



Isleta Pueblo News

Volume 19 Issue 2

Pueblo of Isleta website: www.isletapueblo.com



February 2024

Governor's Report

Maguwam,
I hope this newsletter finds everyone in good health. I can't believe how fast time is flying and we are entering into the month of February. We would like to remind everyone if you are feeling sick, please stay home to prevent the spread of any illness.

In celebration of All King's Day that took place on Friday, January 5th and Saturday, January 6th. It was great to see everyone in great spirits in welcoming the New Year and new officials.

On January 13th, a meeting was held to select the 2024 Mayordomos for this farming season. I would like to thank all the tribal members who attended and those that were selected and offered to serve in this capacity.

Acequia Madre Mayordomos:

- Adrian Reckaway
- Kevin Shroder

Cacique Mayordomos:

- Kevin Lente Jr.
- Kevin Lente Sr.

Chical Mayordomos:

- Eddie Paul Torres Jr.
- Joe Jiron

We also continued with the celebration of the Blessing of the Canes on Sunday, January 14th. We would like to give a special Thank You to the Hopi Buffalo Dancers who came with many blessings to our community and tribal officials.

We would like to apologize for canceling the Community Meeting that was set for Saturday, January 20th. We have postponed due to the traditional dances. We plan to re-schedule the meeting for the near future and look forward to your attendance.

We would like to invite everyone to attend Indian Day on Friday, February 2, 2024. This will be held at the New Mexico Roundhouse in Santa Fe. On this special day, the Pueblo of Isleta and the Pueblo of Laguna are going to be recognize our very own distinguished tribal member, Miguel Trujillo. ***Mr. Trujillo was a brave civil rights advocate that paved the way for Native American to exercise their constitutional right to vote in New Mexico.*** It is our wish to construct and donate a sculpture of Mr. Trujillo to be displayed in the State Capitol, memorizing his legacy.

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

Ha-Wuh

Max A. Zuni
Governor
Pueblo of Isleta

PUBLIC NOTICE:

The Pueblo of Isleta is requesting public comment for Clean Water Act 401 certification of the draft NPDES Pesticide General Permit.

This is a notification that the U.S Environmental Protection Agency (EPA) public notice and associated federal comment period have been opened for the draft 2026 National Pollutant Discharge Elimination System (NPDES) Pesticide General Permit. Additionally, the Pueblo of Isleta has opened the simultaneous comment period for the pending Clean Water Act Section 401 tribal water quality certification of the draft NPDES permit.

When EPA drafts a NPDES permit for a discharge into surface waters, the Pueblo of Isleta has an opportunity to assure that the discharge will not negatively affect the Pueblo's receiving waterbodies. This is documented through the 401 certification and is required in accordance with the Pueblo of Isleta Surface Water Quality Standards. The Pueblo of Isleta can make the draft permit more stringent if based on tribal law or can make comments to EPA for consideration in the final permit. The Pueblo of Isleta also has the authority to deny certification if the permitting circumstances will not guarantee that the discharge will meet surface water quality standards.

The draft 2026 Pesticide General Permit, draft fact sheet/statement of basis, and other associated information are available electronically at:

<https://www.epa.gov/npdes/pesticide-permitting-proposed-2026-pgp>.

The Pesticide General Permit regulates point source discharges of the application of biological pesticides and chemical pesticides to waters of the U.S. for the following pesticide use patterns:

Mosquito and Other Flying Insect Pest Control -- to control public health/nuisance and other flying insect

pests that develop or are present during a portion of their life cycle in or above standing or flowing water. Public health/nuisance and other flying insect pests in this use category include mosquitoes and black flies.

Weed and Algae Pest Control -- to control weeds, algae, and pathogens that are pests in water and at water's edge, including ditches and/or canals.

Animal Pest Control -- to control animal pests in water and at water's edge. Animal pests in this use category include fish, lampreys, insects, mollusks, and pathogens.

Forest Canopy Pest Control -- application of a pesticide to a forest canopy to control the population of a pest species (e.g., insect or pathogen) where, to target the pests effectively, a portion of the pesticide unavoidably will be applied over and deposited to water.

The public comment period for this certification begins February 1, 2024 and expires on March 1, 2024. Comments concerning the Pueblo of Isleta's Clean Water Act Section 401 certification may be sent to:

Ramona M. Montoya, Water Quality Control Officer
Pueblo of Isleta Environment Department
PO Box 1270
Isleta NM 87022
E-mail: Ramona.Montoya@isletapueblo.com
Tel. (505) 869-7565
Hand delivery: 3929 Hwy 47 SW, Albuquerque NM 87105

Environment Department will review all comments received, draft a recommendation on the Pueblo of Isleta's 401 certification action for consideration and review Legal Department and by Governor Zuni. The final approved document will be submitted to the EPA.

WATER RESOURCES DIVISON DEPARTMENT OF NATURAL RESOURCES

Highway 147 Drain Pipe Replacement Update

The Middle Rio Grande Conservancy (MRGCD) has begun on-site activities to replace a failed drainage pipe beneath Highway 147. The MRGCD and its subcontractors had several set-backs since the project's inception last November. The project timeline has now been extended to early April of this year. Currently, the groundwater level in the project area is being lowered with dewatering pumps and the pumped water is discharged to the Rio Grande, Isleta Riverside Drain, and the Belen Highline Canal. The dewatering pumps will operate 24 hours a day, 7 days a week for the duration of the project. For the next month, open trenching will occur on the South side of Highway 147 between the road shoulder and the Isleta Riverside Drain South. A direct bore beneath Highway 147 is continuing from the North side of the highway, placing subsurface drain pipe as it progresses. Please be aware that there are high voltage generators, the associated electric lines and conduits, as well as, open pits and trenches at the site. Due diligence is being taken to secure the project site and the associated hazards but non-authorized foot traffic within the project area should generally be avoided. The result of the project will be a new 42-inch pipe beneath Highway 147 that connects the Isleta Riverside Drain from North to South. Moreover, the project will directly benefit tribal farmers on the Acequia Madre, as well as providing a repair solution to the collapsed pipe issue without interfering with local traffic.

LETTER FROM THE EDITOR

DEADLINE for March Newsletter articles is set for Wednesday, February 21, 2024, 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 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

Second 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

Second 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

Second 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.

Johnson-O'Malley

JOM

Indian Education Committee (IEC)

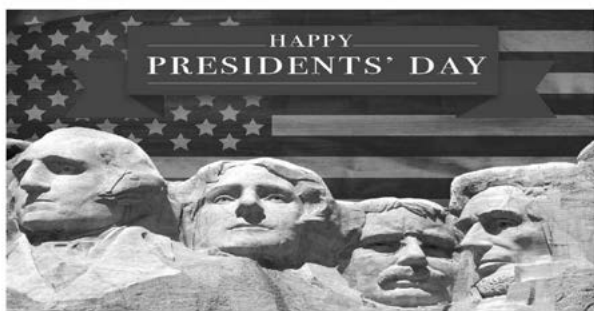
The IEC would like to invite parents to our upcoming meeting:
Monday February 5th, 2024
@ 5 pm

Located at the Isleta Department of Education
950 Moonlight Dr., SW
Albuquerque, NM 87105

Join our committee members
Ryan Hickman
Patricia Lujan
Felicia J. Jojola
Shannon Torres
in our next meeting!

*****All Meetings are always open to the public**
Please contact the Department of Education
at 505-869-9790 for more information.***

Apply now! www.GetInternet.gov



PRESIDENTS DAY SERVICE SCHEDULE

The Transfer Station will be closed Monday February 19th in honor of Presidents Day. Monday and Tuesdays trash will be collected on Tuesday February 20th. Mondays recycle will also be collected on Tuesday February 20th. Have carts out by 7AM.



KEEP ISLETA BEAUTIFUL! 869-4106



The Santa Fe Opera Pueblo Opera Program Art Submission



The Santa Fe Opera Shop is seeking artwork by participants of the Pueblo Opera Program. This artwork will be used to create a notecard set to commemorate the collaboration between POP and the Santa Fe Opera. From the submissions, 12 images will be selected to represent the diverse cultures of the New Mexico Pueblos.

- Artwork must be submitted by the original artist.
- Scanned images, Reproductions and Prints of original artwork accepted.
- Artwork will represent Pueblo culture and may also incorporate Opera.
- Participants of all ages are encouraged to submit artwork.
- The deadline for submissions is March 15, 2024.

To submit your artwork or for further information, please reach out to Kristin Hullihan at khullihan@santafeopera.org or Christopher Hufnagel at chufnagel@santafeopera.org

Submission of artwork does not guarantee selection.

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.





62A Tribal Road 90 Albuquerque
Phone: (505) 916-0695
Fax: (505) 916-5243

Isleta Westside Waterline Replacement Project
Notice to Residents

Please be advised that construction on Tribal Road 90, starting from the intersection of NM 314 heading to Coors Boulevard, is set to commence on **January 29, 2024**. This work includes installation of a new 6” water main, fire hydrants and other water services. The anticipated duration to complete the work on TR 90 is approximately two months.

During construction activities, TR 90 will be closed in certain areas and access from NM 314 will be affected. Alternative routes will be open from Coors. We aim to not affect home access and bus routes.

We appreciate your patience and look forward to the completion of these important upgrades.



Attention: Pueblo of Isleta Community

Public Works has implanted a new work order system for community work orders. Community members can submit a work order the following ways:

- 1. Below is a QR Code you can scan with a smart device



- 2. You can access the link on the Pueblo of Isleta Website
- 3. Calling Public Works Office at 505-869-5170

Please provide as much information as possible about the work order being placed. We will need the following information:

- What is the issue?
- Location (Complete Address)
- Contact Name & Number
- Attached pictures, if any

NOTE: Please one work order per submittal! Our new system will not generate multiple work orders in one submission.

Not providing all detail information on your work order may cause a delay!

We understand that not everyone has access to a smart device or computer to submit a work order, calling into Public Works Office at 505-869-5170 is still available

ST. AUGUSTINE CHURCH

Letters of Good Standing

What is a Letter of Good Standing?

A letter signed by the pastor certifying that an individual is a **registered, active** and **contributing** parishioner of a parish, and so is eligible to serve as a godparent at Baptism, a Confirmation sponsor, a mentor for Marriage preparation, to have your child Baptized outside our parish, or to have a Catholic School Subsidy approved.

Often we receive requests to sign a statement that a certain individual is a practicing Catholic and eligible to serve as a Godparent, Confirmation Sponsor, to receive some Sacrament in a Catholic Church where they are not registered, or to approve payment for Catholic School Subsidy. Most people who are asked to be sponsors qualify without any question. However, several times a month the pastor is asked for a letter from persons who he does not know or recognize, or who are not in good standing with the church and who infrequently or never attend Mass. These issues make it impossible for the priest to testify to something that they are not sure is true. If we do not know you, and have no record of your attendance at Mass, we cannot in honesty issue a sponsorship letter. Using envelopes is a good way of tracking, but it is not the only way of assuring that you are a practicing Catholic, and an appropriate spiritual role model for a young person about to receive the Sacrament.

If you need a letter of good standing testifying that you are considered an active parishioner in good standing of St. Augustine, we would ask that you:

- Register at St. Augustine, if you are not sure if you are registered ask the parish office. If you are an adult child of parents registered in the parish, register yourself here, or wherever you attend Mass.
- Fulfill your obligation to participate in Sunday Mass and Holy Days.
- Contribute to the financial needs of the parish by using envelopes or online giving. It can be anything, just let us know you are here.
- Become involved in some parish program or activity.

If you are asked to be a sponsor, and we do not know you, please provide some evidence that you are in fact a practicing Catholic. The purpose of these Letters of Good Standing, is to show that we value the example and commitment of godparents and sponsors, and it is hypocritical to stand up for someone when you either do not believe or practice what you profess. Being invited to be a godparent or sponsor is a sacred thing and not something to be undertaken negligently or wantonly, so please don't ask the pastor to change the rules for you.

The Church, for its part, requires pastors to have a founded hope that those seeking the sacraments are practicing Catholics in good standing. The same is true when parents present their children for the sacraments. Pastors are to have a founded hope that the children will be raised in the Catholic faith. We therefore invite you to become an active member of the church and establish a home parish.



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.



GROUNDSCKEEPER
Location: Albuquerque, NM
Publish Date: 01/18/2024
Level: Non-Exempt



STEWARD
Location: Albuquerque, NM
Publish Date: 01/18/2024
Job Family: N/A
Level: Non-Exempt



SUPERVISOR F & B
Location: Albuquerque, NM
Publish Date: 01/17/2024
Level: Non-Exempt



SLOTS SHIFT MANAGER
Location: Albuquerque, NM
Publish Date: 01/17/2024
Level: Exempt



SLOTS SHIFT SUPERVISOR
Location: Albuquerque, NM
Publish Date: 01/17/2024
Level: Non-Exempt



POKER DEALER
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



SUPERVISOR
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



POOL ATTENDANT
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



NETWORK SYSTEMS ADMINISTRATOR
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Exempt



ELECTRICIAN III
Location: Albuquerque, NM
Publish Date: 01/16/2024
Job Family: N/A
Level: Non-Exempt



CASHIER
Location: Albuquerque, NM
Publish Date: 01/08/2024
Level: Non-Exempt



BANQUET SERVER
Location: Albuquerque, NM
Publish Date: 01/08/2024
Level: Non-Exempt



ASSISTANT DIRECTOR OF MARKETING
Location: Albuquerque, NM
Publish Date: 01/04/2024
Level: Exempt



VALET ATTENDANT
Location: Albuquerque, NM
Publish Date: 12/29/2023
Level: Non-Exempt



TABLE GAMES SHIFT MANAGER
Location: Albuquerque, NM
Publish Date: 12/27/2023
Level: Exempt



BUSSER
Location: Albuquerque, NM
Publish Date: 12/26/2023
Level: Non-Exempt



COCKTAIL SERVER
Location: Albuquerque, NM
Publish Date: 12/26/2023
Level: Non-Exempt



SLOTS LAB TECHNICIAN
Location: Albuquerque, NM
Publish Date: 12/21/2023
Level: Non-Exempt



SECURITY OFFICER I
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



OUTSIDE SERVICE ATTENDANT
Location: Albuquerque, NM
Publish Date: 01/18/2024
Level: Part-Time



SERVER
Location: Albuquerque, NM
Publish Date: 01/17/2024
Level: Non-Exempt



SPORTS BOOK WRITER
Location: Albuquerque, NM
Publish Date: 01/17/2024
Level: Non-Exempt



HVAC TECH II
Location: Albuquerque, NM
Publish Date: 01/17/2024
Level: Non-Exempt



HVAC TECH III
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



SPA ATTENDANT
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



HVAC TECH I
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



MASSAGE THERAPIST II
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



BINGO ADMISSIONS CLERK
Location: Albuquerque, NM
Publish Date: 01/16/2024
Level: Non-Exempt



SYSTEMS ANALYST
Location: Albuquerque, NM
Publish Date: 01/08/2024
Level: Exempt



DIRECTOR OF FINANCE
Location: Albuquerque, NM
Publish Date: 01/08/2024
Level: Exempt



SPORTS BOOK SUPERVISOR - 10HSBS
Location: Albuquerque, NM
Publish Date: 01/04/2024
Level: Non-Exempt



COUNT MEMBER
Location: Albuquerque, NM
Publish Date: 12/31/2023
Level: Non-Exempt



BARTENDER
Location: Albuquerque, NM
Publish Date: 12/27/2023
Level: Non-Exempt



OFF-SITE ATTENDANT
Location: Albuquerque, NM
Publish Date: 12/26/2023
Level: Non-Exempt



FOOD ATTENDANT
Location: Albuquerque, NM
Publish Date: 12/26/2023
Level: Non-Exempt



SLOTS FLOOR TECHNICIAN
Location: Albuquerque, NM
Publish Date: 12/21/2023
Level: Non-Exempt



SLOTS FLOOR ATTENDANT
Location: Albuquerque, NM
Publish Date: 12/19/2023
Level: Non-Exempt



PLUMBER III
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



MAJOR APPLIANCE TECH III
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



SECURITY OFFICER II
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



ASSISTANT RESTAURANT MANAGER
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Exempt



EXECUTIVE HOST MARKETING
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Exempt



TABLE GAMES DEALER
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



ELECTRICIAN III
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



IT SECURITY ANALYST
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Exempt



MECHANIC I
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



CAGE CASHIER
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



HDC SPECIALIST
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



MAIN BANKER
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



TABLE GAMES FLOOR SUPERVISOR
Location: Albuquerque, NM
Publish Date: 12/14/2023
Level: Non-Exempt



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
Call Amber Chapo (505)494-9084
or Cat Ami (505)225-4721

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

LAND FOR SALE

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

Kimo @ (505) 506-3432



Isleta Pueblo News

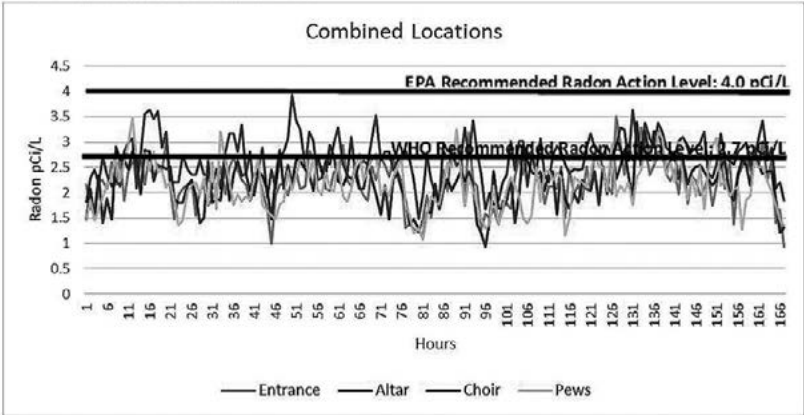
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Nathaniel Lujan
Asst. Editor:
Diane Abeita
Published By:
Valencia Express

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date	Position Posting	Office Location	Closing Date
AUDIOLOGIST	Health Services	Open Until Filled	HIGHWAY SAFETY SERGEANT/PROGRAM MANAGER	Police Department	01/17/2024
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	Open Until Filled	HOME CARE ATTENDANT	Elder Center	Open Until Filled
BUYER	Procurement	Open Until Filled	IRRIGATION SUPERVISOR	Natural Resources	Open Until Filled
CAREGIVER	Assisted Living	Open Until Filled	IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
CARPENTER I (2 Positions)	Housing Authority	Open Until Filled	IRRIGATION & LANDSCAPE TECHNICIAN	Parks & Recreation	Open Until Filled
CARPENTER III (2 Positions)	Housing Authority	Open Until Filled	LABORER (3 Positions)	Housing Authority	Open Until Filled
CERTIFIED FITNESS INSTRUCTOR	Health Services	01/17/2024	LABORER	Public Works	Open Until Filled
CHILD / ADOLESCENT THERAPIST	Health Services	Open Until Filled	LANGUAGE INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled – Within Only
CHILD CARE PROVIDER I	Head Start	Open Until Filled	LIBRARY AIDE I	Library	Open Until Filled
CLINICAL THERAPIST	Health Services	Open Until Filled	LIFEGUARD ASSISTANT (3 Positions)	Parks & Recreation	Open Until Filled
COMPUTER IT SPECIALIST	Department of Education	Open Until Filled	MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
COMMUNITY HEALTH REPRESENTATIVE	Health Services	Open Until Filled	MAINTENANCE TECHNICIAN (2 Positions)	Housing Authority	Open Until Filled
COOK I	Assisted Living	Open Until Filled	MEDICAL ADMINISTRATIVE SUPPORT ASSISTANT	Health Services	01/17/2024
CUSTODIAN	Public Works	Open Until Filled	MOTOR POOL FLEET SUPERVISOR	Transportation Services	01/18/2024
DENTAL ASSISTANT	Health Services	Open Until Filled	PARKS MAINTENANCE WORKER	Parks & Recreation	Open Untill Filled
DIRECTOR, TRANSPORTATION SERVICES	Transportation Services	Open Until Filled	PATIENT REFERRAL COORDINATOR I	Health Services	Open Until Filled
DISABILITIES COORDINATOR	Head Start	Open Until Filled	PERSONAL CARE SERVICE AIDE	Elder Center	Open Until Filled – Within Only
DISPATCHER I	Police Department	Open Until Filled	PHARMACY TECHNICIAN I	Health Services	Open Until Filled
EARLY HEAD START TEACHER I or II	Head Start	Open Until Filled	PHYSICAL THERAPIST	Health Services	Open Until Filled
EMT – PARAMEDIC (2 Positions)	Health Services	Open Until Filled	PHYSICAL THERAPIST ASSISTANT	Health Services	Open Until Filled
FACILITIES WORKER	Head Start	Open Until Filled	PLUMBER	Housing Authority	Open Until Filled
FAMILY SOCIAL WORKER	Social Services	Open Until Filled	POLICE OFFICER I	Police Department	Open Until Filled
FINANCIAL PLANNING & ANALYSIS DIRECTOR	Treasury	Open Until Filled	POLICE OFFICER II	Police Department	Open Until Filled
FITNESS INSTRUCTOR	Parks & Recreation	Open Until Filled	PROJECT ASSISTANT	Social Services	Open Until Filled
GROUNDSDKEEPER	C-Stores	Open Until Filled	PUBLIC INFRASTRUCTURE INSPECTOR	Public Works	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled	RANGELAND DATA MONITOR	Natural Resources	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until Filled	RECEPTIONIST	Parks & Recreation	Open Until Filled
HEAD START TEACHER I or II	Head Start	Open Until Filled	RECEPTIONIST	Police Department	Open Until Filled
HIGHWAY SAFETY ASSISTANT	Police Department	01/17/2024	RECREATION ASSISTANT	Parks & Recreation	Open Until Filled

Position Posting	Office Location	Closing Date
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	Open Until Filled
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

ENVIRONMENT DEPARTMENT



In January, Envionment Department conducted the quarterly radon monitoring inside the St. Augustine Church. Radon levels show to be well below the EPA recommended radon action level of 4.0 pCi/L and below the WHO recommended radon action level of 2.7 pCi/L. These levels are also significantly lower than the OSHA Permissible Exposure Limit (PEL) radon standard of 100 pCi/L. Each radon monitor was set out for a total of 8 days which continuously collected radon levels. As a reminder, the average radon levels used to be around 19.5 pCi/L. Now, average levels are around 2.3 pCi/L. The Pueblo of Isleta Environment Department will monitor radon levels in June of 2024 to ensure radon levels remain low.

For more information about radon, please call Environment Department at 505-869-9814.

Los Jardines Institute



Agriculture • Literacy • Community

Working for Environmental, Economic, and Social Justice



NATIONAL WILDLIFE REFUGE SYSTEM



FRIENDS OF VALLE DE ORO

NATIONAL WILDLIFE REFUGE



ANCESTRAL LANDS

CONSERVATION CORPS

VALLE DE ORO EJ LEADERSHIP TEAM

NOW ACCEPTING APPLICATIONS

ENVIRONMENTAL & ECONOMIC JUSTICE STRATEGIC PLAN COORDINATOR

APPLICATIONS DUE FEB. 12, 2024

The Valle de Oro Environmental Justice Leadership Team is seeking a Coordinator to help guide the continued development and successful implementation of the Valle de Oro NWR Environmental & Economic Justice Strategic Plan.

Responsibilities will include meeting facilitation and community organizing, strategic planning and project tracking, environmental justice advocacy and more!

The Strategic Plan Coordinator will work closely with a diverse group of partners including our neighbors, grassroots and frontline organizations, local, state and federal government personnel, Tribal Nations and a network of local and national EJ partners.

Applicants who are bilingual and/or from the local South Valley and Pueblo of Isleta areas are highly encouraged to apply.

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

CONTACT EMILY@FRIENDSOFFALLEDEORO.ORG FOR MORE INFORMATION

POSITION SUMMARY

→ Full-Time - 40hrs/wk

→ \$22/hr, ~\$45,000/yr

→ 1 Year Contract with renewal possible - March 2024 - April 2025

→ Work from South Valley office with work from home options.

→ Apply by Feb. 12, 2024

FOR FULL DETAILS & HOW TO APPLY

CLICK OR SCAN





WIC
Diabetes Awareness

THERE ARE 2 TYPES OF DIABETES

Type 1- known as juvenile or insulin dependent diabetes. The exact cause is unknown but the body’s immune system attacks the insulin producing cells in the pancreas which are needed to process glucose in our body. Insulin is required to treat this type.

Type 2- cells in the muscle, liver and fat become resistant to insulin which is needed to transport sugars into cells of the body, this causes a raise in blood sugar levels. There are four stages to this type. They are insulin resistance, pre-diabetes, type 2 diabetes and type 2 diabetes with vascular complications. The condition develops over time and most people with diabetes have this type. Factors such as weight and genes are contributing factors.

SYMPTOMS

The symptoms include: being overly thirsty and using the restroom frequently; blurry vision; tingling in the hands and feet; wounds that are slow to heal; and, weight loss without trying.

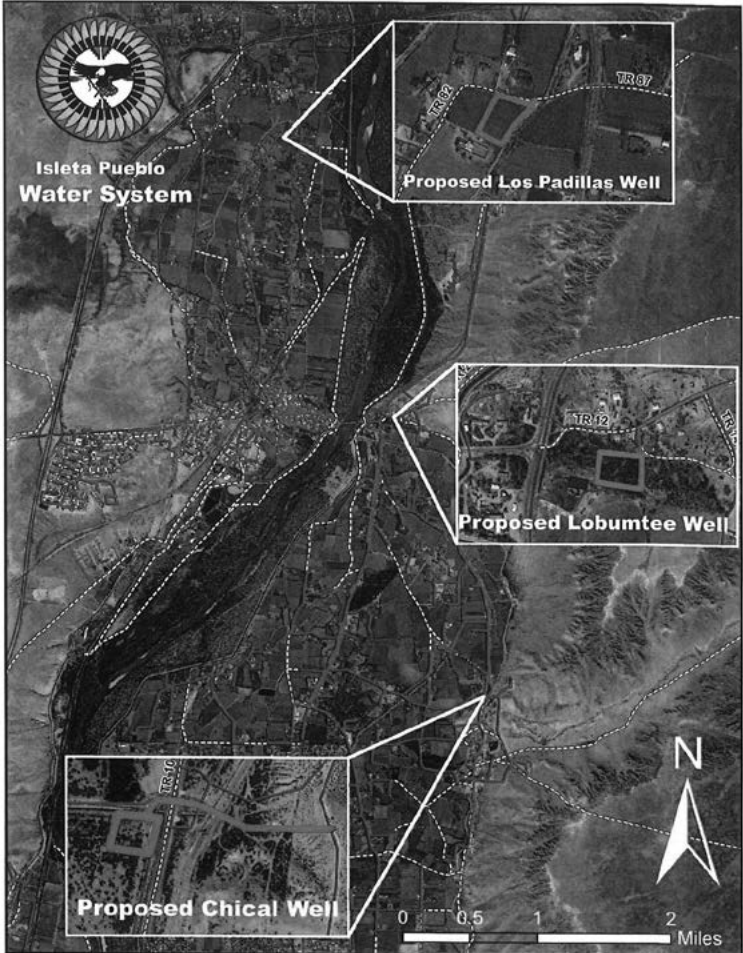
WHAT YOU CAN DO

Diabetes can be managed through diet and drugs such as Insulin and Metformin. A care team needs to be established with a primary care doctor, endocrinologist and dietitian. Lifestyle changes such as weight loss, healthy eating and exercise benefit an individual and manage symptoms.

PROJECT UPDATES FROM PUBLIC WORKS DEPARTMENT

The Public Works Department will be busy with projects through the year. We ask you to please be careful when traveling in these areas. Watch out and maintain a safe distance from construction crews and equipment.

●Eastside Drinking Water Infrastructure
(MAP: Isleta Pueblo Water System)



- o Drilling of wells are complete
- o The Pueblo is also working with PNM to bring 3-Phase electrical service to each of the well sites.
- o Currently, to provide water to the Eastside community, water is produced only by the two Casino wells. This puts a strain on the two wells and the Arsenic treatment facility. With the hot summer months quickly approaching, water usage will continue to increase. *Please remember to turn off the water once you are done watering your gardens and don't over-water them. Check your home for any leaking fixtures, especially the toilet, as a "stuck" flapper valve will waste a lot of water in a short period of time. Excessive water leaks will also overwhelm your septic system, potentially oversaturating your leach field.*

- Westside Water Line Replacement 2 (MAP: Westside Waterline Replacement -2)
 - o This project will upgrade existing 2" and 4" water main lines to 6" water main lines and add fire hydrants and valves along these roads. Residents will be connected to the new water lines. Old main lines will be abandoned.
 - o Project will begin on January 29,2024 for approx. 4 months – See attached letter from CF Padilla regarding notice to residents on Tribal Road 90

- Westside Wastewater Treatment Plant
 - o Project is to expand the existing plant to handle an additional 200,000 gallons of flow per day at the Westside Wastewater Treatment Plant, located on TR100.
 - o Molzen Corbin has been chosen as the engineering firm.

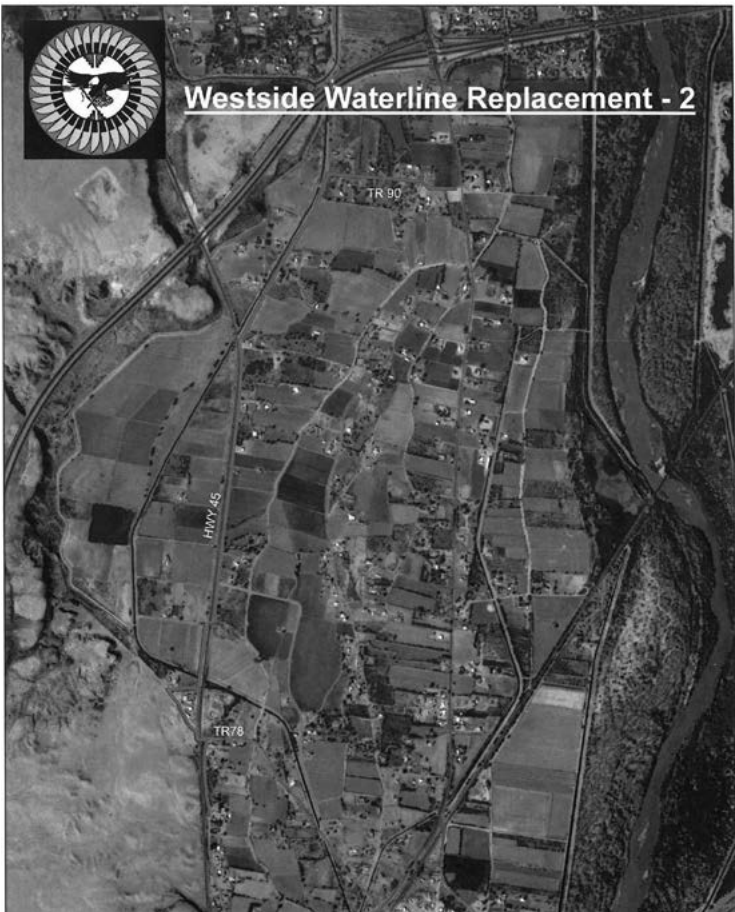
- Los Padillas Tank and Well Construction
 - o Construction will be started for a new well that will be drilled near TR 82 and Hwy 314, with a future elevated 200,000-gallon water storage tank to be constructed on the same property.
 - o The elevated water storage tank will provide consistent water pressure throughout the area, which is a much-needed improvement.
 - o Old well located on TR 90 is currently off-line

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

●Eastside Sewer Collection Systems (MAP: Eastside Sewer Collection System)



- o All homes and buildings on the Eastside of the Rio Grande and South of the Tribal Complex, to the Bosque Farms and Peralta reservation lines will be connected to the new sewage collection system
- o The sewage collection lines will connect to the existing Eastside treatment facility, which has enough capacity to handle the expected sewage. Preliminary design includes an E-1 pump system to be installed at each building, with piping connecting the E-1 unit to the main collection line; lift stations as needed to pump the sewage to the treatment facility, *and* abandonment of existing septic systems at each residence and electrical upgrades as necessary.
- o Kick Off Meeting will be happening in the next month for the design of this system
 - More updates will be announced in the coming months



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

TRUANCY

Greetings,
We hope you and your family had a wonderful start to 2024. It was a wonderful feeling to see our dances throughout the year, and look forward to them continuing throughout the year.

A new semester has begun and before you know it will be summer break.

The second quarter has come to an end at the Isleta Elementary School. There was a total of 9 students that received perfect attendance. The Truancy department gave those students a LCD drawing tablet along with a gift card. We hope to see an increase in the number of students who receive perfect attendance for the 3rd and 4th quarters. We also provide perfect attendance incentives to students attending Los Lunas and Albuquerque Public School students. Just remember to give our office a call with your students name, grade and which school they attend so that we can verify their attendance.

There is tutoring at the Department of Education; there are also many family events that take place each month. As a reminder, don't forget to utilize the Library for any books/movies that you may need for your educational needs or for your down time.

Do not hesitate to contact the truancy department if you need assistance with any educational needs that you may need assistance with.

Thank you,
Isleta Truancy Department



**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**

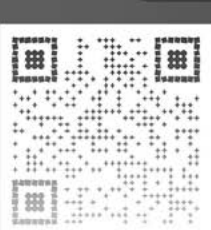

INDIGENOUS DESIGN STUDIO + ARCHITECTURE





**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/




Like and follow us to get the latest updates

Updated April 2022



DEPARTMENT OF EDUCATION



SCHOLARSHIP APPLICATION FOR
HIGHER EDUCATION
AVAILABLE NOW ON OUR WEBSITE
www.isletapueblo.com/tribal-programs/educational-services
or Google: POI Educational Services

YOU MAY ALSO FIND
OUR UPCOMING EVENTS
AS WELL AS LINKS TO
SUPPORTING
DOCUMENTS ON THE
WEBSITE

Are you looking to
get your certificate,
associate, bachelor's,
or master's degree?
Please contact our
office at:

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

**Application absolute deadline
dates :**

Full Academic Year
(Fall/Spring term/Semesters)-
July 1st 11:59pm
Spring Term/Semester -
November 1st 11:59pm
Summer Term/Semester -
April 1st 11:59pm

**Supporting document absolute
deadline dates:**

Fall Term/Semester -
August 31st 11:59pm
Spring Term/Semester -
January 15th 11:59pm
Summer Term/Semester -
May 31st 11:59pm

PUEBLO OF ISLETA
VETERANS ASSOCIATION

The Pueblo of Isleta Veterans Association has received the below e-mail from Terry Obago, Native American Patient Advocate at the Veterans Administration Hospital. "On behalf of my program, the VA Native American Veterans Program and the New Mexico VA Healthcare System, I am reaching out to your agency and organization to offer Veterans Administration/ Veterans Benefits Administration presentation and outreach to your Veterans on the PACT Act and Compact Act, as well as general Veteran program resource information for 2024. In 2023 we have provided PACT Act presentations and outreach to many of your Veterans at your Location. Please review the attached flyers for more information. We will also be enrolling eligible Veterans in VA healthcare and have information on the VA copay reimbursement eligibility application for Veterans who may have paid copays for VA medical services.

We are planning and coordinating our 2024 outreach event calendar and we would like to ensure that our Veterans in your community are served and that we secure a date for outreach to your Native American Veterans."

The Pueblo of Isleta Veterans Association will be coordinating with Terry Obago to set dates when outreach services will be provided.

The following VA programs have participated or will continue to participate in community outreach efforts:

- Suicide Prevention Program/Mental Health Initiatives
- Geriatric Services
- Health Disease Prevention and Promotion
- Native American Veterans Program
- Women's Veterans Program
- Women's Health
- Intimate Partner Violence/Domestic Violence
- MyHealtheVet
- Enrollment and Eligibility
- Congressional Representative
- Chaplain Services
- Caregiver Support Services
- Veterans Benefits Administrative Staff
- VA Loan/Native American Direct Loan
- Homeless/HUDVASH Program
- National Cemetery Program

Please send your concerns, or list of programs that be relevant to you, to P.O. Box 338, Isleta NM 87022.

DID YOU SERVE IN THE MILITARY?
COMPACT ACT


We want all Veterans and former service members to know that they can get free, emergency suicide care when they need it, no matter where they are. We break down what this means for you and your loved ones should you need emergency suicidal care.

PACT ACT


The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances.

The PACT Act adds to the list of health conditions that we assume (or "presume") are caused by exposure to these substances. This law helps us provide generations of Veterans - and their survivors - with the care and benefits they've earned and deserve.

The next POI Veterans Association meeting will be on February 21, 2024 at 6 PM. More info will be available.



PUEBLO OF ISLETA
DEPARTMENT OF EDUCATION
950 MOONLIGHT DR. ALBUQUERQUE, 87105



Tutoring Services k-12

2023-2024 SCHOOL YEAR

W H E N

WE BEGIN JANUARY 16TH 2024

MON-THU FROM 3-6PM

W H A T
W E
O F F E R

- HOMEWORK HELP IS PROVIDED
- TUTORING IN SUBSTANTIAL SUBJECTS THAT ARE NEEDED
- VARIOUS HANDS ON ACTIVITIES ARE ALSO OFFERED

WE WILL NOT BE IN
SESSION ON THE
FOLLOWING DAYS


THU DEC 21- TUE JAN 2, 2024

MON JAN 15

MON MAR 11-THU MAR. 15

MON FEB 19

For more information: (505) 869-9785 or michael.cheromiah@isletapueblo.com

BREAKFAST



FEBRUARY 2024

Isleta Elementary School

Isleta Elementary School


1000 Moonlight Drive

505.869.2321

Monday	Tuesday	Wednesday	Thursday	Friday
			<div>1</div> <div>Strawberry Yogurt Graham Crackers Apples Choice of Milk</div>	<div>2</div> <div>English Muffin Pineapple Chunks Jelly Juice Choice of Milk</div>
<div>5</div> <div>Fruit Loops Dino Bite Crackers Fresh Cherries Choice of Milk</div>	<div>6</div> <div>Blueberry Bagel Hardboiled Egg Watermelon Choice of Milk</div>	<div>7</div> <div>French Toast Sticks Syrup Apples Choice of Milk</div>	<div>8</div> <div>Pancake Sausage Grapes Choice of Milk</div>	<div>9</div> <div>Scrambled Eggs Toast Oranges Choice of Milk</div>
<div>12</div> <div>Golden Grahams Toast Fruit Cup Choice of Milk</div>	<div>13</div> <div>Breakfast Sandwich Peaches Choice of Milk</div>	<div>14</div> <div>Cinna Minis Fruit cup Choice of Milk</div>	<div>15</div> <div>Biscuit and Gravy Pears Choice of Milk</div>	<div>16</div> <div>Bagel Cream Cheese Mandarin Oranges Choice of Milk</div>
<div>19</div> <div>**NO SCHOOL**</div>	<div>20</div> <div>Blueberry Pancakes Apple Wedges Choice of Milk</div>	<div>21</div> <div>Ham Combo Bar Toast Pears Choice of Milk</div>	<div>22</div> <div>Pancake Sausage Peaches Choice of Milk</div>	<div>23</div> <div>Breakfast Pizza Fruit Cocktail Choice of Milk</div>
<div>26</div> <div>Cinnamon Toast Crunch Apple Wedges Choice of Milk</div>	<div>27</div> <div>Apple Pie Oatmeal Graham Crackers Banana Choice of Milk</div>	<div>28</div> <div>Banana Muffin Breakfast Round Choice of Milk</div>	<div>29</div> <div>Breakfast Quesadilla Orange Wedges Choice of Milk</div>	

This is an equal opportunity institution.

Menu subject to change any time due to food availability

LUNCH


FEBRUARY 2024

Isleta Elementary School

Isleta Elementary School

1000 Moonlight Drive

505.869.2321

Monday	Tuesday	Wednesday	Thursday	Friday
			<div>1</div> <div>**Student Request** Pepperoni Pizza Carrot Sticks Rice Krispie Treat Choice of Milk</div>	<div>2</div> <div>Nacho Supreme Garnish Salsa/Guacamole Rainbow Salad Choice of Milk</div>
<div>5</div> <div>Chef Salad w/croutons Ranch Dressing Dinner roll Pears Choice of Milk</div>	<div>6</div> <div>Baked Chicken Mashed Potato Broccoli Strawberry/blueberries Choice of Milk</div>	<div>7</div> <div>*Student Request* Orange Chicken Vegetable Chow Mein Cabbage Salad Melon Choice of Milk</div>	<div>8</div> <div>Cheeseburger Garnish Baked Beans Peaches Choice of Milk</div>	<div>9</div> <div>Tamales Beans Bell Pepper Sticks Kiwi Salad Choice of Milk</div>
<div>12</div> <div>Salisbury Steak Mashed Potato Carrots Apple Sauce Choice of Milk</div>	<div>13</div> <div>Chili Dog Broccoli Fruit Cup Choice of Milk</div>	<div>14</div> <div>Heart Pizza Corn on Cob Red Velvet Cupcake Choice of Milk</div>	<div>15</div> <div>Pork Chop Corn on Cob Dinner Roll Honey Dew Choice of Milk</div>	<div>16</div> <div>Chicken Nuggets Tater Tots Green beans Mixed Fruit Choice of Milk</div>
<div>19</div> <div>**NO SCHOOL**</div>	<div>20</div> <div>Beef Stew Broccoli Dinner Roll Oranges Choice of Milk</div>	<div>21</div> <div>Beef Tacos Beans Salsa/Chips Strawberries Choice of Milk</div>	<div>22</div> <div>Grilled Cheese Tomato Soup Carrot Sticks Apple Wedges Choice of Milk</div>	<div>23</div> <div>Penne Pasta Garlic Toast Green Beans Melon Chunks Choice of Milk</div>
<div>26</div> <div>Chicken Sandwich Baked Chips Celery Sticks Grapes Choice of Milk</div>	<div>27</div> <div>Red Chile Enchilada Refried Beans Rice Peaches Choice of Milk</div>	<div>28</div> <div>Meatloaf Mashed Potato Dinner Roll Broccoli Apples Choice of Milk</div>	<div>29</div> <div>Vegetable Soup Oyster Crackers Salad w/Ranch Mandarin Oranges Choice of Milk</div>	

This is an equal opportunity institution.

Menu subject to change any time due to food availability



Pueblo of Isleta Public Library

As we enter into February we can look forward to the last month of winter and the transition into early spring. This February brings more programming and Summer Reading Program Planning. The year has just begun, but here at the library we already have so much to plan for the upcoming year and we couldn't be more excited about it. Stay up to date with the latest news by following us on Facebook, Instagram and Snapchat!

News

At the beginning of the month the library will be having a staff meeting. We take this time to plan upcoming programs for children, teens, adults and families for the upcoming months.

The library will be CLOSED on Monday, February 19th in observance of Presidents Day. All library media checked out on Thursday, February 15th will be due on Tuesday, February 20th.

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 by late February, early March. 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 the construction on the library's canopy shade and play area is complete and we are just waiting for the final inspection. That means that it will be ready to use, hopefully by the middle of the month. This play area by the children's room incorporates sensory elements, with a water, music and turning wheels station.

Check out a new way to read with our NEW collection of Wonderbooks (from Playaway). Every Wonderbook is a print book with a ready-to-play audiobook inside. Kids can listen out loud, or plug in headphones. It's simple to use just click the green button to turn the audio device on, and then the orange button to press play. Stop by the library and check out our book display and browse our collection located by the front desk.

Join the Library weekly for Family Story Time every Wednesday at 10:00am with the library. 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.

Upcoming

Join us on Thursday, February 8th from 5pm-6pm as we celebrate Chinese New Year, Year of the Dragon! Library staff member Cheyenne will be showing you how to make paper lanterns to light up your home. This program is open to the first 10 patrons, ages 8 years old and up. Sign-ups started on January 22nd. For more information, please contact Cheyenne by email at Cheyenne.Castillo@isletapueblo.com or phone at 505-869-9808.



After School Program students trying out the NEW Wonderbooks!

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

Our Summer Reading Program planning

meetings took place on January 10th and 11th. We discussed different themes and planned out Youth and Junior Calendars. Each year we start extra early on our planning so we can get the information and calendar to you, so you may review and make the best decision on where your child/children will go for the summer.

PUEBLO OF ISLETA PUBLIC LIBRARY

WONDERBOOKS

by Playaway

**GET TO KNOW THE BOOKS
THAT READ OUT LOUD!**

Wonderbooks read to children, ask
questions and make learning fun.

Discover the ready-to-play audiobook
inside every Wonderbook.

EASY TO USE

TO LEARN MORE

VISIT

MOREWONDERBOOK.COM

**This is a
Wonderbook**

Read along with the
audiobook inside.

**A great read-along collection
speaks to everyone.**

**LOOK FOR THE WONDERBOOK
STICKER AND BORROW ONE TODAY**

This year our Juniors (3-6 year old) will have a curriculum based on science. The Juniors will be doing experiments and we hope to bring in a couple of presenters. Each day we will have story time, activities and crafts. They will also have field trips and fun water days. The Junior calendars are in the process of being filled in, finalized and hopefully ready by April.

The Youth (7-14 years old) will consist of 4 curriculum-based programs. Each library staff member will have different theme, mini field trips, and activities. Descriptions and calendars coming soon!

Our After School Program is in full swing for the remaining school year. Students are coming in daily completing their homework and reading and then an activity or craft to follow. We currently have students from Isleta, Bosque Farms and Sundance Elementary. As of right now our program is completely full, but we do have a waiting list going. If you would like more information please call the library at 505-869-9808 and speak with a staff member.

Learning Outside the Classroom field trip took place on January 31st and was led by library member Diane. This program was an approach to an “All Learners Day” that Los Lunas Schools conduct one day a month throughout the school year. The goal is that on these days students can make the most of their day and learn outside the classroom. For this time around, library staff members Diane and Kyle along with 10 students, all who attend Los Lunas Schools, went to the Museum of Natural History and Science and enjoyed lunch after at Dion’s. We hope continue this program for future Learning Outside the Classroom fieldtrips. If you have any question or would like more info about this program, please feel free to give us a call at 505-869-9808.

NM Poison Control

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

1-800-222-1222



Newly built play area located in the Children’s Patio at the library.

PUEBLO OF ISLETA PUBLIC LIBRARY

CHINESE PAPER LANTERNS

It’s the year of the Dragon! Year of the dragon brings those who are an ox, tiger, or a snake, good fortune! Come and celebrate Chinese New Year by making paper lanterns to light up your home.

February 8th from 5pm-6pm

Open to the first 10 patrons ages 8 & up

Sign ups begin January 22nd.

For questions please contact Cheyenne by email at cheyenne.castillo@isletapueblo.com or phone at 505-869-9808

ISLETA POLICE DEPARTMENT

The Isleta Police Department is inviting the Isleta community to join us in welcoming the new basketball coach, School Resource Officer Ricky Yzquierdo. Schools, communities, and families can play crucial roles by providing opportunities for organized sports, active playtime, and physical education programs. By instilling a love for movement early on, we contribute to the growth and long-term health of the younger generation. A huge thank you to Officer Ricky for volunteering his time to support and mentor our children.



Pictured is IES P.E. Teacher Alecia Smith and SRO Ricky Yzquierdo

The Isleta Elementary School’s after school basketball practice will be for 1 hour after school. Monday through Thursday 3:15pm to 4:15pm starting Monday January 22nd. Objectives of this program are: to provide a fun after school learning environment for students that will help promote exercise, self-discipline, self-confidence, instill teamwork, strengthen school unity and community relations. To promote IES and help boost new student enrollment. Isleta parents who want their children to participate in sports could potentially bring their children from surrounding schools who do not have sports activities to participate in. Isleta Highway Safety Patrol will be participating in the annual “Click it or Ticket” campaign. The “Click it or Ticket” campaign is enforced by police agencies nationwide. According to the National Highway Traffic Safety Administration in the 2021, over 11,000 passenger vehicle occupants killed in car crashes were not wearing seatbelts. Drivers play a crucial role in highway safety by obeying speed limits, avoiding distractions, and consistently wearing seatbelts. Highway safety is a shared responsibility that, when upheld by both drivers and authorities, significantly reduces the risk of accidents and enhances the overall well-being of all that are on the road. Lastly, we would like to introduce and welcome to the newest faces at the Isleta Police Department; Charles Bouyer

(Sergeant) and Gertrude Lujan (Dispatcher). We know they will be wonderful additions to Isleta Police Department family.



Greetings Families of our IES students:

My name is Ms. Smith, I am the PE Teacher at Isleta Elementary School. I, along with officer Ricky, am excited to announce that we will be starting basketball practice on Monday, January 22nd, 2024.

Basketball Practice
Isleta Elementary Gym
2nd-6th grade students only
Monday through Thursday
3:15pm to 4:15pm

Students are welcome to leave gym bags with practice attire with me in the gym. The restrooms in the gym will be available for students to change into practice clothes after school.

Our goal for starting a basketball team is to enhance a sense of unity and eagle pride to our students and opportunities to compete in games, leagues, tournaments all while having fun.

Thank you for all your support and we look forward to working with our children. Ms. Smith

“Remember it’s always a great day to be an ISLETA EAGLE”





ISLETA RECREATION

SPRING BREAK

MARCH 11TH-15TH, 2024

Activities

- Arts & Crafts
- Outdoor Activities
- Field trips/Swimming

Eligibility:

- 25 Slots Available
- (First come, first served basis)
- Isleta Tribal Youth
- Ages 6 years to 14 years old

Contact Us

For more information, contact LeeAnne Zuni at the New Isleta Recreation Center 505-869-9777

Deadline to sign up:

Friday, February 23rd, 2024





we are looking
for tribal
member kids
ages 9-10,
11-12 boys or
girls

**Youth summer
basketball
league**

Games will be played in
Albuquerque area
practices will be held
at the Isleta Rec
Center

IMPROVE
YOUR
BASKETBALL
SKILL THIS
SUMMER

REGISTRATION WILL BE HELD AT
THE REC CENTER SO WE CAN GET
THEM IN AS A TEAM

DEADLINE IS FEBURARY 16TH

MORE INFO CALL GEORGE WAQUIE - 505- 869-9777 OR
EMAIL-GEORGE.WAQUIE@ISLETAPUEBLO.COM

**WE ARE OPEN ON
SATURDAYS NOW**

**GYM
POOL
WEIGHTROOM
OPEN**

The Recreation Center is
OPEN on Saturday's
Starting February 3rd
8am to 12noon
Swimming Pool Open
830am to 1130am

STARTING FEBRUARY 3RD

505-869-9777
Isleta Recreation Center

8AM TO 12NOON

Isleta Little League

BASEBALL/SOFTBALL

Registration for the
2024 season

\$50

**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
\$50.00. LATE
START SEASON

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

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 * email: nmso@nmseniorolympics.org



PARKS & RECREATION DEPARTMENT

February here we come! Those of you that made New Year's Resolutions should be a month into it by now and I hope you are still sticking with it. Our weather seems to be getting warmer, which means more of us are getting outdoors, which is always a good thing. As for us here at the Parks & Recreation Department, things are looking good, as well.

GOOD NEWS – We will now have the Main (New) Recreation Center open on Saturday mornings for 4 hours from 8 am to 12 noon starting Saturday, February 3rd, 2024. This means the whole center will be available for you to utilize on Saturday mornings, so come by and workout in our fitness section, bring the family and swim in the pool, or shoot some baskets in the gym when its available. We are looking forward to seeing you here on Saturdays.

Our Parks crew is plugging away prepping our parks and facilities for the upcoming warmer weather, they do a great job for the department and the Pueblo. Our Fitness Sections at both (Old Rec and New Rec) are hopping with lots of tribal members, POI employees and Casino Employees in our gyms working out. Our Recreation Section is doing good things with the kids in the program and starting to plan for the summer program, which will be here before we know it. Our Aquatics Section just finished their annual maintenance work on the aquatics center and our Sports Section has been busy with the Volleyball league and planning for the next big activity so keep your eyes open for that.

As a department we will continue to do good things for all the tribal members here in the pueblo.

If you have any questions, concerns or comments about things here in our department please feel free to reach out to me (Arnold Sena, Department Director), I would love to hear from you!

AQUATICS SECTION – We hope you all have had a very fun, safe start to your New Year! Isleta Aquatics is looking forward to our 2024 Season! We have just completed spring maintenance in the Lap Pool, which included draining and refilling as well as feeder and Heater maintenance. We do appreciate everyone's patience through that process.

We have already begun scheduling the afterschool program and others for

swim times this spring. Open Swim will be open from 4:30pm until 7:30pm from Monday through Thursday, and 4:30pm-5:30pm on Fridays. Morning Lap swim can also be scheduled through the Aquatics office at 505-869-9783. Isleta

Aquatics is still hiring Lifeguards for Spring and Summer! We will provide all necessary Lifeguard training and certification at no cost to the candidate! 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, and other aquatic programming please call Josh Roybal at 505-869-9783.

FITNESS SECTION – We started off the year with a couple of new challenges. You asked for them and we gave them to you. If anyone has ideas for different types of challenges feel free to let us know, if we are able to do them, we will. January was the TKO AirRaid running challenge. Winners won a brand-new Adidas Defender gym bag and a Hurley shaker bottle. This was to introduce you to the new running machine and having fun while getting your cardio in.

February's challenge will be 14 workout sessions for at least 30 minutes or more, that's easy, so come sign up. 2 winners will be lottery picked, 1 male and 1 female will win a Stanley Water Tumbler. Talk to your fitness team members to get all the details.

And now for the Latest and Greatest News! The Isleta Recreation Center wants you to start off the year knowing your body and where you started, so to start off your fitness journey this year with getting your InBody body composition done along with getting your blood pressure taken. Isleta Recreation Center has purchased a state-of-the-art blood pressure machine that is very quick and easy to use, this machine is amazing! So come on in and get with the fitness staff to start your health and fitness journey.

SPORTS SECTION – Here we go with another year and I hope everyone is staying healthy and safe. We are very excited to have 12 teams in Co-Ed Volleyball league this year. Just Spike it, S.W.A.T, The New Kids on the Block, Practice Safe Sets, Evolution, Back Shot's, Out of Line, F.A.Y.B., Misfits, Regulators, Barbz, and Wolf Pack, these are the teams for this

year's Volleyball League. Like always we love to see their creativity with the team names. Games are played on Tuesday and Thursday nights at 6, 7 and 8pm. If you want to get out and watch a game, come on by, we would love to see you here!

We are also looking for kids to participate in a summer basketball league. Team ages are 9–10-year-olds and 11–12-year-olds. If we have enough interest to form two teams the games will be played in Albuquerque and all practices will be here at the Rec center. We need to have at least 10 players for each, so please sign up as soon as possible if you are interested so we can get our team registered. For more information, you can call George Waquie at (505) 869-9777 or email him at george.waquie@isletapueblo.com he will be able to give the information you need concerning the youth basketball or any other sports activities taking place here at the recreation center.



RECREATION SECTION – We are busy with the kids and planning our Spring Break and Summer Programs. If you are interested in having your child/children in the upcoming Spring Break Recreation Program, please make sure and sign up for the drawing. If you want more information about this program, please contact the Recreation Center at (505) 869-9777.

Our After School Program is going well. We currently have 20 participants in this program and they all seem to enjoy the program and activities provided.

If any of you want to know more information about the department, please feel free to contact us at (505) 869-9777. Stay safe, healthy and happy!

Valle de Oro NWR

Winter Calendar 2024

7851 2nd Street SW, Albuquerque, NM 87105



Valle de Oro National Wildlife Refuge
Refugio Nacional de Vida Silvestre Valle de Oro

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/Standard Time. Check websites and our Facebook/Instagram pages for more information.



@FriendsOfValleDeOro
@ValleDeOroNationalWildlifeRefuge



www.friendsofvalledeoro.org
www.fws.gov/refuge/valle_de_oro

-Fri. Jan 5-
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. Jan 6-
Backyard Habitat Chat- Winter Habitat Ideas
Talk with ABQ Backyard Refuge Program staff and volunteers and learn about supporting wildlife in the winter!
10:00 am to 12:00 pm

-Sun. Jan 7-
Sunrise with the Sandhills
Enjoy the sunrise and watch the Sandhill Cranes take off over the refuge! Be prepared to brace the cold with hot drinks and warm oatmeal. Space is limited, please register at <https://forms.office.com/g/QN5fEnTmN2> or with the QR code below.
6:30 am to 8:30 am



Scan the code using your mobile phone camera.





-Fri. Jan 19-
Wanted: Stink Grass- Volunteer Event
Join us any time during the event to help fight back against invasive plants at the visitor center.
1:00 pm to 3:30 pm

-Thurs. Jan 25-
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

-Fri. Jan 26-
Pond Clean-up Volunteer Event
Join us to help with annual maintenance of our beautiful pond wetland- be prepared to get a little muddy!
12:00 pm to 4:00 pm

-Mon. Jan 29-
Coffee & Cruise: Ranger Talk and Refuge Tour
Join Ranger Dakota for hot drinks and a talk at the visitor center followed by a tour of the refuge in our open air electric shuttle. Space is limited! Email dakota_dominguez@fws.gov to reserve your spot!
10:00 am to 12:00 pm

-Fri. Feb 2-
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. Feb 3-
Photo Contest Award Ceremony
Join us as we announce the winners of the 2023 Valle de Oro NWR Photo Contest!
11:00 am to 12:00 pm



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/Standard Time. Check websites and our Facebook/Instagram pages for more information.



@FriendsOfValleDeOro
@ValleDeOroNationalWildlifeRefuge



www.friendsofvalledeoro.org
www.fws.gov/refuge/valle_de_oro

-Sat. Feb 3-
Star Party
In partnership with The Albuquerque Astronomical Society, join us to look at the stars and identify constellations!
6:00 pm to 8:00 pm

-Sat. Feb 10-
The Wonders of Waterfowl
Interested in entering into the 2024 NM Junior Duck Stamp Art and Conservation Contest? Join this workshop to learn about what the contest is and how to prepare for it. Only open to students K-12. Email brittany_chavarria@fws.gov to register!
1:00 pm to 3:00 pm





-Sat. Feb 17-
Backyard Habitat Chat- Thinking About Spring
Talk with ABQ Backyard Refuge Program staff and volunteers about the transition from winter to spring habitat.
10:00 am to 12:00 pm

-Fri. Feb 23-
Weed Warriors Volunteer Event
Join us any time during the event to help fight back against invasive plants at the visitor center.
1:00 pm to 3:30 pm

-Mon. Feb 26-
Coffee & Cruise: Ranger Talk and Refuge Tour
Join Ranger Dakota for hot drinks and a talk at the visitor center followed by a tour of the refuge in our open air electric shuttle. Space is limited! Email dakota_dominguez@fws.gov to reserve your spot!
10:00 am to 12:00 pm



-Thurs. Feb 29-
Sunset Mural Loop Walk
Join Ranger Dakota on an easy guided 1-mile walk visiting the refuge field murals to learn about the history and future of your Urban National Wildlife Refuge.
5:00 pm to 6:30 pm

-Fri. Mar 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

-Thurs. Mar 14-
Sunset Mural Loop Walk
Join Ranger Dakota on an easy guided 1-mile walk visiting the refuge field murals to learn about the history and future of your Urban National Wildlife Refuge.
6:00 pm to 7:30 pm

ISLETA HEALTH CENTER

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

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

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

Weight





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

BMI

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

Waist Circumference

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




TOWN HALL MEETING


February 6, 2024
5:00 – 7:00 pm
Isleta School Gym

Let’s discuss the future of Isleta Elementary.
Bring your thoughts, ideas, opinions, and questions.


Tribal Administration, Tribal Council, Department of Education, Bureau of Indian Education, School Board Members will be present.




Collaborate with our Stakeholders




Get your questions answered




Discuss important information



Contact Us
505-869-2321



For More Information
www.isletaelementary.com



$E = MC^2$

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.

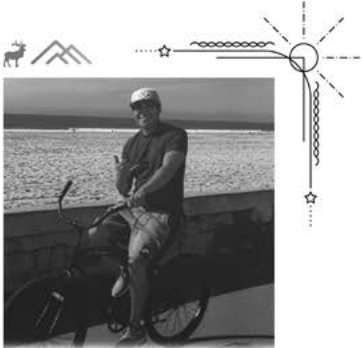
Procedure Appointments: Starting in January 2024, we will be offering a dedicated procedure clinic once per week. These appointments are for in-clinic procedures, including: IUD and Nexplanon insertion and removal; joint and trigger point injections; and skin biopsy.

See you in clinic!

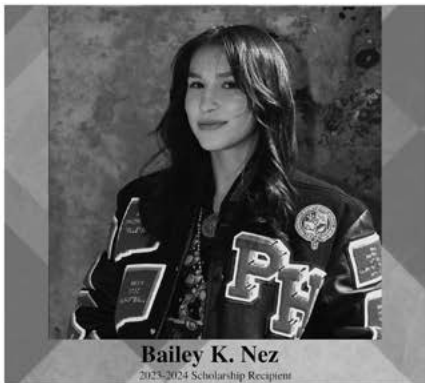
2023-2024 Aaron Robert Dailey Scholarship - The Tibien (Elk Mountain) College Fund

We would like to express our gratitude to all applicants for the Aaron Robert Dailey Scholarship - The Tibien (Elk Mountain) College Fund. It is truly rewarding to witness the proactive pursuit of academic achievements by the younger generations in our Native American communities. Their steadfast commitment to earning degrees highlights their passion for strengthening the foundation of programs that make an impact in our communities every day.

Congratulations to our recipient for the 2023-2024 academic term! Ms. Nez consistently demonstrates unwavering determination in her academic pursuits, and it is a privilege to have been a supportive part of her journey.



-Sh'eh Wheel Law Offices, P.C.



Bailey K. Nez
2023/2024 Scholarship Recipient

Bailey K. Nez is a tribal member of the Navajo Nation and is currently enrolled at Lawrence University pursuing a degree in Environmental Science.

"I intend to use my Environmental Science degree to work on behalf of my Navajo tribe. Equipped with a degree in Environmental Science I can better understand our climate and environment in order to improve our living conditions on the reservation. My hope for the future is to come back home with knowledge about how to address these environmental issues."

-B. Nez



Have you contemplated your next step after high school?

Get ready for the upcoming 5th annual 2024-2025 Aaron Robert Dailey Scholarship - The Tibien (Elk Mountain) College Fund!

Did you know?

Acquiring scholarships not only eases the financial burden of education but also serves as a valuable addition to resumes, reflecting your commitment and dedication. These qualities enhance your appeal to future employers.



PUEBLO OF ISLETA

HEADSTART
3 TO 5 YEARS OLD

EARLY HEAD START
PRENATAL & INFANTS UP
TO 3 YEARS OLD



ACCEPTING APPLICATIONS NOW



Required Documents:

- 2023 Household Income (W2 Form, 1040 Tax Form, or 12 months of pay stubs)
- Proof Eligibility Letter or SNAP/EBT card with a receipt printed within 30 days
- Proof of Birth
- Proof of Address
- Proof of CIB (Certificate of Indian Blood)
- Proof of Medical Insurance Card
- Established Services For IEP/IFSP

Call To Schedule An Appointment Today!

505-869-9796

02 Stagebrush St. Albuquerque, NM 87105



Meet the EMS Team at Isleta Health Center

Dear Community,

We are excited to introduce you to the newest member of our Emergency Medical Services (EMS) team here at Isleta Health Center. These individuals bring a wealth of knowledge and a strong commitment to serving our community, and we are thrilled to have them onboard.

1. Sixt Lopez, Paramedic
2. Allyson Chavez, Intermediate EMT
3. Samantha Demko, Intermediate EMT
4. Kim Van Marter, Intermediate EMT
5. Nathan Miller, Intermediate EMT

At Isleta Health Center, we understand that quick and effective emergency medical services can make all the difference in critical situations. Our EMS team is dedicated to providing the highest quality care to our community members, ensuring that you receive the help you need when it matters most.

Please join us in extending a warm welcome to our newest EMS employees. We are confident that their skills and compassion will enhance our ability to serve you and your loved ones.

Sincerely, Peter Herrera
EMS Manager

Your Healthcare Matters: The impact of Missed Appointments

Dear Patients and Community Members,

I hope this message finds you in good health and high spirits. At Isleta Health Center, we are committed to providing you with the best possible care, but we need your help to make your healthcare journey as smooth and effective as possible.

Missed Appointments Affect Everyone:

When patients miss appointments or cancel at the last minute, it affects not only their own health but also our entire healthcare system. These actions impact:



1. **Your health outcomes:** Regular appointments are essential for managing chronic conditions, preventing illness, and ensuring your overall well-being. Skipping appointments or delaying care can lead to health complications.
2. **Business operations:** last minute cancellations and no-shows disrupt our daily schedule, making it challenging to accommodate other patients who need timely care. This can lead to longer wait times for everyone.
3. **Employee satisfaction:** Our dedicated healthcare professionals are here to serve you, but frequent no-shows and late cancellations can lead to frustration among our staff. They want to provide you with the best care possible, but their time is valuable too.

We understand that life can be unpredictable, and emergencies happen. However, taking responsibility for your healthcare engagement is essential. After your appointment, follow through with any recommended tests, medications, or specialist referrals. Your continuity of care is crucial to your health.

We are here to support you on your healthcare journey, but your active participation is vital. Together, we can ensure that everyone receives the care they deserve, and our healthcare system runs efficiently.

Thank you for entrusting us with your healthcare needs. We look forward to continuing to serve you and our community.

Sincerely,
Karen Lucero
Chief Executive Officer



CALLING ALL ARTISTS

CHR IS LOOKING FOR A NEW LOGO


Isleta Community Health Representative Program
WANTS TO SHOWCASE YOUR TALENT ON OUR
APPARAL, FLYERS, PAMPHLETS ETC.
DEADLINE FEBRUARY 26TH AT 5PM

What is a CHR/CHW you ask??

They are frontline Public Health Workers who are here to serve the community by helping to address any challenges clients may face with their own health or basic needs. We strive to educate and bring a better understanding to the community to have effective health and social outcomes.

If you would like more detailed information call the CHR office
505-869-4485

Email your Images to: Julianne.Romero@islclinic.net or bring them to Public Health office.



PRIZES

1ST PLACE WILL RECIEVE
100\$ WORTH OF PRIZES

2ND PLACE WILL RECIEVE
50\$ WORTH OF PRIZES

COMPETITION RULES :

- 1.The design should be based on the CHR Program mission in mind, use your creativity.
2. Round Emblem
3. Ages 14 and Older, Ages 14-17 Must have parental premmision
4. No Plagiarism
5. Announcement of winners will be on Friday March 1st, 2024



Pueblo of Isleta Child Care Program



APPLY NOW

Ages:
16 months to 5 years old

Hours:
Full Day & Wrap Around Program
7:30am-5:00pm

Affordable Monthly Copayments

Limited slots

Culturally Enriched

Required Documents Checklist:

- ☐ Proof of Birth
- ☐ Proof of Residency
- ☐ Proof of Health Insurance
- ☐ Proof of 2023 Household Income (Previous 12 months)
- ☐ CIB(Certificate of Indian Blood)/Tribal Identification from ANY Federally Recognized Tribe

Now Accepting all Native American children with a CIB

Child **MUST** be enrolled in ANY Federally Recognized Tribe

CALL US
To determine if your child is eligible

FRONT OFFICE:
(505) 869-9796

MUST BE:

1. Residing in Bernalillo or Valencia County
- AND
2. Employed, Enrolled in school, or seeking one of the above

Pueblo of Isleta Head Start, Early Head Start, and Child Care Center
02 Sagebrush Street, Albuquerque, NM 87105

Do you have a passion for helping others?

Would you love to help make a difference in the community?

If so **COME JOIN OUR TEAM**

At the Isleta Health Center as a

Community Health Representative

The role of a CHR is:

- Working with patients one on one to navigate social and health systems
- Assisting patients in connecting to different resources within the community
- Educating and setting goals to meet social and health needs
- Providing medical transportation to IHC, Albuquerque, and Los Lunas
- Being an advocate to make sure patients receive adequate care, treatment and services.
- Educating the community on diseases and prevention.

Applicant will receive training to obtain NM Department of Health Community Health Worker Certification

For a complete job description visit the Pueblo of Isleta website. Or If you have questions about the position call 505-869-4485

Apply Now: www.isletapueblo.com/careers/





WELLBRIETY: A Sober Life that is balanced Emotionally, Mentally, Physically and Spiritually. The Wellbriety Movement is designed to offer a sustainable Culturally Based Healing. Traditional Teachings tell us that Wellness is a state of being in which the person is in Harmony with Natural Law, Principles and Values, which were given by the Creator.

A Wellbriety Group is comprised of Individuals who share similar experiences and make an agreement to meet on a regular basis. The meetings are not about “fixing” other people. They are about creating new thought patterns, new attitudes and new feelings about themselves. For those working in the Circle of Healing, they create strong social and emotional bonds that help the individuals to develop trust, autonomy and other healthy feelings and thought patterns. These then lead to Emotional, Mental, Physical and Spiritual growth and balance. Much is shared in the Healing Circle. We are here to get well.

We use Medicine Wheel & 12 Steps Teaching Videos, Talking Circles and Mind Mapping to work through and heal those things that often lead us to alcohol and/or drug use, abuse, or dependence. All permanent and lasting change starts on the inside first then works its way outward. Having the group sit in a circle and take the time to connect with each other forms one great mind that creates solutions and ideas that will be far more useful than the results of only one person thinking alone. We must create a Healing Forest to benefit our community toward a better future.

Are you ready for change? Come and **Join Us!!** All you need to do to get started with Wellbriety is show up! When you join, the group facilitators will guide you on next steps. We will ask that all group participants complete an assessment so our facilitators can offer additional support after a group session, if needed.

WELLBRIETY MEETINGS
MEDICINE WHEEL & 12 STEPS

TUESDAYS, 4:00pm-6:00pm
B’EEH K’OO-EE WELLNESS
“THE GOOD ROAD”
CONFERENCE ROOM
(SOUTHWEST CORNER OF BUILDING- FOLLOW THE RAMP)

Pueblo of Isleta Health Center
1 Sagebrush St, Albuquerque, NM 87105
505-869-5475

Substance Abuse and Mental Health Services Administration

Fentanyl Awareness Youth Challenge



SAMHSA is seeking the best ideas from U.S. youth, aged 14-18, on a community strategy to educate their peers about fentanyl and fake pills — and prevent drug overdose deaths.

SAMHSA wants youth to pitch ideas that educate peers and their communities (among their friends, at school, or within an organization to which they belong) about fentanyl and fake pills with the goal of preventing overdose. Ideas could include innovative ways to reach youth on this topic, such as social media posts, vlogs, podcasts, video journals, etc. Youth can participate individually, or as part of a team.

The top 6 ideas will be awarded a \$5,000 prize each, and up to 25 youth will receive a \$2,000 honorable mention prize. The total prize amount is up to \$80,000.

All winning submissions will be prominently featured on the SAMHSA website and via social media; additional opportunities to be profiled by SAMHSA may be developed in the future.

Additional challenge details are available [here](#). Please review [rules and judging criteria](#). All submission materials must be submitted through [Challenge.gov](#) by 6PM ET on February 26, 2024.

Please share this opportunity, supporting young people’s voices — for a future where they and their peers can thrive.

FREE FOOD DISTRIBUTION



Chical Reception Hall

191 Tribal Rd 2, Isleta Village Proper, NM 87022

First Friday of Each Month

January 5th, February 2nd, March 1st

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!




Isleta Health Center Optometry

Digital Eye Strain

We are using screens now more than ever before. Many of us use our computer screens at work and spend much of our spare time on our TVs, phones or tablets. This can be a wonderful thing, but there are also potential side effects. One of the effects of increased screen time is that it can bother our eyes, a recent term has been coined for this: “Digital Eye Strain”. Our eyes feel strained due to the background light from the devices, and due to small muscles inside our eyes that are working hard to keep us focused on the devices in front of us.



The Optometry Times and many eye-care professionals have recently created a simple rule to help combat this Digital Eye Strain. They call it the 20-20-20 Rule; this means that for every 20 minutes you spend on a digital screen, you should take a 20-second break to look at something at least 20 feet away. Oftentimes, our eyes feel most relaxed when we let them rest for a moment and just look into the distance. If you can actively remember to take short breaks from staring at screens throughout your day, your eyes will thank you. Especially if you are feeling eyestrain or fatigue at the end of the day, this is something you should implement into your daily routine. Vision is such an important part of our lives, let’s remember to take care of our eyes so they can take care of us for many more years to come.

<div><div><div>2024 Meeting Schedule</div><div>Isleta Health Education Presentations</div><div>12:30pm-2:00pm or 5:00pm-6:30pm</div><div>Alternating Months</div></div></div>			
*Meetings usually alternate time and location every other session, from 12:30-2:00pm (Elders Center) to 5pm-6:30pm (Clinic)			
DATE	TOPIC	SPEAKER	LOCATION
1/9/2024 5-6:30pm	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 nd door on North Side of Building
2/2/24 9am-2pm	12 th Annual Go Red For Native Women Heart Health Summit American Heart Association		Indian Pueblo Cultural Center
📍 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 Enter 2 nd door on North Side of Building
4/9/2024 12:30pm – 2:00pm	Advanced Directives/ Power of Attorney	Feliz Martone	Isleta Elder Center Arrive at noon to eat lunch
5/14/24 5pm-7:30pm	EVENING SESSION 8 th Annual Isleta Cancer Survivors Day Event	Bubble Blow/Survivor Celebration/Survivor Panel	Isleta Health Center B'eeh K'ooee Activity Center
6/11/2024 12:30pm – 2:00pm	Aging Issues	Cindy Brown Senior One	Isleta Elder Center Arrive at noon to eat lunch
7/9/2024 5pm-6:30pm	EVENING SESSION Navigating Grief: Insights and Practical Tips.	Genna Reeves, Ph.D., Invictus by Genna: Grief & Loss Services, HeartLight Center	Isleta Health Center Large Conference Room Enter 2 nd door on North Side of Building
8/13/2024 12:30pm – 2:00pm	What Matters Most When Preparing for Your Own Death / Medical Aid in Dying in New Mexico	Danielle Slupesky End-of-Life Coach and Sacred Passage Death Doula	Isleta Elder Center Arrive at noon to eat lunch
9/10/2024 5pm – 6:30pm	EVENING SESSION Medicare Advantage Program	Angela Futch ALTSD SHIPP	Isleta Health Center Large Conference Room Enter 2 nd door on North Side of Building
10/8/2024 12:30pm – 2:00pm	14yr Anniversary Celebration of Group Established October 2010		Isleta Elder Center Arrive at noon to eat lunch
11/12/2024 5pm-6:30pm	EVENING SESSION To be determined	To Be Determined	Isleta Health Center Large Conference Room Enter 2 nd door on North Side of Building
12/10/24 12:30pm – 2:00pm	Diabetes	Dr. Pope Isleta Health Center Medical Provider	Isleta Elder Center Arrive at noon to eat lunch
Topics are subject to change. EVERYONE WELCOME!! Sessions are in person, but can be Virtual, if interested please call.		Contact Stephanie Barela to learn more! Phone: (505) 869-4479 Stephanie.Barela@isclclinic.net	
		ODD MONTHS: Isleta Health Center Lg Conf. Rm: Knock on the 2nd Door on the North side of the building (Side Facing Albuquerque). EVEN MONTHS: Isleta Elders Center Located 1005 Tribal Road 140 Isleta Pueblo, NM 87022	

Purchase Referred Care

- PURCHASED/REFERRED CARE is listed as payor of last resort.
 - So when registering at the facility for your medical appointment, please make sure Isleta Health Clinic is listed last on your insurance.
 - If you do not have any insurance you will need to contact our Benefit Coordinator at 505-869-4469 to schedule an appointment and apply for insurance- Medicaid/Medicare
 - Should you receive any bills, please drop them off immediately to PRC as it could cause a delay in payment and or being sent to collections.
- Patients are required to call PRC for all ER/Urgent Care notifications within 72 hours of visit (24/7).
 - Leaving voicemails over the weekend/holiday is acceptable notification
 - Please provide the following information: name, date of birth, hospital/clinic visited, reason for visit, how you arrived at the facility (i.e private vehicle or EMS) and if you have any follow-up appointments
 - Patients are required to call PRC for **ALL** scheduled appointments (i.e., procedures, tele-med and in-person visits)
 - Please give PRC as much advance notice as possible to allow us time to enter your information, fax referral to named facility and mail the referral to you.
- Please make sure your address, phone number and insurance are up to date. This helps PRC in scheduling your appointments appropriately.
 - Having correct insurance information on file will help facilities bill properly and avoid you being sent to collections.
- PRC will assist with payment for medical services only. PRC does not have funding for short/long term rehabilitation or nursing home care, pharmacy, laboratory, or durable medical equipment (i.e., wheelchairs, crutches, braces, etc.,)



Attention Expecting Mothers,

Please call Isleta Health Center to schedule your newborn’s establishing appointment at (505)869-4089 following birth. We kindly ask arrival of at least one hour early prior to your newborn scheduled appointment. This allows parents/guardians to fill out the newborn application and give patient registration the needed documents, to make copies and ensures your newborn to be seen at the appointment time. Needed documents are following:

Proof of Birth

Discharge Forms

Insurance Cards

Mothers valid Drivers license/valid government issued photo ID

Mothers Valid Tribal ID

Fathers valid Drivers License/valid government issued photo ID

Fathers Valid Tribal ID

Unwed parents, provide a notarized Declaration of Paternity

*New Born applications will be accepted within 60 days from birth.

If you cannot come an hour early, newborn application pickup is recommended. Please call Isleta Health Center patient registration with any questions (505)869-3200.

Sincerely,
Cassandra Jaramillo
Director of Administrative Services

February-
National Teen Dating
Violence Awareness Month

ISLETA WIC PROGRAM
505-869-2662

What is Dating Matters?

Dating Matters - is a teen dating violence prevention model developed to stop teen dating violence before it starts. It focuses on teaching 11-14 year olds healthy relationship skills and reducing behaviors that increase the risk for dating violence, like substance abuse and sexual risk-taking. The model includes prevention strategies for individuals, friends, families, schools, and neighborhoods. Visit CDC.gov for more info.

Chocolate Covered Strawberries

- 24 ounces semi-sweet chocolate chips
- 6 ounces white chocolate chips
- 12-16 strawberries with stems

Melt both the semisweet and white chocolate in separate glass bowls set over saucepans of simmering water or in the microwave. Line a baking sheet with parchment paper.

Grab a strawberry and hold it by the stem and twist it so that it’s covered with chocolate. Gently lay it on its side on the sheet of parchment. Repeat.

Let the strawberries sit at room temperature to set slightly, about 30 minutes.

Transfer the melted white chocolate to a small piping bag and drizzle stripes all over the chocolate on the strawberries--you can do any designs you like! Then store the strawberries in the fridge to set completely.

HAPPY
VALENTINE’S
DAY

2023 Elder Center Christmas Celebration

The Annual Elder Center Christmas Celebration (60 +), was another successful event where elders of our community enjoyed a dinner and dance dedicated to them. Here are some pictures from the event.



ISLETA ELDER CENTER

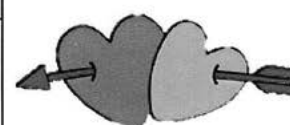
ADULT DAY SERVICES

FEBRUARY 2023 ACTIVITY CALENDAR



Activities may be subject to change

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
9-10am Breakfast, Social Time 10-11a Pool Noodle Exercise 1-3p Valentine Suncatchers	9-10am Breakfast, Social Time 10a-3p Walmart/Lunch	9-10am Breakfast, Social Time 10-11a Fingerprint Heart Magnet 1-3p Corn Hole	9-10am Breakfast, Social Time 10-11a Chair Exercise 1-3p Thumbprint Necklaces	9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Sew Heart Pillows
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
9-10am Breakfast, Social Time 10-11a Pool Noodle Exercise 1-3p Healthy Heart Presentation w/S. Barela	9-10am Breakfast, Social Time 10a-12p Valentine popcorn balls 1-3p Make Chocolate Pudding	9-10am Breakfast, Social Time 10-11a Dynamic Stretches <u>1-3p Valentine's Day Fundraiser Sale</u>	9-10am Breakfast, Social Time, Health Check 10-11a Bake/Decorate Cookies 1-3p Dance to the Oldies (Exercise)	9-10am Breakfast, Social Time 10-11a Corn Hole 1-3p Chalk Pastel Art
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
ADS CLOSED <i>In observance of President's Day</i>	9-10am Breakfast, Social Time 10a-3p Lunch/Movies	9-10am Breakfast, Social Time 10-11a Chair Exercise 1-3p Corn Hole	9-10am Breakfast, Social Time 10-11a Chair Exercise 1-3p Canvas Painting 101	9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Bake Banana Bread
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	
9-10am Breakfast, Social Time 10-11a BINGO w/ Karen, Dietitian 1-3p Beading	9-10am Breakfast, Social Time 10-11a Pool Noodle Exercise 1-3p Continue Beading	9-10am Breakfast, Social Time 10-11a Dynamic Stretches 1-3p Watercolor Paint	9-10am Breakfast, Social Time 10-11a Dance to the Oldies (Exercise) 1-3p Leap Day Cake Walk	



ADS Fundraiser Sale

HAPPY
VALENTINE'S
DAY ♥

Wednesday, February 14, 2023

At 12:00pm – 2:30pm

Isleta Elder Center

Adult Day Services Room

Prices:

Popcorn Balls – \$1

Chocolate Pudding Cups – \$1



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**.



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!!



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.




Thinking About Quitting



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

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


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




Call, Text, or Message


988


For Mental Wellness

 988 NM Crisis Support

 988nmcrisissupport

<https://988nm.org/>





Reasons to call 988:

Need information or referrals for local community services?


Feeling sad, confused, or angry?


Worried about your safety or someone you know?

Service member or veteran & their families in need.

Worried about alcohol or drug use or abuse.


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




 988 NM Crisis Support

 988nmcrisissupport

<https://988nm.org/>





Open Skies

HEALTHCARE

Offers behavioral health services

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



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


Health Beat: Healthy Relationships
Orion Zuni, Experiential Educator
Phone: 505-869-5475

February is Teen Dating Violence Awareness month, which is a great time to raise awareness about teen dating violence, promote healthy teen relationships and highlight programs that prevent dating violence. Relationships hold a very important role in the wellbeing of both teens and adults. While early teen relationships may seem silly or unimportant (especially when they don't last more than a few months), teens are learning how to form healthy relationships. Unfortunately, healthy relationships are difficult to teach as it comes with experience. Unhealthy relationships may result in emotional and/or physical harm. Being young, most teens lack the experience necessary to determine how a healthy relationship is formed and maintained. Our earliest example of relationships are influenced by our own family dynamics, which may or may not be positive. The best way for younger people to learn about healthy relationships is by watching their parents interact with one another, their friends, and family with honesty, trust, and open communication. In this way, teens will begin to expect that from their own relationships. Parents play a big role in helping teens understand what a healthy relationship looks like. With that in mind here are some characteristics to discuss with your teen of what a healthy relationship should look like:

- o **Respect:** In a healthy relationship people do not put down, insult, or belittle their partners. They value each other's time and opinions.
- o **Communication:** In a healthy relationship, each person can share their feelings in a safe and non-judgmental manner, even in times of conflict.
- o **Balance of Power:** In healthy relationships, both people should feel like they have equal footing. One should feel safe to make their own decisions independently without fear of retaliation or judgment. You may want to discourage your teen from dating anyone much younger or older, as they have a higher chance of having an unequal relationship, where one person isn't respected. Lastly, they put equal effort into their relationship.
- o **Honesty:** Partners should always be truthful and open with their feelings, thoughts, aspirations and opinions.
- o **Trust:** In a healthy relationship, partners should be able to rely on each other. They know they can count on this person to be one of their main forms of support.
- o **Growth:** In our lives, our fears, hopes, goals, passions, and interests will constantly change, and good relationships should allow for these changes to take place.
- o **Individuality:** Neither partner should have to compromise who they are, nor their identity. Each should be supportive of their partner wanting to pursue new hobbies or making new friends.
- o **Compromise:** Conflict is bound to arise in every relationship. People should be able to compromise and negotiate to a mutually agreeable solution when there are disagreements.

If you are worried that your own personal relationships have not been the best example for your teenager, being open and honest about your own experiences, whether positive or negative, will go a long way. The Isleta B'eeh-K'oo-ee Program is a great program to assist you with improving your relationships. Contact Isleta B'eeh-K'oo-ee at for more information at 505-869-5475.

Isleta Health Education Presentation




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

Dementia

Jess Quiring, CDP, CN-BA, OPN-CG
Home Care Assistance

Tuesday, March 12, 2024
5-6:30pm















LOCATION:
Isleta Health Center
Lg Conference Room
Enter on the 2nd Door on the North Side







PRIZES
ALL WELCOME!

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

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

<div><div></div><div>FEBUARY</div><div></div></div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call or Visit the Elder Center to Sign up for Activities & Trips in Advance. All Activities are on a first-come-first-serve basis. Activities are open to everyone age 50+ unless otherwise noted.  * CLOSED FOR ALL MAJOR HOLIDAY'S. 505-869-9770 MONDAY- FRIDAY 8:00AM - 4:30PM			1 10:00 - Arm/Legs Exercise:(AR) 11:00 - Open Games(AR) 12:00 - LUNCH:(DR) 1:00 - Stacked Jar Hott Chocolate Snowmen:(AR) 3:00 - Conclusion	2 12:00 - LUNCH:(DR) No Activities SIGN UPS FOR SUMMER OLYMPIC GAMES DEADLINE MARCH 1ST
5 10:00 - Chair Exercises 11:00 - Story Telling 12:00 - LUNCH:(DR) 1:00 - Heart Papers Mache(AR) 3:00 - Conclusion	6 10:00 - Walk Session:(AR) 11:00 - Book Club:(AR) 12:00 - LUNCH:(DR) 1:00 -Heart Papers Mache :(AR) 3:00 - Conclusion	7 10:00 - Breathing & Balance Exercises:(AR) 11:00 - Noodle Hockey:(AR) 12:00 - LUNCH:(DR) 1:00 - InHouse XMAS MOVIE:(AR)	8 11:00 - MASS 12:00 - LUNCH:(DR) 	9  12:00 - LUNCH:(DR) 1:00 - BINGO ENTRY FEE'S BY DONATION:(AR) 3:00 - Conclusion
12 9:00 - Blu Orchid: Massage:(AR) 12:00 - LUNCH:(DR) 	13 9:00AM - 12:00PM Commodities Distribution 12:00 - LUNCH:(DR) No Activities 	14 11:00 - Valentine Party Starts (Giant Ring Pop Making) 12:00 - LUNCH 1:00 - Baila Baila Dance 1:30 - Games 3:00 - Conclusion 	15 10:00 - Chair Exercises 11:00 - Ice Breaker 12:00 - LUNCH 1:00 - Grape Salad Making 3:00 - Conclusion	16 12:00 - LUNCH:(DR) No Activities
19 	20 10:00 - Nature walk 11:00 - CornHole 12:00 - LUNCH 1:00 - Jewelry Box Burning 3:00 - Conclusion	21 12:30 - General Meeting(DR) Topic: Isleta Assisted Living Facility: Overview of Services	22 10:00 - Fingers & Toes Exercises:(AR) 11:00 - Card Club:(AR) 12:00 - LUNCH:(DR) 1:00 - Karaoke:(AR) 3:00 - Conclusion	23  12:00 - LUNCH(DR) 1:00 - BINGO Entry fee's By donation 3:00 - Conclusion
26 9:00 - Blu Orchid: Massage:(AR) 12:00 - LUNCH:(DR) 	27 9:00AM - 12:00PM Commodities Distribution 12:00 - LUNCH:(DR) 1:00 -ShuffBoard 3:00 - Conclusion 	28  12:00 - LUNCH 1:00 - DJ Styles: Music Therapy(AR)	29 12:00 - LUNCH:(DR) No Activities 	*ACTIVITIES SUBJECT TO CHANGE PUEBLO OF ISLETA ELDER CENTER ACTIVITY CALENDAR FEBRUARY 2024

		Isleta Elder Center Lunch Menu 2024		
Monday	Tuesday	Wednesday	Thursday	Friday
 ****Menus are subject to change without notice, based on the availability of products.**** Portion Size: *Meat or Alternative - 3oz. Cooked, *Vegetable & Fruits - 1/2 Cup Serving Each * 1/2pt. Milk * All menus provide 1/3 of the daily Recommended Allowance			2/1/2024 Breakfast French Toast Sticks 2oz Bacon 2oz Hashbrown Patty 2oz SF Syrup 1oz Fruit Cup	2/2/2024 BBQ Wings Chicken wings 3oz BBQ Sauce 2oz Curly Fries 1/4c Celery & Carrot Sticks 1/2c Low fat Ranch 2oz
2/5/2024 Fish Sandwich Breaded Cod 3oz Green Beans 1/2c Sun Chips 2oz Hamburger Bun Tartar Sauce 2oz Fruit Cup	2/6/2024 Hamburger Steak Beef Patty 3oz Sauteed Onions 1/2c Mashed Potato 1/4c Gravy 1oz Mixed Vegetable 1/2c Fresh Fruit	2/7/2024 Chicken Fajitas Chicken Fajita Strips 3oz Peppers & Onions 1/2c Roasted Corn 1/2c Tortilla Jell-O w/Fruit	2/8/2024 Baked Tilapia Tilapia 3oz Steamed Rice 1/4c California Vegetable 1/2c Tartar Sauce 1oz Lemon Wedge 1oz	2/9/2024 Red Chile Enchilada Ground Beef 3oz Red Chile 2oz Corn Tortilla Refried Beans 1/2c Mixed Vegetables 1/2c Fresh Fruit
2/12/2024 Chicken Noodle Soup Diced Chicken 3oz WW Noodles 1/2c Celery 1/2c Carrots 1/2c Onions 1/2c	2/13/2024 Chef Salad Spring Mix 1c Diced Ham 2oz Cheese 1oz Tomato/Cucumber 2oz Boiled Egg 2oz	2/14/2024 Petite Sirloin Sirloin Steak 3oz Mashed Potato 1/2c Mushroom Sauce 2oz Asparagus 1/2c Dinner Roll 	2/15/2024 Green Chile Posole Pork Stew Meat 3oz Green Chile 1/4c Hominy 1/2c Fry Bread Fresh Fruit	2/16/2024 Turkey Pot Pie Diced Turkey 3oz 5 Way Vegetable 1/2c Biscuit SF Jell-o cup w/fruit
2/19/2024 	2/20/2024 Egg Salad Sandwich Egg Salad 3oz Carrot Sticks 1c WW Bread Ranch 2oz Fruit Cup	2/21/2024 Salmon Salmon 3oz California Vegetable 1/2c Wild Rice 1/2c Lemon Wedge 1oz Fresh Fruit	2/22/2024 Hearty Beef Stew Beef Stew Meat 3oz Dice celery/carrots 1/2c Dice Potato 1/2c Biscuit Fresh Fruit	2/23/2024 Grilled Cheese Slice Cheese 1oz WW Bread Macaroni Salad 1/2c Fresh Fruit
2/26/2024 Tamales Pork Tamales 3oz Red Chile 1oz Shredded Cheese 1oz Spanish Rice1/4c Fresh Fruit	2/27/2024 Chicken Sandwich Chicken Patty 3oz Garnish 2oz Hamburger Bun Fresh Fruit	2/28/2024 Spaghetti Ground Turkey 3oz Marinara Sauce 1/2c Pasta 1c Capri Vegetable 1/2c Fresh Fruit	2/29/2024 Breakfast Burrito Bacon 2oz Eggs 2oz Hashbrown 1/2c Green Chile 2oz Shredded Cheese 1oz	Please call by 9AM to cancel Home Delivered Meals. 505-869-9770 - Thank you.