



# Isleta Pueblo News

Volume 18 Issue 2

Pueblo of Isleta website: [www.isletapueblo.com](http://www.isletapueblo.com)

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February 2023

## Governor's Report

### Greetings and Happy New Year!

I want to start by thanking the people of Isleta who have placed their faith and confidence in me, and to my First and Second Lieutenant Governors, Eugene Jiron and Juan Rey Abeita, who have accepted the responsibility of assisting me in serving our people this term. Both of these men come from respected families and bring with them a wealth of knowledge and experience in tribal government. I have appointed Eugene Lucero and Kyle Wade to serve as our Tribal Sheriffs. I and my administration are honored to serve the community and ask that you afford my administrative staff with your full cooperation.

I would like to congratulate those that were elected to serve on the Tribal Council. The Tribal Council has elected Michael Allen Lente as President, Ron Olguin as Vice-President, and Elizabeth M. Kirk as Secretary. I wish them the strength within their roles and hope that we can work as a team in our efforts of advancing our tribe's health, safety, and economic sustainability.

On Sunday, January 15th, a ceremony was held at the St. Augustine Church for the blessing of the canes. Approximately 30 of our children from the Isleta Head Start danced and breakfast was provided by the Isleta Resort & Casino and by the families of the tribal administration. It was well attended by the community, and we hope that it is a first of many traditional activities that will take place this year.

By the time you read this, my administration will already have held our first community meeting. At the meeting, it is my intent to listen and determine what the priorities of the community are. I will follow-up with the information collected in next month's newsletter. Furthermore, I plan to schedule quarterly community meetings throughout the term.

I have appointed with the unanimous concurrence of Tribal Council that Felicia Jojola serve as the Tribal Court's Chief Judge for the two-year term. I am confident that she will be able to fulfill the duties and responsibilities of the Courts and serve our community to the best of her abilities.

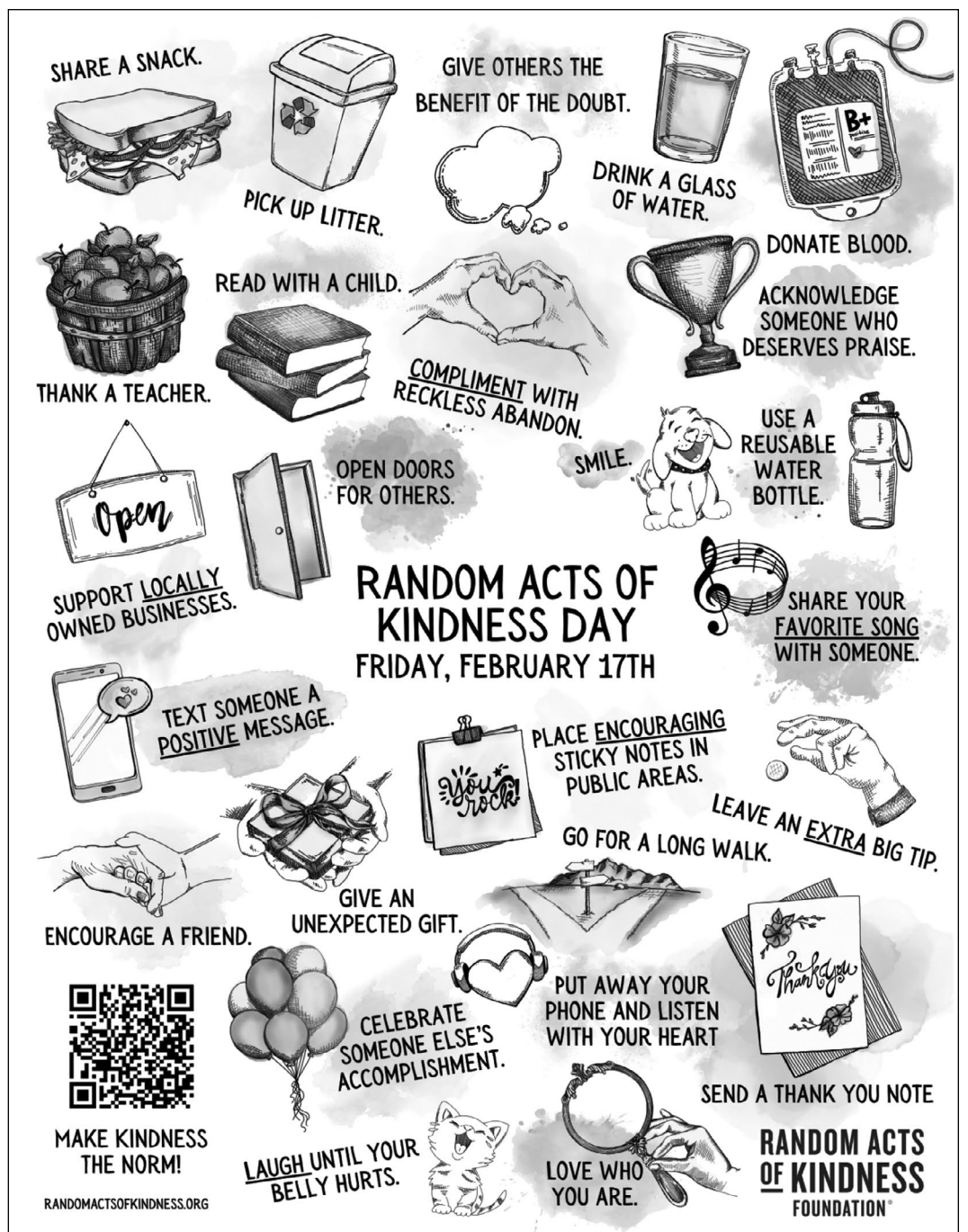
For COVID issues we recognize the utilization of face masks, hand sanitizer, social distancing and vaccines are still the best defenses in fighting against the disease and protecting the health of the community. I ask that you follow these best practices so that our community remains healthy and safe. The COVID response team is available to the community for any questions, concerns, and requesting COVID test kits.

Burn permits and wood permits shall be obtained through the Police Department's Open Space Division located at the tribal services complex. Please feel free to refer any inquires for wood or burn permits to either Mrs. Crystal Anchondo at the Open Space Division or by calling 505-869-7564. Additionally, any elder dependent on wood for warming their homes may contact the Department of Natural Resources for assistance at 505-869-9817. Supply is limited.

I want to send my condolences to the families of those who have lost their family members during the month of January.

And last, I want to ask that you take steps forward with my administration as we move our community forward.

Ha-Wuh,  
Max A. Zuni  
Governor  
Pueblo of Isleta





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**

LETTER FROM THE EDITOR

**DEADLINE for March Newsletter articles is set for Wednesday, February 15, 2023, at 4:30 pm.** Articles may be dropped off at the Library or emailed to [Nathaniel.Lujan@isletapueblo.com](mailto:Nathaniel.Lujan@isletapueblo.com). Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you,  
Nathaniel Lujan

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:  
Marie Juanita Felicita Jiron

Case No. CV-PR-0169-2022

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Marie Juanita Felicita Jiron**, deceased **08/24/2022**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **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:  
Maria Romalda Teresa Jojola

Case No. CV-PR-0079-2022

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Maria Romalda Teresa Jojola**, deceased **06/13/2018**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **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:  
Jose Louis Jojola

Case No. CV-PR-0167-2022

Second 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

Second 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.

FREE RABIES CLINIC

ISLETA ANIMAL CONTROL



**WHEN? WEDNESDAY FEBRUARY 15, 2023. 10:00AM-02:00PM**  
**WHERE? NEW REC CENTER 60 TRIBAL ROAD 40.**

ISLETA ANIMAL CONTROL WILL BE HOSTING A FREE DRIVE-THRU RABIES VACCINE CLINIC FOR **ISLETA TRIBAL MEMBERS ONLY.**

**QUESTIONS? CALL (505) 869-7564**



Looking for a new job or interested in exploring a career in conservation? Join us at the...

# Middle Rio Grande Valley Conservation Careers Fair

Saturday, February 11th  
11 AM - 1 PM

at Valle de Oro National Wildlife Refuge  
7851 2nd Street SW, Albuquerque, NM



Learn about current and upcoming job openings and meet professionals from public lands agencies and local organizations!



## 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

### White Eagle Electrical Services LLC



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

100% NATIVE OWNED  
Licensed and Bonded Electrical Contractor EE-98  
License #397319  
Licensed and qualified local electricians  
New Commercial, Retail, and Office estimates  
Property Management maintenance agreements  
Troubleshooting  
Sign repair including neon  
Code upgrades  
Office and exterior lighting including parking lot lighting  
Energy saving  
Solar energy  
Hookups for appliances and air conditioner units  
Ceiling fan and lighting repair  
24-hour service



<https://whiteeagleelectricalservices.com/>

Sp Adobe Spark



### 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





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"/>	Floor Beverage Server	0390 - F&B FLOOR BEVERAGE	11000 Broadway SE	Albuquerque, NM	1/19/2023
<input type="checkbox"/>	BARBACK	0327 - F&B SPORTS BOOK BAR		albuquerque, NM	1/19/2023
<input type="checkbox"/>	SPA RECEPTIONIST	0510 - SPA SALON	11000 Broadway SE	Albuquerque, NM	1/19/2023
<input type="checkbox"/>	CHIEF FINANCIAL OFFICER	1500 - EXEC MANAGEMENT	11000 Broadway SE	Albuquerque, NM	1/19/2023
<input type="checkbox"/>	HOUSEKEEPING SUPERVISOR	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	1/18/2023
<input type="checkbox"/>	PLAYER DEVELOPMENT MANAGER	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	1/18/2023
<input type="checkbox"/>	HDCT	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	GUEST SERVICE SUPERVISOR	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	HVAC TECH II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	SECURITY ADMINISTRATOR	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	REVENUE AUDITOR II	1565 - REVENUE AUDIT	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	FOOD ATTENDANT	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	Food Attendant (Chills)	0332 - F&B CHILL COFFEE BAR	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	SUPERVISOR F & B	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	GROUNDSCOOPER	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	1/17/2023
<input type="checkbox"/>	NETWORK SYSTEMS ADMINISTRATOR	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	1/16/2023
<input type="checkbox"/>	SLOTS TECHNICIAN INTERN (Islets Tribal Members)	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/16/2023
<input type="checkbox"/>	POOL ATTENDANT	1365 - POOL MAINTENANCE	11000 Broadway SE	Albuquerque, NM	1/14/2023
<input type="checkbox"/>	SECURITY OFFICER I	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	1/14/2023
<input type="checkbox"/>	BARTENDER CART (Golf Course)	0335 - F&B GOLF COURSE GRILL	11000 Broadway SE	Albuquerque, NM	1/12/2023
<input type="checkbox"/>	SECURITY OFFICER II	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	1/10/2023
<input type="checkbox"/>	Cook I (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	1/10/2023
<input type="checkbox"/>	Security Officer III	SECURITY	11000 Broadway SE	Albuquerque, NM	1/10/2023
<input type="checkbox"/>	FOOD ATTENDANT	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	1/10/2023
<input type="checkbox"/>	Cage Cashier	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	1/10/2023
<input type="checkbox"/>	ELECTRICIAN III	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	1/9/2023
<input type="checkbox"/>	Caller/Floor Clerk	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	1/9/2023
<input type="checkbox"/>	Paymaster	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	1/9/2023
<input type="checkbox"/>	SLOTS COMPLIANCE COORDINATOR	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	1/6/2023
<input type="checkbox"/>	COCKTAIL SERVER	777'S	11000 Broadway SE	Albuquerque, NM	1/5/2023

<input type="checkbox"/>	POKER FLOOR SUPERVISOR	0130 - POKER	11000 Broadway SE	Albuquerque, NM	1/4/2023
<input type="checkbox"/>	POKER DEALER	0130 - POKER	11000 Broadway SE	Albuquerque, NM	1/4/2023
<input type="checkbox"/>	SPORTS BOOK WRITER	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	1/4/2023
<input type="checkbox"/>	HDC SPECIALIST	UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	1/4/2023
<input type="checkbox"/>	STEWARD	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	1/4/2023
<input type="checkbox"/>	COOK II	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	1/4/2023
<input type="checkbox"/>	SUPERVISOR F & B	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	1/3/2023
<input type="checkbox"/>	SUPERVISOR F & B	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	1/3/2023
<input type="checkbox"/>	VALET ATTENDANT	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	1/3/2023
<input type="checkbox"/>	TABLE GAMES DEALER	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	1/3/2023
<input type="checkbox"/>	TABLE GAMES FLOOR SUPERVISOR	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	1/3/2023
<input type="checkbox"/>	OFF-SITE ATTENDANT	0335 - F&B GOLF COURSE GRILL	11000 Broadway SE	Albuquerque, NM	12/28/2022
<input type="checkbox"/>	SUPERVISOR F & B	0333 - F&B 777 SPORTS BAR	11000 Broadway SE	Albuquerque, NM	12/27/2022
<input type="checkbox"/>	SAFETY SPECIALIST	RISK & SAFETY	11000 Broadway SE	Albuquerque, NM	12/27/2022
<input type="checkbox"/>	SLOTS FLOOR TECHNICIAN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/27/2022
<input type="checkbox"/>	SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	12/27/2022
<input type="checkbox"/>	ADMISSIONS/ISSUE CLERK	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	12/27/2022
<input type="checkbox"/>	NIGHT AGENT	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	12/23/2022
<input type="checkbox"/>	Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	12/22/2022
<input type="checkbox"/>	SHIPPING & RECEIVING CLERK	1570 - PURCHASING	11000 Broadway SF	Albuquerque, NM	12/15/2022
<input type="checkbox"/>	ELECTRICIAN II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	12/14/2022
<input type="checkbox"/>	ASSISTANT SUPERINTENDENT	0701 - GOLF COURSE MAINTENANCE	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 GROUNDSCOOPER	0780 - LAKES	11000 Broadway SE	Albuquerque, NM	12/9/2022
<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 (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



Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACCOUNTANT	Treasury	Open Until Filled
ACCOUNTANT	Housing Authority	Open Until Filled
ACCOUNTING DIRECTOR	Treasury	01/20/2023
ADMINISTRATIVE ASSISTANT II	Tribal Administration	Open Until Filled
ADMINISTRATIVE ASSISTANT III	Tribal Administration	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Department of Education	Open Until Filled
ADULT DAY CARE ASSISTANT	Elder Center	01/20/2023
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department --- Open Space	Open Until Filled
BENEFITS & BILLING COORDINATOR	Elder Center	Open Until Filled
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	Open Until Filled
BUYER	Procurement	Open Until Filled
BUSINESS MANAGER II	Public Works	Open Until Filled
CAREGIVER	Assisted Living	Open Until Filled
CERTIFIED POLICE OFFICER	Police Department	Open Until Filled
CHILD CARE PROVIDER	Head Start	Open Until Filled
CHR COORDINATOR	Health Services	Open Until Filled
CLINICAL SUPERVISOR	Health Services	Open Until Filled
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, CULTURAL & HISTORIC PRESERVATION	Cultural & Historic Preservation	02/02/23 - Within Only
DIRECTOR, PUBLIC HEALTH SERVICES	Health Services	Open Until Filled
EARLY HEAD START TEACHER	Head Start	Open Until Filled
EMS MANAGER	Health Services	01/20/2023
EMT INTERMEDIATE	Health Services	Open Until Filled
EMT INTERMEDIATE - PRN	Health Services	Open Until Filled
EXECUTIVE DIRECTOR - HA	Housing Authority	Open Until Filled
FARM EQUIPMENT OPERATOR	Conservation	Open Until Filled - Within only
GROUNDS KEEPER	C-Stores	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until Filled
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
HOME OWNERSHIP COORDINATOR	Housing Authority	Open Until Filled
HR GENERALIST	Human Resources	01/27/2023
INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled - Within Only
INVESTIGATOR	Police Department	Open Until Filled
LIFEGUARD	Parks & Recreation	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	02/01/2023
MEDICAL ASSISTANT	Health Services	Open Until Filled
NATURAL RESOURCES MANAGER	Natural Resources	Open Until Filled
OPTOMETRIST	Health Services	Open Until Filled
PATIENT REFERRAL COORDINATOR	Health Services	02/01/2023
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 CADET	Police Department	Open Until Filled
POLICE CADET --OPEN SPACE (2 Positions)	Police Department	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
RANGELAND MANAGEMENT SUPERVISOR	Natural Resources	Open Until Filled
RECEPTIONIST	Gaming Regulatory	Open Until Filled
RECEPTIONIST	Parks & Recreation	01/27/2023
ROADWAY MAINTENANCE CREW SUPERVISOR	Construction Operations	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SECURITY OFFICER	Police Department	Open Until Filled
SEPTIC TRUCK DRIVER	Public Works	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
TEACHER ASSISTANT	Head Start	01/26/2023
TIWA LANGUAGE EDUCATION ASSISTANT	Department of Education	Open Until Filled
TRIBAL ADMINISTRATION RECORDS CLERK	Tribal Administration	02/02/2023
TRIBAL COUNCIL ADMINISTRATOR	Tribal Council	Open Until Filled
TREASURER	Treasury	01/31/2023
UTILITY FOREMAN	Public Works	Open Until Filled
UTILITY WORKER	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

### 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

## TRUANCY

### February Greetings to all:

Our mission of the Isleta Truancy Department is to increase school attendance and reduce truancy rates for Isleta youth. We know there are many factors that can affect our youth. The Truancy Department is here to assist and support any families that may need it. The Truancy Department does send out notification letters in accordance with the Truancy Department Policies and Procedures. We know that many families get worried when they receive a letter from our department but please know that you are not going to be in court as that is the misconception of our department. Once a call is received by our department, you will be referred to your child’s school and you will need to call them in order to discuss any unexcused absences. The Truancy Department will then work with you and the school to ensure that these unexcused absences have been cleared up.

Outlined below are the department’s Steps of Enforcement which we follow:

#### Third Absence (3rd)

First notification letter will be sent to the address on file with the student’s school. This information will be entered into the Truancy Monitoring Log and student will continue to be monitored for the remainder of the school semester. It is the responsibility of the parent/guardian to contact the Truancy Department to discuss the three (3) unverified/unexcused absences after contacting the school.

#### Fifth Absence (5th)

A Second Notification letter will be sent to the address on file with the student’s school. Information is updated in the Truancy Monitoring Log for continued monitoring for the remainder of the semester. It is the responsibility of the parent/guardian to contact the Truancy Department to discuss the five unverified/unexcused absences after contacting the school. At this time, the student and their parent/guardian will enter into a Truancy Attendance Contract. Various interventions and preventions may be offered to the student and their parent/guardian at this time.

#### Seventh Absence (7th)

Third notification letter will be sent to the address on file with the student’s school; continued interventions and preventions will be offered at this time. Parent and student will be mandated to attend the Truancy Office Prevention Program (TOPP Presentation).

#### Tenth Absence (10th)

Final notification letter is sent to address on file with student’s school. Attendance Contract modification will take place; this will include the parent/guardian and the student. If necessary, it can be requested for this to be done at the school along with the school counselor.

#### After 10th Absence– Peacemakers Court

Once both the parent and student agree upon utilizing the Peacemakers Court, the referral will be submitted to Tribal Court and a date will be set.

Should you need additional information or need assistance, please do not hesitate to reach out to our department and we will assist you. We want to see our students succeed with their education, as well as setting goals to achieve their dreams.

Thank you,  
Isleta Truancy Department Staff

## HIRING NOW

**ANCESTRAL LANDS – VALLE DE ORO NATIONAL WILDLIFE REFUGE BIOLOGICAL TECHNICIAN INDIVIDUAL PLACEMENT**

The refuge is seeking a positive and adaptive individual to be a Biological Technician to serve as support for the refuge’s Biology Program from February 2023 to February 2024. This individual will contribute to providing information, planning, and on the ground observation and management of wildlife and habitat restoration, enhancement, and monitoring on/for the refuge.

**\$600 WEEKLY LIVING STIPEND**

—

**52 WEEKS FEBRUARY 2023-2024**

—

**LOCATION: ALBUQUERQUE, NEW MEXICO**

—

**1,700 HOUR AMERICORP SERVICE TERM & \$6,495.00 EDUCATION AWARD**

—

**HOUSING ALLOWANCE TRAVEL & TRAINING**

**FOR MORE INFO VISIT: CONSERVATION LEGACY, ANCESTRAL LANDS INDIVIDUAL PLACEMENTS**

Contact:  
andrea@conservationlegacy.org

DEPARTMENT OF EDUCATION

Happy February,

High School Update:

We hope that your January was off to a great start! It is hard to believe that students are already starting their second semester of the school year. Parents, emails were sent to you by our program, if your child had failed at least one class (if your child has an active release of information with JOM). It is important that your student get in touch with their counselor to make arrangements to make up the class as soon as possible. Thank you to those parents who followed up with the email.

At the end of each grading period students who have earned a 3.0 or higher will be recognized with incentives from the program. We have met with the high school students from Los Lunas Public Schools and NACA within the last two months. Students have provided the program with their email address to keep in contact with them about opportunities with DoE.

Seniors: NMSU Aggie day is on February 20, 2023. For more information visit <https://aggie-experience.nmsu.edu/>

As always, the program does offer online and in person tutoring for your student, you can sign up your child at [https://isletapueblo.formstack.com/forms/doe\\_afterschool\\_tutoring](https://isletapueblo.formstack.com/forms/doe_afterschool_tutoring)

College Updates:

As the new semester approaches it is important to stay on top of assignments and deadlines. Also, if you are currently going through the Department of Education's Higher Education Program it is important for you to check your emails for important information. Don't let a deadline bypass you because you didn't check your email. If you are not receiving emails and were funded last semester, please make sure your emails are not being marked as junk mail. You may also not be receiving the emails because your email was incorrect, if so please call the department to update.

Online tutoring is available to college students as well. Tutoring is done by Varsity Tutors and you can sign yourself up at [https://isletapueblo.formstack.com/forms/doe\\_afterschool\\_tutoring](https://isletapueblo.formstack.com/forms/doe_afterschool_tutoring).

We look forward to working with you all this semester.  
*Michelle & Jolynn*

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.

Pueblo of Isleta Johnson-O'Malley Program  
Native American Seniors Notice



**GRADUATION  
CAP & GOWN**



**IMPORTANT  
INFORMATION**

You can get reimbursed up to \$45.00 for your cap & gown. Please submit your receipt and request using the QR code or link below.

<https://isletapueblo.formstack.com/forms/reimbursement>

For more information you can contact the Isleta Department of Education at 505-869-9790

Isleta Little League 2023 Season

*Register Now*



**ONLINE ONLY**

**Last Day for \$50 February 12th**

**PRACTICES STARTING IN FEBRUARY**



**LATE REGISTRATION WILL BE \$60 AFTER FEBRUARY 12TH**

<https://tshq.bluesombrero.com/isletalittleleague>



# FEBRUARY 2023

## Isleta Elementary School

### LUNCH

#### School Information:

Isleta Elementary School  
1000 Moonlight Dr.  
505-869-2321

**\*\*This institution is an equal opportunity provider\*\***

**\*\*Menu Subject to change due to food availability\*\***

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

Pepperoni Pizza  
Cheese Bread  
Broccoli  
Pineapple  
Choice of Milk

1

Roast Ham  
Mashed Potato w/Gravy  
Corn  
Dinner Roll  
Oranges  
Choice of Milk

2

Taco Burgers  
French Fries  
Green Chile Sauce  
Apple Slices  
Choice of Milk

3

Ham & Cheese Sandwich  
Baked Chips  
Cucumber Slices  
Pears  
Choice of Milk

6

Grande Nachos w/Beef  
Garnish  
Salsa  
Grapes  
Choice of Milk

7

BLTS on WG Toast  
Curly Fries  
Carrot Sticks  
SG Jello Cup  
Choice of Milk

8

Chicken Fajitas  
Vegetable Medley  
Banana  
Salsa  
Choice of Milk

9

Turkey  
Mashed Potato  
Green Beans  
Mixed Fruit  
Choice of Milk

10

Chicken Quesadillas  
Spanish Rice  
Chuckwagon  
Apples  
Choice of Milk

13

Pulled Pork Sandwich  
Curly Fries  
Zucchini  
Valentines Cupcake  
Choice of Milk

14

Chile Beans  
Cornbread  
Cherry Tomatoes  
Applesauce  
Choice of Milk

15

Chicken Alfredo  
Green Peas  
Mixed Fruit  
Garlic Toast  
Choice of Milk

16

Cheeseburger  
Garnish  
Sweet Potato Fries  
Grapes  
Choice of Milk

17

Presidents' Day  
**\*\*NO SCHOOL\*\***

20

Chicken Noodle Soup  
Garden Salad  
Orange Slices  
Crackers  
Choice of Milk

21

Steak Fingers  
Mashed Potato  
Corn  
Dinner roll  
Choice of Milk

22

WG Spaghetti  
Broccoli  
Pineapple  
WG Breadstick  
Choice of Milk

23

Sloppy Joes  
Tater Tots  
Corn on the Cob  
Peaches  
Choice of Milk

24

Chicken Tenders  
Wedge Potatoes  
Broccoli  
Mandarin Oranges  
Choice of Milk

27

Potato Soup  
WG Tortilla  
Mixed Vegetables  
Pears  
Choice of Milk

28

**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.  
Reference: USDA MyPlate

JOSHUA S. CAMPOS



Please join us in congratulating enrolled Isleta tribal member, Joshua S. Campos, on his Law Enforcement retirement from the Bernalillo County Sheriff's Office.

Joshua began his career in Law Enforcement with the Isleta Range Patrol in 2000. In late 2001 he applied to and was accepted into the Bernalillo County Sheriff's Department, Regional Training Academy as a cadet. After over 6 months of training, he graduated from the academy and attained the rank of Deputy Sheriff.

Throughout his 21-year career with the Sheriff's Office he worked in every division of the department, including, but not limited to, uniformed patrol, traffic investigating, DWI, Gang Unit, Criminal Investigations, Judicial operations, Crimes scene investigations, SWAT, and crisis negotiations. In addition, he served as a Field Training Officer, advanced law enforcement instructor, field investigator, crisis intervention, and Police Academy Drill Instructor.

Joshua was promoted to every supervisory rank within the sheriff's office starting with Sergeant where he supervised the Criminal Apprehension Unit, Judicial Operations, Sex Offender Registration Unit, uniformed patrol, and the warrants division.

Upon his promotion to Lieutenant, he was assigned as the Assistant Division Commander of the Criminal Investigations Division (CID). In this role he supervised all CID units, including Homicide, Violent Crimes, Sex Crimes, Property Crimes, Gang Unit, and Crime Scene Investigations. About a year later he was assigned as the Special Operations Commander, overseeing the management and supervision of the SWAT Team, Crisis Negotiations, K9 unit, Emergency Response Team, Metro Air Support, and the Reserve deputy division.

In 2015 he was promoted to the rank of Captain overseeing the East Area Command, a patrol area encompassing over 200 square miles and the Special Operations Units as mentioned above.

In 2017 he was promoted to the rank of Chief Deputy, overseeing the Administrative

Support Bureau. In this role he managed the entire departmental budget of over 50 million dollars, administered and governed millions of dollars in local, state, and federal grant monies, oversaw human resources, hiring, basic training, advanced training, fleet purchases, inventory, property, budget, finance, planning, and deployment, tort claims, workman's compensation, and Equal Employment Opportunity Office.

In 2019, as Chief Deputy he oversaw and managed the Operations Bureau, in this role he managed and supervised near 300 sworn deputies, numerous lieutenants, and six Captains. As the Operations Bureau Chief he was responsible for 300+ sworn and civilian employees, all area commands, all uniformed patrol functions, and all street level criminal investigations.

In 2022 He was promoted to the rank of Undersheriff. As undersheriff he was second in command of the entire department answering and reporting directly to the Sheriff of Bernalillo County.


When asked about his career reflection

Joshua stated "I would like to thank the Pueblo of Isleta Higher Education that provided me funding to attain my associates degree, Bachelor's degree, and master's degree which no doubt aided in my rise through the ranks. A special thanks goes to my immediate family, mom, dad, sister, nieces, in-laws as well as my entire extended family of aunts, cousins, uncles, and friends with whom without this journey would not be possible. The Sheriff's Office is my family and I will miss every person whom I had the pleasure of serving with. I wish nothing but health, safety, and good wishes to those brave Law Enforcement professionals who will continue to hold the line between good and evil in my stead."


Joshua is eager to start a new career as a full time instructor within the Criminal Justice program at the Central New Mexico Community College.

Congratulations on your retirement Joshua!!!

Love You, Janai, Miyawni, and Z



American Heart Association.



Go Red for women.


10th

Annual Drum to the Beat of a Healthy Heart

Go Red for Native Women®

Heart Health Summit

Digital Experience



February Date and time to be Determined

(Contact to be notified once date is determined)

JOIN THE ISLETA HEALTH SUPPORT GROUP

IN VIRTUALLY ATTENDING THE

10<sup>TH</sup> ANNUAL GO RED SUMMIT.

PLEASE CONTACT STEPHANIE BARELA, HEALTH EDUCATOR,

(505)869-4479

TO SIGN UP TO VIEW THE VIRTUAL CONFERENCE AT THE

ISLETA HEALTH CENTER

Thank you!



# ISLETA POLICE DEPARTMENT NEWSLETTER

## FEBRUARY CELEBRATING VALENTINE'S DAYS AND PRESIDENTS DAY



The first month of 2023 is gone and we are moving into the second month. Time is definitely not standing still as we step into the next month.

**WELCOME (BACK)!**



Our newest employee is Therese Jiron. Therese is actually a returning employee who was employed with the Pueblo in 2007. She left in 2019 working for an airline company and did some traveling. She left for a short time to stay at home and take care of her grandchildren but has now returned to the Police Department as of January 9, 2023!

### ANIMAL CONTROL NEWS

Greetings from Animal Control, we hope everyone is having a great start to their new year and staying warm.

Looking back at our last month of the year, Isleta Animal Control, along with last year's tribal Governors and Heaven from Isleta Environmental Program had the pleasure in releasing a rehabilitated Red Tailed Hawk back into the community. Last year in July, an injured Red Tailed Hawk was found near the Rio Grande River on the pueblo. Isleta Animal Control contacted Hawks Aloft in efforts of further support to help care and rehabilitate the hawk. Hawks Aloft was able to assist, taking the injured hawk to their veterinarian for additional examination. Upon assessing the Red Tailed Hawk, it was found the hawk had an injured toe, which had to be amputated. After several months of rehabilitation at Hawks Aloft, the Red Tailed Hawk regained its strength and was ready to be released back into its natural habitat on the pueblo. Watching the Red Tailed Hawk fly freely once again was such a beautiful sight to see!

**FREE Rabies Vaccine Clinic** on Wednesday February 15, 2023 from 10am-2pm at the New Rec Center (60 Tribal Road 40). This will be a drive-thru event.

**Tribal Members Only**

How cold is too cold for pets? Here is a cold temperature breakdown on how the cold weather affects pets. Below 45 F – 32 F, some pets may begin to feel uncomfortable. Temperature below 20 F, be aware pets could potentially develop hypothermia and frostbite. Coldness also varies from size, age, coat size, breed and health.

### Cold Weather Safety Tips for your Pets:

- Keep pets indoors when possible
- Provide shelter for your pets
- Provide extra food and water – pets burn extra energy while trying to stay warm during the winter season
- Keep pets feet and stomach dry

All animal related issues **MUST** be called into Isleta Dispatch (505) 869-3030

We witnessed changes in the weather, i.e., temperatures, precipitation, freezing rain and snow this past month. Judging by the weather forecasts, these may linger for a bit longer so the National Highway Traffic Safety Administration posted the following: *Whether it's snow, sleet or ice, winter weather can cause extremely dangerous road conditions. In 2020, there were 374 fatal crashes, and an estimated 25,000 injury crashes that occurred in wintry conditions. Preparing yourself – and your vehicle – for winter weather is key.*



### Driving in Winter Weather The Basics

Slow down. It's harder to control or stop your vehicle on a slick or snow-covered surface. In fact, in 2020, there were an estimated 119,000 police-reported crashes that occurred in wintry conditions. On the road, increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.

Don't crowd a snow plow or travel beside the truck. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently. If you find yourself behind a snow plow, stay far enough behind it and use caution if you pass the plow.

### What to Do in an Emergency

If you are stopped or stalled in wintry weather, stay focused on yourself and your passengers, your car, and your surroundings.

- Stay with your car and don't overexert yourself.
- Let your car be seen. Put bright markers on the antenna or windows and keep the interior dome light on.
- Be mindful of carbon monoxide poisoning. Make sure your exhaust pipe is clear of any snow and run your car only sporadically — just long enough to stay warm. Don't run your car for long periods of time with the windows up or in an enclosed space.

### Changes You May Notice Tires

As the outside temperature drops, so does tire inflation pressure. Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, which is in your owner's manual and on a label located on the driver's side door frame. Do not inflate your tires to the pressure listed on the tire itself. That number is the maximum pressure the tire can hold, not the recommended pressure for the your vehicle.

Some other tips:

- Inspect your tires at least once a month and before long road trips.
- It's best to check the tires when they're cold, meaning that they have not been driven on for at least three hours.
- Check each tire's age. Some vehicle manufacturers recommend replacing tires every six years regardless of use.

An inspection is not just about checking tire pressure and age. Remember to check:

- for any damage or conditions that may need attention;
- the tread and sidewalls for any cuts, punctures, bulges, scrapes, cracks, or bumps. The tread should be at least 2/32 of an inch or greater on all tires; and
- your spare tire.

If you find tire damage, take your vehicle to a tire service professional.

Consider installing snow tires, but before buying new tires, visit NHTSA's Tires page to review tire safety ratings. The Uniform Tire Quality Grading System (UTQGS) lets you compare tire treadwear, traction performance, and temperature resistance.



Car Seats



In colder weather, parents typically dress their children in winter coats. But it’s important to know that heavy coats can interfere with the proper harness fit on a child in a car seat. When your child will be secured in a car seat, pick thin, warm layers, and place blankets or coats around your child after the harness is snug and secure for extra warmth.

Also, make sure car seats and booster seats are properly installed and that any children riding with you are in the right seat for their ages and sizes. See NHTSA’s [child passenger safety recommendations to find the right seat for your child’s age and size](#). You can visit NHTSA’s [Child Car Seat Inspection Station Locator](#) to find a free car seat inspection site near you, or to get information on virtual inspections.

Batteries

When the temperature drops, so does battery power. In cold weather, gasoline and diesel engines take more battery power to start, and electric and hybrid-electric vehicles’ driving range can be reduced. Have a mechanic check your battery, charging system, belts, and for any other needed repairs or replacements.

Safety Technologies

Familiarize yourself with the safety technologies on your vehicle and how they perform in wintry conditions. Know whether your vehicle has an antilock brake system and learn how to use it properly. Antilock brake systems prevent your wheels from locking up during braking. If you have antilock brakes, apply firm, continuous pressure to the brake pedal. If you don’t have antilock brakes, you may need to pump your brakes if you feel your wheels starting to lock up. For more information on driver assistance technologies, visit [NHTSA.gov/DriverAssistTech](#).

Floor Mats

Due to slushy winter conditions, you might consider switching out your usual floor mats for thicker material or rubbery ones. Improperly installed floor mats in your vehicle could interfere with the operation of the accelerator or brake pedal, increasing the risk of a crash. Follow the manufacturer’s instructions for mat installation and use retention clips to secure the mats. Always use mats that are the correct size and fit for your vehicle.

Preparing Your Vehicle



Lights

Check your headlights, brake lights, turn signals, emergency

flashers and interior lights. Be sure to also check your trailer brake lights and turn signals, if necessary.



Windshield Wipers

You can quickly go through a lot of windshield wiper fluid in a single snowstorm. Make sure your vehicle’s reservoir is full of high-quality “winter” fluid with de-icer before winter weather hits. Make sure defrosters and all windshield wipers work and replace any worn blades. Consider installing heavy-duty winter wipers if you live in an area that gets a lot of snow and ice.



Cooling System

Make sure you have enough coolant in your vehicle, and that it meets the manufacturer’s specifications. See your vehicle owner’s manual for recommendations. Check the cooling system for leaks, test the coolant, and drain or replace the old coolant. You may also want to visit your mechanic for a tune-up and ask them to check for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

Before You Go

Stock Your Vehicle

Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including:

- a snow shovel, broom, and ice scraper;
- abrasive material (sand or kitty litter), in case your vehicle gets stuck in the snow;
- jumper cables, flashlight, and warning devices (flares and emergency markers);
- blankets for protection from the cold; and
- a cell phone and charger, water, food, and any necessary medicine.

Gas Up or Plug It In

Keep your gas tank close to full whenever possible.

For electric and hybrid-electric vehicles, decrease the drain on the battery. In general, lithium ion batteries have reduced energy at lower temperatures. Additionally, most all vehicle batteries will use battery power for self-heating in low temperatures. The battery drain due to heating can be minimized by keeping your electric vehicle as warm as possible during freezing temperatures. A common way to do this: plug your vehicle in at night during the winter, keeping the battery temperature in its optimal ranges.

Plan Your Route

Check your local weather and traffic reports before heading out. If your roads are not in good shape, consider postponing non-essential travel until the roads are cleared. If you do have to go out, make sure you are prepared in case you become delayed while traveling. If making a long road trip when winter weather is forecasted, consider leaving early or changing your departure to avoid being on the roads during the worst of the storm.

Familiarize yourself with directions and maps before you go—even if you use a

GPS—and let others know your route and anticipated arrival time. On longer trips, plan enough time to stop to stretch, get something to eat, check your phone, and change drivers or rest if you feel drowsy.

Year-Round Safety

Check for Recalls

NHTSA’s [Recalls Look-up Tool](#) lets you enter a vehicle identification number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for free. You can also download NHTSA’s [SaferCar app](#) and enter your vehicle and equipment information. If a recall is issued, you’ll get an alert on your phone.

Avoid Risky Driving Behaviors

You know the rules: Do not text or drive distracted; obey posted speed limits; and always drive sober. Both alcohol and drugs can impair safe and responsible driving by affecting things such as coordination, judgment, perception, and reaction time. And remember: always wear your seat belt.

Please drive defensively, not aggressively, not only during inclement weather but all the time.

*What to do if you find a used needle outdoors*



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

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

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

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

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

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





Pueblo of Isleta Public Library

Good-bye January and hello to February. We hope the year has been treating you good so far. There is only one more month of winter then here comes spring. Library staff has been busy planning our 2023 Summer Reading Program and finalizing calendars for both the Youth and Junior Programs. The flyer and calendars will be released shortly, so please keep a look out around the community and on our social media accounts.

News

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 a staff meeting on Wednesday, February 1st starting at 9:00am. The library will remain open during this time so feel free to come in. Just a friendly reminder that we plan our monthly staff meetings on the Wednesdays each month. We take this time to plan upcoming programs for children, teens, adults and families for the upcoming months.

In observance of Presidents Day the library will be closed on Monday, February 20th. All library media checked out on Thursday, February 16th will be due on Tuesday, February 21st.

The library now has “STEAM to GO Kits” that include Learn to Move, Emotions, Outdoor Adventure just to name a few are now available to check out. Patrons now can have the convenience of STEAM to GO! Kits were designed for preschool age children; each kit features two fun games that encourages children to explore different subjects in STEAM. These games help develop gross motor skills while children have fun in the process. These kits will be located in the general area of the library by the parenting books. All you need is your library card to check one out today!

The library has purchased new furniture for the Teen Room, Children’s Room and the General area of the library. Believe it or not, picking out furniture is harder than one might think. When selecting a piece of furniture, we want to make sure that it gets utilized and lives to its full potential with our goal being to fulfill the needs of our community. So, when you put all that into consideration the decision can be somewhat difficult. Library furniture and design play a huge role in determining how patrons interact, use our services and resources. If people visiting the library feel like their needs are being met, they are much more likely to return. I guess you can say we are passionate about library furniture!

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



New “STEAM to Go” kits ready to check out at the library!

Story Time is geared towards children 16 months to 5 years old but everyone is welcomed! No sign up is required and monthly calendars will be available for story time here at the library. For more information on the story and activity for that day please call Renetta at 505-869-9808 or email Renetta.Jojola@isletapueblo.com.

Upcoming

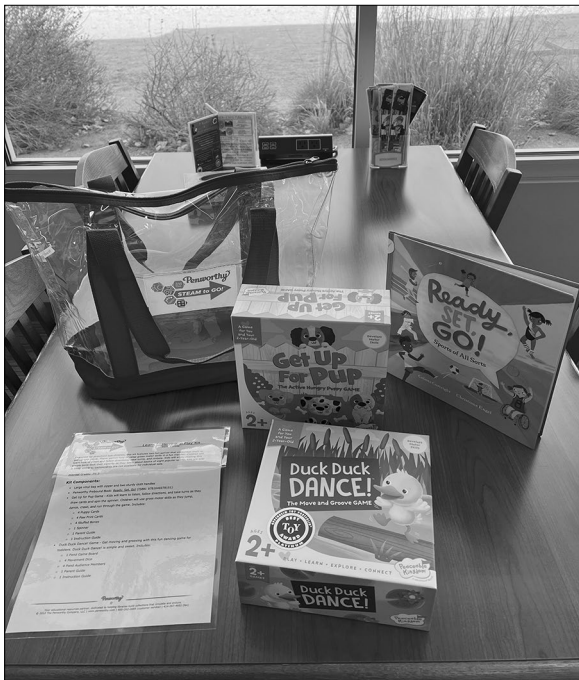
Looking for a gift for your loved one? Join the library on Saturday, February 11th from 10am-12:30pm in making a Breakable Chocolate Heart along with chocolate truffles. Fill the heart with desserts or other surprises and break the heart open with a hammer to reveal the surprise. Sign-ups begin Monday, January 30th and is open to the first 10 patrons 18 and over. For more information, please contact Cheyenne by phone at 505-869-9808 or by email at Cheyenne.Castillo@isletapueblo.com.

Library staff is currently in the process of working on upcoming programs for children, teens, adults and families. Please follow us on our social media accounts for up to the minute announcements on programs and events. We will also be posting flyers throughout the community so keep a look out for that.

Here are some Library spotlights for the month of February African American HistoryMonth, WorldReadAloudDay which is held annually on the first Wednesday of February, and Library Lovers’ Month which is a month-long celebration of school, public, and private libraries of all types so come in and support your library!

Recap

Our Summer Reading Program planning meetings took place on January 25th and 26th. We discussed different themes and planned out the Youth and Junior Calendars. Since this article was written before the meetings, here’s what we know so far, the Youth program will have 5 different curriculums to choose from. This program is open to 20 students 7-14 years old. The Junior theme has not yet been decided and we will share more information



as it becomes available. This program will be open to 20 students, ages 3-6 years old. 3-year old’s must be potty trained. This is a good introduction to a school setting for children who have not yet entered a Head Start program. Registration dates will be announced soon so follow us on our social media accounts for up to the minute updates. If you have any questions regarding the upcoming Summer Reading Program, please give us a call and speak with a library staff member at 505-869-9808.

The After School Program is off to a great start going into the second half of the school year. Students are once again settled into their routines coming in and completing homework or reading. Library staff members are currently in the process of scheduling an incentive field for the second half of the school year. January was filled with crafts and activities that students participated in. We look forward to finishing off the school year strong. The After School



After School Program students making coffee filter butterflies.





On Saturday, January 28th the library hosted a Read to a Dog event for children 5 and up. This program was led by library staff member Renetta. There were 15 slots available for participants to spend time and read to a Certified Therapy Dog. Studies have proven that when children read aloud to Therapy Dogs, their mood and attitude towards reading improves. The library was excited to welcome our furry friends and we would like to thank everyone who participated. Make sure to stop by the library and check out our book display

dedicated to all the dog lovers out there. The library's Lunar New Year program was a 2-day event starting with patrons 18 and over making Spring rolls on the first day and on the second day patrons 18 and under made rice paper flowers. Celebrating the Chinese Lunar New Year and making common Chinese New Year dishes bring in wealth and good luck. This program was led by library staff member Cheyenne and we would like to thank everyone who participated.



Ugly Sweater Cookie decorating Program participants!



Library Staff member Kim helping the After School Program students make a construction paper city and an Igloo made out of apples, Nutella and marshmallows.

Program is currently full but we do have a waiting list on hand if you would like to put your child's name down. For any questions or concerns about this program, please feel free to call the library at 505-869-9808 and speak with a staff member.



T'was a Grimm Winter Night participants making a Snow White inspired candy apple!



PUEBLO OF ISLETA PUBLIC LIBRARY

Valentine Breakable Chocolate Heart

Looking for a gift for your loved one? Join the Pueblo of Isleta Public Library on making a breakable chocolate heart along with chocolate truffles. Fill the heart with desserts or other surprises and break the heart open with a hammer to reveal the surprise.





Saturday, February 11th

from 10am-12:30pm

Sign ups begin Monday, January 30th

Open to the first 10 patrons 18 & over

For more information please contact Cheyenne by phone at 505-869-9808

or by email at cheyenne.castillo@isletapueblo.com



DROP LOCATIONS:

\* TRIBAL COMPLEX

\* LIBRARY

\* TRANSFER STATION

Do not throw batteries away in the trash.

Recycling reduces waste at landfills & greenhouse gas emissions contributing to climate change, prevents contamination of our natural resources & ceremonial sites.



BATTERY RECYCLING

\* AA, AAA, C, D, 9 VOLT, LITHIUM

\* CELL PHONES

\* BATTERY BACK-UPS

\* WATCH BATTERIES



FOR INFORMATION CALL:

TRANSFER STATION: 869-4106

KEEP ISLETA BEAUTIFUL



PARKS & RECREATION DEPARTMENT NEWS

February already, hopefully we are starting to see a little change in the weather. February 14th is Valentine’s Day, I hope all of you enjoy the day with that special person in your lives. Remember that February 20th is Presidents Day and keep mind that February 22nd is Ash Wednesday for those practicing Catholicism, this will symbolize the official start of the Lenten Season for Catholics.

It is awesome to see many new faces here at the recreation center this year. Lots more tribal members are working out and swimming, we would still like to see even more tribal members come by and utilize our facilities. Please stop in and talk to use and see what we have available for you, we would love to talk with each one of you.

Remember February is Heart Month!

AQUATICS SECTION

Isleta Aquatics wishes you well and hope things are going well with all of your New Year resolutions. If fitness and heart health are part of your goals please consider coming in and swimming! Swimming is an exercise that can be done at all levels to achieve cardiovascular fitness and it is also fun! It also provides low impact on joints and typically leaves minimal soreness even for beginners.

Our daily swim sessions are 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 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, session’s reservations can be made at the front desk of the Recreation Center.

Swim Lessons will be starting up again soon! Registration forms to sign up for swim lessons are available at the front desk at the Recreation Center or you can contact Josh or Connie at (505) 869-9783 for more details on availability and registration.

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

Isleta Aquatics would once again like to invite all to come check out our facility! The Lap Pool is 80 degrees, Wading Pool is 90 degrees, and the Jacuzzi is 102 degrees and perfect for exercise or relaxation! 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.

FITNESS SECTION

While Focusing on Cardiovascular Health, We Can Also Enjoy Self-Compassion and Love for Self and Others

By Anne Asman

Comparing ourselves to others is the enemy of inner peace.

The above is a saying I heard recently—but unfortunately cannot remember where. However, if my memory serves me well, I believe it was from an influencer on YouTube. Regardless, I was inspired to share this saying with others, especially the good people of Isleta Pueblo in my capacity here as a fitness professional.

When meeting fitness goals, everyone drawn to the journey is motivated by different reasons. At the Pueblo, I’ve been grateful to work with a population of people who are mainly concerned with functional mobility and their own health. Lately, I can relate to the emphasis on health and wellness as drivers for my own exercise. Years ago, my motivations were different—as I was more focused on trying to meet the standards imposed on young women by glossy magazines or TV shows. In hindsight, I recognize those motivations were not healthy ones; that the desire to one-up someone as far as vanity is as realistic as chasing a ghost. It’s either not possible, or even if it is, it’s fleeting. The truth is, not one single person represents physical perfection. We can have opinions that someone is “perfect looking,” but when we really think about it, are those opinions based on fact, or is it really true that “beauty is in the eye of the beholder?” Sometimes I see photos of myself from 10 to 15 years ago or younger and wonder why I don’t feel pressured to look “that way” again. But the truth is back then, I was woefully insecure and therefore, in my mind there was always something wrong with my appearance. Whether it was feeling like my legs were too short, my feet were too big, my nose was too wide, it was never enough—I was never enough.

But that was a long time ago and looking back on those days, I realize how nice it is to be in a place of gratitude for my physical being—not wrought by all-day-everyday insecurities and vanities that make me push myself towards a physique that will never be able to compete with bodies that have been photo shopped for social media let alone been through hundreds of thousands of dollars in plastic surgery (I talk about this more in the December 2002 issue).

As we head into February, American Heart Month—when the health-care sector encourages us to celebrate and focus on the health of the main organ of the cardiovascular system—from a Yogic perspective, this month also presents a good opportunity to focus on the “heart chakra,” the energy that surrounds our heart and, when balanced, can support our goal to feel genuine love towards ourselves.

“Chakra is a Sanskrit word that means wheel or cycle. Chakras are thought to provide subtle energy that helps your organs, mind, and intellect work at their best level,” according to a June 28, 2021 article on WebMD. It adds: “Connected to organs such as the heart and lungs, the heart chakra...is considered a link to compassion, trust, passion, and love for self and others. When Anahata Chakra is out of balance, it is believed to cause anger, lack of trust, anxiety, jealousy, fear, and moodiness. An overactive heart chakra is thought to lead to high blood pressure, heart palpitations, and heart problems.”

If you find yourself motivated towards your fitness goals by comparing yourself to

others, does this mindset make you truly happy? Do you think/feel it is coming from a positive place? If so, wonderful! High fives to you. If not, maybe working toward a balanced heart chakra will be helpful to you. Throughout the month of February, we will be spending time meditating on our heart center at the end of our Yoga classes by way of visualization and affirmations. If you’re curious to learn more, come join us! Classes take place on Mondays and Wednesday at 5:30 p.m. and Fridays at 10 a.m. and Chair class at 10:30 a.m. on Tuesdays and Thursdays at the New Recreation Center.

And don’t forget, the Silver Eagles Challenge encouraging participation in our programs at the New Rec Center is also on! All classes are included for credit.

Have you checked out our new machines? – Over the past couple of months, we are pleased to let all of you know that we acquired two new weight machines designed to help strengthen the glutes—the largest muscle groups in the body.

Highlights – Isleta Recreation Center has purchased some new equipment to help you reach your fitness goals. Please come in to see what all the fuss is about here. Do not be shy, we are here to help you learn how to use the new equipment if you need assistance, we are here to correct your form to help you get the most out of the equipment and much more. We are here for you and all your fitness journey needs, but what type of journey is up to you. For more information, Please call the Isleta Recreation Center at 505-869-9012, this is the phone number to the fitness room.

1st is the York Barbell STS Power Front Squat – this machine will target your Quadriceps, Glutes and Hamstrings. This machine does it all!



2nd is the Fettle Fitness Pendulum Total Leg Press – this machine is great for Quadriceps and Glutes. A total different approach to your leg routine.



3rd we now have the Rogue Echo Bike – Cardio, Cardio, Cardio... this will get you going. A great way to warm up and get the blood flowing for the entire body, working

your upper and lower extremities at the same time.



**The Silver Eagles Challenge is On! Come Join Us.** – Job well done to Pat Jojola for being the first of the Silver Eagles to complete 10 visits to participate in activities at the New Recreation Center and the first to receive a sweat towel! Since Jan. 3, “New Rec” has partnered with the Elderly Center to encourage tribal and community members 50 years and older to take part in our various programs, including working out in our weight room, taking fitness classes, participating in team sports and other recreational activities, and using the outdoor track (or indoor gymnasium) to walk/run some laps. After completing the first punch card, participants can qualify to win a heart tracker by completing two additional punch cards (totaling 30 visits) and a massage gun if they complete three additional punch cards (totaling 60 visits). Additional prizes will be given to those who complete additional punch cards beyond the six—for instance, more prizes for those who complete 10 punch cards (100 total visits) for the year or 15 (150 total visits). At the end of the year, punch cards are entered into a drawing to win \$1,000 cash prize. We commend all Silver Eagles for prioritizing their health and wellness. The Pueblo of Isleta takes very seriously the empowerment of our bodies and minds by way of the programs we offer. We can’t wait to see you all again soon. If you are 50 and over and have not yet signed up for our program, come see us at 60 Tribal Road 40 so we can get you all set up! If you have questions, please call the New Rec Center at 869-9777, ext. 9012.

**SPORTS SECTION**

What’s going on at the sports desk this month, we have the Co-Ed Volleyball league going on. Right now the Serv-ivors are leading the pack with a 3-0 record, All-out in second with a 2-0 record, Ball Busters, The Midfits, 1-0 record, and Practice Safe Sets, Hummingbirds, Notorious Digit round out the rest of league. It has been fun seeing everyone have fun and compete. So come down to the rec and cheer them on.

The Corn Hole league started up and it’s on Tuesday nights. We have 16 teams right now and it’s going well so far. We will keep you updated in future newsletters. If you participated in the Pueblo Harvest, please come down to pick-up your long sleeve running/walking shirt. Keep an eye out for some outdoor activities that we’ll be setting up for the youth very soon. We all hope that everyone is staying safe. Until next time have a great Heart Month and keep working out!

**RECREATION SECTION**

Highlights from the After School Program – The After school program youth love to experiment with many things that involve science, building things or making a mess with slime. The youth made butter slime using modeling clay and tried another slime recipe to make shining slime by using baby oil. The program was able to purchase some science kits so the youth were involved in making propeller cars with popsicle sticks, straws, rubber band and a propeller. The youth were able to make the project with step-by-step instructions that were included, you should have seen the cars propel across the floor.



The After School program has limited slots available for students to attend this school year. If you would like to sign up your child for this program, please call the New Recreation Center, for more information, that number is (505) 869-9777. The hours of the After School Program are from 3:00pm to 5:30pm, Monday through Friday and the program is located in the Game Room. Bus Transportation is only provided for students attending Isleta Elementary School and that transportation is being provided by the Elementary School.


**Summer Recreation Program – 2023** Summer Recreation Program is just around the corner!! Look for more information on this program in the next newsletter, we hope to have some details (program dates and lottery information) finalized by then. Summer program will probably begin in early June 2023 and we are hoping to have approximately 120 slots available this summer for our summer program.

**Summer Jobs** – Are you looking for a summer job? We will be posting summer jobs this month so keep an eye out or contact us for more information about those jobs!

The postings will be for Summer Recreation Aides and Weed & Litter Workers. Once again, keep a look out for job postings!

We would like say Thank-you to Sterling Benavidez aka “Luke”. He has made a career change and has accepted another job with the Natural Resource Department. Luke has touched many hearts while being involved with the youth program by working as a summer recreation aide. He was then promoted to a Recreation Lead Aide for the past 2 years. Luke was the person who loved to run around the playground and chase participants. He also enjoyed playing tag, taking the youth out on nature walks and talking to them about the animal tracks or what birds were flying above us. He was our main science person he was always ready to explode a coke bottle with Mentos. Luke, thank you again and we will miss you dearly. Best of Luck!!





**Isleta Pueblo News**

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**Published By:**  
Valencia Express





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

[https://www.fws.gov/refuge/valle\\_de\\_oro/](https://www.fws.gov/refuge/valle_de_oro/)  
@ValleDeOroNationalWildlifeRefuge

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

**Jan 14**  
**Mural Loop Interpretive Walk**  
An easy 1-mile guided walk with presentations on the refuge's history and future plans. Program meets at the amphitheater.  
**10:00 am to 11:30 am**



**Jan 20**  
**Environmental Justice at VDO**  
*Virtual event, will be recorded.*  
Did you know Valle de Oro is the only public land site with a specific plan to address environmental, economic and social injustice? Tune-in to learn about our 2023 environmental justice priorities, what the work looks like on the ground at the refuge this year and how to partner!  
**10:00 am to 11:00 am**

**Jan 21**  
**Bosque Education Guide Workshop**  
*Pre-registration and fee apply.*  
All educators are invited to join us for a curriculum training specific to our special Middle Rio Grande ecosystems. For more info and to register:  
<https://www.nmnaturalhistory.org/events/bosque-education-guide-workshop-1>  
**8:30 am to 4:30 pm**

**Jan 26-27**  
**Pond Volunteer Afternoons**  
We're draining our pond for some annual maintenance! Join us to help remove excess cattails and algae on either afternoon. Participants under 18 must be accompanied by a parent or guardian.  
**12:30 pm to 3:30 pm**

**Feb 4**  
**Birds and Breakfast**  
Before the Annual Meeting, members of the Friends are invited to join us on a special bird walk with Laurel Ladwig, the Albuquerque Backyard Refuge Program Coordinator!  
**8:00 am to 10:00 am**

**Feb 4**  
**Friends Annual Member Meeting & Photo Contest Award Ceremony**  
Join us as we review 2022 and look forward to 2023. Expect presentations about how the refuge will evolve in the next year and how you can get involved. We will also announce 2022 photo contest winners.  
**10:00 am to 12:00 pm**



**NATIONAL WILDLIFE REFUGE SYSTEM**

ISLETA HEALTH CENTER

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

Andrea Wilson, Fitness Instructor  
Phone: 505-869-4595  
References: [cdc.gov](https://www.cdc.gov) [nhlbi.nih.gov](https://www.nhlbi.nih.gov) [uofmhealth.org](https://www.uofmhealth.org)

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

Weight

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

BMI

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

Waist Circumference

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

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

[https://www.fws.gov/refuge/valle\\_de\\_oro/](https://www.fws.gov/refuge/valle_de_oro/)  
@ValleDeOroNationalWildlifeRefuge

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

**Feb 18**  
**Mural Loop Interpretive Walk**  
An easy 1-mile guided walk with presentations on the refuge's history and future plans. Program meets at the amphitheater.  
**10:00 am to 11:30 am**

**Feb 24**  
**How to Draw a Duck Workshop**  
Learn from a local artist how to draw a duck for the annual New Mexico Junior Duck Stamp Contest. Open to Kindergarten through 12th grade. Registration required. Email [brittany\\_chavarria@fws.gov](mailto:brittany_chavarria@fws.gov) to register.  
**10:00 am to 11:30 am**

**Feb 25**  
**Presentation on John Heinz NWR**  
Valle de Oro NWR is honored to host visiting Park Ranger Wingyi from our fellow urban NWR, John Heinz National Wildlife Refuge at Tinicum. Come meet Wingyi and learn about this very special refuge in Philadelphia that is celebrated as the very first Urban National Wildlife Refuge in the system!  
**2:00 pm to 3:00 pm**

**Mar 2**  
**Community Update**  
Come learn about all that is happening to transform Valle de Oro at this open house event.  
**5:30 pm to 7:00 pm**

**Mar 4**  
**Mural Loop Interpretive Walk**  
An easy 1-mile guided walk with presentations on the refuge's history and future plans. Program meets at the amphitheater.  
**10:00 am to 11:30 am**

**Mar 4**  
**Nature Tots!**  
Children ages 3-5 and an adult are invited to explore nature with a refuge ranger! Celebrate the return of spring with a story time, nature exploration, and a craft to take home! Registration is required. Please pre-register by sending an email to [Wingyi\\_Kung@fws.gov](mailto:Wingyi_Kung@fws.gov)  
**1:00 pm to 2:00 pm**

**Mar 11**  
**EJ Air Network: Air Pollution and Our Health**  
Did you know according to EPA standards Albuquerque's air quality was unhealthy for more days than not in 2022? What does that mean for our health especially in the time of pandemic? And what are we doing at Valle de Oro to make our air healthy to breathe here and beyond the refuge? Join-us in-person or online to find out more!  
**10:00 am to 11:30 am**



**NATIONAL WILDLIFE REFUGE SYSTEM**




# Did you know?

## The F4D-1 Skyray Crash Site


In July of 1964, a Naval Aircraft, the F4D-1 Skyray , crashed into the Manzano Mountains. The pilot’s body was removed from the site, but a large portion of the aircraft was left.

The plane was equipped with four 20-millimeter M-12 cannons. Most of which were recovered from the crash site and destroyed.



The F4D-1 was a carrier based aircraft that was intended to be used as a fighter/interceptor plane.

Shown above is a picture of an intact F4D-1 aircraft from the Navy.



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.

VACCINATION FROM THE MISINFORMATION

Stephanie Barela, Health Educator,  
Isleta Health Center  
Phone: 505-869-4479  
www.TheMisinformationVirus.com

There is so much MIS-information in the media regarding Vaccinations that a group of health professionals throughout the country and right here in New Mexico, decided to do something about it. They prepared a documentary called “VACCINATION from the Misinformation Virus”. As noted in this documentary’s discussion/viewer guide, “This is a comprehensive media campaign to help parents and community leaders understand **vaccines are safe, important to community health and save millions of lives annually.**” The hope of this campaign is to empower and support families and community leaders to make healthy decisions regarding lifelong vaccinations. As the viewer guide states,

“with so much misinformation in the media (social and otherwise)... (this project is) a way to ‘vaccinate’ yourself, your family, and your community with **clear, concise and honest science-based information from leading experts who have spent their lives studying vaccines and viruses.**”

People are exposed to a lot of different information from many sources and right now, during the COVID-19 pandemic, it is no different. Unfortunately a lot of this information is health misinformation, which is “information that is FALSE, INACCURATE or MISLEADING, according



to the best evidence at the time.” Misinformation has caused confusion and led people to decline COVID-19 vaccines, reject public health measures such as masking and physical distancing, and use unproven treatments. Health misinformation is not something new, however, due to Social Media and the Internet, the misinformation spreads much faster and much farther. It is important that together, we build healthier communities by spreading accurate information, where we can all make informed decisions about our health, the health of our loved ones and the health of our communities.

Right now is a very important time to accurately educate ourselves on the importance of vaccinations. Research has shown us that vaccines are safe and important in order for the community to stay healthy. Vaccines have prevented the spread of many contagious diseases, such as, measles, mumps, polio, chicken pox, whooping cough, diphtheria and Human Papillomavirus (HPV). Benjamin Franklin once said “An ounce of prevention is worth a pound of cure”, which is very important today! To develop, distribute and administer a vaccine, it is much cheaper than the cost of treating someone with the disease. Prevention is key!

It is my hope that we will be able to offer an in person screening of this documentary soon, however, due to the current Public Health Order, we are not able to do that. Instead, please access this documentary at [www.TheMisinformationVirus.com](http://www.TheMisinformationVirus.com) and watch the documentary virtually by clicking on PBS and then PBS Video Portal or simply go to:<https://portal.knme.org/show/vaccination-misinformation-virus/>. Once the public health order is loosened and we are able to meet in person, I will plan a watch party in order to view this educational documentary as a group.

If you would like to pre-register for the in person viewing of this documentary or if you have any questions, please contact me at (505) 869-4479.

# ISLETA TRASH TALK!



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





Overused waste set up. This swimming pool must be disposed at the Transfer Station.

### PLEASE DO

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

### PLEASE DO NOT

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

## CURBSIDE TRASH PICKUP SERVICE

Let's talk trash Isleta! Here is some information on our curbside trash pickup service provided to you. It is important to understand why certain materials cannot be disposed with the regular trash. Lots of materials such as boards and rugs can be damaging to the inside components of the trash truck, which can lead to costly repairs and service delays. The curbside trash pickup program is intended to provide you the community with curbside HOUSEHOLD trash pickup service. This means only household trash is collected in your green waste cart.

What is household waste? Household waste is waste generated in the home such as food scraps, napkins and bottles. Any other waste besides household trash must be disposed at the Transfer Station. The Transfer Station is open 7 days a week for all your disposal and recycling needs. Thank you for your understanding and cooperation. (505)869-4106

## KEEP ISLETA BEAUTIFUL!



Health Beat: Heart Disease

Stephanie Barela, Health Educator  
www.CDC.gov    www.webmd.com  
www.goredforwomen.org  
Phone: 505-869-4479

February is HEART DISEASE AWARENESS MONTH. Heart Disease, also known as cardiovascular disease, is the leading cause of death in the world, and accounts for one in three deaths among women each year and more than ½ of the deaths in men. Here are things we can do to LOWER our Risk of Heart Disease:

QUIT SMOKING COMMERCIAL TOBACCO.

Contact Stephanie Barela (869-4479) to learn about the Isleta Health Center’s quit smoking programs.

EAT HEALTHY.

Eat more

- Healthy fats, such as raw nuts, olive oil, fish oils, flax seeds, or avocados
- Colorful fruits and vegetables—fresh or frozen, prepared without butter
- High-fiber cereals, breads, and pasta made from whole grains or legumes
- High-quality protein, such as fish, poultry, and lean meats
- Organic dairy such as eggs, skim or whole milk, or unsweetened yogurt

Eat less

- Trans fats from partially hydrogenated or deep-fried foods; saturated fats from fried food, fast food, and snack foods
- Packaged foods, especially those high in sodium and sugar
- White or egg breads, sugary cereals, refined pastas or rice
- Processed meat such as bacon, sausage, and salami, and fried chicken
- Yogurt with added sugar, processed cheese

GET ACTIVE

Get moving and increase your heart rate. Try for 30 minutes a day, 5 days a week.

MANAGE YOUR STRESS

- o Deep Breath
- o Take a Break
- o Exercise
- o Write in a Journal
- o Talk to someone (Friends/Family)
- o Make an appointment with Isleta Behavioral Health (505-869-5475)

KNOW YOUR NUMBERS

BLOOD PRESSURE

- Keep it below 120/80.

BLOOD SUGAR

- Keep it below 6% (100mg).

BLOOD CHOLESTEROL

- LDL is “bad” Cholesterol--Keep it less than 100mg.
- HDL is “good” Cholesterol--Keep it higher than 60mg.
- Triglycerides--Less than 150mg.

BODY WEIGHT

- Keep your Body Mass Index between 18.6 and 24.9.



SPRING 2023

# ISLETA YOUTH WELLNESS PROGRAM

FEBRUARY 14TH - MAY 12TH

FOR AGES  
**9-17**

Come join the Isleta Youth Wellness Program for a fun and experiential spring season! Activities include: hiking, swimming, snowboarding, camping, cultural site visits, Tiwa language sessions, and prevention-related activities.

### PROGRAM SCHEDULE

» 11 & Younger (4:45 PM - 6:00 PM)  
Tuesdays & Wednesdays

» 12 & Older (4:45 PM - 6:00 PM)  
Thursdays & Fridays

» Occasional weekend outings and a Spring Break Trip will occur for both age groups.

Transportation is available for participants residing within reservation boundaries.

Space is limited. Call to enroll.

**505-869-5475**

## HAPPY PRESIDENTS' DAY

### PRESIDENTS DAY SERVICE SCHEDULE

The Transfer Station will be closed Monday February 20<sup>th</sup> in honor of Presidents Day.

Monday and Tuesdays trash and recyclables will both be collected on Tuesday February 21<sup>st</sup>.

Have carts out by 7AM.

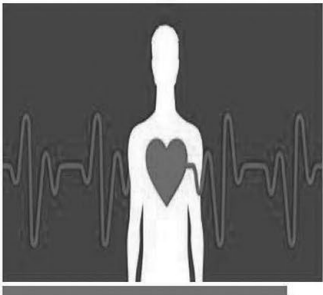
KEEP ISLETA BEAUTIFUL!

869-4106



FEB

FEBRUARY IS AMERICAN HEART MONTH



HEART DISEASE

- LEADING CAUSE OF DEATH IN THE US
- LINKED TO OBESITY, HIGH BLOOD PRESSURE, HEART ATTACK AND STROKE
- CAUSED BY HIGH BLOOD PRESSURE, SMOKING AND HIGH CHOLESTEROL LEVELS
- CAN BE PREVENTED BY PHYSICAL ACTIVITY AND BETTER FOOD CHOICES

STAY HEALTHY!

- ✓ EAT MORE FRUITS, VEGGIES, WHOLE GRAINS AND FISH
- ✓ CUT OUT SODIUM FROM YOUR DIET
- ✓ SPEND MORE TIME DOING PHYSICAL ACTIVITIES
- ✓ LOSE WEIGHT

ISLETA WIC OFFICE 505-869-2662

B’eeh K’oo-ee (The Good Road) Wellness Center

1 Sagebrush Street, Isleta, NM, 87022

The Red Road to Wellbriety Meeting

Friday Evenings


4:30pm to 5:30pm

Starting January 27, 2023

Everyone is Welcome

Join Bobbybee Blanquez (Bee), BSW/LSAA

Addiction Treatment Counselor in the Native American Way



Human Beings 12 Steps study

Medicine Wheel Study

Red Road to Wellbriety Book Study

Red Road Recovery Study

Relapse Prevention Techniques

Healing Our Community’s Forest

For more Information contact Bee at 505.869.5475


Veterans’ Health Administration

Native American Veterans Program

Pueblo of Isleta Veteran Association Outreach

Resource Fair

(Closed to the public)



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


When: Friday, February 24, 2023

10:00 am to 1:00 pm.

We invite all Pueblo of Isleta Veterans, their families and caregivers to learn more about VA Health Care, Veterans Benefits and other VA Resources: Suicide Prevention, MyHealtheVet, 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 or other health insurance cards, 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](mailto:terry.obago@va.gov)



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



We the family of Robert E. Chewiwi would like to express our sincere gratitude and appreciation to everyone in the community for the kindness and support showed to us during the loss of our brother and uncle Robert. He was everyone’s Meme Bob, Sheriff Bob or Teh-eh Bob. He enjoyed visiting with everyone he met. Robert served as Under Sheriff for a period of four terms and enjoyed every minute of it. Robert was a proud Vietnam Veteran, and we want to thank the Pueblo of Isleta Veterans Association for paying their final respects. Thank you to our family, relatives, and friends for your thoughts, prayers, and acts of kindness that helped us get through this difficult time. Thank you to Father Milton for his wonderful eulogy. Thank you to the Pueblo of Isleta Tribal Administration for allowing us the use of the community house. Robert will be greatly missed but will remain forever in our hearts. May God Bless you all with good health and happiness.

The Chewiwi Family

A RECOUNT OF THE 2022 CHRISTMAS CELEBRATIONS AT THE ELDER CENTER



On behalf of the Elder Center staff and Elders we would like to give a special THANK YOU to Tyonna Chiwewe and Kaylene Jojola for sponsoring the native dance performance for the elder center Christmas event. Our elders enjoyed the beautiful dances, songs and the special prayer expressed by the Acoma Dance Group Leader.

=====

Along with the Adult Native Dance we were blessed by the Isleta Headstart Dance Group. They brought pride and love to our elders, with their innocence as celebrated during the Christmas Holiday Season! Another big THANK YOU to the Administration and Staff of the Headstart Program.

Wishing everyone a Happy New Year and Many Blessing!

For service information, please contact the Outreach Manager at (505) 869-9770

We are here to help!

Call, Text, or Message

**988**

For Mental Wellness

988 NM Crisis Support

988nmcrisissupport

<https://988nm.org/>

COVID-19 COUNSELING  
& SUPPORT SERVICES

IT'S FREE &  
ANONYMOUS.

**CALL (505) 954-1057**

**Reasons to call 988:**

- Need information or referrals for local community services?
- Feeling sad, confused, or angry?
- Worried about your safety or someone you know?
- Service member or veteran & their families in need.
- Worried about alcohol or drug use or abuse.
- Have something on your mind that you want to talk over.

988 NM Crisis Support

988nmcrisissupport

<https://988nm.org/>

ISLETA 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](mailto:stephanie.barela@islclinic.net) if you have any questions.



<div></div>		Isleta Elder Center Lunch Menu 2023		
Monday	Tuesday	Wednesday	Thursday	Friday
<div></div> <div>Please call by <b>9 AM</b> to cancel Home Delivered Meals. 505-869-9770 - <i>Thank you.</i></div>		<b>2/1/2023</b> <b>Mac &amp; Cheese</b> Diced Ham 3oz Macaroni 1/2c Cheese Sauce 2oz Fresh Steamed Broccoli 1/2c Fresh Fruit	<b>2/2/2023</b> <b>Baked Tilapia</b> Tilapia 3oz Steamed Rice 1/4c California Vegetable 1/2c Tartar Sauce 1oz Lemon Wedge 1oz	<b>2/3/2023</b> <b>BBQ Wings</b> Chicken wings 3oz BBQ Sauce 2oz Curly Fries 1/4c Celery & Carrot Sticks 1/2c Low fat Ranch 2oz
<b>2/6/2023</b> <b>Chicken Noodle Soup</b> Diced Chicken 3oz WW Noodles 1/2c Celery 1/2c Carrots 1/2c Onions 1/2c Crackers	<b>2/7/2023</b> <b>Hamburger Steak</b> Beef Patty 3oz Sauteed Onions 1/2c Mashed Potato 1/4c Gravy 1oz Mixed Vegetable 1/2c Fresh Fruit	<b>2/8/2023</b> <b>Chicken Fajitas</b> Chicken Fajita Strips 3oz Peppers & Onions 1/2c Roasted Corn 1/2c Tortilla Jell-O w/Fruit	<b>2/9/2023</b> <b>Egg Salad Sandwich</b> Egg Salad 3oz Carrot Sticks 1c WW Bread Ranch 2oz Fresh Grapes	<b>2/10/2023</b> <b>Red Chile Enchilada</b> Ground Beef 3oz Red Chile 2oz Corn Tortilla Refried Beans 1/2c Mixed Vegetables 1/2c Fresh Fruit
<b>2/13/2023</b> <b>Lentil Soup</b> Lentils 1/2c Sausage Crumble 3oz 5way Vegetable 1/2c Crackers Fresh Fruit	<b>2/14/2023</b> <b>Spaghetti</b> Spaghetti 1/2c Marinara Sauce 1/4c Meatballs 2oz Salad 1/2c Special Dessert	<b>2/15/2023</b> <div></div>	<b>2/16/2023</b> <b>Green Chile Posole</b> Beef 3oz Green Chile 1/4c Hominy 1/2c Fry Bread Fresh Fruit	<b>2/17/2023</b> <b>Club Sandwich</b> Sliced Ham/Turkey 3oz Garnish 2oz Croissant Potato Salad 1/4c Chips 2oz
<b>2/20/2023</b> <div><b>WE WILL BE CLOSED ON PRESIDENTS DAY</b> </div>	<b>2/21/2023</b> <b>Chile Dogs</b> Hot Dog 3oz Chile Beans 2oz Shredded Cheese 1oz Hotdog Bun Seasoned Fries 1/4c	<b>2/22/2023</b> <b>Salmon</b> Salmon 3oz Roasted Asparagus 1/2c Roasted Sweet Potato 1/4c Lemon Wedge 1oz Fresh Fruit	<b>2/23/2023</b> <b>Corned Beef &amp; Potatoes</b> Corned Beef 3oz Diced Potatoes 1/4c Mixed Vegetable 1/2c Fruit Cup Tortilla	<b>2/24/2023</b> <b>Grilled &amp; Cheese</b> Slice Ham 3oz Slice Cheese 1oz WW Bread Macaroni Salad 1/2c Fresh Fruit
<b>2/27/2023</b> <b>Tamales</b> Pork Tamales 3oz Red Chile 1oz Shredded Cheese 1oz Spanish Rice 1/4c Sweet Rice 1/4c	<b>2/28/2023</b> <b>Chicken Sandwich</b> Chicken Patty 3oz Garnish 2oz Hamburger Bun Fresh Fruit	<div>Portion Size: *Meat or Alternative - 3oz. Cooked, *Vegetable &amp; Fruits - 1/2 Cup Serving Each * 1/2pt. Milk * All menus provide 1/3 of the daily Recommended Allowance</div> <div>**** Menus are subject to change without notice, based on the availability of products. ****</div> <div></div>		

<div>*ACTIVITIES SUBJECT TO CHANGE</div> <div>PUEBLO OF ISLETA ELDER CENTER ACTIVITY CALENDAR</div> <div></div> <div>2023</div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
ISLETA ELDER CENTER 505-869-9770 MONDAY-FRIDAY 8AM-4:30PM		Senior Olympics Introduction All Day POI Elder Center	GROUNDHOG DAY Movie Day 1pm Elder Center Activity Room	YOGA 10am POI Recreation Center Aerobic Room
6	7	8	9	10
Shopping WalMart Los Lunas 9am-11am 	CHAIR EXERCISE 10:30am POI Recreation Center Aerobic Room	ADVISORY MEETING 9AM POI ELDER CENTER	MASS 11:30 Elder Center Dining Room Valentine Craft 1pm-3pm Activities Room	Canvas Painting 10am Activity Room
13	14	15	16	17
Valentine Card Making 10am Elder Center Activity Room 	VALENTINE'S DAY CARNIVAL 9am-12pm Activities Room Valentine's Crafts Decorating Contest 1pm-3pm Dining Room BINGO/VALENTINE WALK Must RSVP & Be 50yrs & Older Limited First 50 people	General Meeting Topic & Guest Speaker Diabetes & Recreation Program 1pm Elder Center Dining Room  Commodities Distribution 9am-3pm	TYE DYE Shirt Making 10am Elder Center Activity Room 	Board Games 10am Elder Center Activity Room 
20	21	22	23	24
PRESIDENTS DAY 	MARDI GRAS Mask Decorating Contest 10am-12pm Activities Room Must RSVP & be 50yrs & older Limited First 50 people	ASH WEDNESDAY OPEN ACTIVITIES 9AM-11AM POI Recreation Center	Movie Day Theater TBA Pay on your Own-Time TBA 	Open Activites 9am-2pm POI Elder Center Birthday Celebrations
27	28	Join us for lunch-Served Monday-Friday 12pm-1pm		
Napkin Holder Sewing Project ALL DAY POI Elder Center 	PRACTICING OLYMPIC SPORTS ALL DAY POI Elder Center 	Call or Vist the Elder Center to Sign up for Activities or Special Events in Advance. All activities are first come first serve basis. Activities/Special Events are open to <u>everyone</u> age 50+ unless otherwise noted *CLOSED FOR ALL MAJOR HOLIDAY'S		

PUEBLO OF ISLETA

ISLETA ELDER CENTER ADULT DAY SERVICES

We are recruiting elders to become a part of our Adult Day Services Program!

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

Here are some activities that the clients have participated in:



They look forward to playing Bingo with the Isleta Health Center Dietitian. They are able to learn about the food groups, serving sizes as well as making healthy choices.



Clients enjoy woodburning activities which show off their talents as well as working with Legos which helps increase problem solving and motor skills



Educational meetings for health, wellness and benefits (various agency presentations)



The clients enjoyed Christmas Caroling and were very proud of themselves.



Encourage clients to enjoy, have fun and role play.



We held a Food Drive and were able to deliver over 70 bags of food to our homebound elder clients.



Dance, dance, dance – Christmas dancing is always fun!



The clients enjoy their time in Adult Day Services and look forward to meeting you and welcome you to join them.



Clients participate in exercises to help keep them healthy and active.


The POI Adult Day Service Program (for age 60+ years) supports the family in the care of their loved one Monday through Friday 8:30am to 3:30pm (transportation to and from home provided).

LET US HELP YOU IN THE CARE OF YOUR LOVED ONE

For more information you may contact Monica Gonzales, Outreach Manager or Evangeline Lente, Adult Day Services Manager at (505) 869-9770.



Isleta Tiwa  
AA Meetings



Every Thursday-Starting Tomorrow

01/19/23


6:00 PM-7:00 PM

B'-EEH-K'OO-EE Wellness Center

01 Sagebrush St. SW

Albuquerque, NM 87105

WHAT IS ADDICTION?



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

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

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


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

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

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

***Remember there is no shame in having an addiction – the shame is in doing nothing about it.***

***B'eeh-K'oo-ee Wellness Center 505-869-5475***



2023 Meeting Schedule (Tentative)

Isleta Health Support Group

1pm-2:30pm on or 5:00pm-6:30pm

Alternating Months

\*Meetings usually change time every other session, from 1-2:30pm to 5pm-6:30pm


TENTATIVE SCHEDULE

DATE	TOPIC	SPEAKER	LOCATION
1/10/2023 5-6:30	Evening Session A Bright Smile Never Ages	Alice Pecos Native American Professional Parent Resources (NAPPR)	Isleta Health Center KITCHEN Enter through the Gate on Southside-2nd door on Right
February Date/Time to be Determined	10th Annual Go Red For Native Women Heart Health Summit American Heart Association		Isleta Health Center Room to be Determined Conference Virtual
Contact Stephanie at 869-4479 to register for Heart Health Summit			
3/14/2023 5pm – 6:30pm	EVENING SESSION Indoor Air Quality	Heaven Lucero Isleta Environmental Dept.	Isleta Health Center Large Conference Room 2nd Door on the North Side
4/11/2023 1pm – 2:30pm	Fit at Any Size	Suzanne Porter-Bolten	Tentatively at the Isleta Elders Center (?)
5/16/2023 NOTICE 3rd Tuesday 5pm-7:30pm	EVENING SESSION 8th Annual Isleta Cancer Survivors Day Event	Bubble Blow/Survivor Celebration/Survivor Panel	To be Determined
6/13/2023 1pm-2:30pm	Climate Change and Health	Stephanie Moraga-McHaley Renee Volker-Rector NMDOH	Tentatively at the Isleta Elders Center (?)
7/11/2023 5pm-6:30pm	EVENING SESSION Patient Advocacy and Navigating Care Choices	Cindy Brown Senior One	Isleta Health Center Large Conference Room 2nd Door on the North Side
8/8/2023 1pm-2:30pm	Care for the Caregivers	Deb Openden Openden Associates	Tentatively at the Isleta Elders Center (?)
9/12/2023 5pm – 6:30pm	EVENING SESSION Power of Attorney/ Advanced Directives	Feliz Martone Martone Law office	Isleta Health Center Large Conference Room 2nd Door on the North Side
10/10/2023 1pm-2:30pm	13yr Anniversary Celebration of Group Established October 2010		Tentatively at the Isleta Elders Center (?)
11/14/2023 5pm-6:30pm	EVENING SESSION ThinkFirst Prevention	Helen Sisneros, BS, Trauma Support Program Coord. ThinkFirst NM Director	Isleta Health Center Large Conference Room 2nd Door on the North Side
12/12/23 1pm-2:30pm	Alzheimer's and Dementia	Cindy Brown Senior One	Tentatively at the Isleta Elders Center (?)

Topics are subject to change.  
EVERYONE WELCOME  
Sessions are in person, but can be  
Virtual, if interested, please call.

Contact Stephanie Barela to sign up  
And to learn more!  
Phone: 869-4479  
Email: stephanie.barela@isclclinic.net

WE'RE  
MAKING  
CHANGES



IHC PUBLIC HEALTH LINE WILL  
NOW BE OPERATING


(505) 869-9720

• MONDAY - FRIDAY






• 8 AM - 4:30 PM

Public Health will now offer nonperishable  
food and cleaning products on a needs  
analysis basis only

SCAN AND  
SUBMIT YOUR POSITIVE  
TEST RESULTS HERE



For Emergencies call 9-1-1

FEBRUARY 2023 ISLETA HEALTH CENTER Questions? Call 869-3200					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Freedom From Smoking Sessions 5:30pm @ Isleta Health Center Feb.1-Session 4 Feb.2-Session 5 Feb. 8-Session 6 Feb. 15-Session 7 Feb. 22-Session 8	 twinkl.com	1 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. Diabetes Wellness Center Open: 4:30-7:00pm	2 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Diabetes Wellness Center Open: 4:30-7:00pm	3 Wellbriety Group: 4:30 -5:30pm @IHC Training Center, For more Information please call: 869-5475  "Wear Red for Heart Disease Awareness"
4/5	6 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	7 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 Diabetes Wellness Center Open: 4:30-7:00pm	8 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. Diabetes Wellness Center Open: 4:30-7:00pm	9 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Isleta Tiwa AA Meeting: 6:00-7:00pm @ B'eeh-K'oo-ee Wellness Center Diabetes Wellness Center Open: 4:30-7:00pm	10 Wellbriety Group: 4:30-5:30pm @IHC Training Center, For more Information please call: 869-5475
11/12	13 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 Diabetes Wellness Center Open: 4:30-7:00pm	14 HAPPY Valentine's DAY 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 Diabetes Wellness Center Open: 4:30-7:00pm	15 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. Diabetes Wellness Center Open: 4:30-7:00pm	16 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Isleta Tiwa AA Meeting: 6:00-7:00pm @ B'eeh-K'oo-ee Wellness Center Diabetes Wellness Center Open: 4:30-7:00pm	17 Wellbriety Group: 4:30-5:30pm @IHC Training Center, For more Information please call: 869-5475  RANDOM ACTS of KINDNESS DAY
18/19	20 CLOSED 	21 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 Diabetes Wellness Center Open: 4:30-7:00pm	22 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. Diabetes Wellness Center Open: 4:30-7:00pm	23 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Isleta Tiwa AA Meeting: 6:00-7:00pm @ B'eeh-K'oo-ee Wellness Center Diabetes Wellness Center Open: 4:30-7:00pm	24 Wellbriety Group: 4:30-5:30pm @IHC Training Center, For more Information please call: 869-5475 DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475
25/26	27 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	28 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 Diabetes Wellness Center Open: 4:30-7:00pm			<div>National Childhood Dental Health Month</div>



SAVE THE DATE

Isleta Health Center  
Health Fiesta  
Saturday, May 6, 2023  
10:00 AM-1:00 PM  
Isleta Health Center  
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!



Public Health Department:

New Changes

Isleta Health Center  
Phone: 505-869-9720

Greetings to all,

The IHC Public Health Department is making changes around COVID-19 standards. These changes are being made to stay current with the evolvement of the virus, as well as meeting the needs of the community. As the IHC Public Health Department continues to see a decrease in COVID-19 positive cases, it is important that standards be updated in order to ensure we are delivering quality health care to the POI community.

Moving forward, the COVID-19 Response Line will transition to normal Isleta Health Center business hours (see flyer for new hours). Calls made to the response line after 4:30pm and during the weekend will be instructed to leave a detailed voicemail and a Public Health representative will call back the next business day. For medical emergencies, please call 9-1-1.

Lastly, the IHC Public Health Department will transition to supplying nonperishable food items and cleaning products on a needs basis only, which will be assessed by IHC Public Health Patient Liaisons/ Contact Tracers.

As patient health and safety is a top priority to the Isleta Health Center, changes mentioned will revert if COVID-19 conditions becomes a state of crisis that needs urgent attention.