



Isleta Pueblo News

Volume 18 Issue 4

Pueblo of Isleta website: www.isletapueblo.com

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April 2023

Governor's Report

I want to continue to wish the entire community a nice safe and healthy month as Spring has arrived! We would like to remind the community to continue to practice the safety protocols and continuing to keep our COVID numbers low.

On Thursday, March 16th, Governor Zuni met with Congressman Vasquez to discuss the Pueblo's law enforcement, infrastructure, and natural resources initiatives. As Congress gears up for its annual budget, the Pueblo of Isleta has submitted specific federal appropriations requests to the New Mexico Congressional delegation, including Congressman Vasquez. Governor Zuni appreciates his partnership with Congressman Vasquez and the other members of the delegation. He will continue to urge them to advocate for Isleta's interests.

We are excited to announce our broadband grant has been received and we have hired Richard Jaramillo as the manager. This upgrade is in the beginning stages and we will update you at a later time.

Again, we would like to remind you that all irrigation issues be addressed with your assigned Mayordomos, before proceeding to the Governor's and Natural Resources.

Chical

Brian Jiron Leon Chiwiwi

Ranchitos

Ben Garcia Derek Jaramillo

Village

Warren Edaakie Clint Lente

We will be hosting our second community meeting on Sunday, April 16, 2023. The meeting will be located at Isleta Resort and Casino in Ballroom B from 1:00-4:00pm. We would like to see everyone attend to hear what changes we will be bringing to the Pueblo. It is also my intent to continue to listen and determine what the priorities of the community are. We have been working on the human resources issues, probate cases, and we have started on the Chical Well Project. Our plan is to have our Cultural Center up and running by the summer, 2023. We have also started the project for the little league fields and new building.

Rent the Reception Hall or Court House for your Next Big Event!

The Reception Hall and Court House are now taking reservations! To check availability or ask any questions, please contact the Governor's Office at

(505) 869-3111. All reservations must be made in person at the Governor's Office.

The cost to reserve the Reception Hall is \$250, with a \$100 refundable deposit due at the time of booking. The cost to reserve the Court House is \$100, with a \$50 refundable deposit due at the time of booking. All payments must be made via money order. Please comply with all rules and regulations for the Court House and Reception Hall to keep our facilities in good condition for everyone, or risk losing your damage deposit.

The Reception Hall and Court House are booking up quickly. Make your reservation today!

Need a Burn and Wood Permit?

Melissa Abeyta with Natural resources will be issuing out all burn and wood permits!

Natural Resource Department Building (located in the same building as Transportation/Motor Pool- we are on the south side) 3929 Hwy 47 Albuquerque, NM 87105. For more

information please contact her at 505-869-9817.

I would like to wish the community a safe and healthy Happy Easter!

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

Ha-Wuh

Max A. Zuni

Governor Pueblo of Isleta

Community Meeting



POI Environment Department staff member Heaven Lucero protests against the proposed asphalt plant in the South Valley. (Source: NM Climate Justice)

POI wins victory in Star Paving Asphalt Plant Appeal.

On February 23, 2023, a New Mexico Court issued an order in the *Sena v. Board of County Commissioners* case denying the Sena Trust and the Star Paving asphalt company from creating a new continuous mix asphalt plant in the South Valley.

The Pueblo of Isleta together with the Mountain View Coalition, which includes the Mountain View Neighborhood Association, Mountain View Community Act, and Friends of Valle de Oro National Wildlife Refuge, opposed the development of an asphalt plant throughout the County's zoning review process and air quality permitting process throughout last summer. The Pueblo argued that allowing a new asphalt plant in the South Valley would worsen air quality and increase industrial pollution.

In September of 2022, the Bernalillo County Commissioners upheld an administrative decision to maintain the Sena Trust land as rural-agricultural and to restrict any manufacturing uses on the property to those specifically authorized through a special use permit and site development plan in the 1980s and 1990s.

The Sena Trust and Star Paving appealed the County Commissioners' decision to maintain the Sena Trust as a rural-agricultural property and prevent the construction of a continuous mix asphalt plant to the District Court in Bernalillo County. The Pueblo and the Mountain View Coalition, filed a "Friend of the Court" brief in that appealed to bring the Court's attention the environmental impacts of an asphalt plant in the South Valley

The Court's February 23 Order supported the Bernalillo County Commissioners' and Pueblo of Isleta's position and stops the constructions of a new asphalt plant in the South Valley.

Governor Max Zuni said "Isleta Tribal Members and South Valley residents deserve access to clean air and water. The Pueblo should not be required to bear the brunt of expanding polluting industries. We are glad to see the Court stopping the illegal construction of an asphalt plant in the South Valley. The Court's decision is a victory for the Pueblo of Isleta."



Pueblo of Isleta Environment Department staff with concerned citizens protesting before a Bernalillo County Commissioners' meeting. (Source: Adolphe Pierre-Louis/Albuquerque Journal)

LETTER FROM THE EDITOR

DEADLINE for May Newsletter articles is set for Wednesday, April 19, 2023, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it’s time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you,
Nathaniel Lujan

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

The fifteen Newsletter distribution locations are:

1.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

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

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

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

14.

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

15.

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

PROBATES

IN THE MATTER OF THE ESTATE OF:
Marie Carmela Sutherland

Case No. CV-PR-0158-2022

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Marie Carmela Sutherland**, deceased **02/02/2022**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **Thursday, June 15, 2023 at 2:30 pm** at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:
Velma Lucero

Case No. CV-PR-0187-2022

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Velma Lucero**, deceased **07/14/2019**, 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.

IN THE MATTER OF THE ESTATE OF:
Mary Jaramillo

Case No. CV-PR-0003-2023

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Mary Jaramillo**, deceased **09/21/2012**, 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 Tomas Jojola

Case No. CV-PR-0011-2023

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose Tomas Jojola**, deceased **12/27/1994**, 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:
Frank Michael Jojola

Case No. CV-PR-0014-2023

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Frank Michael Jojola**, deceased **10/09/2016**, 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 Perfilio Lucero

Case No. CV-PR-0155-2022

Second Notice


TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose Perfilio Lucero**, deceased **03/21/2022**, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for **Thursday, March 16, 2023 at 01:30 pm** at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.




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.


 <div>ESTHETICIAN Location: Albuquerque, NM Publish Date: 03/24/2023 Level: Non-Exempt</div>	 <div>SUPERINTENDENT Location: Albuquerque, NM Publish Date: 03/23/2023 Level: Exempt</div>	 <div>SECURITY OFFICER II Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Security Level: Non-Exempt</div>
 <div>EXECUTIVE HOST MARKETING Location: Albuquerque, NM Publish Date: 03/21/2023 Level: Exempt</div>	 <div>ADMINISTRATIVE ASSISTANT III Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Non-Exempt</div>	 <div>SAFETY SPECIALIST Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Human Resources Level: Non-Exempt</div>
 <div>VALET SUPERVISOR Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Hotel Level: Non-Exempt</div>	 <div>VALET ATTENDANT Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Hotel Level: Non-Exempt</div>	 <div>POOL ATTENDANT Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: N/A Level: Non-Exempt</div>
 <div>TABLE GAMES DEALER Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Gaming Level: Non-Exempt</div>	 <div>SYSTEMS ANALYST Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Full-time</div>	 <div>POKER DEALER Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Non-Exempt</div>
 <div>SURVEILLANCE AGENT Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Surveillance Level: Non-Exempt</div>	 <div>SUPERVISOR F & B Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Food & Beverage Level: Non-Exempt</div>	 <div>PAYMASTER Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Non-Exempt</div>
 <div>SUPERVISOR F & B Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Food & Beverage Level: Non-Exempt</div>	 <div>SUPERVISOR F & B Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Food & Beverage Level: Non-Exempt</div>	 <div>NETWORK ADMINISTRATOR Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: N/A Level: Exempt</div>
 <div>SUPERVISOR F & B Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Food & Beverage Level: Non-Exempt</div>	 <div>STEWARD Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Food & Beverage Level: Non-Exempt</div>	 <div>SECURITY OFFICER I Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Security Level: Non-Exempt</div>
 <div>STAFFING SPECIALIST Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Exempt</div>	 <div>SPORTS BOOK WRITER Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Gaming Level: Non-Exempt</div>	 <div>ROOM ATTENDANT Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Hotel Level: Non-Exempt</div>
 <div>SLOTS TECHNICIAN SUPERVISOR Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Gaming Level: Non-Exempt</div>	 <div>SLOTS SHIFT MANAGER Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Gaming Level: Exempt</div>	 <div>POKER FLOOR SUPERVISOR Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Gaming Level: Non-Exempt</div>
 <div>SLOTS LAB TECHNICIAN Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Gaming Level: Non-Exempt</div>	 <div>SLOTS FLOOR ATTENDANT Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Gaming Level: Non-Exempt</div>	 <div>PLUMBER II Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Non-Exempt</div>
 <div>SHUTTLE DRIVER Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Hotel Level: Non-Exempt</div>	 <div>SHIPPING & RECEIVING CLERK Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: Finance Level: Non-Exempt</div>	 <div>OFF- SITE ATTENDANT Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: N/A Level: Non-Exempt</div>
 <div>SERVER Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Non-Exempt</div>	 <div>SERGEANT Location: Albuquerque, NM Publish Date: 03/17/2023 Job Family: N/A Level: Non-Exempt</div>	 <div>MASSAGE THERAPIST Location: Albuquerque, NM Publish Date: 03/17/2023 Level: Non-Exempt</div>



MAIN BANKER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt




LANDSCAPE TECHNICIAN II
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt




LAKES CASHIER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt




HVAC TECH II
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt




HDCT
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



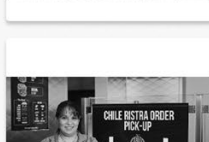
GUEST SERVICE SUPERVISOR
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



GROUNDKEEPER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Recreation
Level: Non-Exempt



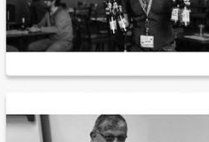
FOOD ATTENDANT
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



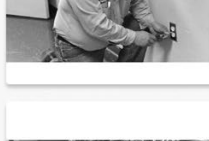
FOOD ATTENDANT
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



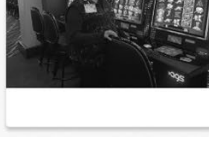
FOOD ATTENDANT
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt




EXPEDITOR
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



ELECTRICIAN II
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Facilities
Level: Non-Exempt



COUNT MEMBER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Finance
Level: Non-Exempt



BANQUET SERVER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



LOBBY PORTER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



LAKES GROUNDKEEPER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



IRRIGATION TECHNICIAN
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



HOTEL PM TECHNICIAN
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



HDC SPECIALIST
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



GUEST SERVICE REPRESENTATIVE
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



FOOD ATTENDANT
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



FOOD ATTENDANT
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



FOOD ATTENDANT (BEVERAGE)
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



ENTERTAINMENT MANAGER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Exempt



CUSTODIAN
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Facilities
Level: Non-Exempt



COUNT MACHINE TECHNICIAN
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Finance
Level: Non-Exempt



ASSISTANT SUPERINTENDENT
Location: Albuquerque, NM
Publish Date: 03/13/2023
Job Family: Recreation
Level: Exempt




COSMETOLOGIST
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



COOK II
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt




COOK I
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



COOK I
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



CASHIER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



BARTENDER
Location: Albuquerque, NM
Publish Date: 03/17/2023
Level: Non-Exempt



COOK II
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



COOK I
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



COOK I
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt




COOK I
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt




COOK I
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



CALLER/FLOOR CLERK
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Gaming
Level: Non-Exempt



BARBACK
Location: Albuquerque, NM
Publish Date: 03/17/2023
Job Family: Food & Beverage
Level: Non-Exempt



ADVERTISING MANAGER
Location: Albuquerque, NM
Publish Date: 03/13/2023
Job Family: Marketing
Level: Exempt

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date	Position Posting	Office Location	Closing Date
ACCOUNTANT	Treasury	03/31/2023	GROUNDSKEEPER	C-Stores	04/07/2023
ACCOUNTING TECHNICIAN	Housing Authority	03/24/2023	GROUNDS MAINTENANCE WORKER	Public Works	03/29/2023
ACCOUNTING TECHNICIAN	Treasury	04/07/2023	HEAD START STAFF ASSISTANT (2 Positions)	Head Start	03/31/2023
ADMINISTRATIVE ASSISTANT I	Treasury	04/07/2023	HEAD START TEACHER I (2 Positions)	Head Start	03/31/2023
ANIMAL CONTROL OFFICER	Police Department – Open Space	03/31/2023	HIGHWAY SAFETY POLICE OFFICER	Police Department	04/07/2023
BAILIFF	Tribal Court	03/31/2023	HOME CARE ATTENDANT	Elder Center	04/07/2023
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	03/31/2023	INFECTION CONTROL NURSE	Health Services	05/05/2023
BUSINESS MANAGER II	Public Works	03/29/2023	INVESTIGATOR	Police Department	04/05/2023
CAREGIVER (2 Positions)	Assisted Living	03/31/2023	IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
CARPENTER I (2 Positions)	Housing Authority	03/31/2023	LABORER (3 Positions)	Housing Authority	03/31/2023
CARPENTER II	Housing Authority	03/31/2023	LANGUAGE INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled – Within Only
CARPENTER III (2 Positions)	Housing Authority	03/31/2023	MAINTENANCE TECHNICIAN (2 Positions)	Housing Authority	03/31/2023
CERTIFIED POLICE OFFICER	Police Department	Open Until Filled	MEDICAL ASSISTANT (2 Positions)	Health Services	03/31/2023
CHILD CARE PROVIDER I (2 Positions)	Head Start	03/31/2023	NATURAL RESOURCES MANAGER	Natural Resources	04/07/2023
CLINICAL SUPERVISOR	Health Services	03/29/2023	OPTOMETRIST	Health Services	Open Until Filled
CLINICAL THERAPIST	Health Services	03/31/2023	PARKS MAINTENANCE WORKER	Parks & Recreation	03/31/2023
COMMUNITY HEALTH REPRESENTATIVE	Health Services	03/23/2023	PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center	Open Until Filled – Within Only
COMPUTER IT SPECIALIST	Department of Education	04/07/2023	PHYSICAL THERAPIST	Health Services	03/23/2023
CONSTRUCTION PROGRAM COORDINATOR	Housing Authority	04/07/2023	PLUMBER	Housing Authority	03/31/2023
COOK I (2 Positions)	Head Start	03/31/2023	POLICE OFFICER I – CERTIFIED	Police Department – Open Space	Open Until Filled – Within Only
CREDENTIALING SPECIALIST	Health Services	03/31/2023	PRE K-12 EDUCATION COORDINATOR	Department of Education	03/31/2023
CUSTODIAN	Public Works	03/29/2023	PROCUREMENT ASSISTANT	Procurement	Open Until Filled
DIRECTOR, ADMINISTRATIVE SERVICES	Health Services	03/24/2023	RANGELAND MANAGEMENT SUPERVISOR	Natural Resources	03/31/2023
DIRECTOR, CONSTRUCTION OPERATIONS	Construction Operations	Open Until Filled	RECEPTIONIST	Gaming Regulatory	03/28/2023
DIRECTOR, CULTURAL & HISTORIC PRESERVATION	Cultural & Historic Preservation	03/31/2023 – Within Only	RESIDENTIAL PROJECT MANAGER	Housing Authority	03/31/2023
DIRECTOR, CLINICAL SERVICES	Health Services	03/24/2023	SALES ASSOCIATE	C-Stores	Open Until Filled
EMT – INTERMEDIATE	Health Services	04/05/2023	SHIFT LEAD	C-Stores	Open Until Filled
EMT – PARAMEDIC (2 Positions)	Health Services	03/31/2023	SYP – AQUATIC AIDE (3 Positions)	Parks & Recreation	03/31/2023
EXECUTIVE DIRECTOR, IPHA	Housing Authority	Open Until Filled	SYP – RECREATION AIDE (16 Positions)	Parks & Recreation	03/31/2023
FARM EQUIPMENT OPERATOR	Conservation	Open Until Filled – Within only	SYP – WEED & LITTER (18 Positions)	Parks & Recreation	03/31/2023
FITNESS INSTRUCTOR	Parks & Recreation	03/31/2023	TEACHER ASSISTANT	Head Start	04/07/2023
UTILITY WORKER	Public Works	03/23/2023	TIWA LANGUAGE EDUCATION ASSISTANT	Department of Education	04/07/2023
VAN DRIVER	Elder Center	03/31/2023	TRIBAL ADMINISTRATION RECORDS CLERK	Tribal Administration	03/24/2023
VETERAN SUPPORT SERVICE MEMBER	Elder Center	Open Until Filled – Within Only	UTILITY FOREMAN	Public Works	03/23/2023
			WATER / WWTP OPERATOR I-IV	Public Works	03/31/2023
			WILDLIFE BIOLOGIST	Natural Resources	03/31/2023



@ the Isleta Travel Center is hiring for Part-Time employment which consists of Weekends and Nights. Starting pay \$12.00/hr. Applicants must apply within store. Please ask for Patricia Lente or call (505) 869-6090

Now Hiring



VALLE DE ORO EJ LEADERSHIP TEAM

NOW ACCEPTING APPLICATIONS

ENVIRONMENTAL & ECONOMIC JUSTICE COORDINATOR

APPLY NOW

The Valle de Oro Environmental Justice Leadership Team is asking our community to help us find a full-time Coordinator to help guide the continued development and successful implementation of the Valle de Oro NWR Environmental & Economic Justice Strategic Plan.

This position will work closely with a diverse group of partners including our neighbors, grassroots and frontline organizations, local, state and federal government personnel, Tribal Nations and a network of local and national EJ partners. Development of participatory research and community-based projects and activities.

Applicants who are bilingual and from the local South Valley area and New Mexico are encouraged to apply.

WE ASK MEMBERS OF OUR COMMUNITY TO HELP US IDENTIFY AND ENCOURAGE LOCAL CANDIDATES TO APPLY FOR THIS POSITION!

POSITION SUMMARY

- Full-Time · 40hrs/wk
- ~\$45,700/yr
- May 2023 - June 2024
- Social Justice Values
- Apply by April 10th

FOR FULL DETAILS & HOW TO APPLY
CLICK OR SCAN



CONTACT XAVIER@FRIENDSOFFALLEDEORO.ORG FOR MORE INFORMATION

Census/Tribal Enrollment Department

Address Updates:

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

Tribal Identification Cards:

Tribal Identification cards will be issued every Tuesdays and Thursdays by appointment.

Reminder** ALL TRIBAL IDENTIFICATION CARDS HAVE AN EXPIRATION DATE OF FIVE (5) YEARS.

****ALL REQUIRED DOCUMENTS MUST BE ON FILE WITH THE TRIBAL ENROLLMENT/CENSUS OFFICE PRIOR TO RECEIVING A TRIBAL IDENTIFICATION CARD. ****

Birth and Certificates:

State of NM Birth Certificates may be obtained through the Census/Tribal Enrollment Department. We will continue to make monthly visits to New Mexico Vital Statistics on behalf of tribal members. An Authorization form must be signed and notarized at the Census/Tribal Enrollment Department giving Director or Enrollment Clerk authorization to obtain Birth Certificate on behalf of Tribal Member. The cost for each certified certificate is \$10.00 each with cash, check or money order payable to: NM Vital Records Office. P.O. Box 25767 Albuquerque, NM 87125

Death Certificates:

There have been many questions regarding the death certificate process. As a reminder, the Pueblo of Isleta, Census/Tribal Enrollment Department will kindly assist family members in the completion of death certificates of all Tribal Members. Paperwork needs to be completed by the family before starting the process on the state system. Paperwork can be picked up at the Census office.

Once the death certificate has been approved and registered with the NM State Vital Statistics Office, An Authorization form must be signed and notarized at the Census/Tribal Enrollment Department giving Director or Enrollment Clerk authorization to obtain Death Certificate on behalf of the family.

All Certified Death Certificate copies are \$5.00 each with cash, check or money order payable to: NM Vital Records Office. P.O. Box 25767 Albuquerque, NM 87125

Residence Ordinance:

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

Please contact the Pueblo of Isleta Census/Tribal Enrollment Department at (505) 869-9766 if you have any questions.

Census/Tribal Enrollment Staff,

Nanette Coriz, Director
Ashlee Abeita, Enrollment Clerk
Linda Sue Dawn LeBeau, File Clerk

White Eagle Electrical Services LLC

(505)917-6933

(505)259-4178

Jpirowees@gmail.com

100% NATIVE OWNED

Licensed and Bonded Electrical Contractor EE-98 License #397349

Licensed and qualified local electricians

New Commercial, Retail, and Office estimates

Property Management maintenance agreements

Troubleshooting

Sign repair including neon

Code upgrades

Office and exterior lighting including parking lot lighting

Energy saving

Solar energy

Hookups for appliances and air conditioner units


Ceiling fan and lighting repair

24-hour service



<https://whiteeagleelectricalservices.com/>

Sp Adobe Spark



Where trusted and valued Student/Tutor relationships begin.

Tutor Doctor is Hiring Tutors!

Albuquerque, Rio Rancho, Los Lunas, & Belen

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

Tutor Doctor tutors enjoy:

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

Qualifications:

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

Responsibilities:

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

Job Types: Part Time, Flexible, Independent Contract

Pay: \$18.00 +

Fill out an application online

<https://www.tutordocor.com/albuquerque/about-us/become-a-tutor/>

or

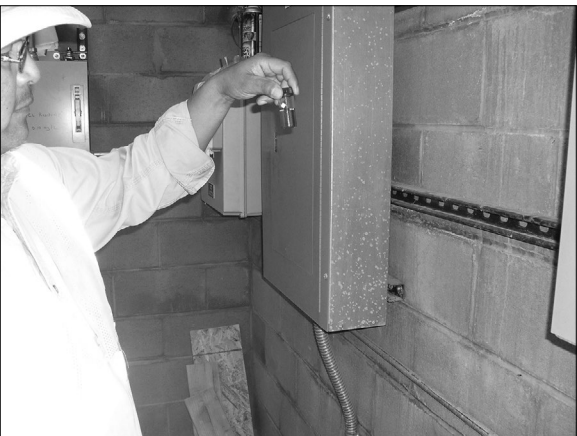
call Tutor Doctor at (505) 545-8500

PUBLIC WORKS DEPARTMENT

Public Works Employees express their condolences to the family and friends of Esquipula Augustine Lucero (“Augie”) on his passing. Mr. Lucero was a long time employee of the Pueblo of Isleta Public Works Department. Augie worked in various Public Works Divisions during his employment with the Pueblo. Augie always put in his best effort as he served his community. He had a smile for everyone he met and was friendly to all. Augie provided all of us that knew him with wonderful memories – his Spirit will be with all of us for years to come.

Public Works is sharing some photos we have of Augie taking care of the water systems here on the Pueblo.

Augie obtaining a total coliform sample for SDWA Compliance purposes. Augie testing the drinking water chlorine residual at a well house.







NOW ★ HIRING

ALBUQUERQUE, NM

Rural Carrier Associates

This Position Requires:

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

APPLY TODAY

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APPLY NOW

usps.com/careers

Think you have what it takes?

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

You can earn

\$19.06/hour

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Through grant funding and community donations/support, the local Mitchell Theatres Starlight Cinema 8 Movie Theater in Los Lunas will be open and free to post prom goers.

FREE TO ALL PROM ATTENDEES – BRING YOUR PROM TICKETS!

SHOW YOUR SUPPORT OF THIS EVENT & COME BY!
ENJOY THE FREE MOVIE AND PROMOTE HEALTHY BEHAVIOR!!
Free popcorn and sodas will be offered to the first 100 participants.

The movies will be open starting at 11:30 pm with the movies beginning around midnight. Chaperones are always welcome and our local law enforcement agencies will also be present for this event. Please help us spread the word about this wonderful and free sober post prom event.



VILLAGE OF LOS LUNAS DWI PROGRAM



Through grant funding and community donations/support, the local Mitchell Theatres Starlight Cinema 8 Movie Theater in Los Lunas will be open and free to post prom goers.

FREE TO ALL PROM ATTENDEES – BRING YOUR PROM TICKETS!

SHOW YOUR SUPPORT OF THIS EVENT & COME BY!
ENJOY THE FREE MOVIE AND PROMOTE HEALTHY BEHAVIOR!!
Free popcorn and sodas will be offered to the first 100 participants.

The movies will be open starting at 11:30 pm with the movies beginning around midnight. Chaperones are always welcome and our local law enforcement agencies will also be present for this event. Please help us spread the word about this wonderful and free sober post prom event.



VILLAGE OF LOS LUNAS DWI PROGRAM



TRUANCY

Spring Greetings,

We hope you had a fun and safe spring break, and we hope you are comfortable with the current time change. Many of us are enjoying more of the sunlight and are ready to be more active with our families.

Before you know it Graduation will be upon us. We hope you are prepared and excited for this wonderful time in your life. As you are counting down the days, remember to enjoy every single moment.

With over a month left of school remember not to lose focus and attend school DAILY and be on time! There's so much information to absorb to be successful.

TIME TO PREPARE FOR GRADUATION!

Keep Studying:

With graduation just around the corner you might think that keeping up with homework or studying is not that important. Remember that the final exam grade is an important part of your overall GPA.

Sports:

If you play sports, keep in mind that college recruiters not only look at your athletic performance but they also look at academic success and attendance.

Return items to avoid paying any fees:

Be sure to return items that belong to the school, such as library books, uniforms, MacBook's/ Chromebooks, along with charging cords.

Look over your social media platforms:

As we all know, everyone is on social media such as Facebook, Instagram, Snapchat, and Tik Tok. While most of us do forget what was posted on our social media accounts, it is a good idea to clean up your social media. Keep in mind that not everything you are doing needs to be posted.

The Truancy Department hopes you have a safe and fun reminder of the school year!

Submitted by,
Jared C Jojola
Administrative Assistant

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.

DEPARTMENT OF EDUCATION



The Department of Education would like to recognize Ms. Tiffany Jiron. She is an ambassador for New Mexico Highlands University serving as one of four of the 2023 Legislative Leadership Fellows! This fellowship helped her develop leadership skills and enhanced effective communication skills. Through this experience Tiffany gained legislative knowledge and worked with a team to lobby for \$750,000 in Capital Outlay requests during this legislative session to enhance Mental Health Services at the NMHU.

In addition to the fellowship, Ms. Jiron has been awarded the **Facundo Valdez Exemplary Student Award** from New Mexico Highlands University. Please join us in recognizing the hard work of Ms. Tiffany Jiron. We are proud of Tiffany, her achievements and outstanding representation of our Tribe.

ACADEMIC SUPPORTS

The Department of Education Academic Success Team would like to wish you all a happy and safe month of April. April means that we are officially closer to the end of the school year, and warmer weather. This time of the year students think they can slack off with their schooling, but now is the time to actually buckle down and earn the best grade you can possibly get for each of your classes. The Department has been hosting “Homework Help” evenings in addition to its regular tutor sessions held Monday through Thursday from 2-5pm. On “Homework Help” evening tutors are available to 7pm. Students who have been attending are taking advantage of our onsite tutors and getting the support they need to complete homework and increase their grade averages.

It is very important for parents and guardians to be on top of your child’s grades, this will help with the shock of finding out at the end of the semester that your child did receive credit for his or her class. If you need help getting access to your student’s grades, please reach out to our program and we can assist you.

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

Upcoming Events:

- April 3rd Homework Help 3pm – 7pm.
- Los Lunas April Break – April 7th & 10th
- NACA April Break – April 7th & 10th

College Updates:

Freshman college students, you are in the final stretch of your first year in college! Remember to write down all your assignment due dates and do not be a procrastinator. Give yourself a deadline date before your actual

assignment is due, this will help you ensure that the assignment is completed with plenty of time to spare. Also, take advantage of your resources that your school has to offer. When you take advantage of the resources that are being offered you are not navigating college alone! If you need assistance in accessing your school resources, please reach out to our department. We will gladly assist you. 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.

Michelle & Jolynn

MORE ON TUTORING

The Department of Education **Tutoring Program** is continually providing tutoring support for K-12 grade students from Los Lunas School District, Albuquerque Public Schools and other schools attended by Isleta students. We are currently providing support for over 25 students through After School tutoring and Varsity Tutors. In addition, we also provide support for college level courses.

We will continue to share updates from the Education Department on our webpage <https://www.isletapueblo.com/tribal-programs/educational-services/> , Library Facebook page, or posted on Pueblo of Isleta Facebook page. If you have any questions or regards, please contact the Department of Education at (505) 869-9790.

TIWA LANGUAGE

If you are a Tribal Member interested in improving your usage of our Tiwa language,

please contact our department (505)869-9790. Open classes occur on Tuesday and Thursday from 5:30-6:30pm at the Department of Education/Library Complex. In addition, we are also offering classes via our Pilot Program. For the Pilot Program you must be willing to commit at minimum of 2 hours per week.

From DOE- Higher Education Team

Educational/ Career Goal: Law School

Thinking about a career or entering law school? 2.1% of Native American applied into law school, 1.8% of Native American students are attending law school. The need for Native lawyers is still in demand. Native lawyers are in need to cover legal rights, settlements, treaty rights, environmental rights and expand diversity in a legal profession that is disproportionately underrepresented.

The Higher Ed team attended the **2023 Pathway to Legal Profession: Pre-Law Advisors Training Conference** which helps the staff identify, advise, and support Native American students who are in pre-law or entering law school. This conference attended by the DOE team aims to increase the number of competitive Native law school applicants to support the next generation of Indigenous attorneys.

These sessions included identifying native students for law school, advising students on law school selections, helping with personal statements and resumes, financing a law school education, and asking current Native students questions about their own experience in their law school journey.

Pueblo of Isleta Department of Education

presents

Language & Culture Contest

How do you or would you represent our language and culture?

How would you symbolize our language and culture?

What does our culture and language mean to you?

Isleta Pueblo Tribal Members

are encouraged to submit:

Art Pieces- Mixed media, painting/drawing, pottery, photography, video, etc.

Writing- Poetry, song, short story etc.

Age Categories

3-8 years old

9-12 years old

13-17 years old

18-24 years old

Honorariums will be given to 1st, 2nd and 3rd place in each category.

Exhibition: Entries will be shared during an exhibition in May (Location & Time TBD)

Submission Deadline

April 14th, 2023 @ 4:00pm

to the POI Dept of Ed.

For more information or support call 505-869-9790. Entry forms will be available at the office and required with each submission.

During the Q&A with the current Native students who are in their first, second and third year of law school, the first questions asked was **“What or who encouraged you to apply for law school?”**

- Student 1 (Female, 2nd year law student at University of Arizona James E. Roger College of Law): Tribal Community, PLSI, American Indian Law Center staff, and lawyer from tribal nation encouraged me to go into law.
- Student 2(Male, first year student at Michigan State University College of Law): Tribal attorney from my community. Encouragement from one of the former tribal chiefs, PLSI/pathway involvement with staff and professors, and the need for Native lawyers in this field.
- Student 3 (Male, third-year student at UC Berkeley School of Law): My parents. Mentors from my undergrad studies, tribal lawyers from my community. To be a positive influence to help native students and native communities.

Another question asked during this student panel was **“How do you keep your cultural-identity?”**

- Student 1: Native community was a part of her school selection, strong Native law program, sense of community, and adapting to that community.
- Student 2: Tribal community, always remembering “why and who I am here for?”, and learning how to have thick skin in a community where I might be the only Native in my program.
- Student 3: Being grounded on why I am here, and being an advocate for Native communities.

An important question asked was **“What was the greatest challenge in applying for law school and what piece of advice would you give a Native American student who is about to apply for law school?”**

- Student 1: Writing about self on personal statement, she questioned herself on “what did the office of admission want to hear” My advice would be to go to PSLI (Pre-Law Summer Institute for American Indian & Alaska Natives).
- Student 2: Competitiveness and the work put into the application. Also, the cost of applying for law school. My advice is be prepared; the struggles are worth it.
- Student 3: No roadmap to success in applying to Native law, I learned from organizations and alumni who attend law school. From my own experiences, feel empowered and confident to speak up.

For more information about Native American law or those who are interested in pre-law or law school, visit these websites or institutions:

- <https://law.asu.edu/pathway-to-law>
- <https://www.aile-inc.org/>
- <https://www.aile-inc.org/plsi/>
- <https://law.asu.edu/>
- <https://www.law.msu.edu/indigenous/center-clinic.html>
- <https://www.law.berkeley.edu/>
- <https://lawschool.unm.edu/>
- <https://sjquinney.utah.edu/>

Pueblo of Isleta Scholarship application is now open! The Application deadlines to turn in an application are

- Summer Term/Semester – April 1st 11:59pm
- Fall Term/Semester – July 1st 11:59pm

The Supporting Document Deadlines are

- Summer Term/Semester- May 31st 11:59pm
- Fall Term/Semester- August 31st 11:59pm

CALLING ALL NATIVE AMERICAN STUDENTS AND FAMILIES

SAVE THE DATE

Native American Youth Symposium

Engage in workshops, talk with colleges, and community partners

Date: April 21-22, 2023

Location: Albuquerque Marriot

2101 Louisiana Blvd NE, Albuquerque, NM



NM STATE

College of Agricultural, Consumer and Environmental Sciences
Indian Resources Development

MORE DETAILS TO COME

PUEBLO OF ISLETA PUBLIC LIBRARY

950 MOON LIGHT DR, SW ALBUQUERQUE, NM 87105

SUMMER READING PROGRAM 2023

June 5th -July 21st

JUNIORS

EXPLORING STEAM

(SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS)

Ages 3 (must be potty trained) - 6 Years Old

9:00am to 11:30am

20 Spots Available

• STORY TIME

• CRAFTS/ACTIVITIES

• OUTSIDE PLAY

• FIELD TRIPS

Registration

MAY 5TH!

AT

7:00AM

Until All Spots Are Filled!

*Registration must be completed by PARENT or GUARDIAN NO EXCEPTIONS!

YOUTH

MULTIPLE CURRICULUMS

Ages 7-14 Years Old

1:00pm to 4:00pm

25 Spots Available

• READING GROUPS

• CHALLENGES

• FIELD TRIPS

• CRAFTS/ACTIVITIES

SUMMER MEAL PROGRAM WILL BE PROVIDED!

FOR MORE INFORMATION PLEASE CALL

505-869-9808



Lets make our office GREEN

RECYCLE OFFICE PRODUCTS

YES

✓

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

NO

✗

PIZZA BOXES
PAPER PLATES
PAPER TOWELS
PLASTICWARE

KEEP ISLETA BEAUTIFUL

REDUCE, REUSE, RECYCLE



Isleta Elementary School Newsletter

April 2023

Providing Opportunities to Inspire Educational Success Thank You for Your Support

We want to express our appreciation to our fantastic parents, grandparents, and other family members for participating in Parent-Teacher Conferences on February 16 & 17. Also, thank you to those that completed the survey on the School Calendar and Schedule for next year. The results will be shared soon.

Eagles SOAR

One of our main goals in education is to become better citizens. Respecting all people in the learning community is essential to meet this goal. IES developed schoolwide rules and expectations to promote good citizenship. We call this *Eagles SOAR*. Adherence to these expectations contributes to a positive and effective school community in which children can succeed and grow. Here are two examples of how *Eagles SOAR* looks around the school. See the Student-Parent Handbook for more.

PLAYGROUND			
S	O	A	R
Safety First	Organized & Responsible	Act with Kindness	Respect our Community
<ul style="list-style-type: none">Use playground equipment properly.Follow the rules of all games.Organized games on field only.Stay away from animals on playground.	<ul style="list-style-type: none">Return playground equipment.Go to your destination area when bell rings.Report inappropriate activity or actions.Drink water or use restroom during recess.	<ul style="list-style-type: none">Help those in need or get an adult to help.Treat others as you like to be treated.Think about and recognize others' feelings.	<ul style="list-style-type: none">Follow playground rules.Use appropriate language.Respect personal space.Be respectful.
BUS			
S	O	A	R
Safety First	Organized & Responsible	Act with Kindness	Respect our Community
<ul style="list-style-type: none">Keep hands and feet to self.Board the bus one at a time.Remain seated while bus is moving.Follow directions.	<ul style="list-style-type: none">No food or drinks on bus.Clean up after yourself.Keep materials in your backpack.	<ul style="list-style-type: none">Treat others as you like to be treated.Think about and recognize others' feelings.	<ul style="list-style-type: none">Line up single file while waiting for bus.Use indoor voices on the bus.Use good manners.

Attendance Matters

COVID-19 had significant impact on student learning with many students experiencing challenges in reading, writing, and mathematics. The best first step to address the learning gap is being present at school every day. This year, we are happy to share that 89.44% of our students were in attendance from the start of this school year. **Our goal is to have over 92% in the final 9 weeks of school.** Here are some ways you can help us meet this goal.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-Covid-19 related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have Covid-19, call your school for advice.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

Revised October 2021



The Final 9-Week Challenge

For the final 9 nine weeks of school, we are partnering with the Education Department and Truancy Department to offer prizes for students who demonstrate the qualities and characteristics of *Eagles SOAR*. Each week, staff will nominate students to be entered into a drawing to win a cool prize. Students with perfect attendance each week will receive an extra special reward.

March & April Important Dates

April 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

March 20-24
March 29
April 3-14
April 5
April 7
April 10
April 21
April 27

NO SCHOOL – Spring Break
Awards Assembly at 1:30 – 2:30 pm
BIE Math, ELA, and Science Testing
Grades 4-6 Field Trip to Santa Fe Museums
NO SCHOOL – April Break. School closed.
NO SCHOOL – April Break. Staff only day.
EARLY RELEASE at 12:30 pm
Grades 2-3 Field Trip to Los Lunas HS for Moana Jr.

IES Attendance Policy

New Mexico State law states that all students, ages 5 through 18, attend school. It is necessary that your child attend school regularly not only to comply with the law but to ensure that your child is successful in school. Our policy states that if a student has excessive absences and/or tardies or has a pattern of frequent absenteeism and/or tardiness, the school will take action, including a referral to the Isleta Truancy Office. School starts at 8:00 am. If a student is going to be absent, parents should notify the school by 8:15 a.m. Parents may call the front office or provide a written note when the child returns to school. If a child is absent due to illness, it is considered "excused". Other "excused" absences are death in the family or participation in a cultural activity.

For more info, see the Student-Parent Handbook.

School Board Informational Meeting

Come learn how you can be part of the IES School Board on March 29 at 2:30-3:00 pm following the Awards Assembly. All parents and members of the community are welcome to attend.

Higher Education

Students applying for the Pueblo of Isleta Scholarship are required to respond to a few questions. Below you will find responses to the question, "What advice would you give to an incoming high school student?"

Advice from Pueblo of Isleta Higher Education scholarship recipients to High School Students

Advice from Graduate Students

"To incoming high school students is to stay focused and don't lose sight of your dreams. College can be challenging and may seem like it is never going to end, but it will, and you will succeed as long as you keep pushing through." -UNM Graduate Student

"To any incoming high school students would be to discover your passion and stay curious. I would say to be a sponge and soak up knowledge. Stay inspired and never stop exploring." –

"In terms of advice to younger students entering college, is to focus on one task at a time, there may be times that the workload may be immense or you just may simply not want to focus on work, but completing one task at a time and not worrying about other assignments at the same time has brought me academic success and lowered my stress levels. Continuing on in schooling to obtain a degree is one of the smartest choices that an individual can make in their life, and because the Pueblo of Isleta is so generous in helping pay towards your future and future success it would be a waste of your time and the Department of Education's time and resources by not putting all your effort into school work. The harder an individual works, the better the outcome as well as the greater chance of having a successful future. Also on a side note, by all means, never give up and always give 110%!"

- first year of grad school at UNM

Advice from a Doctorate student

"The first piece of advice that I would give to an incoming high school student would be to buckle down and work hard through high school and develop good study habits. It's really hard on some students when they graduate high school and go to college because they don't have parents or teachers hovering over them to make sure the student gets their work done. The best way to help the transition from high school to college is to have good study habits and be responsible. In college most of the professors aren't going to be very understanding of missed or late assignments and they certainly don't like excuses. They've heard them all. You're on your own when you go to college. Be independent and take responsibility for your classes and grades."

Advice from College Freshmen

"To any incoming student, to be patient and open minded about their future." –Metropolitan State University of Denver student

"To any high school student, my advice would be to remain grateful for what they have, and make the most of it. Always make the most of any situation you're put in and own it."

–New Mexico State University student


"I would like to tell a high school student to start planning for college and apply for as many scholarships as they can. There is a lot of support in them when going to college. I would like them to take advantage of that support, learn to manage their time, and enjoy being a college student while obtaining their degree." – CNM student

"If I were to give advice to an incoming high school student, I would tell them to focus on grades above anything else. To me, grades are the most important part of high school because of how much value those little numbers and letters hold. These will be the start to your college career. Knowing this very early in high school is the biggest advantage you can have compared to your peers. If you know early on how much your grades mean and how they can affect you in the future, it would encourage you to do better and to try harder. When I was going into high school


APRIL 2023

Isleta Elementary School


BREAKFAST




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



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




****Menus subject to change due to product availability****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>WG Blueberry Muffin Hardboiled Egg Apples 100% Orange juice Choice of Milk</div> <div>3</div>	<div></div> <div>French Toast Sticks Syrup Peaches Choice of Milk</div> <div>4</div>	<div></div> <div>Cinnamon Toast Crunch Cheese Stick Grapes Choice of Milk</div> <div>5</div>	<div></div> <div>Egg, sausage & cheese wrap Pears 100% Apple juice Choice of Milk</div> <div>6</div>	<div>**No School**</div> <div>7</div>
<div>**No School**</div> <div>10</div>	<div>Biscuits and Gravy Mixed Fruit 100% Orange Juice Choice of Milk</div> <div>11</div>	<div>Egg & Cheese Taco Salsa Apricot 100% Apple Juice Choice of Milk</div> <div>12</div>	<div>Omelet WG English Muffin Apples Choice of Milk</div> <div>13</div>	<div>Sausage Pancake Grapes 100% Orange Juice Choice of Milk</div> <div>14</div>
<div>Breakfast Burrito WG tortilla Peaches 100% Apple Juice Choice of Milk</div> <div>17</div>	<div>French Toast Yogurt Syrup Orange Wedges Choice of Milk</div> <div>18</div>	<div>Breakfast Pizza Mixed Fruit 100% Orange Juice Choice of Milk</div> <div>19</div>	<div>Yogurt Parfait Strawberry/Blueberry Graham Crackers 100% Apple Juice Choice of Milk</div> <div>20</div>	<div>WG Mini Pancakes Syrup Pears Choice of Milk</div> <div>21</div>
<div>WG Bagel Cream Cheese Oranges Choice of Milk</div> <div>24</div>	<div>Sausage Sandwich Apple Slices 100% Orange Juice Choice of Milk</div> <div>25</div>	<div>Honey Nut Cheerios Toast Jelly Banana Choice of Milk</div> <div>26</div>	<div>Scrambled Eggs WG Tortilla Salsa Mandarin Oranges Choice of Milk</div> <div>27</div>	<div>Breakfast Quesadilla Grapes 100% Orange Juice Choice of Milk</div> <div>28</div>


APRIL 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
<div></div> <div>Chicken Tenders Mashed potato w/Gravy Broccoli Pineapple WG Dinner Roll Choice of Milk</div> <div>3</div>	<div></div> <div>Beef Stir Fry Brown Rice Dice Pears Fortune Cookie Choice of Milk</div> <div>4</div>	<div><div></div><div>Sloppy Joe WG Bun Sweet Potato Fries Celery Sticks Applesauce Choice of Milk</div><div>5</div></div>	<div></div> <div>Chicken Fajitas WG Tortilla Refried Beans Baby Carrots w/Ranch Mixed Fruit Choice of Milk</div> <div>6</div>	<div>**No School**</div> <div>7</div>
<div>**No School**</div> <div>10</div>	<div>Chicken Quesadilla WG Tortilla Black Bean Salad Cucumber Slices Orange Choice of Milk</div> <div>11</div>	<div>Cheeseburger Tater Tots Broccoli Peach Cup Mustard/Ketchup Choice of Milk</div> <div>12</div>	<div>Beef Mac Casserole Cheesy WG Breadstick Garden salad Apple Slices Choice of Milk</div> <div>13</div>	<div>Breaded Chicken Sandwich Sweet Potato Fries Baked Beans Mixed Fruit Choice of Milk</div> <div>14</div>
<div>Cheese Pizza Tossed Salad w/Ranch Cherry Tomatoes Corn Orange Choice of Milk</div> <div>17</div>	<div>Beef Tacos Spanish Rice Pinto Beans Garnish Peach Cup Choice of Milk</div> <div>18</div>	<div>Corn Dog Mustard/Ketchup Sweet Potato Fries Mixed Vegetables Apple Slices Choice of Milk</div> <div>19</div>	<div>Teriyaki Chicken Brown Rice Vegetable Egg Roll Carrot sticks w/Ranch Mandarin orange Choice of Milk</div> <div>20</div>	<div>Meatloaf Mashed Potato w/Gravy Green Beans Pineapple WG Dinner roll Choice of Milk</div> <div>21</div>
<div>Frito Pies Garnish Corn on Cob Diced Pears Choice of Milk</div> <div>24</div>	<div>Salisbury Steak Mashed Potato w/Gravy Mixed Vegetables Peach cup WG Dinner roll Choice of Milk</div> <div>25</div>	<div>Chicken Alfredo Penne Pasta Broccoli Mixed Fruit WG Garlic Toast Choice of Milk</div> <div>26</div>	<div>Pepperoni Pizza Tossed Salad w/Cherry Tomatoes Celery Sticks Pineapple Tibits Choice of Milk</div> <div>27</div>	<div>Chicken Nachos Black Beans Salsa Cup Corn Salad Applesauce Choice of Milk</div> <div>28</div>



BIOGRAPHY

UNITED STATES AIR FORCE

SENIOR AIRMAN JAMES D. GABALDON

Senior Airman James Gabaldon is a C-130 Electrical and Environmental Systems Technician, 150th Aircraft Maintenance Squadron, Kirtland Air Force Base, N.M. He troubleshoots, repairs, and maintains the electrical and environmental system on the MC/HC-130J aircraft along with his Active-Duty counterparts. This includes wiring repair, component repair and replacement, tool accountability, paper and digital documentation, and ordering of parts.

Gabaldon enlisted in the Air Force in June 2018. He completed Air Force Basic Military Training in March 2020. He completed Aircraft Maintenance Fundamentals and CV-22B Crew Chief Technical School in November 2020. Gabaldon was activated by the State of New Mexico working jointly with the New Mexico National Guard in support of the COVID-19 mission from January 2021 to July 2021. He currently serves in the C-130 Electrical and Environmental Shop awaiting a technical school.

Gabaldon has over 4 years of military service in the New Mexico Air National Guard. He has been a go-to aircraft maintenance technician and trainer for CV-22 Osprey aircraft and is training to become fully qualified on the C-130.

EDUCATION

2020 Basic Military Training, Lackland AFB, Texas
2020 Aircraft Maintenance Fundamentals Technical School, Sheppard AFB, Texas
2020 CV-22 Crew Chief Technical School, Marine Corps Air Station New River, N.C.
2022 Airman Leadership School, Peterson SFB, Colo.

ASSIGNMENTS

1. November 2020-October 2022, CV-22 Crew Chief, 150th Aircraft Maintenance Squadron, Kirtland AFB, N.M.
2. November 2022-March 2023, C-130 Electrical and Environmental Systems, Kirtland AFB, N.M.

MAJOR AWARDS AND DECORATIONS

Air Reserve Forces Meritorious Service Medal
Nation Defense Service Medal
Global War on Terrorism Service Medal

EFFECTIVE DATES OF PROMOTION

Airman First Class June 21, 2018
Senior Airman March 14,2022

Public Works Department Project Update

505-869-5170

The Public Works Department will be busy with new projects the next few months and through the year, we ask to please be careful when traveling in these areas and watch out for the construction crew and equipment.

- Progress on drilling two new water wells on the Eastside water system continues
 - Dirt work is near completion
 - Fence for security will be installed
 - Well drilling will begin end of April beginning of May



EVERY FRIDAY & SATURDAY IN APRIL



TRUCK FEVER

12PM - 8PM
DRAWINGS HELD EVERY 2 HOURS

WIN A 2022 FORD F-150 SUPERCREW

WIN YOUR SHARE OF
\$100,000 IN CASH
GRAND PRIZE DRAWING
SUNDAY APRIL 30TH AT 5PM

Earn additional drawing tickets for every 10 points earned playing slots, table games, poker and bingo.

MILITARY MONDAY
FIRST MONDAY OF EACH MONTH
7AM - 10PM
2023

Active and Retired Military Veterans will receive
\$15 Free Play
every first Monday of each month.

Thank You for Your Service.

Guest must provide valid Military ID or DD-214 to be eligible. Offer may be redeemed once per promotional date. Free Play valid until 10pm on promotional day. See Isleta Players Club for complete details.

Instagram Like Us On Follow Us On

isleta.com



ISLETA
resort + casino



ASHLEY McBRYDE
APRIL 15 | 8PM
TICKETS ON-SALE NOW AT ISLETA CASINO
BOX OFFICE OR ISLETA.COM STARTING AT \$50
21 & OLDER SHOW



THE O'JAYS
APRIL 22 | 8PM
TICKETS ON-SALE NOW AT ISLETA CASINO
BOX OFFICE OR ISLETA.COM STARTING AT \$45
21 & OLDER SHOW



RUSSELL DICKERSON
APRIL 28 | 8PM
TICKETS ON-SALE NOW AT ISLETA CASINO
BOX OFFICE OR ISLETA.COM STARTING AT \$60
21 & OLDER SHOW



FELIPE ESPARZA
MAY 5 | 8PM
TICKETS ON-SALE NOW AT ISLETA CASINO
BOX OFFICE OR ISLETA.COM STARTING AT \$30
21 & OLDER SHOW



JEFFERSON STARSHIP
MAY 19 | 8PM
TICKETS ON-SALE NOW AT ISLETA CASINO
BOX OFFICE OR ISLETA.COM STARTING AT \$40
21 & OLDER SHOW

ENVIRONMENTAL

Monthly surface water quality results

E. coli bacteria in MPN/100 ml by POI Sample Location*	Date of collection				
	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23
South Boundary	435	1274	456	866	235
240 Wasteway	261	1421	344	727	272
Indian Interior Drain @ 240	46	84	7	8	8
NM 147	209	546	396	360	167
Black Bridge	104	238	488	141	73
Northern Boundary near Isleta Lakes	228	543	178	161	125
Albuquerque Riverside Drain	70	27	52	64	8
Two sample locations, irrigation season only					
Acequia Madre near Northern Boundary	73	272	-	-	-
Butte Lateral near Interstate-25	-	48	-	-	-

*Water quality samples are collected from the Rio Grande except 240 Wasteway, Indian Interior Drain at the 240 Wasteway, and Albuquerque Riverside Drain.

- Dash in data table indicates sample not collected.

“MPN” is a unit of measure that stands for most probable number. MPN is equivalent to colony forming units (“CFU”).

The Pueblo of Isleta’s most stringent surface water quality standard for *E. coli* bacteria is 88 MPN/100 ml at all times and at all flow rates.

On September 30, 2022 one sampling event was conducted to measure the concentration of pesticides and herbicides at 4 sample locations: the drain near NM 45 and Interstate 25, Atrisco Riverside Drain, NM 147 and the Albuquerque Riverside Drain near the Northern Boundary. All results were non-detect.

On March 20, 2023, *E. coli* concentration at the Acequia Madre sample location near the Pueblo’s northern boundary was 64 MPN/100 ml. Irrigation waters on the west side were shut off around March 22, 2023 for flushing.

If you have questions about surface water quality, contact Ramona Montoya, Water Quality Control Officer, at 505-869-7565.

SAVE THE DATE

Environmental Justice
Community Days:
Tree Planting Event

When: Saturday April 15th, 2023
10 am to 3 pm

Where: Valle de Oro National Wildlife Refuge




This event is coordinated by Pueblo of Isleta
Environment Department, hosted by Valle de Oro,
and trees donated by Trees Water and People.

For more information please call 505-869-2710

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National Prescription Drug TAKE BACK DAY

Got Drugs?



Dispose of your unused medications properly!

April 22,2023 from 10:00am - 2:00pm

Isleta Police Department
Tribal Complex

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

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

• Ointments

• Prescription Patches


• All Prescription Medications

• Over-the-Counter Medications


• Vitamins

• Samples

• Medications for Pets



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





Pueblo of Isleta Public Library

April has arrived with beautiful spring weather and the time when the Easter bunny will make an appearance. It is also National Library week where libraries across the country celebrate the contributions of libraries and librarians and to promote library use and support. There will be lots to do this month with fun runs, baseball and community events, but don't forget to stop by the library to take advantage of all our FREE resources and services.

News

In observance of Good Friday on April 7th the library will be closed from 8am to 12pm along with other POI departments. All library media checked out on Wednesday, April 5th will have a due date of Monday, April 10th. We apologize for any inconvenience this may cause. We will resume regular business hours on Saturday, April 8th.

Tax Season is upon us and the 2022 New Mexico Taxation and Revenue form packets are now available here at the library. Other Federal Tax and Revenue forms will need to be downloaded from the Internal Revenue website [irs.gov](https://www.irs.gov). Make sure and stop by the library and pick up a packet before the tax deadline.

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, and kit policy will be posted to view before checking out. If you have any questions, please speak with a staff member.

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

Summer Reading Program Registration will be Friday, May 5th starting at 7am.

Registration will be a first come, first serve basis. We will once again have one single line for registration for youth and junior groups. This will ensure that priority is given to those whom showed up early for registration. We will try our best to get in and out as soon as possible, but please be patient with staff during this time. Summer Reading Program Calendars and descriptions will be available during registration.

Some reminders to keep in mind before registering:

- Only Parents/Legal Guardians of students are allowed to sign up students for the Summer Reading Program.
- 3-year old's MUST be potty trained.
- We will be asking for BASIC information on the registration form along with a list of allergies.

If you have any questions regarding our Summer Reading Program, please give us a call at the Library and speak with a staff member at 505-869-9808.

Upcoming

The Youth Summer Reading Program group descriptions are out. We will feature 4 different curriculums to choose from. There will be 5 spots available for each group. Descriptions will be available at the library to pick up and will be posted on the library's social media pages and website.

Both Junior and Youth calendars will be available to be picked up at the library and will be posted on the library's website page. <https://www.isletapueblo.com/tribal-programs/library/>

Please go over the descriptions and calendars with your child(ren) before registration to get a better idea if our program will be a good fit for both parents and children. If you have any questions regarding our Summer Reading Program, please give us a call at the library and speak with a staff member.

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.



Exotics of the Rainforest presentation for Spring Break!



Tall Paul performing his magic show here at the library!



Storyteller Indiana Bones here at the library for Spring Break!

Recap

On Tuesday, March 14th the library hosted a magic show with Magician Tall Paul who put on an educational and entertaining show for everyone here at the library. It was a fun evening with lots of magic with parents and children laughing and enjoying their time here at the library. This was a FREE family event and one of three performers we had at the library for Spring Break. We would like to thank Tall Paul for putting on an excellent magic show and everyone who attended.

Next on our list of performers for the Spring Break was Exotics of the Rainforest which was on Thursday, March 16th. Participants got to enjoy a presentation featuring live parrots, reptiles, and amphibians from the tropical rain forests and deserts of the world. The audience also got to participate by holding a parrot and even a snake. Everyone had an amazing time and we would like to thank Exotics of the Rainforest for presenting an informative presentation of their animals and all the participants who showed up.

For our final performer we had Indiana Bones on Thursday, March 23rd. Storyteller Indiana Bones with his companion Draco came to the library to tell tales of myth and wonder as they transported the audience back in time. Stories were based on ancient myths and legends from around the world. It was engaging evening and we would like to thank Indiana Bones and everyone who participated in this event.

After School Program students have been doing outstanding this school year and we couldn't be happier. With good Parent Teacher Conference feedback and all students coming in daily, completing homework and reading. Students are also earning points for their next incentive field trip to Elevate, for every 20 minutes of reading or 1 sheet of homework students will earn 1 point towards their field trip. Library staff also took students to the Zoo along with a picnic during their Spring Break and we couldn't have asked for




Audience participation as Tall Paul performs his magic!



After School Students enjoying their Spring Break at the Zoo!

better weather. We would like to give a shout out to library staff members Kyle, Kimberly and Elena for making our After School Program a success. They work very hard planning activities, crafts, calendars, shopping list, making Walmart runs and so much more. The After School Programs student attendance has been on point all year and has remained full with no student disenrollments. If you have any questions regarding this program, please call the

library at 505-869-9808 and speak with a staff member.



Isleta Pueblo News

Editor:
Nathaniel Lujan

Asst. Editor:
Diane Abeita

Published By:
Valencia Express

PARKS & RECREATION DEPARTMENT

April here we come! The months keep flying by and we keep plugging away. We've been busy in all areas for the department. Recreation is working with our youth. The Aquatics Center is doing their thing with the swimmers. Parks Maintenance is sprucing up our parks and fields and they are already looking great. The Fitness Section at the Recreation Center and at Pickle Heights is busy helping tribal members with the fitness needs and wants, and the Sports Section is having a blast with all the sports activities, leagues and tournaments!

RECREATION SECTION

Summer Program News – We will be accepting children's names in to our Summer Recreation Program Lottery Drawing, you can submit your child's names the whole month of April. Please come by the recreation center and enter your child's name at the front office. We are anticipating around 100 to 120 slots for this summer's recreation program; the final number will depend on the exact number of recreation aides we are able to hire. For more information regarding the Summer Recreation Program, you can contact LeeAnne Zuni at 505-659-0092.

Highlights of Spring Break Week at Isleta Recreation Center – The Recreation program had Spring Break in March; the students that participated had a fun filled week of activities. They went on various fieldtrips: Chill's Ice Cream at the casino, they went to watch the Shazam movie and had some playtime at Urban Air. Children also did activities at the recreation center such as making nutritious snacks with strawberries & Nutella, building towers with shaving cream and enjoyed swimming days and legos!!



AQUATICS SECTION

Isleta Aquatics hopes you all had a great start to your spring season! This year we are hoping to have summer session group swim lessons starting in May! This will be a great way for us to fit more students in swim classes this year! Registration forms are available at the front desk of the Recreation Center and registration is open to kids 6 and up. If you were previously in swim lessons with us, please get us an updated registration form so we can be sure to have updated swimmer information and emergency contact info. If you have smaller children and are interested in our parent and tot class please reach out to Connie or Josh at 505-869-9783. We have sessions available from 6:00am-8:30am as well as 3:30pm-7:30pm Monday through Thursday and 6:00am-8:30am and 3:30pm-5:30pm Fridays. We will close mid-day to accommodate swim time for youth programs as well as daily pool maintenance. We are also offering our adults only lap swim on Mondays, Wednesdays and Fridays from 12pm-1:30pm. All three types of swim sessions can be reserved in one and two hour increments at the front desk of the Rec Center. Swim lesson registration forms are available at the front desk at the Rec Center or contact Josh or Connie at 505-869-9783 for more details on availability and registration. Isleta Aquatics is still looking for Lifeguards and Aquatic Aides, previous experience is welcome but we can train and certify those that need it and qualify. Schedules are flexible and work around school and extracurricular activities. If you know, anyone interested in becoming a Lifeguard please call or visit the POI website for the job posting! For anyone interested in information about Lifeguard certification, child or adult swim

lessons, water aerobics and other aquatic programming please call Josh or Connie at 505-869-9783.

FITNESS SECTION



Everything You've Ever Wanted to Know About TRX But Were Afraid to Ask

By Anne Asman (she/her)

If you have ever noticed the straps hanging from the ceiling in the New Recreation Center aerobics studio and have been confused about what they are, how they are used, and what the benefits are, well read on!

TRX is a suspension trainer designed to help strengthen the body using body-weight exercises. Designed by Randy Hetrick, a retired navy seal, the suspension trainer has achieved overwhelming success because of its portability, versatility and effectiveness. In other words, you can take it anywhere and do countless upper and lower body exercises thanks to the handles and foot pedals, all while getting stronger and more mobile.

On the TRXTraining.com website, Hetrick says:

"If you go on an operation for a couple weeks, no one's bringing treadmills," Hetrick explains. "You would end up down there doing bear crawls, crab walks, plyometric star jumps, and probably more push-ups that you can shake a stick at. If you're really lucky, you find some place you can hang off and do pull-ups." The benefit of bodyweight exercises is that anyone can do them anywhere. The drawback is that SEALs need more intense challenges to train for their grueling missions.

Now granted, Hetrick talks about the intense movements that are possible using the suspension trainer, however, I have found the magic in this innovative equipment is in its benefits for functional movement. There is literally something for everyone at every level of fitness using the TRX Suspension Trainer, and if I can note one of my favorite benefits—it helps to strengthen key muscles of the core, as well as balance.

If you have not tried using the TRX Suspension Trainer before, I highly encourage you to set up a time with us to learn. As a certified TRX Suspension Trainer instructor, I'd be more than happy to take you through a workout to learn the various movements. Give us a call: 505-869-9777.

Congratulations to the Silver Eagles

Our recreation and fitness challenge for tribal members who are 50 years and over is a tremendous success and we could not be more excited to see the level of participation, not to mention the results. So way to go to everyone who has not only signed up but also for consistently attending classes, using the pool and of course playing sports. Remember, a body in motion, stays in motion. I'm sure I speak for everyone at the New Rec Center when I say, we are loving seeing all of you getting stronger, having fun by being more active and of course—your glow!

So far, quite a few participants have received the first incentive, which is a sweat towel. Others have received their heart trackers, which by the way, quite a handy little gadget—it counts walking steps, tracks heart rate, blood pressure and temperature and blood oxygen. It also counts calories burned based on the activity you are doing. As for other prizes, it will not be long before some of you receive the massage gun, T-shirt, and hoodie. Yes, hoodie! Immense thank you to our comrades at the Elderly Center for sponsoring the prizes and for supporting this wellness program through member participation.

One more thing, if you intend to compete in the Senior Olympics this summer, be sure to get with Coach George to set up times to practice your sport and your swim times with pool staff (505-869-9783). He will tell you more about that for sure. In addition, we on the fitness team are offering sports conditioning for senior athletes. Call us to learn more 505-869-9777.

Until next time,
Namaste.

Anne is a fitness instructor at POI Recreation Center and is a certified personal trainer by the American Council on Exercise and a registered (RYT-200) Yoga Instructor with the Yoga Alliance.

SPORTS SECTION

It is springtime so let us get this show on the road and let you know what took place in March in the Sports Section! The Volleyball League went really well and we have yet to have the tournament. Our top two teams are #1 SERVE-IOURS and #2 is PRACTICE SAFE SETS, we have a few other teams that should make a solid run at the top two this year. We will update you on the winners in our next newsletter. Our Corn Hole League ended and it was lots of fun, and the tournament is in full play now, once again we will update as to who won in our next newsletter. The leagues and tournaments have been very exciting and it has been wonderful to see everyone having a blast. I have also been working with some elders on getting them ready for the Senior Olympic Games. This has been a great experience for me to interact with some great athletes. Pickle ball, Corn hole, the Frisbee and Softball toss are just a few of the sports activities that will be offered at the games this year. I am calling out all you senior athletes to come to the Rec center so we can help, and learn more about the events you will be participating in. We are also having Sign-ups for a Men's basketball league. The games will be on Sunday 10-4 pm starting May 7th so get a team together to show your skills. Hope to see you at the Rec Center soon. Looking forward to seeing you here at the Recreation Center!





ISLETA SUMMER RECREATION

Fun & Creative Activities For Isleta Tribal Youth from Ages of 5-14 Yrs Old

*** Must be 5 yrs old entering 2023-2024 Kindergarten School Year to be eligible.**

Program Starts JUNE 5TH-JULY 28TH, 2023

Limited Slots for All Age Groups

****Must Enter Lottery Drawing****
Date to Enter Lottery Drawing: ****April 3-April 28th, 2023****
Entry forms located at New Recreation Center
****Drawing of Youth Names- May 1st, 2023**

Activities
✓ Fitness
✓ Cultural Activities
✓ Arts & Crafts
✓ Swimming
✓ Nature walks

More Information Call the Isleta Recreation Center 505-869-9777



Los Lunas Pop Warner Spring Training Giveaway

Winner will receive a \$50 refund from their registration

One winner for cheer & one winner for football!!!

ALL REGISTRANTS FROM 3/1/23-4/9/23 WILL BE ENTERED IN GIVEAWAY!

PUEBLO OF ISLETA PUBLIC LIBRARY
950 MOON LIGHT DR, SW ALBUQUERQUE, NM 87105

STEAM KITS TO GO!

PENWORTHY 

NOW AVAILABLE!

PENWORTHY STEAM TO GO! KITS ARE
NOW AVAILABLE FOR CHECKOUT!

EACH KIT PROVIDES HANDS-ON ACTIVITIES FOR A
VARIETY OF DIFFERENT SUBJECTS INCLUDING
ANIMALS, SPACE, SHAPES, PHONICS AND MUCH MORE.



STEAM TO GO! KITS MAY BE CHECKED OUT FOR ONE WEEK,
WITH A LIMIT OF ONE KIT AT A TIME PER HOUSEHOLD.

FOR MORE INFORMATION PLEASE CALL 505-869-9808



pathways
INDIGENOUS ARTS FESTIVAL

BUFFALO THUNDER RESORT & CASINO | SANTA FE, NM

EMPOWERING CULTURAL VALUES




CALL FOR ARTISTS
AUGUST 18, 19 & 20, 2023

FREE FIRST 20 OUTDOOR VENDORS

OUTDOOR \$175 • OUTDOOR SHARED \$200
INDOOR 8x6 \$225 • INDOOR \$250 • INDOOR SHARED \$275
INCLUDES: TENTS, TABLES, CHAIRS, PARKING, WIFI & WATER

DEADLINE: APRIL 14 | WWW.POEHCENTER.ORG/PATHWAYS



 |  | 

PATHWAYS is organized by the Poeh Cultural Center, a tribally led entity of the Pueblo of Pojoaque.

ISLETA REC PRESENTS



**EASTER
EGG HUNT**

APRIL 8, 2023

START TIME: 9:00AM

FOR ALL AGE GROUPS
TAKE PICTURES WITH THE EASTER
BUNNY





Join us to celebrate

MOTHER EARTH DAY
RECYCLE DRIVE
FOOD, DRINKS & PRIZES!

Mother Earth Day, Saturday, April 22, 2023
From 7:00AM - 1:00PM
Transfer Station
Bring a load of recyclables & receive a prize!
KEEP ISLETA BEAUTIFUL!
(505) 869-4106



Los Lunas Pop Warner Football & Cheer



NATIONALLY RANKED TEAMS

Ages 5-12

Fall '23
Registration
March 1

Early Bird Pricing Available



Register Now!

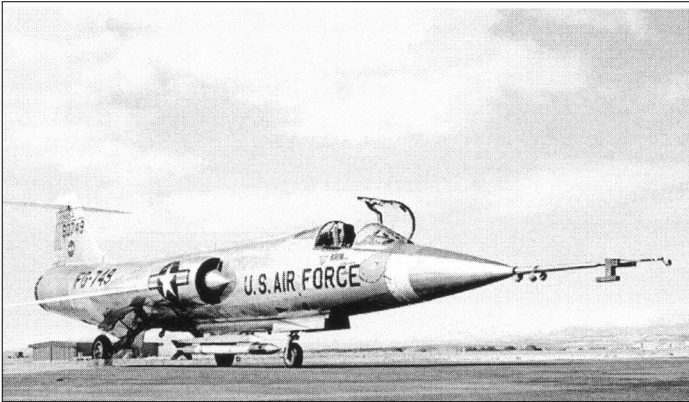
<https://www.loslunastigerspopwarner.org>
Questions? (505) 357-0406



Did you know?

F-104A Starfighter Crash Site

On March 21, 1958 F-104A Starfighter crashed on the reservation when there was an engine malfunction. The pilot ejected from the plane safely and landed successfully.



The crash caused a crater in the ground that was 6-feet deep that is still visible to this day!

The debris from this crash is mostly aluminum, steel, Plexiglas, and plastic with sizes as large as four square inches. Pictured on the far right is the Pilot who was flying the Starfighter when it crashed, Frederick Voorhies.



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.



Pueblo of Isleta
Department of Education
& Tiwa Language Program

The Department of Education is looking for families or individuals interested in participating in a pilot Tiwa language program.

TIWA LANGUAGE PILOT PROGRAM

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

If the number of applicants exceeds the space available there will be a lottery. Participants will be notified if they are selected by March 17, 2023 and to fill out additional paperwork.

Those interested must be able to:

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

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



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



COVID-19 COUNSELING & SUPPORT SERVICES

IT'S FREE & ANONYMOUS.



CALL (505) 954-1057

ISLETA ELDER CENTER - ADULT DAY SERVICES

Adult Day Services Program (ADS) is a comfortable and safe environment for elders, managed by an effective Elder Center Director and maintained by staff members who are accustomed to providing quality, timely care.

ADS is a place where elders can spend the day participating in activities, while their caregivers are at work, running errands, or enjoying a well-deserved rest and relaxation. The program is designed to provide some activities and connections for elders. Services include daily breakfast, activities, exercise, monitoring, snacks and congregate lunches.

ADS operates 9:00 am to 3:00 pm Monday through Friday. The ADS Assistant provides rides to and from the Elder Center, shopping/errands, facilitates field trips and drives elders to off-site medical appointments.

This is just a glimpse of a typical day at ADS. We are flexible with the activities and events on a daily basis, and we also put an emphasis on allowing elders a great deal of freedom when it comes to choosing how they want to spend their time.

We also provide support services for caregivers in the form of education and support, such as caregiver workshops, lectures, and support groups.

Here is what a typical day might look like from the perspective of client.

9 am Arrival

ADS begins at 9:00 in the morning and offer transportation services for elders who cannot drive themselves or who don't have someone to drop them off.

9:15 am Breakfast

Elders are accompanied to the group dining area. ADS generally offers a variety of healthy and traditional food options.

9:30 am Current Events

Every morning, a staff member will read newspaper articles aloud for those elders who cannot or do not want to read the paper on their own. Elders are encouraged to discuss these headlines while they enjoy morning breakfast.

10 am Exercise and Body Strengthening

Daily exercise activities have become an important activity in ADS. Exercises are offered at different times throughout the day. Popular offerings include chair exercises, body stretching, walking, balance exercises, swimming, sitting in the jacuzzi at the Recreation Center and more.

11 am The Great Outdoors

ADS features a patio area or other outside spaces where elders can spend time outdoors, weather permitting. Elders can get some sun, take a walk, birdwatch and enjoy the fresh air.

12 pm Congregate Lunch

In addition to providing hot, nutritious meals on-site, ADS offers nutrition counseling that enables elders to eat better at home with monthly visits by the Isleta Health Center Dietitian. Staff members can organize grocery shopping trips and even help elders plan menus and find recipes for simple homecooked meals.

1 pm Afternoon activities

The hustle and bustle of everyday life can sometimes be too much for an elder. Quiet areas are generally set aside for those who are not feeling well, who wish to take a nap, or who just want some peaceful downtime.

Participating in arts and crafts is an excellent way for guests to connect with one another, reduce stress and anxiety, and make creations they are proud of.

2 pm Snack time and Socialization

Friendships between elders are encouraged. Getting to know elders on an individual level is integral to providing personalized quality care.

3 pm Departure

Elders are transported back home and are encouraged to get a good night's rest.

You can learn more about the services and schedules at ADS by obtaining brochures and even visiting in person. Getting a feel for the facility, the staff and the other elders your loved one may be interacting with will give you a good idea of what we have to offer. Please contact Evangeline Lente, Manager at (505) 869-9770.



Easter Sunday Notice

The Transfer Station will be closed on Easter Sunday, April 9th. We wish you a Happy Easter!



KEEP ISLETA BEAUTIFUL!
(505) 869-4106

Pueblo of Isleta WIC Program

The weather is getting warmer and school is out. You may be thinking of some new recipes to try this summer, and the POI WIC Program is here to give you some ideas! Please give us a call to check your eligibility for WIC. (505) 869-2662

Fresh Tomato Salsa: this salsa is a refreshing addition to any meal or snack! Ingredients in bold can be purchased using WIC benefits.

Ingredients

- ☐ 1 cup **tomatoes**, finely chopped (or ½ can, about 8 ounces, low-sodium diced tomatoes)
- ☐ ½ cup **apple**, peeled and finely chopped
- ☐ ¼ cup **onion**, finely chopped
- ☐ 2 tablespoons **lime** (or **lemon**) juice
- ☐ 1 teaspoon garlic, finely chopped
- ☐ ½ teaspoon vegetable oil
- ☐ ¼ teaspoon salt
- ☐ 1 teaspoon fresh parsley or cilantro, finely chopped (if you have it)
- ☐ 1 tablespoon cayenne pepper or jalapeño chilies, chopped (if you have it)

Directions

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well.
2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well.
3. Cover bowl and refrigerate 15 minutes. Serve cold. Serves 6.



ISLETA TRASH TALK!



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





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

PLEASE DO

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

PLEASE DO NOT

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

CURBSIDE TRASH PICKUP SERVICE


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

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

KEEP ISLETA BEAUTIFUL!

RECYCLE RIGHT ISLETA!

WHAT DO I PUT IN MY BLUE BIN???



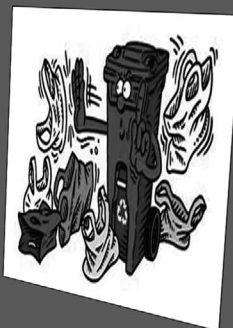
WHAT DO I KEEP OUT OF MY BLUE BIN???

DO RECYCLE

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

DO NOT RECYCLE

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



CURBSIDE RECYCLING PROGRAM

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

KEEP ISLETA BEAUTIFUL!

Public Works Department

SEPTIC SYSTEM INFORMATION – PROTECT YOUR INVESTMENT

Your septic system consists of a service line, clean-outs, septic tank and leach field. The service line brings the sewage from your home to the septic tank. From the tank, the treated liquid will either gravity flow or be pumped to a leach field that disperses the liquid into the soil for further treatment and disposal. Any solids that enter the tank will fall to the bottom of the septic tank. These solids are necessary to help treat the incoming sewage. Pumping out the tank too frequently removes these solids and has an impact on the efficiency of the treatment process occurring inside the tank.

The Public Works Department has several systems that are currently failing. Some of the systems have leach fields that are over-saturated with water. Once the leach field is saturated, the soil cannot absorb any more liquid, resulting in over-flowing septic tanks and back-ups into the home.

One cause of this is plumbing fixtures inside the home that leak – sending clean water into the system. Constant flows from toilets can fill up a septic tank in a matter of days. Over time, so much water is wasted into the tank and leach field that the entire system fails. Once the system fails, the septic tank has to be emptied on a routine basis to prevent over-flowing. Each time the septic tanker has to empty the tank, a cost is incurred to the Pueblo.

All Tribal members need to be aware of any leaking fixtures in their homes. A lot of water is wasted from leaking fixtures and can quickly ruin a septic system or send higher flows into the treatment facilities. The cost to produce the drinking water and the cost to treat the wastewater goes up as water is utilized. If every resident takes the time to look for and repair the leaks in their homes, the Pueblo could save thousands of gallons of water each month, lowering the cost to provide you with drinking water and the cost to treat the wastewater.

There are approximately 50 septic tanks that are currently being pumped out on a routine basis. Problems with the systems are due to the age of the leach field or tank, some leach lines are packed with tree roots and some systems have been damaged by being repeatedly run over, equipment parked on top of them, and buildings built on top of the tank and/or leach fields.

Homeowners need to know where their septic tank is at, where the leach field is and avoid building anything on top of, or close to, any of these structures. Do not park on top of your tank (you can crush the tank), do not drive over the service line, tank or leach field as this causes damage to the system that can cost thousands of dollars in repair work.

Take care of your system to prevent damage. Do not plant trees anywhere near your septic system. Tree roots grow inside the pipes, creating blockages; the roots spread throughout your septic tank, growing and damaging your tank. Roots grow inside the piping that is part of your leach field, growing quickly and blocking the pipe or breaking the pipe, rendering the leach field in-operable.

If you have any questions, please call Public Works at 505-869-5170.



ALCC Valle de Oro National Wildlife Refuge Visitors Services Individual Placement

Year-long AmeriCorps Service Term
for Native American adults 21+

Ancestral Lands Conservation Corps and the Valle de Oro NWR are seeking a Visitors Services Individual Placement to help support the education and recreation goals for engaging Valle de Oro National Wildlife Refuge's intended audience in the Mountain View Neighborhood, the Pueblo of Isleta and the South Valley. The Individual Placement intern will focus on: leading and supporting the design of education and interpretation programming (including events), leading the Pueblo of Isleta hiking club, coordination and posting for the refuge's social media pages. Other projects include coordinating the annual Valle de Oro National Wildlife Refuge photo contest, assembling a refuge "year book", assisting with volunteer coordination, helping to staff the visitor center front desk and deepen the refuge's relationship with Ancestral Lands Conservation Corps.

Benefits: \$600 weekly stipend, paid training, personal/professional development, AmeriCorps Education Award, and Public Lands Corps non-competitive hiring status

Apply online with resume and letter of interest.
Full job description at [Ancestrallands.org](https://ancestrallands.org)

Andrea Hanks, ALCC IP Coordinator
ahanks@conservationlegacy.org
Cell: 314.412.3872



NATIONAL
WILDLIFE
REFUGE SYSTEM

VALLE DE ORO NWR ENVIRONMENTAL JUSTICE LEADERSHIP TEAM
AND PARTNER ORGANIZATIONS ARE EXCITED TO ANNOUNCE

SAVE THE DATES!

ENVIRONMENTAL JUSTICE COMMUNITY DAYS

FUN FOR ALL OUR FAMILY & FRIENDS THROUGHOUT
THE MONTH OF APRIL + LARGE PARTY ON APRIL 22!

EJ RIVIER PADDLE + GAMES & MARKET + WATER SCIENCE
FARMING+ BIRD WATCHING + ROOT PLANTINGS + DANCE
WATER TESTING + MUSIC + EQUINE(HORSE)THERAPY + MORE!

EACH ACTIVITY WILL INCORPORATE THE ENVIRONMENTAL JUSTICE ACT OF REFLECTING
ON OUR PLACE IN MOTHER EARTHS SPACE. HOW WE LIVE IN HARMONY WITH ALL OUR
LIVING RELATIVES WE SHARE THE PLANET WITH RECIPROCITY AND RESPECT.



FULL EJ DAYS INFO
CLICK OR SCAN

VISIT WWW.LOSJARDINESINSTITUTE.ORG OR
WWW.FRIENDSOFFVALLEDEORO.ORG FOR INFO
#FINDINGOURPLACEINHERSPACE #EJDAYS2023

Greeting Pueblo of Isleta Community!

The Health Center is in the final stages of preparation for the
Accreditation Association for Ambulatory Health Care Site visit.

Please read the formal announcement and look for community wide
correspondence to assist us in our readiness in the coming weeks.



2

Notice of Accreditation Survey

Name of Organization: Isleta Health Center

☐ This is an Unannounced survey, or
☒ The Survey date(s) are: Wed. April 26, 2023 & Thurs. April 27, 2023

The above-named organization has voluntarily requested this accreditation survey as a means of having a third-party review of the entire organization to build upon strengths or identify opportunities to improve its delivery of safe, high-quality health care. The survey will evaluate the organization's compliance with AAAHC Standards for ambulatory health care organizations and to determine if accreditation should be awarded to, or retained by, this organization.

Members of the general public, patients, and individuals on the staff of this organization, believing that they have relevant and valid information about this organization's provision of health care or compliance with AAAHC Standards, may request to present this information to AAAHC surveyors at the time of the survey or may communicate such information in writing or by telephone to the AAAHC office.

All information received from identified individuals at or prior to the survey will be considered in making the accreditation decision. The information presented will not be debated with the reporting individual. Requests for presentation must be received at least two weeks prior to the survey in order to allow sufficient time to schedule presentations.

A request to present or report information may be communicated in writing by mail to the address below, email to feedback@aaahc.org, or by telephone as listed below.

Accreditation Association for Ambulatory Health Care, Inc.
5250 Old Orchard Road, Suite 200 Skokie,
IL 60077
Telephone: 847.853.6060
FAX: 847.853.8028

This Notice of Accreditation Survey is posted in accordance with AAAHC requirements, and may not be removed until after the survey has concluded, or until it has been posted for 30 days if the survey ends prior to that period.

Date This Notice Was Posted: Wednesday, February 15, 2023
Staff Name: Danica Torgello Title: QIRH Coordinator



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



April 2023

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

“Community members please take the time to complete our 10 Minute survey. The purpose of this survey is to better understand what families need in order to improve and add to our Head Start Services. Your feedback is very important and will be kept confidential. Thank you!”



April 7, 2023– April Break (NO SCHOOL)
April 10, 2023– Professional Development Day (NO SCHOOL)
April 12, 2023– April Family Night @ 5:30pm
April 20, 2023– Policy Council Meeting @ 5:30pm
April 25, 2023– Parent Committee Meeting @ 5:30pm

What’s New at Our Program??

Children, families, and staff are now able to utilize our NEW outdoor classroom! Our classroom is a shaded area located in the front of our building, that consists of benches and picnic tables for all to use while out enjoying the sun! We would like to congratulate Ms. Alex in her new position as the Early Head Start Teacher! In addition, congratulations to Mr. Collin as our new Facilities Worker!



Our program strives to serve and support our young infants, children, and families each day! If you are interested in enrolling, its not to late! Call us and lets set up an application appointment! (505) 869-9796

We accept Prenatal Mothers, Infants, and young toddlers up to age 5 years old!

ISLETA HEALTH EDUCATION GROUP

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

FIT AT ANY SIZE

Suzanne Porter-Bolten, NMSU
Bernalillo County Cooperative Extension Services

Tuesday, April 11, 2023
1pm-2:30pm

NEW LOCATION: Isleta Elders Center

Come eat Lunch and stay for presentation and discussion

If interested in Virtual, please call.



PRIZES
ALL WELCOME!

JOIN US!

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

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

News from Isleta Social Services

The month of April is dedicated to the campaigns of Child Abuse & Neglect and Sexual Assault. First, let’s talk about Child Abuse & Neglect. This can include but is not limited to:

- physical abuse:
- emotional abuse
- sexual abuse
- educational neglect
- physical neglect

The victimization that plays a vital role in looking at the protective capacity is looking at how the parent/s and/or guardians have against keeping their children safe from violence. For example, domestic violence is prevalent in the Isleta Pueblo community. This means that if there are any children present, they too are victims and they are silent witnesses.

If you or someone you know is in an unhealthy relationship, and would like assistance and support in creating a safer environment, please contact Isleta Social Services to work with a Team Member.

Next, April is also Sexual Assault Awareness Month (SAAM). Sexual assault is a crime. The Pueblo of Isleta Social Services is working continuously to stand with and support the victims and survivors of sexual assault in and around our community. We want to empower those who have been taken advantage of, help support the healing process and remind the community that our bodies are sacred, therefore, consent is a vital part of communication.

Sexual assault causes a vast array of trauma that can lead to a lifetime of healing. If you or someone you know has been sexually assaulted, please call your local law enforcement to report as soon as possible.

We, at Isleta Social Services want our community members to feel supported through the process of healing from any type of trauma. Healing from trauma can cause distress, uncomfortable feelings, emotions that have been suppressed and masked by various coping mechanisms for many people. We are here to support and prevent the disruption of the family units. If you have any questions, or would like assistance, please feel free to contact our office at 505-869-2772.

If you are having symptoms of uneasy and uncomfortable feelings as we raise awareness and discuss sexual assault, child abuse, domestic violence or any other form of trauma, please contact 988 for mental health support.

Our 2023 Calendar of Events is as follows:

Tuesday, April 4, 2023: National Day of Action-Sexual Assault Awareness Month. Virtual Proclamation Signing

Tuesday, April 11, 2023: Wear Teal Tuesday

Wednesday, April 12, 2023: Child Abuse & Neglect Awareness-Grocery Bingo @ Isleta Recreation & Fitness Center-Gymnasium from 5:30 pm to 7:30 pm.

Tuesday, April 18, 2023: Wear Teal Tuesday

Tuesday, April 25, 2023: Wear Teal Tuesday


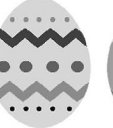



Wednesday, April 26, 2023: National Denim Day

*ACTIVITIES SUBJECT TO CHANGE

PUEBLO OF ISLETA ELDER CENTER

ACTIVITY CALENDAR

APRIL 2023





ISLETA ELDER CENTER

505-869-9770



MONDAY- FRIDAY

8:00AM - 4:30PM

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
3 Archery,AirGun,PowerWalk. PowerRace - 9a-12p POI Recreation Center Easter Wreath -1p-3p Activities room	4 ShuffleBoard,PickleBall, CornHole - 9a-12p. POI Recreation Center *Eat Smart Live Strong* Mary Alonzo-Introduction 1p-? Activities Room	5 Swimming,Badminton,Basketball. - 9a - 12p. POI Recreation Center Egg Coloring & Decorating 1p-3p Activities room	6 Easter Carnival Games, Bingo, Egg Hunt, 10a-3p Must RSVP & 50yrs & Older Limited First 50 People	7 Open Olympic Sports- 9a - 12p POI Recreation Center
10 Archery,AirGun,PowerWalk. PowerRace - 9a-12p POI Recreation Center Easter Lantern-1p-3p Activities Room	11 ShuffleBoard,PickleBall, CornHole - 9a-12p. POI Recreation Center Fit At Any Size Speaker: Suzanna Porter-Bolten 1p-2:30p / Dinning Room(Lunch) BINGO & Door Prize	12 Rio Metro Runner to Santa Fe Tomasita Down Town Santa Fe	13 ShuffleBoard,PickleBall, CornHole-- 9a - 11a- POI Recreation Center MASS- 11:30am Elder Center Dining Room	14 Open Olympic Sports-- 9a - 12p POI Recreation Center Napkin Holder Sewing Project- 1p-3p Activities Room
17 Archery,AirGun,PowerWalk. PowerRace- 9a-12p POI Recreation Center Designing Crosses 1p-3p Activities Room	18 ShuffleBoard,PickleBall, CornHole - 9a-12p. POI Recreation Center Eat Smart Live Strong Mary Alonzo-Introduction 1p-? Activities Room	19 ADVISORY MEETING- 9AM-? Activities Room GENERAL MEETING-New Recreation (fitness) - 1p-? Commodity Distribution - 9a-?	20 ShuffleBoard,PickleBall, CornHole -9a- 12p. POI Recreation Center Apron making 1p - 3p. Activities Room	21 Open Olympic Sports- - 9a - 12p POI Recreation Center Apron making 1p - 3p Activities Room
24 Archery,AirGun,PowerWalk. PowerRace - 9a-12p POI Recreation Center Wooden Bird House- 1p-3p Activities Room	25 ShuffleBoard,PickleBall, CornHole -9a- 12p. POI Recreation Center Eat Smart Live Strong Mary Alonzo-Introduction 1p-? Activities Room	26 Swimming,Badminton, Basketball. - 9a - 12p POI Recreation Center Birthday Celebration & BINGO- Activities Rm	27 ShuffleBoard,PickleBall,CornHole - 9a-12p. POI Recreation Center In House Movie 1p - 3p	28 Zoo Trip 9a-3p



Call or Visit the Elder Center to Sign up for Activities & Trips in Advance. All Activities are on a first-come-first-serve basis. Activities are open to everyone age 50+ unless otherwise noted.
*** CLOSED FOR ALL MAJOR HOLIDAY'S.**



Pueblo of Isleta Elder Center Efforts to Help our Elders with Loneliness

We are providing our elders with important data regarding the impacts of isolation and loneliness. Following the article below, please read about the efforts put forth by the POI Elder Center to combat Isolation and Loneliness.



Loneliness and Social Isolation Linked to Serious Health Conditions

National Academies of Sciences, Engineering, and Medicine. 2020.

Social isolation was associated with about a 50% increased risk of dementia and other serious medical conditions. Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States and putting them at risk for dementia and other serious medical conditions.

A report from the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated.1 Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors

such as living alone, the loss of family or friends, chronic illness, and hearing loss.

Health Risks of Loneliness

Although it's hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies found that:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

What Can You Do If You Are Experiencing Loneliness?

The POI Elder Center is a great place to start exploring resources for seniors, right here in your own backyard!!

Daily Congregate Meals: come join your friends and/or relatives for lunch M-F 12-1pm. The menu is posted in the

monthly Tribal Newsletter and an added bonus for coming in for lunch is a full salad bar every day.





Activities & Field Trips: an activities calendar is also posted in the monthly Tribal Newsletter with various types of opportunities for engaging and socializing.


General Meeting: a gathering for our seniors to learn more about various types of benefits and resources. The meeting happens every 3rd Wednesday of the month at 1pm. Come join us for lunch and stay to listen to guest speakers.

Golden Eagle Challenge: the Elder Center and the Recreation Center is partnering to offer our seniors exercise programming. You will receive a punch card for every Rec Center visit and be rewarded at certain intervals of participation, which also leads to winning the grand prize at the end of the year. What a great way to stay healthy, socialize and engage with members of the community and staff.

Sr. Olympics: Another way to stay fit, connect with friends and relatives by participating. Many events are offered throughout the year, such as: **Practice Dates** to learn a sport/event or hone your skills in your area of sport interest: **Local Games and/or All Indian Game Day**-compete with other tribal communities; **State Games** compete with Seniors across the State of NM; and when you are at the top of your game represent the POI at the **National Games**.

For more information contact Katrina Transcosa, Activities Coordinator at (505) 869-9770


ISLETA ELDER CENTER LUNCH MENU 2023				
				
Monday 4/3/2023	Tuesday 4/4/2023	Wednesday 4/5/2023	Thursday 4/6/2023	Friday 4/7/2023
Garbanzo Bean Soup Beef Stew Meat 3oz Garbanzo Bean 1/2c Mixed Vegetable 1/2c Crackers Fresh Fruit	Baked Pork Chop Pork Chop 3oz Parmesan Potatoes 1/4c Broccoli 1/2c Fruit w/Jell-o Dinner Roll	Breaded Chicken Sandwich Chicken Patty 3oz hamburger bun Garnish 2oz California Vegetable 1/2c Fresh Fruit	Easter Lunch Pot Roast 3oz Red Chile 2oz Green Bean Casserole 1/2c Fry Bread Fruit Salad	Green Chile Shrimp Alfredo Shrimp 3oz WW Fettuccini 1/2c Green Chile 1/4c Italian Vegetable 1/2c Fruit Cup 
4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
Broccoli & Ham Casserole Diced Ham 3oz Broccoli 1c Rice 1/2c Cheese Sauce 2oz Applesauce	BBQ Drum Sticks Drum stick3oz BBQ sauce 2oz Mixed Vegetable 1/2c Dinner Roll vanilla pudding 1/2 cup	Turkey Chile Beans Ground Turkey 3oz Kidney Beans 1/4c Diced Tomatoes 1/2c Bell peppers 1/2c Crackers	Stuffed Sopa Ground beef 3oz Refired beans 1/4c Garnish Red Chile 2oz Shredded cheese 2oz	Breaded Tilapia Tilapia 3oz Roasted Asparagus 1/2 Cauliflower Rice 1/2c Lemon Wedge 1oz Fresh Fruit
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
Squash Stew Diced Pork 2oz Diced Onions/Celery 1/2c Yellow squash 1/4c zucchini 1/4c Dinner Roll	Cheese Quesadilla Slice Cheese 1oz Tortilla Toss Salad 1c Fruit w/Jell-o Salsa	Posole Diced Chicken 3oz Green Chile 2oz Hominy 1/2c Oven Bread Sweet Rice	Sloppy Joe Ground beef 3oz Sloppy Joe Sauce 1/4c Hamburger Bun Cream Corn 1/2c Baked Chips 2oz	Chef Salad Ham 3oz Shredded Cheese 1oz Boiled Egg 1oz Mixed Greens 1c Cucumber/Tomato 1c
4/24/2023	4/25/2023	4/26/2023	4/27/2023	4/28/2023
Beef Quesadilla Beef Strips 4oz Shredded Cheese 1oz Garnish 2oz Chuckwagon 1/2c Tortilla Salsa	Sub Sandwich Sliced Turkey 3oz Sliced Tomato/Lettuce 2oz Hoagie Baked Chips 2oz Fresh Fruit	Chicken Cordon Bleu Chicken stuffed w/Ham 3oz Mixed Vegetable 1/2c Honey Pinon Sauce 1oz Fresh Salad	Mushroom Swiss Burger Beef Patty 3oz Mushroom Slice 1/2c Coleslaw 1/2c Garnish 2oz Hamburger Bun Fresh Fruit	Chicken Fried Steak Chicken Patty 3oz Country Gravy 1oz Parsley Mashed Potato 1/4c Mixed Vegetable 1/2c Chocolate Pudding
<div><div>****Menus are subject to change without notice, based on the availability of products.****</div><div></div><div><div>Please call by 9 AM to cancel Home Delivered Meals. 505-869-9770 - Thank you.</div><div>Portion Size: *Meat or Alternative- 3oz Cooked, *Vegetable & Fruits - 1/2c 1/2pt. Milk *All Menus Provide 1/3 of the daily Recommended Allowance</div></div></div>				



Call, Text, or Message

988

For Mental Wellness

 988 NM Crisis Support

 988nmcrisissupport

https://988nm.org/



Reasons to call 988:

Need information or referrals for local community services?


Feeling sad, confused, or angry?

Worried about your safety or someone you know?


Service member or veteran & their families in need.

Worried about alcohol or drug use or abuse.

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



 988 NM Crisis Support

 988nmcrisissupport

https://988nm.org/



ISLETA HEALTH CENTER

April is Alcohol Awareness Month

Isleta Behavioral Health Clinic
Phone: 505-869-5475

April is Alcohol Awareness Month and an important time to be aware of how alcohol affects our community. Alcohol is the most frequently misused substance and is one of the top leading causes of death within our community. More than half of alcohol-attributed deaths are linked to health effects that are caused from drinking too much over time, which can induce multiple types of cancer, liver disease (cirrhosis), and heart disease. Lives that have been lost due to alcohol can also include deaths due to poisonings that involve other substances such as, (drug overdose), suicide, and motor vehicle crashes. So many lives are negatively influenced by alcohol misuse... elders, mothers, fathers, children, family and friends can all suffer from one or more individuals who misuse alcohol, but the negative consequences that stem from alcohol misuse can be prevented. Every human has the capability within himself or herself to overcome difficult times.

The Isleta Behavioral Health team are here to provide the help necessary to guide you to find your inner ability to overcome any struggles you may be facing. Whether it be someone struggling with a substance use disorder, a person living in recovery or searching for help to maintain recovery, someone who may have had a setback and wants to get back on track, or someone who may be affected from a loved one who is struggling with a substance use disorder. Our team is here to help you in any way that we can, if you have questions please reach out and contact us. We all have the capability to be resilient and our team is here to help you increase your overall social, mental, and physical well-being.

Please contact Isleta Behavioral Health with any questions you may have or if you would like to schedule your first visit with us at 505-869-5475.

Who is Eligible?

WIC Eligible Participants

- Pregnant Woman or had a pregnancy end in the past six months.
- Woman who are breastfeeding infants less than 1 year old
- Infants 6 months to 1 year old
- Children from 1 year old through age 5

Call your local WIC clinic and ask about the Farmers Market Program

Senior Participants

- Are you 60 and older (Non-Native American)?
- Are you 55 and older (Native-American)?
- Are you currently on any of the following programs?
 - NM SNAP (Food Stamps)
 - TEFAP (Temporary Food Assistance)
 - CSFP (Commodity Food Programs-Echo, Loaves & Fishes or Salvation Army)

If you answered **YES** to any of the above, you automatically qualify.

If you are not on any of the above programs, you may qualify by your age and income.

please contact our office at the
505-469-0548 or doh.fmnp@doh.nm.gov



ABOUT US

We are a NM Department of Health-WIC program, that promotes a healthy lifestyle to you as a participant, so you may:

- Enjoy your food, but eat less,
- Make half your plate fruits and vegetables,
- Assist with reducing your intake of sugary drinks by drinking water instead, and
- Increase your physical activity

By providing, State & Federal benefits (FMNP, SFMNP, FMNEP) to eligible WIC and Senior Participants in New Mexico to purchase locally grown:

Fresh fruits
Vegetables
Herbs
(Honey-Seniors only)

From authorized NM farmers at farmers' markets, mobile markets, roadside stand or farm stores

U.S. Dietary Guidelines for Americans
"This institution is an equal opportunity provider."

How do you use the Mobile app or Shopper card?

Mobile App

1. Download the **SoliMarket Shopper App** (not SoliMarket Register) from your play store or apple app store.
2. Locate email from **SoliMarket** (**Must sign-up with WIC office first**)
 - Gmail accounts look in Promotions
3. Open Mobile App
 - Enter email (email must be exact) and 4-digit code from SoliMarket email
4. Change Pin code
 - Go to Account Icon, click on change password
5. **How to check out with vendor**
 - Inform vendor you are paying with WIC Mobile app
 - Click on **CHECKOUT** once you are ready to checkout with vendor (not prior, as app will time out)
 - Vendor will scan QR code

(DO NOT CLOSE APP)

 - **You must approve the transaction on your phone.**

Shopper Card

1. Inform vendor you are paying with WIC Shopper Card
2. You may ask vendor for your balance
3. Provide card to vendor to checkout
4. Vendor will scan QR code
5. 4-digit pin provided is used to approve transaction on vendor phone or tablet.



Isleta Health Center Optometry Department

Eye Health for Adults Over 60

See your eye doctor regularly!

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

Maintain a healthy lifestyle!

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

Use the right eye drops!

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

Be aware of normal aging changes to your vision!

The eyes change with time. Driving at night and moving from dimly lit to well-lit areas become more difficult. Be extra cautious while driving, especially at night. You may also find that good

quality lighting will improve your ability to read and do other near tasks.

Wear Sunglasses!

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

If you would like to schedule your routine eye exam appointment please give us a call at (505) 869-4080

**WE HAVE MOVED THE ISLETA TIWA AA
MEETING TO:
B'EEH-K'OO-EE WELLNESS TRAINING CENTER
(01 SAGEBRUSH ST. SW
ALBUQUERQUE, NM 87105)
OUR MEETINGS ARE GOING WELL.
KEEP COMING BACK.
PLEASE, DO NOT LEAVE UNTIL
THE MIRACLE HAPPENS!
(ANY QUESTION CALL 505-907-5994)**

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 1/2 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
- 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.



2023 Meeting Schedule

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

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
2/24/23 9:30-12pm	10th Annual Go Red For Native Women Heart Health Summit American Heart Association		Isleta Health Center B'eeh K'ooee Activity Center
📍 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	Isleta Elders Center
5/23/23 POSTPONED 5pm-7:30pm	EVENING SESSION 8th Annual Isleta Cancer Survivors Day Event	Bubble Blow/Survivor Celebration/Survivor Panel	Isleta Health Center B'eeh K'ooee Activity Center
6/13/2023 1pm-2:30pm	Climate Change	Stephanie Moraga-McHaley Renee Volker-Rector NMDOH	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	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	Sara Ukeiley (she, her, hers) Director, Blood Pressure Self- Monitoring Program	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	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: (505) 869-4479
Email: Stephanie.Barela@islclinic.net

ISLETA HEALTH CENTER

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

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

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

Weight

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

BMI

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

Waist Circumference

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



2nd Annual Farmers' Market

at Isleta Elder Center

May 12th & 27th

Call for Vendors

Farmers, Artists, Activists, Musicians

May- October
2023



use the QR Code to register
or email pr.radicle1@gmail.com
for more information

8th Annual Isleta Cancer Survivors

~~MAY 23, 2023 ♦ 5:00 - 7:30 p.m.~~



@ the Isleta Health Center Activites Center

(located behind the main Health Center building)

(located behind the main Health Center building)

EVENT POSTPONED!

COME CELEBRATE

**COME
CELEBRATE**

**Call Stephanie Barela for
more information
869-4479.**

NEEDED:

**Cancer survivors and/or
Cancer Caregivers to
participate on a speaker's
panel (Will be Compensated).
Please call if interested!**

ALL ISLETA COMMUNITY WELCOME!!

**Bubble Blow, Music, Presentation,
Door Prizes, Activity & More!**



Health Education Presentation Request

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

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

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

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



Thinking About Quitting

Have you been Thinking About Quitting?
Now is the time to act and
Quit your Nicotine Habit for Good!

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

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

Isleta Health Center Information

Isleta Health Center (IHC) is preparing for an Accreditation Association for Ambulatory Health Care (AAAHC) site visit on April 26-27, 2023. Ambulatory health care facilities that earn AAAHC certification demonstrate a dedication to best practices to help an organization improve its care and services. Patients with appointments or engaging in services on these dates may encounter an expert surveyor inspecting the facility, interviewing providers, staff, and patients. I thank those in advance who volunteer to engage in our site visit, either by voluntarily engaging in an interview or by reaching out to AAAHC directly.

A request to present or report information may be communicated in writing by mail to the address below; email to feedback@aaahc.org; or by telephone as listed below.

Accreditation Association for Ambulatory Health
Care, Inc.
5250 Old Orchard Road
Suite 200
Skokie, IL 60077
Telephone: 847.853.6060

Patients, dental/health care providers, and staff are encouraged to engage in this review period by contacting the AAAHC directly to provide feedback associated with the Isleta Health Center. Your participation will contribute to the expert surveyor's final report to IHC leadership, which will guide changes toward evidence-based clinical practices, ongoing performance improvement strategies, and an effective organizational infrastructure aimed at providing safe and effective care.

Be well community members! My next post will be updating you on the final report—exciting!

Karen Lucero, CEO

Welcome Letter from the New Director of Public Health Services


It is with deep gratitude that I have the privilege to start in my role as the Director of Public Health Services of the Isleta Health Clinic (IHC). It is my hope and intention to elevate the health, safety, and welfare of the community by providing quality services, outreach, and education through Emergency Medical Services (EMS), the B'eeh K'oo-ee Wellness Center, Diabetes Prevention, Community Health Workers and Representatives, and Public Health Services.

My personal and professional background have prepared me for this truly remarkable opportunity to serve as the Director of Public Health Services for the IHC. I was born and raised in Valencia County and graduated from St. Pius X High School before going to obtain my Bachelor's degree at St. Edward's University in Austin, Texas. After opening and operating several restaurants in Texas, I returned home to Los Lunas to work in the public sector. In 2017, I became the Director of Senior Services for Valencia County, where I realized my passion for working for and with the community. I took on the role of Community Development Director, which allowed me to expand my work to comprehensive planning, stakeholder collaboration, grant writing, and policy development. While working at Valencia County, I pursued and obtained a Master's degree in Public Administration from the University of New Mexico, where my studies focused heavily on public policy, tribal governance, and network collaboration. I look forward to all the meaningful work that is yet to come and all of the exciting things that are already happening here at the Isleta Health Clinic.

Sincerely,

Nancy Jo Gonzales

APRIL ²⁰²³ ISLETA HEALTH CENTER Questions? Call 869-3200					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2	3 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information please call: 869-5475 Sewing Class 5:00-7:00pm @IHC Training Center For more information call: 869-5475	4 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	5 he 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	6 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	7 National Cancer Control Month
8/9	10 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	11 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475	12 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00-3:30pm @IHC Training Ctr. For more information call 869-5475.	13 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Isleta Tiwa AA Meeting: 6:00-7:00pm @ B'eeh-K'oo-ee Wellness Center	14
15/16	17 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	18 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475	19 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00-3:30pm @IHC Training Ctr. For more information call 869-5475.	20 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Isleta Tiwa AA Meeting: 6:00-7:00pm @ B'eeh-K'oo-ee Wellness Center	21
22/23	24 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Power Source: 3:30-4:30pm For more information call: 869-5475 Sewing Class 5:00-7:00pm @ IHC Training Center For more information call: 869-5475	25 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475	26 The Ripple Effect : 4:30 - 7:30pm For more information please call: 869-5475 Isleta Youth Wellness Program: 4:30-6pm For more information call: 869-5475 Adjusting to Grief & Loss Grp: 2:00-3:30pm @IHC Training Ctr. For more information call 869-5475.	27 CLINIC OPENS AT 9:50am Isleta Youth Wellness Program: 4:30-6pm For more information please call: 869-5475 Isleta Tiwa AA Meeting: 6:00-7:00pm @ B'eeh-K'oo-ee Wellness Center	28
	National		Immunization		Week
29/30 National Prescription Drug Take Back Day 4/29/23	ALCOHOL AWARENESS MONTH APRIL	April National Child Abuse Prevention Month		Stress Awareness Month	DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475





Isleta Health Center Health Fiesta


Friday, May 12, 2023
4:30 PM-6:30 PM
Isleta Health Center

Offering the Isleta Community
A Wealth of Health Information,
Health Resources, Basket Walk, Car
Seat Clinic (have your child safety
seat and vehicle checked for proper
fit and installation).
See what programs in Isleta
have to offer!

- Prizes
- Food
- Obstacle Course
- & More

Please contact with any questions
Stephanie Barela @ 505-869-4479
Stephanie.Barela@isiclinic.net





HEALTHY, SIMPLE, DELISH!

IN PERSON COOKING CLASS

Wednesday, April 19, 2023
5:00pm-7:00pm

Space is Limited. Please call Karen to RSVP your spot
At 505-869-4595 ext. 4093

Pueblo of Isleta Diabetes Prevention Programs