



# Isleta Pueblo News

Volume 19 Issue 11

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



November 2024

## Governor's Report

Maguwam,

We hope this newsletter finds our community in good health and spirits. Fall is here and it's nice to see the color changes. It is getting colder in the evenings, so remember to bundle up.

Governor Zuni would like to extend his thanks and appreciation to the community, for all the love and support you have given him during this time. He was recently diagnosed with cancer and is undergoing treatment and is being cared for by his family.

October was a busy month filled with multiple community events that we hope you attended and enjoyed. We are happy to see the return of the Annual Memorial Walk. We hope that this event provided comfort and warm memories for the community as we move into the holiday season.

Every year our departments do a wonderful job celebrating Halloween with creative costumes, goodies, and themed games for the community to enthrall themselves in. We want to say thank you to the community and departments for attending and making this event one that we are always excited to attend.

This month was also filled with plenty of Government-to-Government (G2G) meetings for Tribal Administration. Lt.

Abeita attended the G2G for NM Public Education Department, where Governor Michelle Lujan Grisham notified NM tribes that she plans to propose two new bills to the 2025 NM Legislature. Her plans include an increase in the Native American student funding, and legislation on the tribal regalia for native students. Lt. Abeita also provided testimony to the U.S. Senate Committee on Indian Affairs regarding continued appropriations to the Indian Water Rights Settlement Fund and for the Canons of Construction on Indian Law to become federal statute.

The Tribal Administration would like to thank Rita Jojola for her years of dedication to the Tribe as the Director of the Elder Center and her temporary role as the Assisted Living Administrator. Rita's commitment to the community and her dedication to our elders and our facilities has prospered under her leadership. We want to wish her a



Happy Retirement!

We would like to welcome two new departmental directors, Sonya Sami, Assisted Living Facility Administrator, and Kevin Facer, Elder Center Director. Also, BIE has informed the tribe that a new IES Principal has been hired, Dr. Tamara Allison.

Turkey Distributions will be held on November 20th & 21st, at the Isleta Recreation Center, from 8am to 8pm on these two days. Please see flyer for more information, if you have further questions, please contact the Governor's office at 505-869-3111 and you can speak with Jessica Jiron or Amber Richesin.

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

Ha-Wuh,

Tribal Administration



2024

## Turkey Distribution

Please Join us For This Years Distribution.

The Following Requirements are Required to Participate.

Individuals must provide proof of Tribal Membership and residency.

Only one (1) Turkey per household 18-years-old & over.

A written letter for picking up for another household living within the Isleta Pueblo Boundaries is required. Your cooperation will be appreciated.

Thank you.

• **DATES** – Wednesday, November 20, 2024.

Thursday, November 21, 2024.

• **TIMES** – 8:00 am to 8:00 pm

• **WHERE** – Isleta Pueblo Recreation Center

• **FOR** – Tribal members living within the 50-mile radius.

(Bosque Farms, Los Lunas, Rio Rancho, Bernalillo, Peralta & Belen)

# PER CAPITA DISTRIBUTION

ONE DAY ONLY

FRIDAY,  
NOVEMBER 8, 2024

FROM  
7:00 AM TO 7:00PM

AT THE ISLETA RECREATION CENTER  
60 TRIBAL ROAD 40 - ISLETA, NM 87022

MINOR FORMS ARE AVAILABLE AT CENSUS OFFICE  
AND TRIBAL COUNCIL OFFICES MONDAY-FRIDAY  
8:30 AM-4:30 PM, IF YOU HAVE QUESTIONS PLEASE  
CONTACT TRIBAL COUNCIL AT 505-869-9746

LETTER FROM THE EDITOR

**DEADLINE for December Newsletter articles is set for Wednesday, November 13, 2024, at 4:30 pm.** Articles may be dropped off at the Library or emailed to [Nathaniel.Lujan@isletapueblo.com](mailto:Nathaniel.Lujan@isletapueblo.com). Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you,  
Nathaniel Lujan

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

The fifteen Newsletter distribution locations are:

1.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

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

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

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

14.

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

15.

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

PROBATES

IN THE MATTER OF THE ESTATE OF: Case No. CV-PR-0033-2024  
Gloria Carpio

First Notice

**TAKE NOTICE** that in accordance with notice requirements, a Petition to Probate the Estate of Gloria Carpio, deceased 12/23/1994, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for Thursday, December 19, 2024 at 1:30 p.m. 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: Case No. CV-PR-0069-2024  
Marcelina Hightower

First Notice

**TAKE NOTICE** that in accordance with notice requirements, a Petition to Probate the Estate of Marcelina Hightower, deceased 05/13/2024, 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: Case No. CV-PR-0104-2024  
Stella K. Olivier

First Notice

**TAKE NOTICE** that in accordance with notice requirements, a Petition to Probate the Estate of Stella K. Olivier, deceased 06/22/2024, 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: Case No. CV-PR-0060-2024  
Juan Anthony Lucero

Second Notice

**TAKE NOTICE** that in accordance with notice requirements, a Petition to Probate the Estate of Juan Anthony Lucero, deceased 07/30/2022, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for 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: Case No. CV-PR-0083-2024  
Tyonna Garcia

Second Notice

**TAKE NOTICE** that in accordance with notice requirements, a Petition to Probate the Estate of Tyonna Garcia, deceased 07/16/2024, 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 Monday, October 07, 2024 at 3:15 p.m. 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: Case No. CV-PR-0093-2024  
Antonio Rafael Lucero

Second Notice

**TAKE NOTICE** that in accordance with notice requirements, a Petition to Probate the Estate of Antonio Rafael Lucero, deceased 10/17/2022, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for 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.



2024 GENERAL ELECTION

BERNALILLO COUNTY – Bureau of Election

NOV 02, 2024, SATURDAY

EARLY VOTING

ENDS 7:00PM

NOV 05, 2024, TUESDAY

GENERAL ELECTION DAY

7:00AM TO 7:00PM

EARLY VOTING POLL SITES:

(21)

Beginning Saturday, October 19, 2024

Early Voting Convenience Centers (EVCCs)

1. 98th & CENTRAL SHOPPING CENTER, 120 98th St NW, Suite B101, B102

2. ANDALUCIA SHOPPING CENTER, 5600 Coors Blvd NW, Suite C-5

3. BERNALILLO COUNTY, Visitor & Cultural Center, 6080 Isleta Blvd SW,

4. CARACOL PLAZA, 12500 Montgomery Blvd NE, Suite 101

5. CENTRAL MERCADO, 301 San Pedro Dr, SE, Suite B, C, D, E

6. COTTONWOOD WEST, 10131 Coors Blvd NW, Suite C-02

7. DASKALOS SHOPPING CENTER, 5339 Menaul Blvd NE

8. FOUR HILLS SHOPPING CENTER, 13140 Central Ave SE, Suite 420

9. HOLLY PLAZA, 6500 Holly Ave NE, Suite B-6

10. LOS ALTOS PLAZA, 4200 Wyoming Blvd NE, Suite B-3

11. LOS RANCHOS VILLA, 6601 4th Street NW, Suite U

12. PETROGLYPH PLAZA, 8201 Golf Course Rd NW Suite D-1
13. SOUTH VALLEY MULTI PURPOSE SENIOR CNTR, 2008 Larrazolo Rd, SW

14. THE SHOPPES AT 6001 SAN MATEO, 6001 San Mateo Blvd, Suite B-3

15. TIJERAS CITY HALL, 12 Camino Municipal, Tijeras

16. UNIVERSITY OF NEW MEXICO, Student Union Building, Louie’s Lounge

17. WEST BLUFF SHOPPING CENTER, 5211 Ouray Rd NW, Suite B  
“above” OPERATION DATES & HOURS: Monday Oct 28 – Saturday Nov 02 – 10:00am to 7:00pm

18. CLERK’S ANNEX, 1500 Lomas Blvd NW, Suite A –  
Beginning Tuesday October 08, 2024  
OPERATION DATES & HOURS: Monday Oct 28 – Saturday Nov 02 – 10:00am to 7:00pm

TRIBAL RESERVATION EARLY VOTING SITES

20. ISLETA ELDER CENTER, 1005 Tribal Road 140, Isleta

OPERATION DATES & HOURS: MONDAY Thru SATURDAY (10am-7pm)  
Monday Oct 28 – Saturday Nov 02 - 10:00am- 7:00pm
21. DESIDERIO COMMUNITY CENTER, 117 Tribal Rd 7036, ToHajiilee, NM

OPERATION DATES & HOURS: MONDAY Thru FRIDAY (10am – 6pm)  
Monday Nov 28 – Friday Nov 01 - 10:00am- 6:00pm

ELECTION DAY POLL SITES: November 05, 2024

OPEN - 7:00am to 7:00pm

Voting Convenience Centers (VCCs)

- 98th & Central Shopping Center – 120 98th St NW, Suite B101 & B102, 87121

Andalucia Shopping Center – 5600 Coors Blvd NW, Suite C-5, 87120

Bernalillo County Visitor Center – 6080 Isleta Blvd SW, 87105

Caracol Plaza – 12500 Montgomery Blvd NE, Suite 101, 87111

Central Mercado – 301 San Pedro Dr. SE, Suites B, C, D & E, 87108

Clerk’s Annex – 1500 Lomas Blvd NW, Suite A, 87104

Cottonwood West – 10131 Coors Blvd NW, Suite C-02, 87114

Daskalos Center – 5339 Menaul Blvd NE, 87110

Desiderio Community Center – 117 Tribal Rd 7036, ToHajiilee NM 87026

Four Hills Shopping Center – 13140 Central Ave SE, Suite 1420, 87123

Holly Plaza Shopping Center – 6600 Holly Ave NE, Suite B-6, 87113

Isleta Elderly Center– 1005 Tribal Rd 140, Isleta NM 87022

Los Altos Plaza – 4200 Wyoming NE, Suite B-3, 87111

Los Ranchos Villa – 6601 4th St NW, Suite U, 87107

Petroglyph Plaza – 8201 Golf Course Rd. NW, Suite D-1, 87120

South Valley Multipurpose Senior Center – 2008 Larrazolo Rd SW, 87105

The Shoppes at 6001 San Mateo – 6001 San Mateo NE, Suite B-3, 87109

Tijeras City Hall – 12 Camino Municipal, Tijeras NM 87059

University of New Mexico– Student Union Building, Louie’s Lounge, 87131

West Bluff – 5211 Ouray Rd NW, Suite B, 87120

A. Montoya Elementary School– 24 Public School Rd, Tijeras NM 87059

Adobe Acres Elementary School – 1724 Camino Del Valle SW, 87105

Albuquerque High School – 800 Odelia Rd NE, 87102

Arroyo Del Oso Elementary School – 6504 Harper Dr NE, 87109

Bandelier Elementary School – 3309 Pershing Ave SE, 87106

Bellehaven Elementary School – 8701 Princess Jeanne Ave NE, 87112

Chaparral Elementary School – 6325 Milne Rd NW, 87120

Cibola High School – 1510 Ellison Dr NW, 87114

CNM Workforce Training Center – 5600 Eagle Rock Ave NE, 87113

Del Norte High School – 5323 Montgomery Blvd NE, 87110

Double Eagle Elementary School – 8901 Lowell Dr NE, 87122

Duranes Elementary School – 2436 Zickert Rd NW, 87104

Eisenhower Middle School – 11001 Camero Ave NE, 87111

Eldorado High School – 11300 Montgomery Blvd NE, 87111

Forest Meadow Baptist Church – 54 Hwy 217, Tijeras NM 87059

Garfield Middle School – 3501 6th St NW, 87107
- Henry “KIKI” Saavedra Community Center - 201 Prosperity Ave SE

Hayes Middle School – 1100 Texas St NE, 87110

Herman Sanchez Community Center – 1830 William St SE, 87102

Highland High School – 4700 Coal Ave SE, 87108

Holiday Park Community Center – 11710 Comanche Rd NE, 87111

Hubert H Humphrey Elementary School – 9801 Academy Hills Dr NE, 87111

Jackson Middle School – 10600 Indian School Rd NE, 87112

Jefferson Middle School – 712 Girard Blvd NE, 87106

Kennedy Middle School – 721 Tomasita St NE, 87123

La Cueva High School – 7801 Wilshire Ave NE, 87122

La Mesa Elementary School – 7500 Copper Ave NE, 87108

Lyndon B Johnson Middle School – 6811 Taylor Ranch Rd NW, 87120

Madison Middle School – 3501 Moon St NE, 87111

Manzano High School – 12200 Lomas Blvd NE, 87112

Manzano Mesa Elementary School – 801 Elizabeth St SE, 87123

McKinley Middle School – 4500 Comanche Rd NE, 87110

Montezuma Elementary School – 3100 Indian School Rd NE, 87106

North Star Elementary School – 9301 Ventura St NE, 87122

Onate Elementary School – 12415 Brentwood Hills Blvd NE, 87112

Pajarito Elementary School – 2701 Don Felipe Rd SW, 87105

Polk Middle School – 2220 Raymac Rd SW, 87105

Raymond G Sanchez Community Center – 9800 4th St NW, 87114

Rio Grande High School – 2300 Arenal Rd SW, 87105

Rudolfo Anaya Elementary School – 2800 Vermejo Park Dr SW, 87121

Sandia High School – 7801 Candelaria Rd NE, 87110

Taylor Middle School – 8200 Guadalupe Trl NW, 87114

Truman Middle School – 9400 Benavides Rd SW, 87121

Valle Vista Elementary School – 1700 Mae Ave SW, 87105

Valley High School – 1505 Candelaria Rd NW, 87107

Van Buren Middle School – 700 Louisiana Blvd SE, 87108

Ventana Ranch Elementary School – 6801 Ventana Village Rd NW, 87114

Vista Grande Community Center – 15 La Madera Rd, Sandia Park NM 87047

Volcano Vista High School – 8100 Rainbow Blvd NW, 87114

Washington Middle School – 1101 Park Ave SW, 87102

West Mesa High School – 6701 Fortuna Rd NW, 87121

Zuni Elementary School – 6300 Claremont Ave NE, 87110

Bernalillo County Voters may vote in-person or hand-deliver a

completed absentee ballot to any of these locations.

Ballot Drop Box Locations:

Alvarado Square

415 Silver SW 87102

Voting Machine Warehouse

2400 Broadway Blvd SE, Building H 87102

WHO CAN VOTE? Eligible Voters registered is QUESTIONS

– Bernalillo County Clerk’s Office – 505-243-VOTE (8683)

or clerk@bernco.gov. Visit BerncoVotes.org and follow us on

Facebook and Twitter.

For more information from the

Bernalillo County Clerk visit:

https://www.berncoclerk.gov

or scan this code

with your smartphone





TRIBAL ELECTION  
OFFICIAL PUBLIC NOTICE

For Declaration of Candidacy for the 2025-2026 Term for Pueblo of Isleta  
Tribal Governor and Tribal Council

Early Voting for the General Election shall be held **Wednesday and Thursday, November 20 and 21 from 8 a.m. to 7 p.m. both days** and **Saturday, November 23 from 8 a.m. to noon**. All early voting shall be held at the Isleta Recreation Center Gymnasium.

The General Election will be held on **Saturday, November 30 from 8 a.m. to 7 p.m.** at the Isleta Recreation Center Gymnasium.

Voters with disabilities who are unable to physically walk from their vehicle to the polling place shall receive in-vehicle registration and voting assistance from poll clerks.

  
Elizabeth Kirk, Tribal Council Secretary



PROHIBITION OF DISORDERLY CONDUCT AND  
ELECTIONEERING

**Electioneering Strictly Prohibited.** No person shall campaign or discuss candidates within 100 feet of the polling place while registration, nomination, or elections are taking place. Elections Code, Law and Order Code § 03-05-02(H).

**Disorderly Conduct Strictly Prohibited.** No photography or recording shall be permitted within 100 feet of the polling place during election, registration, or nomination events. No harassment, intimidation, or other disorderly conducted shall be permitted within 100 feet of the polling place. No loitering shall be permitted within 100 feet of the polling place. Individuals, including poll watchers, in violation of this section shall be subject to removal and/or arrest by the Isleta Police Department. Elections Code, Law and Order Code § 03-05-02(I)

Join the Elder  
Advisory Committee!  
BE A PART OF OUR MISSION



Five positions will need to be filled to take over January 1, 2025.  
Interested Individuals should submit a letter of interest to the Tribal Council via email to:  
[Tribal.Council@isletapueblo.com](mailto:Tribal.Council@isletapueblo.com) or  
deliver in person to Tribal Council Chambers.

Questions? Call us at 505-869-9746

The Elections Board is  
seeking members!  
BE A PART OF OUR BEGINNINGS



There are four vacancies for the Elections Board, one of the positions is reserved for a young person between the ages of 18-25 years old.  
Please submit a letter of interest to the Tribal Council vis email:  
[Tribal.Council@isletapueblo.com](mailto:Tribal.Council@isletapueblo.com)  
or hand deliver to Tribal Council Chambers.

Questions: Call us at 505-869-9746

Tribal Enrollment Committee  
is seeking members!  
BE A PART OF OUR FUTURE



Two vacancies need to be filled. Meetings are as needed, according to caseload, after 4:30 p.m.

Please submit a letter of interest to the Tribal Council vis email:  
[Tribal.Council@isletapueblo.com](mailto:Tribal.Council@isletapueblo.com)  
or hand deliver to Tribal Council Chambers.

Questions: Call us at 505-869-9746

The IPHA Board of  
Commissioners is seeking you!  
BE A PART OF OUR DEVELOPMENT



Five vacancies need to be filled. Meetings are as needed, according to items to be addressed.

Please submit a letter of interest to the Tribal Council vis email:  
[Tribal.Council@isletapueblo.com](mailto:Tribal.Council@isletapueblo.com)  
or hand deliver to Tribal Council Chambers.

Questions: Call us at 505-869-9746



Department of Natural Resources

The Department of Natural Resources has been working closely with Governors regarding the issues and concerns we face in the Bosque. It is our goal to regain access to reconnect the community to the Rio Grande and Bosque. We are removing invasive species (Russian Olive, Siberian Elm, Tree of Heaven, and Salt Cedar) from the forest to reduce fuel loading by processing cottonwood logs for firewood and oven wood for the community’s use. In this initiative we are getting multiple benefits by reducing the risks to catastrophic wild fire, improving habitat, improving forest health, and access for tribal member use. The project recently completed is a 30-acre section which was hand treated near the 240 wasteway north. We are planning to expand from Los Charco’s area to Hwy 1-47 to capture a larger scale of land reclamation of the Bosque. In a second phase we are working with the Cultural Affairs Department with plans to re-establish fruit trees and native plants for community to harvest and to provide ground cover where invasive species were removed in the Bosque. The Bureau of Reclamation is funding the Pueblos Bosque Restoration Crew for treatment of invasive species, jetty jack removal and maintenance. We are currently working with Army Corp of Engineers on a feasibility study to develop a treatment plan driven by the Pueblo with all concerns and needs.



The Health Advisory Committee is seeking members!

BE A PART OF OUR HEALING



Two vacancies need to be filled. Interested candidates must have a medical background. Meetings are quarterly, between the hours of 5pm-7pm.

Please submit a letter of interest to the Tribal Council vis email: Tribal.Council@isletapueblo.com or hand deliver to Tribal Council Chambers.

Questions: Call us at 505-869-9746

YDI VALENCIA FAMILY RESOURCE CENTER (FRC)

The FRC program is designed to help participants:

- Enhance the quality of life
- Overcome specific barriers of care
- Understand healthcare
- Coordinate substance abuse care or other healthcare services
- Develop an individual service plan
- Set goals based on their needs
- Determine resources available based on their needs



Services Include:

- ✓ Utility assistance
- ✓ rent/mortgage assistance
- ✓ Gas Cards
- ✓ Help with basic needs
- ✓ And More

Contact Us:

505-352-3495 505-541-0159  
valenciaprogramreferrals@ydinm.org  
428 Los Lentes SE, Los Lunas NM 87031

# Isleta Health Education Presentation

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


## The Basics of Prostate Cancer Screening, Diagnosis and Treatment: An Overview

David Turner, Prostate Cancer Association of NM

**Tuesday, November 12, 2024**  
**5-6:30pm**

**LOCATION:**  
Isleta Health Center  
Lg Conference Room  
Enter on the 2<sup>nd</sup> Door on the North Side

**DINNER Provided**



**PRIZES**  
**ALL WELCOME!**

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

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

*Isleta Pueblo Cultural Center*

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

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

**ALL MEDIUM OF ARTWORK WELCOME!**  
*Please make an appointment with  
Isleta Pueblo Cultural Center@ 505-869-9768*

**CALL FOR MILITARY PHOTOS!! WE ARE WORKING ON ISLETA’S MILITARY WALL. PLEASE SUBMIT PHOTOS FOR DISPLAY TO THE CULTURAL CENTER.**





Job Postings

Visit us online at <http://www.isleta.com/career-opportunities.aspx>

Fax: 505-244-8232

OUR LOCATION

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

**SECURITY OFFICER I**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Job Family: N/A  
Level: Non-Exempt

**SLOTS SHIFT SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**RETAIL ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**COOK**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SECURITY OFFICER I**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SECURITY OFFICER II**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SECURITY OFFICER II**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**FRONT OFFICE SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**WARDROBE ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**FRONT DESK AGENT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**CALL CENTER AGENT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**NETWORK ADMINISTRATOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Exempt

**LAKES GROUNDSKEEPER**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**CAGE CASHIER**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**HVAC TECH II**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**FOOD ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**STEWARD**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**IT SPECIALIST I**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**COMPENSATION & BENEFITS SPECIALIST II**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Exempt

**CUSTODIAL ASSISTANT SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**MAIN BANKER**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**HVAC TECH III**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**HDC SPECIALIST**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**COSMETOLOGIST**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**STEWARD**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**MARKETING COORDINATOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**TABLE GAMES DEALER**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**HOUSEPERSON**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**PLAYERS CLUB REPRESENTATIVE**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**PROMOTIONS COORDINATOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**POOL ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**REVENUE AUDITOR II**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**PROMOTIONS MANAGER**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Exempt

**SHIPPING & RECEIVING CLERK**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**VALET ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SUPERVISOR F & B**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SLOTS FLOOR ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**ROOM ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Job Family: N/A  
Level: Non-Exempt

**BINGO ADMISSIONS CLERK**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**PLAYERS CLUB REPRESENTATIVE**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**HDC SPECIALIST**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SURVEILLANCE SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**BARTENDER**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SECURITY OFFICER III**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Job Family: N/A  
Level: Non-Exempt

**EMPLOYEE RELATIONS COORDINATOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SLOTS SHIFT SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SURVEILLANCE AGENT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**COOK**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SLOTS FLOOR ATTENDANT**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**LAKES GROUNDSKEEPER -**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Job Family: N/A  
Level: Non-Exempt

**SLOTS LAB TECHNICIAN**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**MAINTENANCE MECHANIC**  
Location: Albuquerque, NM  
Publish Date: 10/22/2024  
Job Family: N/A  
Level: Non-Exempt

**SPORTS BOOK WRITER**  
Location: Albuquerque, NM  
Publish Date: 10/22/2024  
Job Family: N/A  
Level: Non-Exempt

**HDCT**  
Location: Albuquerque, NM  
Publish Date: 10/16/2024  
Level: Non-Exempt

**LAKES CASHIER**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**SLOTS FLOOR TECHNICIAN**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Job Family: N/A  
Level: Non-Exempt

**NAIL TECHNICIAN**  
Location: Albuquerque, NM  
Publish Date: 10/24/2024  
Level: Non-Exempt

**GROUNDSKEEPER**  
Location: Albuquerque, NM  
Publish Date: 10/22/2024  
Level: Non-Exempt

**CUSTODIAN**  
Location: Albuquerque, NM  
Publish Date: 10/16/2024  
Job Family: N/A  
Level: Non-Exempt

**LOBBY PORTER**  
Location: Albuquerque, NM  
Publish Date: 10/15/2024  
Level: Non-Exempt

**Homeownership & Loan Agreement Counselor-IPHA**  
Location: Albuquerque, NM  
Publish Date: 10/08/2024  
Level: Non-Exempt

**Development Program Coordinator-IPHA**  
Location: Albuquerque, NM  
Publish Date: 09/18/2024  
Level: Non-Exempt

Little Island Lecture Series

November 26, 2024

5:00pm to 6:30pm

Come and join us for an Evening of Storytelling and Laughter!

Isleta Pueblo Cultural Center


71 Tribal Road 40 – Isleta Pueblo

Everyone Welcome!



Pueblo of Isleta Career Opportunities


Position Posting	Office Location	Closing Date
ANIMAL CONTROL OFFICER	Police Department	Open Until Filled
ARCHIVIST	Cultural & Historic Preservation	Open Until Filled
ASSISTANT AQUATIC COORDINATOR	Parks & Recreation	Open Untill Filled
CAREGIVER	Assisted Living Facility	Open Until Filled
COMMUNITY HEALTH REPRESENTATIVE	Health Services	Open Until Filled
DIRECTOR, CLINICAL SERVICES/ NURSE PRACTITIONER	Health Services	Open Until Filled
DIRECTOR, FINANCIAL PLANNING &ANALYSIS	Treasury	Open Until Filled
EMT BASIC (3 Positions)	Health Services	Open Until Filled
EMT - INTERMEDIATE (2 Positions)	Health Services	Open Until Filled
FIREFIGHTER	Fire Department	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HOME CARE ATTENDANT	Elder Center	Open Until Filled
IRRIGATION TECH	Agricultural Division	Open Until Filled
IRRIGATION & LANSOCAPE TECHNICIAN	Parks & Recreation	Open Until Filled
LABORER	Public Works	Open Until Filled
LIBRARY AIDE I	Library	Open Until Filled
LIFEGUARD	Parks & Recreation	Open Until Filled
LIFEGUARD ASSISTANT	Parks & Recreation	Open Until Filled
MULTIMEDIA SPECIALIST	Dep. of Education	Open Until Filled
NURSE PRACTITIONER	Health Services	Open Until Filled
PATIENT REFERRAL COORDINATOR	Health Services	Open Until Filled
PERSONAL CARE SERVICE AIDE	Elder Center	Open Until Filled
PHYSICAL THERAPIST	Health Services	Open Until Filled
POLICE CADET	Police Department- Open Space	Open Until Filled
POLICE OFFICER I	Police Department	Open Until Filled
POLICE OFFICER II	Police Department	Open Until Filled
RANGELAND DATA MONITOR	Natural Resources	Open Until Filled
RECEPTIONIST	Parks & Recreation	Open Until Filled
TRANSPORTATION ENGINEER	Transportation Services	Open Until Filled
TRUANCY COORDINATOR	Truancy	Open Until Filled
UTILITY WORKER	Public Works	Open Until Filled
VETERAN SUPPORT SERVICE MEMBER	Elder Center WITHIN ONLY	Open Until Filled
WATER/WWTP OPERATOR I-IV	Public Works	Open Until Filled



PUEBLO OF ISLETA

DEPARTMENT OF EDUCATION

(505) 869-9790




NEED HELP  
WITH  
HOMEWORK?

THE 2024-2025 TUTORING PROGRAM IS OFFERING  
SUPPORT IN ALL SUBJECTS!

WE BEGIN  
AUG. 19TH

MON - THURS  
3 PM - 5:45 PM

Register today!



HTTPS://ISLETAPUEBLO.FORMSTACK.COM/  
FORMS/TUTORING24



SIGN UP  
TODAY!!

VILLAGE OF BOSQUE FARMS

and

ROCKY MOUNTAIN  
PUPPY RESCUE

SPAY & NEUTER  
CLINIC

NOVEMBER 2ND-4TH

 (505) 869-2358

 1355 W Bosque Loop  
Bosque Farms NM

SPAY IT FORWARD SPAY  
NEUTER CLINIC IS BACK AT  
BOSQUE FARMS AND SLOTS  
ARE STILL OPEN FOR DOGS.

Click [here](#) to register and secure payment.  
Fee of \$100 per dog.

BFAQ will call to set date/ drop off.



STERILIZATION SURGERY FOR  
DOGS INCLUDE:

☒ Parvo/Distemper Vaccine

☒ Pain shot (post surgery)

☒ Rabies vaccine

☒ Protective medical cone

SCAN TO REGISTER  
AND PAY



No walk-ins!! By appointment only!!

COMMUNITY SERVICE COORDINATOR

Hello everyone, my name is Christine Abeita, and I am back at the Tribal Court as the Community Service Coordinator. Fall season has arrived and it is time to clean up yards and other areas. If you would like services provided, please reach out to me through the Tribal Court phone number at 505-869-9699 or my work cell phone number at 505-916-4026. Pueblo of Isleta Departments and Tribal Programs, please use the “Request for Community Service Workers” located on the Tribal Court Services website and email to: Christine.Abeita@isletapueblo.com. Thank you, and I look forward to hearing from you!

Updated April 2022



# DEPARTMENT OF EDUCATION



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

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

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

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

**Application absolute deadline dates :**

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

**Supporting document absolute deadline dates:**

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

ENVIRONMENT

E. coli bacteria in MPN/100 ml by POI Sample Location*	Month & Year of collection											
	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	256	426
240 Wasteway	204	461	416	613	378	41	85	228	350	214	374	295
Indian Interior Drain @ 240 Wasteway	66	14	34	10	16	25	52	61	189	139	292	74
NM 147	920	410	387	2419	178	52	171	52	364	238	373	262
Black Bridge	381	325	387	1299	435	31	158	75	473	435	216	173
Northern Boundary near Isleta Lakes	648	218	121	547	118	109	63	74	313	547	246	1259
Albuquerque Riverside Drain	64	86	79	69	142	36	147	73	759	727	131	121
Acequia Madre near Northern Boundary	127	-	-	-	-	25	146	95	122	365	79	178
Butte Lateral near Interstate-25	-	-	-	-	-	19	-	62	290	-	199	-

\*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 in case of an update to Governor’s order.

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

Public Works Department  
505 869-5170

IS THERE LEAD IN YOUR WATER PIPES?

Public Works needs your help to “fill in the blanks” on the lead inventories. We need to know what type of pipe was used to connect your home to the shut-off; if this line had been replaced and what type of piping was used; if there is any type of water filtration at your home; the owners name, physical and mailing addresses, phone number, and year home was constructed. All of the information collected goes back to the Environmental Protection Agency (EPA).

All of this information is important as it helps us submit more thorough funding requests to update these lines to protect the safety and health of the community.

The initial inventory for each of the four water systems on the Pueblo were submitted to the EPA on October 15, 2024. EPA is reviewing each inventory and will contact the Pueblo with any questions. What we submitted was not comprehensive. We still need to “fill in the blanks”.

Public Works may have information on what materials were used when your home was constructed. If we know the home was built after 1990 based on records we have on file, there will be no need for you to complete a form. Any homes or business we do not have records on will be asked to complete a form with the information requested.

Thank you in advance for your cooperation in assisting the Public Works Department by providing the necessary information. If you have any questions, please contact our main office at 505-869-5170.

Department of Natural Resources  
Improving Our Sand Ditch

Bureau of Reclamation Grant Funded Irrigation Ditch Rehabilitation Project

Why Are We Rehabilitating the Sand Ditch?

Our Sand Irrigation Ditch is a vital resource for our community's agricultural and landscape needs. Over time, it has experienced natural wear, sediment buildup, and reduced flow efficiency. To maintain sustainable water access and promote efficiency and conservation, we are undertaking a rehabilitation project to restore the ditch to optimal working conditions.

Key Benefits of the Rehabilitation Project

- **Increased Efficiency:** By reducing leaks and sediment build-up, more water will reach users quickly and efficiently.
- **Water Conservation:** A rehabilitated ditch minimizes water loss, helping us make the most of every drop and reduce waste.
- **Improved Reliability:** The project will improve the structural integrity of the ditch, reducing the risk of breaks or overflow during peak usage.
- **Improved Operation and Maintenance Access:** Per Tribal Resolution 2023-065, a 14-foot easement from the edge of the apron on both sides of the ditch will be created and maintained.

\*Fences encroaching withing the easement will be relocated by Department of Natural Resources staff outside the easement.

Project Timeline

- **Start Date:** November 1, 2024
- **Estimated Completion:** May 15, 2025
- **Working Hours:** Monday-Thursday, 7 AM - 5:30 PM

How You Can Help

- **Stay Informed:** Follow our updates and notify us of any concerns or observations during the project.
- **Respect Construction Zones:** Please avoid restricted areas and follow any posted signs to ensure safety.

Contact Information

If you have questions or need more information, please contact:  
**Clint Lente, Director of Natural Resources,**  
Phone: 505-869-7567

Thank you for your cooperation and support as we work together to enhance our community's water resources.





**SANTA FE INDIAN SCHOOL**

**25-26 APPLICATION OPENS NOV. 1, 2024**

**GRADES 7-12**

**CONTACT ADMISSIONS**  
**WWW.SFIS.K12.NM.US**  
**505-989-6370**



Truancy

Greeting,  
Boo! Halloween has come and gone. It's time for Thanksgiving and Football.

The Truancy department hopes your Halloween was full of fun and candy. We hope you and your families enjoyed the awesome fall activities that happened such as the annual Ballon Fiesta and the fun events at the Ballon Fiesta Park, like the Ballon glow and all of the special shapes. There was also McCall's pumpkin patch and the Galloping Goat Pumpkin Patch. Where ever you went or the activities you participated in, we're sure that you and your families had an amazing time!

The Truancy department was happy to take part in the Halloween Carnival and to be able to give out some fun goodies to the community. It was fun seeing the kids dressed up and having fun playing games and enjoying the evening with POI departments. We were also happy to take part in the trunk-or-treat held at the Isleta Elementary school. It was wonderful seeing all the kids dressed up in fun costumes and handing out goodies as well.

Several staff members attended the International Truancy and Dropout Prevention Conference in North Carolina during the month of October. School principals, Attendance secretaries, School counselors, Probation officers, school district superintendents, Court Liaisons, and graduation coaches, to name a few, were all in attendance. After listening to what was shared throughout the conference, we realized that although our numbers aren't as high as some of these districts, we do have a concern for the high numbers of chronically truant students with our community. Information on the causes of chronic absenteeism, homelessness, and many success stories were shared, along with the steps that various states are taking to work with students and their families to address absences. It was also interesting to hear that the number one way to communicate with families is by email; if any of our parents have an email, please contact our office to make sure we have it on file and we can start implementing emailing our families with important information.

Overall, the conference was filled with very interesting information and how just the little changes we make in our programs can make a huge difference in the ways our students and families view daily school attendance. If you or your students have any suggestions as to how we can address the causes of chronic absenteeism, please do not hesitate to reach out to our department.

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



JOIN THE ISLETA DEPARTMENT OF EDUCATION FOR A

*Scholarship Essay Workshop*

IF YOU ARE A **JUNIOR OR SENIOR** IN HIGH SCHOOL COME LEARN ABOUT EFFECTIVE TECHNIQUES IN WRITING ESSAYS FOR SCHOLARSHIP APPLICATIONS!

NOVEMBER 13, 2024 |6PM

950 MOONLIGHT DRIVE SW  
ALBUQUERQUE NM 87105  
505-869-9790



Refreshments will be served

Bring your MAC or Chrome Book

**PUEBLO OF ISLETA DEPARTMENT OF EDUCATION/ JOHNSON-O'MALLEY PROGRAM**

**HIGH SCHOOL GRADUATION CAP & GOWN REIMBURSEMENT**

Reimbursements up to \$60.00 are now being accepted for students cap & gowns. Please submit your receipt either using the QR code or the link

[HTTPS://ISLETAPUEBLO.FORMSTACK.COM/FORMS/REIMBURSEMENT](https://isletapueblo.formstack.com/forms/reimbursement)



950 Moonlight Drive SW Albuquerque, NM 87105--505-869-9790



DEPARTMENT OF EDUCATION

Academic Success updates:

I would like to announce that our department of education has hired an Academic Success Coach, Nissa Aragon. Nissa has written a small bio to share with the community.

My name is Nissa Aragon I am the new Academic Success Coach with the Department of Education. I recently started in the beginning of September. I am from the Pueblo of Acoma and have a daughter and a son, along with taking care of three of my grandchildren. I recently graduated in December with my Masters in Counselor Education and continue working on getting my license through the state. I look forward to working with the Pueblo of Isleta Education Department, getting to know the youth of the pueblo, and to help serve the community with educational needs.

Students that have been coming into the office for tutoring or credit recovery have adapted well to Nissa. We look forward to attending our local high school and having her meet all our wonderful students from the community.

Los Lunas Public Schools second grading period has ended on October 31, 2024. As a reminder the schools do not send out report cards and grades are listed on Power School.

Los Lunas Public Schools will be having NO school on:

- November 4th – Staff Professional Development Day
- November 5th – Election Day
- November 11th – Veterans Day
- November 27th – 29th Thanksgiving Break

Albuquerque Public Schools second quarter does not end until December 20th 2024. Parents, it is important to check on your students’ grades. If you notice any changes to your students’ progress, please talk with your student.

Albuquerque Public Schools have NO school on:

- November 5th – Election Day
- November 11th – Veterans Day
- November 27th – 29th Thanksgiving Break

As the holidays are starting to approach us quickly, so is the closing to the end of the semester as well. Sometimes students start to get overwhelmed from end of semester class work, bringing grades up, and doing end of semester finals. All students no matter what their grades are during the school year get anxiety over finals and passing their classes. It is important to look out for behavior changes and to speak to your student about emotions that they may be feeling and going through during this time of the year. Please check in with your students regularly for their well being and mental health with positive words of encouragement.

First Year College Students

In just a little over a month the first semester will be behind you and you will almost be a pro at college life. As the semester is ending and finals are approaching it’s not to late to reach out for tutoring and support. The Department is ready for you to make that commitment and better your skills. Along with taking care of your educational needs it is important that you take care of your self-care needs as well. It is important to balance your college life and your mental health & wellness. It is good to have a hobby, exercising, or positive peer relationships to turn to when you are feeling overwhelmed with assignments and finals.

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

EDUCATIONAL ASSISTANCE FUND

The Pueblo of Isleta recognizes the need to provide families with supplemental funding to assist their child/children in their education. Applications shall be reviewed the third week of January, March, June and September. The education-funding year shall reflect school year – August through July.

Through the Department of Education, specific guidelines have been developed to assist qualifying tribal members striving to reach high levels of district, local and state academic standards. These guidelines shall be used to provide monetary support to students and adults in need of educational assistance.


Assistance may be provided for the following categories: (Priority will be given to category A, then B and so forth).

Category:

- (A) Students K-12: Students who are in need of academic support, unavailable through other resources, for example; tutoring through Sylvan Learning Center or other programs.
- (B) Students K-12: Students with disabilities.
- (C) Students K-12: Students attending private institutions.
- (D) Students K-12: Students involved in extra-curricular activities, i.e., band, chess, sports activities, science fair, etc.
- (E) Group Trips: To give students K-12 the opportunity to attend and explore educational programs or take education trips outside the regular classroom.
- (F) Continuing Education: Special interest classes, i.e., career development, etc.
- (G) Adult Education Special Programs: Department of Education hosted programs to include CNM Ingenuity and UNM-VC con current courses/classes.

Who May Apply:  
All enrolled tribal members who reside within a 60-mile radius of Isleta Pueblo.

For more information  
Google- POI Educational Services  
OR to fill out an application  
[https://isletapueblo.formstack.com/forms/educational\\_assistance](https://isletapueblo.formstack.com/forms/educational_assistance)



December 2022



Pueblo of Isleta Public Library

We Are

Hiring

Library Aide I

• Full Time



For information on duties visit the link or QR code below.

For questions call or visit the library!

Apply Now

<http://www.isletapueblo.com/careers/>



Department of Natural Resources

The Department of Natural Resources will be providing a wood distribution for elders, disabled and social services requests to tribal members ONLY. The wood will be one full truck load of split mixed cottonwood and mountain wood. There will be a limit of 1 request per residence/month. Call our office at 505-869-9817 to put in your request.





About Route 208

Bus route 208 provides three northbound and three southbound trips morning/midday between Valencia County, the Pueblo of Isleta, and Downtown Albuquerque when the Rail Runner does not operate. Riders are encouraged to use Route 208 in combination with the Rail Runner, for example, by taking the bus to Downtown Albuquerque midday and returning by train in the evening. Weekdays only.

ADA Accessible

All of our buses and trains are ADA compliant and are equipped with wheelchair lifts or ramps.

Title VI / Non-Discrimination Notice

The Rio Metro Regional Transit District is committed to its Title VI obligations. We do not discriminate on the basis of race, color or national origin in the delivery of service. To obtain more information on our non-discrimination obligations or to file a Title VI complaint, contact us at 809 Copper Ave. NW, ABQ, NM 87102.

El Distrito de Tránsito Regional de Río Metro cumple con las obligaciones de Título VI. No discriminamos por raza, color ni origen nacional al brindar nuestros servicios. Para obtener más información sobre nuestros deberes antidiscriminatorios o para presentar un reclamo de Título VI, contáctenos en 809 Copper Ave. NW, ABQ NM 87102.

Contact Information Información de contacto

<b>NM Rail Runner</b> 866.795.RAIL (7245) www.riometro.org	<b>NM Park &amp; Ride</b> 866.551.RIDE (7433) www.nmparkandride.com
<b>Rio Metro Valencia</b> 505.352.3595 www.riometro.org	<b>North Central RTD</b> 866.206.0754 www.ncrtd.org
<b>Rio Metro Sandoval</b> 877.660.1110 www.riometro.org	<b>Santa Fe Trails</b> 505.955.2001 www.santafenm.gov
<b>ABQ.RIDE</b> 505.243.RIDE (7433) www.abq.gov/transit	<b>Socorro Public Transportation</b> 575.835.1501 www.socorronm.gov

### Midday Express

Downtown Albuquerque  
Pueblo of Isleta  
Valencia County





**Schedule Effective June 3, 2020**  
Horario efectivo a partir del 3 de junio del 2020



**RIO METRO**  
REGIONAL TRANSIT DISTRICT  
866.795.7245 • riometro.org

Transit Services Now Serving the Pueblo of Isleta

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

Bus Route 208 (No Fares until further notice!)

Bus Route 208 connects the Pueblo of Isleta and Valencia County communities to the Alvarado Transportation Center (ATC) in Downtown Albuquerque during the morning/midday when the Rail Runner does not operate. Route 208 features three northbound trips arriving at the ATC at 9:30am, 11:00am and 1:30pm, and three southbound trips departing the ATC at 9:35am, 11:05am and 1:32pm. At the ATC, riders can transfer to ABQ RIDE bus routes.

Route 208 serves two bus stops on the Pueblo of Isleta. The stop closest to the village proper is located on NM 147 just east of the Rio Grande Bridge. Please do not park and leave vehicles unattended on the



adjoining roads near this stop, as the bus and other vehicles use these roads to turnaround and access other locations. Route 208 also stops at the Isleta Pueblo Rail Runner Station, where riders can transfer to the Isleta Resort and Casino shuttle. Because the bus serves the station, riders can also consider using Route 208 in combination with the Rail Runner, for example, taking the bus to Downtown Albuquerque in the mid morning and returning by train in the evening.

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

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

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

Request your Dial-a-Ride trip by calling Valencia County dispatch at (505) 352-3595 before noon at least one business day prior to your trip. Requests are accepted between 5:00am and 3:00pm Monday thru Friday. On the date and time of your trip, a wheelchair accessible van will arrive within 15 minutes of your scheduled pickup time. Trips may also be grouped together; riders should expect to travel with others.


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

### Monday through Friday / lunes a viernes

Downtown Albuquerque, Pueblo of Isleta, Valencia County

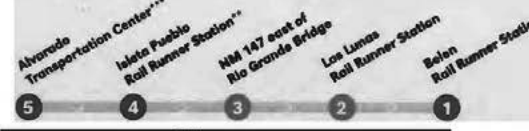
# 208

Each color on the route map represents a fare zone.  
Cada color en el mapa representa una zona de tarifa.



**Northbound / Hacia el centro de Albuquerque**

8:20A	8:39A	9:01A	9:10A	9:30A
9:50	10:09	10:31	10:40	11:00
12:20P	12:39P	1:01P	1:10P	1:30P



**Southbound / Hacia el sur desde el centro de Albuquerque**

9:35A	9:52A	10:00A	10:22A	10:43A
11:05	11:22	11:30	11:52	12:13P
1:32 P	1:49P	1:57P	2:19P	2:40



**Legend / Leyenda**


Bus Route Zone 1	III RioMetro
Bus Route Zone 2	NIRX New Mexico RailRunner Express
River	Trauarar Points / puntos de transferencia
Major Cross Streets	I] NM 47, RM 209, Rt. 1210
TimePoint Bus Stop	I] RM 209, RM 210
TimePoint Bus Stop	B Rt. 1210
TimePoint Bus Stop	I] RM 210

### FREE FARES / TARIFA GRATIS

Children 9 and under | Niños 9 años y menores

**Active Duty Military & Veterans**  
Accepted IDs include a VHIC or VA medical card, a veteran's ID (VIC card), a driver's license with a veteran's designation, Department of Defense Active Duty & Dependent Military IDs, and the NM RX Freedom Pass.

**Servicio de veteranos y militares activos**  
Las identificaciones aceptadas son la tarjeta médica VA o VHIC, una identificación de veteranos (VIC), una licencia de conducir con una designación de veterano, el departamento de defensa de identificación militares activos y dependientes, y la tarjeta de libertad del Rail Runner.



### Isleta Pueblo News

**Editor:**  
Nathaniel Lujan

**Asst. Editor:**  
Diane Abeita

**Published By:**  
Valencia Express



NOVEMBER 2024

# Newsletter

HOME OF THE EAGLES

AT A GLANCE

- Welcome Principal Dr. Allison
- Popejoy Hall Field Trip
- National Walk to School Day
- 1st Quarter Awards/Soaring Eagle
- Native American Heritage Month
- Join our Team

Principal Message

October 14, 2024  
Message from Dr. Tamara Allison

Greetings learning community of Isleta Elementary School. My name is Dr. Tamara Allison, and I feel honored to be working with you as the new Principal. Though I consider Albuquerque and Gallup, NM, my home, my family is from Tohatchi, NM, Ganado, AZ, and Parker, AZ. Over the years, I have had the privilege of working in the communities of Gallup, Fort Wingate, Newcomb, Shiprock, Tohatchi, and Laguna. In addition, I have had various experiences within the education field as a high school English teacher, elementary principal, high school principal, charter school head administrator, and middle school principal.

As an Indigenous person myself, Navajo enrolled with the Colorado River Indian Tribes, it has been my life's mission to be of service to our Indigenous youth and families within the educational setting. Throughout my career, it has been important for me to help students meet and show growth with academic standards and skills, provide activities where students are able to apply their learning, ensure they feel welcomed and safe, help them understand how learning will benefit them in the future, and feel pride in their Indigenous heritage and identity. As our future leaders, their development is of utmost importance.

Everyone has unique strengths and talents, and together as a learning community, we can utilize them to provide the learning experiences our students need for their continued development.

Warm Regards,  
Dr. Tamara Allison

Fall field trip to Popejoy Hall - "Sugar Skull" Musical



National Walk to School Day



1st Grade News

Mrs. Pilon & Mrs. Hill



Happy Fall Everyone! We are having an amazing time here in 1st grade! We are learning, growing and having a wonderful time doing it! Everyone is at different stages/levels of reading, but EVERYONE is reading! 📖 In math we are using different strategies for subtraction. Science we discussed how hot air balloon work and even made a paper mâché balloon for decoration. For Social Studies, we are learning traditions from other cultures, such as Day of the Dead from Mexico and other Latin American countries. On Tuesday, we visited UNM campus and got a tour from students from American Indian Student Services. We also got to enjoyed lunch at the duck pond and a wonderful performance of Sugar Skulls, at Pope Joy Hall. It's great being a "Mighty Duck" First Grade!!!



Language Arts News

Ms. Nieto



The 4th-6th grade students are currently reading and analyzing a variety of genres to include, historical fictions, fantasies, biographies, poetry, and graphic novels. We are working on comparing the different genres. My ultimate goal is to help the students to establish a true interest in reading for pleasure and to enable them to use their reading skills to succeed throughout their academic future.

"The more that you read, the more things you will know." Dr Seuss.





Art News

Mrs. Salazar

In art class we have had the opportunity to make a variety of artworks using a wide range of materials. Many of our artworks have been inspired by; current events such as our field trip to the state fair, the balloon fiesta and the beautiful landscape around us. As always, students practice their art making skills, develop a growth mindset through creative problem solving all while hearing and using a vocabulary that is unique to the visual arts.



We have also been working on long-term projects with many opportunities for students to complete their work during the two hours of studio time a week. The long-term projects have given students the opportunity to consider the question, "Why is it important for an artist to refine and revise their work?" This question, and others that will be asked this year, align with the National Core Art Standards.

This month several students will create a work in preparation for the Native American Student Art Show that revolves around the concept, "Water is Life." In art class we will examine this idea and take a close look at how the Rio Grande River supports so much life and review what we learned last year about the silvery minnow conservation efforts along the Rio Grande River. Our goal is to have as many students complete a work that can be accepted by the Indian Pueblo Cultural Center's for the Water is Life art show. Plus, this will be an excellent opportunity to refine and revise their work in preparation for presentation in a public space!

1st Quarter Awards

Perfect Attendance	Eagle SOAR Award	Honor Roll
<u>1st Grade</u> Isaiah Brown Raelynn Brown	<u>1st Grade</u> Jerrilynn Abeita Mason Abeita John Garcia Azelia Melchor Roselynnne Todd	<u>Kindergarten (Best All Around Learners)</u> Landon Montoya Violette Melchor Sebastian Torrez Nathan Montoya
<u>2nd Grade</u>	<u>2nd Grade</u>	<u>2nd Grade</u>
<u>3rd Grade</u> Amora Lujan Mariannah Lucero	<u>3rd Grade</u> Amias Abeita Marisa Jojola	<u>3rd Grade</u> <u>"A" Honor Roll</u> Marisa Jojola Mariannah Lucero Amora Lujan Abriella Olguin Faith Otero <u>"A/B" Honor Roll</u> Edward Abeita Amias Abeita Mariano Abeita Fantazia Escalera Davis Garcia Bersieus Ramos Faith Otero Elijah Padilla
<u>3rd/4th Grade</u> Brayden Flores Rowdy Olguin	<u>3rd/4th Grade</u> Miquala Silva Faith Lucero	<u>3rd/4th Grade</u> <u>"A/B" Honor Roll</u> Eulalia Kasero Faith Lucero Rowdy Olguin Miquala Silva Brayden Flores Miles Benavidez

<u>5th Grade</u> Marita Brown Jordynnn Edaakie	<u>5th Grade</u>	<u>5th Grade</u> <u>"B" Honor Roll</u> Jonah Jojola Triston Kasero Madalynn Minns Love Otero
<u>6th Grade</u> Donald Benavidez Julian Brown Josiah Francis	<u>6th Grade</u> Julian Brown Demaris Garcia Kyilah Rose Jojola	<u>6th Grade</u> <u>"B" Honor Roll</u> Julian Brown Demaris Garcia

Native American Heritage Month

We have a number of activities during the month of November to celebrate Native American Heritage Month. Family members are encouraged to participate and volunteer. Call the front office for more information.

- Nov 7 - Science Fair
- Nov 12-15 - Native Spirit Week
- Nov 15 - Isleta Feast Day - VOLUNTEERS INVITED
- Nov 20 - Traditional Baking - VOLUNTEERS INVITED
- Nov 21 - Thanksgiving Dinner
- Nov 26 - Pajama Day & Native American Movie Day

Get Involved!

We are always needing volunteers!

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>.

Hiring

School Janitor

November Reminders

Daily Schedule:			
<b>7:45 AM</b> Student Drop Off	<b>8:00 AM</b> Breakfast	<b>8:30 AM Tardy</b> (3 Tardies=1 Absent)	<b>3:00 PM</b> Dismissal <b>12:30 PM</b> Early Release

Dates to remember: November is Native American Heritage Month

- Nov 1st - NO School (Staff In-Service)
  - Nov 5th - Election Day - Early Release
  - Nov 7th - Science Fair Judging 4-6pm
  - Nov 7th - Picture Day
  - Nov 8th - Science Fair Public Viewing
  - Nov 11th - NO School (Veteran's Day)
- Nov 12-15th - Roc Your Mocs Week
  - Nov 15th - Isleta Elementary Feast
  - Nov 21st - Thanksgiving Dinner
  - Nov 22nd - Early Release
  - Nov 27-29th - NO School (Thanksgiving Break)



**Child Safety Seat Checks offered at the Isleta Health Center**  
**Learn how to properly install your Child's Safety Seat**  
**CALL 505-869-4479 to Schedule an Appointment.**  
**Child and Car Seat must be Present.**

ISLETA ELEMENTARY SCHOOL						
2024 November						
NATIVE AMERICAN HERITAGE MONTH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01 NO SCHOOL No School - Staff Professional Day	02
03	04	05 Early Release @ 12:30 pm	06	07 Science Fair Judging @ 4-6pm & PICTURE DAY	08 STEAM EDUCATION Science Fair Public Viewing 9am-12pm	09
10	11 NO SCHOOL No School Holiday Happy Veterans Day	12 Traditional Hair Day	13 Rock Your Mocs Day	14 Turquoise & Beads Day	15 IES FEAST DAY Traditional Attire	16
Native Spirit Week						
17	18	19	20 Traditional Baking	21 Thanksgiving Dinner	22 Early Release @ 12:30 pm	23
24	25	26 Pajama & Native Movie Day	27 No School - Thanksgiving Break	28 No School - Thanksgiving	29 No School - Thanksgiving Break	30
01	02	Notes:				

Health Beat: Pedestrian Safety  
National Walk To School Day

Stephanie Barela, B.S CHES, Health Educator  
Stephanie.Barela@islclinic.net, 505-869-4479

For the several years, the Isleta Elementary School 6th graders and the Isleta Kindergarteners have teamed up with the Isleta Health Center Health Educator to promote National Walk to School Day and Pedestrian Safety. Annually on the first Wednesday of October, we come together to celebrate the benefits of walking by encouraging children to walk and bike to school. On this National Observance, it is a good time to teach the students pedestrian safety tips, as a way to help decrease the risk for pedestrian injuries and death. Many children are killed every year. According to the CDC,

More than 700 children are killed by cars every year. Additionally, more than 21,000 are taken to the hospital because they are hit by a car. Many times this happens when children dash out into the street from between parked cars. The driver doesn't see the child until it is too late. Driveways and parking lots are a bad place to play. With these staggering numbers and also with Halloween coming up, we know something needs to be done. So let's work on decreasing pedestrian injuries and start to promote pedestrian safety with our kids. Please share these tips with your children:

- BE SEEN
  - Increase your visibility at night by:
    - Carrying a flashlight/glow stick when walking.
    - Wear reflective clothing or reflective wristbands.

If you went to the Isleta Health Center Health Fair this last year, the wristbands everyone received are reflective, and can be worn to help being seen.

- Adding lights to your child clothes/costume.
- Wear light colored clothing.
- FOLLOW SAFETY RULES
  - Use the side walk when possible.
  - Cross at the crosswalk.
  - Look left, right, left when crossing the street and continue looking until you reach the sidewalk.
  - If possible, make eye contact with drivers in stopped vehicles to ensure they see you before you cross in front of them.
  - Put phones and other devices down when walking and make sure you watch where you are going.
  - Children under 10 years old should walk with an adult.

Too much Sugar and the Eyes – IHC Optometry


November is diabetes awareness month. It is important to bring awareness about diabetes and its effects not only in the blood, but also in the eyes. Diabetes is a metabolic disease caused by increased sugar in the blood. Increased sugar levels can damage blood vessel walls and allow the blood to leak out. This can happen anywhere in the body, but the eye is the only part of the body where we can see a naked blood vessel using lenses and a microscope.

Annual diabetic eye exams are important.

Every patient with diabetes should receive a comprehensive eye exam with dilation at least once a year. Although not fun, dilation widens the pupil so that the doctor can see more of the inside of the eye. These include important parts such as the retina (layer of tissue that light focuses on), optic nerve (supplies retina information to the brain), macula (central vision), and blood vessels (supplies the eye with blood). Diabetes can cause changes to these structures such as macular edema/swelling, retinopathy, and even hemorrhages of the blood vessels. In mild cases, a patient may not know they have diabetic changes in their eye, however if left uncontrolled, more severe cases can occur that may lead to blurry vision, blind spots, or even loss of vision. If any diabetic changes are noticed, the patient will be seen again in 3, 6, or 12 months and will be educated on importance of proper blood sugar control and following up with their primary care physician. Sometimes, more help is needed and a retina specialist may get involved. Every comprehensive eye exam will also include checking for any glasses prescription. Sometimes, a patient may report fluctuating vision. This can happen if diabetes is uncontrolled. If fluctuating vision occurs along with uncontrolled diabetes, we will monitor closely until it is better controlled before prescribing a new pair glasses. Other causes that can cause blurry vision are cataracts and dry eyes. Diabetes can worsen cataracts causing the natural lens in the eye to become cloudy and causing blurry vision. Dry eye symptoms can including tearing, burning, foreign body sensation, and blurry vision that comes and goes. During a comprehensive exam, the doctor can identify these types of conditions and make a plan for you and your eyes. At Isleta Health Center, we look forward to scheduling you for a diabetic or comprehensive eye exam.


Give us a call to schedule an eye exam at (505) 869 -4080.



BREAKFAST					NOVEMBER 2024					Isleta Elementary School 1000 Moonlight Dr				
Monday		Tuesday		Wednesday		Thursday		Friday						
										** NO SCHOOL ** 1				
										STAFF DEVELOPMENT				
Cereal Honey Nut Cheerios 4 Blueberry Lemon Crisp Fresh Grapes Choice of Milk		Biscuit & Gravy 5 Watermelon Choice of Milk		Blueberry Bagel 6 Cream Cheese Orange Wedges Choice of Milk		Cinnamon Roll 7 Kiwi Fruit Choice of Milk		Strawberry Yogurt 8 Parfait Graham Crackers Apple Wedges Choice of Milk						
** NO SCHOOL ** 11		WG SunRise Breakfast 12 Calzone Salsa Homemade Banana Slices Choice of Milk		French Toast 13 Apples Choice of Milk		Apple Pie Oatmeal 14 Graham Crackers Watermelon and Kiwi Choice of Milk		WW Toast 15 Sausage Fruit Cup Choice of Milk						
** VETERANS DAY **														
Cereal Frosted Mini Wheat 18 WW Toast Watermelon Chunks Choice of Milk		WG Banana Muffin 19 Graham Crackers Cantaloupe Pieces Choice of Milk		Biscuit and Sausage 20 Gravy Fresh Grapes Choice of Milk		WW Bagel 21 Cream Cheese Pineapple Chunks Choice of Milk		Breakfast Pizza 22 Orange Wedges Choice of Milk						
Cereal Lucky Charms 25 Sliced Peaches Choice of Milk		Pancake Sausage 26 Mandarin Oranges Choice of Milk		** NO SCHOOL ** 27		** NO SCHOOL ** 28		** NO SCHOOL ** 29						
				THANKSGIVING BREAK		THANKSGIVING BREAK		THANKSGIVING BREAK						

\*\*This is an equal opportunity institution\*\*

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

LUNCH					NOVEMBER 2024					Isleta Elementary School 1000 Moonlight Dr				
Monday		Tuesday		Wednesday		Thursday		Friday						
										** NO SCHOOL ** 1				
										STAFF DEVELOPMENT				
Nachos w/Beef & Beans 4 Garnish Fresh Grapes Choice of Milk		Grilled Cheese 5 Tomato Soup Cherry Tomatoes Cherries Choice of Milk		Hamburger 6 Garnish French Fries Apple Wedges Choice of Milk		Pork Chops 7 Rice Pilaf Broccoli Florets Cantaloupe Pieces Choice of Milk		Roast Beef Sandwich 8 Mashed Potatoes Green Beans Fruit Cup Choice of Milk						
** NO SCHOOL ** 11		Spaghetti 12 Garlic Toast Salad Fresh Strawberries Choice of Milk		Beef Tacos with 13 Salsa & Guacamole Strawberries Choice of Milk		Chicken Bites 14 French Fries Broccoli Florets Apple Wedges Choice of Milk		Feast Day 15 Chicken and Rice Tamales Red Chile Frybread Bread pudding						
** VETERANS DAY **														
Cheese Pizza 18 Carrot Sticks Ranch Mangoes and Berries Choice of Milk		Baked Chicken 19 Baked Beans Bread Stick Fresh Strawberries Choice of Milk		Hot dog 20 Baked Beans Carrot Sticks Fresh Grapes Choice of Milk		Turkey 21 Mashed Potato & Gravy Green Beans Stuffing Pumpkin pie		Bean and Cheese 22 Burrito Tater Barrel Watermelon Chunks Choice of Milk						
Frito Pie 25 Corn Mango and Berries Choice of Milk		Corn Dog 26 Goldfish Carrots Sidekicks Choice of Milk		** NO SCHOOL ** 27		** NO SCHOOL ** 28		** NO SCHOOL ** 29						
				THANKSGIVING BREAK		THANKSGIVING BREAK		THANKSGIVING BREAK						

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

ISLETA POLICE DEPARTMENT NEWSLETTER

NOVEMBER – 2024



2024 Halloween is now in the books and we only have two months left in the year – hard to believe as the year seems to have flown by. We hope everyone had a safe and fun Halloween and are now looking forward to the Thanksgiving and Christmas holidays which will be upon us in no time.

WELCOME TO THE IPD FAMILY!

Officer Martin Morales has been with the department for a couple of months but as of the last publication his biography was unavailable.



Hello Isleta Pueblo! My name is Martin Morales, I am one of the new patrol officers with the Isleta Pueblo Police Department. I started my law enforcement career in 2019 with the Bosque Farms Police Department as an uncertified police officer. In 2020 with the approval of the Bosque Farms Mayor and the Bernalillo County Sheriff at the time, I attended the Bernalillo County Sheriff's Office Regional Training Academy where I graduated and received my Law Enforcement Certification as a Sworn Officer.

Prior to Law Enforcement I attended New Mexico State University in Las Cruces, New Mexico where I played NCAA Division 1 Baseball and graduated with a Bachelor's Degree in Criminal Justice and a Minor in Spanish in 2014. Go Aggies...

After graduating from NMSU, I was hired with Lincoln Pines Youth Center (LPYC) in Ruidoso, New Mexico as a Juvenile Corrections Officer 1 and shortly after transferred to Youth Diagnostic and Development Center (YDDC) in Albuquerque, New Mexico to continue working as a Juvenile Corrections Officer 1. During my four plus years at YDDC I was Promoted to a Juvenile Correction Officer 2 before departing from my Juvenile Correction Officer position in 2019 and pursuing my Law Enforcement Career that has gotten me to this point in life.

I am honored to serve as a Police Officer for the Isleta Pueblo and be part of the Isleta Police Department.

We welcome our newest employee to our Police Dispatch Center, however, she is not new to the department. Though she left for a few years, Deborah Daniels, returned October 8, 2024 to the Isleta Police Dispatch Center. Ms. Daniels brings years of experience and after familiarization with some of the newest additions to the communication center it will be a smooth transition for her.



Photo Unavailable

WELCOME BACK!!

ACTIVITIES

During the month of October, the Isleta Police Department participated in the Enchanted

Forest Health Fair which was held at the Isleta Resort and Casino. It was informative and entertaining with multiple booths providing health information, raffles were held, and a "fruit walk" with fruit baskets as the prize to mention a few.

A container for drug take back was also available for individuals to deposit unused, expired medications and a few were received. The National Drug Take Back day was on October 26, 2024 and IPD did participate. The results will be published in the December newsletter. If you have items for the Drug Take Back and cannot make it on October 26, please do not hesitate to contact the Police Department and arrangements can be made to submit those to our evidence clerk.



Manning the IPD Booth from left to right:

Back row: Officer Autumn Tafoya, Officer C-Jay Smith, Officer Bryson Nastacio & Bernadette Valencia (Evidence/Property Technician)

Front Row: Officer Orlena Hooee, Officer Sharon Mitamura, Sgt. Jonathan Abeita and Gertrude Lujan (IHSP)

M.A.A.D. WALK/RUN

IHSP Officers A. Tafoya and B. Nastacio represented IPD, participating in the annual M.A.A.D. (Mothers Against Drunk Drivers) Walk/Run event held on October 19, 2024 at Johnson Field in Albuquerque. This is a community event to raise awareness for those impacted by drunk driving while also continuing their mission to end drunk and impaired driving. Thank you Officers Tafoya and Nastacio for representing.

REACHING FOR A STAR

Although December is still in the offing, planning for Reaching for a Star is already underway and we know the time will pass too quickly before the event. An annual event for many, many years Sgt. Kathleen Lucero will again be at the helm with her many volunteers to make this year's event a success just as she has in the past.

INFORMATION

Emphasis has been placed on the use of illegal narcotics the past couple of newsletters, but it is a high priority based upon the amount being found and seized here on the Pueblo. Nationally it is recognized as a crisis and based upon the DEA's May 9, 2024 press release, here are a few facts:

**"The shift from plant-based drugs, like heroin and cocaine, to synthetic,**

**chemical-based drugs, like fentanyl and methamphetamine, has resulted in the most dangerous and deadly drug crisis the United States has ever faced," said DEA Administrator Anne Milgram. "At the heart of the synthetic drug crisis are the Sinaloa and Jalisco cartels and their associates, who DEA is tracking world-wide. The suppliers, manufacturers, distributors, and money launderers all play a role in the web of deliberate and calculated treachery orchestrated by these cartels. DEA will continue to use all available resources to target these networks and save American lives."**

Drug-related deaths claimed 107,941 American lives in 2022, according to the Centers for Disease Control and Prevention (CDC). Fentanyl and other synthetic opioids are responsible for approximately 70% of lives lost, while methamphetamine and other synthetic stimulants are responsible for approximately 30% of deaths.

Fentanyl is the nation's greatest and most urgent drug threat. Two milligrams (mg) of fentanyl is considered a potentially fatal dose. Pills tested in DEA laboratories average 2.4 mg of fentanyl, but have ranged from 0.2 mg to as high as 9 mg. The advent of fentanyl mixtures to include other synthetic opioids, such as nitazenes, or the veterinary sedative xylazine have increased the harms associated with fentanyl.

Seizures of fentanyl, in both powder and pill form, are at record levels. Over the past two years seizures of fentanyl powder nearly doubled. DEA seized 13,176 kilograms (29,048 pounds) in 2023. Meanwhile, the more than 79 million fentanyl pills seized by DEA in 2023 is almost triple what was seized in 2021. Last year, 30% of the fentanyl powder seized by DEA contained xylazine. That is up from 25% in 2022.

Social media platforms and encrypted apps extend the cartels' reach into every community in the United States and across nearly 50 countries worldwide. Drug traffickers and their associates use technology to advertise and sell their products, collect payment, recruit and train couriers, and deliver drugs to customers without having to meet face-to-face. This new age of digital drug dealing has pushed the peddling of drugs off the streets of America and into our pockets and purses.

The cartels have built mutually profitable partnerships with China-based precursor chemical companies to obtain the necessary ingredients to manufacture synthetic drugs. They also work in partnership with Chinese money laundering organizations to launder drug proceeds and are increasingly using cryptocurrency.

Nearly all the methamphetamines sold in the United States today is manufactured in Mexico, and it is purer and more potent than in years past. The shift to Mexican-manufactured methamphetamine is evidenced by the dramatic decline in domestic clandestine lab seizures. In 2023, DEA's El Paso Intelligence Center (EPIC) documented 60 domestic



methamphetamine clandestine lab seizures, which is a stark comparison to 2004 when 23,700 clandestine methamphetamine labs were seized in the United States.

Fentanyl and methamphetamine are still at the top of the lists for narcotics seen frequently, but other drugs have been seen making their way to this part of the country. Being informed on the many dangers of these and any narcotics to include prescription medications is important to keep yourself, your family, your friends, etc. safe.

SAFETY TIPS

Although October was unusually warm this year, changes are coming with lower overnight temperatures and relatively warm days. We all know changes are unpredictable and we ask everyone to be prepared. After seeing the

unexpected floods in Roswell and damages sustained and unfortunately the deaths reported, please all, be reminded these types of storms can happen anywhere. Stay out of arroyos, ditches etc. where running water can become walls of water and sweep you and your vehicle away. Remember “Turn around, don’t drown”.

Always be informed about severe weather changes and prepare. This might include postponing a trip out. Roadway surfaces will change with the onset of rain, causing slippery conditions. Add in some of the high winds experienced and it is a recipe for danger. If you absolutely must drive in severe inclement weather, drive slower and be ever aware of traffic flow, roadway conditions, etc.


With the approaching holidays, it is well known traffic will increase with preparations

for Thanksgiving, “Black Friday” and of course Christmas shopping. If traveling to Albuquerque remember the road construction on Interstate 25 which continues for at least another two years has created a major slow down of traffic and crashes are imminent. Remember to maintain a safe distance from the vehicle in front of you and keep watch in the rear view mirror for those drivers who are not paying attention and could cause a collision.

The Isleta Police Department wishes everyone a safe and



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

September 26, 2024

TO: Survey & Mapping  
Fire Department

FROM: Max A. Zuni, Governor 

SUBJECT: E-911 Addresses

The Survey & Mapping Department and Fire Department has my permission to place new E-911 Addresses on each home located on the Pueblo of Isleta Reservation.


If you have any questions, please contact the Governor’s Office at 505-869-3111.

What happens when you call 911?

Hopefully you never had to call 911, but if you have, you know it can be scary and frustrating at times. First off, knowing where you call from makes a difference. If you are calling from a landline within Isleta, it will go directly to the Isleta dispatch center. If you call from a cell phone multiple things can happen depending on your location within the Pueblo; 1.) Your call could go to the POI dispatch center, 2.) Your call could go to Bernalillo County EMS or 3.) Your call could go to Valencia County EMS.

If you call from a cell phone the dispatch center will not have a location or name. So please make sure you let the operator know your name and location before you tell them what is happening. This will ensure emergency units are sent as soon as possible. If dispatch does not have this information there is no way they can dispatch emergency services quickly. If you reach an outside dispatch center, just let them know you need Isleta Dispatch and they can transfer/connect you. Also please answer all the questions dispatch has for you. It may seem mundane, but all the information is critical for Police, Fire, and EMS. Tell dispatch something distinctive about your residence. This will help ensure PD and EMS can locate your property more quickly.

Please remember dispatch is there to help you just as much as EMS, FIRE, and PD. Dispatchers of the 911 service are just as important as the rest of Emergency Services offered here on Isleta Pueblo.



E~911 Addressing Project

Surveying and Mapping

The Survey and Mapping Department  
and the Isleta Fire Department  
will be installing E~911 Address Signs  
on every property. Easily seen from the  
road for improved emergency response

Installation from:  
October thru December

Please call  
Survey and Mapping  
to answer any questions  
505-869-3914  
Address Sign Examples

3-1/2"

1

TR 1

7" MAX

3-1/2"

1342

HWY 314


9"+

911 ADDRESSing

If the numbers on your house are not accurate or easy to see, it will take emergency personnel longer to reach you. Those extra minutes spent trying to locate a property can mean the difference between life and death. Be sure your house numbers are able to be seen from the street to help emergency responders find you faster.

QUESTIONS?


PUEBLO OF ISLETA  
SURVEYING & MAPPING  
P.O. BOX 1270  
ISLETA, NM 87022  
(505) 869-0710



Did You Know?!?

If you dial 911 from your cell phone within the Isleta Pueblo, your phone call will be routed to either Valencia or Bernalillo County Dispatch. This will affect your response time

In case of  
EMERGENCY  
Call 869-3030





## Pueblo of Isleta Public Library

Welcome to our November Library Article! As the air turns crisp and the year begins to wind down, November brings with it a season of reflection and change as we move closer to the end of the year. Whether you're preparing for the holidays, focusing on year-end goals, or simply savoring the beauty of autumn, this month is a perfect time to pause and appreciate all that's been accomplished. We're excited to tell you all about what's been going on at the library as well as upcoming programs. We've got plenty in store to help you make the most of November.

### News

The library has a, Library Aide I, Full-Time, position vacancy. Please visit the Pueblo of Isleta (POI) Career Opportunity Page to view the job description and to apply on-line. Physical hard copy applications are also accepted and must be submitted to the POI Human Resources Department located within the Tribal Service Complex.

A staff meeting will be scheduled sometime during the first week of November. 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 the following dates during the month of November.

**Monday, November 11th** in observance of Veteran's Day. We would like to thank all that have served our country past and present. All library media checked out on Thursday, November 7th will be due on Tuesday, November 12th.

**Wednesday, November 27th EARLY CLOSURE** the library will be closing at 4:30 pm.

**Thursday, November 28th, Friday, November 29th and Saturday, November 30th** in observance of the Thanksgiving Holiday. All library media checked out on Wednesday, November 27th will be due on Monday, December 2nd. Remember the library has a section filled with cookbooks to try something new alongside your turkey dinner.

Please keep in mind with the upcoming Holiday Season and unpredictable weather that unexpected closures may occur. Notices will be posted and up to the minute notices will be posted on all library social media accounts.

Please join us every Thursday at 11:00 am for Family Story Time, 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.

### Upcoming

Join library staff member Lucas on Saturday, November 2nd from 10 am -12 pm to learn about library programming and services for the month of November. Pumpkin Pie and Hot Chocolate will be served to all the participants, open to all ages. For more information about this program please contact Lucas at 505-869-9808 or email at Lucas.BiscanWhite@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

Library staff members Lucas and Kyle hosted two Saturday Programs for the month of October. On Saturday, October 12th Lucas lead Spooky Pumpkins where participants created a pumpkin using clay. On Saturday, October 19th Kyle got creative with Pumpkin Carving, participants came in to carve a pumpkin for the Halloween Season. We would like to thank everyone who participated in the programs.

Library staff member Astrid hosted a Book Club in a reading of Mexican Gothic where participants got together every Wednesday for the month September. Participants would have a weekly book discussion and got to enjoy light snacks and refreshments. For the grand finale, participants got to visit the NM Escape Room to Escape the Blackwell Manor.



*Mexican Gothic Book Club participants at NM Escape Room.*

**PUEBLO OF ISLETA PUBLIC LIBRARY**

**LEARNING OUTSIDE THE CLASSROOM**

**EXPLORA**

**Monday, November 4th @ 10:00am**

**!explora!**

**A LIBRARY'S APROACH TO ALL LEARNERS DAY**  
**FOR STUDENTS THAT ATTEND LOS LUNAS SCHOOLS OR HOME SCHOOLED**

Come learn outside the classroom where students can make the most of their "All Learners Day."

Join us for an interactive day at Explora with activities in science, technology, engineering, art and math. This program will be open to 10 students grades 1st through 5th. Lunch will be provided!

Sign-ups will start on October 28th. To sign-up you can call the library or come in. Space is limited and spots will be filled on a first-come first-serve basis.

For more information please contact Diane by phone 505-869-9808 or email DianeAbeita@IsletaPueblo.com



The After School Program has a lot of fun activities and crafts planned for this month and the upcoming holiday seasons. There is even an Incentive Field Trip and Christmas Party in the works. All our After School Program students are doing an excellent job in completing their homework and reading. We are almost at the half way mark of the school year and we can't believe it has gone by so fast. If you are interested in signing up your student for our After School Program, please give the library a call and we can let you know if there's any availability. If you have any questions or concerns about this program, please feel free to give us a call at 505-869-9808.

The third Learning Outside the Classroom field trip of the school year took place on Monday, October 14th and was led by library staff members Diane and Abbey. This is ongoing program throughout the school year for the opportunity for students to learn outside the classroom. Our field trip for October was to The Indian Pueblo Cultural Center to celebrate Indigenous Peoples Day. We enjoyed a tour of the museum, watched a variety of dance groups and checked out all the vendors during our time there. Afterward students and staff enjoyed lunch at Golden Corral. We are currently planning our next Learning Outside Fieldtrip, please check out our flyer in this issue for details and information for our next field trip. If you have any questions or suggestions about this program, please call the library at 505-869-9808 and speak with a staff member.



*Learning Outside the Classroom field trip to the Indian Pueblo Cultural Center to celebrate Indigenous People's Day!*



*Pumpkin Carving for the Library's Saturday Programs!*





Please Join the Isleta Elder Center for a



# THANKSGIVING LUNCHEON

NOVEMBER 22ND  
AT 12PM  
MUST BE 50+

Deadline to RSVP is  
Friday, November 8th.  
RSVP Call (505)869-9770



ISLETA PUBLIC LIBRARY OFFERING

## pumpkin pie & hot chocolate



Saturday, November 2nd,  
10am-12pm

Please join us for pumpkin pie and hot chocolate to learn about library programming for the month of November

Open to all ages,  
first come, first serve

Questions? Email or call Lucas Biscan-White, 505-869-9808  
Lucas.BiscanWhite@IsletaPueblo.com

PARKS & RECREATION DEPARTMENT

November already, Happy Thanksgiving Everyone! The months keep flying by, Turkey time is upon us! I hope all of you have a wonderful Thanksgiving and enjoy your time with your families.

All is well here with the department. The Fitness sections are doing well, we just hired a new fitness instructor and she will be teaching Yoga and Pilates Classes. Our Recreation Section is also doing well, this year we are picking up children from the schools again. Our Sports Section is having Volleyball sign ups and they are also working on our next adult basketball league and other activities. Our Aquatic Center is still in need of Lifeguards, so if any of you are interested, please contact us, and our Parks Maintenance Section is starting to winterize our parks and fields for the winter months.

Overall things are going well, but we still want to see more tribal members using our pool, jacuzzi, fitness sections (Main Rec and Old Rec), our parks and fields, our recreation program and participating in our sports activities. Come down and get involved.

RECREATION SECTION

We are currently taking more students for the After School Recreation Program. The After School Recreation Program provides homework time, craft activities, gym, swimming and much more. Transportation is provided for Bosque Farms and Sundance students. Isleta Elementary school provides bus service to the recreation center. Hours of the program are from 3:30pm to 5:30pm everyday. We also provide the program on in-service days and during the holidays. If you would like to enroll your child, please contact LeeAnne or Trishelle at the Recreation Center at (505) 869-9777.



AQUATIC CENTER

We hope that you are all enjoying this cooler fall weather! Don't let this cool weather keep you from using and enjoying our Aquatic Center! The water and air temp are kept the same as summer months (Lap Pool 80-82, Wading Pool 90-92 and Jacuzzi 101-103). We invite anyone interested to join us for Water Aerobics Mondays and Wednesdays, at 11:00am and 5:30pm, we have a pretty good turnout for these classes. We have lap swim available from 5:30am-8:30am (sign up for this is required for morning lap swim), we also have Open Swim from 4:30pm-7:30pm Monday through Thursday, and 4:30pm-5:30pm Fridays. We will have Open Swim the 1st and 3rd Saturdays of each month, as well, from 8:30am-11:30am. We are also taking sign-ups for the next session of swim lessons. Swim lesson registration forms are available at the front desk at the Rec Center or contact Josh at 505-869-9783 for more details on availability and registration. Isleta Aquatics is still looking for lifeguards, if you know anyone interested in becoming a lifeguard, please call or visit the POI website for the job posting! For anyone interested in finding out more information about Lifeguard certification, child or adult swim lessons, and any other aquatic programming please call Josh at 505-869-9783.

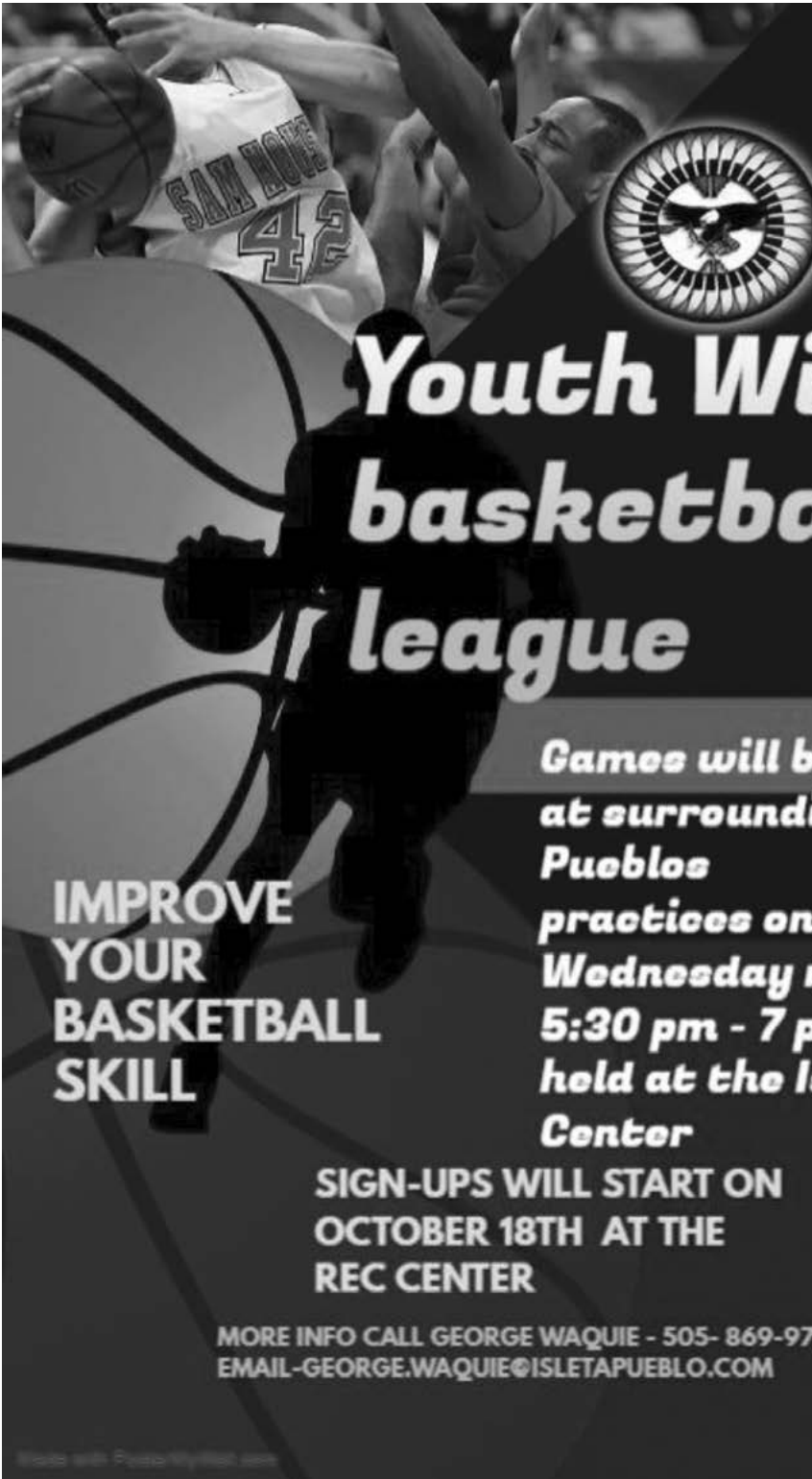
FITNESS SECTION

The Isleta Recreation Center is excited to introduce the newest member to the fitness team, her name is Raylen Misko.

Raylen says – Pilates is guiding you through a class with slow and controlled movements. Come improve your physical strength, flexibility and core strength. My inspiration all started by a fellow Yogi. I became so passionate and decided to pursue my RYT Yoga Training Certification in Costa Rica, while I was there I was able to enhance my knowledge and practice. I'm very excited to bring back yoga here at Isleta Recreation Center and to share my knowledge with all of you!

Raylen is a Certified Yoga instructor and Certified Pilates instructor. She is conducting classes at the Isleta Recreation Center. The Classes are held on Mondays for Mat Pilates at 5:30pm, everyone is welcome to join and participate. The first few classes were introductory and started off slowly. Raylen is also instructing Yoga classes on Wednesdays at 5:30pm and on Fridays at 10:00am. Once again, everyone is welcome to join and participate. Classes will be from low to moderate intensity levels.

Reminder that classes are on a first come basis, based on space availability. So please arrive early and secure your spot. We are



**We are looking for Tribal, Casino and POI kids ages 11-12 boys and girls**

# Youth Winter basketball league

**Games will be played at surrounding Pueblos practices on Monday Wednesday nights 5:30 pm - 7 pm will be held at the Isleta Rec Center**

**IMPROVE YOUR BASKETBALL SKILL**

**SIGN-UPS WILL START ON OCTOBER 18TH AT THE REC CENTER**

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



excited and lucky to have added Raylen to our team. Remember that we do have Water Aerobics classes that are on Monday at 11:00am and 5:30pm and Wednesday at 11:00am and 5:30pm. This is a class that many tribal members have been requesting, so please come and join us. Thank you!

SPORTS SECTION

Coach Waquie says – Hey there everyone, I hope all is well! We have just finished up with a full season with our Youth Cross Country Team, our kids improved in every meet they attended. It was awesome to see our Isleta kids compete with the other Pueblos; it took me back to when I ran for Isleta. We ended up with 21 runners finishing this season, the finals were held at Santa Clara Pueblo this year. Our 11 and 12 year old boys won 1st place as a team, our 9 year old girls placed 3rd as a team and our 8 year old girls placed 2nd as a team. It was a great season and the kids had a lot fun this year and we are already looking forward to next year, we hope the kids are too.

We will be starting Volleyball on November 5th, so come down and check it on Tuesday and Thursday nights from 6:00pm to 7:00pm. Youth Basketball sign-ups are still going on and we are still looking for 11- and 12-year-old boys and girls to sign-up with us. Please call the Recreation Center if you're interested in getting your child signed-up for our Youth Basketball Team.





THE PUEBLO OF ISLETA DEPARTMENT OF EDUCATION PRESENTS



# FAMILY NIGHT IN SPACE

*Get ready for a STEM-tastic adventure that the whole family will love!*

FREE FOOD. GAMES. PRIZES.

ISLETA RECREATION CENTER  
TUESDAY, NOVEMBER 12TH, 2024  
5:30PM - 7:30PM

Register Here! 





HAPPY THANKSGIVING

### THANKSGIVING SERVICE SCHEDULE

Wednesday's service: collection Wednesday Nov. 27<sup>th</sup>  
Thursday's service: collection Wednesday Nov. 27<sup>th</sup>  
Friday's service: collection Wednesday Nov. 27<sup>th</sup>  
Have carts out by 7AM.

The Transfer Station will be closed on Thursday Nov. 28<sup>th</sup> and Friday Nov. 29<sup>th</sup>, we will reopen Saturday Nov. 30<sup>th</sup> at 7AM. Happy Thanksgiving!




KEEP ISLETA BEAUTIFUL! 869-4106

# 988

SUICIDE  
& CRISIS  
LIFELINE


# TRASH TALK ISLETA!

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




IMPROPERLY 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 BETTER**  
KEEP ISLETA BEAUTIFUL!

PUEBLO OF ISLETA  
**SOLID WASTE**  
DIVISION



## PLASTIC

Bottles, tubs, jugs and jars



Empty and Rinse

## METAL

All cans



Empty and Rinse

## PAPER

Paper, cartons and cardboard



Flatten cardboard

## USE CLEAR BAGS ONLY



IF YOU BAG RECYCLABLES  
DO NOT USE BLACK OR WHITE BAGS

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.


## Health Beat: Moccasins vs. Shoes

Dr. Joel DiSanti, Isleta Health Center Podiatrist

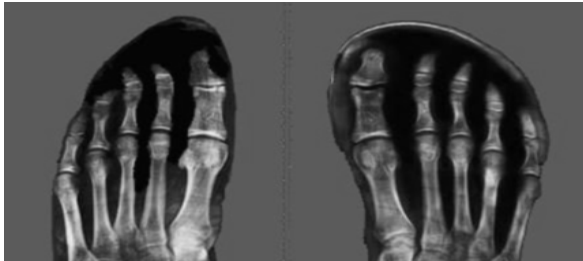
Heel drop is basically the height of the heel of your shoe. The height difference between your heel and forefoot. Many people do not realize tennis shoes frequently have built in heels.

Toe spring is the upward curve of the toe of a shoe.

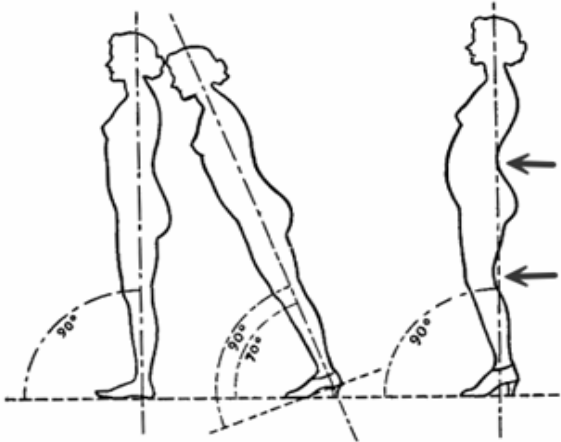
This is what your foot looks like in a typical tennis shoe. Notice the heel height and your toes pointing toward the sky.



Below is an x-ray of your foot. You can see how there is not enough room for you toes in a typical tennis shoe. In a moccasin your toes fit in the shoe properly.

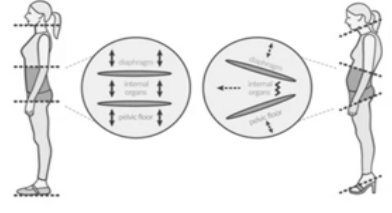


Heels affect other parts of your body, not just our feet. In the picture below you can see how we normally stand without a heel. How far our body leans forward with a heel and how the body has to adjust to stand straight while wearing a heel.



**Fig. 1: Left, barefoot stance, 90 degree angle with perpendicular; center, if body column were rigid, on medium 2-inch heel angle is reduced to 70 degrees; right, to regain 90 degree angle on 2-inch heel, body column must make adjustments.**

Shoes with toe spring and heels affect the entire body including our knees, hips and back.



Heels change the inclination of the foot, thus affecting the whole body.

- Moccasins allow us to walk naturally.
- There are no differences in the height of the soles of our shoes between the heel and forefoot
  - No toe spring with our toes pointing toward the sky
  - Moccasins do not cause problems with our feet, knees, hips and back
  - Allows the feet of children to develop normally and naturally
  - With moccasins you are much less likely to develop foot deformities like bunions and hammertoes.



988 SUICIDE & CRISIS LIFELINE

ANY ONE. ANY STRUGGLE.  
ANY TIME.

*Did you know?*

REASONS TO CALL 988:

- Feeling lonely, hopeless, angry
- Worried about safety for yourself or a loved one
- Worried about substance use
- Need someone to talk to

IF YOU HAVE AN AREA CODE FROM OUTSIDE NM AND YOU GET DIRECTED TO A NON-NM STATE, YOU CAN ASK TO BE TRANSFERRED TO NM.

CALL.  
TEXT.  
CHAT.

NM Native American youth who have a trusted adult in their lives are less likely to experience frequent mental health distress and engage in risky behaviors.

YOU ARE  
NOT ALONE

988 IS:

- Someone to talk to
- Free
- 24/7
- Confidential
- Access to local resources

FOR MORE INFORMATION ABOUT 988:  
VISIT 988NM.ORG

Open Skies

HEALTHCARE

Offers behavioral health services

FOR CHILDREN, YOUTH AND ADULTS

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

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

CONTACT US FOR INFO AND REFERRALS

(505) 345 - 8471

info@openskieshealthcare.org

ryanh@openskieshealthcare.org

Safety Tips for Children

Keep cleaning supplies and medicines locked away or on a high shelf.

Know the number for Poison Control to use in the case of accidental poisoning.

A firm mattress and fitted sheet are all baby needs in their crib. No blankets or toys.

Teach children not to play near the street.

Be aware of bodies of water and keep your child away from them unless they are being supervised. Even large buckets of water can be dangerous.

WIC News

We now offer food demo classes quarterly. Call to schedule. This month's class ...

Avocado Toast with WICFoods

- Whole wheat Bread
- Avocado
- Potch egg
- Blueberries
- Cucumber
- Tomato
- Anything You Want

Did You Know...

In a report published by The Center for Disease Control, on average over 12,000 children under the age of 20, die each year in the United States from unintentional injuries. And, over 9 million children have had an emergency department visit that was injury related.

November-  
National Child Safety  
Awareness Month

ISLETA WIC OFFICE 505-869-2662

Vaccine Recommendations for the 2024-25 Respiratory Disease Season

COVID-19

- Everyone ages 6 months and older should get an updated 2024–2025 COVID-19 vaccine. This includes people who have received a COVID-19 vaccine before and people who have had COVID-19
- The COVID-19 vaccine helps protect you from severe disease, hospitalization, and death.
- It is especially important to get your 2024–2025 COVID-19 vaccine if you are ages 65 and older, are at high risk for severe COVID-19, live in a long-term care facility, or have never received a COVID-19 vaccine.
- Vaccine protection decreases over time, so it is important to stay up to date with your COVID-19 vaccine.
- Getting a COVID-19 vaccine is a safer, more reliable way to build protection than getting sick with COVID-19.

Seasonal Influenza

- Everyone 6 months of age and older should make a plan to get an updated flu vaccine.
- All U.S. flu vaccines for the 2024-2025 season are trivalent (three component) vaccines that protect against three influenza viruses: an A(H1N1) virus, an A(H3N2) virus, and a B/Victoria virus.
- People age 65 and older and people who have received a solid organ transplant can opt to receive a “high dose” flu vaccine
- Flu vaccination can keep you from getting sick from the flu.
- Flu vaccination can also reduce the risk of hospitalization from flu as well as the severity of illness even if someone gets sick with the flu.

RSV Vaccine

- Recommended for all adults age 75 and older if they did not receive a previous RSV vaccine last season.
- Recommended for people ages 60–74 who are at increased risk of severe RSV, meaning they have certain chronic medical conditions, such as lung or heart disease, or they live in nursing homes.
- The RSV vaccine is not currently an annual vaccine, meaning people do not need to get a dose every RSV season.
- Eligible adults can get an RSV vaccine at any time, but the best time to get vaccinated is before RSV starts to spread in communities.

Call Isleta Health Center to check on vaccine availability and scheduling!

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.<sup>1</sup> 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.”<sup>1</sup> 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.<sup>2</sup> 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.<sup>2</sup> 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.”<sup>3</sup> The danger zone is between 40°F and 140°F.<sup>3</sup> 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:

1. <https://www.cdc.gov/foodsafety/foodborne-germs.html>
2. <https://www.cdc.gov/foodsafety/ten-dangerous-mistakes.html>
3. <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f>



Purchased Referred Care  
Did you know?

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

Payor of last resort means if you have primary insurance, Isleta Health Center would be your secondary insurance. If you have a primary and secondary insurance, Isleta Health Center would be your Tertiary insurance. Please list Isleta Health Center as your last payor.

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



VETERANS DAY SERVICE SCHEDULE

The Transfer Station will be closed on Monday November 11<sup>th</sup> in honor of Veterans Day. Monday and Tuesdays collections will be collected on Tuesday November 12<sup>th</sup>. Have carts out by 7AM. Thank you Veterans!



KEEP ISLETA BEAUTIFUL! 869-4106



# Pueblo of Isleta Head Start and Child Care

www.isletaheadstartandchildcare.com

## ACCEPTING APPLICATIONS

**Required Documentation for enrollment includes:**

- Proof of birth/Proof of pregnancy (if applicable)
- Proof of Residency
- Household Certificate of Indian Blood
- Medical Insurance Card
- Proof of Income
- Proof of public assistance (if applicable)
- Court Documentation (if applicable)

**Steps to get your child enrolled**

**Step 1** Call 505-869-9796 to get scheduled

**Step 2** Complete Application

**Step 3** Child Starts school!!!

### Community Assessment

Please help us get community data! Our short and sweet community assessment helps us determine how we can help community members with Early Childhood Services. Scan the QR Code!!



### SCHOOL CLOSURES

November 11, 2024  
Veterans Day Observance

November 27-29, 2024  
Thanksgiving Break

### NOVEMBER UPCOMING EVENING EVENTS

1. Parent Committee  
November 7, 2024
2. Family Night  
November 13, 2024
3. Fatherhood/Male Involvement  
November 19, 2024
4. Policy Council  
TBA

**ALL EVENTS BEGIN AT 5:30PM**

505-869-9796

Thanksgiving Break  
November 27-29, 2024

WE ARE SURVIVORS

Stephanie Barela, Health Educator  
869-4479 □ sbarela@islclinic.net

8th Annual Isleta Cancer Survivor’s Day Event

Every year in June, people all over the country CELEBRATE National Cancer Survivor’s Day; however, in Isleta we usually celebrate this special day on the 2nd Tuesday in May, however, due to situations beyond our control, we needed to move Cancer Survivors Day to October this year. Isleta’s 8th Cancer Survivor’s Day event was held on October 8th at 5pm at the Isleta Health Center Activities Center. Although it was a few months later than most, we believe any time is the right time to celebrate the cancer survivors in the community.

The evening began with beautiful music by Native Flutist, William Clark, who is Laguna/Navajo. We then had a presentation on “Cancer is Survivable” by Rachel Davis from the American Cancer Society. Then we had a few people share their experience as a Cancer Survivor, where the importance of regular checkups and cancer screenings was discussed. Cancer screening is when you check your body for cancer before you have symptoms. Along with regular cancer screenings, it is important to watch your body for symptoms and warning signs of cancer, such as:

Symptoms & Warning Signs of Cancer:

- Unexplained weight loss
- Fatigue
- Night sweats
- Loss of appetite
- A sore that does not heal.
- Unusual bleeding or discharge.
- Recurrent fever
- Enlarged lymph nodes
- Swelling in the neck
- Obvious change in a wart or mole.
- Thickening or lump in the breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Nagging cough or hoarseness.
- New, persistent pain
- Recurrent nausea or vomiting
- Change in bowel or bladder habits (constipation/ diarrhea)/blood in urine or stool.
- Persistent bloating
- Non-healing skin blemishes

After this presentation, there was a touching presentation on St. Peregrine by Brian Earle. In 2018, Mike Abeita bestowed his mother’s St. Peregrine statue upon Rose Lente. In 2019, Rose passed this onto Victoria Jojola, who was able gain comfort from it for two years due to the event being postponed in 2020 and again in 2021. Last year the Saint was passed on to Brian Earle and this year Brian passed the Saint on to Ruth Abeita. Next year she will provide St. Peregrine to someone else, as this tradition will grow and continue to provide support to Cancer Survivors in the community.

I would like to extend an open invitation to all community members to attend our monthly Isleta Health Education Presentations. We meet on the 2nd Tuesday of each Month, usually alternating times from one month meeting 5-6:30 at the Isleta Health Center Lg Conference Room (Enter on the North Side of the Clinic) and then the following month we meet from 12:30-2pm at the Isleta Elders Center. The group meets again on November 12th at 5pm at the Isleta Health Center with a presenter to discuss Prostate Cancer. Everyone is welcome to attend our meetings. Please call for more information (869-4479).

JOIN US FOR  
ANTI-BULLYING  
AWARENESS  
EVENTS



**COMMUNITY EVENT**  
DECEMBER 10, 2024  
Isleta Rec Center  
5:00pm- 7:30pm

OPEN TO FAMILIES AND SCHOOL STAFF – AGES 5 YR & OLDER  
A MEAL WILL BE SERVED.

**LET’S TAKE A STAND AGAINST  
BULLYING!**

**COMMUNITY LIGHT PARADE**  
DECEMBER 20, 2024  
Isleta Health Center  
Parking Lot  
Parade Starts @ 6:00pm  
Check in/Line up: 5pm- 5:45pm

**BULLYING ENDS  
WHERE  
KINDNESS  
BEGINS.**

ANTI-BULLYING  
AWARENESS EVENTS  
WHERE WE’LL EXPLORE  
DISCUSSIONS ON  
STRATEGIES FOR  
RESILIENCE AND MENTAL  
WELL-BEING.

TO PRE-REGISTER:

**COMMUNITY EVENT REGISTRATION**



**LIGHT PARADE REGISTRATION**



**SPONSORS:**  
IHC Public Health Depts.  
POI Police DEPT.  
POI Fire Dept.



Diabetes Awareness Month

November is Diabetes Awareness Month. Your Isleta Health Center (IHC) Diabetes Prevention and Treatment Program (DPTP) team wants to take this opportunity to remind the community that Type 2 Diabetes is preventable. Even with a diagnosis of Type 2 Diabetes, the chronic symptoms caused by Diabetes can be prevented or managed as well. From last month’s Diabetes article, as of 2021, 16% of all American Indian and Alaska Native individuals have Diabetes. From the International Diabetes Federation, there are 537 million people worldwide with Diabetes. Research done in 2023 estimated that Diabetes will more than double in the next 30 years, from 537 million people to 1.3 billion worldwide in 2050.

This month, we want to encourage you to come visit our Wellness Center behind the clinic from the hours of 8:30am – 4:30pm, Monday through Friday, this November to have your A1c screened. A1c is a non-fasting lab draw doctors use to diagnose Diabetes and to monitor how well Diabetes is being managed. While you’re there, you can meet with one of our Certified Personal Trainers who would be more than happy to provide some free personal training. We also have our annual Diabetes Conference coming up on November 19th, from 9am-2pm, at the Isleta Resort and Casino.

In 2025, your IHC DPTP will be expanding the services that we provide to better accommodate the predicted increase of Diabetes and Prediabetes. We are looking for motivated individuals with Prediabetes who would be interested in participating in an intensive yearlong Diabetes Prevention Program focusing on lifestyle change. We plan to offer Diabetes Self-Management Education and Support (DSMES) classes. In the clinic, we will begin offering more intensive Diabetes Education and counseling for people with Diabetes or Prediabetes. We hope to increase nutrition and healthy cooking classes throughout the community. We will also be unveiling updates and new services at our Wellness Center, which is now open to all of Isleta, not just to those with Diabetes. Please call us at (505) 869-4096 if you have any questions or are interested in participating in any one of our upcoming programs and events.

Centers for Disease Control and Prevention. National Diabetes Statistics Report website. <https://www.cdc.gov/diabetes/php/data-research/index.html> Accessed [9/10/2024].

International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels: International Diabetes Federation, 2021.

Global, regional, and national burden of diabetes from 1990 to 2021, with projections of prevalence to 2050: a systematic analysis for the Global Burden of Disease Study 2021. Ong, Kanyin Liane et al. The Lancet, Volume 402, Issue 10397, 203 – 234.

In Loving Memory

Tyonna D. Garcia  
10/12/1981-7/16/24

A Proud Daughter, A Proud Mom, A Proud Auntie and A Proud Traditional Community Member. Ee-bin-oom so much and giving thanks always. You'll always be missed and never be forgotten.  
We Love You



November is  
National Diabetes Month

The Diabetes Prevention & Treatment Program  
will be hosting a month long Diabetes A1c  
Screening Event

- Who should be screened?
- Any adult 35+
  - Testing should be considered for overweight adults (18+), those with a BMI >25, with one or more of the following risk factors.
    - First degree relative with Diabetes
    - High-risk race and ethnicity(African American, Latino, Native American, Asian American, Pacific Islander)
    - History of cardiovascular disease
    - Elevated blood pressure
    - Low HDL cholesterol and/or elevated triglycerides
    - Individuals with Polycystic Ovarian Syndrome (PCOS)
    - Individuals who do not exercise or have a sedentary lifestyle
  - People with Prediabetes should be screened yearly.
  - People who were diagnosed with Gestational Diabetes (GDM) should be tested every 3 years.
  - People with HIV, exposure to high-risk medicines(like chronic steroids), history of pancreatitis
  - Youth (onset of puberty or after 10 years of age) who are over 85%ile BMI and have one or more risk factors.
    - Maternal history of Diabetes or GDM during child's gestation
    - Family history of Diabetes first- or second-degree relative
    - High-risk race and ethnicity(African American, Latino, Native American, Asian American, Pacific Islander)

If screening results are normal, testing should be repeated at a minimum of 3-year intervals. More frequent testing dependent on initial results and risk status.

Monday-Friday  
8:30am-4:30pm  
Diabetes Wellness Center

Appointments & Walk-ins  
will be available.

What is an A1c Test?

- Used to diagnose Pre-Diabetes and Diabetes.
- Used to determine level of control and risk of developing complications.
- An A1C test result reflects your average blood sugar level for the past two to three months.
- Non-Fasting Test.



Scan the QR Code to Register or call us at 505-869-4595

St. Augustine Parish  
Isleta Pueblo



MISSION STATEMENT

We are a ministry of consolation at St. Augustine Parish to offer spiritual comfort and support to families who have experienced the loss of a loved one. We will continue to honor and respect our traditional teachings.

2024 Diabetes  
Conference

Coming  
Soon

Tuesday  
November 19, 2024  
9:00am-3:00pm

Pre-Register Now

Join the Diabetes Prevention &  
Treatment Program for:

- Health & Nutrition Presentations
- Community Forum
- Raffle Prizes
- Lunch

Or call the Diabetes Prevention &  
Treatment Program to  
Register at 505-869-4595





Pueblo of Isleta Elder Center Annual  
Arts & Crafts Fair

Saturday November 16th, 2024  
Isleta Resort & Casino  
Grand Ballroom  
8:00am-5:00pm

For more information or to purchase a booth call: (505)-869-9770

FREE ADMISSION



Support your local artists



Vendor Space Available



Raffle drawings  
all day




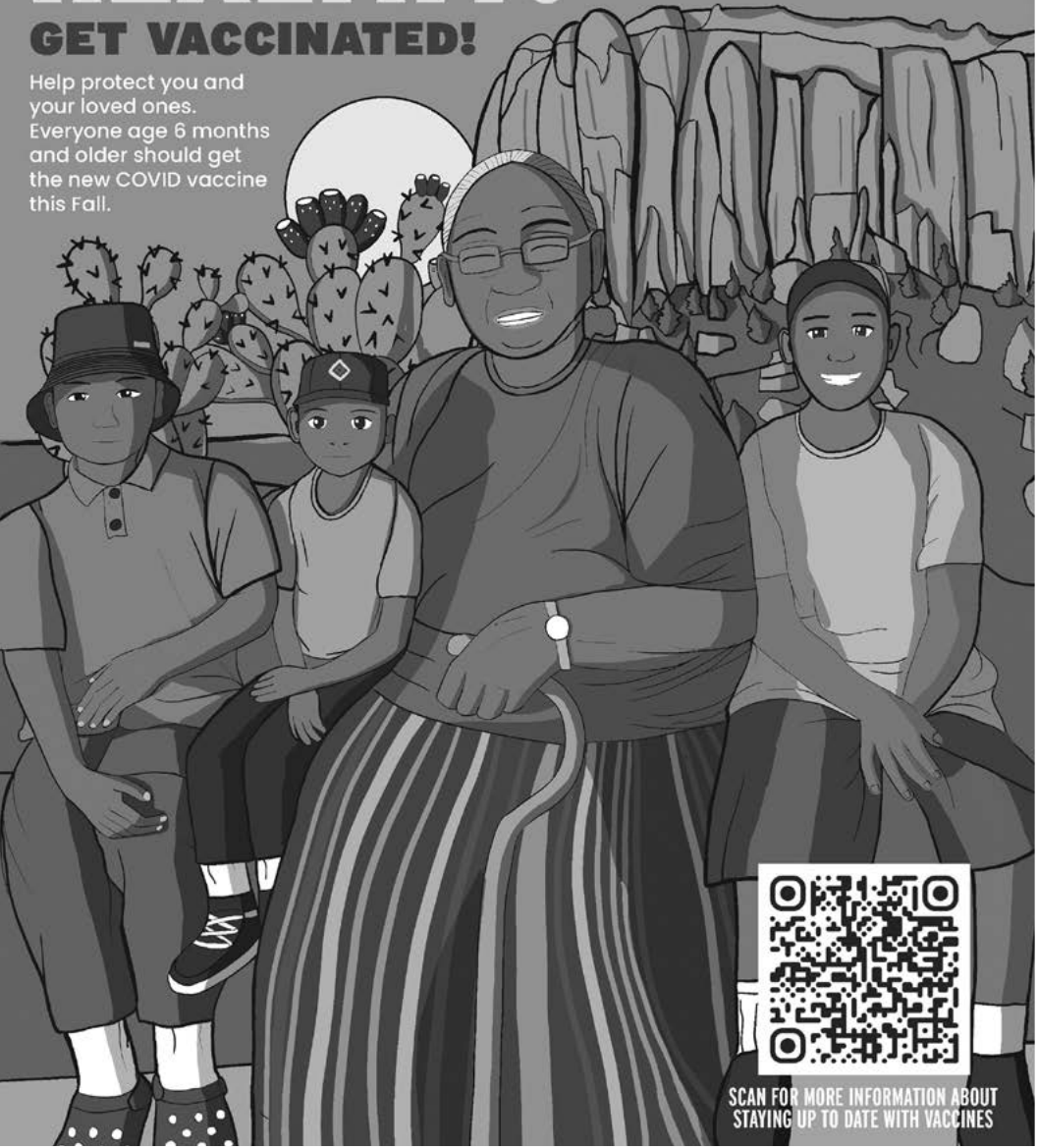
Variety of hand  
crafted items

Over 100 Vendors

STAY  
HEALTHY!  
GET VACCINATED!

Help protect you and your loved ones. Everyone age 6 months and older should get the new COVID vaccine this Fall.

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER



SCAN FOR MORE INFORMATION ABOUT STAYING UP TO DATE WITH VACCINES

Supporting Your Mental Health  
During the Holidays

From B’eeh K’oo-ee Wellness Center

In a 2014 survey conducted by the National Alliance on Mental Illness (NAMI), researchers found that 64% of people diagnosed with a mental illness experienced worsening symptoms during the holidays. While some may find the holidays to be a mostly joyful time, it might be a mixed time for many of us, even if we haven’t been diagnosed with a mental illness.

Here are some tips on how you can take care of your mental health during the holiday season:

- 1. Check in with yourself regularly.** Ask yourself how you’re feeling. If you’re not feeling 100% joyful and happy, that’s okay. Feeling down or sad during the holidays is normal for many people. Noticing our feelings and emotions is the first step to taking care of ourselves.
- 2. Develop a plan.** Make a plan for when you’re feeling stressed, lonely, or sad. It’s important to make this plan when you feel “ok,” that way the plan is ready for when you’re not feeling very good. Ask yourself: What usually helps me feel better?
- 3. Connect with Community.** For many, being with trusted loved ones (even if you’re not talking about your feelings) can help us feel better. Ask yourself: Who helps me feel better when I’m down? Who is a positive influence?
- 4. Avoid alcohol and drugs.** Sometimes people use substances because it makes them feel better in the short-term. For example, someone might use alcohol to feel less stressed or to “get through” something. However, immediate effects include decreased inhibitions (which can cause us to do or say things we wouldn’t normally do or say) and potential risky behaviors like driving while under the influence. Once immediate effects have worn off, substances (including alcohol) cause increased depression, stress in relationships, and health problems. Alcohol especially affects the brain’s ability to get deep sleep, which makes emotional regulation more difficult. Check in on those around you who are in recovery or who are struggling with substance use to see how you might be able to support them.
- 5. Know when to ask for help.** If you’re experiencing ongoing low mood, difficulty sleeping, decreased or increased appetite, difficulty concentrating, or anything that makes you feel like you’re not yourself, reach out for help. Don’t wait for symptoms to get worse.




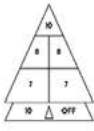



Who can I reach out to for help?

**B’eeh K’oo-ee Wellness Center** - Call us at (505) 869-5475 to schedule your first appointment! We are often able to get people in for their first appointment within a few weeks after they call

**Medical Providers** - If you’d rather talk with a medical provider to explore your treatment options, schedule an appointment with your Primary Care Provider!

**988** - 988 is a free and confidential lifeline that you can call if you’re in crisis, or if you just need some support.

If you’re having thoughts of suicide, please call 988, 911, or go to the nearest emergency room to get help immediately.

Pueblo of Isleta Elder Center Arts and Crafts Fair Saturday Nov. 16th 8am-5pm @Isleta Resort and Casino Grand Ballroom		November		2024	
Monday		Tuesday		Wednesday	
4		5		6	
Open Activities Exercise Equipment, Board Games, Activity Sets, etc.. 9am-3pm		Trivia Tuesday 12:30pm 		Rio Metro/Roadrunner Senior Exchange w/ Los Volcanes Sr. Center Leaving EC 8:05am	
11		12		13	
Blu Orchid Massage 9:30am-3pm 		Commodities Distribution 9:30am-3pm 		Shuffleboard 1:30pm Activities Room 	
18		19		20	
Tribal Political Forum 9am		Open Activities Exercise Equipment, Board Games, Activity Sets, etc.. 9am-3pm Commodities Distribution 9:30am-3pm		General Meeting Topic: Fall Prevention 11:30am	
25		26		27	
Open Activities Exercise Equipment, Board Games, Activity Sets, etc.. 9am-3pm		AMC Movie Outing Movie: TBA 		November Birthdays Celebration 	
				28	
				29	
				HAPPY THANKSGIVING 	
Call or Visit the Elder Center to Sign up for Activities & Trips in Advance. All Activities are on a first-come-first-serve basis. Activities are open to everyone age 50+ unless otherwise noted.* CLOSED FOR ALL MAJOR HOLIDAY'S. 505-869-9770 MONDAY- FRIDAY 8:00AM - 4:30PM					
Cheryldine 10/07/2024					

Isleta Elder Center

Adult Day Services

November 2024  
Activity Calendar

<div><div>Happy Thanksgiving</div><div>If interested in joining the Adult Day Services Program, please call (505) 869-9770 *Activities may be subject to change*</div></div>				FRIDAY 1
				9-10am Breakfast, Social 10-11a Head to toe Excerises 1-3p Guess that Item
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Jewelry Making	9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises Continue Jewelry Making	9-10am Breakfast, Social 10-11a Head to toe Excerises 1-3p Plastic Canvas	9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Continue Plastic Canvas	9-10am Breakfast, Social 10-11a Weight Lifting 1-3p Make Candles
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
ADS CLOSED In observance of Veteran's Day	9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Sew Cozy Cup Cover	9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Continue Sewing Projects	9-10am Breakfast, Social, Health Check 10-11a Stretching & Arthritis Exercises 1-3p Turkey Treats	9-10am Breakfast, Social 10-11a Weight Lifting 1-3p Prepare for Art & Crafts Fair
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
9-10am Breakfast, Social 10-11a BINGO w/ Karen, Dietitian 1-3p Turkey Windsocks	9a-3p Diabetes Conference at Isleta Casino & Resort	9-10am Breakfast, Social 10-11a Headstart Children Visit 1-3p Turkey at the gate Craft	9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Turkey Paper Weight	9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p ADS BINGO - Thanksgiving Theme
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
9-10am Breakfast, Social 10-11a Weight Lifting 1-3p Karaoke	9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Vase Making	9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Movie Day	ADS CLOSED In observance of Thanksgiving	