

# Isleta Pueblo News

Volume 18 Issue 8

Pueblo of Isleta website: www.isletapueblo.com

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August 2023

#### Governor's Report

Maguwam,

Everyone, I hope this newsletter finds everyone is in good health. As we approach into the hot summer days and a new school year for our children. I want to remind everyone to drink plenty of water, as the days are hotter. In addition, I just wanted to remind if you are feeling sick, please stay home to prevent the spread of any illness.

I would like to take this time to thank all the departments and staff in preparing for St. Kateri Tekakwitha Feast. It was very hot but turned out very nice and was great to see everyone there! As we continue to carry on the traditional and prepare for the next feast for St. Augustine Feast on August 28th and September 4th. All vendors are welcome to participate as we celebrate. Please contact the governor's office with any questions 505-869-3111.

As we continue to celebrate our tribal members and traditions, we would like to extend an invitation to everyone as we honor the 75th Anniversary of Miguel Trujillo Event! Miguel Trujillo was the brave civil rights advocate that paved the way for Native Americans to exercise their constitutional right to vote. This event is going to be hosted at the Isleta Casino and Resort on Thursday, August 3, 2023 from 5pm-9pm in Ballroom A&B. We hope to see you all there!

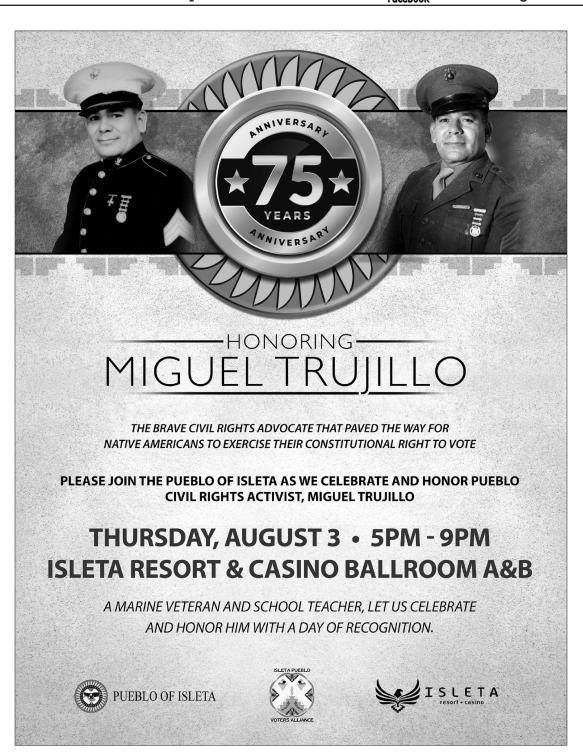
Tribal Council has approved a per capita distribution; ALL CHECKS will be mailed to your mailing address on file with Census. Please contact the Census office at 505-869-9766 to make sure your address is updated and there is no delay for you to receive your check.

As we continue to grow as a community, our human resources and directors are continuously working to recruit new employees. Please contact our Human Resources department for career opportunities and more information 505-869-7584. We hope you become part of our team!

I would like to take this time to thank all the directors and staff for all their hard work. They have many projects taking place on the reservation. We have the little league renovations that are going up quick. The Chical Well, the Moonlight Drive Project, along with the Governor Office renovations. You are all doing a great job and fantastic work!

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

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



#### **Pueblo of Isleta Celebrates Miguel Trujillo Day**

Celebration to Honor Miguel Trujillo - Pueblo Civil Rights Hero and Defender of Indian Voting Rights

Pueblo of Isleta -Today we are excited to announce the upcoming Miguel Trujillo Day and celebration of the 75th anniversary of his landmark case that paved the way for native voting in New Mexico. The celebration honoring Miguel Trujillo is set for August 3, 2023 from 5:00 pm - 9:00 pm at the Isleta Casino and Resort - Ballrooms A & B. This is a public event to celebrate the life and achievements of Pueblo Civil Rights Activist and Hero, Miguel Trujillo.

"The son of a single mother on Isleta Pueblo, Miguel Trujillo became an important figure in civil rights history. After serving as a Marine in World War II, Trujillo came home to find out that he could not vote in his home state of New Mexico. The state constitution barred Native Americans under the pretense that they paid no property taxes. Trujillo filed suit after he was turned away from his polling place. He won his suit in 1948, opening the door for voting rights for all New Mexico tribal members." - Native America Calling Interview Podcast.

We seek to empower and elevate the voices of our community and other tribal communities to exercise their right to vote during national, state, and local elections, including tribal general elections. The celebration unites partners to commemorate and educate New Mexicans and native communities on the amazing contributions of Miguel Trujillo and the importance of voting.

During her July 28, 2022 interview on Native America Calling, Pat Abeita, granddaughter of Miguel Trujillo, recollected, "He was very excited the day I was going to go down and vote for the first time... He was proud to tell me how I should practice my right to vote and it didn't come easy. He told me what he did to make this possible. We walked in and he proudly introduced me as his granddaughter and why I was here, my first-time voting. From then on, I learned more about his fight for our right to vote."

Miguel Trujillo Day hosts include the Pueblo of Isleta, Pueblo of Isleta Veterans Association, Isleta Pueblo Voters Alliance and Isleta Casino and Resort.

For more information contact: Pat Jaramillo, 505-804-7062, (pajaramillo@ipvalliance.org)

#### LETTER FROM THE EDITOR

**DEADLINE for September Newsletter articles is set for Wednesday, August, 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)

#### Name Change

Name Change: Raylene Cheyenne Tewahaftewa Case No. CV-NC-0101-2023

#### First Notice

TAKE NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner Raylene Tewahaftewa has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from Raylene Cheyenne Tewafaftewa to Raylene Faith Martinez. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for Monday, September 25, 2023 at 1:30 p.m. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

Name Change: Heaven Tewahaftewa Case No. CV-NC-0102-2023

#### First Notice

TAKE NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner <u>Heaven Tewahaftewa</u> has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from <u>Heaven Mariah Tewafaftewa</u> to <u>Heaven Mariah Martinez</u>. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **Monday**, **September 25**, 2023 at 2:45 p.m. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

Name Change: Anthony Clark Tewahaftewa Case No. CV-NC-0071-2023

#### First Notice

TAKE NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner <u>Jolene Martinez</u> has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from <u>Anthony Clark Tewahaftewea</u> to <u>Anthony Jakob Martinez</u>. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for TBD at TBD. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

Name Change: Ava Marie Tewahaftewa Case No. CV-NC-0073-2023

#### First Notice

TAKE NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner <u>Francisco Tewahaftewa</u> has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from <u>Ava Marie Tewahaftewa</u> to <u>Ava Marie Martinez</u>. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for TBD at TBD. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

Name Change: Francisco Jonathan Tewahaftewa Case No. CV-NC-0074-2023

#### First Notice

TAKE NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner <u>Francisco Tewahaftewa</u> has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from <u>Francisco Jonathan Tewahaftewea</u> to <u>Francisco Tony Martinez</u>. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for TBD at TBD. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.

Name Change: Francisco Jonathan Tewahaftewa Jr. Case No. CV-NC-0075-2023

#### First Notice

TAKE NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner <a href="Francisco Tewahaftewa">Francisco Tewahaftewa</a> has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from <a href="Francisco Jonathan Tewahaftewea Jr.">Francisco Tony Martinez Jr.</a>. Any person claiming in interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for TBD at TBD. Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.



#### **PROBATES**

IN THE MATTER OF THE ESTATE OF: Jose L. Jaramillo

Case No. CV-PR-0069-2023

#### First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Jose L. Jaramillo</u>, deceased <u>02/13/2023</u>, 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 <u>Thursday</u>, <u>September 14</u>, <u>2023</u> at <u>9:00 am</u> 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: Anna M . Aragon

Case No. 16-PRO-00063

#### First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Anna M. Aragon, deceased 01/28/2016, 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 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: Laverne Abeita

Case No. CV-PR-0077-2023

#### **First Notice**

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Laverne Abeita</u>, deceased <u>02/19/2021</u>, 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 <u>TBD</u> at <u>TBD</u> 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: Juan Batista Lujan

Case No. CV-PR-0079-2023

#### First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Juan Batista Lujan</u>, deceased <u>08/28/1991</u>, 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 <u>TBD</u> at <u>TBD</u> 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: David Kuticka

Case No. CV-PR-0066-2023

#### **Second Notice**

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>David Kuticka</u>, deceased <u>01/02/2023</u>, 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 <u>TBD</u> at <u>TBD</u> 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: Josephine Trujillo-Waconda

Case No. CV-PR-0076-2023

#### **Second Notice**

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Josephine Trujillo-Waconda</u>, deceased <u>01/01/2013</u>, 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 <u>TBD</u> at <u>TBD</u> 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.

#### Isleta Tribal Court

Tribal member Felicia L. Jojola was appointed as Chief Judge of the Isleta Tribal Court on January 13, 2023, and was sworn in on January 23, 2023. She currently serving her 6th year as an appointed officer ofthe Pueblo of Isleta Judiciary. She was first appointed in 2017 to the Isleta Appellate Court, reappointed in

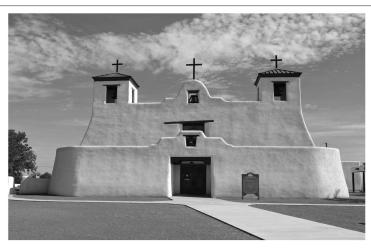


2019, and then again in 2021 by the Pueblo of Isleta Tribal Council. She is the youngest Chief Judge to have served in Isleta Tribal Court.

Chief Judge Jojola has studied with the National Judicial College for the past 6 years and has recently graduated with Judges certification in the following specialized areas: General Jurisdiction, Special Court Trial Skills, and Tribal Judicial Skills.

Aside from graduating from these specialized certificate programs, Judge Jojola has successfully completed and earned credits and certificates in Judicial Writing, Enhancing Judicial Bench Skills, The Role of the Judge in Drug-Impaired Driving Cases, Animal Law 101 for Judges, Decision Making, Animal Law-Civil Cases, Taking The Bench, Artificial Intelligence as evidence, General Jurisdiction, Creating a Trauma-Informed Courtroom for Managing Cases Involving Substance Use Disorder, Technology enabled Domestic Violence, Fourth Amendment: Comprehensive Search & Seizure Training for Trial Judges, Digital Impersonation and Deepfakes, Motivational Strategies for Working with Substance Abusers, Artificial Intelligence and Bias Impact on the Courts, Elder Abuse and Undue Influence, Election Law, United States Supreme Court Updates & Case Review 2021-2022, Tribal Judicial Skills, Medicines for Substance Use Disorders, When Financial Abuse Goes Digital and Domestic Violence, and Search and Seizure in Drug Impaired Driving Adjudication.

Chief Judge Jojola is dedicated to her service as an appointed officer of the Pueblo of Isleta Judicial Branch. Chief Judge is appreciative and constantly impressed by all court staff for all the hard work and service they provide to our community. Together, they achieve the Tribal Court's goals and objectives by adjudicating all criminal and civil cases brought before the Isleta Tribal Court in accordance with the legal code of the Pueblo of Isleta.



#### ST. AUGUSTINE FEAST DAY SERVICE SCHEDULE

The Transfer Station will be closed on Monday August 28<sup>th</sup>, to celebrate the Feast Day of St. Augustine. Monday and Tuesdays trash and recyclables will be collected on Tuesday August 29<sup>th</sup>. Have carts out by 7am, Happy Feast Day!



KEEP ISLETA BEAUTIFUL! (505)869-4106



#### **Job Postings**

Visit us online at

http://www.isleta.com/career-opportunities.aspx

**Fax:** 505-244-8232

#### **OUR LOCATION**

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



REVENUE AUDITOR II Location: Albuquerque, NM

Publish Date: 07/20/2023 Level: Non-Exempt



Publish Date: 07/20/2023

RESTAURANT CHEF

Location: Albuquerque, NM Publish Date: 07/20/2023

**PROMOTIONS** 

Location: Albuquerque, NM

COOK I (CHILI RISTRA)

Publish Date: 07/20/2023

Publish Date: 07/20/2023

**FOOD ATTENDANT** 

Location: Albuquerque, NM

Publish Date: 07/19/2023

Job Family: Food & Beverage Level: Non-Exempt

COOK I (PANDA

Location: Albuquerque, NM

Publish Date: 07/19/2023

Job Family: Food & Beverage

SUPERVISOR F & B

(PANDA EXPRESS)

Location: Albuquerque, NM Publish Date: 07/17/2023

GROUNDSKEEPER

(GOLF COURSE)

Location: Albuquerque, NM

Publish Date: 07/17/2023

Job Family: Recreation

CAGE CASHIER

Location: Albuquerque, NM Publish Date: 07/17/2023

COOK II (EMBERS)

Location: Albuquerque, NM

Publish Date: 07/17/2023

Job Family: Food & Beverage

GROUNDSKEEPER

Location: Albuquerque, NM

Publish Date: 07/17/2023

Level: Non-Exempt

Level: Non-Exempt

Level: Non-Exempt

Level: Non-Exempt

LAKES

Level: Non-Exempt

EXPRESS)

Level: Non-Exempt

(CHILLS)

Level: Exempt

(TIWA)

Job Family: N/A

**MANAGER** 

Level: Exempt

Level: Exempt



**RETAIL SUPERVISOR** 

Location: Albuquerque, NM Publish Date: 07/20/2023 Level: Non-Exempt



**RESTAURANT** MANAGER

Location: Albuquerque, NM Publish Date: 07/20/2023 Level: Exempt



RECRUITER

Location: Albuquerque, NM Publish Date: 07/20/2023 Level: Exempt



OFF-SITE ATTENDANT (GOLF COURSE)

Location: Albuquerque, NM Publish Date: 07/20/2023 Level: Non-Exempt



SUPERVISOR F & B

(CENTER BAR) Location: Albuquerque NM Publish Date: 07/19/2023 Job Family: Food & Beverage Level: Non-Exempt



COOK I (TIWA)

Location: Albuquerque, NM Publish Date: 07/19/2023 Job Family: Food & Beverage Level: Non-Exempt



COOK I (FAT BURGER)

Location: Albuquerque, NM Publish Date: 07/19/2023 Job Family: Food & Beverage



BARBACK (TRIPLE 7S)

Publish Date: 07/17/2023 Level: Non-Exempt





BARTENDER (777s)

Location: Albuquerque, NM Publish Date: 07/17/2023 level: Non-Exemp



BARTENDER (SPORTSBOOK BAR)

Location: Albuquerque, NM Publish Date: 07/17/2023 Level: Non-Exempt



**GUEST SERVICE** REPRESENTATIVE

Publish Date: 07/17/2023 evel: Non-Exempt SPRAY TECHNICIAN



(GOLF COURSE)

Publish Date: 07/17/2023 Level: Non-Exempt







TECHNICIAN Location: Albuquerque, NM Publish Date: 07/17/2023 Job Family: Finance



VALET ATTENDANT

Location: Albuquerque, NM Publish Date: 07/12/2023 Level: Non-Exempt





SUPERINTENDENT (GOLF COURSE)

Publish Date: 07/11/2023



TABLE GAMES DEALER Location: Albuquerque, NM Publish Date: 07/11/2023



SURVEILLANCE AGENT Location: Albuquerque, NM

Publish Date: 07/11/2023 Job Family: Surveillance



#### COUNT SUPERVISOR Location: Albuquerque, NM

Publish Date: 07/17/2023 Level: Non-Exempt



#### MAIN BANKER

Publish Date: 07/13/2023 Level: Non-Exempt



#### TABLE GAMES FLOOR **SUPERVISOR** Location: Albuquerque, NM

Publish Date: 07/12/2023 Job Family: Gaming Level: Non-Exempt



#### SUPERVISOR F & B (PW RISTRA) Location: Alb

Publish Date: 07/11/2023 Level: Non-Exempt



#### SYSTEMS ANALYST Location: Albuquerque, NM Publish Date: 07/11/2023

Job Family: Information Tech Level: Exempt



#### SUPERVISOR F & B (CENTER BAR)

Location: Albuquerque, NM Publish Date: 07/11/2023



#### TABLE GAMES FLOOR **SUPERVISOR**

Location: Albuquerque, NM Publish Date: 05/05/2023 Job Family: Gaming Level: Non-Exempt



#### SUPERVISOR F & B (CENTER BAR) Location: Albuquerque NM

Publish Date: 05/05/2023 Job Family: Food & Beverage Level: Non-Exempt



#### SPORTS BOOK WRITER

Location: Albuquerque, NM Publish Date: 05/05/2023 Job Family: Gaming Level: Non-Exempt



**SLOTS TECHNICIAN** INTERN

Location: Albuquerque, NM Publish Date: 05/05/2023 Level: Non-Exempt



#### SLOTS SHIFT MANAGER

Location: Albuquerque, NM Publish Date: 05/05/2023 Job Family: Gaming Level: Exempt



#### SLOTS FLOOR

Level: Non-Exempt

**TECHNICIAN** Location: Albuquerque, NM Publish Date: 05/05/2023 Job Family: Gaming



#### STEWARD (UTILITY)

Publish Date: 07/11/2023 Level: Non-Exemp



#### SLOTS TECHNICIAN

INTERN Location: Albu Publish Date: 07/11/2023 Level: Non-Exempt



#### Location: Albuquerque, NM Publish Date: 07/11/2023

SLOTS SHIFT MANAGER

SLOTS FLOOR **TECHNICIAN** Location: Albuquerque, NM Publish Date: 07/11/2023

Job Family: Gaming

Level: Exempt



### SHUTTLE DRIVER

Job Family: Gaming

Level: Non-Exempt

Publish Date: 07/11/2023 Level: Non-Exempt



#### SERVER(TIWA) Location: Albuquerque, NM

Publish Date: 07/11/2023 Level: Non-Exempt



#### Location: Albuquerque, NM Publish Date: 07/11/2023 Level: Non-Exempt

TECHNICIAN II

LANDSCAPE

**HVAC TECH II** Publish Date: 07/11/2023 Level: Non-Exempt

**HDCT** 



#### Location: Albuquerque, NM Publish Date: 07/11/2023 Level: Non-Exempt

**GUEST SERVICE SUPERVISOR** Publish Date: 07/11/2023

Level: Non-Exempt



**FOOD ATTENDANT** (PALACE WEST)

Location: Albuquerque, NM Publish Date: 07/11/2023 Level: Non-Exempt



#### SERVER (BEVERAGE)

Publish Date: 07/11/2023 Level: Non-Exempt



#### TABLE GAMES DEALER

Location: Albuquerque, NM Publish Date: 05/05/2023 Job Family: Gaming Level: Non-Exempt



#### **STEWARD**

Level: Non-Exempt

Location: Albuquerque NM Publish Date: 05/05/2023 Job Family: Food & Beverage



#### SOUS CHEF (TIWA)

Location: Albuquerque, NM Publish Date: 05/05/2023



#### Level: Non-Exempt SLOTS SHIFT

**SUPERVISOR** Location: Albuquerque, NM Publish Date: 05/05/2023



#### Level: Non-Exempt **SLOTS LAB**

**TECHNICIAN** Location: Albuquerque, NM Publish Date: 05/05/2023 Job Family: Gaming



#### SLOTS FLOOR

Level: Non-Exempt

Level: Non-Exempt

**ATTENDANT** Location: Albuquerque, NM Publish Date: 05/05/2023 Job Family: Gaming



SPORTS BOOK WRITER Location: Albuquerque, NM Publish Date: 07/11/2023



#### **SUPERVISOR** Location: Albuquerque, NM

**TECHNICIAN** 

Job Family: Gaming

Level: Non-Exempt SLOTS LAB



#### SLOTS FLOOR

**ATTENDANT** Location: Albuquerque, NM Publish Date: 07/11/2023 Job Family: Gaming Level: Non-Exempt



#### SHOP CLERK (GOLF COURSE) Location: Albuquerque, NM Publish Date: 07/11/2023

SECURITY OFFICER II Location: Albuquerque, NM Publish Date: 07/11/2023

Job Family: Security Level: Non-Exempt

Level: Non-Exempt



#### **TECHNICIAN** Location: Albuquerque, NM

Publish Date: 07/11/2023

**HOUSEPERSON** Publish Date: 07/11/2023 Level: Non-Exempt

Level: Non-Exempt



**HDC SPECIALIST** Location: Albuquerque, NM Publish Date: 07/11/2023

FOOD ATTENDANT-

(BEVERAGE) DAUBERS Location: Albuquerque, NM Publish Date: 07/11/2023 Job Family: Food & Beverage Level: Non-Exempt



#### FOOD ATTENDANT (CHILI RISTRA) Location: Albuquerque, NM

Publish Date: 07/11/2023 Job Family: Food & Beverage Level: Non-Exempt



#### KETING COORDINATOR Location: Albuquerque, NM Publish Date: 07/11/2023

ENTERTAINMENT/MAR

Level: Non-Exempt



#### **ELECTRICIAN II**

Location: Albuquerque, NM Publish Date: 07/11/2023 Job Family: Facilities



#### DIRECTOR OF SLOTS **OPERATIONS**

Location: Albuquerque, NN Publish Date: 07/11/2023 Level: Exempt



#### COUNT MEMBER





Location: Albuquerque, NM Publish Date: 07/11/2023 Job Family: Food & Beverage Level: Non-Exempt

COOK I (PREP)



#### Location: Albuquerque, NM

Publish Date: 07/11/2023 Job Family: Food & Beverage vel: Non-Exempt



**CAGE SHIFT** SUPERVISOR

Location: Albuquerque, NM Publish Date: 07/11/2023 Level: Non-Exemp



#### **BARBACK** (SPORTSBOOK BAR)

Location: Albuquerque, NM Publish Date: 07/11/2023 Job Family: Food & Beverage Level: Non-Evernt



Publish Date: 06/21/2023 evel: Non-Exempt

**BAKER II** 



### Chief Executive Officer

**EDR ATTENDANT** 

Publish Date: 07/11/2023 Level: Non-Exempt

Location: Albuquerque, NM

Publish Date: 07/11/2023

COSMETOLOGIST

Location: Albuquerque, NM Publish Date: 07/11/2023 Level: Non-Exempt

Location: Albuquerque, NM Publish Date: 07/11/2023 Job Family: Food & Beverage

CASHIER (TIWA)

Publish Date: 07/11/2023

**BANQUET CAPTAIN** 

Publish Date: 07/11/2023 Level: Non-Exempt

Level: Non-Exempt

Level: Non-Exempt

COOK I (CHILI RISTRA)

**CUSTODIAN** 

Job Family: Facilities

Level: Non-Exempt

Publish Date: 06/28/2023 Job Family: Administration Level: C-Suite Executive



#### **ASSISTANT** SUPERINTENDENT

Location: Albuquerque, NM Publish Date: 05/03/2023 Job Family: Recreation Level: Exempt

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Albuquerque, NM 87105

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#### **Isleta Pueblo News**



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



#### **ENVIRONMENT**

Monthly surface water quality results

| E. coli bacteria in MPN/100 ml by POI Sample Location* |     | Date of collection |     |      |     |     |     |     |     |
|--|-----|--------------------|-----|------|-----|-----|-----|-----|-----|
|  |     | 2022               |     | 2023 |     |     |     |     |     |
| •  | Oct | Nov                | Dec | Jan  | Feb | Mar | Apr | May | Jun |
| South Boundary   | 435 | 1274               | 456 | 866  | 235 | 134 | 20  | 41  | 54  |
| 240 Wasteway   | 261 | 1421               | 344 | 727  | 272 | 52  | 63  | 10  | 9   |
| Indian Interior Drain @ 240 Wasteway                   | 46  | 84                 | 7   | 8    | 8   | 52  | 42  | 39  | 54  |
| NM 147   | 209 | 546                | 396 | 360  | 167 | 85  | 98  | 20  | 41  |
| Black Bridge   | 104 | 238                | 488 | 141  | 73  | 63  | 41  | 86  | 51  |
| Northern Boundary near Isleta Lakes                    | 228 | 543                | 178 | 161  | 125 | 10  | 41  | 63  | 62  |
| Albuquerque Riverside Drain                            | 70  | 27                 | 52  | 64   | 8   | 24  | 5   | 157 | 38  |
| Two sample locations, irrigation season only           |     |                    |     |      |     |     |     |     |     |
| Acequia Madre near Northern Boundary                   | 73  | 272                | -   | -    | -   | 64  | 93  | 104 | 83  |
| Butte Lateral near Interstate-25                       | -   | 48                 | -   | -    | -   | 216 | 62  | 131 | 110 |

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

- 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.

As of 7/19/2023, by Order of the Governor, the Rio Grande is closed for fishing. The reason for closure is for the safety of our community. We have been blessed with a good spring runoff. Be aware that bacteria concentrations in the Rio Grande typically spike or rise to unsafe levels following storm events and high water levels in tributaries upstream. Please watch signage at the NM 147 bridge. Governor will lift the closure order when the Rio Grande is safe.

#### Notes regarding surface water quality sampling:

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.

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.

## Pueblo of Isleta Job Opportunities

| Position Posting                                      | Office Location                            | Closing date                         | Position Posting                         |
|---|--|--------------------------------------|--|
| ADMINISTRATIVE ASSISTANT I                            | Head Start                                 | 07/24/2023                           | HEAD START STAFF ASSISTANT               |
| ADMINISTRATIVE ASSISTANT I                            | Public Works                               | 07/24/2023                           | HOME CARE ATTENDANT                      |
| ANIMAL CONTROL OFFICER                                | Police Department – Open<br>Space          | Open Until Filled                    | HOME MAINTENANCE<br>TECHNICIAN           |
| ASSISTANT TRIBAL PROSECUTOR                           | Prosecutor                                 | 08/11/2023                           | HOMEOWNERSHIP<br>COUNSELOR               |
| AUDIOLOGIST   | Health Services                            | Open Until Filled                    | IN-HOME SERVICE PROGRAM<br>MANAGER       |
| BAILIFF   | Tribal Court                               | Open Until Filled                    | IRRIGATION TECHNICIAN                    |
| BEHAVIORAL HEALTH CASE<br>MANAGER                     | Health Services                            | Open Until Filled                    | IRRIGATION & LANDSCAPE<br>TECHNICIAN     |
| BENEFITS & BILLING<br>COORDINATOR                     | Elder Center                               | 07/24/2023                           | LABORER (3 Positions)                    |
| BILLING TECHNICIAN                                    | Health Services                            | 07/31/2023                           | LABORER                                  |
| BILLING TECHNICIAN -<br>PHARMACY                      | Health Services                            | Open Until Filled                    | LANGUAGE INSTRUCTIONAL COORDINATOR       |
| BOSQUE AND RIVERINE<br>RESTORATION MANAGER            | Natural Resources                          | Open Until Filled                    | MAINTENANCE TECHNICIAN                   |
| CAREGIVER   | Assisted Living                            | Open Until Filled                    | MAINTENANCE TECHNICIAN (2<br>Positions)  |
| CARPENTER I (2 Positions)                             | Housing Authority                          | Open Until Filled                    | MEDICAL ASSISTANT (2<br>Positions)       |
| CARPENTER III (2 Positions)                           | Housing Authority                          | Open Until Filled                    | PARKS MAINTENANCE<br>WORKER              |
| CERTIFIED FITNESS<br>INSTRUCTOR                       | Health Services                            | Open Until Filled                    | PC TECHNICIAN I                          |
| CERTIFIED FITNESS<br>INSTRUCTOR                       | Health Services                            | Open Until Filled                    | PEER SUPPORT SPECIALIST                  |
| CHIEF<br>PROBATION/CHILDREN'S<br>INTERVENTION OFFICER | Tribal Courts                              | 08/04/2023                           | PERSONAL CARE SERVICE<br>AIDE            |
| CHILD CARE PROVIDER I (2<br>Positions)                | Head Start                                 | 07/21/2023                           | PHYSICAL THERAPIST                       |
| CLINICAL THERAPIST                                    | Health Services                            | Open Until Filled                    | PHYSICAL THERAPIST ASSISTANT             |
| COMPUTER IT SPECIALIST                                | Department of Education                    | Open Until Filled                    | PLUMBER                                  |
| COMMUNITY HEALTH NURSE                                | Health Services                            | 07/20/2023                           | POLICE OFFICER I                         |
| COOKI   | Assisted Living                            | 07/24/2023                           | POLICE OFFICER II                        |
| DENTAL ASSISTANT                                      | Health Services                            | Open Until Filled                    | POLICE RECORDS<br>TECHNICIAN             |
| DIRECTOR, TRANSPORTATION                              | Health Services                            | Open Until Filled                    | PROJECT ASSISTANT                        |
| SERVICES  | Transportation Service                     | Open Until Filled                    | PUBLIC INFRASTRUCTURE INSPECTOR          |
| DISPATCHER I  EDUCATION ASSISTANT                     | Police Department  Department of Education | Open Until Filled  Open Until Filled | RANGELAND MANAGEMENT<br>SUPERVISOR       |
| EMT - INTERMEDIATE                                    | Health Services                            | Open Until Filled                    | ROADWAY MAINTENANCE<br>WORKER IrI-071723 |
| EMT - PARAMEDIC (2 Positions)                         | Health Services                            | Open Until Filled                    | ROADWAY MAINTENANCE<br>WORKER II         |
| ENVIRONMENTAL<br>TECHNICIAN                           | Natural Resources                          | 07/21/2023                           | SALES ASSOCIATE                          |
| FAMILIY SOCIAL WORKER                                 | Social Services                            | Open Until Filled                    | SECURITY OFFICER                         |
| GROUNDSKEEPER   | C-Stores                                   | Open Until Filled                    | SEPTIC TRUCK DRIVER                      |
| GROUNDS MAINTENANCE                                   |  |                                      | SHIFT LEAD                               |
| WORKER (2 Positions)                                  | Public Works                               | Open Until Filled                    |  |

| Position Posting                         | Office Location         | Closing date                    |
|--|-------------------------|---------------------------------|
| HEAD START STAFF ASSISTANT               | Head Start              | 07/24/2023                      |
| HOME CARE ATTENDANT                      | Elder Center            | Open Until Filled               |
| HOME MAINTENANCE<br>TECHNICIAN           | Elder Center            | 08/01/2023                      |
| HOMEOWNERSHIP<br>COUNSELOR               | Housing Authority       | Open Until Filled               |
| IN-HOME SERVICE PROGRAM<br>MANAGER       | Elder Center            | 07/28/2023                      |
| IRRIGATION TECHNICIAN                    | Agricultural Division   | Open Until Filled               |
| IRRIGATION & LANDSCAPE<br>TECHNICIAN     | Parks & Recreation      | 08/01/2023                      |
| LABORER (3 Positions)                    | Housing Authority       | Open Until Filled               |
| LABORER                                  | Public Works            | Open Until Filled               |
| LANGUAGE INSTRUCTIONAL COORDINATOR       | Department of Education | Open Until Filled – Within Only |
| MAINTENANCE TECHNICIAN                   | Public Works            | 07/24/2023                      |
| MAINTENANCE TECHNICIAN (2 Positions)     | Housing Authority       | Open Until Filled               |
| MEDICAL ASSISTANT (2<br>Positions)       | Health Services         | Open Until Filled               |
| PARKS MAINTENANCE<br>WORKER              | Parks & Recreation      | 08/01/2023                      |
| PC TECHNICIAN I                          | MIS                     | 07/31/2023                      |
| PEER SUPPORT SPECIALIST                  | Health Services         | Open Until Filled               |
| PERSONAL CARE SERVICE<br>AIDE            | Elder Center            | Open Until Filled - Within Only |
| PHYSICAL THERAPIST                       | Health Services         | Open Until Filled               |
| PHYSICAL THERAPIST<br>ASSISTANT          | Health Services         | Open Until Filled               |
| PLUMBER                                  | Housing Authority       | Open Until Filled               |
| POLICE OFFICER I                         | Police Department       | 07/31/2023                      |
| POLICE OFFICER II                        | Police Department       | 07/31/2023                      |
| POLICE RECORDS<br>TECHNICIAN             | Police Department       | 08/04/2023                      |
| PROJECT ASSISTANT                        | Social Services         | 07/24/2023                      |
| PUBLIC INFRASTRUCTURE INSPECTOR          | Public Works            | 08/01/2023                      |
| RANGELAND MANAGEMENT<br>SUPERVISOR       | Natural Resources       | Open Until Filles               |
| ROADWAY MAINTENANCE<br>WORKER Irl-071723 | Construction Operations | 08/01/2023                      |
| ROADWAY MAINTENANCE<br>WORKER II         | Construction Operations | 08/01/2023                      |
| SALES ASSOCIATE                          | C-Stores                | Open Until Filled               |
| SECURITY OFFICER                         | Health Services         | Open Until Filled               |
| SEPTIC TRUCK DRIVER                      | Public Works            | 08/01/2023                      |
| SHIFT LEAD                               | C-Stores                | Open Until Filled               |

| SYP – Aquatic Aide (3 Positions)  | Parks & Recreation      | Open Until Filled               |
|-----------------------------------|-------------------------|---------------------------------|
| TEACHER ASSISTANT                 | Head Start              | Open Until Filled               |
| TIWA LANGUAGE EDUCATION ASSISTANT | Department of Education | Open Until Filled               |
| TRANSPORTATION ENGINEER           | Transportation Service  | Open Until Filled               |
| UTILITY FOREMAN                   | Public Works            | 07/21/2023                      |
| VAN DRIVER                        | Elder Center            | Open Until Filled               |
| VETERAN SUPPORT SERVICE<br>MEMBER | Elder Center            | Open Until Filled – Within Only |
| WATER / WWTP OPERATOR I-          | Public Works            | Open Until Filled               |

#### **ISLETA PUEBLO HOUSING AUTHORITY**

The Isleta Pueblo Housing Authority (IPHA) has been extremely busy with seasonal service—getting ACs started, repaired, and/or replaced. Due to the extreme heat we've been experiencing lately, many are malfunctioning. If your AC goes out and you call in a work order to have it assessed, please be patient, IPHA has a limited crew to address these issues, they'll respond to your work order just as soon as they can. For after hours or weekends, calls are taken by IPD and dispatched to our on-call person. These calls should only be made if the situation is a safety or health risk concern; otherwise, the work order may be called in on the next business day. IPHA is open Monday thru Friday, 8:00am – 4:30pm, Maintenance staff 7:00am – 3:30pm.

Clarification on application requests: when a work order is called in, if service has not been performed at your residence before, a request to submit an application will be made prior to a work order being initiated. If the service is an emergency, the work order will be initiated and a notation will be made that service will be on a repayment basis, meaning that the homeowner will be billed for the services. The reason you are asked to complete an application is to determine whether you will be Grant eligible, where IPHA will not charge the homeowner for services or whether you do not qualify for a Grant but will be considered a Repayment, where IPHA will invoice for services performed. This application is necessary as a requirement when utilizing federal funding.

Are you considering remodeling your home or demolishing your home to build a new home? It is important to address safety and health concerns when working with "old" construction material, such as tile, linoleum, stucco, window frames, roofing material and sealants, etc.? Asbestos, a mineral known for its carcinogenic properties, comprises flexible fibers that possess resistance to heat, electricity and corrosion. These qualities made asbestos valuable for various product applications, particularly in home construction material. However, these same qualities contribute to the risks associated with asbestos exposure. Whether you are remodeling or intend to demolish a home or structure, please contact Pueblo of Isleta's Environment Department at (505) 869-7565 or Housing at (505) 869-4153 for asbestos testing. Do not disturb building material that could contain asbestos and do not attempt to remove it on your own! The assessment process starts with a work order to schedule testing.





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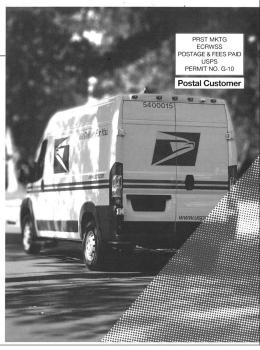
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## Pueblo of Isleta Department of Education - Academic Success Office

Michelle "Shelly" Valdez & Jolynn "Jo" Martinez (505) 869-9790



We would like to wish all our students a good school year and remind you to do your very best. There are many resources to help you to succeed in school that our department offers. We encourage students and families to stop by and inquire how we can assist you. For our incoming freshman please be on the lookout for an upcoming Freshman Kick Off to be held later in the month of August. Stay on top of your homework. Get involved in special events or extracurricular activities or clubs to keep you active and involved in positive ways. Ask for help when you need it.

#### Andrew Correa

Andrew is the grandson of Marie Correa and a recent graduate of New Mexico Youth Challenge Academy located in



Roswell, NM. It is a 17 ½-month program that begins with a demanding 22-week quasi-military residential phase in which cadets reside in Roswell. This is followed by a year of mentoring support to help the graduate maintain a positive lifestyle.



During his Residential Phase, Andrew focused on the development of his whole person through training of the 8 Core Components that are

designed to instill healthy, life-long skills that have been time-proven to lead to success. During this phase, Andrew lived in the military barracks and worked towards earning a HiSET. As a cadet at NMYCA, he needed to have a mentor who was a trusted adult and keep in contact with Andrew to stay on track and remain focused on his life

plans. We would like to recognize Mrs. Christine Abeita who took on this important role for Andrew. She made frequent trips to Roswell as needed and kept in touch with Andrew to make sure he was fulfilling his commitment.



We first came to meet Andrew a little over a year ago when he was a freshman at Los Lunas High School. Andrew and his grandmother came to our office seeking support along with the Pueblo of Isleta Truancy Department to see how we could make Andrew be successful because he was facing some challenges in school. They knew dropping out of high school was not an option, but they wanted him to find an alternative to obtain his high school diploma or HiSET. It was after long talks, a visit to Job Corps of America in Albuquerque, and much thought that Andrew and his family made the commitment to go to NMYCA.

We can remember the first week after Andrew was away at Roswell; his grandmother was having a difficult time adjusting being without Andrew. During the first few weeks at the NMYCA the cadets are not allowed to have any contact with family, only his mentor. Marie would call and say, "I am lost. I do not know what to do without him." She would keep us posted on any news she had about Andrew. He eventually he got to make phone calls to his grandmother but it was very fast and brief. We would get pictures of Andrew from his grandmother and get to see how he was doing. On June 17, 2023, Andrew graduated from NMYCA. He had many family members in attendance to congratulate him on his great achievement. Since graduating from NMYCA, Andrew has begun his internship with the Pueblo

of Isleta Fire Department after being back home in Isleta. Having job placement after graduating from NMYCA is a requirement for one year. The Fire Chief, Lester Gary brought Andrew to the Department of Education office to have a little celebration for Andrew and interview him about his experience at Roswell. He first stated that he was excited to go. He met other individuals in Roswell that were his roommates. He stated that there were about 30 of them in a room and each had their own bunk. He learned to shower and get ready in under 2 minutes. Each day he had physical fitness training no matter the weather. Sometimes they had to run in only T-shirts in the freezing cold. His hands would be frozen and felt like they were numb. He could run one-mile in five minutes. He missed home but was glad to be at NMYCA. We joked about how he always would wear his beanie and then one day we got a picture of Andrew with no hair. He shared with us that all the young men had to shave their hair off and got a shave every Friday.

Some things that he feels he was trained for was how to be more prepared for looking at jobs, money, banking information, life-skill classes, job-skill classes, team building, and health and hygiene classes. These are all skill he will use in his daily life.

He no longer wakes up early, has not run, or gone to the gym since he has been home. He wants to get back into his routine of running and working out once he gets his car running, he needs an alternator. He recently got a car from his uncle, which was very surprising to the DoE staff because we all were used to seeing Andrew riding his motorcycle around the pueblo or to our office for after school tutoring. He said he still rides his motorcycle though.

He is very happy he got his HiSET. He still cannot believe it. He thought there might have been a mistake. We asked him if the HiSET was difficult to pass and he stated that he had to retake the math portion because he did not pass the first time. It was a big worry of his not to pass but he overcame that. Andrew stated the teachers

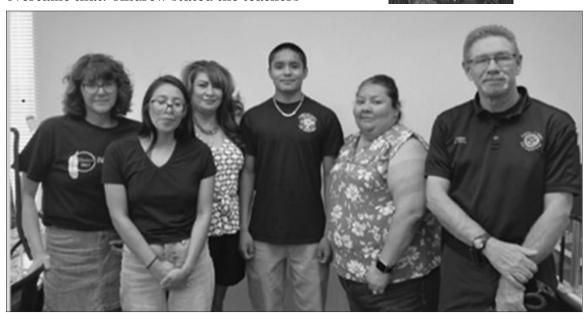
at NMYCA are very helpful in preparing and understanding concepts for the test. He was very thankful for them.

He was yelled at a lot and had to learn to keep quiet and not yell back. He stated there were other cadets that would yell back at the sergeants and then the whole troop would have to pay for it. There were times he could hear other cadets crying or trying to run away but the police would catch them and take them back to the academy. Again, the whole troop would have to pay for those actions by doing physical assignments such as push-ups or more running. As we were talking, we notice how much he has matured and answered our questions with full sentences and thought. He spoke of the many motivational sayings posted throughout the academy and how he lives by those words now.

He told us about a couple of highlights he had while away at school. One being when he got to be part of the Color Guard for an Isotopes home game. He mentioned that a cadet had to be perfect to be selected to do this assignment. He said it was a really cool experience. His other highlight was his visitation to the National Army Guard in Santa Fe. There he got to learn drills, go up and down the repel wall, and learn about military life. He made connections with a couple of the military staff and shared their experiences in the military. Andrew was inspired and has now decided that he wants to enlist in the military life as a Marine once he turns 17 in December.

He feels as if he is his own inspiration to fulfill this achievement. His words of advice to others is "If you are not successful (in school), don't give up. Try NMCYA. It is a stepping stool to graduate from there and do your best from there."





#### Destiny Lucero

Los Lunas High School Sophomore



We are highlighting Destiny after looking through the freshman unofficial transcripts and discovering that she is ranked 16 of 439 students in her graduating class.

She is the daughter of Wayne and Victoria Lucero. She runs cross-country for Los Lunas High School and has done cheer for two years. She wants to be in the National Junior Honor Society. She currently has been in Student Council at Los Lunas High School and lettered in it. She would like to move up on council and be valedictorian her senior year. In her moments that she is not studying,

you can find her relaxing on the couch. She enjoys studying about agriculture, law studies and psychology. We asked her what her favorite subject was in school thus far, and she stated that English is definitely easier than math and science. She went on to say that science is like learning about outside stuff. She does not like the scientific process of developing a hypothesis and experiments along with the whole process of getting to a conclusion is silly. She wants to be able to find a solution to a problem and it be able to explain right away.

Her favorite teacher is Mr. Gabaldon who teaches Algebra. When asked why he stood out to her, she said that he pushed her in math when she was struggling. He took the time to teach her the important concepts and from there she was able to maintain an A for that class.

Other individuals that motivate Destiny are her family, especially her mom and dad, and her grandparents (Jackie and Rob Benavidez). They remind her to follow her dreams and not be scared to try new things. Venture out and explore. Her inner voice also reminds her to not put too much pressure on herself.

She sees herself completing high school at the top of her class, going to college, and getting a steady job in the field of real estate.

When asked how her peers would describe her she stated some might say that she is very nice, sometimes too nice. She can sometimes be extroverted. She cannot be in a quiet room without laughing. People begin laughing at her because she is laughing. Her sister and parents described her laugh as being very bad. We might add that she comes from a fun and energetic family. They made us laugh as well.

We asked if she ever disagreed with a teacher about her grades and to our surprise, she said, "Yes." There was a time that she did not agree with the grade she was given on an essay. Her teacher told her it had to be rewritten. She explained to us that she took her time to get the assignment complete and knew it was well written. (Her dad agreed). She got a C and felt she deserved a better grade for the work and effort she put in. During her lunch period, she had a conversation with her teacher and pointed out reasons that the grade should be higher than the C she received. After advocating for herself her grade was changed to an A.

We asked how she works under pressure and she stated that she freaks out at first. Takes some time to calm herself down. Then she makes a plan of action. Her parents described her as OCD to some degree. Destiny stated that she likes things done in a particular way. If her space is not perfect, she has some chaos going on in her head.

Ways she prepares for tests is with lots of studying. She likes to have some one-to-one tutoring with her teachers. Making note cards is helpful for concepts that confuse her or that she does not understand. She will watch video to learn concepts as well. Destiny is definitely not a procrastinator. She rarely has homework to take home. She tried to get all her work done at school. She has time in class to complete assignments.

Her advice to her fellow peers is to work hard. Things may be challenging for a while but once you accomplish the task, you will be proud in the end. Always try your best.

Her most rewarding experience is making her family proud. She definitely made them proud by finding out her class ranking. The surprise, smiles, and excitement was beyond what any words could explain. She mentioned her fear of failing, but with the family and support this young person has, that should be just fine.





# ISLETA ELEMENTARY SCHOOL 2023 August

| Sunday | Monday          | Tuesday                       | Wednesday | Thursday            | Friday                              | Saturday                                   |
|--------|-----------------|-------------------------------|-----------|---------------------|-------------------------------------|--|
| 30     | 31              | 01<br>1ST DAY<br>OF<br>SCHOOL | 02        | 03                  | 04                                  | 05   |
| 06     | 07              | 08                            | 09        | 10                  | 11<br>Dismissal @<br>12:30          | 12   |
| 13     | 14              | 15                            | 16        | 17                  | 18                                  | 19   |
| 20     | 21              | 22                            | 23        | 24 OPEN HOUSE 3-6pm | 25<br>Dismissal @<br>12:30          | 26   |
| 27     | 28<br>NO SCHOOL | 29                            | 30        | 31                  | 01                                  | 02   |
| 03     | 04              | Notes:                        |           |                     | Testing Day Field Trip School Event | No School<br>Early Release<br>Parent Event |



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#### Isleta Head Start, Early Head Start, & Child Care Center 2023 Summer Intern

#### Mary E. Benavidez

In 2nd year at UNM this August pursuing a degree in Early Childhood Education.

Hopes to come back and teach in the Isleta community, whether it's at the Head Start or Elementary.

"I was nervous but eager when I first started at the Head Start, I didn't



know what to expect upon arriving. But with some time, I was no longer nervous, all that was left was to be eager. Eager to learn all I could from the amazing staff and from being in the classrooms with the students. The kids never failed to amaze me with what they were capable of and how they interacted with each other. All of their unique individual personalities and ways of doing things always made me thankful and happy to come in to work every day. I know that the experiences and skills I have gained here will be ones I draw on in the years to come. I hope to return next summer with the internship program once again as an intern, and hopefully as a teacher here in Isleta after I finish my degree."

Mary has been a great asset this summer. Mary comes in every day with a smile and a positive outlook. Mary is honest, dependable, and incredibly hardworking. She has won over the hearts of many of our children and staff.

## Isleta Elementary School

Phone: (505) 869-2321

www.isletaelementarv.com

#### **AUGUST 2023**

#### Welcome Isleta Eagles!

On behalf of the Isleta Elementary School staff, we are happy to welcome our new and returning students and families to the 2023-2024 school year! Our vision is to educate the whole child based on our core community values of respect, honor, courage, wisdom, culture, and language so that each child has the knowledge and skills to be successful. As students, caretakers, advocates, and educators, we play an integral part of raising healthy, motivated, and self-aware children that will carry the teachings and traditions into the future. We look forward to our partnerships and collaborations with you. Thank you for being part of the IES family.



#### **Our Goals**

Based upon the data and progress we made last year, we are focused on achieving the following goals:

- 1. 25% of all students in grades K-6 will be in the Average or above (> 40%ile) proficiency levels in Math.
- 2. 25% of all students in grades K-6 will be in the Average or above (> 40%ile) proficiency levels in Reading.
- The number of Student Discipline Referrals reported in the classroom and on the playground will decrease by 5% every quarter.
- 4. IES will host 10 events for parents, families, and community by June 2023.
- 5. Teachers create lessons and utilizes Schoology to implement supports for student learning.

#### Be SOAR Ready for the First Day of School

| S                                      | 0                                       | A                           | R   |
|--|---|-----------------------------|---|
| Safety First                           | Organized & Responsible                 | Act with Kindness           | Respect our Community                       |
| Using the marked crosswalks.           | Go to bed early and wake<br>up on time. | Use kind words and actions. | Follow all rules and directions.            |
| Board the school bus one at a time.    | backpack ready the night                | Help those in need.         | Say "please" and "thank you."               |
| Remain seated while the bus is moving. | before.                                 |                             | Keep the school, bus, and playground clean. |

#### FIRST DAY OF SCHOOL: TUESDAY, AUGUST 1

7:45 AM Student Drop Off

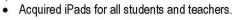
8:00AM Breakfast

8:30 AM Tardy

3:00 PM Dismissal

#### **Education Reimagined**

IES is in Phase 2 implementation of the BIE Strategic Transformation of Education Plan (STEP). This powerful initiative is purposed to reduce the opportunity gap, increase student opportunities, increase self-advocacy for our students, and empower Tribal leaders for future generations. In preparation for this phase, IES has:



- Acquired new laptops for employees.
- Expanded wireless internet accessibility throughout the school.

Scan to learn more about the STEP and the eLMS

During the 2023-2024, IES will implement a Blended Learning environment through an eLMS (education learning management system) integrated with optimal culturally responsive, standards-based, differentiated digital curricula.

#### Are You Concerned About Your Child's Development?

According to federal law, schools must find and evaluate students who may have disabilities at no cost to families. This is called Child Find. If a child has a qualifying disability, schools must offer special education and related services (like speech therapy and counseling) to meet the child's unique needs. These are provided through an Individualized Education Program (IEP). The goal is to help students make progress in school.

Does your child have trouble achieving milestones in one or more of the following developmental or academic areas?

- Vision or Hearing
- Motor Control or Coordination
- Behavior or Social Skills
- Cognitive or Academic Skills
- Speech or Communication Skills

If you have a child or know of a child who you think may have developmental delays or special needs, call to speak to a member of our special education department.

#### School Safety Measures

- All students, parents, employees, and visitors must enter/exit through the main entrance.
- Be prepared to show photo ID when checking out any student.
- Face masks are optional for all visitors.
- > Contact the school immediately to report changes to guardianship or transportation.



#### REMINDER

Bring your own water bottle!
Our drinking fountains are still shut off. Water bottle refilling stations are available.



#### **TRUANCY**

Greetings from the Truancy Department,

We hope you had a great summer. We look forward to working with our students and families for the 2023-2024 School Year. Thank you to all the families who attended the JOM Back to School Community Event that happened in July, and signed a Release of Information for your child/children. This Release of Information will help us to monitor and assist our Isleta students.

Our mission of the Isleta Truancy Department is to increase school attendance and reduce the truancy rates for our native youth. We know there are many factors that can affect our youth, but keep in mind that we are here to help and support students and their families that may need support services.

We work in collaboration with Los Lunas Schools, Albuquerque Public Schools, Native American Community Academy, Santa Fe Indian School and Isleta Elementary School. We work closely with Pueblo of Isleta service providers such as the Isleta Tribal Court, Behavioral Health, and Social Services.

The Truancy Department offers:

- Support to students and their families
- Referrals to service providers as needed in and around the Pueblo of Isleta
- Perfect Attendance incentives to Isleta Elementary School Students (On a quarterly basis and students attending other schools each semester)

We hope you have a safe, fun and educational school year!!!

Thank you,

Isleta Truancy Department

#### Health Beat: Children's Eye Health

Lucy Espiritu, ABOC Optometry Assistant Lucey.Espiritu@ISLClinic.net

Resources: Daniel A. Greninger, MD, FAAO, FAAP Phone: 505-869-4080

August is National Children's Eye Health Month. Vision screenings are very important for children's eye health. The first signs of eye problems are:

- Constant blinking
- Squinting
- · Red eye
- Most importantly, some symptoms are not obvious and the best way to find out is by scheduling an eye screening or an eye exam. An eye screening can be performed by a pediatrician for a newborn child.

It is important to routinely have a well eye check for your child by an ophthalmologist starting at the age 6 months or older. Babies up to 1 year old can detect movement by following a rolling a ball or hold his or her favorite toy and move it back and forth in child's field of vision. As a child grows, his or her vision development is crucial because a child needs good vision to read, write, and visually observe. Poor vision can affect a child's ability to learn in school.

A child can have good vision without seeing color or understanding efficient depth perception. Depth perception means for a child to be able to understand the distance of an object in his or her field of vision. A better example would be to be able to grab a bottle of water without reaching around it first or knocking the bottle over.

Taking your child for a well eye exam or vision screening on a yearly basis or, if required, to return for sooner follow-ups by your eye doctor will help prevent vision problems.

To schedule your child's eye appointment, please contact 505-869-4080.



#### **Eligibility:**

- 1. Must be an enrolled member of a federally recognized tribe in New Mexico or California pursuing a college degree.
- 2. Must have at least a 2.5 GPA.
- 3. Must be a high school senior or have graduated from high school within the last 4 years.
- 4. Must be accepted to a college or university.
- 5. Must be enrolled for a minimum of 12 credit hours per semester, or 6 hours and working part time.
- 6. Must maintain a 2.5 GPA
- 7. Family members not eligible.

#### **DEADLINE:** August 3, 2023



Email: swlopc@outlook.com to request an application



#### 2022-2023 Scholarship Recipients

#### Jodi Kallestewa

Ms. Kallestewa is currently enrolled at New Mexico State University pursuing a double major in Forensic Science and Criminology





#### Alondra Mariano

Ms. Mariano is currently enrolled at the University of Southern California pursuing a dual degree in Biological Sciences and Nursing.

#### Scholarship Criteria for the 2023-2024 Tibien (Elk Mountain) College Fund]

Purpose:

In honoring the memory of our son and nephew, Aaron Robert Dailey, the Tibien College Fund will award one \$1000 scholarship for the 2023-2024 school year to a college-bound or college student.

Criteria:

Students eligible to apply for the Scholarship are graduating high school seniors or persons who graduated from high school within the last 4 years from he date of application, who are enrolled in a federally recognized tribe in New Mexico or California, and pursuing a college degree. Consideration will be given to academic achievement and the student's community service record. Students should submit a scholarship application.

Amount:

One Scholarship of \$1000 will be disbursed in two equal installments in August 2023 and January 2024. The disbursement will be made to the Financial Aid office of the recipient's college.

Guidelines:

The recipient must continue to attend classes and maintain a 2.5 grade-point average each semester.

Deadline:

The application deadline is August 3, 2023. Applications must be received by that date to be considered. The award will be made no later than August 31, 2023.

**Application Process:** 

Call (505) 376-6844 or email swlopc@outlook.

com for an application.

Submit applications by August 3, 2023 to:

Sh'eh Wheef Law Offices P.O. Box 167 Isleta, New Mexico 87022 swlopc@outlook.com

#### Scholarship Application 2023-2024

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

|   | Date:  |
|---|--|
| PERSONAL INFORMATION  |  |
| Full Name :   | Gender: Male Female  |
| Birthdate ://   | Name of Tribe Enrolled in:   |
| E-mail :  |  |
| Contact #   | Tribal Enrollment No.  |
| Mailing Address :   |  |
| Physical Address :  |  |
| HIGH SCHOOL INFORMATION   |  |
| Year of High School Graduation or GED :   | Name and Address of High School Attended :   |
|   | (not necessary if nollans CDA necesided).  |
|   | (not necessary if college GPA provided) CRIPT) s, volunteer work, honors, offices held : |
|   |  |
| High School activities, community activities  | s, volunteer work, honors, offices held :  |
| High School activities, community activities  COLLEGE INFORMATION  Name of College/University Attended:   | s, volunteer work, honors, offices held :  |
| High School activities, community activities  COLLEGE INFORMATION  Name of College/University Attended:  Years Attended:  | GPA: (ATTACH OFFICIAL COLLEGE TRANSCRIPT)  |
| High School activities, community activities  COLLEGE INFORMATION  Name of College/University Attended:  Years Attended:  OR College that you plan to attend:   | GPA:   |
| High School activities, community activities  COLLEGE INFORMATION  Name of College/University Attended:  Years Attended:  OR College that you plan to attend:  Mailing Address of College:  | GPA:(ATTACH OFFICIAL COLLEGE TRANSCRIPT)   |
| High School activities, community activities  COLLEGE INFORMATION  Name of College/University Attended:  Years Attended:  OR College that you plan to attend:   | GPA:(ATTACH OFFICIAL COLLEGE TRANSCRIPT)   |
| High School activities, community activities  COLLEGE INFORMATION  Name of College/University Attended:  Years Attended:  OR College that you plan to attend:  Mailing Address of College:  Attach letter of acceptance from the Univer | GPA:(ATTACH OFFICIAL COLLEGE TRANSCRIPT)   |
| High School activities, community activities  COLLEGE INFORMATION  Name of College/University Attended:  Years Attended:  OR College that you plan to attend:  Mailing Address of College:  Attach letter of acceptance from the Univer | GPA:   |









#### Schedule:

Starts on Tuesday, August, 1st.

Monday-Thursday 2:30pm-5:30pm

Friday 2:30pm to 4:30pm

For Students Kindergarten and up

#### For More Information:

505-869-9808

Facebook.com/IsletaPuebloLibrary

@isletapueblolibrary

@poipubliclib

#### **REGISTRATION STARTS ON JULY 24TH @8AM**

LIMITED SLOTS AVAILABLE

**ISLETA ELEMENTARY: 10 SLOTS** SUNDANCE ELEMENTARY: 5 SLOTS **BOSQUE FARMS ELEMENTARY: 5 SLOTS** 

\*TRANSPORTATON WILL BE AVAILABLE FOR BOSQUE STUDENTS ONLY TO THE LIBRARY. ALL OTHER SCHOOLS HAVE BUS STOPS NEAR THE LIBRARY!

#### **Registration Basics:**

To register you must come into the library to fill out a

Registration is on a first come first serve ba

Only Parents/guardians may fill out a registration packet. No exceptions!

#### Fun Facts About the After School Program:

· Homework Help

• Reading/Reading Activities

 Incentive programs Activities/Crafts

Field Trips

• FREE Snacks

• WIFI/Computers/Printing





### Pueblo of Isleta Public Library

The end of the Summer Reading Program officially marks the end of summer for us here at the library, and what an exciting summer it has been. Now it's time to start preparing for back-to-school and the After School Program. We would like to wish students the best of luck during the school year. Don't forget the library is your one stop resource center to help make the school year productive and successful. Library staff members are here to help, so feel free to ask us any questions you may have.

#### News

The entire library staff would like to give a huge shout out and thank you to our summer student interns Elexyas Analla and Jayden Zuni. Thank you for all your help and doing an outstanding job this summer here at the library. Elexyas and Jayden will be returning this year as Seniors to Los Lunas High School. During their time here they worked the front desk, cataloged, ran the Summer Meal Program, helped with the Junior and Youth Summer Reading Program, and led their very first library program. Elexyas hosted a Turning into a Butterfly program for children ages 5-7 years old on Monday, July 24th. Elexyas read a story following with a craft from KiwiCo where participants made light up butterfly wings. Jayden also hosted a program for children ages 3-5 years old on Tuesday, July 25th. Jayden read a story following with a craft from KiwiCo where participants build an excavator. We would like to wish the best of luck to Elexyas and Jayden for the upcoming school year.



Family Story Time is back after taking a break during the summer to focus on the Summer Reading Program. Join us every Wednesday at 10:30am with Edith. Edith will read a book and do a small activity/craft with the families and children who attend. Family Story Time is geared towards children 16 months to 5 years old, however everyone is welcomed! No sign up is required and monthly calendars will be available for story time. For more information, please contact Edith at 505-869-9808 or email at Edith.Perez.Bonilla@isletapueblo.com.

#### Upcoming

This year our After School Program will focus on a variety of programming such as reading, activities/crafts based on the season (fall, winter & spring), what's trending, and incentive fieldtrips. The library's After Schools Program is based off of library services, reading, and homework help. Library staff are available to assist with homework, keep in mind students work independently and are responsible for asking for help. Of course, we check daily if they have homework and students must complete homework first before

anything else. Registration started on July 24th at 8am with 10 slots open for Isleta Elementary, Bosque Farms and Sundance Elementary with 5 slots. Registration is on a first come first serve basis. Transportation is available for Bosque Farms students only, due to Isleta Elementary being in walking distance and Sundance having a bus stop outside the library. If you have any question or concerns about our After School Program or to place your child(ren) on the waiting list, please call the library at 505-869-9808.

All students are welcome to come to the library after school. We strongly encourage students up to the age of 14 to read 30 minutes before being allowed on the computers and game consoles. We would also like to remind students that our General Computer Lab is for adult patrons. Students will be logged on in the Teen Room and Children's Room computers and students will be periodically switching to give everyone a chance to have time on the computer.

Library programming for adults, teens and children will start in August. If you have any suggestions, please let a staff member know. We are always open to new ideas. Please keep a lookout for flyers posted within the library, community and our social media accounts.

#### Recap

Library staff members Cheyenne and Edith attended the American Library Association (ALA) conference in Chicago, IL in the month of June. The ALA Annual Conference is the biggest library event of the year. It includes library education, conference speakers and special programming for library professionals looking to further develop their libraries, communities, and careers. During this time Cheyenne and Edith attended workshops, sessions and conference speakers. Cheyenne and Edith, are excited to implement all the information and knowledge they obtained during the conference and use what they learned here at the library.

Our 2023 Summer Reading Program has come to an end. We had an exciting summer full of activities. Our Junior Program had two field trips throughout the summer to Jungle Jam and Urban Air. Throughout the summer the Juniors learned about the basics of STEAM, enjoyed a live performance from Exotics of the Rainforest, had a yoga story time, went to Boardwalk Gymnastics, participated in a Zumba class at Snap fitness and made lots of crafts to take home. They enjoyed story time every day with library staff members trying their best to bring the book to life to encourage



students to be lifelong readers. We hope that they will continue to enjoy books and carry a passion for reading.

The Youth Summer Reading Program finished strong completing their chapter books and group curriculums. Students had to solve their way out of an Escape Room here at the library and each group went on a mini field trip to different locations. For the last day of program, the Youth went to the park to enjoy a water day with snow cones to follow here at the library. Their final field trip was to Cliff's where they enjoyed rides and Water Mania, and after they were treated to lunch at Fuddrucker's on Friday July 21st. Library staff can't believe how fast the summer went by and we would like to thank all the students that participated this year. We would like to wish everyone a wonderful school year and we hope to see you all again next summer.

On Saturday July 22nd library staff participated in the Back to School & Child Find Community Event which was held at Isleta Elementary and Isleta Head Start. Which was a collaboration and community event with other POI departments. The library was there to promote our services and resources to parents and students. Department of Education was there doing the school supply distribution, as well as representatives for Los Lunas Schools to help with student registration and so much more.



Junior SRP students setting their library grown butterflies free into the wild.



Once Upon a Time Youth Group's mini field trip to Casa San Ysidro.

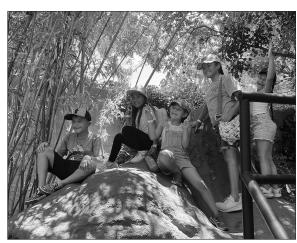




Summer Reading Program Youth Group finding clues to the Library's Escape Room!



Anime Food Youth Group's mini field trip to TeaSu and had boba tea.



Welcome to the Jungle Youth Group's mini field trip to the Bugarium.



Harry Potter Youth Group's mini field trip to Eldora's chocolate.



Junior SRP students conducting a science experiment of Elephant Toothpaste!





Junior Summer Reading Program Zumba Session at Snap Fitness!

#### PARKS & RECREATION DEPARTMENT

AUGUST ALREADY! This year has really been flying by, school is already back in session. It is actually kind of odd to see school starting so early, but it is good to see our youth are going back to school and ready for the school year. It was an extremely hot July and I am glad we all made it through the heat.

Recreation Section was busy this summer. The summer went really well this year; it was really nice to see our youth back in the summer recreation program enjoying time with their friends and having fun. We were able to take more field trips this summer. Over all, I think it was a pretty good summer.

Fitness Section is doing well. Our numbers keep going up and our classes (Spin, Yoga, etc.) have been getting bigger and bigger, this is a great thing, it tells me that tribal members are concerned with their overall health. This is a great thing for our tribal members.

Sports Section continues to thrive. Sports section spent time this summer helping with the kids, but this section also put together a Basketball League, and a Softball Tournament should be happening this month as well. So keep your eyes and ears open for information.

Aquatics Section seems to be a big hit this summer and with this heat wave we've been experiencing I can see why it would be. Tribal members and our youth are probably looking forward to getting in our swimming pool to cool off and get out of the sun/heat. Summer program youth had a blast this summer being able to use our pool again.

Parks Maintenance Section keeps on plugging away. Our parks look wonderful like always and we have had many compliments about how good our ball fields and parks look, it is always nice to hear the compliments. I really need to thank our Parks Maintenance crew for the great job that they do for the tribe and us and for being out there working in this heat. That is a tough job for anyone and they are out there every day.

#### AQUATICS SECTION

Isleta Aquatics would like to congratulate our new Assistant Aquatics Coordinator Jayna Jaramillo! Jayna has been working with POI for the past four years, most recently as Head Lifeguard. She also has a strong background in swim instruction and competitive swimming, as well as Lifeguarding, which adds to her value in her new position. Stop in and meet Jayna or feel free to call, she will be available to answer your questions.

We have had a great turnout for the summer youth program, as well as scheduling times for other youth programs here in Isleta. 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 midday 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-1:00pm. All three types of swim session can be reserved in one and two hour increments at the front desk of the Rec Center. Swim lesson registration forms are available at the front desk at the Rec Center or contact Josh or Jayna Jaramillo at 505-869-9783 for more details on availability and registration.

Isleta Aquatics is still looking for lifeguards! 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 Jayna Jaramillo at 505-869-9783.

#### SPORTS SECTION

With summer winding down, our very first men's basketball league has wrapped up for the season. It has been a successful season with nine teams participating with players and teams from the pueblo and surrounding areas. The #1 seeded team is the Timberwolves with a 7-1 record. The second seeded team known as Next from Santa Ana ended the season with a 6-2 record. Lastly, the third seeded team, the Mudd Dogz, finished with a 5-3 record. Everyone did well and competed hard as well, these are the other teams that participated Ball Hogz 5-3, The Gentlemen 5-3, Evolution 3-5, Rezzy Uncles 2-6, A-1 1-7. We will let you know how the double elimination tournament for this league ends in the next newsletter.

It was also nice to bring back a Basketball Camp for our summer rec kids. Northern New Mexico College did the camp for the kids this summer, Head Coach Jesus Aragon and his Staff did a great job with our kids, and all the kids that participated seemed to enjoy it. We are also having a







Co-ed softball tournament on August 12-13, this will be held at the Chical Baseball Fields. Please come out and support our teams participating!

Please keep an eye out for an upcoming corn-hole tournament that we will be hosting very soon as well! This summer I was given the opportunity from HR to work with an individual through summer internship program. I had the privilege of working with Thurna Olguin she was the intern that we were given and she was a tremendous help with our summer program. She had a lot of great ideas and she had an awesome personality as well, I know that she will be very successful in whatever comes her way. I really enjoyed and appreciated her energy, she was very easy to work with and we hope to work with her again in the future. In the fall, Thurna will be entering her second year of college at New Mexico State. She is currently majoring in marketing with a minor in sports marketing. She hopes to one day hopefully be part of a Public Relations team for a major league sports team. We wish her well and hope she will come back and work for our Tribal government someday.



This summer we also took the kids on bike rides. We purchased the bikes through a State outdoor grant and we hope to be doing more bike rides here in the pueblo and other places around the neighboring areas as well.





#### FITNESS SECTION

First things First! Isleta Recreation Center would like to recognize our Senior Olympians that have traveled to Pittsburg to represent our pueblo. Great job seniors, we are all so proud of you and your accomplishments.

Please look at our latest flier about the classes we have to offer along with personal training. Speaking of personal training, we have hired a Fitness Instructor that is new to our community. His name is Marcus Martinez and here is a little bio on Marcus, please come on in to meet Marcus and say hello.

For more information, please call: Isleta Recreation Center, 505-869-9777 ext. 9012 - Fitness/Weight Room

Guwaa'dzi – This is hello in the Kares Language!

My name is Marcus Martinez, I am from the Pueblo of Acoma, and I am the new Fitness Instructor here at the Pueblo of Isleta Recreation Center. I have been a fitness instructor previously and have many years working with Native youth.

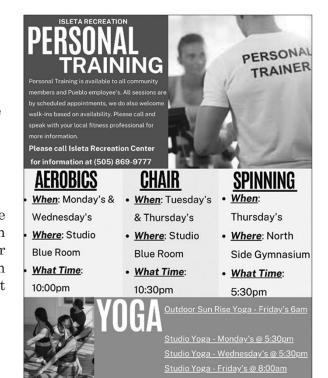
I have worked alongside various different tribal programs and have personal experience in a wide range of fitness activities. A few of my favorite activities include running, hiking, camping, skiing, weight lifting, and mountain biking.

Ways I motivate myself to stay active:

- Start walking, any movement is better than no movement at all
- Drink water
- Journaling, recently started this and it mentally prepares me for the gym
- Listen to music
- Put on my running shoes
- Call my best friend for motivation

I am open for new clients, so if you are interested in scheduling a workout session please do not hesitate to stop by or give our office a call. I look forward to working with the Isleta community and I hope to assist you in your fitness goals.

Thank you, Marcus Martinez



#### RECREATION SECTION

This summer we had over 125 youth enrolled in the Summer Recreation program. Youth were engaged in all day activities this summer. Some of the activities were Explora Center visits every Friday and where youth learn a different science activity involving recycling, mirror imaging and much more. Youth also have the opportunity to swim three times a week, play baseball, kickball, corn hole and pickle ball. Youth attended various fieldtrips to the movies this summer they saw the Spider Verse Movie and the new Transformers movie, they also attended the Zoo and Cliff's Amusement Park and we had a special invite to Santa Ana Pueblo to participate in their summer youth activities as well. Below are some highlights of activities of the Summer Recreation activities. Some youth are playing cornhole, pickleball and the older group did a science activity with eggs by dropping them to see which egg is best secured on the way they wrapped eggs with different materials and dropped them by a ladder of 12ft high in the air and fieldtrip to the zoo.





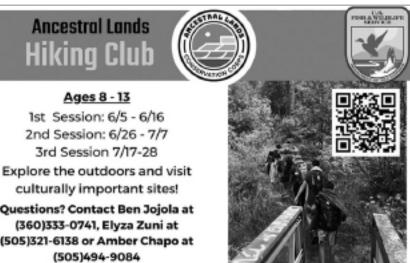


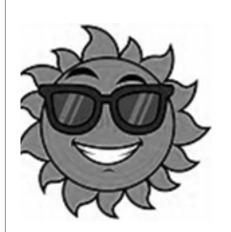












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Questions? (505) 357-0406 Email: loslunasnmpopwarner@gmail.com

#### FROM THE PUBLIC WORKS DAEPARTMENT

#### TO ALL PUEBLO OF ISLETA HOUSEHOLDS

Have you received a mailer like the one below? If not, please contact the Public Works Department at 505-869-5170 to set up a time and pick up your mailer. You will receive an incentive for your time and be able to update your mailing address with us. We want to ensure we have a correct mailing address as we will mail out important information.

NOTICE FROM PUBLIC WORKS DEPARTMENT:
DRINKING WATER QUALITY REPORTS (Consumer Confidence Reports) ISSUED
JUNE 2023, FOR CALENDAR YEAR 2022 ARE AVAILABLE AT:

https://www.isletapueblo.com/2018/05/24/recent-publications/#publicworks

#### EAST SIDE REPORT

https://www.isletapueblo.com/wp-content/uploads/2023/06/IPW-EastsideCCR2022Final.pdf

#### LOS CHARCOS REPORT

https://www.isletapueblo.com/wp-content/uploads/2023/06/IPW-LosCharcosCCR2022Final.pdf

#### SHEA WHIFF REPORT

https://www.isletapueblo.com/wp-content/uploads/2023/06/IPW-SheaWhiffCCR2022Final.pdf

PAPER COPIES ARE AVAILABLE TO BE PICKED UP AT: PUBLIC WORKS OFFICE, GOVERNOR'S OFFICE, OR LIBRARY

ANY QUESTIONS PLEASE CALL PUBLIC WORKS AT 505-869-5170



## 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.





@ 988nmcrisissupport https://988nm.org/



#### Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

## Who Is Eligible for the Affordable Connectivity Program?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the <u>Federal Poverty Guidelines</u>, or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
- Free and Reduced-Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools.
- SNAP
- Medicaid
- Federal Housing Assistance, including:
- Housing Choice Voucher (HCV) Program (Section 8 Vouchers)
- Project-Based Rental Assistance (PBRA)/ Section 202/ Section 811 □ Public Housing
- Affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiians
- Supplemental Security Income (SSI)
- WIC
- Veterans Pension or Survivor Benefits
- or Lifeline;
- Participates in one of these assistance programs and lives on Qualifying Tribal lands:
- Bureau of Indian Affairs General Assistance
- Tribal TANF
- Food Distribution Program on Indian Reservations
- Tribal Head Start (income based)

Apply now! www.GetInternet.gov







#### **ABOUT US**

Tiwa Lending Services (TLS) is a non-profit entity who believes in financial empowerment and wealth creation through homeownership and education for all Native Americans. We are committed to helping Native Families become economically independent.

#### OUR LOANS AND SERVICES

Tiwa Lending Services is pleased to announce our mortgage lending has expanded to Native Americans in Valencia and Bernalillo counties. Our mortgage loan product is designed to keep homeownership affordable whether you are planning to build, purchase, renovate, or refinance. Tiwa Lending Services is an equal housing lender, NMLS ID 2402244.

Tiwa Lending Services is a HUD Certified Counseling Agency and provides education on credit, financial management, or homebuyer readiness. Classes are offered on an annual basis but one-on-one sessions are available anytime.

#### READY TO GET STARTED? CONTACT OUR STAFF TODAY!



Sheila Herrera **Executive Director** 



Miranda Lente Loan Officer

Tiwa Lending Services will guide and advise you through every step of the homeownership process.

> Phone: (505) 916-0556 Website: www.Tiwalending.org

### Health Beat: Mental Health ${f Awareness~2023}$

Orion Zuni, B'eeh-K'oo-ee Wellness, **Experiential Educator** Orion.zuni@islclinic.net Phone: 505-869-5475

"Mental health is not a destination. But a process. It's about how you drive. Not where you're going." ~Noam Shpancer, PHD

While we go through the motions of our fast-paced lives, it can be easy to overlook all aspects of our health. It is important to keep up physical healthy habits like daily exercise and eating healthy foods. But we need to remember that our mental health plays a very important role in our wellbeing day to day. May is a month that is dedicated to mental health awareness and all the benefits that come with practicing healthy habits to keep our minds positive and productive. Fostering a healthy positive mindset can be very beneficial with our self-esteem, confidence, and outlook on life. This can be easier said than done majority of the time.

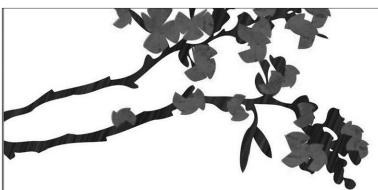
Mental and physical health are equal components to our overall health and can determine how we interact with any situation we find ourselves facing. When we find our day consumed by high stress problems it is important to find and practice healthy coping mechanisms to help yourself relax and unwind. An example of healthy coping can be getting exercise, going for walks, talking to friends or family. The options are not limited! Finding a healthy coping style or activity can look different for everyone and can include a combination of things that help us feel good. It is also important to remember that our mental health does not stay the same over time. Many factors contribute to our state of mental wellbeing but if we are able to find and continually practice healthy coping methods we have the ability to step back and assess our problems with a new perspective.

Many factors can contribute to our risk of mental illness and there is never one sole cause. For many, mental illness can be remnants of early adverse life experiences (child abuse, sexual abuse, witnessing violence, etc.), major medical conditions (Cancer, Diabetes, etc), chemical imbalances in the brain, use of alcohol or drugs, and/or having feeling of loneliness or isolation. Typically, mental health problems are clinically diagnosable and are products of our experiences, biology, psychology and social factors. There are many various types of treatments for mental health problems and are dependent on the individual. Treatments can include therapies (talk, trauma, etc), medication, or both depending on the individual's needs that will target specific mental health problems.

Mental health issues are common, help is available. People with mental health issues can improve and many recover completely. So, if you or someone you know is struggling with mental health, feel free to reach out to the B'eeh-K'oo-ee Wellness Center at 505-869-5475 and set up an appointment with one of our counselors.

#### "BE ON THE LOOKOUT" URGES NEW MEXICO POISON CENTER





# ADJUSTING WITH GRIEF & LOSS

#### **6 WEEKS SUPPORT GROUP**

WHERE: BEEH KOO-EE WELLNESS CENTER CONFERENCE ROOM

JULY 25, 2023 2:00PM-3:30PM TUESDAY AUGUST 1, 2023 2:00PM-3:30PM TUESDAY AUGUST 8, 2023 2:00PM-3:30PM TUESDAY AUGUST 18, 2023 2:00PM-3:30PM FRIDAY AUGUST 21, 2023 2:00PM-3:30PM MONDAY AUGUST 28, 2023 2:00PM-3:30PM MONDAY

The purpose of the group is to provide information about the grief process, to share experiences, and to alleviate feelings of isolation. We hope to provide a safe environment for sharing in our loss, how it has affected our life and improving our tools in dealing with our emotions. Please join us as we support each other and discuss some of the ways the loss of someone or something special can affect our lives.

FOR MORE INFORMATION AND TO ATTEND, PLEASE CALL: BEEH KOO-EE WELLNESS CENTER @ 505-869-5475



#### Adjusting with Grief and Loss Support Group

This group is about moving through life's difficulty of experiencing a loss with the help of group support. It is held for 90 minutes from 2Pm to 3:30PM for 6 weeks. The group involves open discussions to explore losses and providing a grief booklet for self-pace reading on strategies for coping with grief. We end the group with summarizing what was helpful. The goal of the group is to process your loss to understand that your grief is natural and normal reaction to loss and change. Grief is highly personal. There is no set list or order of what one should or should not feel, nor is there a certain time frame in which one "gets over it". We move along with grief though out our life. I hope to see you at the next support group.

I have listed two other grief support groups open to all to attend throughout the year. "The Grief Center" in Albuquerque at (505) 323-0478, and "Seasons of Hope" by Our Lady of the Most Holy Rosary Catholic Community in Albuquerque at (505) 836-5011. Please call to attend at Beeh Koo-ee Wellness Center at (505) 869-5475. This article written by Lisa Kaye Cherino, MHR, MSW, LCSW, LADAC.

## **Well Child Visits**

#### A Key to Healthy Kids

Naturally, we bring our kids to the clinic when they're sick. Did you know it's important to bring them in when they are well, too?

Well child visits help:

#### PREVENT PROBLEMS

The clinic team will:

- Find health problems early
   Make sure shots are surren
- Make sure shots are currentReview healthy eating
- Check on the child's safety

#### TRACK GROWTH AND DEVELOPMENT

The doctor will measure:

- Height and weight
- How your child learns and grows
- Milestones
- Mental and social health

#### BRING UP CONCERNS

You can talk to your doctor about your child's:

- BehaviorSleep
- Eating
- ❖ Growth
- Ability to get along with others
- Learning, thinking and problem solving
- Physical activity

#### CREATE A TEAM APPROACH

You and the clinic team can:

- Build trust in each otherHelp when well and help when sick
- Work together for your child and family needs
- Find other resources to help your child

Source: www.healthychildren.org

"Well child visits help give your child the best chance to grow into a healthy adult."



WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD

2—5 DAYS OLD 1 mo. 2 mo. 4 mo. 6 mo. 9 mo. 12 mo. 15mo.

18 MONTHS to 3 YEARS OLD

3 to 6 YEARS OLD

4 yr. 5 yr. 6 yr. 8 y

PRETEEN AND TEEN
9—12 yr. 13—16 yr. 17—20 yr.

\*\*CONTINUE YEARLY WELL VISITS INTO ADULTHOOD\*\*



We are Here to Serve Isleta Health Center Team (505) 869-3200

# Isleta Health Center Optometry Department

#### **Eve 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\*

## Three Ways to Apply Get started by visiting AffordableConnectivity.gov to APPLY THROUGH A COMPANY Download or call to internet company at If you have a disability and need assistance with your application, contact the ACP Support Center at (877) 384-2575.

Learn more at AffordableConnectivity.gov

#### **ACP SUPPORT CENTER**

(877) 384-2575 | 9 AM-9 PM ET 7 DAYS PER WEEK | ACPsupport@usac.org







#### IF YOUR HOUSEHOLD IS ELIGIBLE, YOU CAN RECEIVE:

• Up to a \$30/month discount on your internet service and associated equipment rentals (such as modems, routers, hotspot devices and antennas)



• Enhanced Tribal Benefit: Up to a \$75/month discount if your household is on qualifying Tribal lands



#### **DEVICE DISCOUNT**

- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50) where available
- · Only one monthly service discount and one device discount is allowed per household



## **AFFORDABLE CONNECTIVITY PROGRAM**

A Federal Communications Commission program that provides a monthly discount on internet service for qualifying households and one device discount on a laptop, tablet, or desktop computer.

#### **ENHANCED TRIBAL BENEFIT**

- Up to a \$75/month discount on your internet service and associated equipment rentals (such as modems, routers, hotspot devices and antennas)
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50) where available

#### You qualify if your household is located on qualifying Tribal lands



• You participate in one of these Tribal-specific programs: BIA General Assistance, Tribal TANF, Tribal Head Start (if you meet the income qualifying standard), or Food Distribution Program on Indian Reservations

· You meet any of the program or income requirements listed in the Eligibility section

#### DO YOU QUALIFY?

#### **ELIGIBILITY**

#### You qualify if:

• Your income is at or below 200% of the federal poverty guidelines or



- You participate in any ONE of these government benefit programs:
- Supplemental Nutrition Assistance Program (SNAP)
- $\bullet \ \mathsf{Federal} \ \mathsf{Public} \ \mathsf{Housing} \ \mathsf{Assistance} \ \mathsf{(FPHA)} \ \mathsf{(including} \ \mathsf{Housing} \ \mathsf{Choice} \ \mathsf{Voucher} \ \mathsf{(HCV)} \ \mathsf{Program}$ (Section 8 Vouchers), Project-Based Rental Assistance (PBRA)/202/811, Public Housing, and Affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiia
- Veterans Pension and Survivors Benefit
- Free and Reduced-Price School Lunch or Breakfast Program including  $through \ the \ USDA \ Community \ Eligibility \ Provision$
- Federal Pell Grant (current award year)
- Special Supplement Nutrition Program for Women, Infants, and Children (WIC)





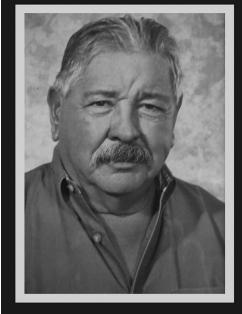
#### WHAT IS A HOUSEHOLD?

You are only allowed to get one monthly internet discount and one device discount

- If you share housing with a current ACP subscriber, complete the Household
- · The worksheet is available on our website, www.AffordableConnectivity.gov/help/ resources. You can also ask a participating internet company

The program rules recognize there may be more than one eligible household residing at the same address, such as at an assistedliving facility or where two individuals reside at the same address but do not share money.





## Eugene Abeita

The family of the late Eugene Abeita would like to thank our extended family and the Pueblo of Isleta Community for their love and support during this difficult time. Eugene's family is grateful for the assistance provided by the Governor's Office and values their leadership. Eugene enjoyed working the land and passionately advocated for Native American Water Rights. The family will honor his legacy and continue to work the land and do their part to protect water rights. Although he is not with us physically, he is here in spirit and always in our hearts.

"Like the sun, only when you set in the West can you rise again with brilliance in the East." - Mathnawi



#### ISLETA HEALTH CENTER



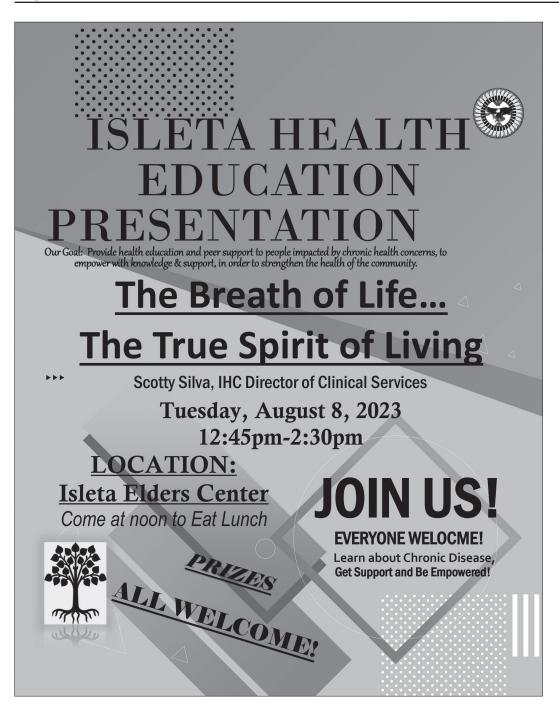
## **Health Education** Presentation Request

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

#### https://forms.gle/8cN4DES6D6CJw95V9

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

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



## FREE FOOD DISTRIBUTION



# LOCATION CHANGE--CHICAL RECEPTION HALL

First Friday of Each Month

July 7th, August 4th, September 1st

9:00-11:00 (or until food runs out)

- Fresh fruits and vegetables
- Low-sugar and low-sodium items
- Ability to connect to other services like SNAP application assistance, TANF, and other benefits
- No Cost!



#### **Healthy Foods Express**

Stephanie Barela, Health Educator Stephanie.Barela@islclinic.net Phone: 505-869-4479

Our first Roadrunner Food Bank Healthy Foods Express food distribution at the Isleta Health Center was July 7, 2023 from 9-11am and it was a great success for the community. The distribution provided food to at least 58 families with more than 147 people affected by the distribution. The Healthy Foods Express will be providing free, fresh food to families every first Friday of the month from 9:00am until 11:00am. Our first distribution was at the Isleta Health Center B'eeh-K'ooh-ee Activities Center, but with such a great turn out, we have decided to move future distributions to the Chical Reception Hall.

The Healthy Foods Express is set up like a farmer's market, with fresh produce and other food items available for individuals to select. Staff and volunteers will be handing out numbers to organize the order in which food will be distributed and as a way for us to evaluate and keep track of the number and ages of people we are serving. The Isleta Health Center asks each household to answer the questions on the back of their # slip. The questions we are asking are number of people in your household and their ages. We ask this in order to know how many people we are reaching and the age groups affected. Participants will also need to fill out a Client Intake Form for their first attendance, but will not need to fill out this paperwork after they register their first visit. Road Runner Food Bank needs this form completed to show the need for the program and to maintain state funding. If you have completed this form before, then you are not required to complete this again, unless the information was incorrectly imputed into the computer. There is also a Pick-Up Authorization form that is needed if we are distributing food from TEFAP (The Emergency Food Assistance Program), in order for you to pick up food for other households.

Food from TEFAP is not always distributed, but it would be good if you are planning to pick up food for others, to have this form completed in case we are distributing TEFAP food that day. The pick-up authorization form will be provided at each event, or you can access the form in order to fill it out before the distribution either on our website, www.islclinic.com or from the Isleta Health Center.

We hope to see you at the next Isleta Health Foods Express Distribution at the Chical Reception Hall on August 4, 2023 from 9-11am, or until food runs out.





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.

## AUGUST

\*ACTIVITIES SUBJECT TO CHANGE **PUEBLO OF ISLETA ELDER CENTER ACTIVITY CALENDAR JULY 2023** 

| MONDAY  | TUESDAY<br>1  | WEDNESDAY<br>2   | THURSDAY<br>3  | FRIDAY<br>4                             |
|---|---|--|--|---|
| ISLETA ELDER CENTER<br>505-869-9770<br>MONDAY- FRIDAY<br>8:00AM - 4:30PM                | GLASS GEM AND GLUE<br>SUNCATCHER CRAFT<br>1p -3p/Activities Room                                | Chair Exercises: 9a -10a/Activities Room Neck pillow making: 1p -3p/Activities Room    | Tie Chi<br>11a-12p/Activities Room<br>WoodBurn Jewelry Box<br>1p -3p/Activities Room | No Activities                           |
| 7   | 8   | 9  | 10   | 11                                      |
| Swimming<br>10a -12p/ POI Rec<br>Take A Chance Bullentin Board<br>1p-3p/Activities Room | Care for the Caregivers<br>1p - 2:30p<br>Speaker: Deb Openden                                   | Chair Exercises: 9a -10a/Activities Room Mirro Making W/ Lights 1p -3p Activities Room | MASS 11:30a Elder Center Dining Room   | In House Movie 1p -3p Activities Room   |
| 14  | 15  | 16   | 17   | 18                                      |
| Name that song Game???  1p - 3p Activities Room   | Luau Dance<br>Belen Senior Center<br>10a-12p  | Advisory Meeting @ 9am<br>Activities Room<br>Commodity Distribution<br>9am-11am        | Tie Chi 11a-12p/Activities Room  Resin Letter Decorating 1p -3p/Activities Room      | Nature Walk  10a - 12p Around POI       |
| 21  | 22  | 23   | 24   | 25                                      |
| WORLD SENIOR CITIZEN'S DAY Saran Ball Game 1p -3p/Activities Room                       | Tie Chi<br>11a-12p/Activities Room<br>Water Beads Sensory Bottle Craft<br>1p-3p/Activities Room | General Meeting<br>@ 12pm Dining Room<br>Topic:<br>Denim & Diamonds                    | BINGO ENTRY FEE'S ARE DONATION!  1p - 3p Activities Room                             | NATIONAL BANANA SPLIT<br>DAY<br>1p - 3p |
| 28  | 29  | 30   | 31   |   |
| Swimming: 9a-11a / POI Rec Center  Board Games & Coloring  1p - 3p  Activities Room     | Birthday Celebration<br>12p-1p/ Dining Room<br>Birthday Bullentin Board Punch                   | Karaoke 1p-3p Activities Room  | No<br>Activities   |   |

#### 2023 New Mexico Senior Olympics State Games Congratulations to Our POI Elders!!!

While all Senior Games athletes strive to perform at their best, the reasons vary as to what motivates them. Some still have the burning desire to win and earn medals, while others seek to maintain health and vitality, to set goals, to measure and compete against themselves over time, or simply to enjoy participating in sport and the camaraderie found in the Games. In truth, the motivation is usually a combination of these and other factors. So, with that said, help us **Congratulate ISLETA Senior Olympic Athletes** who participated this year in June!

Air Gun - Men's - Pistol-Standing -Joseph Jojola Cornhole - Singles - 65-69 Female Reyes Padilla 3rd Place BRONZE Cornhole - Doubles - 60-64 Female Reyes Padilla 1st Place GOLD Cornhole - Doubles - 60-64 Female Theresa Padilla 1st Place GOLD 8-Ball Pool - Women's - 60-64 Theresa Padilla 2nd Place SILVER Frisbee - Women's - Distance Throw -Gloria Anala 51' 07" 3rd Place BRONZE Power Walk - Women's - 1500 -Shirley Jojola 14:25 2nd Place SILVER Shuffleboard - Doubles -Edna Jiron & Martina Romero 1st Place GOLD Shuffleboard - Women's Singles -Shirley Jojola 4th Place Shuffleboard - Women's Singles -1st Place GOLD Debra Jojola-Lente Shuffleboard - Women's Singles -Reyes Padilla 5th Place 4th Place Shuffleboard - Women's Singles -Gloria Anala Shuffleboard - Women's Singles -Edna Jiron 1st Place GOLD Shuffleboard - Doubles -Shirley Jojola & TeAda Virgil



2nd Place SILVER

Shuffleboard - Doubles -Gloria Analla, Gloria & Debra Jojola Lente 2nd Place 2nd SILVER

Shuffleboard - Doubles -Debra Jojola-Lente. Gloria Anala 2nd Place SILVER

Shuffleboard - Doubles -Carol Martin & Charlotte Zuni

Swimming - Women's - 100Y Breaststroke -Ramona Montoya 02:17.96 2nd Place SILVER

4th Place Swimming - Women's - 100Y Freestyle -Ramona Montoya 01:42.97

Swimming - Women's - 200Y Breaststroke -Ramona Montoya 4:40.62 1st Place SILVER Swimming - Women's - 200Y Freestyle -Ramona Montoya 3:45.68 3rd BRONZE Swimming - Women's - 500Y Freestyle -Ramona Montoya 09:32.06 2nd Place SILVER

Swimming - Women's - 50Y Backstroke -Ramona Montoya 0:58.47 5th Place

Swimming - Women's - 50Y Breaststroke -Ramona Montoya 0:58.34 3rd Place BRONZE Track & Field - Women's - 400M Estimated Run/Walk - Gloria Analla 2nd Place SILVER



Thanks for your hard work, your dedication, your stamina, your talents, your growth, your exuberance, your sportsmanship and your grace. Most importantly representing POI!!!

# Valle de Oro NWR Summer Calendar 2023 🗷 🔻

All events are FREE, open to the public, and take place at Valle de Oro's visitor center unless noted otherwise. All times are in Mountain Daylight Time. Check websites and our Facebook/Instagram pages for more information.

www.fws.gov/refuge/valle\_de\_oro @ValleDeOroNationalWildlifeRefuge www.friendsofvalledeoro.org @FriendsOfValleDeOro

7851 2nd Street SW Albuquerque, NM 87105

#### -Sat. Jul 22-**Westside Restoration Tour**

in English and Spanish Join acting Wildlife Biologist, Cherry, Deputy Refuge Manager, Ariel, and Volunteer, Ana, on a 1.5 mile walk and talk about riparian and wetland restoration on the westside of the refuge. Register by emailing valledeoro@fws.gov. 8:00 am to 9:30 am

#### -Fri. Jul 28-

**Nature Art and Mindfulness** Spend time outside and learn some techniques and benefits of nature drawing. No experience needed and all supplies provided. Ages: 14+



#### -Sat. Jul 29-Banding in the Land of **Enchantment**

Join Jason with Rio Grande Bird Research to see and learn about birds of the Rio Grande Valley. 3:00 pm to 4:00 pm

#### -Fri. Aug 4-Nature Tots!

Children ages 3-6 and an adult are invited to explore nature with Ranger Brittany. 10:00 am to 11:00 am

#### -Fri. Aug 11-**Weed Warriors Volunteer Work Day**

Join us for this group event to help remove invasive plants around the refuge. 7:30 am to 11:00 am

#### -Sat. Aug 12-Summer Fiesta

Join us for an afternoon of Latin American music by Sin Fronteras. Free fun for the whole family! 1:00 pm to 3:00 pm

#### -Thurs. Aug 17-**Community Update**

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



#### -Sat. Aug 19-**Archery Pop-up**

Join us to learn about archery safety and the basics of shooting a bow. No experience necessary. Best for ages 10+

9:00 am to 11:30 am

## **Transit Services Now** Serving the Pueblo of Isleta

The Pueblo of Isleta and the Rio Metro **Regional Transit District Working Together** 

#### Bus Route 208 (No Fares until further notice!)

Bus Route 208 connects the Pueblo of Isleta and Valencia County communities to the Alvarado Transportation Center (ATC) in Downtown Albuquerque during the morning/midday when the Rail Runner does not operate. Route 208 features three northbound trips arriving at the ATC at 9:30am, 11:00am and 1:30pm, and three southbound trips departing the ATC at 9:35am,

11:05am and 1:32pm. At the ATC, riders can transfer to ABQ RIDE bus routes.

Route 208 serves two bus stops on the Pueblo of Isleta. The stop closest to the



village proper is located on NM 147 just east of the Rio Grande Bridge. Please do not park and leave vehicles unattended on the adjoining roads near this stop, as the bus and other vehicles use these roads to turnaround and access other locations. Route 208 also stops at the Isleta Pueblo Rail Runner Station, where riders can transfer to the Isleta Resort and Casino shuttle. Because the bus serves the station, riders can also consider using Route 208 in combination with the Rail Runner, for example, taking the bus to Downtown Albuquerque in the mid-morning and returning by train in the evening.

Please see route flyer that includes map, times of Bus Route 208. (No Fares until further notice!)

## Valle de Oro NWR Summer Calendar 2023 🖫 🔻 Valle de Oro National VRefugio Nacional de V

All events are FREE, open to the public, and take place at Valle de Oro's visitor center unless noted otherwise. All times are in Mountain Daylight Time. Check websites and our Facebook/Instagram pages for more information.

www.fws.gov/refuge/valle\_de\_oro @ValleDeOroNationalWildlifeRefuge

Color me! -Fri. Aug 25

**Nature Art and Mindfulness** Spend time outside and learn some techniques and benefits of nature drawing. No experience needed and all supplies provided. Ages 14+

9:30 am to 10:40 am

#### -Sat. Aug 26-**Birds are Real**

Join community members, Haley and Emi for a nature sketch walk followed by migratory bird themed lino-printing on tote bags! Register by emailing brittany\_chavarria@fws.gov. 8:00 am to 10:00 am

#### -Fri. Sept 1-**Weed Warriors Volunteer Work Day**

Join us for this group event to help remove invasive plants around the refuge. 7:30 am to 11:00 am





www.friendsofvalledeoro.org @FriendsOfValleDeOro

#### -Fri. Sept 1-**Nature Tots!**

Children ages 3-6 and an adult are invited to explore nature with Ranger Brittany. 10:00 am to 11:00 am

## -Sat. Sept 2-**Conservation Carnivale**

Come learn about local ecosystems by enjoying this interactive science circus! 2:00 pm to 4:00 pm



**Paint and Sip** Join local artist, Haley Greenfeather English for an the visitor center back patio.

outdoor sunset paint and sip on Only nonalcoholic drinks will be served. Register by emailing brittany\_chavarria@fws.gov. 5:00 pm to 7:00 pm

7851 2nd Street SW Albuquerque, NM 87105

#### -Sat. Sept 9-**Star Party**

In partnership with The Albuquerque Astronomical Society, join us to look at the stars and identify constellations! 6:00 pm to 10:00 pm



#### -Sat. Sept 16-**BARK Ranger**

Bring your furry friends to learn about our pet policies on the refuge and take the pledge to be apart of our BARK Ranger program. All dogs required to be on leash and non-reactive around others.

9:00 am to 11:00 am

#### -Fri. Sept 22-**Nature Art and Mindfulness** Spend time outside and learn

some techniques and benefits of nature drawing. No experience needed and all supplies provided. Ages 14+

9:30 am to 10:40 am

#### Pueblo of Isleta Dial-a-Ride (No Fares until further notice!)

The Pueblo of Isleta Dial-a-Ride operates Monday through Friday from 8:15am to 2:45pm, providing trips within the Pueblo and to the ABQ RIDE Route 53 bus stop on NM 314. Service to places like Smiths, Albertsons and Wal-Mart in Los Lunas is also provided with requests made before noon at least one business day prior to your trip.

Request your Dial-a-Ride trip by calling Valencia County dispatch at (505) 352-3595 before noon at least one business day prior to your trip. Requests

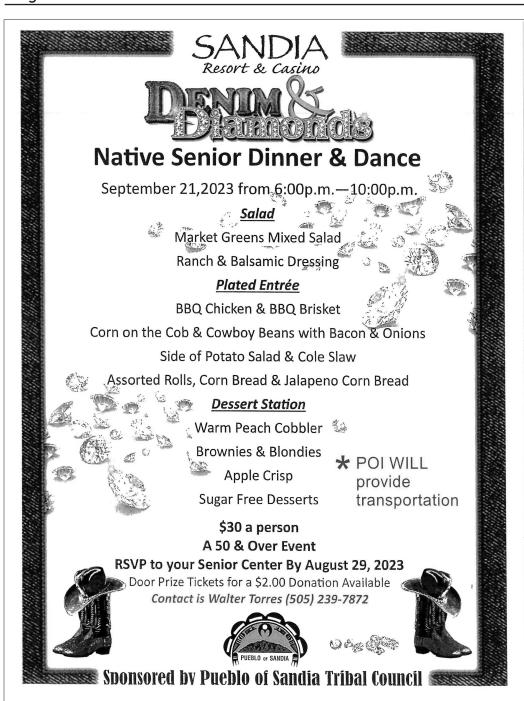
are accepted between 5:00am and 3:00pm Monday thru Friday. On the date and time of your trip, a



wheelchair accessible van will arrive within 15 minutes of your scheduled pickup time. Trips may also be grouped together; riders should expect to travel with others.

For more information about both services, including a copy of the Route 208 schedule, visit riometro.org and select "Schedules" > "Bus" > "Pueblo of Isleta" from the grey bar near the top of the website. Schedules for Route 208 are also available at the Public Services Department Office at the Tribal Services Complex.

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# SANDIA RESORT & CASINO "DENIM & DIAMONDS"

# SENIOR DINNER & DANCE SEPTEMBER 21, 2023

ALL CENTERS WILL DONATE ONE PRIZE EACH TO BE PRESENTED THE NIGHT OF THE EVENT. INDIVIDUAL SENIORS CAN ALSO DONATE PRIZES. PLEASE BE SURE TO PUT THE NAME OF THE SENIOR CENTER OR THE INDIVIDUAL SENIOR NAME ON THE PRIZE. TICKETS WILL BE SOLD FOR \$2 EACH.

A BLOCK OF ROOMS ARE AVAILABLE ON A FIRST-COME, FIRST-SERVED BASIS. PLEASE CALL 505-796-7500 FOR RESERVATIONS AND REFERENCE:
DENIM & DIAMONDS NATIVE SENIOR DINNER & DANCE.
(DOUBLE OCCUPANCY \$164.00 +TAX)

**RESERVE BY AUGUST 29TH, 2023** 

SENIOR CENTERS WILL TURN THEIR SPREADSHEETS INTO SANDIA RESORT & CASINO. NO CASH OR PERSONAL CHECKS WILL BE ACCEPTED. PLEASE MAKE CASHIERS CHECKS PAYABLE TO SANDIA RESORT & CASINO.

ALL CENTERS ARE ENCOURAGED TO HAVE ONE FUND RAISER. TURN IN YOUR PROCEEDS TO: NORA PADILLA (505) 220-4763, SHE WILL DEPOSITE THE MONIES INTO A BANK ACCOUNT.

#### "THIS IS A 50 AND OVER EVENT"

PLEASE CONTACT WALTER TORRES @ (505) 239-7872 FOR ANY QUESTIONS.

#### National Games Senior Olympic 2023 Pittsburgh

## Congratulations ISLETA SENIOR OLYMPICS PARTICIPANTS

Announcing the 2023 National POI Sr. Olympic Participants and Winners. We are proud of our Olympians as they have worked hard to get to National and compete with seniors across the United States!

Patty Jojola:

Woman's Golf

24th Place

Gloria Analla & Debra Lente-Jojola.

Doubles Shuffle Board

1st Place, GOLD

Shirley Jojola:

Singles Shuffle Board & Doubles Shuffle Board

7th Place

Cynthia Jojola Edna Jiron Participant Participant



## You too can be a Senior Olympic Champion!!

The Elder Center has various activities and events throughout the year to help you learn and build your talent and skill in the sport event of interest and choice. The travel is covered by an Annual Contribution from the Isleta Casino and Resort Sponsorship Program.

It's a great way to stay healthy, connected with friends and meet new people along the way.

For more information call Katrina Trancosa, Activities Coordinator (505) 869-9770

#### VISIT THE SANTA FE NATIONAL CEMETERY

The Pueblo of Isleta Elder Center in partnership with the NM Rail Runner Public Transportation



is embarking on a special offer! We are coordinating an event to transport and escort 20 people interested in visiting the Santa Fe National Cemetery, more specifically to visit the gravesite of a loved one. The New Mexico Rail Runner is offering 20 Isleta community members a free train ride to and from Santa Fe to visit the Santa Fe National Cemetery. Once in Santa Fe you will be transported from the train station to the National Cemetery with a lunch provided.

A date for the Event will be determined as soon as we have enough people to participate. Sign up no later than August 10, 2023 (first 20). Please contact Kimberly Chiwewe, POI Veteran's Support Program to sign up and/or for more information 505-869-9770 ext. 9335.

## Tribal Lifeline

Consumers living on Tribal lands\* can receive up to \$34.25 off phone or Internet service.

Lifeline is a federal program that helps lower the monthly cost of your phone or Internet service.

#### ELIGIBILITY

You may qualify for a discount if you live on Tribal lands\* AND can provide proof for any ONE

- Your income is at or below 135% of the federal poverty guidelines, OR
- · You participate in any ONE of these government benefit programs:
- Supplemental Nutrition Assistance Program (SNAP)
- Medicald
- · Federal Public Housing Assistance (FPHA)
- + Veterans Pension and Survivors Benefit
- . Supplemental Security Income (SSI) . Bureau of Indian Affairs General Assistance
- · Tribal Head Start (income based)
- · Tribal Temporary Assistance for Needy Families (Tribal TANF)
- · Food Distribution Program on Indian teservations Assistance

#### WHAT IS A HOUSEHOLD?

You can have multiple households at one address, for example:

- · Four adult family members that live at the same address, but do not share income and expenses, may each have their own
- . If you share housing with someone who already receives Lifeline, complete the Household Worksheet that is available on our website, or through your phone or Internet company.

\*Lifeline's Wilton Lands is defined in 47 CFR 654-480 (s). orLong and select "Tribel Lands" for more information



Universal Service Administrative Co.

#### THREE WAYS TO APPLY

APPLY ONLINE Find the online application at nv.fcc.gov/lifetine



MAIL YOUR APPLICATION Print an application from LifelineSupport.org.



CONTACT A PHONE OR INTERNET COMPANY Find a company that provides Lifeline at LifelineSupport.org. Click Companies Near Ne

If you live in CA (CaliforniaLifeline.com), OR (Lifeline. Oregon.gov), or TX (TexasLifeline.org), visit the website for

your state to find out how to apply. HOW TO SHOW YOU ARE ELIGIBLE You may need to show proof that you qualify for Lifeline, such as:

- + A copy of your SNAP or program letter OR
- A copy of your pay stub or tax return to prove your income is at or below 135% of the federal poverty guidelines.

#### TIPS FOR APPLICANTS ON TRIBAL LANDS

- . Check the "Tribal Lands" Box.
- Provide a Tribal ID Number if a SSN is unavailable.
- Your Lifeline company can help determine whether your address is on Tribal lands.
- Ask your service provider about Tribol Link-Up. You may be able to get up to \$100 toward your connection to home service

MOTE: An applicant living at a residence without an identifiable address will be asked to provide deer coordinates for the physical location. If you don't have this information, you can provide LEAC a map that identifies the location of the residence, landmarks, and distances.

LIFELINE SUPPORT CENTER (800) 234-9473 9 AM-9 PM ET 7 DAYS PER WEEK LifelineSupport@usac.org LifelineSupport.org

## Lifeline

Lifeline is a federal program that helps lower the monthly cost of your phone or Internet service.

#### HOW TO KEEP YOUR BENEFIT

If your mobile phone or Internet is free, use it at least once every 30 days to keep the benefit.

#### RECERTIFICATION

Each year, Lifeline will conduct a check to ensure you still qualify for the benefit. We will review databases that can verify your participation in qualifying programs.

We will send you a letter asking you to recertify your benefit ONLY if we are unable to confirm you are still eligible.

#### What to do if asked to recertify:

- Call (855) 359-4299 OR
- Complete the form online at mv.fcc.gov/lifetine OR
- Complete the recertification form and mail it to: Lifeline Support Center P.O. Box 7081 London, KY 40742

You may check your Lifeline Benefit status anytime by calling the Lifeline Support Center, (800) 234-9473.

If you live in CA (CaliforniaLifeline.com), OR (Lifeline.Oregon. gov), or TX (TexasLifeline.org), visit the website for your state to find out how to recertify

#### TRANSFER YOUR BENEFIT

You may change the phone or Internet company registered with Lifeline at any time.

- Talk to your new company to make the switchsome companies may have transfer costs.
- · Reapply to Lifeline to confirm you are still eligible.
- Search for a phone or Internet company at LifelineSupport.org. Click Companies Near Me.

#### LIFELINE SUPPORT CENTER

(800) 234-9473 9 AM-9 PM ET 7 DAYS PER WEEK

LifelineSupport@usac.org LifelineSupport.org

If you have a disability and need assistance with your application, contact the Lifeline Support Center.

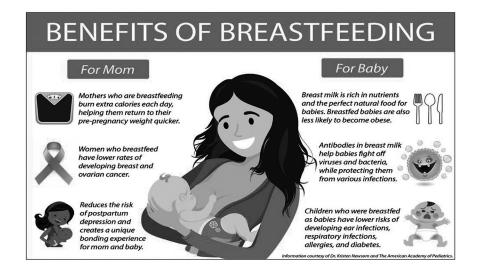
Contact your phone or Internet company about your phone, Internet service, or bill.



#### WORLD BREASTFEEDING WEEK

#### **AUGUST 1-7**

This event is celebrated every year to support and encourage breastfeeding mothers across the world



Did you know... WIC provides education for breastfeeding mothers as well as pregnant women for continuous success! We have aids such as breast pumps, peer counselors and a breastfeeding expert for any problems or questions that may arise!

Isleta WIC Office 505-869-2662

### 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.

#### Beeh Koo-ee Wellness Center

## Adult Psychoeducational Depression Group

If you need to make changes in your behavior and attitude to get motivated from depression there is a group for you! Depression is a common mental health illness. It comes out of the blue and is more than just feeling sad. It can last two weeks or more months that linger and then returns again. Depression affects how you feel, the way you think and how you act.

I'm starting a Psychoeducational Depression group at Beeh Koo-ee Wellness Center. The group focuses on **using behavioral activation skills** to getting active to work on goal directed behaviors as a first step to improved mood. Behavioral activation is an active treatment approach to follow a structured scheduled and set small, realistic goals that will be discussed weekly for 8 weeks.

The cycle of depression may start out with a situation that causes stress, strain, or hardship. This can lead to negative thoughts and feelings with having physical body complaints of fatigue (being tired), sleep problems, and loss of motivation that leads to behavioral problems with social isolation, abusing drugs/alcohol, and neglecting daily tasks.

If you have noticed certain things you do that influence your mood, like listening to sad music, you may feel sad. The more you sit around and do nothing causes you to feel guilt and worry. What you do influences your behaviors. That is what behavioral activation group re-enforces learning how your behavior can directly affect your mood. You understand the connection between your thoughts and emotions affect your behaviors.

Who can attend? Patients receiving counseling at Beeh Koo-ee Wellness Center please call at (505) 869-5475 for your attendance. Article written by Lisa Kaye Cherino, MHR, MSW, LCSW, LADAC, Therapist, Beeh Koo-ee Wellness Center

#### **Depression Education Group**

Have you noticed that certain things that you do influence your mood or anxiety? **Behavioral activation** is one of the most important **Cognitive Behavioral Therapy (CBT) skill** used in treating depression. It has to do with the way that behaviors and feelings influence each other. This group focuses on goals using behavioral activation/CBT skills to put yourself in situations that will make it most likely to improve your mood. Up to 7 participants. Please call for your attendance at **505-869-5475**.

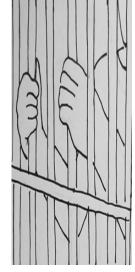


#### Every Thursday at Beeh Koo ee Wellness Center Conference Room from 2:00PM to 3:30PM for 8 weeks

| 7-20-23     | Week 1   | What is Depression?       |
|-------------|----------|---------------------------|
| 7-27-2      | Week 2   | Behavioral Activation for |
|             |          | Depression                |
| 8-3-23      | Week 3   | Behavioral Activation     |
|             |          | for Depression            |
| 8-17-23     | Week 4   | Behavioral Activation for |
|             |          | Depression                |
| 8-24-23     | Week $5$ | Behavioral Activation for |
|             |          | Depression                |
| 8-31-23     | Week 6   | Behavioral Activation for |
|             |          | Depression                |
| 9-7-23      | Week 7   | Behavioral Activation for |
|             |          | Depression                |
| 9 - 14 - 23 | Week 8   | Behavioral Activation for |
|             |          | Depression                |

#### What to Do About Enabling

You may realize that you have been enabling your loved one with their addiction (though you probably thought you were helping), and wonder how to change them. It is ok to offer recovery support for your loved one, but not doing all things your loved one could be doing for themselves. There is no need to rescue your loved one legal trouble,



do not scold, argue, or plead for your loved one to stop their addiction. Try not to react. If you remain quiet, or if you go with your life as if nothing has happened, then your loved one is left with nothing to respond to except their own actions to make recovery changes. There is help with 90 day inpatient (residential) treatment, and or intensive outpatient addiction counseling is available. Just call and speak to an Addiction Counselor at Beeh Koo-ee Wellness Center (505) 869-5475.

Many times when an enabling system is removed, the fear will force a loved one to seek help, but there are no guarantees. This is so difficult to accept for families. It is helpful to learn more about the enabling and the family disease of addiction by attending support group meeting at Al-**Anon** (A 12-Step Program for those worried about someone with a drinking problem), Nar-Anon (A 12-Step Program for Families & Friends of Addicts), or **Alateen** (A peer support group for teens who are struggling with the effects of someone else's problem drinking) call to inquire more information about where in your local area to attend for a community group at **(505) 262-2177**.

Reading this article won't make a difference unless you take some time for yourself and attend a support group meeting today to help you feel more empowered as you take steps to stop enabling. Remember, you can't control what another will do, you only have power to set boundaries and respect your life.

I find that it is helpful to ask yourself these questions to know if you are an enabler for most family situations. "Is this enabling?" and "Is this something my love one can do for themselves?" Then say the serenity prayer. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference".

I look forward to your attendance to the upcoming group for adult Family Group open to the Isleta community starting September 21, 2023 from 2:00PM to 3:30PM for 6 weeks at Beeh Koo ee Activity Center building. This group is for you to learn about family recovery and how to support your love one's recovery.

Be sure to read next month's article on "Understanding Family Effects of Addiction" to continue learning about addiction effects on family. This article submitted by Lisa Kaye Cherino, MHR, MSW, LCSW, LADAC, Therapist, Beeh Koo-ee Wellness Center



## **2023 Meeting Schedule** Isleta Education Group

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

|                           | *Meetings usually change time every ot  | her session, from 1-2:30pm to 5pm-6:3 | 30pm  |
|---------------------------|---|---------------------------------------|---|
| DATE                      | TOPIC SPEAKER   |                                       | LOCATION  |
| 8/8/2023<br>1pm-2:30pm    | The Breath of Life The True Spirit of Living The True Spirit of Living Director of Clinical Services            |                                       | Isleta Elders Center  |
| 9/12/2023<br>5pm – 6:30pm | EVENING SESSION Power of Attorney/ Advanced Directives  Feliz Martone Martone Law office                        |                                       | Isleta Health Center<br>Large Conference Room<br>2 <sup>nd</sup> Door on the North Side |
| 10/10/2023<br>1pm-2:30pm  | 13yr Anniversary Cel<br>Established Od<br>Mindfulness, Stress Reduc   | Isleta Elders Center                  |   |
| 11/14/2023<br>5pm-6:30pm  | EVENING SESSION ThinkFirst Prevention  Helen Sisneros, BS, Trauma Support Program Coord. ThinkFirst NM Director |                                       | Isleta Health Center<br>Large Conference Room<br>2nd Door on the North Side             |
| 12/12/23<br>1pm-2:30pm    | Alzheimer's and Dementia  | Isleta Elders Center                  |   |

We will be planning the schedule for 2024, so if interested in providing suggestions, please call or come to the 10/10/23, 11/14/23 or 12/12/23 mtg.

Topics are subject to change. EVERYONE WELCOME Sessions are in person, but can be Virtual, if interested, please call. Contact Stephanie Barela to sign up And to learn more! Phone: 869-4479 Email: stephanie.barela@islclinic.net

#### **ISLETA ELDER CENTER**

## **ADULT DAY SERVICES**

## ACTIVITY CALENDAR AUGUST 2023

| _04041_  | TUESDAY 1   | WEDNESDAY 2                                    | THURSDAY 3                                     | FRIDAY 4                                       |
|--|---|--|--|--|
| 7  | 9-9:30a Breakfast<br>9:30-10a Social Time/Health                  | 9-9:30a Breakfast<br>9-10am Social Time/Health | 9-9:30a Breakfast<br>9-10am Social Time/Health | 9-9:30a Breakfast<br>9-10am Social Time/Health |
|  | 9.30-10a Social Time/Health<br>Check                              | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             |
|  | 10-11a Pool Noodle Exercise                                       | 10-11a Corn Hole                               | 10-11a Chair Exercises                         | 10-11a Strength & Balance<br>Exercises         |
|  | 1-3p Jigsaw Puzzle  | 1-3p Wooden Circle                             | 1-3p No-sew Yarn Coaster                       | 1-3p Walmart Trip                              |
| MONDAY 7   |   | WEDNESDAY 9                                    | THURSDAY 10                                    | FRIDAY 11                                      |
| 9-9:30a Breakfast  | 9-9:30a Breakfast   | 9-9:30a Breakfast                              | 9-9:30a Breakfast                              | 9-9:30a Breakfast                              |
| 9-10am Social Time/Health Check  | 9-10am Social Time/Health Check                                   | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             |
| 10-11a Exercise Video  | 10-11a Pool Noodle Exercise                                       | 10-11a Bingo w/ Karen, Dietitian               |  | 10-11a Chair Exercises                         |
| 1-3p Fabic Utensil Holder Sewing   | 1-3p House Safety Presentation                                    | 1-3p Senior Choice Movie Day                   | 1-3p DIY Seat Belt Covers                      | 1-3p Sewing Pillows                            |
| MONDAY 14  | TUESDAY 15  | WEDNESDAY 16                                   | THURSDAY 17                                    | FRIDAY 18                                      |
| 9-9:30a Breakfast  | 9-9:30a Breakfast   | 9-9:30a Breakfast                              | 9-9:30a Breakfast                              | 9-9:30a Breakfast                              |
| 0-10am Social Time/Health Check  | 9-10am Social Time/Health Check                                   | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             |
| 10-11a Health Hygiene  | 9-10am Social Time/Health Check                                   |  |  |  |
| Presentation w/ Stephanie Barela   | 10a-3p Valencia   | 10-11a Chair Exercises                         | 10-11a Pool Noodle Exercise                    | 10-11a Corn Hole                               |
| 1-3p Traditional Cookie Making   | County Senior Center  | 1-3p Board Games                               | 1-3p ADS BINGO                                 | 1-3p Plastic Tissue Box Craft                  |
| MONDAY 21  | TUESDAY 22  | WEDNESDAY 23                                   | THURSDAY 24                                    | FRIDAY 25                                      |
| 9-9:30a Breakfast  | 9-9:30a Breakfast   | 9-9:30a Breakfast                              | 9-9:30a Breakfast                              | 9-9:30a Breakfast                              |
| The state of the s | 9-10am Social Time/Health Check                                   | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health Check                |
| 10-11a Strength & Balance<br>Exercises   | 10-11a Chair Exercises  | 10-11a Corn Hole                               | 10-11a Exercise Video                          | 10a-3p Bake Sale                               |
| 1-3p Painting Class 101  | 1-3p Clothespin Butterfly   | 1-3p Pipe Cleaner                              | 1-3p Baking                                    | 10-11a Pool Noodle Exercise<br>1-3p Card Games |
| MONDAY 28  | MONDAY 29   | TUESDAY 30                                     | WEDNESDAY 31                                   |  |
|  | 9-9:30a Breakfast   | 9-9:30a Breakfast                              | 9-9:30a Breakfast                              |  |
| ADS CLOSED   | 9-10am Social Time/Health Check                                   | 9-10am Social Time/Health<br>Check             | 9-10am Social Time/Health<br>Check             | *Activities may                                |
| In observance of St. Augustine Feast   | 10-11a Hand Washing Awareness<br>Presentation w/ Stephanie Barela | 10-11a Strength & Balance<br>Exercises         | 10-11a Corn Hole                               | be subject to<br>change*                       |
|  | 1-3p Bowl Holder Sewing   | 1-3p Fabric Tissue Cover<br>Sewing             | 1-3p Library Trip                              | 3  |



### ISLETA ELDER CENTER LUNCH MENU 2023

| Monday                    | Tuesday                   | Wednesday                  | Thursday                      | Friday                   |
|---------------------------|---------------------------|----------------------------|-------------------------------|--------------------------|
| Please call by 9 AM       | 8/1/2023                  | 8/2/2023                   | 8/3/2023                      | 8/4/2023                 |
|                           | Red Chile Potato Stew     | Strawberry Salad           | Italian Sausage               | Fish Sandwich            |
| to cancel Home            | Ground Beef 3oz           | Feta Cheese Crumble 3oz    | Italian Sausage 3oz           | Fish Patty 3oz           |
| Delivered Meals.          | Diced Potatoes 1/2c       | Sliced Strawberries 1/2c   | Peppers & Onions 1/2c         | Hamburger Bun            |
| 505-869-9770              | Red Chile 2oz             | Sliced Grapes 1/2c         | Marinara Sauce 1/4c           | Tarter Sauce 1oz         |
| Thank you.                | Tortilla                  | Dried Cranberries 1/2c     | Penne Pasta 1/2c              | Lettuce/Tomato slice 2oz |
| ં િનીહિ                   | Fruit of Choice           | Spring mix 1c              | Yellow Squash 1/2c            | Sweet Potato Tots 1/2c   |
|                           |                           | Raspberry Dressing 2oz     | Fruit Cobbler                 | Fruit w/Jell-o SF        |
| 8/7/2023                  | 8/8/2023                  | 8/9/2023                   | 8/10/2023                     | 8/11/2023                |
| Squash Stew               | Chicken Cordon Bleu       | Liver & Onions             | Mexican Salad                 | Red Chile Enchilada      |
| Ground Pork 3oz           | Chicken stuffed w/Ham 3oz | Diced Beef Liver 3oz       | Black Beans 3oz               | Ground Beef 3oz          |
| Diced Onions 1/4c         | Mixed Vegetable 1/2c      | Diced Onions 1/2c          | Corn 1/2c                     | Red Chile 2oz            |
| Yellow Squash 1/4c        | Honey Pinon Sauce 1oz     | Diced Potatoes 1/2c        | Bell Peppers 1/2c             | Corn Tortilla            |
| Zucchini 1/4c             | Toss Salad 1/2c           | California Vegetable 1/2c  | Avocado 1/2c                  | Refried Beans 1/2c       |
| Green Chile 2oz           | Fruit of Choice           | Tortilla                   | Romaine Lettuce 1c            | Mixed Vegetable 1/2c     |
| Tortilla                  |                           | Fruit of choice            | Shredded Cheese 1oz           | Fruit of Choice          |
| 8/14/2023                 | 8/15/2023                 | 8/16/2023                  | 8/17/2023                     | 8/18/2023                |
| Spaghetti                 | Taco Tuesday              | Chicken Bombay             | Baked Ham                     | Frito Pie                |
| Italian Sausage 3oz       | Beef Patty 3oz            | Seasoned Chicken 3oz       | Slice Ham 3oz                 | Ground Beef w/Beans 3oz  |
| WW Spaghetti Noodles 1/2c | Refried Beans 1/2c        | Wild Rice 1/2c             | Baked Yams 1/2c               | Red Chile 2oz            |
| Marinara Sauce 1/4c       | Garnish 2oz               | California Blend 1/2c      | Gravy 1oz                     | Shred Cheese 1oz         |
| Capri Vegetable 1/2c      | Green Chile Sauce 1oz     | Dinner Roll                | Capri Blend 1/2c              | Garnish 2oz              |
| Garlic Bread              | Taco Shell                | Peach Cobbler              | Fruit of Choice               | Fritos 2oz               |
| 8/21/2023                 | 8/22/2023                 | 8/23/2023                  | 8/24/2023                     | 8/25/2023                |
| Black Bean Bowl           | Turkey Chile              | Chicken Fried Steak        | Egg Salad Sandwich            | Mushroom Swiss Burger    |
| Black Bean 3oz            | Ground Turkey 3oz         | Chicken Patty 3oz          | Egg Salad 3oz                 | Beef Patty 3oz           |
| Spanish Rice 1/2c         | Kidney Beans 1/4c         | Country Gravy 1oz          | WW Bread                      | Mushroom Slice 1/2c      |
| Corn 1/2c                 | Diced Tomatoes 1/2c       | Parsley Mashed Potato 1/4c | Celery Sticks w/Peanut Better | Coleslaw 1/2c            |
| Diced Tomato 2oz          | Bell peppers 1/2c         | Mixed Vegetable 1/2c       | Fresh Strawberries 1c         | Garnish 2oz              |
| Tortilla                  | Crackers                  | SF Chocolate Pudding       | Sun chips 2oz                 | Hamburger Bun            |
| Fresh Fruit               |                           |                            |                               | Fresh Fruit              |
| 8/28/2023                 | 8/29/2023                 | 8/30/2023                  | 8/31/2023                     | *** MENUS ARE SUBJECT TO |
| Chicken & Rice            | Grilled Ham & Cheese      | Breaded Cod                | Beef Fried Rice               | CHANGE WITHOUT NOTICE,   |
| Diced Chicken 3oz         | Slice Ham 3oz             | Breaded Cod 3oz            | Ground Beef 3oz               | BASED ON AVAILABILITY OF |
| Rice 1/2c                 | Slice Cheese 1oz          | Green Beans 1/2c           | Rice 1/2c                     | l e                      |
| Diced Celery/Onions 1/2c  | WW Bread                  | Sweet Potato 1/2c          | Stir Fry Vegetable 1/2c       | PRODUCTS***              |
| Red Chile 1oz             | Side salad 1/2c           | Tartar Sauce 1oz           | Fortune Cookie                |                          |
| Oven Bread                | Mandarin Oranges 1/2c     | Fruit of Choice            | Jell-O w/fruit                |                          |