortilla Fruit Cup Choice of Milk	WG Bagel w/Cream Cheese Banana 100% Orange Juice Choice of Milk	Breakfast Burrito WG Tortilla Grapes Choice of Milk	Honey Nut Cheerios Yogurt Oranges 100% Apple Juice Choice of Milk
French Toast Sticks Syrup Blueberry Mix 100% Orange Juice Choice of Milk	Egg & Cheese Quesadilla Salsa Dice Peaches Choice of Milk			

Menu Subject to Change due to food availabilityThis is an equal opportunity institution***

JANUARY 2023

ISLETA ELEMENTARY SCHOOL

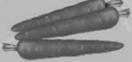
LUNCH



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



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School <i>Happy New Year!</i>	**No School**	School**	Baked Chicken Mashed Potato Broccoli WG Dinner Roll Fruit cup Choice of Milk	WG Corn Dog Tater Tots Mixed Vegetable Applesauce Choice of Milk
Beef Chile Dog WG Hot Dog Bun Baked Chips Fruit Cocktail Choice of Milk	Tostadas Spanish Rice Lettuce/Tomato Grapes Choice of Milk	Teriyaki Chicken Fried Rice Broccoli Applesauce Choice of Milk	Grilled Ham and Cheese Tomato Soup Salad w/dressing Pears Choice of Milk	Chicken and Rice Red Chile Mixed Vegetable Dinner Roll Jello cup Choice of Milk
No School	Pepperoni Pizza WG Garlic Bread Broccoli Pineapple Choice of Milk	Salisbury Steak Mashed Potato Mixed Vegetables Peach Cup Choice of Milk	Cheeseburger WG Bun Lettuce/Tomato Sweet Potato Fries Grapes Choice of Milk	Beef Tacos Spanish Rice Garnish Oranges Choice of Milk
Beef Mac Casserole Cheesy WG Breadstick Garden Salad Mandarin Oranges Choice of Milk	Pork Chop Pasta Salad w/Veggies Hot Spiced Apples Choice of Milk	Steak Fingers WG Roll Steamed Corn Peach Cup Choice of Milk	Chicken Tenders Sweet Potato Fries Mixed Vegetables Banana Bread Square Choice of Milk	Posole w/Red Chile WG Tortilla Mixed Fruit Cup Choice of Milk
WG Spaghetti w/Meats Broccoli Pineapple WG Breadstick Choice of Milk	Chicken Quesadilla Beans Cherry Tomatoes Apple Slices Choice of Milk			

Menu Subject to Change due to food availabilityThis is an equal opportunity institution***

What's Happening in Early Head Start Classroom A?

The children worked hard on making Christmas cards for the elderly center and ornaments for the health center. They glued dots on the Christmas tree for the cover of the card and used their hand prints to make an angel for the inside of the card. They painted snowflake ornaments with blue and white back. The children are getting a routine. They enjoy circle time. They enjoy most singing and listening to stories. They look at their peers with a smile and can remember some of the stories. They are eager to sit at the table to do a lesson from our weekly curriculum.



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 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




Veterans' Health Administration Native American Veterans Program

Pueblo of Isleta Veteran Association

Outreach Resource Fair
(Isleta Tribal Members Only)



Where: Pueblo of Isleta Veterans Center, 4001 NM-314, Los Lunas NM 87031

When: Friday, January 27, 2023
10:00 am to 1:00 pm.

We invite all Pueblo of Isleta Veterans and their families to learn more about VA Health Care Benefits and other VA Resources: Suicide Prevention, MyHealthVet, Health Promotion & Disease Prevention, Women's Health, Minority Veterans Program, New Mexico Department of Veterans Services and others.

If you would like to sign up for VA Healthcare, bring a copy of your DD-214 Discharge Document, Medicare card, copy of last year's income taxes.

POC: Mr. Terry L. Obago, Program Manager, Native American Veterans Program
New Mexico VA Healthcare System 505-256-5407 or email: terry.obago@va.gov

ISLETA POLICE DEPARTMENT NEWSLETTER

2022 is now 365 days of memories and 2023 brings in the beginning of making of new memories. We hope all had a joyous and safe holiday and are ready to dive in to the New Year!



WELCOME



Please welcome the newest member of the Isleta Police Dispatch Center – Tylene Louis actually began her employment on November 3, 2022.

Tylene is 21 years old and is from the Pueblo of Acoma. She was a dispatcher with the Acoma Police Department for two years. Tylene says she is looking forward to working with Isleta Police Department and serving the Isleta Pueblo Community”.

IHSP NEWS

The IHSP Traffic Division continues to enforce traffic laws, investigate traffic crashes, detect and apprehend DWI violators and so many other duties as assigned. At the writing of this article, the Traffic Division and Isleta Police Department were beginning the “Don’t Shatter the Dream Mobilization” and statistical results will be published in the February newsletter. The division is ever vigilant for impaired drivers, but there is extra added concentration during the holiday season.

Driving impaired is not specifically alcohol related but can be drug related as well. The following was published by the National Highway Traffic Safety Administration (NHTSA):

Overview

You can’t drive safely if you’re impaired. That’s why it’s illegal everywhere in America to drive under the influence of alcohol, marijuana, opioids, methamphetamines, or any potentially impairing drug—prescribed or over the counter. Driving while impaired by any substance—legal or illegal—puts you and others in harm’s way. Learn the latest research on drug-impaired driving, misconceptions about marijuana use, and what you can do to make smarter choices to drive safely.

Safety Facts

56%

DRIVERS INVOLVED IN SERIOUS INJURY AND FATAL CRASHES WHO TESTED POSITIVE FOR AT LEAST ONE DRUG (BASED ON STUDIED TRAUMA CENTERS, OCT-DEC 2020)

Source

Many Substances Can Impair Driving

Many substances can impair driving, including alcohol, some over-the-counter and prescription drugs, and illegal drugs.

- Alcohol, marijuana, and other drugs can impair the ability to drive because they slow coordination, judgment, and reaction times.
- Cocaine and methamphetamine can make drivers more aggressive and reckless.
- Using two or more drugs at the same time, including alcohol, can amplify the impairing effects of each drug a person has consumed.
- Some prescription and over-the-counter medicines can cause extreme drowsiness, dizziness, and other side effects. Read and follow all warning labels before driving, and note that warnings against “operating heavy machinery” include driving a vehicle.

Impaired drivers can’t accurately assess their own impairment – which is why no one should drive after using any impairing substances. Remember: If you feel different, you drive different.

Although marijuana is legalized in this state everyone needs to be reminded on Federal lands, it is still considered illegal.

Many have attended functions believing it is okay to smoke in public, carry it on their person into the casino and other public places. It is also a contributor to driving impaired.

MARIJUANA

Marijuana Impairs

There are many misconceptions about marijuana use, including rumors that marijuana can’t impair you or that marijuana use can actually make you a safer driver.

Several scientific studies indicate that this is false. Research shows that marijuana impairs motor skills, lane tracking and cognitive functions (Robbe et al., 1993; Moskowitz, 1995; Hartman & Huestis, 2013). A 2015 study on driving after smoking cannabis stated that THC in marijuana also hurts a driver’s ability to multitask, a critical skill needed behind the wheel.

NHTSA continues to conduct research to better understand the relationship between marijuana impairment and increased crash risk. NHTSA’s Drug and Alcohol Crash Risk Study found that marijuana users



Join Us for:

CHAIR STRENGTH & YOGA

HAPPY NEW YEAR!

- Burn calories
- Increase flexibility
- Get stronger
- Have fun!



All tribal members & employees welcome!

Tuesdays & Thursdays. 10:30 a.m.

In the Aerobics Studio (the blue room).

are more likely to be involved in crashes. However, the increased risk may be due in part because marijuana users are more likely to be young men, who are generally at a higher risk of crashes.

Research indicates drug prevalence is on the rise among drivers. NHTSA's 2020 study of seriously or fatally injured road users at studied trauma centers (Thomas et al., 2020) suggested that the overall prevalence of alcohol, cannabinoids and opioids increased during the public health emergency compared to before.

While evidence shows that drug-impaired driving is dangerous, we still have more to learn about the extent of the problem and how best to address it. In January 2018, NHTSA launched a new initiative to address drug-impaired driving. NHTSA's National Drug-Impaired Driving Initiative brings together experts, including law enforcement officials, prosecutors, substance abuse

experts and others, to discuss strategies that can reduce drug-impaired driving.

THE ISSUE It's Illegal

Driving impaired by any substance—alcohol or other drugs, whether legal or illegal—is against the law in all 50 states and the District of Columbia. Law enforcement officers are trained to observe drivers' behavior and to identify impaired drivers. Even in states where marijuana laws have changed, it is still illegal to drive under the influence of the drug.

NHTSA's National Roadside Survey conducted in 2013-2014 (PDF, 173 KB) found that 20 percent of surveyed drivers tested positive for potentially impairing drugs.

Surveys conducted by NHTSA show the number of drivers testing positive for

marijuana increased between 2007 and 2014. In 2007, NHTSA's National Roadside Survey (PDF, 1 MB) found that 8.6 percent of weekend nighttime drivers tested positive for marijuana. In the 2013-2014 survey, 12.6 percent of weekend nighttime drivers tested positive for marijuana. That's a 48-percent increase in less than 10 years. While the presence of a drug in a driver's system doesn't necessarily mean that they're impaired, these findings show the importance of raising awareness about the risks of drug-impaired driving.

A reminder to all: The Isleta Police Department does have a Facebook page where community reminders, events and other items of interest are posted. You can view these by using the following link:

<https://www.facebook.com/profile.php?id=100086226116534>

CONGRATULATIONS

Chief Rodriguez and Captain Zuni presenting certificates to some of the members of the department:



Olivia "Bunny" Jiron
5 years of service



Traffic Officer Bryson Nastacio
Certificate of Appreciation –
Motorist Assist



Dispatcher Matthew Torrez
1 year of service

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/>



How to Recover from the Holidays



1. Get Some Sleep
2. Make Better Food Choices
3. Exercise
4. Drink Plenty of Water
5. Meditate



Happy New Year from the
Isleta WIC Office !
505-869-2662



Pueblo of Isleta Public Library

Happy New Year and welcome 2023! We now start a new year here at the library with new programs and new possibilities to bring to the community. We are excited to start planning programs for the upcoming year. The Pueblo of Isleta Public Library services and programs are FREE and open to the public. Come in and visit us or follow us on our social media outlets to see what we have in store for you this New Year!

News

The library will be closed on Monday, January 2nd in observance of New Year's Day. The library staff would like to wish you good health, happiness and prosperity for 2023.

The library will be closed on Monday, January 16th in observance of Martin Luther King Jr. Day. All library media checked out on Thursday, January 12th and Friday, January 13th will be due on Tuesday, January 17th.

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 will be having our monthly staff meeting on January 3rd, the library will still be open during this time. With the New Year upon us, we will be planning programs for Adults, Teens and Children. We are always open to suggestions on programs or how we can improve our services. Please feel free to give us a call at 505-869-9808 and share your thoughts.

Our Summer Reading Program Planning meeting will be on January 25th and 26th from 8am-12pm each day, therefore we will be closed during that time. Once our planning meeting has concluded we will resume regular business hours. Our Junior and Youth group curriculums will be developed and turned into a 6-week program during the summer. We will be addressing concerns and recommendations from participants, as well as staff from the previous year so we can make some adjustments and improvements. Please give us a call at 505-869-9808 and a library staff member will be happy to answer any questions our concerns you may have about our Summer Reading Program.

Have you returned your library books? If you have had library material out more than a calendar year a fine will be applied to your library account. If you have library items at home, please return them in good condition and there will be no fines applied to your account. There are four ways to check your library account:

- Visit our online library catalog at <https://isletapueblo.booksys.net/opac/pipl/index.html> and log on with your library card number and pin number.
- Download our Librista app on your mobile device and log on with your library card number and pin.
- Visit the library and speak with someone at the front desk.
- Give us a call at 505-869-9808.

We would like to remind the community that the library offers a story time for the whole family. If you ever find yourself

wanting to take your family out to a family-friendly event like story time, painting or other fun activities please stop by. Or you can find all upcoming events on our social media:

- Instagram: @isletapueblolibrary
- Snapchat: @poipubliclib
- Facebook: Pueblo of Isleta Public Library

Below is more information about the library's Family Story Time...

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.

Along with the "New Year, New Me", New Year Resolutions, New Beginnings and whatnot, January is also known as National Dog Training Month. With that said, Cheyenne (library staff member) put together a list of free library material that we have in-house and in our eBook collection for young, advance, and digital readers. Please take a look at the flier posted in this newsletter which she put together for you. In-house material will be displayed on one of our "X-frame" displays and a library staff member will be happy to help you navigate and download the eBook material from on digital collection.

Upcoming

Did you receive new technology for Christmas and have no idea how to use it? Book a Librarian service is available to you for FREE! If you are having difficulties navigating around your newly received technology, we are here to assist you. We can also help with resumes, invitations, computer help and much more. Please give the library a call at 505-869-9808 in advance to set up a day and time that works for you.

Calling in advance gives us time to prepare for your visit.

The library staff has been busy wrapping up the year and December was a busy month with three family programs and one teen/tween program to plan for, and the month was over before we knew it. We are excited to start planning for the upcoming year and we have children, teen and adult programs in the works. We will share upcoming programs as they become available and we will be posting flyers throughout the community as well as on our social media accounts, so keep a look out for new programs coming your way!

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 After School Program had their Christmas Party on December 14th right before they went on winter break. Students participated in holiday festivities, Dion's subs were served and Christmas gift bags were given out. All the students have been doing an excellent job keeping up with their homework and reading and we just want to say to keep up the good work and we hope all students had a restful and relaxing break. We are excited for the second part of the school year and we have been busy planning crafts, activities and incentive field trips for the upcoming year. Our After School Program is currently full at the time, but we do have a waiting list. For any questions or concerns about the library's After School please give us a call at 505-869-9808 and speak with a staff member.

The Elf on the Shelf Program was held on Wednesday December 7th hosted by library staff members Diane and Renetta. The night started off with a telling of "The Elf on the Shelf", a traditional Christmas story. Participants gathered around the Christmas tree to hear the story of how the Elf on the Shelf came to be. Next, we showed participants pictures of the library's Elf Libby and all the mischief she's been up to here at the library and after everyone



Library Staff member telling the story of the Elf on the Shelf Christmas story.

made a Candy Sleigh. Dinner was served and as a special surprise each family received a gift from the library which included an Elf on the Shelf Kit, the Elf on the Shelf Night Before Christmas book and a Christmas mug to add to their holiday traditions. It was a magical night filled with the Christmas Spirit and we would like to thank all the families that participated in our library program. Family Paint Night was held on December 20th hosted by library staff member Kyle for a Christmas themed evening of painting. Participants got to paint a Reindeer and sip hot chocolate while spending quality time with the family. Kyle led participants with step-by-step instructions to complete a Christmas Reindeer. It was a fun night, we would like to thank all the families that participated in the family paint night.

Ugly Sweater Cookie Program was held on December 21st and was hosted by library staff member Cheyenne. The evening was filled in making Ugly Sweater cookies. Participants got to design their very own Ugly Sweaters on sugar cookies using frosting and sprinkles. These cookies will definitely be the ultimate Christmas treat to share with family and friends. We would like to thank everyone who participated in our library program.

It was a Grimm Winter Night Teen Winter break program was held through December 27th -29th and led by library staff members Kimberly and Elena. It was a three-day event where participants learned the origin stories of popular fairy tales like Cinderella, Rapunzel, and Snow White. Each day one origin story was introduced followed with a craft, and lunch was served on all three days. We would like to thank everyone who participated in our library program during their winter break.



Elf on the Shelf participants busy making Christmas Candy Sleighs!



Families opening their special Christmas Surprise during the Elf on the Shelf program!



Families received an Elf on the Shelf Kit to add to their holiday traditions!



The After School Program had a busy December month making holiday crafts like Oreo Snowman, Snowflakes and Gingerbread Houses.



The After School Program had a blast during their Christmas Party right before winter break. Students enjoyed Reindeer games, Subs from Dion's were served, and students received a gift bag!

PARKS & RECREATION DEPARTMENT

From the Parks & Recreation Department staff and our families, we sincerely hope that all of you and your families had a Very Merry Christmas and a Happy and Safe New Year!

Time to get started and to stick with your New Year's resolutions. For those of you that resolved to workout, lose weight, get fit or just start a workout routine, make sure you come by and schedule some time with our Fitness Instructors here at the Recreation Center or at Old Rec. Our Fitness Instructors are all ready, willing and eager to help each and every one of you with your resolution fitness goals. We can check you when you start with our InBody Machine and we (you & us) will be able to track your BMI, Bone Density, % of Body Fat and other areas as well as your progress through (weekly, monthly, etc.) your workouts/fitness goals. Our InBody Machine is a great tool to monitor yourself and your fitness progress and it is available for your use, you just need to schedule a time with our fitness staff at the Recreation Center to get checked on the InBody Machine.

Do not forget that our Swimming Pool, Dry Sauna, Jacuzzi and Wading Pool are also open for your use as well. Some tribal members come by to use the Aquatics Center but we would love to see more of you here using our aquatics center.

SPORTS SECTION

Our Volleyball League is still going strong on Monday and Tuesday nights 6:30pm, 7:30pm, and everyone seems to be having a good time with the friendly competition. We have 8 teams competing in the league so come on down and watch a game or two.

Remember we still have Pickle ball instruction available for those of you that want to learn how to play on Wednesday afternoons from 11 am to 2pm in the gymnasium.

We will be starting a Corn Hole League on January 10, 2023 on Tuesday evenings from 6:30pm to 8pm.

We would love to see more of our tribal members (youth, adults, and elders) participate in our activities and use our amenities (gym, fitness room, aquatic center, etc.) this coming year, please make a conservative effort to come down and participate and/or workout for your personal health. From the Sports Desk I hope everyone had a Merry Christmas and a Happy and Safe New Year.

FITNESS SECTION

2023 is the year of the rabbit, known as the trickster. The rabbit also symbolizes cleverness, devotion to self-improvement and good luck. Now is your time to devote and self-improve with health and fitness. Isleta Recreation Center is looking forward to a new and exciting year with fitness classes and personal training. New! Aerobics will be returning to the recreation center on Mondays and Wednesdays at 10:00am, starting Wednesday, January 4, 2023. Hosted by our new Fitness Instructor, Elizabeth. If you have not met Elizabeth yet... come meet her, she is very knowledgeable and a gym enthusiast. Please take advantage of our personal training sessions. Our Trainers are excited to assist new clients of all fitness levels

(beginners to advanced), come see what awaits you. The year 2023 is your year.

AQUATIC SECTION

Isleta Aquatics would like to wish you all Happy Holidays! Isleta Aquatics is still looking for Lifeguards! Previous experience is welcome but we can train and certify those that need it to 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 Pueblo of Isleta Career Opportunity page for the job posting!

Isleta Aquatics would once again like to invite all to come check out our facility! We have done some work to the heaters for the pool area to help keep the locker rooms and deck warm throughout the winter. As for the pools themselves, 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 sessions can be reserved in one and two hour increments at the front desk of the Rec Center.

Swim lesson registration forms are available at the front desk at the Rec Center or contact Josh or Connie at 505-869-9783 for more details on availability and registration. For anyone interested in information about Lifeguard certification, child or adult swim lessons, water aerobics and other aquatic programming please call Josh or Connie at 505-869-9783.

PARKS MAINTENANCE

Like always our unsung heroes are our Parks Maintenance Section crew! This crew maintains all our beautiful parks and fields around the pueblo. The individuals that make up this crew are out there in all kinds of weather busting their butts and never complain. They are always willing and able to help with special requests (Turkey Distribution, Ham Distribution, Directing Traffic for Events, etc.) when asked to do so without hesitation. I have an awesome group of individuals that work for my parks maintenance section. I want to publicly thank them for their hard work!!

RECREATION SECTION

During Christmas break, the After School program had 2 weeks of activities available for the children that registered for the program. The children were involved in making Christmas crafts, painting, baking cookies, making Gingerbread houses, gym play, swimming, and much more.

At this time, we still have openings in our After School Program. If any of you have children that you would like to enroll in the after school program this year 2023, please contact the recreation center. We will give you the information you need to get your child/children registered in the program or connect you to someone that can help get your child/children registered. Your child

must be enrolled in Elementary grade level to be eligible. For more information, contact LeeAnne Zuni, the Activities Coordinator at 869-9777.



Health Beat

Glaucoma

Stephanie Barela,
Isleta Health Center Health Educator
Phone: 505-869-4479 stephanie.barela@islclinic.net

January is GLAUCOMA AWARENESS MONTH, so it's a great time to schedule your eye appointment and get your eyes checked. Glaucoma is a very common disease that affects more than 3 million people a year by damaging the optic nerve, which is the nerve that provides information to the brain. If left untreated it can cause gradual vision loss. There usually are no symptoms for Glaucoma, which is why it is so important to get regular vision exams to detect problems early and get them treated. In most types of glaucoma, the eye's drainage system becomes clogged so that intraocular fluid cannot drain. This can cause pressure inside the eye, which if the pressure becomes too high, can damage the sensitive optic nerve and result in vision loss.

WHAT PUTS YOU AT RISK FOR GLAUCOMA?

- Over 60 years old
- Relatives of glaucoma patients
- Those that are very nearsighted (myopic)
- Hispanics in older age groups
- Those that are very nearsighted (myopic)
- African American or Asians
- People with thin central cornea

WHEN SHOULD YOU GET YOUR EYES CHECKED FOR GLAUCOMA?

- Before age 40, every 2-4 years.
- From age 55-64, every 1-2 years
- From age 40-54, every 1-3 years
- After age 65, every 6-12 months

ARE THERE SYMPTOMS FOR GLAUCOMA?

- Often there are no uncomfortable or painful symptoms
- In less common kinds of glaucoma, symptoms can be more severe, which include:
 - Hazy vision
 - The appearance of rainbow colored circles around bright lights
 - Eye and head pain
 - Sudden sight loss
 - Nausea or vomiting
- People of all ages are affected by this, from babies to elders
- Sight loss from glaucoma cannot be reversed; however, early detection and careful, lifelong treatment with medication or surgery can maintain vision

WHAT ARE THE MOST COMMON TYPES OF GLAUCOMA?

- Open-Angle Glaucoma
 - Slow clogging of the drainage canals, resulting in increased eye pressure
 - Has symptoms and damage that are not noticed
 - Develops slowly and is a lifelong condition
 - Most common form of glaucoma
- Angle-Closure Glaucoma (AKA: Acute or Angle Narrowed Glaucoma)
 - Caused by blocked drainage canals, resulting in a sudden rise in intraocular pressure
 - Develops very quickly
 - Has very noticeable symptoms and damage usually
 - Needs immediate medical attention

HOW DO YOU TREAT GLAUCOMA?

- Medications usually are used to treat glaucoma to either help the fluid drain better or to decrease the amount of fluid
- Surgery is another way to treat glaucoma:
 - Laser Surgery, done in an outpatient setting
 - Microsurgery (AKA: conventional surgery), done in a hospital or surgery center

Lets make our office **GREEN**

RECYCLE OFFICE PRODUCTS

YES ✓ OFFICE PAPER: MAGAZINES, NEWSPAPER, JUNK MAIL
PLASTIC BOTTLES
ALUMINUM CANS

NO ✗ PIZZA BOXES
PAPER PLATES
PAPER TOWELS
PLASTICWARE

KEEP ISLETA BEAUTIFUL

REDUCE, REUSE, RECYCLE

Made with PosterMyWall.com

ISLETA HEALTH SUPPORT GROUP

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

A Bright Smile Never Ages

Tuesday, January 10, 2023

LOCATION: Isleta Health Center Kitchen
(Enter on the South Side of the Building near the Grassy gated area, enter in the 2nd door on the right)

Presenter: ALICE PECOS
Native American Professional Parent Resources (NAPPR)
Meet in Person: Isleta Health Center Kitchen
Or Meet Virtually: meet.google.com/xej-utda-mzk
Dial-In: 1-401-594-0386 PIN: 547-249 049#

JOIN US!
EVERYONE WELCOME!
Learn about Chronic Disease,
Get Support and Be Empowered!

PRIZES ALL WELCOME!

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

Suggestions or Comments for 2023

Let me know your thoughts!!

PUEBLO OF ISLETA HEALTH CENTER

Health Education

HELP US PLAN THE YEAR, Let us know what you would like!!

Do you want to learn about certain health topics?

Do you see a need in the community for a certain type of training?

Please let your local Health Educator know!

Email me or Stop by the Isleta Health Center and drop off your health training topic Suggestions or Comments in the "Suggestions, Comments or Complaint Box" located inside the main entrance (on your right as you enter).



Isleta Health Center

Health Educator, Stephanie Barela @ 505-869-4479

Stephanie.barela@islclinic.net



Isleta Elder Center

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

- ❖ LIHEAP – Low Income Home Energy Assistance Program
- ❖ Commodities – Food Distribution Program

For more information or if you need assistance in applying, please call **Monica** at 505-869-9770 – Monday-Friday 8 a.m. to 4:30 p.m.



Our **Resource Room** is filled with useful information from POI departmental news to outside resources. We also have videos & books that can you can check out to take home & enjoy.



There is a computer available to our Elders to use at their convenience, we can help you with research if need be.

IEC monthly activities & trips are posted for sign-up. Come by & visit our Resource Room, located next to our receptionist desk at the Isleta Elder Center.



A delicious lunch & salad bar is served free of charge to elders age 55+

Monday thru Friday 12 noon – 1 pm

Those under the age of 55, a monetary donation is requested.



ISLETA HEALTH CENTER



Health Education Presentation Request

If you would like the Isleta Health Center Staff to provide a presentation, please click on the link below and complete the form:

<https://forms.gle/8cN4DES6D6CJw95V9>

We will try our best to accommodate your needs, however, please understand there may be some limitations.

Please contact Stephanie Barela, (505) 869-4479 or stephanie.barela@islclinic.net if you have any questions.



Pueblo of Isleta

Head Start, Early Head Start, and Child Care Center

2 Sagebrush Street, Albuquerque, NM 87105

(505) 869-9796



January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	⊘	⊘	11 Back to School	5	6	7
8	9	10	11 ★	12	13	14
15	⊘	17	18 ★	19 ★	20	21
22	23	24 ★	25	26	27	28
29	30	31				

January 2, 2023– Winter Break (NO SCHOOL)

January 3, 2023– Professional Development Day (NO SCHOOL)

January 4, 2023– Children Return/Program services resume

January 11, 2023– Family Night (Financial Literacy) at 5:30pm at the center

January 16, 2023– Martin Luther King Jr. Day (NO SCHOOL)

January 18, 2023– Parent Social Time TBD at the center

January 19, 2023– Policy Council at 5:30pm at the center.

January 24, 2023– Parent Committee Meeting at 5:30pm at the center

ISLETA CHILD CARE MEETING



Do you...

- Have a child between the ages of 16 months to 5 years of age?
- Reside within the Valencia and Bernalillo boundaries?
- Have tribal membership to a tribally recognized tribe or have eligibility for membership in a federally recognized tribe?
- And are in need of child care services?

We would like to hear from you...

Come join us to discuss:

- Child care services
- Child Care and Development Fund (CCDF)

When: January 18, 2023

Time: 6:00 pm

Location: Isleta Head Start

FOR MORE INFORMATION, CALL US AT 505-869-9796



Thinking About Quitting



Have you been Thinking About Quitting?

Now is the time to act and

Quit your Nicotine Habit for Good!

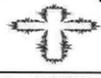
Take this 1 time, 1 on 1, 90 minute session over the phone or in person at the Isleta Health Center, to increase your motivation to quit and to get some Tips and Tricks to help you do Quit for Good!

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

Call or Visit the Elder Center to Sign up for Activities in advance. All Activities are on a first-come-first-serve basis.
 Activities are open to everyone age 50+ unless otherwise noted.

*Activities are SUBJECT TO CHANGE

JANUARY 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 CHAIR EXERCISE 10:30am POI Recreation Center Aerobic Room	4 PICKLEBALL 10am-12pm POI Recreation Center	5 OPEN ACTIVITIES 9am-11am POI Recreation Center	6 YOGA 10am POI Recreation Center Aerobic Room
9 SHUFFLEBOARD 9am-11am POI Recreation Center Gym	10 SWIMMING POOL ACTIVITIES 9am-11am POI Recreation Center	11 ADVISORY MEETING 9am POI Elder Center	12 MASS 11:30am Elder Center Dining Room 	13 OPEN ACTIVITIES 9am-11am POI Recreation Center
16 Martin Luther King Day 	17 CHAIR EXERCISE 10:30am POI Recreation Center Aerobic Room	18 General MTG/Friendship Lunch Noon Guest Speakers Isleta Elders 50yrs & Up Topic: Isleta Pueblo Constitution Commodities Distribution 9am-11am	19 BINGO ACTIVITIES ROOM 1pm-3pm	20 YOGA 10am POI Recreation Center Aerobic Room
23 SHUFFLEBOARD 9am-11am POI Recreation Center Gym	24 SWIMMING POOL ACTIVITIES 9am-11am POI Recreation Center	25 PICKLEBALL 10am-12pm POI Recreation Center	26 OPEN ACTIVITIES 9am-11am POI Recreation Center	27 WALKING SESSION 9am-11am POI Recreation Center
30 SHUFFLEBOARD 9am-11am POI Recreation Center Gym	31 CHAIR EXERCISE 10:30AM POI Recreation Center Aerobic Room	Isleta Elder Center (505)869-9770 Hours: Monday-Friday 8am-4:30pm Closed for All Major Holiday		



Isleta Elder Center Lunch Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1/2/2023 Closed for New Year's Day	1/3/2023 Squash Stew Ground Pork 3oz Diced Onions 1/4c Yellow Squash 1/4c Zucchini 1/4c Green Chile 1oz	1/4/2023 Glazed BBQ Ribs Ribs 3oz Potato wedge 1/4c Mixed Vegetable 1/2c BBQ Sauce 1oz Fresh Fruit	1/5/2023 Taco Salad Ground Beef 3oz Shredded Cheese 1oz Tortilla Chips 2oz Garnish 2oz Beans 1/4c	1/6/2023 Chicken Parmesan Chicken Patty 3oz Pasta 1/2c Marinara Sauce 1/2c Mozzarella cheese 1oz Mixed Vegetable 1/2c
1/9/2023 Tortilla Burger Beef Patty 3oz Sliced Cheese 1oz Garnish 2oz Tortilla Sweet Potato Tots 1/2c	1/10/2023 Creamy Chicken Salad Diced Chicken 3oz Diced Celery/Onions 1/4c Diced Apples 1/2c Croissant Jell-O Cup w/fruit	1/11/2023 Green Chile Shrimp Alfredo Shrimp 2oz WW Fettuccini 1/2 Green Chile 1/4c Italian Vegetable 1/2c Fruit Cup	1/12/2023 Carne Adovada Pork Carne Adovada 3oz Refried Beans 1/4c Chuckwagon 1/2c Fry Bread Fresh Fruit	1/13/2023 Pizza & Salad Mozzarella Cheese 2oz Pepperoni/Sausage 1oz Pizza Sauce 1/4c Pizza Crust Tossed Salad 1/2c
1/16/2023  MARTIN LUTHER KING JR. DAY CLOSED FOR THE HOLIDAY	1/17/2023 Pork Chops Pork Chops 3oz Rosemary Rice 1/4c Gravy 1oz 5 way Vegetable 1/2c Fresh Fruit	1/18/2023 Steak Carne Asada Flank Steak 3oz Lime Cilantro Rice 1/4c Zucchini 1/2c Corn Tortilla Salsa 1oz	1/19/2023 Beef Stroganoff Beef tips 3oz Egg Noodles 1/2c Gravy 2oz Golden Mandarine Salad 1/2c	1/20/2023 Sub Sandwich Sliced Ham & Turkey 3oz Sliced Tomato/Lettuce 2oz Hoagie Baked Chips 2oz Fresh Fruit
1/23/2023 Red Chile Potato Stew Diced Pork 3oz Red Chile 1/4c Diced Potato 1/2c Fry Bread Fresh Fruit	1/24/2023 Tuna Sandwich Tuna 3oz Diced Celery/Onions 1/4c Diced Grapes 1/4c Croissant Sliced Cucumbers w/Ranch	1/25/2023 Lasagna Ground beef 3oz Mozzarella/Cottage Cheese 1oz Marinara Sauce 1/2c Pasta 2oz Toasted Bread	1/26/2023 Bean Burrito Beans 1/2c Shredded Cheese 1oz Spanish Rice 1/2c Fresh Fruit Salsa 1oz	1/27/2023 Beef & Broccoli Stir Fry Flank Steak 3oz Spaghetti Pasta 1oz Broccoli 1c Carrots 1/4c Fortune Cookie
1/30/2023 Elk Stew Elk Stew Meat 3oz Carrots/Celery 1/4c Diced Potatoes 1/4c Biscuit	1/31/2023 Chicken Wrap Chicken Tenders 3oz Romain Lettuce 1oz Sliced Tomato 1oz Tortilla Carrot Sticks w/Ranch	<p>****Menus are subject to change without notice, based on the availability of products.****</p> <p>Please call by 9 AM to cancel Home Delivered Meals. 505-869-9770 - Thank you.</p> 		

JANUARY 2023 ISLETA HEALTH CENTER Questions? Call 869-3200

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day	2 Observed Clinic Closed	3 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	4 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00-3:30pm @IHC Training Ctr. For more information call 869-5475.	5 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more information please call: 869-5475	6 Wellbriety Group: 6:00 -7:00pm @IHC Training Center, For more information please call: 869-5475
7/8	9 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	10 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475	11 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00-3:30pm @IHC Training Ctr. For more information call 869-5475.	12 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more information please call: 869-5475	13 Wellbriety Group: 6:00 -7:00pm @IHC Training Center, For more information please call: 869-5475
14/15	16 Martin Luther King Jr. Day Observed Clinic Closed	17 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475	18 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00-3:30pm @IHC Training Ctr. For more information call 869-5475.	19 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more information please call: 869-5475	20 Wellbriety Group: 6:00 -7:00pm @IHC Training Center, For more information please call: 869-5475
21/22	23 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center	24 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	25 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00-3:30pm @IHC Training Ctr. For more information call 869-5475.	26 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Social Support Grp: 4:30-6:00pm @IHC Training Center, For more information please call: 869-5475	27 Wellbriety Group: 6:00 -7:00pm @IHC Training Center, For more information please call: 869-5475 DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475
28/29	30 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475 Sewing Class 5:00-7:00pm @IHC Training Center For more information call: 869-5475	31 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	Cervical Cancer Awareness Month Glaucoma Awareness Month	ISLETA HEALTH SUPPORT GROUP Topic: TBD Tuesday, January 10, 2023 5:00pm-6:30pm Isleta Health Training Center or Virtual meet.google.com/xej-utda-mzk Contact Stephanie Barela 869-4479 sbarela@isclinic.net	National Blood Donor Month Thyroid Awareness Month



Freedom From Smoking

WANT TO QUIT SMOKING?

GET SUPPORT FROM THIS GROUP PROGRAM!

8 WEEK EVENING PROGRAM STARTS JANUARY 11TH, 2023

WEDNESDAY EVENINGS @ ISLETA HEALTH CENTER

CALL FOR MORE INFO!

Weekly Prizes!

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

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



Sponsored by the Isleta Health Center



Pueblo of Isleta



Car Seat Checks

LEARN HOW TO PROPERLY INSTALL YOUR CHILD'S CAR SEAT



Where: Isleta Health Center, 1 Sagebrush St

PLEASE CALL 869-4479

TO SCHEDULE AN APPT TIME.

MUST HAVE CHILD AND CAR SEAT PRESENT