

Isleta Pueblo News

Volume 19 Issue 9

Pueblo of Isleta website: www.isletapueblo.co

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September 2024

Governor's Report

Maguwam,

We hope this newsletter finds our community in good health and spirits. We would like to welcome back staff and students for this upcoming school year. As a reminder we ask everyone to be cautious during this time with bus stops and construction around the reservation. Parent and students, we wish you all a safe and blessed school year.

Tribal administration would like to extend our gratitude to the departments, directors and employees for all the events that have taken place. We would like to continue to encourage the community to participate in these events, as these are for you!

We would like to thank the community who attended in the community meeting on August 24th at the Isleta Resort and Casino. Our office has collaborated with our POI departments to hold the 2nd Youth Summit and extended the invitation to families, as well. We look forward to hosting the next summit, more information forthcoming.

We would like to remind everyone, exercise caution around the drainage canals and ditches. During irrigation and monsoon seasons, the water levels and pressures in the drains can change rapidly and become very dangerous. Swimming in the ditches is strictly prohibited. All tribal members and residents are required to respect check gates and locks. Check gates may only be lifted by authorized personnel, mayordomos,

or MRGCD staff. If you are found to be tampering with or lifting a check gate without proper authorization, you may be charged with trespass or misuse of public property.



We would like to take this time to recognize and thank our Mayordomos for hosting the St. Augustine Feast Day on Wednesday, August 28th. We thank the families, and friends who helped make this feast day special. I would also like to thank the POI Departments in assisting with the set up to make our feast day special! HAWU, everyone and many blessing to you in return.

Mayordomos:

Michael Eastman and Theresa Montoya Robert and Laura Eddakie Joe and Wilberta Lucero Tristen and Dawn Kasero Ami Riley and Loretta Mojica

As we continue to celebrate in honor of St. Augustine, Isleta's Patron Saint, the Mayordomos would like to extend this invite to join them for Vespers Mass on September 3rd at 7pm with precession, traditional dances, food, and a live band. The feast day to continue on September 4th with Mass at 9am, procession, traditional dances and food. We would like to recognize and thank our Mayordomos for hosting this feast day:

Mayordomos

September 3rd: Jacob Valdez September 4th: Terrance Lujan

We have issued a memo regarding no fishing or swimming in the Rio Grande River on the West and East side. We ask that you follow all signs posted regarding this order, we are working on re-opening the North side of the river soon. We appreciate your patience.

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

Ha-Wuh Max A. Zuni Governor Pueblo of Isleta

Max A. Zuni Governor



Lt. Governor, Eugene Jiron Lt. Governor, Juan Rey Abeita

PUEBLO OF ISLETA
OFFICE OF THE GOVERNOR
P.O. Box 1270
Isleta, New Mexico 87022
Telephone: 505-869-3111

MEMORANDUM

August 12, 2024

To: Pueblo of Isleta Community Members

From: Governor Max Zuni MZ

Re: Conservation Services Process Updates

This memo serves as notice that process revisions are underway for obtaining and paying for services provided by Pueblo of Isleta's Conservation Department.

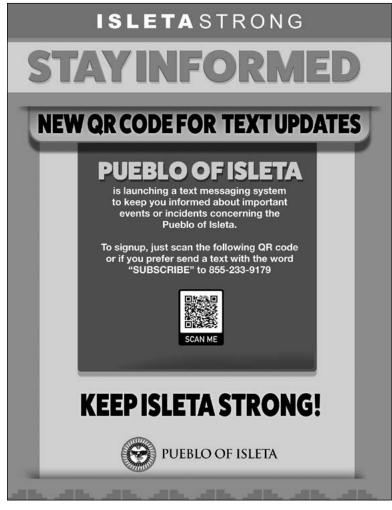
Effective immediately, payment for Conservation services shall be made or arranged at the Treasurer's Office prior to delivery of products or services. Invoice amounts less than \$500 must be paid in full up front. Invoice amounts greater than \$500 will require a minimum down payment of \$500 and the remaining balance is eligible for a payment plan.

Please also note that all outstanding Conservation balances must be paid by calendar year end. Treasury will be sending notices and account statements to individuals with unpaid balances. Beginning January 01, 2025, all goods or services obtained within the calendar year must be paid by the end of the same calendar year. Interest fees will begin accumulating on all invoice balances over thirty days, including those on payment plans. Any unpaid balance at the end of the year may result in a suspension of services until the account is current.

Similar to obtaining other services provided by the Pueblo, these process changes are necessary to ensure internal control over cash receipts and more timely receipt of amounts due to the Pueblo.

We appreciate your patience as we work to implement these new processes. If you have questions or would like to discuss the new procedures, please reach out to Treasurer's Office at 505-869-1808.

Lt. Governor Eugene Jiron; Lt. Governor Juan Rey Abeita; Tribal Council; Treasurer's Office; Robert Trujillo, Conservation





LETTER FROM THE EDITOR

DEADLINE for October Newsletter articles is set for Wednesday, September 18, 2024, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel. <u>Lujan@isletapueblo.com</u>. 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 my 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: Rose E. Lucero

Case No. CV-PR-0065-2024

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Rose E. Lucero, deceased 05/10/2024, 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: Ruth Juancho

Case No. CV-PR-0072-2024

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Ruth Juancho, deceased Q2/07/2023, 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: Maria Rafaela Lugarda Abeita

Case No. CV-PR-0078-2024

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Maria Rafaela Lugarda Abeita, deceased O7/14/2023, 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: Darrell C. Jaramillo

Case No. CV-PR-0085-2024

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Darrell C. Jaramillo</u>, deceased <u>07/16/2022</u>, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for <u>TBD</u> at <u>TBD</u> at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

DEPARTMENT OF CULTURAL & HISTORIC PRESERVATION

Isleta Pueblo and Our Little Island Lecture Series

Isleta Pueblo Cultural Center will be hosting our Fall Lecture Series with Councilman Randy Jiron. He will speak on the history of Isleta's past and how Isleta was given the name "Little Island".

Beginning September 19th 6:00pm to 7:30pm Isleta Pueblo Cultural Center 71 Tribal Road 40 Isleta Pueblo, New Mexico

Come and Enjoy Our History and Camaraderie from Past to Present Contact the Isleta Pueblo Cultural Center at 505-869-9767



Thank You From The Pueblo of Isleta Environment Department

We would like to thank everyone who attended the 2024 Environmental Fair! This year's Environmental Fair marked the 10th annual fair. We had over 60 exhibitors participate including a combined event with Department of Education's Back-to-School Supply event. We were excited to combine these two events as it brought more children and their families to the fair. We would like to give a huge shout out to Department of Ed. staff members for their assistance and collaboration. There were a variety of table displays ranging from environmental educational materials, parrots, live snakes, and so much more! We hope you enjoyed the fair and learned something from all the environmental experts and exhibitors. If you missed this event, do not worry because the Environmental Fair will return next year!

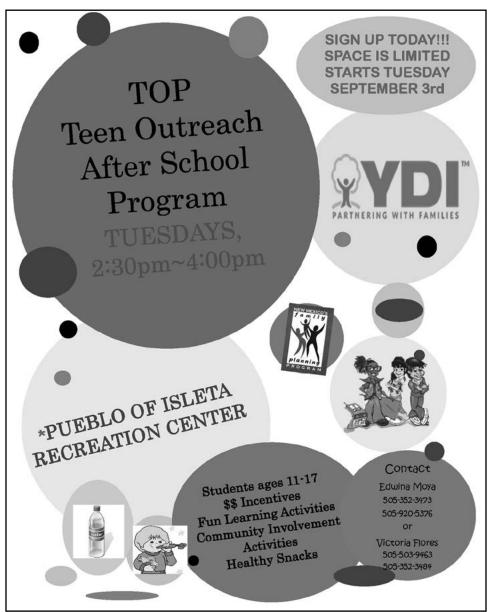


Special thanks to the Following POI Departments and Programs: Department of Education, Animal Control, B'ee-K'oo-ee Wellness Center Prevention Program, Forestry Department, Isleta Head Start, Isleta Health Center, Isleta Police Department, Public Works, Parks & Recreation Department, Social Services, Victim Services, Water Resources Department, and WIC.

LAND FOR SALE

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

Kimo @ (505) 506-3432



ENVIRONMENTMonthly surface water quality results

E. coli bacteria in MPN/100 ml	Month & Year of collection											
by POI Sample Location*	2023			2024								
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
South Boundary	2755	613	517	2419	461	63	173	228	504	325		
240 Wasteway	204	461	416	613	378	41	85	228	350	214		
Indian Interior Drain @ 240 Wasteway	66	14	34	10	16	25	52	61	189	139		
NM 147	920	410	387	2419	178	52	171	52	364	238		
Black Bridge	381	325	387	1299	435	31	158	75	473	435		
Northern Boundary near Isleta Lakes	648	218	121	547	118	109	63	74	313	547		
Albuquerque Riverside Drain	64	86	79	69	142	36	147	73	759	727		
											_	
Acequia Madre near Northern Boundary	127	-	-	-	-	25	146	95	122	365		
Butte Lateral near Interstate-25	-	-	-	-	-	19	-	62	290	-		

Albuquerque Bernalillo County Water Utility Authority reported an exceedance in the concentration of E. coli at its outfall, which is where treated wastewater flows into the Rio Grande at the Southside Water Reclamation Plant (SWRP) located south of Rio Bravo Blvd. On August 5, 2024 a grab sample measured over 2,519 CFU per 100 ml. The following day, on August 6, 2024, the compliance E. coli grab sample at the same point of collection was 4.1 CFU/100 ml. The UV system was inspected for deficiencies by the SWRP and none were found. POI Environment collected water quality samples from the Rio Grande at NM 147 and west of Isleta Lakes:

Sample location, Rio Grande	Date of collection	E. coli result	Ammonia result
NM 147	8/8/2024	414	ND
	8/9/2024	426	ND
Northern Boundary near Isleta	8/8/2024	521	tbd
Lakes	8/9/2024	691	tbd

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

- Dash in data table indicates sample not collected.

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

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

Please continue to watch signage at the NM 147 bridge for surface water quality advisory

No fishing or swimming is allowed on the east and west side of the Rio Grande River nor ditches by Order of the Governor; please follow all signs posted regarding Governor's order.

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



Job Postings

www.isleta.com/career-opportunities.aspx

Fax: 505-244-8232



COUNT MEMBER

Publish Date: 08/20/2024 Level: Non-Exempt



MARKETING COORDINATOR

Location: Albuquerque, NM Publish Date: 08/14/2024 Level: Non-Exempt



RETAIL ATTENDANT

Location: Albuquerque, NM Publish Date: 08/13/2024 Level: Non-Exempt



FOOD ATTENDANT

Location: Albuquerque, NM Publish Date: 08/08/2024 Job Family: N/A Level: Non-Exempt



MASSAGE THERAPIST

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



GROUNDSKEEPER

Location: Albuquerque, NM Publish Date: 08/07/2024 Level: Non-Exempt



IRRIGATION TECHNICIAN

Location: Albuquerque, NM Publish Date: 08/07/2024 Level: Non-Exempt



FRONT OFFICE SUPERVISOR

Location: Albuquerque, NM Publish Date: 08/06/2024 Level: Non-Exempt



LAKES **GROUNDSKEEPER**

cation: Albuquerque, NM Publish Date: 08/05/2024 Level: Non-Exempt



CUSTODIAN

Location: Albuquerque, NM Publish Date: 08/01/2024



CUSTODIAL HDC

SUPERVISOR Location: Albuquerque, NM Publish Date: 07/31/2024 Level: Non-Exempt



SLOTS LAB **TECHNICIAN**

Location: Albuquerque, NM Publish Date: 07/31/2024 Level: Non-Exempt



MAIN BANKER

Location: Albuquerque, NM Publish Date: 07/31/2024



SPORTS BOOK WRITER

Location: Albuquerque, NM Publish Date: 07/29/2024



WARDROBE **ATTENDANT**

Location: Albuquerque, NM Publish Date: 07/29/2024 Job Family: N/A Level: Non-Exempt



EDR ATTENDANT

Location: Albuquerque, NM Publish Date: 07/29/2024 Job Family: N/A Level: Non-Exempt



SLOTS FLOOR **TECHNICIAN**

Location: Albuquerque, NM Publish Date: 07/29/2024 Level: Non-Exempt



DATABASE/SOCIAL MEDIA COORDINATOR

Publish Date: 08/16/2024 Level: Non-Exempt



ENGINEERING SERVICE

TECH III Location: Albuquerque, NM Publish Date: 08/13/2024



BUYER

Location: Albuquerque, NM Publish Date: 08/13/2024 Level: Non-Exempt

Level: Non-Exempt



COSMETOLOGIST

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



LAUNDRY ATTENDANT

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



Location: Albuquerque, NM

Publish Date: 08/07/2024 Level: Non-Exempt

LAKES CASHIER



VALET SUPERVISOR

Location: Albuquerque, NM Publish Date: 08/06/2024 Level: Non-Exempt



ROOM ATTENDANT

Location: Albuquerque, NM Publish Date: 08/05/2024 Level: Non-Exempt



STEWARD

Publish Date: 08/01/2024 Level: Non-Exempt



LANDSCAPE **TECHNICIAN I**

Level: Non-Exempt

Location: Albuquerque, NM Publish Date: 08/01/2024 Job Family: N/A



Location: Albuquerque, NM Publish Date: 07/31/2024 Level: Non-Exempt



PMT III

Publish Date: 07/31/2024 Level: Non-Exempt



ELECTRICIAN III

Location: Albuquerque, NM Publish Date: 07/31/2024



CAGE CASHIER

Location: Albuquerque, NM Publish Date: 07/29/2024 Job Family: N/A Level: Non-Exempt



COOK

Location: Albuquerque, NM Publish Date: 07/29/2024 Job Family: N/A Level: Non-Exempt



HDC SPECIALIST Location: Albuquerque, NM

Publish Date: 07/29/2024 Job Family: N/A Level: Non-Exempt



TABLE GAMES DEALER

Location: Albuquerque, NM Publish Date: 07/29/2024 Level: Non-Exempt

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.



TABLE GAMES FLOOR **SUPERVISOR**

Location: Albuquerque, NM Publish Date: 07/29/2024 Level: Non-Exempt

HVAC TECH III

Level: Non-Exempt

PLAYERS CLUB

REPRESENTATIVE

Location: Albuquerque, NM

Publish Date: 07/26/2024

SECURITY OFFICER II

Level: Non-Exempt

Location: Albuquerque, NM Publish Date: 07/26/2024



SLOTS FLOOR **ATTENDANT**

Location: Albuquerque, NM Publish Date: 07/29/2024 evel: Non-Exempt



HVAC TECH II Location: Albuquerque, NM Publish Date: 07/26/2024 Level: Non-Exempt



SECURITY OFFICER I

Location: Albuquerque, NM Publish Date: 07/26/2024

Level: Non-Exempt



The New Beginnings Job Search

We are looking for someone to assist in community integration to help an individual to enhance their personal, social, and vocational experience successfully in the community by attending several functions within the surrounding communities and local Albuquerque, Los Lunas, Belen areas. Focusing on, but not limited to broadening possibilities in the community and general population activities. Individual support is based on the identified needs and desires of the person served who has a disability daily. Individuals are active partners in determining the activities they desire to participate in and identifying their most meaningful experiences.

Job Qualifications

- Must be 18 years of age
- Ability to read and carry out the requirements of the job
- Ability to communicate in the language that is functionally required by the individual
- Must complete all state required competencies
- Must have a valid driver's license and insurance
- Must have own vehicle to transport to and from activities
- Must have a high school diploma or equivalent
- Will receive mileage reimbursement
- 60 hours per bi-weekly/paid every two weeks
- Salary negotiable

Please contact if any questions or concerns: Christian Satterfield

505-363-6421 The New Beginnings, LLC

Goodwill

Goodwill Goodjobs! Serving Albuquerque south valley/ Isleta Pueblo, and Valencia County

We offer individual free assistance with job search, interview skills, and resume assistance.

Contact: Vicki Herring Career Specialist at 505-944-0289

Vicki Herring



Career Specialist Goodwill Industries of New Mexico

vherring@goodwillnm.org

505-944-0289 or 505-881-6401 x4097

201 Desert Willow Rd, Los Lunas, NM 87031

www.Goodwillit.org

Position Posting Office Location Closing Date

Pueblo of Isleta Career Opportunities

Position Posting Office Location Closing Date

FITNESS INSTRUCTOR

Parks & Recreation

Open Until Filled

S		S	8		S
ANIMAL CONTROL OFFICER	Police Department	Open Until Filled	GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
ARCHIVIST	Cultural & Historic Preservation	Open Until Filled	HOME CARE ATTENDANT	Elder Center	Open Until Filled
ASSOCIATE JUDGE	Tribal Court	Open Until Filled	IRRIGATION TECH	Agricultural Division	Open Until Filled
BAILIFF	Tribal Courts	Open Until Filled	IRRIGATION & LANSDCAPE TECHNICIAN	Parks & Recreation	Open Until Filled
BILLING TECHNICIAN	Health Services	Open Until Filled	LABORER	Public Works	Open Until Filled
BUYER	Procurement	Open Until Filled	LIFEGUARD	Parks & Recreation	Open Until Filled
COMPUTER IT SPECIALIST	Department of Education	Open Until Filled			
COMPLIANCE INSPECTOR I	Gaming & Regulatory	Open Until Filled	LIFEGUARD ASSISTANT	Parks & Recreation	Open Until Filled
COMMUNITY HEALTH REPRESENTATIVE	Health Services	Open Until Filled	NURSE PRACTITIONER	Health Services	Open Until Filled
COMMUNITY SERVICE COORDINATOR	Tribal Court	Open Until Filled	PERSONAL CARE SERVICE AIDE	Elder Center	Open Until Filled
соокт	Head Start	Open Until Filled	PHYSICAL THERAPIST	Health Services	OPen Until Filled
DIRECTOR, CLINICAL SERVICES / NURSE PRACTITIONER	Health Services	Open Until Filled	RANGELAND DATA MONITOR	Natural Resurces	Open Until Filled
DIRECTOR, ELDER CENTER	Elder Center	Open Until Filled	RECORDS CLERK/ RECEPTIONIST	Elder Center	Open Until Filled
DIRECTOR, FINANCIAL PLANNING & ANALYSIS	Treasury	Open Until Filled	ROADWAY MAINTENANCE WORKER I	Transportation Services	Open Until Filled
DIRECTOR, TRANSPORTATION SERVICES	Transportation Services	Open Until Filled	TRANSPORTATION ENGINEER	Transportation Services	Open Until Filled
DISPATCHER I or II	Police Department	Open Until Filled	TUTORI	Department of Education	Open Until Filled
EMT BASIC (3 Positions)	Health Services	Open Until Filled	UTILITY WORKER	Public Works	Open Until Filled
EMT – INTERMEDIATE (2 Positions)	Health Services	Open Until Filled	VETERAN SUPPORT SERVICE MEMBER	Elder Center	Open Until Filled – WITHIN ONLY
EMT – PARAMEDIC (2 Positions)	Health Services	Open Until Filled	WATER/WWTP OPERATOR I-	Public Works	Open Until Filled



Urban Waters Coordinator

Ciudad SWCD is seeking to hire a Urban Waters Coordinator.

The Urban Waters Program Coordinator will be responsible for facilitating the Middle Rio Grande Urban Waters Partnership (MRG UW Partnership) encompassing a broad range of issues in watershed health, healthy soils, local agriculture, habitat restoration, and conservation of water resources. Working closely with the District Manager and other Program Managers, the Urban Waters Program Coordinator will integrate existing District projects with the expertise and project ideas MRG UW partners bring to Ciudad. The Urban Waters Program Coordinator will develop, build, and maintain strong reciprocal partnerships with local, state, and federal governments; non-profits; tribes; community groups and landowners to ensure ongoing education and collaboration to support community-based conservation of natural resources within the District and the Partnership. The Urban Waters Program Coordinator will work with the MRG UW Partnership and Ciudad SWCD Staff to implement a variety of community-based projects to support MRG UW Partnership themes within the context of Ciudad SWCD goals and objectives. This position will require working both with a team and individually in a variety of physical environments including office and field locations at facilities managed both by Ciudad SWCD and by partner organizations.

To review the full position, please see below.

Urban Waters Coordinator Position Description.pdf

To apply, Individuals should complete the application and upload the requested documents. This posting is open until filled. Ciudad SWCD reserves the right to make a hiring decision at any time. Applicants will be evaluated on a rolling basis with the first round of application reviews taking place Monday, August 19th, 2024. Please contact Steve Glass, Board Chair at jstyglass@gmail.com for additional information.

APPLY HERE





Sign ups begin

September 3rd.

For more information please contact Cheyenne at

505-869-9808 or by email at nevenne.castillo@isletapueblo.com

CURTIS GARCIA

Our family would like to congratulate Curtis Garcia for completing Marine Corps bootcamp on August 16, 2024. He is the son of Christine (Renee) Anzara and Ben Garcia.

Curtis signed up for the Marine Corps on May 5, 2023 while he was a junior in high school. He would meet with his recruiter every Wednesday, where he would prepare for bootcamp and learn what is expected to



be a marine. He graduated Los Lunas High School on May 18, 2024 and two days later he shipped out to MCRD San Diego for 13 weeks.

During his time at bootcamp, he endured rigorous training and learned more about the Marine Corps history. Since he was in JROTC in high school, he graduated bootcamp as Private First Class. He is currently back home for little over a week. During his break, he plans to visit family, eat all the food he missed, and relax as much as he can, but more then likely you will probably find him at the gym.

He reports back to Camp Pendleton on August 28, where he will start Infantry training. This training will not be as strict as bootcamp, but he will be in training for 14 weeks. Once he completes this training, he will be notified of his duty station.

Words cannot express how proud we are of Curtis. He chose his career path and continues to push his way through. We all are looking forward to see where his journey will take him. Curtis has had a great support system during this time, not just including his family and friends, but also from other military personnel who have encouraged him to chase his dreams.

Please join our family to congratulate and pray for him to give him strength and motivation in his military career. Thank you to everyone who has supported and guided him. We are so proud of our Marine! Also, thank you to all our other service men and women who have served and continue to serve our country!

We love you hetu!

Thank you from the family of PFC Curtis Garcia, United States Marine Corps!



ISLETA PUEBLO FARMERS' MARKET 2024

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Isleta Pueblo News



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



NEED HOME REPAIRS??

Pueblo of Isleta Tribal Council has provided limited funds to Isleta Pueblo Housing Authority (IPHA) to provide home repairs to Isleta homeowners within the Pueblo. As listed below, certain categories of homeowners may receive assistance at no cost. To receive assistance, homeowners must meet the requirements of the Programs.

derly

62 and over – birth certificate or current ID

CATEGORIES

DD214, Veteran ID Card, Proof of Service

letter

Disabled

 Benefit verification letter from Social Security Administration or equivalent agency

Low Income

- IRS 1040, paystubs, W2 or wage statement.
 Low income means family income of owner
- Low income means family income of owner cannot exceed 80% of national medianincome

REQUIREMENTS

- Request for assistance MUST be made by the Homeowner, with proof of ownership—statement from Reality office; statement from Governor or 1st Lt. Governor; quitclaim deed from IPHA.
- Proof the home is the primary residence current utility bill
- Tenants/renters cannot request maintenance
- Large Scale Maintenance one time maintenance of \$10,000 or more, not to exceed \$40,000. Identified categories are limited to one large scale maintenance project every three years.
- Small Scale Maintenance aggregate costs of \$10,000 or less within a three-year period. Rolling three-year period.

Homeowners not eligible for no-cost services may request a cost estimate from IPHA and, if they agree to reimburse IPHA for the cost of the work, services will be provided.

Provision of services are subject to the availability of funds

Isleta Little League is gearing up for some fall ball action! Calling all baseball and softball players, tee ball through juniors, to step up to the plate! register @ https://tshq.bluesombrero.com/isletalittleleague Registration opens July 22, 2024 No Cost for fall ball

PUBLIC WORKS DEPARTMENT

ENVIRONMENTAL PROTECTION AGENCY CHANGES LEAD RULE

On October 16, 2024, the revised requirements for the Lead and Copper rule go into effect. One major requirement is taking a community wide inventory of lead service lines. Public Works has been out and about in the community working on this inventory BUT we need your help.

There are gaps in the data. Even with the use of records provided by Indian Health Services (IHS), Google maps and as-builts, the inventory isn't complete. Public Works would appreciate community members calling in to let us know if your home was constructed before or after 1990. Prior to 1990, lead may be present in the fixtures, piping or wiring used to solder pipes. Even if the homes were constructed in 1990 or later, they must be included in the inventory and shown to be lead free.

Below are years to keep in mind:

Possible traces of lead in home builds: 1986 and prior vears

Confirmed use of lead in home builds: 1986-1988 Lead ban: 1988

1988-current: all water related products manufactured cannot have lead used in the manufacturing process

Research done so far has shown the Pueblo has not ever utilized lead piping as a service line. The records show water main lines were constructed of Asbestos-Clay (AC), PVC or poly. Service lines from the main to your home shut-off have been polyethylene (PE) or back in the 1970's it could have been galvanized or copper pipe. Depending on how your home was originally plumbed, the line going from the water shut-off into the home could be copper, galvanized, pvc or pex.

The concern is if your galvanized piping was ever downstream from a lead service line.

Information to call in:

- 1. Address
- 2. Type of service line installed at your residence
- 3. Year of home construction
- 4. Number of service lines- one or two

Your help is greatly appreciated. Homes with no information will be reported as "unknown" to EPA and at intervals set by EPA, educational materials regarding lead will be disseminated.

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





AT A GLANCE

- Welcome back!
- Transportation Week
- September Reminders
- Contest Winners

Soaring into September!

August was an exciting time of transition. Students moved up to the next grade level for a more challenging academic experience. Teachers are getting to know their new students and developing trusting relationships. Our ancillary programs like Art, PE, Tiwa, Library, and Music are in full swing. Student-athletes are refining their skills with afterschool basketball. Throughout the school, we are settling into our daily routine and setting the high expectations for success.

As we soar into September, we are focused on developing rich and meaningful learning experiences. Teachers and support staff are working together in professional learning communities, called PLCs, to review data, monitor student progress, and answer the questions of What do we want each student to learn? How will we know when each student has learned it? and How will we respond when a student experiences difficulty in learning? As we answer these questions, we hold everyone accountable in achieving results. Parents and caretakers, you play a big part in this process. September is the mid-point of the 1st Quarter. Talk with your child's teacher about their progress and what you can do to help at home.

Frybread Fridays

To help achieve our goal of reducing the number of chronic absences, we will offer Frybread Friday each month ONLY IF we exceed our attendance goal for the entire month.



August Goal: 93%

As of August 21, we are at 95.11%

We will announce if we met our goal after August 30.

Fall School Field Trip

We will be going to the New Mexico State Fair for the School Days celebration. School Days students will enjoy visits to art, animal, agriculture, and STEAM exhibits, and the Road to Me Corner. There will also be street concerts, magicians, jugglers, face painters, demonstrators, and other performers.

9/10 Tuesday - Military & Veterans Appreciation Day (Ortiz, Bohaty, Nieto, & Casuse's classes)

9/12 Thursday - Gathering of the Counties/ NM True Day (Tolino, Pilon, Mexicano & Leon's classes)

In order to go on the field trip, students must:

- . Be present at school at least 80% of
- Participate in class and give their best effort
- Demonstrate good behavior throughout the school
- Abide by all policies in the Student Handbook

A Different Type of Afterschool Sports Program for All Students

In September, we are expanding our afterschool programming to include The Sports School. This program integrates physical activity with social and emotional learning through the TPSR model's Five Levels of Responsibility. By emphasizing respect for others, self-motivation, self-direction, caring, and extending values beyond the gym, we create an environment that promotes both physical fitness and personal growth. Instructors support students by encouraging self-control, providing tools for stayi task, fostering cooperative play, and seeking feedback from the community to track behavior changes. This holistic approach is designed to inspire educational success, enhance cultural pride, and support the overall well-being of students, aligning with the values and goals of the Pueblo of Isleta community. The Sports School is open to all IES students, including athletes currently participating in basketball. It will be offered twice per week from 3:15 - 4:15 pm, no transportation provided. Register your child today!

Second Grade News



Ms. Mexicano's Class:

It has been a busy first weeks of school, but we are getting comfortable with working with one another and learning the rules and routines of our school and class. We will be working on improving our behavior and attendance this quarter.

This first quarter, the 2nd grade class is focusing on phonics and high frequency words. We are also focusing on Citizenship in reading and social studies. In math, we are working on addition and subtraction using a variety of strategies. We will continue to work on our reading to become fluent readers.







Fourth Grade News ATH GRADE

Ms. Ortiz's Class:

The 6th grade class will be learning about weather models. How they help engineers and scientists predict the path and strength of storms. And why is this important? They are also looking at how proper planning of a design is important in the building process.

The 5th grade class will continue to learn about the design process of technology and many things that we use in our daily lives. Why was it engineered. Was it to meet a need or a want? They have also been learning about erosion and how we can improve walking trails to make them safer and prevent further erosion.

The 4th and 3rd grade classes are studying different watering system that we use in the community and at home (example watering plants when we go away for a few days).

Sixth Grade News



Mr. Casuse's Class:

The upper grade students are now on a departmental schedule for each subject in the upper grades. My name is Don Casuse, and I am your child's math teacher. I teach math to eight of the third-grade students and all fourth, fifth and sixth grade students as well. The students are working hard in my class. We have been working on math word problems where the students must annotate the text, solve, and write a sentence for their findings. This strategy aligns well with the BIE and NM State Test. Students also use a lot of interactive skills and communication in my classroom when learning. This consist of group work, partners, and math manipulatives with visuals to help them gain real-life experiences to their learning. I will have more to come next newsletter with the student progress and how they are using their math skills to gain a better understanding of math here at Isleta Elementary!

September Reminders



Transportation Count Week:

IES transportation program funding is calculated based upon the round-trip mileage from the student's home to school during the last full week in September (25 CFR § 39.700). This year, it will occur on September 23-27. During this time, afterschool transportation to the Recreation Center is temporarily suspended. All other routes will run as normal. For more information, contact the school.

7:45 AM Student 8:00 AM Breakfast 8:30 AM Tardy 3:00 PM Dismissal Drop Off 12:30 PM Early Dismissal

Dates to remember:

- Sept. 2 Memorial Day NO school
- Sept. 4 Feast Day NO school
- Sept. 13 Early Release @ 12:30pm Sept. 27 - Early Release @ 12:30pm

ISLETA ELEMENTARY SCHOOL

2024 September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 No School Labor Day Holiday	03	04 05 No School Feast Day		O6 Frybread Friday	07
08 Grandparents Day	09	10 Field Trip O'O' State Fair Field Trip (Ortiz, Bohaty, Nieto, Casuse classes)	11 Patriot's Day	12 Field Trip Too State Fair Field Trip (Tolino, Pilon, Leon, Mexicano's classes)	13 Early Release @ 12:30pm	14
15 National Hispanic Heritage Month Begins	16	17 18 19		19	20	21
22 First Day of Fall	23	24	25	26	27 Early Release @ 12:30pm	28
		1	ransportation Count	week		
29	30	01	02	03	04	05
06	07	Notes: September	Attendanc	e Goal is 93%	6	

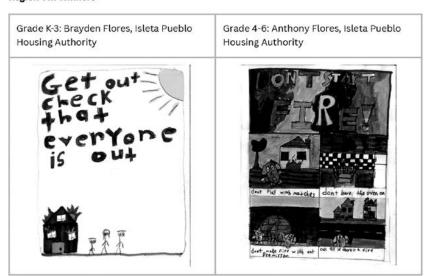
IES Basketball News There's still time to join!

Basketball practice has begun. There is still time to join if you are interested. Students must have a physical prior to attending practice. Please call the front office for more information 505-273-8444.



Congratulations to our Isleta Eagles for showing their artistic talents! Isleta Pueblo Housing Authority requested our students get involved with the 2024 Amerind Safety Poster Contest, and below are the results.

Region VIII Winners



Grade 7-8: Aaliyah Tenorio, Santo Domingo Tribal Housing Authority

We will keep you updated on a chance to vote for our Eagles during the national contest!



For questions on how you can help, contact the front office @ 505-273-8444. Below is a list of opportunities.

- Become a member of the Parent/Teacher Organization (PTO)
- Attend a School Board Meeting
- Apply to be a volunteer
- View our current job openings: https://www.bie.edu/current-vacancies

TRUANCY

Greetings,

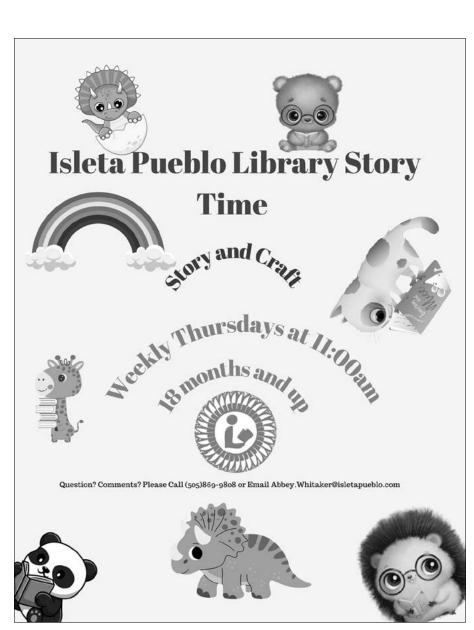
The first month of school has come and gone and before you know it, it will be winter break. Make sure you are not only on time to school in the mornings, but to each of your classes, as some teachers might not change the status of your attendance and you will stay marked as absent and those absences do add up. Also, be sure to turn in all your work on time and completed so that you can receive a grade.

The Truancy Department was happy to be a part of the annual National Night Out that was hosted by the Isleta Police Department at the recreation center. We were happy to see so many community members that attended this event, participating and walking away with various small incentives. We were also invited to participate at the Isleta Elementary School for Open House. We were so glad to see the returning students and many new faces. We obtained signed Release of Information forms from many of our families. Please remember to fill out a Release of Information (ROI) and be sure to agree to Isleta Elementary sharing information with the Truancy Department so that we can provide your child with perfect attendance incentives throughout the school year, and if any issues arise Truancy will be able to assist you and your child.

Several Truancy Department staff attended the Innovative Schools Summit during the month of July which was held in Las Vegas, Neveda. It is held annually in different states throughout the year. Multiple conferences included in the summit included: Helping At-Risk Students, Innovative Teaching Strategies, School Discipline, Wired Differently Trauma Informed; each conference included mini conferences related to each of the four topics. We were not able to attend all conferences, but the ones that we attended did have a lot of useful information that we can't wait to implement. We hope to attend other conferences in the future so that we can strengthen the services and supports that we provide to our Pueblo of Isleta families and students

Please remember we are here to support and assist you and your child to ensure that they gain a successful education. We are here to show positive encouragement and to cheer on our students as they achieve their goals at the schools they attend. If you would like additional information on any of the services we provide, please do not hesitate to contact our office or drop by our office. (We are located at the Tribal Complex).

Thank you, Isleta Truancy Department







This is an equal opportunity institution

Menu subject to change due to food availability



ST. AUGUSTINE PARISH

IT TAKES A VILLAGE...

Our St. Augustine Parish and community has been blessed with a new ministry called ITHIRST. This ministry is an addiction and recovery program supported by the Archdiocese of Santa Fe. It is an international ministry of Missionary Servants of the Most Holy Trinity.

The ministry is designed for clergy, religious, and laity who desire to accompany the addicted and offer faith based companionship and support. We have recently certified 6 individuals from our community who have been trained, received certification and are qualified to assist individuals suffering from addiction and their families. They are called Spiritual Companions and are now available to begin the ministry. Anyone struggling with addiction and their loved ones are invited to reach out to the Spiritual Companions at this number 505-750-0226 or by contacting the St. Augustine Parish Office.

Our iTHIRST ministry will offer:

- Masses for recovery, healing and special intentions
- Group meetings utilizing the AA 12-Step Program with a spiritual component
- Gatherings for family and friends with frequent guest speakers
- Spiritual Companionship on an individual basis
- Rosary recitation and Holy Hour

"Addiction isn't just a physical and psychological illness; it's also a spiritual disease that requires a spiritual remedy." (Keaton Douglas, Executive Director of the ITHIRST Initiative)

We must crush the stigma of addiction and embrace individuals that are struggling to remain sober, we follow Christ's teachings....

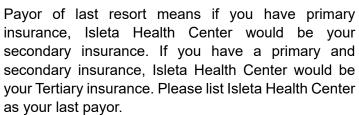
When one encounters situations that are disturbing to your peace, this is the place to come! All are welcome!! iTHIRST was created with the desire to quench God's thirst for love. They were among the last words Jesus spoke from the cross (Jn 19:28).

Yours in Christ,

Spiritual Companions and Father Thomas Milton St. Augustine Parish

Purchased Referred Care Did you know?

Did you know Isleta Health Center is your payor of last resort?



Did you know you have to call PRC to inform them of all appointments?

This includes all ER/urgent care visits, any follows ups, any secondary referrals, telemed appointments, rescheduled appointments. Not calling in for appointments will delay payment

Did you know if you receive a bill from a provider, you have to bring it in to PRC, even if you have a referral?

Some facilities will send a bill to the patient but not Isleta Health Center. It is best to bring all bills in received by mail to make sure PRC contacts the facility to bill Isleta.

TRASH TALK ISLETA!

PROPERLY SPACED CARTS INSURE SAFE SERVICE TO YOUR HOME AND PROPERTY.



IMPOPERLY SPACED CARTS CAN LEAD TO MISSED COLLECTIONS

PROPERLY SPACED



NOT SPACED PROPERLY

PROPER SPACING IS IMPORTANT

Let's talk trash Isleta! In this edition of Isleta Trash Talk, let's talk about proper spacing of your trash and recycle carts. It is important to place your carts out properly to avoid missed collections. Above you we see photos of both properly and improperly spaced carts. The photo on the right illustrates carts that are not properly spaced. The claw of the truck does not have enough room to get in between the carts to pick them up. Please leave a minimum of 3 feet of room between other carts, mailboxes, low hanging trees, utility lines, fences etc. This will insure the drivers can safely access, empty and service your home. The photo on the left illustrates properly spaced carts. This allows the driver to provide you with safe curbside service. Your cooperation and understanding is greatly appreciated. (505)869-4106

KEEP ISLETA BEAUTIFUL!

TRASH TALK ISLETA!

DON'T CONTAMINATE RECYCLE BET

KEEP ISLETA BEAUTIFUL!









PAPER





Keep it simple, if you do not see it on this flier throw it away in the trash. Do not use your blue recycle cart for trash or it will be confiscated. Have your cart out by 7am. For service schedule announcements check the POI newsletter & POI Facebook. (505) 869-4106

Your recyclables do not need to be bagged, however it is highly recommended to bag your recyclables for curbside pickup during windy season. This is to reduce the chance of creating litter due to winds. If you choose to bag your recyclables it is important to use clear bags only. Colored bags are not accepted at the recycling facility. When your recyclables are bagged in colored bags they are not opened up and your material is landfilled instead of recycled. Using clear bags helps to ensure the health and safety of the line workers who come in contact with the material when sorting at the recycle facility. Using colored bags will result in your recycles not being collected. This is important to sustain the recycle program moving forward. Your understanding and cooperation is greatly appreciated.

PARKS & RECREATION DEPARTMENT

Hello Isleta Pueblo! I hope you are all doing well! Believe it or not, another month has passed and here we are in September 2024. This year is just flying by. Halloween, Thanksgiving, Christmas and the New Year are all just around the corner, so keep your eyes open for upcoming holiday activities and events that are associated with those holidays.

Quick Department Overview – The department is doing well and continues to plug away. The weather is changing a little and it is getting to be that time when the Parks Crew starts to prepare our grounds for the winter months. The Aquatic center is doing their thing, swim classes are still available, you can call the center to find out what swim times are available during the day. Unfortunately, we recently lost some lifeguards and we are in the process of trying to get them replaced. In our sports section we just finished our men's and youth basketball leagues games and we are getting ready for our youth cross country meets. Other sports activities will be coming soon. Our Recreation Section is busy with our youth after school recreation program. We currently have 35 plus children enrolled in this program and all is going well there. This year we've been able to pick up students like we used to in the past, this has given us the opportunity to serve more participants/children in the program this year so far. Our Fitness sections (Old Rec and New Rec) are busy and doing well, both facilities serve quite a few tribal members, POI employees and Casino employees on a daily basis and we are hoping to serve even more in the future. New Rec Fitness is offering various fitness classes as well, and we are hoping to expand those classes and add even more classes in the future. For more detailed information about any of this general information, please call the Main Recreation Center at (505) 554-7232.

FITNESS SECTION - Isleta Recreation Center would like to thank all of the participants that exercise and with that, improving their health. These individuals that have been consistent with their workouts and their commitment to their health goals have been entered into monthly drawings and many of them have won some pretty cool health and wellness related prizes. Come workout on a consistent basis and enter yourself into these monthly drawings. Each month, we (Isleta Recreation) give our 2 monthly prizes that are fun and exciting and best of all its something that you can benefit from. Be on a look out for our information flyers advertising classes and drawings so that you can see what is our next give away, but don't just come for the drawings, come for your health and workout. We look forward to seeing you here. For more information, please call 505-869-9777.

SPORTS SECTION – This section just finished up with the Men's Basketball League and it really went well. The tournament was very competitive, everyone was geared up to make a run at the title. In the first round in this double elimination tournament we had Gentlemen vs Evolution on the top side of the bracket and on the bottom side we had No Bodies from Laguna squaring off with Los Crudos from Isleta. The Gentlemen won and moved on to square off against defending champs Mudd Doggs and the No Bodies also won and went on to

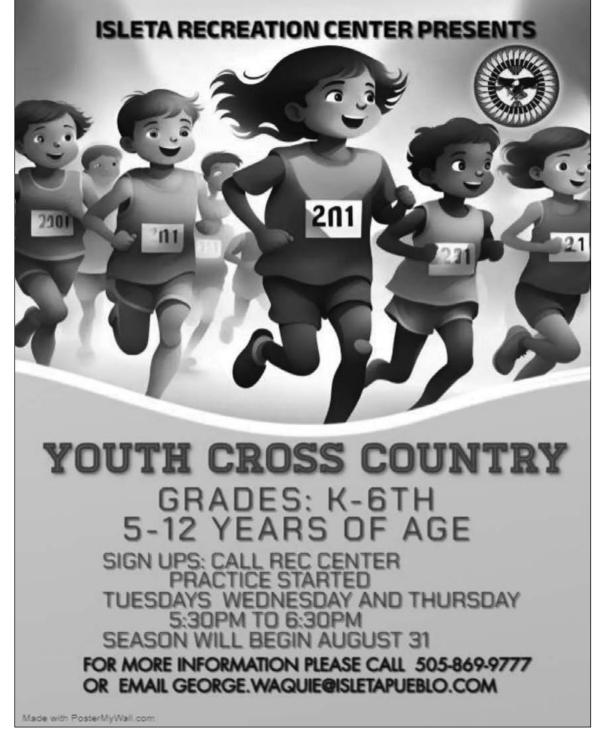
play the runners-up from last year's tourney the Timberwolves. The Isleta Eagles were a surprise team this year, they went on to win 4 games from the loser's bracket. This put them in the position to play the defending champs (Mudd Doggs) from last year. Their game against the Mudd Doggs actually went into double overtime, it took them that long to decide who was going on to play the Timberwolves in the Championship game this year. Despite the heroic efforts from the Isleta Eagles, unfortunately they came up short and lost a very good game to the Mudd Doggs. So, the game helped decide who would be playing for this year's championship game and those teams were the Timberwolves and Mudd Doggs. The Timberwolves went on to defeat last year's defending champs and they were crowned the champions of the 2024 Men's Basketball League.



We have also started our youth Cross Country team and we are still signing up children, if your child is interested in joining the team, please call the Rec Center for more information, you can reach us at (505) 869-9777. We have practice every



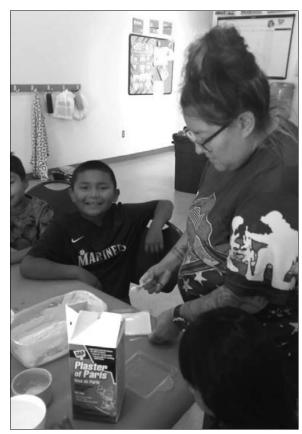




Wednesday and Thursday afternoon from 5:30 pm to 6:30 pm here at the Rec center. Season (first meet) will be on August 31st at Zia Pueblo. We are very excited to see what our kids can accomplish this year.

RECREATION SECTION - Welcome back to the After School Recreation Program, students!! We are extremely excited to have our students back at the center for our Afterschool program. Right now, we have over 30 students enrolled in the program and we still have openings for more children. We are still accepting applications but we are extremely limited in our transportation, but we have plenty of room for more students, especially if you are able to bring your child to the program after school. Transportation is provided Isleta & Sundance schools, only for because our Bosque Farms transportation is at full capacity at this time and on hold until further notice. The program provides services from 3:00pm to 5:30pm every day and Recreation Staff provides services with homework help, craft activities, gym play, swimming, sports activities and much more. Parents if you are interested in the After School program, call the Recreation Center for more information at 505-869-9777.

AQUATIC CENTER SECTION — We hope Back to School has gone smoothly for parents and students alike! Isleta Aquatics is still hiring Lifeguards! If you know anyone interested in becoming a lifeguard, please call or visit the POI website for the job posting! We do provide all training on site and work with school and extracurricular





Students and Rec. staff making coasters and stepping stones with Plaster of Paris and designing them with gem stones.

activities' schedules. We do still have penings for the fall swim lesson session and are currently taking registration forms. Registration forms are available at the Recreation Center front desk or email Joshua.roybal@isletapueblo.com and we can send you over a printable version to fill out at home. Registration forms can be turned into the Aquatics Office or the Front Desk here at the Recreation Center. Open Swim will be open from 5:30pm until

7:30pm from Monday through Thursday and 4:30-5:30 on Fridays. We will still have a Saturday Session from 8:30am-11:30am! Morning Lap swim can also be scheduled through the Aquatics office at 505-869-9783 and is available from 5:30am-8:30am M-F. For anyone interested in information about Lifeguard certification, child or adult swim lessons, groups and other aquatic programming, please call Josh or Jayna at 505-869-9783.



Sports PhysicalsBy Dr. Ray Kelley

It's sports physical season!

Summer is flying by, and soon parents and student athletes will need to complete their sports physical forms. Please contact IHC sooner rather than later to set up your appointment. We are saving a few appointment slots a week to get these done for our students, so we encourage you to take advantage of this and don't procrastinate until the last minute!

Sports physicals are an important part of preventing sports-related injuries and making sure our student athletes are able to participate fully in their seasons. We focus especially on the heart, bones, joints, and muscles at these visits. For tween and teen athletes, we also check in on topics like body image, nutrition, and emotional and mental health.

If your young ones are not playing sports this year, we would still love to see them! An annual check-up is a good idea for most kids. Not only does it teach them the habit of taking care of their health, it also is a good opportunity to check up on their physical growth curve, their emotional development, their vision and hearing, and make sure they are up-to-date with their childhood immunizations. Dr. Sapien, our pediatrician, is here every other week, and doctors Nelson, Pope, Kistin, and Kelley are family doctors also trained in pediatric primary care.

See you soon!



Pueblo of Isleta Public Library

Hello September! For many, September signals the end of summer and the beginning of autumn. With autumn vibes in the air, it's time for hoodies, books and football. Let's goooo! Of course, we cannot forget the upcoming Feast Days and all the delicious food. The library's calendar is filling up fast with programs to fit the season.

News

Astaffmeeting will be scheduled sometime during the first week of September. We will be planning upcoming programs for children, teens, and adults. The library will remain open during this time so don't hesitate to come on in and check out any library material.

The library will be closed on Saturday, August 31st, Monday, September 2nd and Wednesday September 4th in observance of Labor Day and Isleta Feast Day. We understand that even though we are closed, school is still in session. With that said, we ask parents/guardians to please make the necessary arrangements for after school so students are not left outside the library. All library media checked out on August 29th and 30th will be due on September 5th. We apologize for any inconvenience this may cause. Enjoy your Labor Day weekend and Isleta Feast Day!

We would like to send out a big Thank You to our Summer Intern Jayden Zuni for all your help this summer. During her time at the library Jayden helped with the Summer Reading Program, Summer Meal Program, cataloging library material, and working the front desk. We would like to wish her the best of luck as she starts her semester at UNM.

School is back in session which means students are everywhere. With that said, the library would like to remind you all to PLEASE be aware of flashing school zone lights and obey posted speed limits as we have students walking, riding bikes, and so on. The Head Start Story Time will also be starting soon so that means they will be walking to the library, so keep a look out for them as well.

Family Story Time is back after taking a break during the summer to focus on the Summer Reading Program. Please join us every Thursday at 11:00am, no sign ups required so just come on in. Library Staff member Abbey will read a story and engage toddlers and families in an activity. This program gives parents and caregivers the opportunity to introduce reading to their children. If you have any questions, please give Abbey a call at the library at 505-869-9808 or by email at Abbey.Whitaker@isletapueblo.com.

The library and Head Start have collaborated to start up a "Little Free Library" located at the Head Start. What is a Little Free Library you may ask? A Little Free Library is a free book sharing box where anyone may take a book or share a book, and you do not need to share a book in order to take one. The Head Start's Little Free Library is located at

the front entrance as you drive in on your right side. It is a small blue wooden box of books. The library has been donating gently used children's books to add to the library. We hope the community stops by and picks up a book or two for their little learners!

Library staff will be going over to Isleta Elementary School (IES) to help with library services. Currently IES does not have an active librarian so library staff will be going over in the afternoons so students can have a set scheduled to include library time. During our time there we will be going over library etiquette, checking in & out material, reading comprehension, cataloging and organizing the library. We are excited to help get IES Library up and running once again for students to utilize.

Upcoming

Join us on Wednesday, September 18th from 5:30pm to 7pm as library staff member Cheyenne brings in the start of Autumn by teaching participants Wood

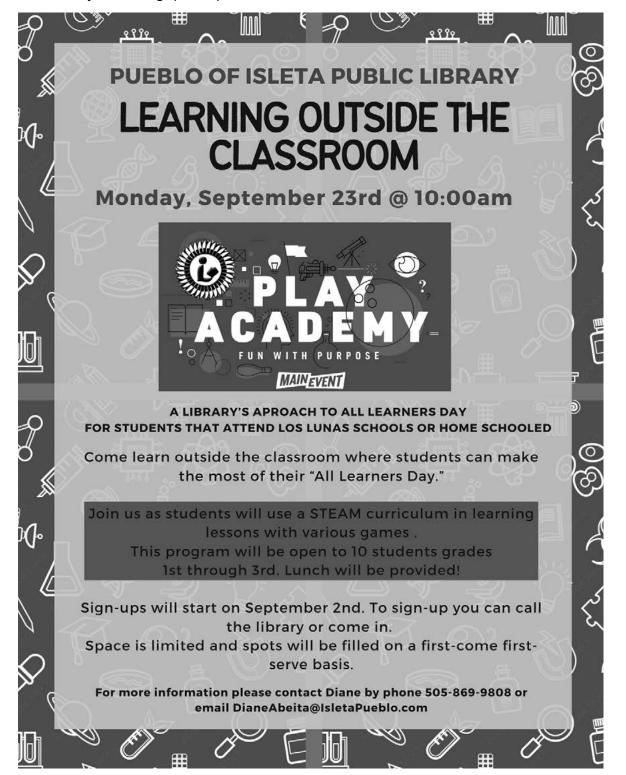
Soldering in crafting a wooden pumpkin. Unleash your inner artist with a wood burning tool to carve out a design to add to your fall décor. This program is for adults 18 and older and open to the first 8 patrons to sign up. Sign ups begin September 3rd. For more information, please contact Cheyenne at 505-869-9808 or by email at Cheyenne.Castillo@isletapueblo.com.

A message from library staff member Astrid.

To my Dearest Reader,

The Pueblo of Isleta Public Library will be hosting a book club from September to Mid-October. Join Astrid for a frightening experience reading Mexican Gothic. After we conclude the book club sessions, we will go to an Escape Room and experience the mystery of the Blackwell Manor. Dates for sign up will be announced soon. Don't hesitate to call for more information. Sincerely Your Dearest Friend,

Astrid Q.



For more information on Astrid's program please call 505-869-9808 or email Astrid. Quintana@isletapueblo.com.

The library will be planning programs for children, teens and adults in the upcoming weeks and months. Please keep your eyes and ears open. We are excited to share our knowledge with you. You can always refer back to our library website, library social media, Isleta Newsletter, and library flyers throughout the community. All our programs are open to the community and public.

Recap

It's Open House Season and library staff have been busy attending Open Houses at the following schools...

- Los Lunas Middle School
- Valencia Middle School
- Sundance Elementary
- Bosque Farms Elementary
- Native American Community Academy (NACA) High School & K-8th
- Isleta Elementary
- School of Dreams (SODA)
- Santa Fe Indian School (SFIS)
- Valencia High School
- Isleta Head Start and Child Care

Library staff drew in different audiences promoted library services and resources to students, parents and family members. We would like to thank those who visited our booth, gave suggestions or stopped by for some library swag. We would also like to thank the schools for allowing us to promote our services to everyone.

Intern Jayden Zuni has been busy adding Accelerated Reader labels to the Children and Teen Books. The library has implemented this system to coincide with Bosque Farms Elementary library books. The goal being students can still utilize the Accelerated Reader System to follow their school's protocol with reading comprehension. Accelerated Reader helps teachers/librarians guide students to books that are geared towards their grade or reading level. Students can take a short quiz after reading a book to check if they've understood it.

On August 14th the library hosted a Financial Literacy Night featuring Jeremiah Esson as the presenter. The event covered a range of financial topics aimed at assisting attendees in planning for their future. Topics included retirement planning, business owner solutions, infinite banking and creating generational wealth. We would like to say think you to everyone who attended.

We're off to a great start with our After School Program with students from Isleta, Sundance and Bosque Farms Elementary. We currently have 20 students enrolled in our program, with transportation to the library after school for Bosque Farms

students. Library staff members have been helping students with homework, reading, crafts and activities. We already have an incentive field trip planned for September and students have been coming in and earning their points to attend the field trip. Incentive field trips are a great way to get students motivated to do their homework and encourage them to read. If you have any questions or concerns regarding the After School Program, please give us a call and speak with a staff member at 505-869-9808.

The first Learning Outside the Classroom field trip for the new school year took place on Monday, August 19th and was led by library staff member Abbey. This program was an approach to an "All Learners Day" that Los Lunas School District conducts one day a month throughout the school year. The idea being that students can make the most of their day and learn outside the classroom. Library staff members Abbey and Diane, along with 10 students went to the Petroglyph National Monument for a morning of hiking at the Boca Negra Canyon and after enjoyed lunch at Main Event. We are currently planning our next field trip to Main Event Play Academy. For more details, check out the flyer. If you have any questions or would like more info about this program, please feel free to give us a call at 505-869-9808.



Students trying out the keyboard that we just set up in the back of the general area of the library.



First Learning Outside the Classroom field trip to The Petroglyph National Monument!







After School Program students on their daily crafts!

ISLETA POLICE DEPARTMENT NEWSLETTER SEPTEMBER - 2024



The time is flying by for this year with the youngsters back in school, fall is fast approaching with Halloween around the corner and followed too quickly by Thanksgiving and Christmas.

The Fifth Annual National Night out was held August 9, 2024 and it appears it was a huge success. Sponsored by by the Isleta Police Department with the help of the many departments from the Pueblo as well as outside agencies. Donations were received by not only Pueblo merchants, departments and individuals but outside businesses as well. Many thanks to:

Public Works, Truancy, Governor's Office, Lente's Painting, Census, Isleta Rec Center, IRAC, Housing, the Elderly Center, Pick-A-Dilly, Isleta Dispatch, C.F. Padilla, LLC, Transportation Department, Treasury, Truancy, Rec Center, IPHA, Social Services, Isleta Elementary, Prosecutor's Office, Isleta EMS, Headstart, Realty, B'eeh K'oo-ee Wellness Center, Public Works, DOE, HR, Coalition to Stop Violence, CHR, and Victim's Advocates.

Buffalo Wild Wings, Home Depot, Top Golf, Starbucks, Starlight Movie theatres, Friends of Valle de Oro, NM United, Fiesta Tents, Dions, NM Escape Room, Isotopes, Niagara Water, Gold Street Pizza, NM Army National Guard, MADD, Los Lunas High School Cheer, FBI, BIA Fire, YDI, and POP Warner Cheer.

My apologies if anyone was left off the list, but as you can see there were so many and we are forever grateful for you participation and donations.



















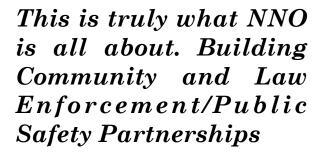






















WELCOME

The department would like to introduce you to the newest employees who have joined the family:



Charles D. Eaton -- Code Compliance Officer-Pueblo of Isleta Police Department Charles is life long resident of Valencia County and has 25 years of experience in County and City Government. He has worked with Valencia County and the City of Belen. His work experience has been in Code Compliance and Fire Safety. In Code Compliance he has addressed everything from nuisance complaints to property management issues. In Fire Codes, he performed life safety inspections for homes and businesses in the Community. He prides himself in serving the community and protecting the environment, and most importantly making a difference in the community and serving the people. He really looks forward to getting out and meeting the residents of Isleta Pueblo.

RESIDENCY

As many may be aware, the Isleta Police Department in conjunction with Census have been responding to complaints of residency non-compliance and taking action. As a reminder, the Residency requirements are listed in the Law and Order Code and have been in effect for quite some time. Just a reminder, prior for anyone who is a non-tribal member of the Pueblo of Isleta, an application must be submitted (application forms at Census). You must have a sponsor who is enrolled and that sponsor must reside in the home. Once submitted, together with the required application fee, the applicant will go through a background check and once completed, the packet is submitted to the Governor's Office for review and approval or denial. Please keep mind, per the Law and Order Code, until the application is approved and/or denied, the non-tribal member cannot reside on the Pueblo. There is also now a charge of harboring a non-tribal if the Non Compliance is not addressed by the party responsible for the residence.

The new Code Compliance Officer and a police officer are keeping up with these noncompliant individuals and a list is reviewed weekly. If you have questions please do not hesitate to contact the Census Office, Code Compliance Officer Eaton or Officer Sharon Mitamura (505-869-3030/IPD Dispatch) as we are happy to help.

IHSP TRAFFIC DIVISION

The Traffic Division is always conducting traffic enforcement for the safety of all who travel on the roadways of the Pueblo and are conducting special operations throughout the year. Saturation patrols, DWI roadblocks, detection of DWIs, seatbelt enforcement, etc. are a constant focus of

this division as well as patrol officers.

We ask all to ensure you and your passengers are always in proper restraints, buckling up the moment you are seated in your vehicle. Make sure your children are in appropriate childseat safety seats and always check your backseat before leaving your vehicle during inclement weather, i.e., heat or cold, as the interior of a vehicle will quickly heat up or quickly cool off respectively. This advice is also for your pets as well.

WELLNESS SUMMIT AND COMMUNITY MEETING

The Police Department was also a participant at the Wellness Summit and Community Meeting held on August 24 at the Isleta Resort and Casino. There was information presented in the three breakout sessions held regarding Mental Health Awareness by Behavioral Sciences Clinician C. Massey and narcotics and their effects as well a demonstration with K9 Officers L. Lujan and Rollo. Information was available for dissemination as well.

FENTANYL

Narcotics in the surrounding area and unfortunately on the Pueblo has been recognized. One of the more prevalent narcotics being found is that of fentanyl. Below is an article published by the Drug Enforcement Administration:

Top Local Drug Threat

Local DEA officials have identified illicit fentanyl as the top drug threat in Albuquerque, New Mexico. Fentanyl is a potent synthetic opioid drug approved by (CONTINUED NEXT PAGE)

the Food and Drug Administration for use as an analgesic (pain relief) and anesthetic. It is approximately 100 times more potent than morphine and 50 times more potent than heroin as an analgesic.

Drug Facts



The DEA laboratory has found that, of the fentanyl-laced fake prescription pills analyzed in 2023, seven out of ten pills now contain a potentially lethal dose of at least 2 mg. This is an increase from DEA's previous announcement in 2022 that six out of ten fentanyl-laced fake prescription pills were found to contain a potentially lethal dose.

- Criminal drug networks are massproducing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public
- Fake pills are easy to purchase, widely available, often contain fentanyl or methamphetamine, and can be deadly
- Fake prescription pills are easily accessible and often sold on social media and e-commerce platforms, making them available to anyone with a smartphone, including minors
- Many fake pills are made to look like prescription opioid such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®)

NOTE:

In 2023, it was noted that "tranc" was identified in the Albuquerque area and is fentanyl with Xylazine

Xylazine is a medicine given to animals to sedate them for surgery or relieve pain. It is a strong synthetic alpha2-adrenergic agonist, synthesized in 1962 as an analgesic, hypnotic, and anesthetic. Xylazine is not approved for human use, but is now being used as a recreational drug. It is often mixed with heroin, fentanyl and other opioids that are taken illegally. Xylazine can cause drowsiness, amnesia, and can also slow breathing, heart rate, and blood pressure to dangerously low levels.

One of the alarming factors regarding this narcotic which has surfaced is the fact that Narcan (Naloxone) is not effective or may use multiple doses and is becoming a great concern as there have been fatalities regarding this. Please be aware of "street" fentanyl or "fake" fentanyl.







Pueblo of Isleta Youth Wellness Program Summer Session— June & July 2024

Khu-wam! We here at B'eeh K'oo-ee Wellness - Isleta Youth Wellness Program (IYWP) would like to share our summer session highlights with the community. We had a total of 23 participants that were involved in a variety of experiential activities.



We Are Prevention Focused:

The IYWP uses a positive youth development approach through experiential learning that aims to reduce risk factors and increase protective factors.

We guide youth to develop life skills through the foundation of the four guiding principles of the Tiwa culture:

Tradition

Outdoor experiential education

Service ethics

Services are provided year round through seasonal sessions for youth ages 9 - 17 years. We have after school and summer programming throughout the week with a weekend outing every month.

Transportation is available for youth within the Isleta Pueblo boundaries.



Summer Session Highlights

This summer the youth learned about themselves and each other through our different outings and trips. We started the summer with a river rafting trip down the Rio Chama and were able to meet with our Peacemakers throughout the summer practicing

Tiwa. We visited Pottery Mound and other cultural sites including Chaco Canyon and Mesa Verde. We took the youth rock climbing and camping for some of our experiential outings.

Sponsorships for the Isleta Youth Wellness Program were provided by the Isleta Recreation Center, Isleta Tribal Courts, Isleta Tribal Historical Preservation Office, and the Department of Education. We would like to thank them for their continued support to our youth in Isleta Pueblo.

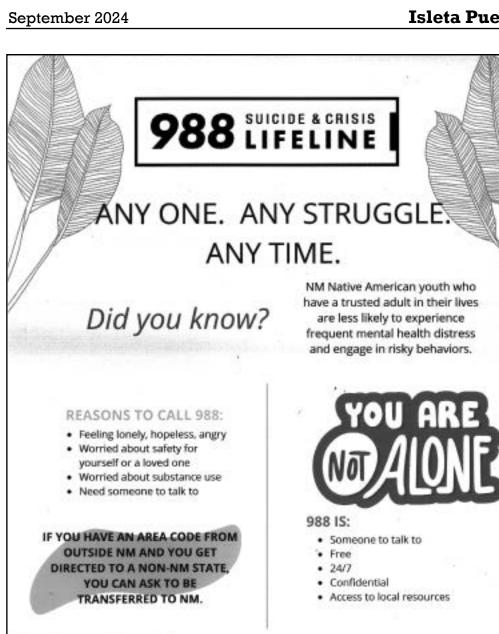
Contact Information:

Tina Jojola, Prevention Coordinator (505) 869-5488

Hanna-Marie (Eashudee), Experiential Educator (505) 589-8436

Marcus Martinez, Experiential Educator (505) 270-1242





Anyone. Any struggle. Any time.

This is the English version of the Tiwa article published in the August POI Newsletter and the IHC Summer Newsletter

Did you know that NM Native American youth who have a trusted adult in their lives are less likely to experience mental health distress and engage in risky behaviors? Unfortunately, for many people when they experience mental health distress, they do not feel that they have the support and care they need, making the bad situation worse, sometimes resulting in suicide or overdose. Studies have shown that in New Mexico, suicide is the leading cause of death for Native Americans.

However, there is hope.

Regardless of someone's current situation or who they are, they deserve to feel heard and met with compassion and understanding. The National Suicide and Crisis Line- more frequently referred to as 988- is that support for a lot of New Mexicans and could be a good support for you or someone you know. The lifeline is not only free, confidential and available 24/7, but it also provides the support from trained professionals who are equipped to handle a variety of situations quickly. 988

Some reasons to call, text or chat with 988 include:

- Worried about safety
- Hard time managing strong emotions
- Relationship troubles
- Worried about substance use
- Need information about local community services
- Or any other reason, you need to talk to

For more information about 988: visit 988nm.org.



CALL.

TEXT.

CHAT.

PRENATAL



DR. A.KISTIN

Call For An Appointment (505) 869-4494 If you are pregnant, or thinking about becoming pregnant, you can get your medical care at Isleta. If you find out you are pregnant, we encourage you to call for an appointment as soon as possible. Our doctors will manage your prenatal care through the majority of your pregnancy. Near the time of delivery, we transfer your care to providers at the hospital where you want to deliver. While prenatal care is different for everyone, you can expect to be seen at least once a month early in the pregnancy. Closer to the time of delivery, you will be seen more frequently. At your prenatal visits, your doctors will answer any questions and talk to you about recommendations regarding what to expect during your pregnancy, medication changes/recommendations, and other topics. Typical prenatal care includes:

FOR MORE INFORMATION ABOUT 988:

VISIT 988NM.ORG

- Ultrasounds (these will be ordered by your doctor and done at an outside facility)
- Managing chronic medical conditions
- Checking for medical conditions that can arise in pregnancy, like gestational diabetes or pre-eclampsia

If you are not yet pregnant, but are thinking about becoming pregnant, we encourage you to schedule an appointment to discuss your questions, make sure any medications you take are safe in pregnancy, and discuss prenatal vitamins. Remember! If you are planning to become pregnant, you should take a daily prenatal vitamin for at least one month before conception.

Valle de Oro NWR Summer Calendar 2024 . W Valle de Oro Nation. Refugio Nacional de

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

www.fws.gov/refuge/valle_de_oro @ValleDeOroNationalWildlifeRefuge

www.friendsofvalledeoro.org @FriendsOfValleDeOro

7851 2nd Street SW Albuquerque, NM 87105

Fri. September 6 **Nature Tots**

Children ages 3-6 and an adult are invited to explore nature with a refuge Ranger. 10:00 am to 11:30 am

Sat. September 7

Saturday at the Refuge

Join artist Anna Rotty and Ranger Giessell for a sun printing workshop and nature walk for a creative blend of nature and art. All ages welcome, materials provided. 11:00 am to 1:00 pm



September 14-22

Latino Conservation Week

Celebrate Latino Conservation Week with free fun for the whole family. We will have activities, prizes, and bilingual tours throughout the week ending with a movie screening on 7/20.

Fri. September 20 **Latino Conservation**

Week: Movie Screening

Join us in celebrating our last night of Latino Conservation Week with a family-friendly movie screening! 5:30 pm to 8:30 pm

Sat. September 21 **Build Your Backyard Refuge** Learn about building a

backyard refuge in a space of any size! Join our partners for talks, walks, demonstrations, activities for kids, and take home free seeds and plants! 9:30 am to 1:00 pm

Sat. September 28 **BARK Rangers**

Bring your furry friends to learn about our pet policies on the refuge and take the pledge to be apart of our BARK Ranger program. All dogs are required to be on leash and non-reactive around others. 1:00 pm to 3:00 pm

Valle de Oro NWR Summer Calendar 2024 * Valle de Oro Nat Refugio Naciona

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

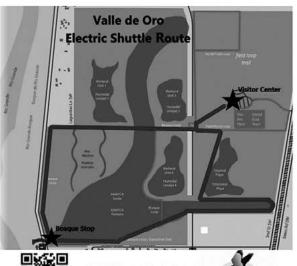
www.fws.gov/refuge/valle_de_oro @ValleDeOroNationalWildlifeRefuge

www.friendsofvalledeoro.org @FriendsOfValleDeOro

7851 2nd Street SW Albuquerque, NM 87105

-Electric Shuttle Rides at Valle de Oro-

Come tour the refuge from the comfort of our electric shuttle service! The open-air electric shuttle seats up to nine visitors at a time and will operate on Wednesdays and Saturdays with regular departure times from the visitor center. The shuttle makes a stop at the west side of the refuge where you have the option to get off and explore trails in the Rio Grande bosque or stay on the shuttle to complete your tour of Valle de Oro National Wildlife Refuge. Contact the refuge or head to our website for more details!









September-Newborn Screening Awareness Month



Newborn Screening Awareness month aims to educate families about newborn screening. About four million babies each year are screened for disorders that are present at birth. Newborn screening is free. There are programs in all 50 states and territories ensuring children in the US are tested within 24-48 hours of being born. This screening has identified over 12,000 infants annually with a condition that, if left untreated, would cause disability or death. The test only takes a few drops of blood from a heel prick and a simple hearing test. Newborn screening saves lives and prevents future health complications.

WIC NEWS

Thank you everyone who participated in our World Breastfeeding and WIC Turns 50 event!



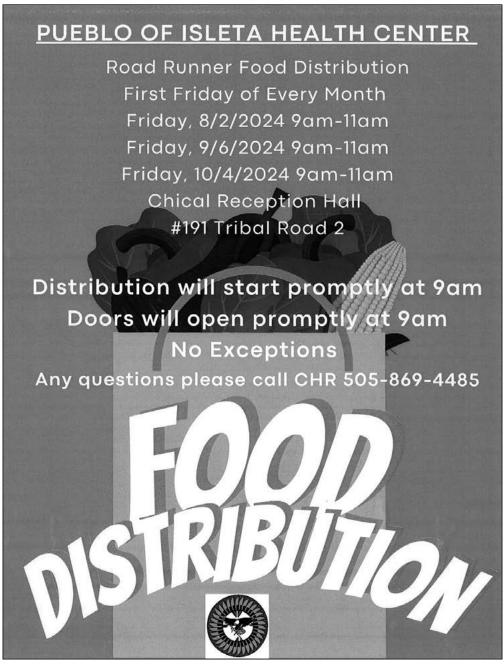
Thank you to all our donors! New Mexico Breastfeeding Task Force, Isleta Tribal Council, Isleta Resort and Casino, the Isleta Recreation Center, Albuquerque Isotopes, NM United, Dion's, Albertsons, Whole Foods, Sam's Club, Jerry's Market, Zuni Smoke Shop and Randy's DJ Services!

Congratulations to all of our raffle winners!

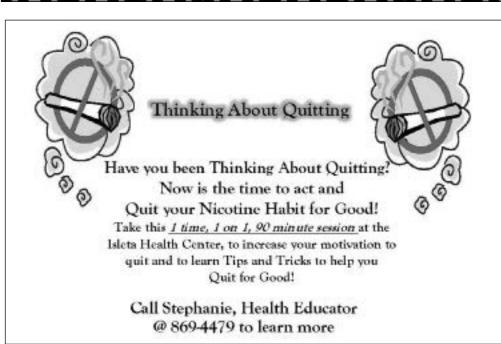
Nick Trujillo Amberrose Papuyo Patricia Charlie Audrena Abeita Andrea Pesina Rachel Chapen Keanna Lucero Travis Jaramillo Autumn Abeita

Joanne Sanchez Judy Abeita FeliciaPapuyo Michelle Chavez Jerri Peace Monica Saucedo Marla Zuni Mayra Perez Cheyenne Montoya











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

ASK THE CLINIC

Isleta Health Center Provider, Dr. Ray Kelley, 505-869-3200

It is normal to have low blood pressure?

Great question! Blood pressure measurements have two numbers – the top number is the systolic pressure, and the bottom number is the diastolic pressure. The goal for most people is about 120 to 130 systolic, and about 80 to 90 diastolic. Many people have a blood pressure lower than 120/80, and they are perfectly healthy. For example, children's blood pressures are supposed to be lower than adults' — their goal blood pressures change with age. Adults with great cardiovascular fitness — like runners and swimmers — often have blood pressures below 120/80. It is common that people with certain health conditions such as cirrhosis have lower yet normal blood pressures.

When is low blood pressure a problem?

Most of the time, low blood pressure is not a problem (see above). Lower blood pressure measurements are only a problem when the person is having symptoms. Someone could have a blood pressure of 110/70 and feel 100% normal – that's no problem! However, someone else could have a blood pressure of 110/70 and feel dizzy, light-headed, or sick – that's a problem! Sometimes low blood pressure is related to being sick, being dehydrated, or certain medications. If you or a loved one have symptoms alongside low blood pressure, get checked by a health professional.

Ask the Clinic, is a new section in the POI Newsletter, where you can ask the Clinic ANY Question and we will answer it in future newsletters. If you have a Question for the Isleta Health Center, please contact Stephanie Barela at 505-869-4479 or email her at Stephanie.Barela@islclinic.net.

Health Beat: Cholesterol Education Month (September) ~CHECK, CHANGE, CONTROL

Stephanie Barela, Health Educator

Phone: 505-869-4479 | stephanie.barela@islclinic.net www.heart.org www.cdc.org

September is National Cholesterol Education Month. Cholesterol is a waxy substance that your body actually needs to build cells, however, too much of it can be a problem. It comes from either your liver or from the food we eat that comes from animals, for example, meat, poultry and full-fat dairy products. These foods are high in saturated and trans fats and cause your liver to make more cholesterol than it otherwise would. Another thing that can trigger your liver to make more cholesterol is some tropical oils, such as palm oil, palm kernel oil and coconut oil.

Cholesterol circulates in the blood and when the amount of cholesterol increases, so does your health risk. That is why it is important to have your cholesterol checked. Make it a point this month to learn your numbers and know your risk. The next time you are at the clinic, ask your provider if you need to get a lipid profile, which is a measurement of your cholesterol and triglyceride levels. According to the heart association, all adults over the age of 20 should have a lipid profile.

There are two types of cholesterol: LDL cholesterol, which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain. When it builds up, it can form a thick, hard deposit on the inside of the arteries, which can narrow the arteries and make them less flexible (atherosclerosis). If a blood clot forms and blocks one of these narrowed arteries, it can cause a heart attack or stroke.

When it comes to cholesterol, this is what to remember: check, change and control. That is:

- Check your cholesterol levels. It's key to know your numbers.
- Change your diet and lifestyle to help improve your levels
- Control your cholesterol, with help from your doctor if needed

Here is what your cholesterol numbers mean:

Total cholesterol(mg/dL):

Less than 200 is desirable

200-239 is borderline high: Depending on your other risk factors, you may be at a higher risk for heart disease. talk to your provider about your overall risk for heart disease. **240** or higher is high: You are at risk for clogged arteries and a heart attack. See your doctor to determine your risk for heart disease.

LDL Cholesterol is BAD cholesterol. KEEP IT LOW!!

- Less than 100 is optimal or ideal.
- 100-129 is near optimal/above ideal
- 130-159 is borderline high
- 160-189 is high
- 190 and above is very high





HDL Cholesterol is GOOD cholesterol. **THE HIGHER THE BETTER!**

• Keep it above 40

Triglycerides are another type of fat in the blood. They come from fat that you eat and are made in the body. Here is what your triglyceride numbers mean:

Less than 150 is NORMAL.

150-199 is borderline-high. You may be at an increased risk for heart disease. To lower your level, aim for a healthy weight and be more physically active.

200-499 is high. Weight control and physical activity are very important to lower your level. Watch out for other heart disease risk factors such as overweight and obesity, diabetes, low HDL and high blood pressure.

Over 500 is VERY HIGH!! ALERT! See your doctor immediately. This level requires attention to prevent severe problems with your pancreas.



Contraception

There are many different types of contraception (also known as "birth control"). These include pills, shots, implants, intrauterine devices (IUDs), among others. These are all available from the doctors at Isleta Health Center. Certain types of contraception such the implant/Nexplanon and the IUD work for a long time and can be removed by a provider whenever the patient desires. These are called, "Long Acting Reversible Contraception" or "LARCs." There have been some updates regarding how long these are effective, so they may last longer than you think!

Copper IUD/Paragard:

- Effective for 12 years
- When it was placed, you may have been told it was effective for 10 years
- If you have an IUD and you still have a regular period, you likely have the copper/Paragard IUD

Hormonal IUD/Mirena:

- Effective for 8 years
- When it was placed, you may have been told it was effective for 5-7 years
- If you have an IUD and you do not have a period, or you
 just have light spotting, you likely have the hormonal IUD
- Bleeding pattern may change over time, but it is still effective at preventing pregnancy

Implant/Nexplanon:

- Effective for 5 years
- When it was placed, you may have been told it was effective for 3 years
- If you have a small rod in your arm, you likely have the implant/Nexplanon
- ${}^{\centerdot}$ Bleeding pattern may change over time, but it is still effective at preventing pregnancy

None of these methods affect long-term fertility. Make an appointment with one of the Isleta Health Center doctors if you have any questions about birth control.

Pueblo Of Isleta Head Start, Early Head Start, & Child Care







Early Head Start Prenatal & Infants





Don't miss this valuable opportunity to kick-start your child's educational journey!





NOW Accepting all Native American families (Any household member with a CIB from <u>any</u> federally recognized tribe)









- · 2023 HOUSEHOLD INCOME (W2 FORM, 1040 TAX FORM, OR 12 MONTHS OF PAY STUBS)
- · PROOF OF BIRTH
- PROOF OF ADDRESS
- · PROOF OF CIB (ANY HOUSEHOLD MEMBER)
- · PROOF OF MEDICAL INSURANCE CARD
 - IF APPLICABLE:
- · PROOF OF PUBLIC ASSISTANCE ELIGIBILITY LETTER (SNAP/TANF)
- ESTABLISHED SERVICES FOR IEP/IFSP













UPCOMING

EVENTS:

Parent

Committee & **Policy Council**

Mtg.-August 1st

@ 5:30pm

First Day of

School For

Students -August 19th

Fatherhood/

Morning Snack -

August 27th @

7:30am

No School/Feast

Aria Abeita

Julian Edaakie

Ava Jaramillo

Ayden Esquibel

Isleta Head Start, Early Head Start, & Child Care Care

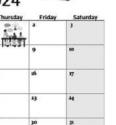


















Reminders:



 Call the front desk if your child will be absent, tardy, or not riding the Head Start Bus.

>Ensure all Health Info. (Dental, Well Child Checks, Immun. Shots) are current in your child's health files.

>Provide an extra set of clothing for your child to keep in their

Grayson Lucero Viviana Rebollo-Abeita Early Head Start Hours: 8:00am-3:00pm **Head Start Hours:**

8:15am-2:45pm

Community Engagement Initiative: Opioid Settlement Funds for Isleta Pueblo

The Pueblo of Isleta is embarking on an important journey to address the impact of the opioid crisis within our community. As recipients of opioid settlement funds, we have a unique opportunity to channel these resources into initiatives that can bring lasting, positive change. To ensure that these funds are used effectively and align with the needs of the community, we will be hosting several town hall meetings to gather your input.

The opioid crisis has affected communities across the nation, including Isleta Pueblo. Families have been torn apart, lives lost, and the ripple effects have touched all aspects of our society. The settlement funds are a form of restitution, offering a chance to heal, rebuild, treat, and prevent.

Our primary goal with these town hall meetings is to engage directly with community members. We believe that the best solutions come from those who are most affected. By listening to your voices, we can develop initiatives that are not only effective, but community-driven.

During the town hall meetings, we will cover several key topics, including:

- 1. Prevention Programs: How can we prevent opioid misuse in our community, especially among our youth?
- 2. Treatment and Recovery Services: What types of treatment and recovery services are most needed, and how can we make them accessible to everyone?
- 3. Support for Affected Families: What support systems can we establish for families dealing with the fallout of opioid addiction?
- 4. Education and Awareness: How can we raise awareness about the dangers of opioids and promote healthy, drug-free lifestyles?

We invite all community members to attend these town hall meetings. Your insights, experiences, and suggestions are invaluable. Together, we can create a comprehensive plan that reflects our collective wisdom and meets the unique needs of our community.

Meeting Schedule

The town hall meetings will be held at various locations across Isleta Pueblo to ensure accessibility for all residents. Specific dates, times, and venues will be announced through the Pueblo of Isleta Newsletter, social media, and the electronic message board outside of IHC.

Let's work together to make our community a model of resilience and recovery. Your voice can help transform these settlement funds into a powerful force for positive change. Join us at the town hall meetings and be part of this crucial conversation.

Please contact Nancy Gonzales, IHC Public Health Director at (505) 869-4462 or nancy. gonzales@islclinic.net with any questions or for more information about the town hall meetings.

ISLETA ELDER CENTER - ADULT DAY CARE SERVICES

It is common knowledge that elder care is one of the fastest-growing areas in the healthcare industry, with a demand that skyrocketed in the last five years. And the country will continue to see an increasing demand for elder care services in the coming years due to a rapidly growing elder population.

Adult day care centers provide participants with services such as meals, basic health care and health assessments, assistance with appointments and activities of daily living (ADL). Adult day care centers also provide for transportation, care coordination as well as therapeutic, recreational and socialization activities. In a nutshell, it is a comfortable place where the elders can spend the day participating in health-seeking activities, while their caregivers are at work, running errands, or enjoying a well-deserved rest and relaxation. It is a compassionate and safe environment for the elders and is considered as a home away from home for some elders.



Father's Day Celebration at Isleta Lakes



We are very thankful for our Summer Interns; they made our days bright and full of cheer!



Songbird Music by Sayushane

A glance at what elders may enjoy while attending the Isleta Adult Day Care Services.



A game of concentration/ coordination



Come join us at Adult Day Services and see what the FUN is all about!



Nutrition Education/Bingo with medical interns and Karen Roop, Dietitian



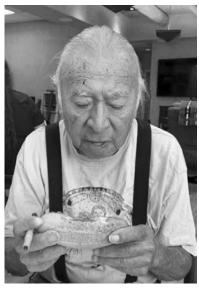
Fire Safety by Isleta Fire Department



Mother's Day Fundraiser, Bouquet Cookies



Educational Sessions by Nevaeh



Fresh pickings from ADS garden



Ceramic painting at the Santa Ana Senior Center

For more information contact: Outreach Manager Isleta Elder Center (505) 869-9770



A fun day at the ABQ Zoo

Isleta Elders visit Top Golf alongside Jason M., PGA



Jason giving some golf swing tips to a few of the participants who have never picked up a club.



Group photo opp. while taking a break at Top Golf.

Every month the Elder Center offers a full schedule of activities to elders 50+ years of age or older such as arts & crafts, pottery, water colors, music, dancing, exercise classes, games, puzzles, field trips, bingo, special events, shopping trips, educational classes, and inter-generational activities. Every month an Elder Center Activities Calendar is published in the Isleta Pueblo newsletter or can be picked up at the EC

Monday-Friday 8:00a-4:30p *Closed for all major holidays



Kenneth lining up his shot.

Come to the Fall Risk Screening Event at the North Domingo Baca Multigenerational Center. THE ISLETA ELDER CENTER WILL BE PROVIDING TRANSPORTATION FOR UP TO 10 PEOPLE. If interested in going, contact the Isleta Elder Center 505-869-9770

YOU HAVE THE POWER TO PREVENT A FALL

Falls Risk Screening Event Join us September 20th

Friday, Sept. 20, 2024 8:30 a.m. - 12:00 p.m. Cost: Free

Where:

North Domingo Baca **Multigenerational Center** 7521 Carmel Ave NE Albuquerque, NM 87113

Health science students and faculty from UNM, PIMA, CNM, and NM Foot and Ankle Institute podiatrists will conduct falls risk screenings including strength and balance tests, shoe fit, medication review, home safety, and more. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall. Optimal aging exhibitors.

Healthy living is about education and action.

Brought to you by: City of Albuquerque Department of Senior Affairs Sports and Fitness Program, New Mexico Adult Falls Prevention Coalition, Albuquerque Area Southwest Tribal Epidemiology Center, and New Mexico Department of Health For more information about Falls Prevention, go to ncoa.org/FallsPrevention



National Council on Aging

WHAT TO DO IF YOU **SUMMER 2024** HAVE COVID-19 Stay at home and away from others until, for at least 24 hours, 1. Your symptoms are getting better, AND 2. You do not have a fever (without taking medications to reduce a fever) Then take extra precautions for the next 5 days: Wear a mask around others Keep your distance Wash your hands frequently Keep spaces well ventilated SCAN QR CODE FOR MORE INFORMATION ON PROTECTING YOURSELF AND OTHERS AGAINST COVID-19: If you are higher risk for severe illness (e.g., elder, multiple health conditions weakened immune system), or have worsening symptoms such as difficulty breathing, chest discomfort, and/or shortness of breath, contact

your health care provider right away. Treatment is available.

CITY OF ALBUQUERQUE SENIOR COMPANION PROGRAM

VOLUNTEER WITH US

Help a senior in need and stay active and engaged.

Join us today!

The City of Albuquerque Senior Companion Program (SCP) supports volunteers so they can assist frail elderly clients maintain independent living.

Volunteers serve directly in the clients' homes helping them with errands, light grocery shopping, daily living activities, and simply spending time providing companionship and friendship.

Volunteers may also provide respite services to family caregivers.



ELIGIBILITY

- BE 55+ AND WILLING TO SERVE AT LEAST 10 HOURS/WEEK, AND UP TO 40
- PASS A FINGERPRINT-BASED BACKGROUND CHECK
- ENJOY HELPING ELDERLY CLIENTS IN NEED OF ASSISTANCE

BENEFITS

- NON-TAXABLE STIPEND FOR INCOME-ELIGIBLE VOLUNTEERS
- MILEAGE AND MEAL REIMBURSEMENT
- SUPPLEMENTAL ACCIDENT AND LIABILITY INSURANCE WHILE SERVING
- TRAINING, CONFERENCES, AND RECOGNITION EVENTS THROUGHOUT THE YEAR



Volunteer Program Manager Isleta Elder Center 505-869-9770, ext. 9335



SENIOR COMPANION PROGRAM

DO YOU CURRENTLY HELP A FRIEND OR NEIGHBOR?

As a volunteer with SCP, you may qualify for benefits with our program!

Non-taxable stipend for income eligible volunteers, meal and mileage reimbursement, recognition, and much more!



- Are you 55 years and older?
- Do you pick up a friend and take them to a senior center?
- Do you help them with transportation to medical appointments?
- Do you go on walks or outings together

JOIN US NOW!

AmeriCorps Seniors ALBUC RO

Volunteer Program Manager Isleta Elder Center 505–869–9770, ext. 9335

Health Beat:

TEMPERATURES AND FOOD SAFETY

Karen Roop, Isleta Diabetes Programs Dietitian Phone: 505-869-4093

Improper handling of food affects millions of people each year. According to the Centers for Disease Control (CDC), 48 million Americans become sick from food every single year. This is about 14% of the population or 1 in 7 people. Of those 48 million people, "128,000 are hospitalized and 3,000 die." One way to help reduce foodborne illnesses is to be mindful of the role temperature plays in food safety.

How long can I keep food out of the fridge?

According to the CDC, foods can be kept out of the fridge at room temperature for two hours. This refers to the temperature of the environment, not the food itself. Once a food is cooked or taken out of the fridge or freezer, you have two hours to consume it before putting it back into the fridge or freezer. If the food is kept at a temperature over 90°F, you only have one hour before putting it into the fridge or freezer. If you want to let the food cool down before putting it in the fridge to prevent dropping the fridge's temperature, that is okay. However, keep in mind you will need to put the food away within the 1- to 2-hour time limit.

Why is it important to not leave foods at room temperature or high temperatures for too long? Bacteria grow rapidly in a temperature range called the "Danger Zone." The danger zone is between 40°F and 140°F. This is why refrigerators are kept at 40°F or below. Hot-holding foods at a temperature above 140°F are also okay for feasts or gatherings.

To learn more about food safety and to take your food handlers training online through IHS, you can reach the course at https://www.ihs.gov/foodhandler/.

Visit these websites for more information:

- https://www.cdc.gov/foodsafety/foodbornegerms.html
- https://www.cdc.gov/foodsafety/tendangerous-mistakes.html
- https://www.fsis.usda.gov/food-safety/safefood-handling-and-preparation/food-safetybasics/danger-zone-40f-140f

What to do if you find a used needle outdoors

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



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

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

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

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

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

Isleta Elder Center Adult Day Services

September 2024 Activity Calendar

MONDAY 2	TUESDAY	3	WEDNESDAY	4	THURSDAY	5	FRIDAY	6
ADS CLOSED In observance of Labor Day	9-10am Breakfast, Social 10-11a Morning Walk 1-3p Clay Making		ADS CLOSED In observance of St. Augustinito Feast		9-10am Breakfast, Social, Health Check 10-11a Stretching & Arthritis Exercises 1-3p Clay Painting		9-10am Breakfast, Socia 10-11a Pool Noodle Exercise 1-3p Canvas Painting	
MONDAY 9	TUESDAY	10	WEDNESDAY	11	THURSDAY	12	FRIDAY	13
9a-3p State Fair Trip ADS CLOSED For Staff Training		9-10am Breakfast, Social 10-11a BINGO w/ Karen, Dietitian 1-3p Tote Bag Painting		9-10am Breakfast, Social 10-11a Prostate Cancer Discussion 1-3p Corn Hole		9-10am Breakfast, Socia 10-11a Stretching & Arthri Exercises 1-3p State Fair Games		
MONDAY 16	TUESDAY	17	WEDNESDAY	18	THURSDAY	19	FRIDAY	20
9-10am Breakfast, Social 10-11a Money Smarts Presentation 1-3p Puzzle Making	9-10am Breakfast, Social 10-11a Money Smarts Presentation 9-10am Breakfast, Social 10-11a Music by Tony Jaramillo 1-30 Stretching & Arthritis		9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Beadwork		9-10am Breakfast, Social 10-11a Morning Walk 1-3p Contiune Beadwork		9-10am Breakfast, Socia 10-11a Blood Cancer Awareness 1-3p PB Ping Pong Gam	
MONDAY 23	TUESDAY	24	WEDNESDAY	25	THURSDAY	26	FRIDAY	27
9-10am Breakfast, Social	9-10am Brea	kfast, Social	9-10am Breakfast	, Social	9-10am Breakfast, Social, Health Check		9-10am B	reakfast, Social
10-11a Pool Noodle Exercise	10-11a Sca	arf Exercise	10-11a Stretching & Arthritis Exercises		10-11a Sickle Cell Awareness		10-11a Morning Walk	
1-3p Snowglobe Making	1-3p Af Woodb	ternoon ourning	1-3p Continue Woo	3p Continue Woodburning Alpaca Trip				giver Training - s and Dementia
9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises	-CA	P	rested in join rogram, ple	ase c	all (505) 8	69-9770		



1-3p Board Games





Pueblo of Isleta (POI)

Legacy Corps/AmeriCorps Program

We are Looking for Volunteer Members

(Earn a monthly stipend of \$200 to perform the following services)

Who qualifies for Legacy Services?

The Veteran Support Service Program offers Community-Based support services targeted for Veterans and military families an elder or a child whose parent is in the military. Must reside in Isleta or we can assign a client to you. Services are designed to support full time caregivers with Respite services and empower Veterans and caregiver with education and networking with community resources to maintain quality of life. Candidates receive 5-10 hours of service per week.

What type of Service Can I expect from this Program?

An array of support services may be provided in order to enhance independent living for Veterans and military families who are eligible. Services include:

- *Respite In-Home Care Services: Non-medical In-Home Care services to a Veteran and/or qualifying family member. An average of 5-10 hours a week will be given to qualifying candidate. Respite In-Home Care allows and enables a full-time caregiver personal time to take a break.
- * Support services include: Preparing light meals and assisting in scheduling arrangements for transportation. Member provides light house work for individual's needs. Guidance given in walks and light exercise in order to maintain mobility. Companionship, storytelling, playing card games and other leisure activities are also included.

Will I get training before I begin my services? Yes, you will receive Pre-service training at the beginning of your service, as well as project specific during service.

What benefits are provided during and after service? *Living allowance * Education award to pay for college or trade school expenses, or to Repay qualified student loans.

How long is the assignment and is it full time? The time of commitment is a 4-year term for 450 hours per year (a minimum of 5-10 hours a week)

How do I apply? Request for an application from the Volunteer Program manager at the POI Elder Center. You will fill out a Pueblo of Isleta and also an AmeriCorps application. Return to the Volunteer Program manager.

For more Information Contact: Volunteer Program Manager, Pueblo of Isleta 505-869-9770 Ext: 9335

Ask the Clinic, is a new section in the POI Newsletter, where you can ask the Clinic ANY Question and we will answer it in future newsletters. If you have a Question for the Isleta Health Center, please contact Stephanie Barela at 505-869-4479, email her at Stephanie.Barela@islclinic.net, or scan the QR Code below.





Isleta Elder Center Menu 2024



Monday	Tuesday	Wednesday	Thursday	Friday
9/2/2024	9/3/2024	9/4/2024	9/5/2024	9/6/2024
ELDER CENTER CLOSED	Sweet & Sour Chicken	ELDER CENTER CLOSED	Sloppy Joe	Baked Tilapia
WE WILL BE CLOSED	Chicken tempura 3oz	Isleta Pueblo	Ground Beef 3oz	Tilapia 3oz
10/1/2	Fried Rice 1/4c	Feast Day	Sloppy Joe Sauce 2oz	Wild Rice 1/2c
P	Peas & Carrots 1/2c		Mixed Vegetables 1/2c	Roasted Asparagus 1/2c
Louser	Sweet & Sour Sauce 2oz		Hamburger Bun	Tartar Sauce
DAY	Fortune cookie	Blessings to you and your family!	Fresh Fruit	Lemon Wedge 1oz
	Jell-o w/fruit		<u> </u>	Fresh Fruit
9/9/2024	9/10/2024	9/11/2024	9/12/2024	9/13/2024
Meatball Sub	Elder Center Kitchen Closed	BBQ RIBLETS	Turkey Melts	Pork Loin
Aeatball 3oz	Kitchen Staff In Training	Pork Riblet 3oz	Slice Turkey 3oz	Pork Loin 3oz
Aarinara Sauce 2oz	No Home Delivered Meals	BBQ Sauce 2oz	Slice Cheese 1oz	Stuffing 1/2c
loagie Bun	Or Congregate Meals Served	Slice onions 1oz	Green Chile 2oz	Steamed Broccoli 1/2c
Aixed Vegetable 1/2c	THE WARE	Hoagie Bun	Slice Bread	Gravy 1oz
ruit Cup	Will resume services	Spear Pickle 1oz	Fruit Cups w/yogurt	Peach cobbler 1/2c
	Wednesday 9/4/24	Orange Slices 1/2c		
9/16/2024	9/17/2024	9/18/2024	9/19/2024	9/20/2024
Minestrone Soup	Biscuits & Gravy	Meatloaf	Posole	Green Chicken Enchilada
idney & White beans 3oz	Sausage patty 3oz	Ground Beef 3oz	Diced Pork 3oz	Diced Chicken 3oz
way vegetable 1/2c	Biscuits 2oz	Diced Celery & onions 1/2c	Red Chile 2oz	Green Chile 2oz
Diced Tomato 1/2c	Country Gravy 2oz	Mash Potato 1/2c	Hominy 1/2c	Shredded Cheese 2oz
mall shell pasta 1/2c	Green Chile 2oz	Gravy 2oz	Oven Bread	Spanish Rice 1/2c
Garlic Bread	Fresh Fruit	Mixed Vegetable 1/2c	Fresh Fruit	Corn tortilla
resh Fruit		Fruit Cup		Fresh Fruit
9/23/2024	9/24/2024	9/25/2024	9/26/2024	9/27/2024
Soup & Sandwich	Chicken Fried Steak	Bell Pepper Casserole	Beans	Pizza
omato Basil Soup 1c	Chicken Patty 3oz	Ground Lamb 3oz	Beans 1c	Pepperoni 3oz
Grilled Cheese Sandwich	Mash Potato 1/2c	Green & Red bell pepper 1/2c	Blue corn Mush 1/2c	Mozzarella Cheese 2oz
resh Fruit	Country gravy 1oz	Steamed rice 1/2c	Red Chile 1oz	Pizza Sauce 1/2c Pizza Crust
	California Blend 1/2c	Marinara Sauce 2oz	Fry Bread	
	Fresh Fruit	Shredded Cheese 1oz	Fresh Fruit	Pasta Salad 1/2c
9/30/2024		Animal Animal		- W
Ham & Cheese Mac	20	Antuoni.	Please call by 9 AM	- William
Dice Ham 3oz			cancel Home Delivered Meals.	
lbow Macaroni 1/2c		10	아내가 있는 그 하는 것이 없다면 맛이 하나면 하게 되었다.	0/0
Cheese Sauce 2oz			Thank you.	W 76
Roasted Broccoli 1/2c	The state of the s	Le Wall ball		- 1 M
resh Fruit	W 10	10 m		0

