



# Isleta Pueblo News

Volume 19 Issue 1

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



January 2024

## Governor's Report

Maguwam,

Happy New Year! I hope this newsletter finds everyone in good health. I want to remind everyone that if you are feeling sick, please stay home to prevent the spread of any illness.

First, I would like to thank you, the community for your continued support of my Administration, our tribal departments, and the various programs and events that have occurred throughout the year. As I reflect on 2023, it has been a blessing to have new events and the return of so many community events that have been well attended such as, the Grand Opening of the Isleta Pueblo Cultural Center, Red Ribbon Run, Rock Your Mocs, COVID Memorial, Halloween Carnival, Re-opening of Palace West, Ham & Turkey Distributions, Pet Food Distributions, Community Meetings, and Arts & Crafts fairs, to name a few. I look forward to the continuation of events and programming that center around our community. The BIGGEST Blessing in 2023 was the return of our traditional activities. Thank you so much for your support and we look forward to a prosperous year in 2024.

Second, I want to thank our tribal departments and staff for their hard work and dedication to the tribe. Thank you for the support and time given to the unenumerated list of events above and the Newsletter herein. As our community grows, so does the work of our departments that, work to meet the needs of the community. I am excited about the projects and programming in-store for 2024, and I look forward to how the community will benefit.

Third, I ask that you please avoid two areas currently underneath construction. The first is immediately west of the diversion dam. The machinery to repair the culvert underneath NM 147 must operate 24/7. And, the second is around the Moonlight development. The equipment at both sites may be dangerous, please stay away, and exercise caution.

Last, I want to send my condolences to the families of those that have lost a family member during the month of December.

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

ISLETA STRONG


STAY INFORMED

NEW QR CODE FOR TEXT UPDATES


PUEBLO OF ISLETA

is launching a text messaging system to keep you informed about important events or incidents concerning the Pueblo of Isleta.

To signup, just scan the following QR code or if you prefer send a text with the word "SUBSCRIBE" to 855-233-9179

  
SCAN ME

KEEP ISLETA STRONG!

 PUEBLO OF ISLETA

## 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 Federal Poverty Guidelines, 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](http://www.GetInternet.gov)**

LETTER FROM THE EDITOR

**DEADLINE for February Newsletter articles is set for Wednesday, January 17, 2024, at 4:30 pm** Articles may be dropped off at the Library or emailed to [Nathaniel.Lujan@isletapueblo.com](mailto:Nathaniel.Lujan@isletapueblo.com). Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it’s time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you,  
Nathaniel Lujan

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

The fifteen Newsletter distribution locations are:

1.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

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

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

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

14.

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

15.

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

PROBATES

IN THE MATTER OF THE ESTATE OF:  
Jose Delores Jojola

Case No. CV-PR-0093-2023

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Jose Delores Jojola, deceased 04/15/2023, 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 Wednesday, January 31, 2024 at 9:30 am 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:  
Anthony J. Abeita

Case No. CV-PR-0083-2023

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Anthony J. Abeita, deceased 07/10/2023, 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:  
Jose L. Jojola

Case No. CV-PR-0135-2023

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Jose L. Jojola, deceased 04/17/1992, 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.

TRIBAL COURTS

Tribal Court would like to highlight Associate Judge, Darryl Chavez. He has served 22 years as a law enforcement officer. In 2023 he graduated Magna Cum Laude with his Bachelors of Applied Science in Justice Administration, and was appointed to the court in April of 2023.

He has recently attended courses at the National Judicial College as well as attended training along with Chief Judge, with the National Council of Juvenile and Family Court Judges. Chief Judge Jojola is happy to have him on the court.

2023 has come and gone and the court continues to provide an effective administration of fair justice and service to the community. Happy New Year and many blessings to all, in 2024.

FAFSA


Free Application for Federal Student Aid

The FAFSA is a form you complete to apply for money from a federal grant called the **PELL Grant**. This money can be used for school expenses such as tuition, fees, room and board, books, transportation, and supplies. Completing the FAFSA form also sends your information to the colleges, universities and/or trade schools selected from your FAFSA. They use your FAFSA information to calculate your financial aid need.

**New Mexico** colleges and universities use your FAFSA information to award State Aid, Scholarships, Grants and Work-Study positions offered at their institutions.

Where and when do I apply?

Apply online at **StudentAid.gov**. The FAFSA form will be available **December of 2023**. Financial Aid is a first-come, first-serve basis. Each year you attend a college, university or trade school you must complete and submit the FAFSA form.



FUND YOUR FUTURE

Use your mobile phone camera to scan QR codes to see websites



StudentAid.gov



**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.

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

**SPRAY TECHNICIAN (GOLF COURSE)**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**MAIN BANKER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**COCKTAIL SERVER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**COUNT MEMBER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**ASSISTANT RESTAURANT MANAGER (777s)**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Exempt

**IT SECURITY ANALYST**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Exempt

**FLOOR BEVERAGE SERVER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**SURVEILLANCE AGENT**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**SECURITY OFFICER II**  
Location: Albuquerque, NM  
Publish Date: 12/08/2023  
Level: Non-Exempt

**STEWARD**  
Location: Albuquerque, NM  
Publish Date: 12/08/2023  
Level: Non-Exempt

**DIRECTOR OF PROJECT MANAGEMENT**  
Location: Albuquerque, NM  
Publish Date: 12/07/2023  
Level: Exempt

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

**HVAC TECH II**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**BANQUET SERVER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**BANQUET CAPTAIN**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**TABLE GAMES DEALER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**HDC SPECIALIST (UTILITY)**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**CAGE CASHIER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**IT INFRASTRUCTURE MANAGER**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Exempt

**SECURITY OFFICER I**  
Location: Albuquerque, NM  
Publish Date: 12/12/2023  
Level: Non-Exempt

**IRRIGATION TECHNICIAN**  
Location: Albuquerque, NM  
Publish Date: 12/08/2023  
Level: Non-Exempt

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

**COOK**  
Location: Albuquerque, NM  
Publish Date: 11/30/2023  
Level: Non-Exempt

**MECHANIC I (Maintenance)**  
Location: Albuquerque, NM  
Publish Date: 11/29/2023  
Level: Non-Exempt

**GUEST SERVICE REPRESENTATIVE**  
Location: Albuquerque, NM  
Publish Date: 11/14/2023  
Level: Non-Exempt

**SUPERVISOR F & B (Fat Burger)**  
Location: Albuquerque, NM  
Publish Date: 11/02/2023  
Job Family: N/A  
Level: Non-Exempt

**BUSSEER**  
Location: Albuquerque, NM  
Publish Date: 10/14/2023  
Level: Non-Exempt

**PLUMBER II**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**MAJOR APPLIANCE TECH III**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**PROMOTIONS COORDINATOR**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**CASHIER (TIWA)**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**COUNT SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**SOUS CHEF (Bakery)**  
Location: Albuquerque, NM  
Publish Date: 11/21/2023  
Level: Non-Exempt

**ELECTRICIAN III**  
Location: Albuquerque, NM  
Publish Date: 11/10/2023  
Level: Non-Exempt

**SUPERVISOR F & B (TIWA)**  
Location: Albuquerque, NM  
Publish Date: 10/17/2023  
Level: Non-Exempt

**GUEST SERVICE SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**SERVER(TIWA)**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**PROMOTIONS MANAGER**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Exempt

**FOOD ATTENDANT (RISTRA)**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Non-Exempt

**EXECUTIVE HOST MARKETING**  
Location: Albuquerque, NM  
Publish Date: 10/13/2023  
Level: Exempt

### HR news from Isleta Resort & Casino

POI/IRC Health & Wellness Fair – Friday, October 13th in the Isleta

Ballrooms from 9am to 3pm

- o Come out and learn about the new benefits for both POI and IRC team members!

- Enhanced medical benefits for employee family members.
- Enhanced dental benefits to include orthodontic coverage for adults.
- Addition of MDLIVE which offers reliable 24/7 health care by phone or video for medical and mental health support.
- Pet insurance coverage.
- AND MORE!!!

**October Career Fair – Wednesday, October 18th from 10am to 3pm in Triple 7's**  
o Meet face-to-face with Hiring Managers who will be interviewing and hiring on the spot!  
o Learn more about all of the great career opportunities and benefits Isleta Resort & Casino has to offer.

**Martin Luther King Jr. Day**  
*January 15*

**MLK DAY SERVICE SCHEDULE**

The Transfer Station will be closed on Monday, January 15, 2024 in honor of Dr. Martin Luther King Jr. Day. Mondays and Tuesdays trash will both be collected on Tuesday January 16<sup>th</sup>, Mondays recyclables will also be collected on Tuesday, January 16<sup>th</sup>. Have carts out by 7AM and have a Happy Dr. Martin Luther King Jr. Day!

KEEP ISLETA BEAUTIFUL! 869-4106

## Join our Team!

Scan the QR Code to learn more about our opportunities and additional reasons why to JOIN OUR TEAM!

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACADEMIC SUCCESS COACH	Department of Education	Open Until Filled
ACCOUNTANT	Treasury	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department	Open Until Filled
ASSISTANT TRIBAL PROSECUTOR	Prosecutor	Open Until Filled
AUDIOLOGIST	Health Services	Open Until Filled
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	Open Until Filled
BREASTFEEDING PEER COUNSELOR	WIC	12/19/2023
BUYER	Procurement	Open Until Filled
CAREGIVER	Assisted Living	Open Until Filled
CARPENTER I (2 Positions)	Housing Authority	Open Until Filled
CARPENTER III (2 Positions)	Housing Authority	Open Until Filled
CERTIFIED CODER	Health Services	Open Until Filled
CHILD / ADOLESCENT THERAPIST	Health Services	Open Until Filled
CHILD CARE PROVIDER I	Head Start	Open Until Filled
COMPUTER IT SPECIALIST	Department of Education	Open Until Filled
COMMUNITY HEALTH NURSE	Health Services	Open Until Filled
COMMUNITY HEALTH REPRESENTATIVE	Health Services	Open Until Filled
COOK I	Assisted Living	Open Until Filled
COOK I	Head Start	Open Until Filled
CUSTODIAN	Health Services	Open Until Filled
CUSTODIAN	Public Works	Open Until Filled
DENTAL ASSISTANT	Health Services	Open Until Filled
DIRECTOR, TRANSPORTATION SERVICES	Transportation Services	Open Until Filled
DISABILITIES COORDINATOR	Head Start	Open Until Filled
DISPATCHER I	Police Department	Open Until Filled
EARLY HEAD START TEACHER I or II	Head Start	Open Until Filled
EMT – PARAMEDIC (2 Positions)	Health Services	Open Until Filled
EXPERIENTAL EDUCATOR	Health Services	Open Until Filled
FACILITIES WORKER	Head Start	Open Until Filled
FAMILY SOCIAL WORKER	Social Services	Open Until Filled
FITNESS INSTRUCTOR	Parks & Recreation	Open Until Filled

Position Posting	Office Location	Closing Date
GROUNDSKEEPER	C-Stores	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until Filled
HEAD START TEACHER I or II	Head Start	Open Until Filled
HOME CARE ATTENDANT	Elder Center	Open Until Filled
IRRIGATION SUPERVISOR	Natural Resources	Open Until Filled
IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
IRRIGATION & LANDSCAPE TECHNICIAN	Parks & Recreation	Open Until Filled
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
LIBRARY AIDE I	Library	12/15/2023
LIFEGUARD ASSISTANT (3 Positions)	Parks & Recreation	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
MAINTENANCE TECHNICIAN (2 Positions)	Housing Authority	Open Until Filled
PARKS MAINTENANCE WORKER	Parks & Recreation	Open Untill Filled
PATIENT REFERRAL COORDINATOR I	Health Services	Open Until Filled
PERSONAL CARE SERVICE AIDE	Elder Center	Open Until Filled – Within Only
PHARMACY TECHNICIAN I	Health Services	12/15/2023
PHYSICAL THERAPIST	Health Services	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
POLICE OFFICER I	Police Department	Open Until Filled
POLICE OFFICER II	Police Department	Open Until Filled
PREVENTION COORDINATOR	Health Services	Open Until Filled
PROJECT ASSISTANT	Social Services	Open Until Filled
PUBLIC INFRASTRUCTURE INSPECTOR	Public Works	Open Until Filled
PURCHASED / REFERRED CARE ACCOUNTING CLERK	Health Services	Open Until Filled
RANGELAND DATA MONITOR	Natural Resources	Open Until Filled
RECEPTIONIST	Parks & Recreation	Open Until Filled
RECEPTIONIST	Police Department	12/22/2023

Position Posting	Office Location	Closing Date
RECORDS CLERK / RECEPTIONIST	Elder Center	Open Until Filled
REGISTERED NURSE / CARE COORDINATOR	Health Services	Open Until Filled
ROADWAY MAINTENANCE WORKER I	Construction Operations	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SECURITY OFFICER	Health Services	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
TEACHER ASSISTANT	Head Start	Open Until Filled
TRANSPORTATION ENGINEER	Transportation Services	Open Until Filled
TRIBAL HISTORIC PRESERVATION TECHNICIAN	Cultural & Historical Preservation	Open Until Filled
TIWA LANGUAGE ASSISTANT	Department of Education	12/26/2023
UTILITY WORKER	Public Works	Open Until Filled
VETERAN SUPPORT SERVICE MEMBER	Elder Center	Open Until Filled – Within Only
VICTIM ADVOCATE	Prosecutor	Open Until Filled
WATER/WWTP OPERATOR I-IV	Public Works	Open Until Filled

 **DEADLINE**

**: January 15, 2024 (11:59p.m.)**

**2024 Spring Semester  
Supporting Documents**


**Pueblo of Isleta Higher Education Scholarship**

*Full-year application was due July 2023  
Spring 2024 application was due November 1*



For more information visit:  
<https://www.isletapueblo.com/tribal-programs/educational-services/isleta-higher-education/>  
or google Pueblo of Isleta Higher Education





**ATTENTION!**  
**CREW LEADER APPLICATIONS**  
**LIVE IN ABQ & ISLETA PUEBLO**

Explore National Parks, Public & Tribal Lands  
Get exposure to Conservation Jobs and Networks  
Learn Skills and Get Certified- offer Wilderness First  
Aid/Responder and USFS Chainsaw Certifications  
(depending on crew type)  
**\$720-800/week DOE**  
Open to ALL. **Must be 21+ at time of start**  
Must have Insurable Driving Record  
**APPLY @ [AncestralLands.org/abq](https://AncestralLands.org/abq)**  
Call Amber Chapo (505)494-9084  
or Cat Ami (505)225-4721

*“Leading Our Nations Back to  
Ecological and Cultural Well-Being”*

Isleta Little League

**BASEBALL/SOFTBALL**

Registration for the

**2024 season**

**\$75**

**ONLINE ONLY**



**JANUARY 1, 2024 - FEBRUARY 17, 2024**

**LATE FEE \$100.00 STARTING FEBRUARY 18, 2024**

**AGES 4 YRS - 16 YRS**  
**MUST TURN 4 BY**  
**AUGUST 31, 2024**



**SENIOR DIVISON**  
**FLAT RATE OF**  
**\$75.00. LATE**  
**START SEASON**

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



Isleta Health Center



**Car Seat Checks**

**Where: Isleta Health Center, 1 Sagebrush St Isleta Pueblo**



**LEARN HOW TO PROPERLY INSTALL  
YOUR CHILD'S CAR SEAT**

**PLEASE CALL 505-869-4479**

**TO SCHEDULE AN APPT TIME.**

**MUST HAVE CHILD AND CAR SEAT PRESENT!!**

TRUANCY

Happy New Year from the Truancy Department, We hope you had a wonderful 2023 and are looking forward to an exciting 2024; we hope that the remainder of the school year is a great one. Before you know it, it will be graduation and you will be attending college or entering the workforce. Cherish every moment you experience on your educational journey and hold onto all those memories!

Throughout the year, the Truancy Department worked closely with POI departments to provide services for tribal youth and their families. The Truancy Department worked with the Isleta Elementary to provide perfect attendance incentives to those students who did not miss a day of school - - CONGRATULATIONS to them! We teamed up with the Department of Education to support students that attended the various events they offered; the Truancy department offered gift cards to a variety of eateries to some of the students. We also enjoyed a fun evening of eating pizza and sharing laughs during the last day of tutoring. We would like to encourage our students to utilize these types of support services to enhance their educational skills.

Other events we participated in include:

- A bike safety event with the Isleta Police Department at Isleta Elementary School.
- First Responder Field day – we provided root beer floats for IES students and the volunteers.
- Meeting with Isleta students who attend Los Lunas Middle School.
- Meet and greet nights with the Department of Education.
- The Truancy Department attended the Valencia County Attendance Conference for “Attendance after Covid” at UNM Valencia Campus. We presented at the Conference on the duties of the department, the causes of Truancy within the community, and resources that we provide with the department and community partners.
- Student check-in at the Santa Fe Indian School. We provided our Isleta Students with personal care items, snack items, and duffel bags. There are thirteen (13) students that attend Santa Fe Indian School.
- The Truancy Department attended the JOM School Supply Distribution, which was held at the Isleta Elementary School. We gave out monthly planners and folders to students and their families who attended.

- National Night Out – we gave out bubbles for the youth; it was a night of fun.
- We participated in the Halloween Carnival and gave out light up glasses, rings, as well as different Halloween themed toys.
- We attended the Trunk or Treat afternoon at the Isleta Elementary School where we shared popcorn gloves and small Halloween favors with the students.
- Lastly, we were asked to submit names for the “Reaching for a Star Event” that was sponsored by the Isleta Police Department. I know that some people were quite surprised to receive an invitation, but the children and their families were excited to be included in the event and they enjoyed a delicious meal.

The Truancy department continues to reward our students with incentives for achieving perfect attendance. Students attending the different school districts are eligible to receive an incentive. Parents are encouraged to call our office to inquire as to how your student can be included in receiving these incentives. The number of perfect attendances at Isleta Elementary school was 21 students, Kindergarten thru 6th grade; the incentive was a twenty-dollar (\$20.00) gift card to Dion’s. We hope that students who received a card enjoyed their delicious treat! Approximately ten (10) students who attend Albuquerque Public Schools, Los Lunas Public Schools and the Santa Fe Indian School also received incentives for their perfect attendance. Keep in mind that school attendance is valuable to not only receive an incentive, but also to learn new concepts, learn to manage your time, and to enjoy learning and being successful throughout your school years.

In accordance to our department's Steps of Enforcement, the Truancy Department also sent out notification letters to Isleta students for high-unexcused absences.


- 91 – 1st notification letters were sent out
- 68 – 2nd notification letters were sent out
- 19 – 3rd notification letters were sent out

Once a family receives these notification letters, please do not forget to contact our department. We anticipate the number of notification letters that we send out declines during the second semester of school, as families become more familiar with the services and support services that we offer. We would like to wish all our students and their families a prosperous New Year!

From the Truancy Department.

FREE DRIVE-THRU RABIES

CLINIC



SATURDAY, JANURARY 6, 2024, 08:00am-04:00pm

at Big Rec Center (60 Tribal Road 40).

TRIBAL MEMBERS ONLY

DRIVE-THRU EVENT ONLY.

CATS MUST BE IN CARRIERS.

1 YEAR RABIES CERTIFICATE PROVIDED,

UNLESS PROOF OF VACCINATION WITHIN PAST

3 YEARS IS BROUGHT. CERTIFICATE WILL


THEN BE GOD FOR 3 YEARS.


WE WILL HAVE MICROCHIPS FOR SALE FOR


\$10 CASH ONLY.

FIRST COME FIRST SERVE EVENT, WEATHER

PERMITTED.







LOS LUNAS SCHOOLS

is seeking

NATIVE AMERICAN LIAISON

ELEMENTARY LEVEL

SECONDARY LEVEL

OVERVIEW OF JOB DESCRIPTION

To assist in creating a school environment in which Native American students are encouraged to develop their unique capabilities within the affective as well as the cognitive areas.


MINIMUM QUALIFICATIONS:

Master's Degree from a regionally accredited college or university

New Mexico Public Education Department Licensure as a School Counselor or Teacher

For more info, call 505-865-9636 or

Apply Here: [l.schools.tedk12.com](https://l.schools.tedk12.com)



ALBUQUERQUE PUBLIC SCHOOLS (APS)

Greetings from Indian Education at Albuquerque Public Schools!

Enrollment in all APS schools is open to all students who reside in Isleta with free busing available to the following schools:

- Los Padillas Elementary School
- Polk Middle School
- Rio Grande High School

To register, the first step is for one parent to log in to ParentVue. If you do not have a ParentVue account, you can create one here: <https://www.aps.edu/students-parents/parentvue-studentvue/create-your-parentvue-account>

Registration for each of your children is completed through your ParentVue account. There is currently a bug in the system for many home addresses. If you have difficulty, please use the school address for Los Padillas (2525 Los Padillas Rd SW, Albuquerque, NM 87105) to complete registration and then work with your child's school to fix the address when you visit the school.

If you would like for your child to attend one of the other 145 APS schools, you can place a transfer request to the APS school of your choosing. As a member of the Pueblo of Isleta, who resides in Isleta, your transfer is given the highest priority.

The transfer request process can be found here:

<https://www.aps.edu/schools/transfers/new-students-request-student-id-and-transfer>

Please be sure to select the reason for your transfer as "residing on non-taxable trust lands within a 50 mile radius of Albuquerque" so as to ensure your transfer request receives priority.

--  
Phil Farson  
Senior Director  
APS Indian Education Department  
505.884.6392 ext 80039

LAND FOR SALE

- 4.782+ Acres
- Tribal Road 10
- Call, Text, or Voicemail

Kimo @ (505) 506-3432

Isleta Pueblo News



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



"Strengthening our Tiwa Language"

The Pueblo of Isleta Department of Education and Tiwa Language Program would like to encourage Tiwa language *speakers* to sign up to support language learning.

We are looking for Tiwa Speakers who want to help our community learn the language and who can meet the following criteria:

- ❖ Commit a minimum of 4 hours per week for a minimum of 16 weeks
  - ❖ Demonstrate a willingness to learn teaching techniques
    - ❖ Be open to constructive feedback
- ❖ Follow and encourage Tiwa Teacher Norms and Tiwa Learner Norms
  - ❖ Successfully pass a favorable background check

For more information call 505-869-9790

or visit:

[https://isletapueblo.formstack.com/forms/language\\_consultants](https://isletapueblo.formstack.com/forms/language_consultants)



NATIVE AMERICAN

Small Business RESOURCE SERIES

Small Business Success: Marketing on a Budget

IN-PERSON WORKSHOP TRAINING

January 25, 2024

6:00 - 8:00 PM

Location:

The Isleta Pueblo Reception Hall  
191 Tribal Road 2, Bosque Farms, NM 87068

Marketing is much more than just advertising.  
Come find out what elements you are missing!

Register now

Scan the QR code with your smartphone



or visit:

<https://forms.gle/uFP5gNbQ5Vv8PqRdA>

For more information, please contact:  
Elizabeth Bernal, Rural Development Specialist III  
Rural Community Assistance Corporation  
[ebernal@rcac.org](mailto:ebernal@rcac.org)



Funded by Bank of America and New Mexico Rural Business Development Grant.  
Presented by Rural Community Assistance Corporation.

Rural Community Assistance Corporation  
Building Rural Economies

3120 Freeboard Dr., Suite. 201, West Sacramento, CA 95691 • Phone: (916) 447-2854 • Fax: (916) 447-2878



### ISLETA PUEBLO LEARNING CENTER PHASE 3 BUILDING

**WHAT IS THE PROJECT ABOUT?**  
Approximately **20,000 square foot expansion** of Educational Complex (Dept. of Education and Library). During the Pre-design phase, we would like to understand the community's vision.

Proposed spaces include:  
**Multi-purpose Classrooms (Language, Cultural, Art, Music), Large Conference/Community Space, Staff Offices, Teaching Kitchen, and Outdoor Space.**



**PROVIDE YOUR INPUT**  
THROUGH A SHORT ONLINE SURVEY  
THAT WILL CONTRIBUTE TO THE  
DESIGN OF THE BUILDING.

**COMMUNITY  
SURVEY**



INDIGENOUS DESIGN STUDIO + ARCHITECTURE

DEPARTMENT OF EDUCATION

Tis the season of joy and togetherness, and as the festive lights twinkle and carols fill the air, we find ourselves reflecting on the incredible spirit of community that made this Family Night truly special. It is with immense gratitude that we extend our thanks to everyone who played a role in making this Family Night a resounding success.

First and foremost, a heartfelt thank you to the Tutoring staff who worked tirelessly behind the scenes. Your creativity, meticulous planning, and unwavering commitment brought the magic of Christmas to life. From festive decorations to delightful activities, every detail was thoughtfully curated to spread cheer and create lasting memories for our Pueblo.

The spirit of generosity exhibited by local organizations deserves special acknowledgment. Your contributions, whether big or small, significantly enhanced the event, ensuring that it was a memorable experience for all. Your support not only enriches our celebrations but also strengthens the bonds within our Pueblo.


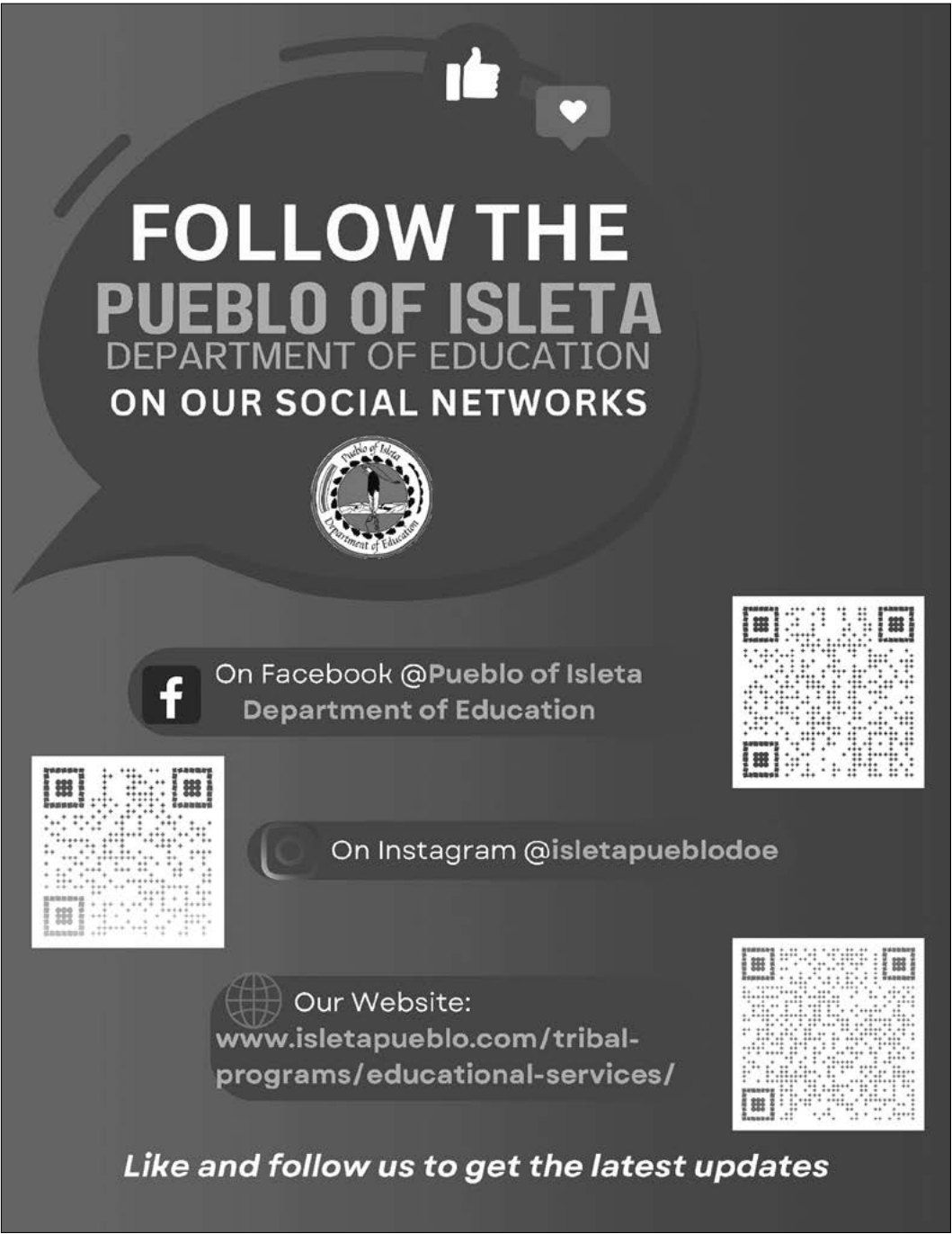
To the volunteers who generously shared their time and talents, we express our deepest appreciation. Your enthusiasm and selflessness were the driving force behind the seamless execution of the event. Whether you were helping with setup, or guiding children through festive crafts, your dedication did not go unnoticed, and the community is grateful for your invaluable contributions.

We must also express our gratitude to the community members who attended the event, bringing their energy and enthusiasm. Your presence and participation contributed to the festive ambiance, turning the gathering into a vibrant celebration of unity. Seeing neighbors come together, share laughter, and forge new connections embodies the essence of what makes our community truly special.


As we close the chapter on this wonderful Family Night, let us carry forward the sense of community and goodwill that permeated the festivities. The success of this celebration was a collective effort, showcasing the strength and warmth of our community.

In conclusion, thank you to each and every person who played a part, no matter how big or small, in making this Family Night a resounding success. Your generosity, spirit, and commitment have left an indelible mark on our community, creating cherished memories that will be fondly remembered for years to come.


May the joy and unity experienced during this festive season continue to resonate throughout the year, reminding us of the power of community and the magic that happens when we come together to celebrate.




## FOLLOW THE PUEBLO OF ISLETA DEPARTMENT OF EDUCATION ON OUR SOCIAL NETWORKS



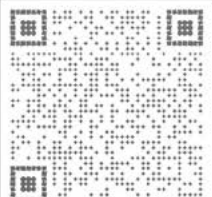

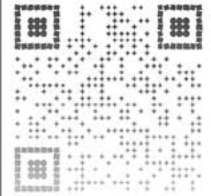
On Facebook @Pueblo of Isleta  
Department of Education



On Instagram @isletapueblodoe



Our Website:  
[www.isletapueblo.com/tribal-programs/educational-services/](http://www.isletapueblo.com/tribal-programs/educational-services/)



*Like and follow us to get the latest updates*




### ISLETA PUEBLO CULTURAL CENTER

#### CALL FOR NEW Isleta Pueblo ARTIST WORK FOR CULTURAL CENTER DISPLAY CASES

**Please bring works to fit space size  
4ft. width and 7ft. height**

**ALL TYPES OF ARTWORK  
WELCOME!**

**Please make an appointment with  
Isleta Pueblo Cultural Center  
@ 505-869-9768**

BREAKFAST

JANUARY 2024

Isleta Elementary School

Isleta Elementary School


1000 Moonlight Drive

505.869.2321

Monday	Tuesday	Wednesday	Thursday	Friday
1 <div>** No School Winter Break Continued** Happy New Year</div>	2	3	4 <div>Cinnamon Toasters Apple Wedges Choice of Milk</div>	5 <div>Sausage Pancake Strawberries Choice of Milk</div>
8 <div>Honey Nut Cheerios Fresh Grapes Choice of Milk</div>	9 <div>Biscuit and Gravy Melon Chunks Choice of Milk</div>	10 <div>French Toast Sticks Syrup Apples Choice of Milk</div>	11 <div>Cinna Minis Kiwi Choice of Milk</div>	12 <div>Blueberry Bagel Cream Cheese Oranges Choice of Milk</div>
15 <div>**No School**</div>	16 <div>Scrambled Eggs Tortilla Banana Choice of Milk</div>	17 <div>Frosted Flakes English Muffin Jelly Apples Choice of Milk</div>	18 <div>Waffle Syrup Mixed Berries Choice of Milk</div>	19 <div>Cream of Wheat Banana Choice of Milk</div>
22 <div>Frosted Mini Wheats WW Toast Melon Chunk Choice of Milk</div>	23 <div>Banana Muffin Graham Crackers Oranges Choice of Milk</div>	24 <div>Apple Frudel Chocolate Teddy Bears Fruit Cocktail Choice of Milk</div>	25 <div>Scrambled Eggs Sausage Mandarin Oranges Choice of Milk</div>	26 <div>Nutri Grain Bar Yogurt Peaches Choice of Milk</div>
29 <div>Lucky Charms Dino Bite Crackers Pears Choice of Milk</div>	30 <div>Apple Pie Oatmeal Graham Crackers Berries Choice of Milk</div>	31 <div>Bagel Egg Sandwich Pineapple Chunks Choice of Milk</div>		

This is an equal opportunity institution.

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

LUNCH

JANUARY 2024

Isleta Elementary School

Isleta Elementary School

1000 Moonlight Drive

505.869.2321

Monday	Tuesday	Wednesday	Thursday	Friday
1 <div>** No School Winter Break Continued** Happy New Year</div>	2	3	4 <div>Chile Con Carne Corn Bread Salad Fruit Salad Choice of Milk</div>	5 <div>Turkey Croissant Gold Fish Peaches Choice of Milk</div>
8 <div>Nachos Garnish Grapes Choice of Milk</div>	9 <div>Spaghetti Garlic Toast Salad Strawberries Choice of Milk</div>	10 <div>Hamburger Garnish French Fries Apples Choice of Milk</div>	11 <div>Pork Chops Steamed Rice Broccoli Cantaloupe Choice of Milk</div>	12 <div>Roast Beef Sandwich Mashed Potatoes Green Beans Fruit Cup Choice of Milk</div>
15 <div>**NO SCHOOL**</div>	16 <div>Hot Dogs Baked Beans Carrots Grapes Choice of Milk</div>	17 <div>Beef Tacos Spanish Rice Garnish Strawberries Choice of Milk</div>	18 <div>Chicken Nuggets French Fries Broccoli Apples Choice of Milk</div>	19 <div>Sub Sandwich Cucumber Cantaloupe Choice of Milk</div>
22 <div>Bean Burrito Tater Tots Melon Choice of Milk</div>	23 <div>Baked Chicken Baked Beans Breadstick Cherries Choice of Milk</div>	24 <div>Grilled Ham &amp; Cheese Tomato Soup Corn on Cob Fruit Salad Choice of Milk</div>	25 <div>Hearty Beef Stew Dinner Roll Cucumber Slices Peaches Choice of Milk</div>	26 <div>Beef Lasagna Breadstick Broccoli Apples Choice of Milk</div>
29 <div>Chicken Alfredo Celery Sticks Cheesy Breadstick Mangoes Choice of Milk</div>	30 <div>Chicken Quesadilla Pinto Beans Cantaloupe Salsa Choice of Milk</div>	31 <div>Frito Pie Corn Mixed Berries Choice of Milk</div>		

This is an equal opportunity institution.

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



## Pueblo of Isleta Public Library

We hope you had wonderful Christmas and a Happy New Year. Welcome to 2024! With the New Year means new programs here at the library and we are excited to start planning programs for the New Year. The Pueblo of Isleta Public Library services, resources and programs are FREE and open to the public. Follow us on our social media platforms for upcoming programs. May this new year bring happiness and joy to everyone

### News

The library will be CLOSED on Monday, January 1st in observance of New Year’s Day. The library staff would like to wish you good health, happiness and new accomplishments for 2024.

At the beginning of the month the library will be having a staff meeting. With the New Year upon us, we will be planning programs for Adults, Teens and Children. We will also be reviewing the 2023-year programming and services to see where we can improve.

The library will be CLOSED on Monday, January 15th in observance of Martin Luther King Jr. Day. All library media checked out on Thursday, January 11th and Friday, January 12th will have a due date of Tuesday, January 16th.

Our Summer Reading Program Planning meeting will be taking place sometime in January, dates and times will be announced as soon as we have that information. Our Junior and Youth group curriculums will be developed and turned into a 6-week program during the summer. We will be addressing concerns and recommendations from past summer reading programs. Please give us a call at 505-869-9808 and a library staff member will be happy to answer any question or concern you may have about our Summer Reading Program. We will continue to give an update as more information becomes available.

With the weather quickly changing and New Mexico’s unpredictable weather patterns, please keep in mind that unexpected closures may occur. Notices will be posted throughout, and up to the minute notices will be posted on the Pueblo of Isleta Public Library’s Facebook, Instagram and Snapchat.

We are in the process of hiring and conducting interviews for a full-time and two part-time library positions. We hope to have these positions filled for the New Year. Please be patient with staff as we are short-handed and waiting times may be longer than usual. We apologize for any inconvenience and we thank you for understanding during this time.

We are excited to announce that construction on the library’s canopy shade and play area is almost complete. This means that it will be ready in time for this year’s Summer Reading Program for students to utilize. Stay tuned for updates on completion and make sure to stop by and check it out!

We are now offering a new movie streaming service, Kanopy here at the library! Enjoy the many movies and shows Kanopy has to offer! To access you will have to select your library (Pueblo of Isleta Public Library), set up an account using your library barcode and pin. From there you will receive 21 tickets per month to enjoy shows, movies, and kids Kanopy is always unlimited. For help setting up your Kanopy account or have any questions about this service,

please speak with a staff member at 505-869-9808.

Join the Library weekly for Family Story Time every Wednesday at 10:00am. Family Story Time is a fun opportunity for parents, grandparents, and caregivers to introduce their children to reading and language. No sign ups, required just come in! For more information on this program, please call library at 505-869-9808.

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

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

You will need a pin number and library barcode to access your library account online. Speak with a library staff member about setting up a password or password reset. For more information give us a call at 505-869-9808.

### Upcoming

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

The library is in the works of planning another “Learning Outside the Classroom” field trip for the month of January. Which is a library’s take on “All Learners Day” where students can make the most of their day and learn something NEW outside the classroom. Stay tuned for more information as it comes available, and follow us on our social media accounts.

More program announcements to come! For up to the minute info on the library follow us on our Social Media accounts where we will be promoting upcoming programs and events.

### Recap

During the month of December Library staff attended a First Aid and CPR training held at the library. We learned so much and the library staff is now recertified for the upcoming New Year.

Library staff member Diane hosted a Diamond Painting Christmas Stocking program on Thursday, December 7th. It was a fun evening and a great introduction

**Pueblo of Isleta Public Library**

*Book A*  
**Librarian**

Take advantage of our FREE services and assistance with:

- Job Applications
- Computer Basics
- Microsoft Office Program Help
- Resume Help & Tips
- Social Media
- Tech Devices

TO MAKE AN APPOINTMENT PLEASE CALL THE LIBRARY AT 505-869-9808

to Diamond painting. Participants also learned about the benefits of Diamond Painting. For example, it stimulates creativity, boosts artistic confidence, unplugs you from technology, minimizes stress and anxiety, to name a few. Participants were encouraged to take their time, relax and socialize. Dion's pizza, cookies and refreshments were served to participants. We would like to thank everyone who participated in our program.

We hosted a three-day College Night, and library extended hours for CNM and UNM finals week during the month of December, showcasing our services to College Students. All students in attendance had exclusive access to all our services including free printing, copying, Wi-Fi, conference room and computer lab. The library provided “brain food” such as mixed nuts, dark chocolate, protein snacks, coffee, tea, energy drinks, as well hot and cold sandwiches. We hope these events helped with study times and assisted with productivity. We will continue providing events like this to give College students a safe place to study. If you would like to give advice or suggestions for future College events, please let us know! We are open to new ideas and trends within the College community. Lastly, we would like to thank Officer Yzquierdo of the Isleta Police Department for creating a safe environment during our College Nights. The students were appreciative for the escort to their vehicles on those late nights.

On Tuesday December 19th we surprised our After School Program with a Christmas Party. The library provided sub sandwiches and cookies from Dion's. Festivities included crafts and games, as well as a Christmas gift bag for students to take home. We would like to thank the students for doing their best and staying on track with their reading and homework.



*After School Program students working on a Kiwi Co. activity!*



*After School Program students working on a Holiday craft!*



***Diamond Painting Christmas Stocking Program participants!***



ISLETA POLICE DEPARTMENT

Happy New Year's! The Isleta Police Department is hoping everyone had a wonderful holiday season. As we usher in the new year, the Isleta Police Department is committed to fostering a safer and more secure community for all residents. The turning of the calendar provides us with an opportunity to reflect on our achievements, learn from the past, and set ambitious goals for the future.

One of our primary focuses in the coming year is to strengthen community engagement. We recognize that building trust and collaboration with the residents we serve, is fundamental for effective policing. Through events like Reaching for a Star and the Halloween Carnival, we aim to create an environment where open communication and mutual respect flourish.

In a response to public concern, Isleta Police will be implementing speed monitoring devices at various locations. These devices

serve as a crucial tool in enforcing speed limits and promoting responsible driver behavior. By strategically placing these monitoring systems, law enforcement can deter excessive speeding, reduce the risk of accidents, and ultimately save lives.

We had our annual Reaching for a Star event on December 15th, 2023. Over 162 kids were sponsored and got to experience the true meaning of Christmas. We brought the Recreation Center's gymnasium to life with pop-up decorations, a real-life Grinch, Santa Clause, and Mrs. Clause. We would like to thank the Jubilee Retirement Community for their gift donations, Cheryl "Fina" Jiron for the gift donations, CF Padilla Construction for donating \$1000.00, Lentes Painting for donating \$200.00, and St. Augustine Parish for donating \$500.00 to our event. Thank you to everyone for their hard work and dedication to make each and every one of the children's holiday season special.



Welcome! To the newest faces at the Isleta Police Department;



Savanah Mendez (Dispatcher)



Kaitlyn Romero (Dispatcher)



Autumn Tafoya (IHSP Officer)



Natania Jaramillo (PD Assistant)



C-Jay Smith (Patrol Officer)



Fernando Saiz (OS Cadet)



Gabby Mendoza (IPD Cadet)

We would also like to congratulate our newly graduated cadets; William Wilson, Brandon Pecos, and Arthur Geoffrion. We know that they will all make wonderful additions to Isleta Police Department family.





**TEST YOUR HOME FOR RADON**

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

# Walk4Fitness

Researched by our Gerontologist partners shows that walking does have health benefits and recently featured in The International Journal of Health, Wealth, and Society!

## Looking for WALKERS!

Are you 60+ and ready to walk for the health of it?  
Walk4Fitness is sponsored by New Mexico Senior Olympics, Inc.

**Walk4Fitness HIGHLIGHTS: FREE**



Walk to improve overall health  
Meet three times per week for 1 hour  
Warm up and cool down  
8 weeks walk session



Motivation to get up and move  
Encourages participation in other events  
Ability to log walking distances to gauge progress  
FREE Walk incentive giveaways

Walking is a health promotion activity, a great way to make new friends, and a Sports competition in the Annual Summer Games offering fun and exercise for all!

**FREE** Walk4Fitness in your community! **FREE**

Contact NMSO at 1-888-623-6676 for more information and how to sign up!



New Mexico Senior Olympics, Inc. is a statewide 501(c)3 organization dedicated to promoting healthy lifestyles for all seniors ages 50 years and older through education, fitness, and sporting events. Goals include providing competitive athletic and recreational experiences at local, state, national levels.



New Mexico Senior Olympics, Inc.  
P.O Box 2690, Roswell, NM 88201  
Tel. 1-888-623-6676 \* Fax 575-622-9244  
[www.nmseniorolympics.org](http://www.nmseniorolympics.org) \* email: [nmso@nmseniorolympics.org](mailto:nmso@nmseniorolympics.org)



Health Beat: CITRIC ACID

Karen Roop, Dietitian,  
[Karen.Roop@islclinic.net](mailto:Karen.Roop@islclinic.net), 505-869-4093

What is citric acid?

Citric acid is a compound found naturally in a variety of foods, such as citrus fruits (lemons, oranges, etc.), cherries, and tomatoes.<sup>1</sup> There is also a type of citric acid that is manufactured from the black mold species *Aspergillus niger*.<sup>2</sup> This type of citric acid is added to sodas, powdered beverages (such as Crystal Light), candies, some dairy products, and some frozen and canned foods.<sup>1</sup> It is used primarily for flavor and preservation.<sup>1 2</sup>

What does it do for the body?

Citric acid helps to metabolize energy, enhances absorption of some nutrients, and may help prevent kidney stones.<sup>1</sup> It can also help reduce inflammation since citric acid is an antioxidant.<sup>2</sup>

Are there any safety concerns associated with citric acid?

Manufactured citric acid is generally recognized as safe (GRAS) by the U.S. Food and Drug Administration.<sup>1</sup> However, both types of citric acid can damage tooth enamel<sup>2</sup> and manufactured acid may cause allergic reactions (due to the mold) or sickness.<sup>3</sup>

How do you know if a food has citric acid?

Citric acid that is added to foods is listed on the food label's ingredients list.<sup>1</sup> Naturally-occurring citric acid is not listed on the food label.

Do I need to eliminate citric acid from my diet?

Citric acid does have benefits for the body and does not need to be eliminated entirely. However, practicing moderation with foods that contain citric acid, especially the manufactured kind, can help reduce potential for tooth decay or other side effects.

References

- <https://www.healthline.com/nutrition/citric-acid>
- <https://www.verywellhealth.com/what-is-citric-acid-7111742>
- <https://www.medicalnewstoday.com/articles/citric-acid>

B'eeh K'oo-ee Wellness Center

As we step into the winter months, I am grateful for the opportunity to serve this community alongside a team of dedicated and talented team members including case managers, administrative assistants, experiential educators, and therapists.

For some, the holiday season is a joyful experience. For others, it is a challenging time. For many of us it is bittersweet as we honor loved ones we've lost, reflect on joys and difficulties, share meals with loved ones, and prioritize time with our communities. While we move through this array of experiences, know that the B'eeh K'oo-ee Wellness Center (BWC) staff are here to support you in any way we can. We would be honored to walk alongside you during this season, whatever it might bring for you.

If you would like to explore options for care at BWC, please don't hesitate to reach out to us at (505) 869-5475. If you find yourself or a loved one experiencing a mental health emergency, please call 988 for immediate support.

Wishing Wellness and Health,  
Laura Ahrens  
B'eeh K'oo-ee Wellness Manager

# INDOOR

## POJOAQUE

# Farmers MARKET

## NOVEMBER-APRIL

FRIDAYS at Buffalo Thunder Resort • 8am - 2pm



The Pojoaque Farmers Market offers local farmers, artists, and entrepreneurs opportunities at the Pueblo of Pojoaque.

Contact Jazlyn Sanchez at (505) 699-3934 or [jasanchez@pojoaque.org](mailto:jasanchez@pojoaque.org)

Like us on Facebook: [facebook.com/pojoaquefarmersmarket](https://facebook.com/pojoaquefarmersmarket)  
Follow us on Instagram: [@pojoaquefarmersmarket](https://instagram.com/pojoaquefarmersmarket)



ISLETA HEAD START AND CHILD CARE

THANK YOU COMMUNITY PARTNERS FOR MAKING  
CHRISTMAS SPECIAL FOR OUR CHILDREN

ISLETA RECREATION CENTER

ISLETA RESORT AND CASINO

PATSY BENAVIDEZ AND FAMILY

ISLETA PUBLIC WORKS

47 GRILL

JIRON'S HAY BARN

ZUNI'S STORE

SOPA'S

FRANK'S

CP PADILLA

LENTE'S PAINTING

TRACTOR SUPPLY

MELLOY DODGE

JIRON'S SMOKE AND SAVE

ISLETA GOVENOR'S OFFICE

RESERVATION RENTALS


AND HEAD START PARENT COMMITTEE



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR	2	3 CHILDREN RETURN MALE INVOLVMENT 5:30PM	4 PARENT COMMITTEE 5:30PM	5	6
7	8	9	10 FAMILY NIGHT 5:30PM	11	12	13
14	15 NO SCHOOL	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

HOLIDAYS AND OBSERVANCES: 1: NEW YEAR'S DAY, 15: MARTIN LUTHER KING JR. DAY



Freedom  
From Smoking


START OUT 2024 RIGHT,  
STOP SMOKING/NICOTINE USE!

Freedom From Smoking

THE ISLETA  
HEALTH CENTER'S

STARTS JANUARY 16, 2024!!

5:30PM IN THE SMALL CONFERENCE ROOM  
AT THE ISLETA HEALTH CENTER





Weekly Prizes!

➔ Nicotine Replacement Therapy for those  
clinic patients who attend weekly sessions!


➔ Get support from others that are going  
through the same thing.

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

Sponsored by the  
Isleta Health Center



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

APPOINTMENTS IN CLINIC

By Dr. Hadley Pope

We are excited to welcome three new providers to the Isleta Health Center Medical Clinic. With Dr. Kelley, Dr. Kistin, and Nurse Practitioner Hayes joining Dr. Nelson, Dr. Sapien, and myself in clinic, the clinic is now fully staffed with providers! This means more appointment availability and expanding services. With this exciting development, I wanted to take a moment to review the different types of appointments available at clinic.

Primary Care Appointments: These appointments are scheduled in advance and focus on chronic medical issues and healthcare maintenance. Chronic medical issues are those issues that require long-term treatment and include: diabetes; high blood pressure; anxiety, depression, and substance use disorders; asthma and COPD; prenatal care; rheumatological conditions, like lupus and RA; and chronic pain. Healthcare maintenance is the medical term for routine cancer and disease screening. We recommend that all patients (even those without chronic medical conditions) see a provider for a primary care visit at least once per year. If you do not have a primary care provider, or were previously seen by one of our former providers (Dr. Chynoweth or Dr. Tomosie), we recommend that you call medical clinic and get scheduled for an establish primary care appointment.

Children should also establish with a primary care provider. We recommend that all kids, no matter how healthy, see a doctor at least once a year (and even more frequently for infants and toddlers). All of the medical providers at Isleta Health Center are experienced in seeing pediatric patients and eager to care for your whole family.

Same Day Appointments: We offer 19 same day appointments per day. These appointments focus on a single, urgent issue, such as: upper respiratory infection (cold, flu, covid); urinary infection; sexually transmitted infection; pregnancy testing; accident or injury; and concerning symptoms like chest pain or shortness of breath. Patients should call clinic at starting at 8am for a same day appointment.

Hospital Follow-Up Appointment: After discharge from the hospital or emergency room, we recommend a follow-up with a provider to ensure patients have the correct medications and follow-up needed after hospitalization. We have reserved appointments throughout the week for hospital follow-up. When possible, this appointment will be with your primary care provider. Please contact clinic after you are released from the hospital to schedule this appointment.

Procedure Appointments: Starting in January 2024, we will be offering a dedicated procedure clinic once per week. These appointments are for in-clinic procedures, including: IUD and Nexplanon insertion and removal; joint and trigger point injections; and skin biopsy.

See you in clinic!

“Walking On Diabetes”

Becky Ballard  
Becky.ballard@islclinic.net  
Phone: 505-869-4595

I would like to thank Ms. Barbara Romero who has generously allowed me to envision a program and work towards that vision. Also, a heartfelt thank you to Mr. Mike and his team, of great vibes! They have welcomed the clients and myself with open arms.

People are certain of where they don't want to go when it comes to Diabetes and their health; yet uncertain as to how to get to a healthy place and continue there. A diagnosis of Diabetes shatters our presumptions of how we thought our lives were going to play out. As a trained professional in Health and Fitness, I can bridge that gap. I have the skills to impart years of study and practice to you. By empowering you with knowledge in fitness you will always be able to ask your body to fight diabetes.



Diabetics know they are in a fight for their lives, their foe is alive and well within their bodies. It is there 24 hours a day 7 days a week, every breath, every moment. I can teach you how to make your body rich with oxygen, thereby decreasing the body's dis-ease. Once you learn how to create and live in an oxygen rich body, the consequences of disease decrease and the possibilities of health return.

Blessed by many Professors and clients throughout my college career and in my daily practice of 30 years, I feel I can be your resource. My methods involve the most basic of movement. It is a program based on how we are designed to move. I want us to build a walking program with many components conducive to diabetes management and prevention. I also envision providing educational teachings with you, one on one, or in a classroom setting. You drive the program's needs. It's all you, what you want, we can make it happen.

A wise person once said, “What you are not changing, you are choosing.” I want to impart knowledge that will inspire you to make healthy changes. On a personal note, the loss of my own health was devastating, so my words and actions are drawn from experience. I want to keep you in the present moment with your own vision of what you want your future to be. As we grow on our journey together we will plug into the mental, emotional, and spiritual riches in each of us, thereby engaging your whole person.

When you start walking and moving you will not be “trying”, you will be doing. The oxygen you take in combined with knowledge and movement will be transformational. I will always meet you right where you are, emotionally, physically, spiritually and without judgement, only acceptance. If it means me coming to your home, or meeting you at a rock by the river you love, I will meet you there. My question to you is: Will diabetes control you, or will you control diabetes? By stepping and moving, together we can walk on Diabetes. I hope to hear from you soon.

In health,  
Becky Ballard  
Health and Fitness Instructor

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 current
  - Review 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:
- Behavior
  - Sleep
  - 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 other
  - Help 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.
15 MONTHS to 18 MONTHS			
ANNUALLY from 2 YEARS to 18 YEARS OLD			
2 yr.	3 yr.	4 yr.	5 yr.
6 yr.	7 yr.	8 yr.	
ANNUALLY for PRETEEN AND TEEN			
9 yr.	10 yr.	11 yr.	12 yr.
13 yr.	14 yr.	15 yr.	16 yr.
17 yr.	18 yr.		

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



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



2024 TENTATIVE Meeting Schedule  
Isleta Health Education Presentations  
12:30pm-2:00pm or 5:00pm-6:30pm  
Alternating Months (Tentative Schedule)

\*Meetings usually change time every other session, from 12:30-2:00pm to 5pm-6:30pm

DATE	TOPIC	SPEAKER	LOCATION
1/8/2024 5-6:30	Evening Session What Matters Most When Preparing for Your Own Death / Medical Aid in Dying in New	Danielle Slupesky End-of-Life Coach and Sacred Passage Death Doula	Isleta Health Center Large Conference Rm Enter 2 <sup>nd</sup> door on North Side of Building
2/2/24 9:30-12pm	12 <sup>th</sup> Annual Go Red For Native Women Heart Health Summit American Heart Association		To Be Determined
📞 Contact Stephanie at 869-4479 to register for Heart Health Summit 📞			
3/12/2024 5pm – 6:30pm	EVENING SESSION Dementia	Jess Quiring, CDP, CN-BA, OPN-CG Home Care Assistance	Isleta Health Center Large Conference Room 2 <sup>nd</sup> Door on the North Side
4/9/2024 12:30pm – 2:00pm	Advanced Directives/ Power of Attorney	Feliz Martone	Isleta Elders Center
5/14/24 5pm-7:30pm	EVENING SESSION 8 <sup>th</sup> Annual Isleta Cancer Survivors Day Event	Bubble Blow/Survivor Celebration/Survivor Panel	Isleta Health Center B'eeh K'ooeee Activity Center
6/11/2024 12:30pm – 2:00pm	CAPPED Quality of Life non-chemical pain control, stress reduction and arthritis	Tentative Tresa VanWinkle, RN Executive Director CAPPED,	Isleta Elders Center
7/9/2024 5pm-6:30pm	EVENING SESSION To be determined		Isleta Health Center Large Conference Room 2 <sup>nd</sup> Door on the North Side
8/13/2024 12:30pm – 2:00pm	To be determined		Isleta Elders Center
9/10/2024 5pm – 6:30pm	EVENING SESSION Medicare Advantage Program Presentation Very tentative??		Isleta Health Center Large Conference Room 2 <sup>nd</sup> Door on the North Side
10/8/2024 12:30pm – 2:00pm	14yr Anniversary Celebration of Group Established October 2010		Isleta Elders Center
11/12/2024 5pm-6:30pm	EVENING SESSION To be determined		Isleta Health Center Large Conference Room 2 <sup>nd</sup> Door on the North Side
12/10/24 12:30pm – 2:00pm	To be determined		Isleta Elders Center
Topics are subject to change. EVERYONE WELCOME Sessions are in person, but can be Virtual, if interested, please call.		Contact Stephanie Barela to sign up and to learn more! Phone: (505) 869-4479 Email: Stephanie.Barela@islclinic.net	

DID YOU KNOW?

There are no substitutes for blood, platelets or plasma—they cannot be manufactured. Patients in need of blood or blood products must rely on donations from people like you. Those who are hesitant about donating blood for the first time often find that the donation process is easy and that saving lives is deeply gratifying.

One donation can save multiple lives. Here are the facts:

- **Just one donation** can save up to **3 lives**.
- The average red blood cell transfusion is **3 pints** (or three whole-blood donations).
- More than **1 million** people every year are diagnosed with cancer for the first time. Many of them will need blood—sometimes daily—during chemotherapy.
- More than **38,000 blood donations** are needed every day.
- **Type O-negative** whole blood can be transfused to people with any blood type, but this type of blood is rare, and supplies of it are low.
- **Type AB plasma** can be transfused to patients with all other blood types, but it is also in short supply.
- While **38%** of the American population is eligible to give blood, only **2% actually donates**.



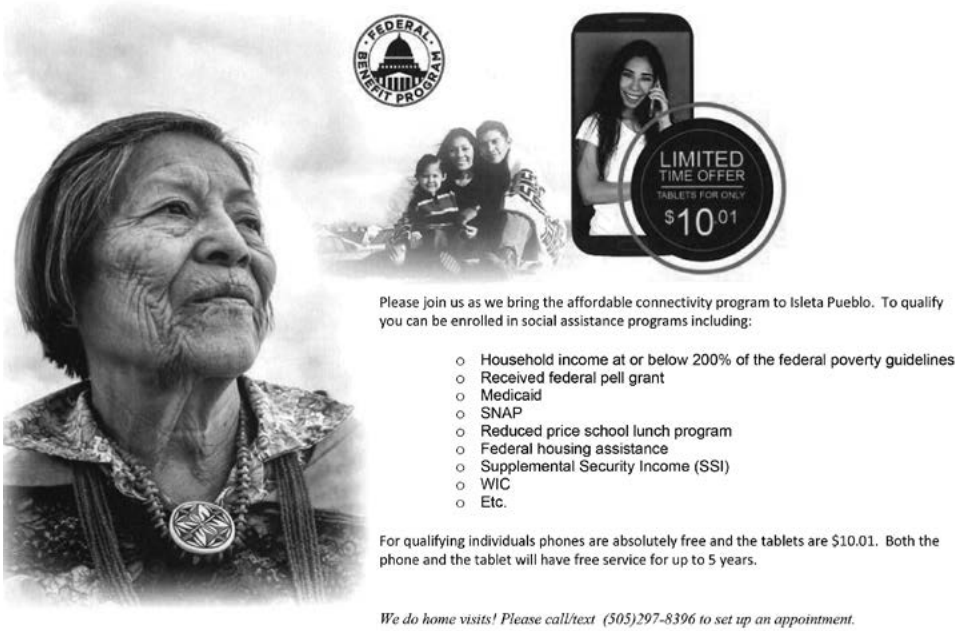
COMMON QUESTION the Isleta Health Center Billing Department Receives:

Why does the health center bill our insurance if it already receives IHS funding?

We do receive IHS funding but the amount does not cover the growing health care demands. Isleta Health Center billing department bills our patients’ insurance for the services that are rendered within our facility. We are able to do so with the provisions of the Indian Health Care Improvement Act (IHCIA). This Act authorizes an Indian Tribe a right of recovery. This means the Pueblo of Isleta has a right to recover from insurance companies the reasonable expense it incurred in providing health services to its members just like any other private medical facility. The difference is the Health Center will not charge you the balance not paid by your insurance plan.

The revenue received from our billing goes back into our facility to keep our high quality care.

-Billing Department, Isleta Health Center



Please join us as we bring the affordable connectivity program to Isleta Pueblo. To qualify you can be enrolled in social assistance programs including:

- Household income at or below 200% of the federal poverty guidelines
- Received federal pell grant
- Medicaid
- SNAP
- Reduced price school lunch program
- Federal housing assistance
- Supplemental Security Income (SSI)
- WIC
- Etc.

For qualifying individuals phones are absolutely free and the tablets are \$10.01. Both the phone and the tablet will have free service for up to 5 years.

*We do home visits! Please call/text (505)297-8396 to set up an appointment.*

FREE FOOD DISTRIBUTION



Chical Reception Hall

191 Tribal Rd 2, Isleta Village Proper, NM 87022

First Friday of Each Month

January 5<sup>th</sup>, February 2<sup>nd</sup>, March 1<sup>st</sup>

10:30-12:30 (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!



Thinking About Quitting



Have you been Thinking About Quitting?  
Now is the time to act and  
Quit your Nicotine Habit for Good!  
Take this 1 time, 1 on 1, 90 minute session over the phone or in person at the Isleta Health Center, to increase your motivation to quit and to get some Tips and Tricks to help you do Quit for Good!

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

Glaucoma Awareness Month

Dr. Ryan Holiday, Optometrist,  
Ryan.holiday@islclinic.net , 505-869-4581

January is Glaucoma awareness month!  
Schedule your eye examination and get  
your eyes checked!

What is glaucoma?

Glaucoma is a disease that causes damage to your optic nerve. The optic nerve supplies information to the brain that allows us to see and has millions of tiny nerve fibers. Glaucoma usually has no warning signs and is the leading cause of blindness in people over 60 years old. In most types of glaucoma, the drainage system of the eye becomes “clogged” or blocked so that intraocular fluid cannot drain effectively. This results in an increase in eye pressure in the eye that can damage the optic nerve and result in vision loss.

Risk for glaucoma?

- Over 40 years old
- Family history of glaucoma
- Hispanic or African American heritage
- Diabetes, high blood pressure
- Are farsighted or nearsighted
- History of an eye injury

What are the most common types of glaucoma?

Primary open-angle glaucoma – Most common type

- No warning signs or obvious symptoms in early stages. As the disease progresses, blind spots develop in your side vision. This disease usually develops very slowly and is a lifelong condition.

Angle-closure glaucoma

- Caused by a blockage of the drainage system of the eye.
- Usually have no symptoms before an attack. Signs and symptoms of an attack are severe pain in the eye or forehead, redness of the eye, decreased or blurred vision, headache, nausea, and vomiting.
- Needs immediate medical attention, can cause rapid vision loss.

Can glaucoma be treated?

Damage from glaucoma is permanent and cannot be reversed. However, medications and surgery can help to stop further damage from occurring. These medications and surgery options aim to lower eye pressure. Your optometrist or ophthalmologist can determine what type of medication is best and if surgery is needed.

If you would like to schedule your Eye Examination at Isleta Health Center, please call 505-869-4080.

Administration Services  
Department: Patient  
Information Updates

Please update any changes regarding health coverage, phone number, mailing address, and/or emergencies contacts with Patient Registration. It is important to have patient information updated, as this is how the Health Center communicates with patients, whether by phone or mail. Having patients update their health coverage helps the Billing and Purchased/ Referred Care departments ensure that patients’ bills are handled correctly.

JANUARY-  
NATIONAL BIRTH DEFECTS AWARENESS MONTH



Birth defects can be prevented by taking prenatal vitamins. Women should take prenatal vitamins every day as soon as they realize they're pregnant or in the months leading up to a planned pregnancy.

Even if you already eat a healthy diet, taking prenatal vitamins is necessary to make sure you get all the nutrients you and your baby need.

Minerals most important are folic acid, iron, calcium and vitamin D. Most prenatal vitamins are available over the counter.

Risks related to not taking prenatal vitamins include:

- Anemia
- Preeclampsia
- Miscarriage or stillbirth
- Preterm birth
- Low birth weight
- Neural tube defects
- Developmental delays

Preventing birth defects is simple. Regular prenatal visits as well as vitamins will prevent them from occurring.

WIC NEWS- Congress has approved another increase in cash value for fruits and vegetables. As of December, clients will have noticed an increase in fruits and vegetable amounts.

Happy 50th Birthday to the WIC program! In 1974, the first WIC site opened in Kentucky in January. WIC is available in all 50 states, 34 Indian Tribal Organizations, America Samoa, the District of Columbia, Guam, the Northern Mariana Islands, Puerto Rico and the Virgin Islands. There is also an overseas program available to participants.

ISLETA WIC OFFICE  
505-869-2662



FOR CHILDREN, YOUTH AND  
ADULTS

OUR  
COMPREHENSIVE COMMUNITY  
SUPPORT SERVICES (CCSS)  
HAS IMMEDIATE OPENINGS TO WORK WITH  
INDIVIDUALS AND FAMILIES.

OUR PROFESSIONAL COMMUNITY SUPPORT WORKERS IDENTIFY AND COORDINATE SERVICES WHICH ENABLE YOUR CHILD TO STAY IN THE HOME AND ATTEND SCHOOL AND/OR HELP HIM OR HER TO MAKE A SMOOTH TRANSITION FROM TREATMENT BACK TO THE HOME OR THE COMMUNITY. SERVICES FOCUS ON RECOVERY, REHABILITATION AND RESILIENCY, AS WELL AS BUILDING SKILLS FOR INDEPENDENT LIVING, LEARNING, WORKING, SOCIALIZING AND RECREATION.

CONTACT US FOR INFO AND  
REFERRALS

(505) 345 - 8471

info@openskieshealthcare.org  
ryanh@openskieshealthcare.org

Pueblo of Isleta - ElderCenter / AdultDay Services

What Family Caregivers Need to Know

Adult Day Service (ADS) programs can provide caregivers with a needed break while giving elders a chance to socialize with their peers and lessen the isolation and loneliness that elders experience. Our ADS program serves elders with physical or cognitive disabilities who may need more supervision and services.

Arranging for a loved one to spend time in ADS can also be beneficial to a caregiver’s well-being. There is evidence showing that elders who attend ADS programs have a better quality of life. In addition, studies have found that both dementia patients and caregivers slept better, with fewer disturbances, on the nights before clients attended ADS. Furthermore, research has also shown that using these types of services has a positive impact on dementia caregivers’ mood, health, relationships and reduces their sense of “role overload.”

Adult Day Services is regulated by the State of New Mexico, which require operators to obtain a license to maintain a minimum staff-to-participant ratio and to provide a baseline set of services, including monitoring clients’ health and assisting them with activities of daily living.

Adult Day Service programs vary in their programs and services. We offer therapeutic exercise, brain stimulation for clients, social activities appropriate for their condition, as well as outings in the community. We provide meals and snacks, including door-to-door transportation.

When to Consider Adult Day Services

When should you consider enrolling your loved one into the ADS program? Studies suggest that caregivers look into a day care program when they start seeing the following types of signs from a loved one:

- **Is unable to structure** his or her daily activities.
- **Feels isolated and lonely** and wishes for interaction with other older people.
- **Experiences anxiety** or depression and needs social and emotional support.
- **Has difficulty starting** and focusing on an activity, whether it’s conversation, reading or watching TV.
- **Seems not to be safe** on his or her own, or feels uncertain and anxious about being alone.

Family caregivers also should consider ADS for the person they care for, when the caregiver needs to return to work, running errands and if the caregiver needs a break. Especially when the caregiver is experiencing negative effects like anxiety, frustration, depression or other health problems.

Helping Your Loved One Adjust






The transition to ADS can be stressful for an older person with dementia. We suggest a gradual approach. Once you have thought about enrolling your loved one, bring them to the Elder Center for lunch or for an ADS activity. Then start using our services a couple of times a week, for a month or so, before making a final decision about enrolling.


Your family member may resist ADS at first, but clients often warm to it after several weeks and begin looking forward to seeing other people at ADS and engaging in activities. Encourage your loved ones to find comfort and companionship by enrolling in our Adult Day Services program! You will be happy that you did! For more information call the Elder Center, Outreach Office or the ADS Manager at (505) 869-9770.

Let’s see what we did in 2023!



For more information contact: Isleta Adult Day Services (505) 869-9770

2024 January 2024					*ACTIVITIES SUBJECT TO CHANGE PUEBLO OF ISLETA ELDER CENTER ACTIVITY CALENDAR January 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
 <b>CLOSED</b>	<b>No Activities</b> 12:00 - LUNCH	Bring in the New Years New Years Party 12:00 - Lunch 1:00 - Dj Styles	<b>No Activities</b> 12:00 - LUNCH	9:00 - Walk Session 11:00 - Cookies & Coffee 12:00 - LUNCH 1:00 - Snow Paint 3:00 - Conclusion	
8	9	10	11	12	
9:00 - Blu Orchid: Massage:(AR)	 BINGO ENTRY FEE'S BY DONATION! 1p - 3p (AR)	<b>Commodities Distribution Activities Room</b>	<b>11:00 - MASS</b> <b>12:00 - Lunch</b> 	10:00 - Arm & Legs Strech Session: 11:00 - Paint Therapy 12:00 - LUNCH 1:00 - Patriotic Fruit Salad 3:00 - Conclusion	
15	16	17	18	19	
 <b>CLOSED</b> We're Closed in Observance of <b>MARTIN LUTHER KING, JR. DAY</b>	<b>No Activities</b> 12:00 - LUNCH	<b>Commodities Distribution Activities Room</b> General Meeting: TBA	9:00 - Chair Exercises: (AR) 10:00 - Puzzle: (AR) 12:00 - LUNCH (DR) 1:00 - Snow Spray Paintion (AR) 3:00 - Conclusion	<u>Golden Corral</u>  Leaving Elder Center @ 9:30am	
22	23	24	25	26	
9:00 - Blu Orchid: Massage:(AR) 12:00 - Lunch	 BINGO ENTRY FEE'S BY DONATION!	9:00 - Chair Exercises (AR) 11:00 - Tea Party (AR) 12:00 - LUNCH (DR) 1:00 - Colored Ice Sculptures (AR) 3:00 - Conclusion	<b>No Activities</b>	9:00 - Breathing Exercises 10:00 - Math Quiz 12:00 - LUNCH 1:00 - In House Movie	
29	30	31	<div>Call or Visit the Elder Center to Sign up for Activities &amp; Trips in Advance. All Activities are on a first-come-first-serve basis. Activities are open to everyone age 50+ unless otherwise noted. * CLOSED FOR ALL MAJOR HOLIDAY'S. 505-869-9770 MONDAY- FRIDAY</div>		
Open Activities 12:00 - Lunch	 <b>HAPPY BIRTHDAY Celebration</b> 12:00 - LUNCH	<b>No Activities</b> 12:00 - LUNCH			

Isleta Elder Center		Adult Day Services		Activity Calendar January 2024	
MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	
<b>ADS CLOSED</b> <i>In observance of New Year's</i>	9-10am Breakfast, Social Time 10-11a Pool Noodle Excerises 1-3p Card Games	9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Clay Snowman	9-10am Breakfast, Social Time 10-11a Dynamic Stretches 1-3p Year of Invention Game	9-10am Breakfast, Social Time <b>10a-3p Walmart/Lunch</b>	
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	
9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Jeopardy!	9-10am Breakfast, Social Time 10-11a Arthritis Exercises 1-3p ADS BINGO	9-10am Breakfast, Social Time 10-11a Pool Noodle Excerises 1-3p Egg Carton Penguins	9-10am Breakfast, Social Time 9:30-10:30a Oral Health Presentation 1-3p Winter Theme Stick Hangers	9-10am Breakfast, Social Time 10-11a Dynamic Stretches 1-3p Canvas Painting 101	
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	
<b>ADS CLOSED</b> <i>In observance of Martin Luther King Jr.</i>	9-10am Breakfast, Social Time 10-11a Dynamic Stretches 1-3p Snow Painting	9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Senior's Choice Movie Day	9-10am Breakfast, Social Time, Health Check 10-11a Pool Noodle Excerises 1-3p Winnie the Pooh Craft	9-10am Breakfast, Social Time 10-11a Make Red Chili Stew Soup 12-3p Socialize Luncheon	
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	
9-10am Breakfast, Social Time 10-11a Arthritis Exercises 1-3p Board Games	9-10am Breakfast, Social Time 10-11a BINGO w/ Karen, Dietitian 1-3p Yarn Weaving	9-10am Breakfast, Social Time 10-11a Dynamic Stretches 1-3p Continue Yarn Weaving	9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Tissue Paper Suncatchers	9-10am Breakfast, Social Time 10-11a Pool Noodle Excerises 1-3p Create Your Own Lava Lamp	
MONDAY 29	TUESDAY 30	WEDNESDAY 31	<div>*Activities may be subject to change*</div> 		
9-10am Breakfast, Social Time 10-11a Arthritis Exercises 1-3p ADS BINGO	9-10am Breakfast, Social Time 10-11a Dynamic Stretches 1-3p Water Paint	9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Scrapbooking			

