Isleta Pueblo News

Volume 21 Issue 11 | Pueblo of Isleta website: www.isletapueblo.com | Like us on Facebook | November 2026

Governor's Report

Maguwam,

As we welcome the cooler temperatures of the fall season, I hope everyone is staying warm, healthy, and safe. Please take care of yourselves and your families as the weather continues to change. May this season bring comfort, good health, and continued blessings to our community.

On October 14, 2026, Lt. Jojola attended a special meeting at Santa Fe Indian School. We look forward to continuing to strengthen our relationship and working together to support our students and the community.

Lt. Jojola joined our Language Director, Melanie Kirk-Lente, to visit with our students at Los Lunas High School and Valencia High School. It is important that we continue to connect with our students, encourage their educational success, and remind them that their Pueblo community supports them. We look forward to future visits with these and other schools.

I would also like to extend my sincere appreciation to the Isleta Health Center for hosting another successful Health Fair on October 17. It is encouraging to see our community members come out, participate, and take advantage of the health and wellness resources available to them. Thank you to everyone who helped organize this event and to those who attended.

On October 19, Lt. Jones attended the Golden Chile Awards ceremony at the National Hispanic Cultural Center, where Nana Elizabeth Jiron was honored with the Blossom Award. Congratulations, Nana Liz, on this well-deserved recognition! We are proud to see our community members celebrated for their contributions and accomplishments.

As we approach the holiday season, please be reminded that our annual turkey distribution is scheduled for November. Walmart gift cards valued at **$30 each** will also be available for the purchase of fresh produce. Please watch for upcoming flyers with additional information regarding the distribution dates, times, and other details.

I would like to thank Tiffany Jiron and staff for the "I will Run for Them 5K" held on October 22nd at the Isleta Lakes. This event was to support the Domestic Violence Awareness Month; it was a great event and nice to see the support for this event.

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

Eugene Jiron,
Governor

Mental health Awareness is a reminder that mental well-being is just as important as physical health. We encourage everyone to check in with themselves and one another, practice kindness, and prioritize balance, self-care, and support.

You are not alone, and you matter. Talking with someone you trust can be good for the soul, and asking for help is a sign of strength, not weakness.

Taking time to rest, reach out, or have an open, judgment-free conversation can make a meaningful difference in someone's life.

It is also important to remember that suicide prevention begins with connection, compassion, and support. A simple check-in, a listening ear, or encouraging someone to seek help can have a lasting impact. If you or someone you know is struggling, please reach out for support. Help is available, and hope is always possible.

Together, we can continue to create a workplace where people feel respected, supported, and encouraged to care for their mental health and well-being.

B'EEH K'OO-EE WELLNESS CENTER at the Isleta Health Clinic.
- Phone: 505-869-5475
- After Hours 505-869-5475
- Welcome walk-ins.

Call, Text or Message
988
https://988lifeline.org/get-help/

Remember a hard moment, mistake or setback does not define your worth or future!



LETTER FROM THE EDITOR

DEADLINE for December Newsletter articles is set for Tuesday, November 17, 2026, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

CLASSIFIED ADS: The new administration has requested that the Newsletter start a Classified Ad section for Tribal members selling land, houses, mobile homes, vehicles, and farm equipment. Leasing of houses and mobile homes will be accepted. Smaller items that 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 to the Newsletter. A single picture may be submitted with the ad. Submitters of classified ads are responsible for generating their 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 flyers as this is a FREE service.

Classified ads and business flyers will be posted no more than two consecutive months. In the event that 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 in 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 - Carols 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-0121-2026
John Luterio Jojola

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **John Luterio Jojola**, deceased **08/29/2010** 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 10, 2026** at **3:00 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-0113-2026
Elizabeth R. Lucero

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Elizabeth R. Lucero**, deceased **08/25/2026** 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.

NAME CHANGE

Notice of Name Change Case No. CV-NC-0060-2026
Ava-Rae Mosteller

Second Notice

TAKE NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements, the Petitioner, **Amber Walters**, has applied to the Honorable **Judge Darryl Chavez**, Tribal Court Judge of the Pueblo of Isleta, at the Tribal Services Complex, Bldg. A, 3950 Hwy. 47 SE, Albuquerque, NM 87105, for an **ORDER FOR CHANGE OF NAME** of the minor child **Ava-Rae Mosteller** to **Ava Walters**.

Any person claiming an interest in this matter may notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **a date and time to be set by the Court**.

Any interested parties may contact the Tribal Court Clerk with any questions at **(505) 869-9699**.

Notice of Name Change Case No. CV-NC-0061-2026
Alexander Mosteller

Second Notice

Take NOTICE that in accordance with Pueblo of Isleta Tribal Court requirements, the Petitioner, **Amber Walters**, has applied to the Honorable **Judge Darryl Chavez**, Tribal Court Judge of the Pueblo of Isleta, at the Tribal Services Complex, Bldg. A, 3950 Hwy. 47 SE, Albuquerque, NM 87105, for an **ORDER FOR CHANGE OF NAME** of the minor child **Alexander Mosteller** to **Alexander Walters**.

Any person claiming an interest in this matter may notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **a date and time to be set by the Court**.

Any interested parties may contact the Tribal Court Clerk with any questions at **(505) 869-9699**.

IN THE MATTER PROTECTION ORDER: Case No. CV-PO-0109-2026
K.Tsosie & G. Keryte v. Latrell Turningheart

First Notice

Notice to LATRELL TURNINGHEART (DOB: 11/24/1995), Respondent.

TAKE NOTICE that in accordance with the notice requirements, a Petition for a Domestic Violence Protection Order has been filed against you in the Pueblo of Isleta Tribal Court. A **Protection Order Hearing** in this matter is scheduled for **Monday, December 14, 2026** at. **1:30 p.m.** Your appearance is requested. You may appear at this hearing at the Isleta Tribal Court located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. You also may appear by phone or Zoom. You may file a written Response and /or other pleadings into this case. If you have questions or would like copies of the documents in this case, please contact the Isleta Tribal Court at (505) 869-9699.

Job Postings

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

Fax: 505-244-8232

SURVEILLANCE AGENT
Albuquerque, NM — $18.76 /Hour• Non-Exempt
0170

IT SYSTEMS ANALYST MANAGER
Albuquerque, NM — $100,560.45 /Year• Exempt
1550

CUSTODIAN
Albuquerque, NM — $15.20 / Hour • Non-Exempt
1355

HDCT
Albuquerque, NM — $15.72 / Hour • Non-Exempt
1355

TABLE GAMES DEALER
Albuquerque, NM — $11.96 / Hour • Non-Exempt
0120

TABLE GAMES FLOOR SUPERVISOR
Albuquerque, NM — $27.35 / Hour• Non-Exempt
0120

DIRECTOR OF LAKES & RV OPERATIONS
Albuquerque, NM — $100,560.45 / Year • Exempt
0780

PLAYERS CLUB REPRESENTATIVE
Albuquerque, NM — $15.46 /Hour• Non-Exempt
1150

PLAYERS CLUB SUPERVISOR
Albuquerque, NM — $21.12 /Hour• Non-Exempt
1150

BAKER I
Albuquerque, NM — $15.72 /Hour• Non-Exempt
0380

SECURITY OFFICER II
Albuquerque, NM — $18.76 / Hour• Non-Exempt
0180

SECURITY OFFICER I
Albuquerque, NM — $16.79 / Hour• Non-Exempt
0180

COOK
Albuquerque, NM — $15.12 / Hour• Non-Exempt
00HCOOK

ELECTRICIAN III
Albuquerque, NM — $31.35 /Hour• Non-Exempt
1350

PLUMBER III
Albuquerque, NM — $27.35 /Hour• Non-Exempt
1350

NETWORK ADMINISTRATOR
Albuquerque, NM — $75,058.91 / Year • Exempt
1550

COSMETOLOGIST
Albuquerque, NM — $16.79 / Hour• Non-Exempt
0510

SPORTS BOOK WRITER
Albuquerque, NM — $15.46 /Hour• Non-Exempt
0146

SUPERVISOR F & B
Albuquerque, NM — $21.12 / Hour• Non-Exempt
0334

SHOP CLERK
Albuquerque, NM — $15.20 /Hour• Non-Exempt
0700

LOS LUNAS SCHOOLS

Los Lunas Schools will be holding a public informational meeting to go over the Student Needs Assessment and presenting data on Native American student outcomes and programs within the assessment on November 19th virtually starting at 6:00pm. This meeting will be held in conjunction with our quarterly parent/ Indian Education Committee meeting.

Join Zoom Meeting
https://llschools-net.zoom.us/j/87222130421?pwd=I6aAmc81KpffpkbRXsTjK3RbZpzPI2.1

or scan the QR Code.

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACCOUNTANT-PAYROLL	Treasury	10/30/2026 or Until Filled
ADMINISTRATIVE ASSISTANT III	Broadband	Open Until Filled
ASSISTANT IRRIGATION & LANDSCAPE TECHNICIAN	Parks & Recreation	09/28/2026 or Until Filled
BEHAVIORAL SCIENCES CLINICIAN	Police Department	09/13/2026 or Until Filled
BUYER	Treasury	12/31/2026 or Until Filled
CAREGIVER	Assisted Living	12/29/2026 or Until Filled
CHIEF OF POLICE	Police Department	11/18/2026 or Until Filled
CHILD/ ADOLESCENT THERAPIST	Health Services	Open Until Filled
CLINICAL THERAPIST	Health Services	12/08/2026 or Until Filled
CONSTRUCTION PROJECT MANAGER	Design & Construction	Open Until Filled
CONSTRUCTION PROJECT MANAGER/ PROJECT INSPECTOR	Design & Construction	Open Until Filled
CUSTODIAN	Public Works	12/14/2026 or Until Filled
DIRECTOR, SOCIAL SERVICES	Social Services	10/27/2026 or Until Filled
DISPATCHER I/II (2 Positions)	Police Department	12/14/2026 or Until Filled
EMT- INTERMEDIATE	Health Services	12/07/2026 or Until Filled
EMT- INTERMEDIATE PRN	Health Services	11/24/2026 or Until Filled
EMT - PARAMEDIC	Health Services	Open Until Filled
ENVIRONMENTAL SPECIALIST	Natural Resources	12/02/2026 or Until Filled
EXPERIENTIAL EDUCATOR I	Behavioral Health	Open Until Filled
FITNESS INSTRUCTOR	Parks & Recreation	Open Until Filled
FORESTRY TECHNICIAN	Natural Resources	Open Until Filled
GRANTS & CONTRACTS COORDINATOR	Treasury	Open Until Filled
HELP DESK TECHNICIAN	MIS	Open Until Filled
HIGHWAY SAFETY POLICE OFFICER I	Police Department	10/21/2026 or Until Filled
LANGUAGE TEACHER (2 Positions)	Language Program	Open Until Filled
LIFEGUARD (4 Positions)	Parks & Recreation	Open Until Filled
NURSE PRACTITIONER	Health Services	01/04/2026 or Until Filled
OPTOMETRIST	Health Services	11/22/2026 or Until Filled
PARALEGAL	Tribal Prosecutor	09/27/2026 or Until Filled
PERSONAL CARE SERVICE AIDE	Elder Center	10/21/2026 or Until Filled
PHYSICAL THERAPIST	Health Services	12/10/2026 or Until Filled
RECREATION LEAD	Parks & Recreation	12/21/2025 or Until Filled
ROADWAY MAINTENANCE WORKER I	Transportation Services	01/13/2027 or Until Filled
ROADWAY MAINTENANCE WORKER II	Transportation Services	01/13/2027 or Until Filled
SENIOR ACCOUNTANT	Treasury	12/14/2026 or Until Filled
SHIFT SUPERVISOR	Assisted Living	11/15/2026 or Until Filled
SOLID WASTE DRIVER	Solid Waste	Open Until Filled
STATE-TRIBAL IFPA COORDINATOR	Social Services	09/04/2026 or Until Filled
TRIBAL PROSECUTOR	Prosecutor	Open Until Filled
UNEXPLODED ORDNANCE/HAZARDOUS MATERIALS TECHNICIAN ASSISTANT	UXO Division	12/14/2026 or Until Filled
UTILITY WORKER	Public Works	09/30/2026 or Until Filled





IPHA

P.O. BOX 760 ISLETA, NM 87022

Looking for help with rent?

Tenant-Based Rental Assistance Program (T-BRA)

T-BRA provides assistance to individuals with costs associated with off-reservation housing.

If you qualify (80% below median income level), you can receive help with:

- Security deposits
- First month's rent
- Last month's rent



2026 Median Family Income				$106,800			United States	
	1 Person	2 Persons	3 Persons	**4 Persons**	5 Persons	6 Persons	7 Persons	8 Persons
80%	$59,850	$68,400	$76,950	$85,450	$92,300	$99,150	$106,000	$112,800

If interested, send us an email with your contact information:

info@isletapueblohousing.org

Or call us at: 505-869-4153





Attention: Pueblo of Isleta Community

Public Works has implanted a new work order system for community work orders.

Community members can submit a work order the following ways:

1. Below is a QR Code you can scan with a smart device
2. You can access the link on the Pueblo of Isleta Website
3. Calling Public Works Office at 505-869-5170

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

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

NOTE: Please one work order per submittal! Our new system will not generate multiple work orders in one submission.
Not providing all detail information on your work order may cause a delay!

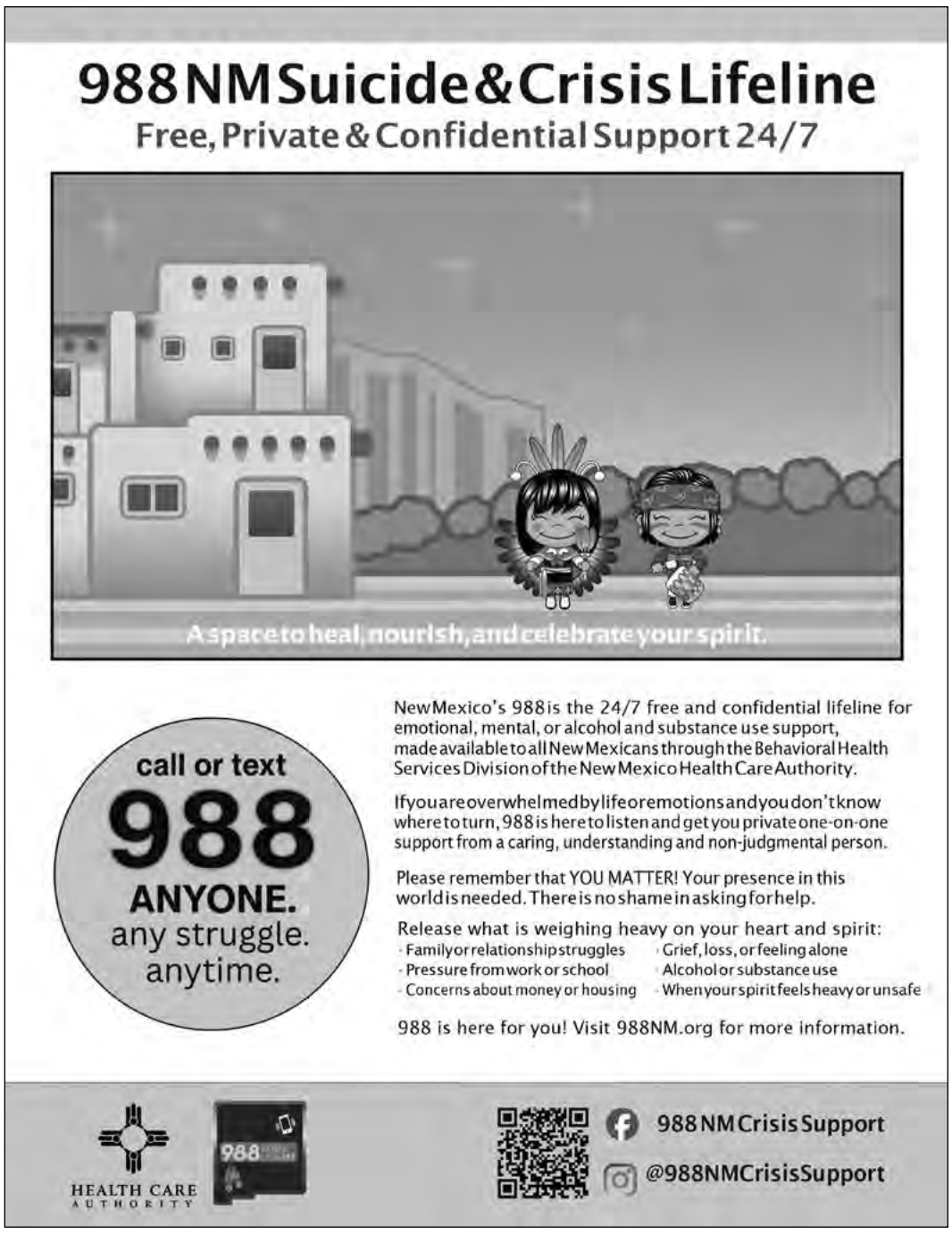
We understand that not everyone has access to a smart device or computer to submit a work order, calling into Public Works Office at 505-869-5170 is still available.

Goodwill Good jobs! 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
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









VETERANS DAY SERVICE SCHEDULE

The Transfer Station will be closed on Wednesday November 11th, in honor of Veterans Day. Wednesday & Thursday's collections will be collected on Thursday November 12th. Have carts out by 7am. Thank you Veterans.

PUEBLO OF ISLETA SOLID WASTE DEPARTMENT

KEEP ISLETA BEAUTIFUL! (505)869-4106

Makuwam Shiekhwif-tainin!

The Pueblo of Isleta Tiwa Language Department (TLD) sends warm greetings and welcomes you to visit us at our new location in the **POI Cultural Center**. We have had a busy and exciting start to our program and look forward to welcoming our community into this beautiful space for language learning, cultural connection, and community gatherings.

Our Tiwa language is at the heart of who we are as a people. It carries our values, our history, our connection to our homeland, and our identity as members of the Pueblo of Isleta. Language is more than communication; it is a living expression of our culture, our relationships, and our way of life.

We are grateful for our Tribal leadership's vision and commitment to strengthening our language through the establishment of the Tiwa Language Department. As many Indigenous communities face the challenges of language shift and the increasing use of English in everyday life, we recognize the importance of working together to ensure that Tiwa remains a strong and vibrant part of our future.

This work belongs to all of us as **Shiekhwif-tainin.** The responsibility of language empowerment cannot rest solely on our children or within the walls of a classroom. It requires a collective commitment from families, grandparents, parents, relatives, and community members. Together, we can create opportunities to hear, speak, and celebrate our language in our homes and throughout our community.

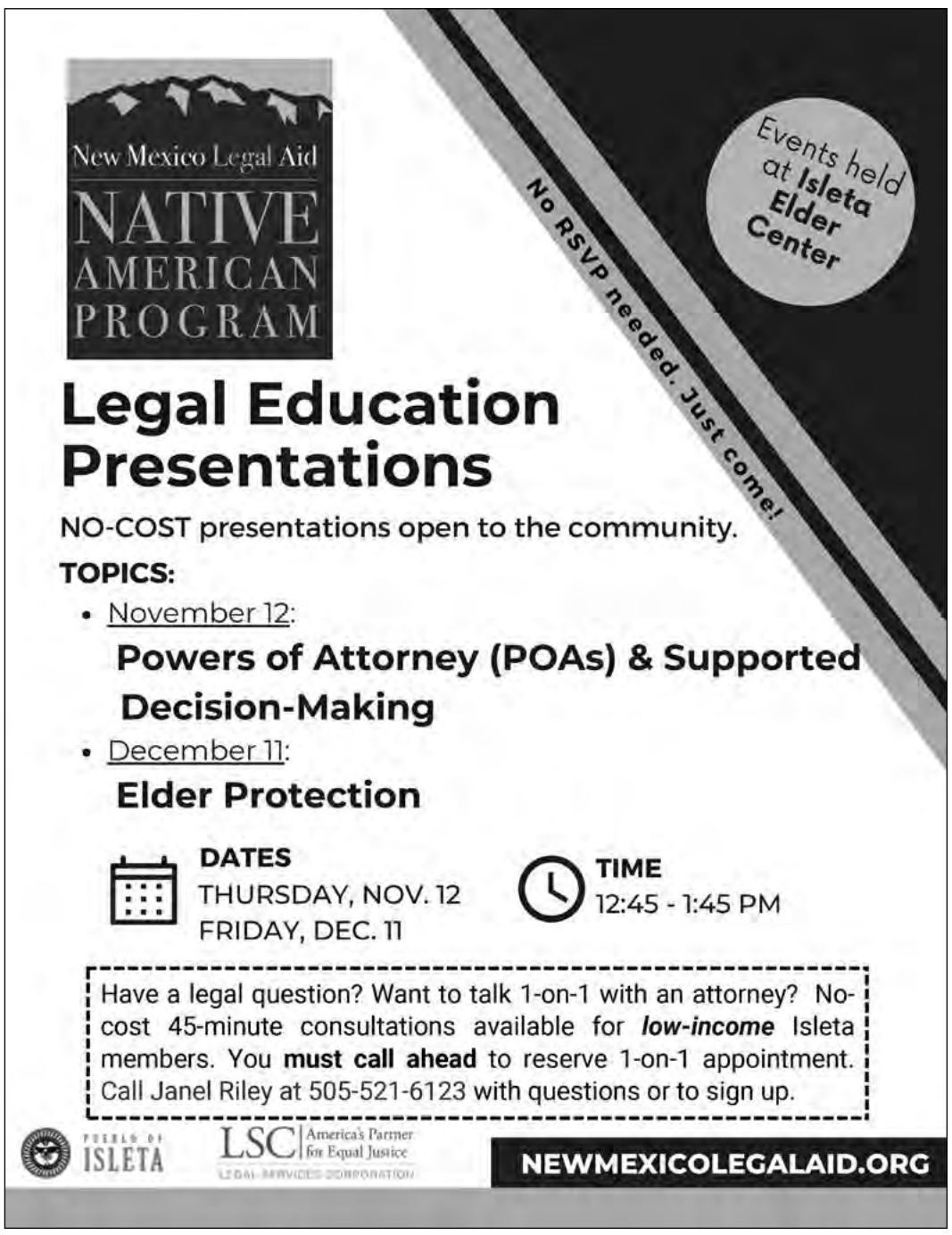
The Tiwa Language Department is dedicated to supporting children and families through programs that foster cultural connectedness through language. We currently provide Tiwa language instruction from kindergarten through 12th grade. Tiwa I and Tiwa II courses are offered at Los Lunas High School, Tiwa I is offered at Valencia High School, Tiwa instruction is provided for Kindergarten through sixth grade at Isleta Elementary School, and middle and high school students receive instruction at NACA.

Our department is staffed by two full-time language teachers: Edna Jiron and Genevieve Vicente, one assistant language teacher Ramona Abeita, and five Language Consultant/Teachers: Rochelle Jaramillo, Carlota Lucero, Jose Ignacio Lujan, Martha Madrid, Vangel Martinez, and Josie Weldon. We are fortunate to work alongside a dedicated and knowledgeable team with passion for both teaching and language revitalization. Hearing our children speak Tiwa and witnessing their journey as language learners is one of the greatest rewards of our work.

We are also developing new language tools and resources to support the people of Isleta in strengthening and using Tiwa in daily life. Information about upcoming events, programs, and opportunities will be shared through the POI Newsletter, and the community information boards.

We invite you to join us on this journey. Every word spoken, every conversation shared, and every effort made to use our language helps strengthen the future of Tiwa for generations to come.

Kherkem / Hawu
T'akhipaf - Melanie Kirk-Lente & the Tiwa Language Department Staff





90 Years in the Making: Historic Dam Settlement Enters Final Phase

By Andrew Sweeman, Water Resources Division Manager, Department of Natural Resources

The Isleta Diversion Dam (IDD) sluiceway and East bank construction project is scheduled to begin on November 2, 2026, and continue through mid-March 2027. The project includes improvements to the dam's sluiceway, a channel designed to move water and sediment away from the diversion structure and help maintain efficient water flow. This major infrastructure project represents one of the final deliverables from the historic 2016 Global Settlement Agreement between the Pueblo of Isleta, the Bureau of Reclamation (BOR), and the Middle Rio Grande Conservancy District (MRGCD).

Resolving a 90-Year Trespass

The IDD was originally built by the MRGCD in 1933 to divert river water for irrigation south of the Pueblo. However, the dam and associated facilities occupied 15.2 acres of Isleta Pueblo land without a lease, permit, or authorized right-of-way. In 1980, the United States filed a lawsuit against the MRGCD for this wrongful use of tribal lands. On December 21, 1982, a federal court officially ruled that the dam had been trespassing on Pueblo land since the day it was built. Following decades of intermittent negotiations, all parties signed the Global Settlement Agreement on October 21, 2016. This agreement secured monetary payments for the Pueblo, facility improvements, and a 50-year easement (with a 50-year renewal option).



Circa-1933 view of the Rio Grande River, where the IDD would be constructed (photograph courtesy of MRGCD).

Project Goals and Major Upgrades

The upcoming project will significantly improve water quality within the Pueblo's irrigation system by reducing the amount of river sediment passing through the East side sluiceway and into the Pueblo's East side irrigation ditch headings. The construction will involve several key components:

- **River Realignment & Stabilization:** Realignment of approximately 450 feet of the Rio Grande along the east bank, just north of the dam. This includes stabilizing the bank with riprap and concrete and building a temporary cofferdam.
- **Gate Automation:** Upgrading and automating Radial Gates 28, 29, and 30, three diversion gates at the Peralta Main Canal, and the east sluiceway exit gate.
- **Concrete Improvements:** Pouring a new sloped concrete slab over the existing slab within the sluiceway.
- **Erosion and Water Control:** Managing water levels behind the cofferdam and installing silt fences, vehicle tracking controls, and post-construction seeding to prevent erosion.



The Isleta Diversion Dam under construction, looking east as steel pilings are being driven into place, circa 1934. (photograph courtesy of MRGCD).

Tribal Road Closures and Impact

Community members should prepare for local traffic impacts. TR21, TR23, and TR501 will be closed intermittently throughout the duration of the project. All construction work will be confined to the east side of the Isleta Diversion Dam, except for an approved disposal area located southwest of the project site.



Isleta Diversion Dam, March 2025.

Community Notice & Traffic Alert

Project Timeline:

- Start Date: November 2, 2026
- Estimated Completion: **Mid-March 2027**

Intermittent Road Closures:

- TR21, TR23, and TR501

Work Area Restriction:

All work restricted to the east side of the IDD, except for the approved southwest disposal area. Please use extreme caution and plan for travel delays.





DEPARTMENT OF EDUCATION NOVEMBER

Pre-K to 12th Grade News

Lego Night

Open for grades K-8

Beginning back on September 30th, the Department of Education has hosted Lego Night every Wednesday since. Taking place during tutoring, from 2:00pm to 5:30pm, attending students can explore a combination of creativity and education through the provided LEGO education kits! But this program is limited to only ten students for each happening on a first come first serve basis. So, for those wanting to participate, be sure to arrive early! Lego Night will continue to occur each Wednesday until otherwise stated.



Tutoring

Whether students are looking to enhance or strengthen their skills, our tutoring program is here to help. Tutoring sessions are held Monday through Thursday from 2:30pm-5:30pm. We provide a quiet space for students to work, as well as other features such as 3D printing! With our tutoring program, we are able to assist students in all areas they might need help. Students can register for tutoring sessions through the QR code below:

Pueblo of Isleta Higher Education

New High Education Coordinator

Please welcome Dr. Olga Skinner as a new Higher Education Coordinator. She will be working with scholarship applicants with last names from A-J. Dr. Skinner was previously a Student Success Coordinator for the POI Department of Education. Prior to moving to New Mexico last December, she worked as an Assistant Professor for the University of Alaska Fairbanks and worked with Alaska Native students pursuing post-secondary education. She enjoys working with students to achieve their education goals.

Spring Registration for College and University

Colleges and universities will soon be opening up registration for the spring semester. As you meet with your advisors, bring in a copy of the Course Schedule Verification form and the Degree Plan to get that completed for spring. After you register for spring, be sure to place a request for your Financial Aid office to submit a Financial Needs Analysis form. As the fall semester comes to an end, be sure to submit your fall volunteer hours, as well as submit requests for official transcripts for fall semester grades. Also note that the 2027-2028 FAFSA is now open. Apply at Studentaid.gov.

Opportunities for Students Needing to Fulfill Their Volunteer Hours:

Department of Education
Christmas Family Night
December 11, 2026
Call DOE at 505-869-9790

Animal Humane NM
(505) 225-5523
info@animalhumanenm.org

ONE Albuquerque – ABQ Volunteers
darellano@cabq.gov

RoadRunner Food Bank of NM
(505) 247-2052 (Albuquerque)
(505) 523-4390 (Las Cruces)
(866) 327-0267 (Toll-Free)
info@rrfb.org

Teeniors is a volunteer program
www.teeniors.com
505-600-1297

Higher Education Scholarships/ Resources

Niche Scholarships
Deadline 12/31/2026

2027 Switzer Environmental Fellowship
Applications for 2027 Switzer Fellowships are now open. Applications will close at 11:59 pm PST, Monday December 14th, 2026.
https://www.switzernetwork.org/fellowship/become-fellow

Udall Native American Congressional Internship
Application Deadline: January 15, 2027
https://www.udall.gov/OurPrograms/Internship/Apply

Udall Undergraduate Scholarship
Faculty Rep Registration Deadline: March 3, 2027
Application Submission Deadline: March 4, 2027
https://www.udall.gov/OurPrograms/Scholarship/ImportantDates

Mad Scientist's Night

The Department of Education put on Mad Scientist's Night, a Family Night event that took place Wednesday, October 20th from 5:30pm to 6:30pm at the Isleta Rec Center. The event was open to all ages and members of the community.

During the event, participants were able to engage in fun games and activities such as Zombie Blast and Ghost Bowling. Tabling was held during the event to pass information to students, such as a college prep workshop, hosted by the DOE, titled "What Colleges are Right for Me?" In addition, other organizations who tabled to promote their programs included Indigenous Leadership Initiative and Upward Bound. Food for the event, supplied by Chick-Fil-A, was provided by DOE as well for participants who picked up a meal ticket when signing in. The event served as a great way for the Department of Education to continue connecting with and providing resources to the community during the Fall season.







Isleta Elementary Cafeteria News!

New and Exciting Cafeteria Offering

Exciting things are happening in the Isleta Elementary School cafeteria! Our school has been introducing new and fun experiences for students, and the cafeteria has been putting ideas from recent training into practice through its setting and menu.

Nuevo Thursdays

Students have been enjoying *Nuevo Thursdays*, when they are introduced to new foods and invited to vote on whether each item should become a permanent menu offering. Students get excited when they see posters featuring the new food they will taste on Thursday.



These taste tests encourage students to ask questions about the food, including where it comes from and what it tastes like. They also help students become interested and open-minded about trying something new. If your child comes home with an *"I tried something Nuevo"* sticker, ask what they tried at school. So far, all the items have been a hit!

NM Grown Tribal Purchasing Pilot

We are also thrilled to be part of the NM Grown Tribal Purchasing Pilot. We received our first delivery in October, featuring Indigenous foods from Native producers around New Mexico.

The shipments included purple carrots, sweet potatoes, onions, acorn squash, and Sandia hot chile from pueblo farmers. A local farmer here in Isleta provided blue cornmeal, white cornmeal, and Anasazi beans. We are excited to be part of this program and to use it to introduce students to more local, fresh, and Native-grown foods.

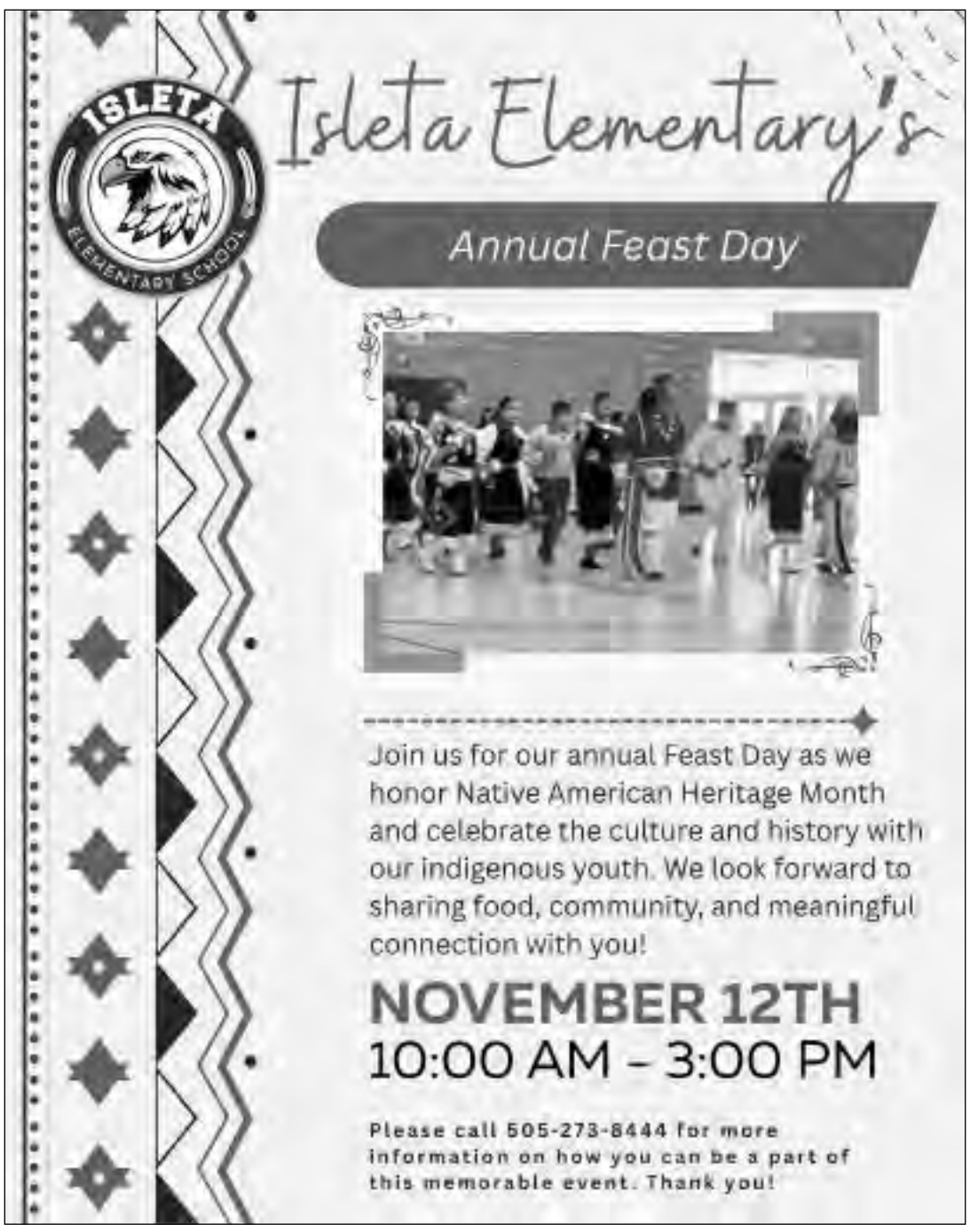
National Walk and Roll to School Day

The fun does not stop there! We proudly participated in National Walk and Roll to School Day this year. Alongside schools across the nation, our students, families, and staff hit the sidewalks—walking, scootering, and rolling—to celebrate active living and school spirit.

Thank you to everyone who joined us and helped make the event such an amazing success! We also extend our thanks to the Isleta Public Library, B'eehK'oo-ee Wellness Center, Officer Rick, Isleta Elementary staff, and families. Way to go, Eagles!







TRUANCY

Fall is in the air with the leaves changing colors, families are carving pumpkins and it is sweater and long sleeve weather.

We had a great time on October 14th for our family night at the Recreation Center. Being surrounded by the families who attended was very welcoming and engaging. We shared caramel apple treats and the Department of Education shared a tasty dinner of Chik fil A. The Halloween carnival on October 23rd was also a fun event that was enjoyed by all who attended. With everyone dressed up with their Halloween costumes and visiting the booths from other tribal departments made it fun and memorable. We are looking forward to many more fun filled family events that may be coming up.

The month of November is an important time for many of us. With Thanksgiving quickly approaching and Christmas vacation to look forward to, we know that regular school attendance helps students to be successful and build upon academic skills. We always encourage our students to strengthen their future goals with all the great accomplishments they excel in.

This month, let's continue working together to ensure every student has the opportunity to succeed and accomplish many great things.

If at any time you have any questions regarding your child's attendance, please do not hesitate to contact our office; we look forward to assisting you with any concerns that you may have.

Thank you,
Isleta Truancy Department

BREAKFAST

NOVEMBER 2026

Isleta Elementary School

Isleta Elementary School
1000 Moonlight Dr
505-273-8444

Monday	Tuesday	Wednesday	Thursday	Friday
2 Scrambled Eggs Sausage Pears Choice of Milk	3 *Overnight Oats w/berries Graham Crackers Choice of Milk	4 +Papas Bowl Tortilla *Grapes Choice of Milk	5 *Green Chile Cheddar Biscuit Sausage Patty *Oranges Choice of Milk	6 Mixed Berry Smoothie Vanilla Bears Choice of Milk
9 **Blueberry Pancakes Syrup Peaches Choice of Milk	10 *Banana Muffin *Apples Choice of Milk	11 **No School** Veterans Day Observed	12 **Scrambled Eggs **Toast *Grapes Choice of milk	13 +Orange Cream Smoothie Vanilla Bears *Banana Choice of Milk
16 Yogurt Cheese Stick Mandarin Oranges Choice of Milk	17 Pancake Corndogs *Apples Choice of Milk	18 *Berry Parfait Graham Crackers *Oranges Choice of Milk	19 Cereal Banana Choice of Milk	20 Strawberry/Banana Smoothie Graham Crackers Choice of Milk
23	24	25	26	27
30 **Blueberry Scones *Orange Wedges Choice of Milk				

No School *** Thanksgiving Break

This is an equal opportunity provider
Menus subject to change due to product availability

***Allergy Warning** Some products contain Wheat, Eggs and Milk Products.*

***Accommodations will be made to those with a doctor's note on file**

LUNCH

NOVEMBER 2026

Isleta Elementary School

Isleta Elementary School
1000 Moonlight Drive
505-273-84444

Monday	Tuesday	Wednesday	Thursday	Friday
2 Margherita Pizza Salad w/Ranch Oranges Choice of Milk	3 Corn Dogs Goldfish Applesauce Choice of Milk	4 Beef Tacos Beans Mango Choice of Milk	5 BBQ Chicken Mashed Potato w/gravy Green beans Strawberries Choice of Milk	6 Hearty Beef Stew Dinner roll Carrot Sticks Apple Slices Choice of Milk
9 Chicken Penne Alfredo Garlic knot California Vegetable Pears Choice of Milk	10 Turkey Sandwich Cherry Tomatoes Oranges Choice of Milk	11 **No School** Veterans Day Observed	12 Feast Day Posole Tamales Bread Pudding Choice of Milk	13 Hot Dogs Baked Chips Cherries Choice of Milk
16 Bean Tostada Corn on Cob Peaches Choice of Milk	17 Chef Salad Crackers Banana Choice of Milk	18 Peanut Butter and Jelly Cheez its Apples Choice of Milk	19 Turkey Mashed Potato w/Gravy Green Beans Stuffing, Dinner Roll Cranberry Sauce Pumpkin Pie Choice of Milk	20 Chicken and Rice Tortilla Carrot Sticks Mixed Berries
23	24	25	26	27
30 4 Cheese Pasta Bake Garlic Bread Mixed Vegetable Peaches Choice of Milk				

No School *** Thanksgiving Break

This institution is an equal opportunity provider

Menus are subject to change due to product availability

*Allergen Warning** Some products contain Milk, Wheat and Egg Products**

*Accommodations will be made to those with Doctor's note on file**

LEGO NIGHT

Beginning Wed. Sept 30, 2026
During Tutoring ~ 2PM-5:30PM
@ Department of Education

Continues every Wednesday afterwards!

Grades K-2
Grades 3-5
Grades 6-8

Room for 10 students
First Come, First Serve

Call for Information: (505)-869-9790
950 Moonlight Dr. SW

PUEBLO OF ISLETA

DEPARTMENT OF EDUCATION

OUR SERVICES

Academic Support
- Tutoring
- Credit Recovery (Edgenuity)
- Johnson-O' Malley Program
- Tiwa Language
- School Visits/Student Advocacy
- Tuition Assistance

School Essentials
- School Supplies
- Reimbursements For:

Lab Fees, Band Instruments, AP/Pre-AP Courses, SAT/ACT, Summer School, PE Uniforms, and Cap & Gown

Family & Student Engagement
- Summer Program
- Family Night Events
- Academic Incentives

REGISTER TODAY!

Contact Us
505-869-9790



Relocation to Isleta Pueblo Governor's Office

Tiwa Lending Services (TLS) is thrilled to announce our relocation back to **Isleta Pueblo's Governor's Office, address 117A Tribal Road 40**. We will be at this address starting Friday, August 01, 2025.

Welcome TLS'S New Loan Assistant



Greetings Community Members & Partners,

My name is Gabriel Cabrera-Flores, and I'm excited to introduce myself as the newest member of the TLS team. I'm eager to learn, grow, and contribute to the programs and services we provide to Native Communities.

I bring over eight years of experience in customer service and management, and I'm looking forward to applying those skills in a meaningful way here at TLS.

Outside of work, I'm a proud father to my 5-year-old son, who will be starting kindergarten next year. In my free time, I enjoy playing basketball, spending time with friends and family, and taking nature walks.

Tiwa Lending Services Programs & Services



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

Consumer lending available to Isleta Tribal Members to create a positive credit history. Loans can be utilized for credit building, credit repair, debt consolidation, home improvements, personal, and emergency. To qualify you must provide driver's license, Isleta census ID, source of income, and active banking information.

As a HUD Certified Counseling Agency, we provide education on credit, financial management, or homebuyer readiness. Classes are hosted on an annual basis and one-on-one sessions are available anytime. What should you expect from a one-on one session? Intake of your information, outline goals & obstacles, and create an action plan.

READY TO GET STARTED? CONTACT OUR STAFF TODAY!



Gabriel Cabrera-Flores Loan Assistant
Sheila Herrera Executive Director
Miranda Lente Loan Officer/HUD HOC

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

FREE CLEAN MULCH

We provide free clean mulch, made in Isleta with your tree branches. Pick up available at the transfer station, or call to schedule a free delivery.



PERFECT FOR:

- Landscaping
- Gardening
- Agriculture
- Driveways





Transfer Station:
(505)869-4106

KEEP ISLETA BEAUTIFUL!

PUEBLO OF ISLETA SOLID WASTE DEPARTMENT

GABRIEL'S TOTAL YARD & TREE SERVICES

- Weed & Junk Removal
- Tree Maintenance
- Lawn Maintenance

Free Estimates

(505)433-0614
Servicing Rio Rancho, Corrales, Albuquerque, & Los Lunas



GIVE US A CALL TODAY!

Pueblo of Isleta Public Library

November is here, bringing cooler fall weather, cozy evenings, and the start of the holiday season. With Thanksgiving just around the corner, it's a great time to gather with family and friends, enjoy good food, and give thanks for the people and traditions that mean the most to us. If you're looking for inspiration for your Thanksgiving meal or holiday gatherings, be sure to check out the library's collection of cookbooks, baking books, and seasonal recipes. As we move closer to the December holidays, the library is also a great place to find books, movies, activities, and resources for all ages. Stop by the library this November, get cozy with a good book, discover something new, and see what we have planned for the community!

News

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.

Wednesday, 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 Monday, November 9th will be due on Thursday, November 10th.

Wednesday, November 25th EARLY CLOSURE the library will be closing at 4:30am.

Thursday, November 26th, Friday November 27th and Saturday November 28th in observance of the Thanksgiving Holiday. All library media checked out on Wednesday, November 25th will be due on Monday, November 30th. Just as a reminder the library has a section filled with cookbooks to try something new alongside your turkey. Normal business hours will resume Monday, November 30th. The library staff would like to wish everyone a safe and Happy Thanksgiving!

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 (FB, IG & Snapchat).

A Friendly Reminder to Our Community

The library would like to remind everyone to help keep our Library and Educational Complex clean, safe and welcoming for all. We have noticed an increase in discarded vape devices around the complex, including areas where young children wait for the bus and get off the bus each day. Children may pick up these items out of curiosity, which can expose them to potentially harmful substances. We kindly ask everyone to please dispose of vape devices properly and refrain from leaving them on the ground or in areas where children gather. By working together and being mindful of our surroundings, we can keep our shared spaces safe for everyone. Thank you for your cooperation and for helping us take care of our community!

Join us for Family Story Time here at the library every Thursday starting at 9:00 am to 9:30 am, no sign ups required so just come on in and stay for the fun! Library Staff member Rebecca will read a story and engage toddlers and families in an activity or craft. This program gives parents and caregivers the opportunity to introduce reading to their child(ren). If you have any questions, please give Rebecca a call at the library at 505-869-9808 or by email at Rebecca.Farwell@isletapueblo.com.

Upcoming

The library is excited to bring back the Chess Club introducing the War Eagle Chess Club, running Wednesday from November 4th through December 16th, from 5:00 – 6:00 pm. The club is open to all ages and skill levels and welcomes anyone interested in learning, playing, and improving their chess skills. With space limited to 10 youth, participants will receive chess instruction, participate in weekly games and ladder standings, and have opportunities to learn tactics, strategy, and competitive play. The program will also include tournaments, competitive events, and special guest instructors. Led by Phillip Lujan, the club will have special focus on developing a competitive middle school scholastic chess team to represent Isleta in tournament play, with the goal of competing at the New Mexico Scholastic State Championship. Sign-ups begin October 1st and all supplies will be provided. To register or more information, please visit or call the library at 505-869-9808.

The library is pleased to offer a First Aid & CPR Training for youth ages 14-18, presented by Isleta Resort & Casino. This hands-on training will take place on Tuesday, November 24th, from 9:00 am to 3:00 pm at the library. Participants will learn essential First Aid and CPR skills that can be used at home, in the workplace, and throughout the community. The training will be led by certified instructors and is open to all skill levels, no prior experience is necessary. Participants will receive a certificate of completion that is active for up to two years, and lunch will be provided. There are only 10 spots available, so early registration is encouraged. Sign-ups begin October 26th. To register or for more information, please visit the library or call 505-869-9808.

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 check for up-to-the-minute updates on the library's website, social media, Isleta Newsletter, and library flyers throughout the community. All our programs are FREE and open to the community and public.



Halloween Baking Program with participants making Spider Web Cookies.

Recap

The library hosted its Halloween Baking Programs in October, bringing families and adults together for some spooky and delicious fun! On October 6th, families got creative in the kitchen while making Spider Web Cookies, followed by Ghost Face Dipped Strawberries on October 13th. The Halloween fun continued on October 20th with the Adult Halloween Baking Program, where participants made Rice Krispie Brain Cupcakes, a creepy and festive treat perfect for the season. These programs provided a fun opportunity for participants to get creative in the kitchen, try their hand at making Halloween-themed treats, and enjoy a seasonal activity at the library. Thank you to everyone who participated and helped make out Halloween baking programs a success!

The library recently partnered with Ceramica Pottery Studio to host an Adult Pottery Workshop. The program provided participants with a fun, hands-on opportunity to explore their creativity while learning about the pottery-making process. Participants enjoyed working with clay and creating their own pottery pieces while spending time in a welcoming and creative environment. With transportation provided by the library, participants were able to enjoy the experience together while trying something new outside of the library. The workshop was a great success and gave our adult patrons an opportunity to learn a new skill, get creative, and enjoy a memorable afternoon. We would like to thank all the participants that signed up for this program. The library looks forward to offering more unique and engaging programs for our adult patrons in the future.

The After School Program has a lot of fun activities and crafts planned for this month and the upcoming holiday season. 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 halfway 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.



Ghost Face Dipped Strawberries.

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.



PARKS AND RECREATION

Recreation

Ready to add some fun to your fitness routine? Isleta Recreation Center has a variety of classes to help you stay active, feel great, and reach your health goals. Join us for exciting classes, meet new people, and take advantage of our monthly incentive drawings for a chance to win fun prizes. Check out our weekly schedule below and find a class that's right for you!

Water Aerobics: Monday & Wednesday at 11:00 AM and 5:30 PM

Spinning: Tuesday & Thursday at 5:30 PM

Tai Chi: Thursday at 9:00 AM and 4:30 PM

Pilates: Monday at 5:30 PM and Friday at 6:00 AM

Yoga: Wednesday at 5:30 PM

Keep an eye out for upcoming classes at the Elder Center. We're excited to bring you more opportunities to stay active, connect with others, and enjoy something new.

Every workout is a step toward a healthier you, so come out, get moving, and make fitness part of your routine! For more information, call us at 505-869-9777. We can't wait to see you!

Both Pickle Heights and the Main Rec center will continue our regular hours.

Main Rec 5:00am-8:00pm Mon-Thurs and 5:00am-6:00pm Fridays,

Pickle Heights 4:00am-7:00pm Mon-Thurs and 4:00am-6:00pm Fridays.

We'd like to welcome anyone interested in taking step toward their fitness goals to come visit us or give us a call at 505-869-5741

After School Program

We are also happy to share that our After School Program has been busy with the kids enjoying after school activities and field trips! Here we have some pictures from the most recent field trip to Galloping Goat Pumpkin Patch.







Aquatics

Isleta Aquatics would also like to welcome everyone to come out and swim! We keep the pool area the same over 80 degrees and our Lap Pool is 80 degrees, wading pool is 90 degrees and the Jacuzzi is 102 degrees throughout the year. Open Swim will be open from 4:30pm until 7:30pm from Monday through Thursday and 3:30pm-5:30pm on Fridays. The pool will close on Tuesdays and Thursdays from 4:30pm-5:30pm for swim lessons. Morning Lap swim is also available from 5:30am-8:00am as well as 12:00pm-1:00pm Monday-Friday. We also offer Water Aerobics Mondays and Wednesdays at 11:00am as well as 5:30pm, all ages and fitness levels are welcome! Our next swim lesson session will begin in April. Lessons will be Tuesdays and Thursdays from 4:30pm-5:30pm and we are still currently taking registrations for the Winter Session. Registration forms are available at the Recreation Center front desk or email Joshua.roybal@isletapueblo.com and we can send you over a printable version to fill out at home. Registration forms can be turned into the Aquatics Office or the Front Desk here at the Recreation Center. Isleta Aquatics is still looking for candidates who are interested in becoming a lifeguard! We offer a flexible schedule, and competitive pay. Current lifeguard certification is preferred but not necessary as we provide all training and certifications here on site. For anyone interested in information about Lifeguard certification, child or adult swim lessons, groups and other aquatic programming please call Josh or Jessika at 505-869-9783.

Youth Sports

As our cross-country season comes to a close, we want to congratulate all our runners for their hard work, determination, and sportsmanship. Every athlete showed incredible effort throughout the season, improving with every race and making our Isleta community proud.

A special thank you goes out to our Coaches Volunteer's, parents, and families for your support and encouragement. Your dedication helped make this season a success.

CONGRATS AGAIN TO OUR KIDS FOR A GREAT SEASON.

We will be starting our Isleta youth Flag Football season up Oct 24th was our First game. We have 5 Pueblos in the League, Santa Clara, Jemez, Santo Domingo, and To'Hajiilee. Games will be here at the Rec center grass fields from 9 am to 1 pm. So come out and support our kids.

Basketball is coming up, as well. First up is the Bernalillo youth county league. We have 5-6 yr old, 7-8 yr old and 11-12 yr old playing this season. November 14th is the first games here at the Rec center.

Our youth athletes continue to represent the pueblo of Isleta with pride, respect, and determination. Together, we are building stronger leaders, and a stronger community. GO Eagles!!













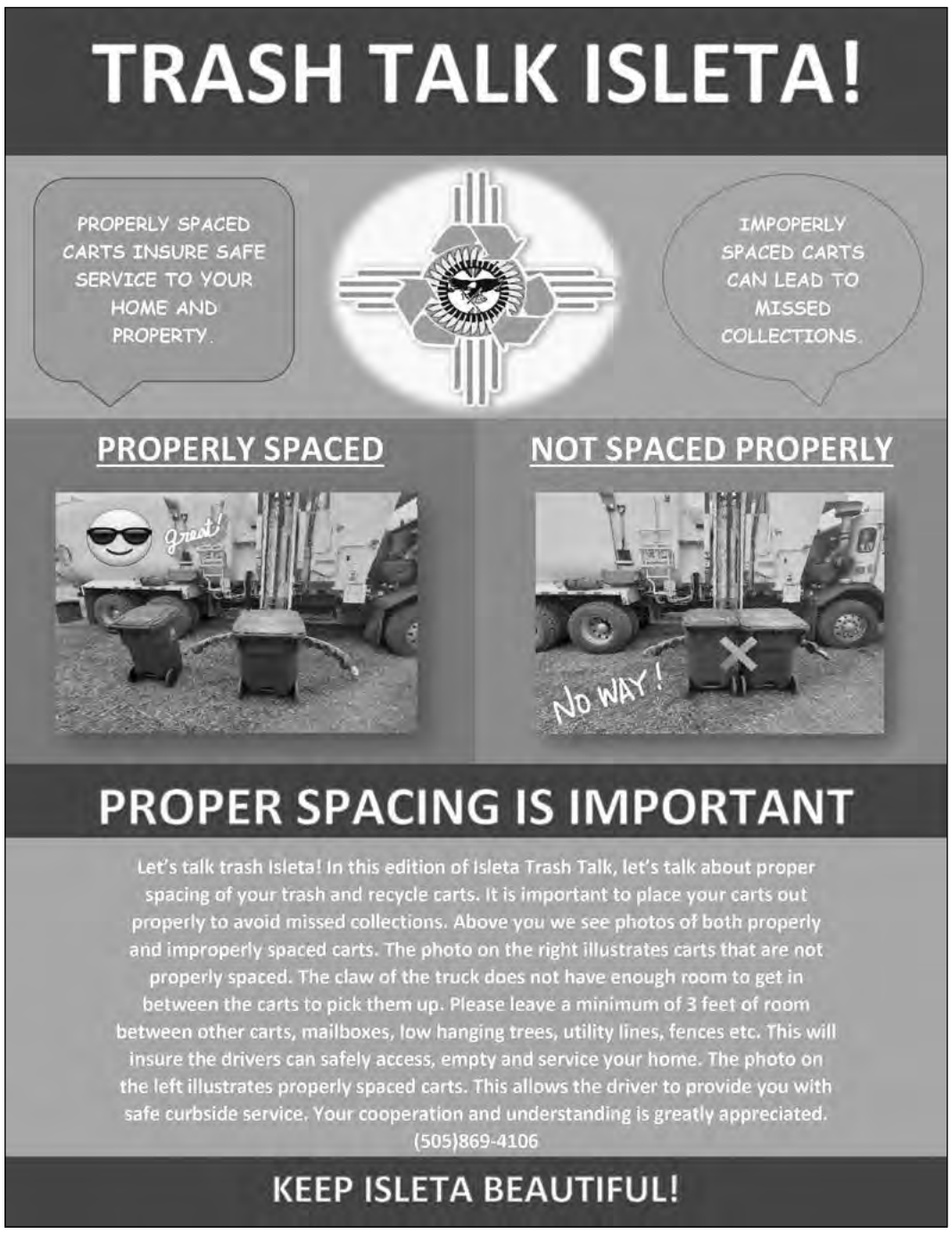








For more information about any of our programs or facilities please contact us at 505-869-9777





ISLETA HEALTH CENTER

Flu Vaccines

As we approach the cooler months, it's time to gear up for a healthy and vibrant season ahead. One crucial step in safeguarding your well-being and that of your loved ones is getting your annual flu shot.

Why should you get the flu shot?

Boost Your Immunity: The flu shot strengthens your immune system, helping you fend off the flu virus.

Protect Your Loved Ones: Getting vaccinated not only shields you but also those around you, especially the more vulnerable members of our community.

Prevent Overwhelming Healthcare Systems: By getting vaccinated, you contribute to reducing the burden on our healthcare facilities, ensuring they can focus on other critical health needs.

Enjoy a Healthier Season: With the flu shot, you can look forward to a worry-free and active autumn and winter.

Convenient and Accessible: Flu shots are readily available at local clinics and pharmacies. Please call the Isleta Health Center at 505-869-3200 for more information.

Let's unite as a community to prioritize our health and well-being. Don't wait – schedule your flu shot today and be a part of the collective effort to stay well and stay strong.

Together, we can keep our community flu-free and thriving!



Optical Services:



The Isleta Health Center Optometry Department is currently without an optometrist. However, we are still available to assist patients with optical services.

Patients needing any of the following services, please call (505) 869-4080 to schedule an appointment:

- Ordering eyeglasses
- Eyeglass adjustments
- Eyeglass repairs

We are happy to assist you and ensure you are scheduled for the optical services you need.

Thank you for your patience and understanding as we continue working to meet the eye care needs of our community.

Optometry Department



NOVEMBER IS NATIONAL CAREGIVERS MONTH

32.7% OF GRANDPARENTS LIVING WITH THEIR GRANCHILDREN UNDER THE AGE OF 18 ARE RESPONSIBLE FOR THEIR CARE- CENSUS.GOV

CAREGIVERS MAY INCLUDE GRANDPARENTS, AUNTS, UNCLES, FOSTER PARENTS, AND CLOSE FAMILY FRIENDS

THEY MAKE IT POSSIBLE FOR LOVED ONES TO STAY AT HOME AND MAINTAIN TIES WITH THEIR FAMILIES

SOME MAY FACE PHYSICAL, EMOTIONAL, AND FINANCIAL CHALLENGES BUT MANY GET A SENSE OF SATISFACTION AND PRIDE

THERE ARE RESOURCES AVAILABLE TO HELP CAREGIVERS MAINTAIN THEIR CARE. THESE RESOURCES INCLUDE SNAP/WIC FOR FOOD ASSISTANCE, CHIP/MEDICAID FOR MEDICAL CARE, AND TANF FOR TEMPORARY CASH ASSISTANCE.



WIC BENEFITS ARE AVAILABLE FOR CAREGIVERS. PLEASE INQUIRE WITHIN.

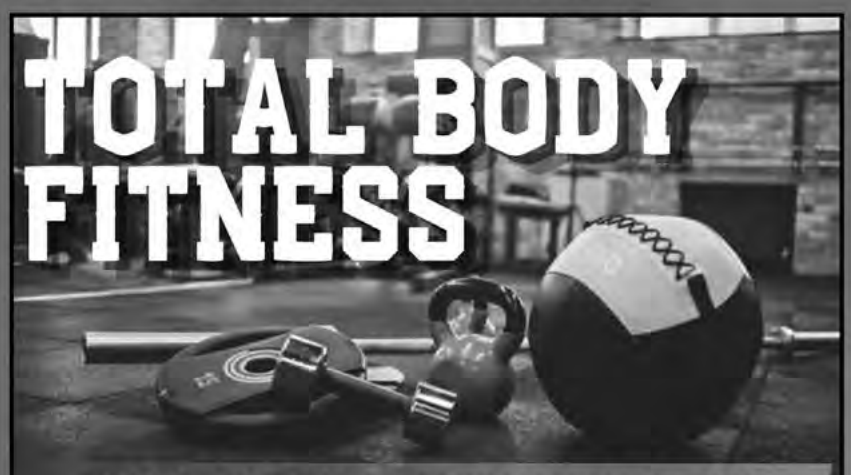
CARE THAT FEELS LIKE HOME.

Isleta WIC Office 505-869-2662

DIABETES PREVENTION AND TREATMENT PROGRAM IHC

JOIN

TOTAL BODY FITNESS



MONDAYS & WEDNESDAYS @ 6:00 AM
TUESDAYS & THURSDAYS @ 5:30 PM

FEEL THE BURN, LOVE THE RESULTS

- Circuit Training exercises
- Efficient calorie burn and weight loss
- Improves heart health
- Boosts muscular endurance
- Fun team environment
- Encouraging music

All fitness levels welcome!

CONTACT US

WELLNESS CENTER
1 SAGEBRUSH ST.
ALBQUQUERQUE, NM 87105
BUILDING B
505-869-4095

DIABETES PREVENTION AND TREATMENT PROGRAM IHC

JOIN



WEDNESDAYS @ 5:30 PM

LENGTHEN, STRENGTHEN, & BREATHE

- Release tension from the day
- Increase full body flexibilty
- Improve mobilty & range of motion
- Movement and muscle recovery
- Breathwork
- Stress Relief

All fitness levels welcome!

CONTACT US

WELLNESS CENTER
1 SAGEBRUSH ST.
ALBQUQUERQUE, NM 87105
BUILDING B
505-869-4095

DIABETES PREVENTION AND TREATMENT PROGRAM IHC

JOIN

TAI CHI



FRIDAYS
10:00 AM

November 6th - Isleta Elder Center (Activities Room)
November 13th - Isleta Elder Center (Activties Room)
November 20th - Wellness Center (DPTP Gym)

Locations are subject to change. Call our office for updates.

GENTLE MOTION, LASTING HEALTH

- Low impact, slow, & intentional movements
- Deep breathing practices
- Improves balance
- Reduces fall risk in older adults
- Increases muscle strength and flexibility
- Reduces stress and anxiety
- Lowers blood pressure

All fitness levels welcome!

CONTACT US

WELLNESS CENTER
1 SAGEBRUSH ST.
ALBQUQUERQUE, NM 87105
BUILDING B
505-869-4095

Starting the Conversation When it Comes to Thoughts of Suicide

By Dr. Hadley Pope and Remmington Kohpay MSIII

At some point in their lives, many people have thoughts about death or about not wanting to be here anymore. These thoughts are called suicidal ideation. They are far more common than most of us realize, worldwide, close to 1 in 10 people will experience them at some point. Having these thoughts does not mean something is wrong with you as a person. It means your mind and spirit are carrying something heavy, and like any other symptom (chest pain, a bad cough, a sore that won't heal) it deserves to be looked at by someone who can help.

A symptom, not a sentence. It is important for our community to understand that thoughts of suicide are not the same as suicide. Most people who have these thoughts do not act on them. Research that follows people over time shows that only a minority of those who think about suicide go on to make an attempt at ending their life. For many people, the thoughts come and go, and often they fade with time, support, and treatment. Thinking about suicide is a sign to reach out, not a reason to give up hope.

Why it matters to talk to a doctor or counselor. Thoughts of suicide are often a signal that something treatable is going on, such as depression, grief, stress, pain, trouble with alcohol or other substances, or the weight of hard experiences. A doctor or counselor can help find what is underneath the thoughts and treat it. Talking about it is also the first step toward relief; many people feel lighter simply having finally said it out loud to someone they trust. These thoughts can even be a side effect of certain medicines, so if they appear or worsen after starting or changing a medication, tell your doctor rather than stopping it on your own.

Talking about it is safe. One of the most common fears is that bringing up suicidal thoughts, or being asked about them, will somehow plant the idea or make things worse. This is a myth. Careful research has shown that asking about suicide does not increase suicidal thoughts or attempts. It is always safer to speak than to stay silent.

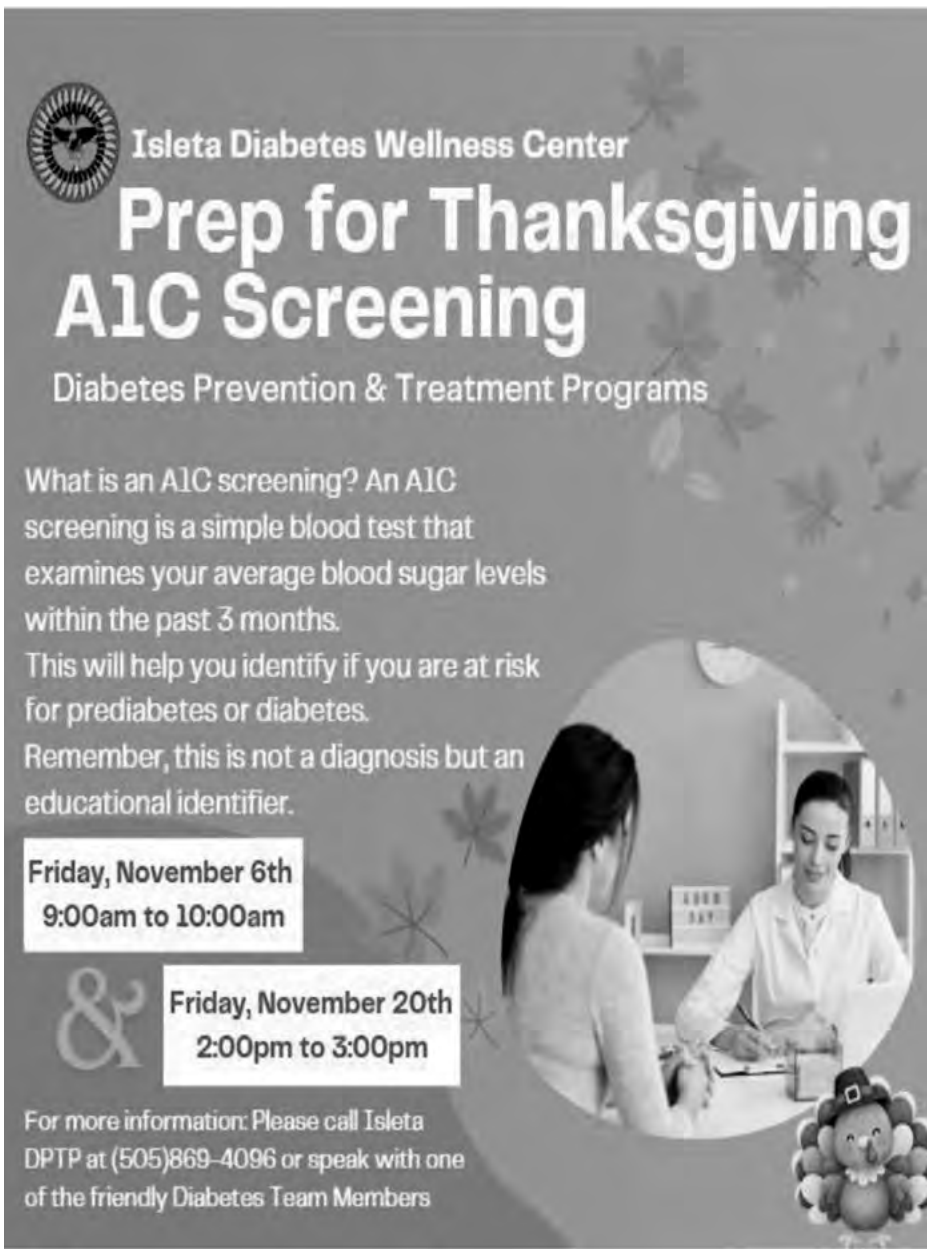
You will not be sent to the hospital just for having thoughts. Another common worry is that telling a doctor about these thoughts means being taken away to a hospital. For most people, this is not what happens. Having passing thoughts of suicide, without a plan or intent to act, can often be addressed at the clinic through conversation, support, treatment of the underlying problem, a simple safety plan, and follow-up. Hospital care is generally reserved for the smaller number of situations where someone has an active plan, a clear intent to act, or is otherwise in immediate danger. The goal of any doctor or counselor is to keep you safe while keeping you in your home and community whenever that is possible.

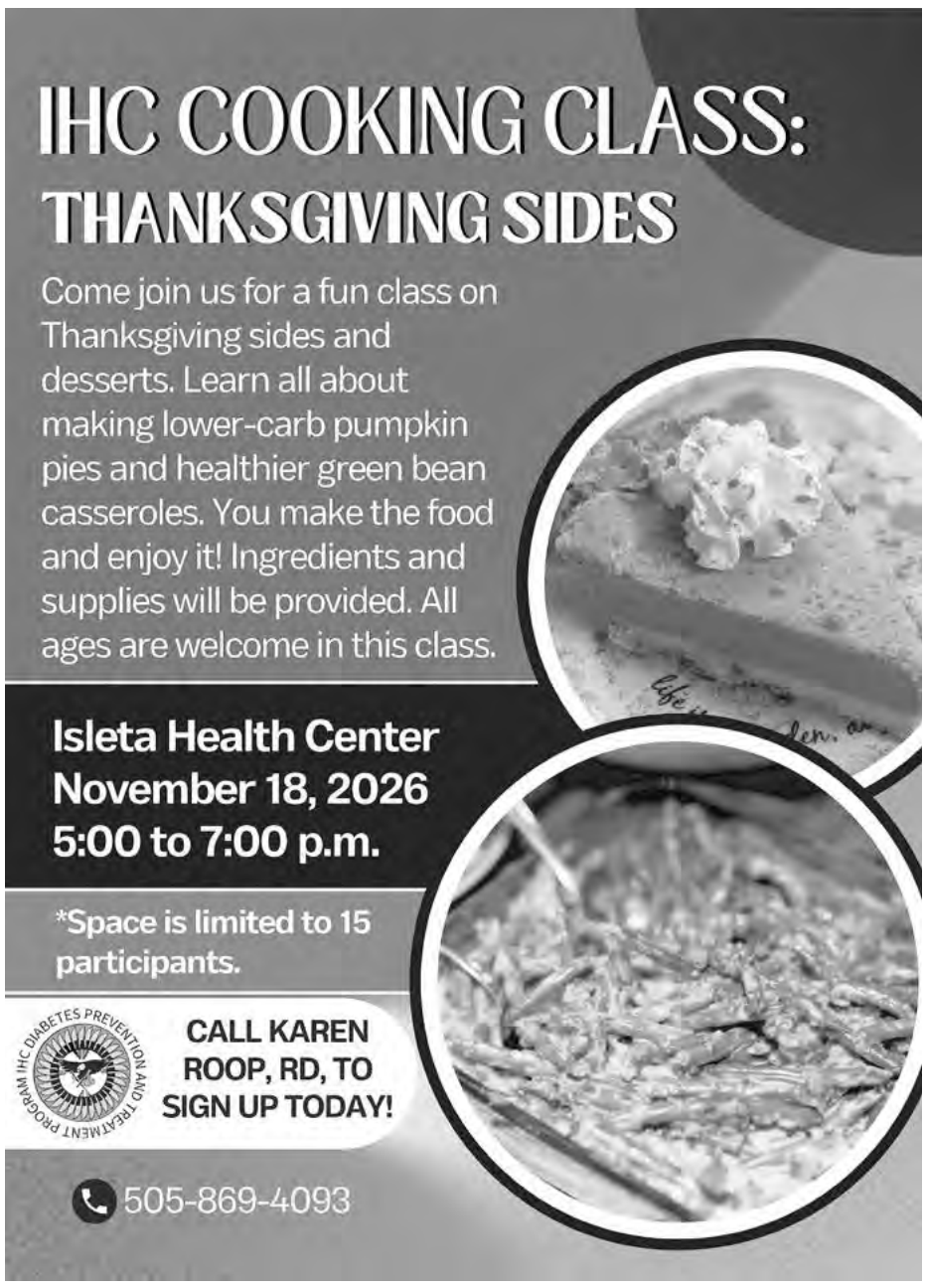
The strength of the Isleta community is part of the healing. Indigenous communities carry both a heavier burden and a deep source of strength. Native people face higher rates of suicide than the general population, often rooted in historical and ongoing hardship. For Native patients some of the most effective prevention does not come from outside, it comes from the community and traditions. Connection to family and elders, cultural identity, storytelling, traditional practices, and a sense of belonging [RK6.1]all protect against suicide. Reaching out for help and staying connected to your culture and each other work hand in hand.

If you or someone you love is struggling:

- Talk to your doctor, clinic, or a counselor. Thoughts of suicide are a medical symptom, and they are treatable.
- Call or text **988**, the Suicide and Crisis Lifeline, any time, day or night. It is free and confidential.
- Stay connected — to family, to elders, to friends, and to the people and traditions that give your life meaning.
- If someone is in immediate danger or has a plan to harm themselves, do not leave them alone, remove access to firearms and other means of harm, and call 988 or 911.

Having thoughts of suicide is common, it is not shameful, and it does not have to be faced alone. Talking about it is one of the safest and strongest things a person can do.





In Loving Remembrance of Elizabeth J. Lucero



Elizabeth was a beautiful soul whose kindness, generosity, and love for others touched the lives of so many. She attended Albuquerque Indian School, where she became a cheerleader and began making memories that would remain a part of her life. She then began working at Galten, where she formed lifelong friendships.

Elizabeth was truly a people person. She had a caring heart and found joy in helping others, whether it was baking bread, participating in ritual activities, or simply being there for someone in need. One of Elizabeth's greatest joys was participating in Indian dances, a tradition that held a special place in her heart. These moments reflected her love for her culture, her traditions, and the connections she shared with her community.

Elizabeth also cherished the time she spent at the range with her cattle and family. Whether she was feeding and watering the cattle, helping with branding and roping, or even opening gates, she enjoyed every part of ranch life. She found happiness not in grand things, but in the work she loved, the traditions she cherished, and the time she spent with those closest to her. Her favorite pastime was gambling. She loved a good casino or a short little trip to Las Vegas.

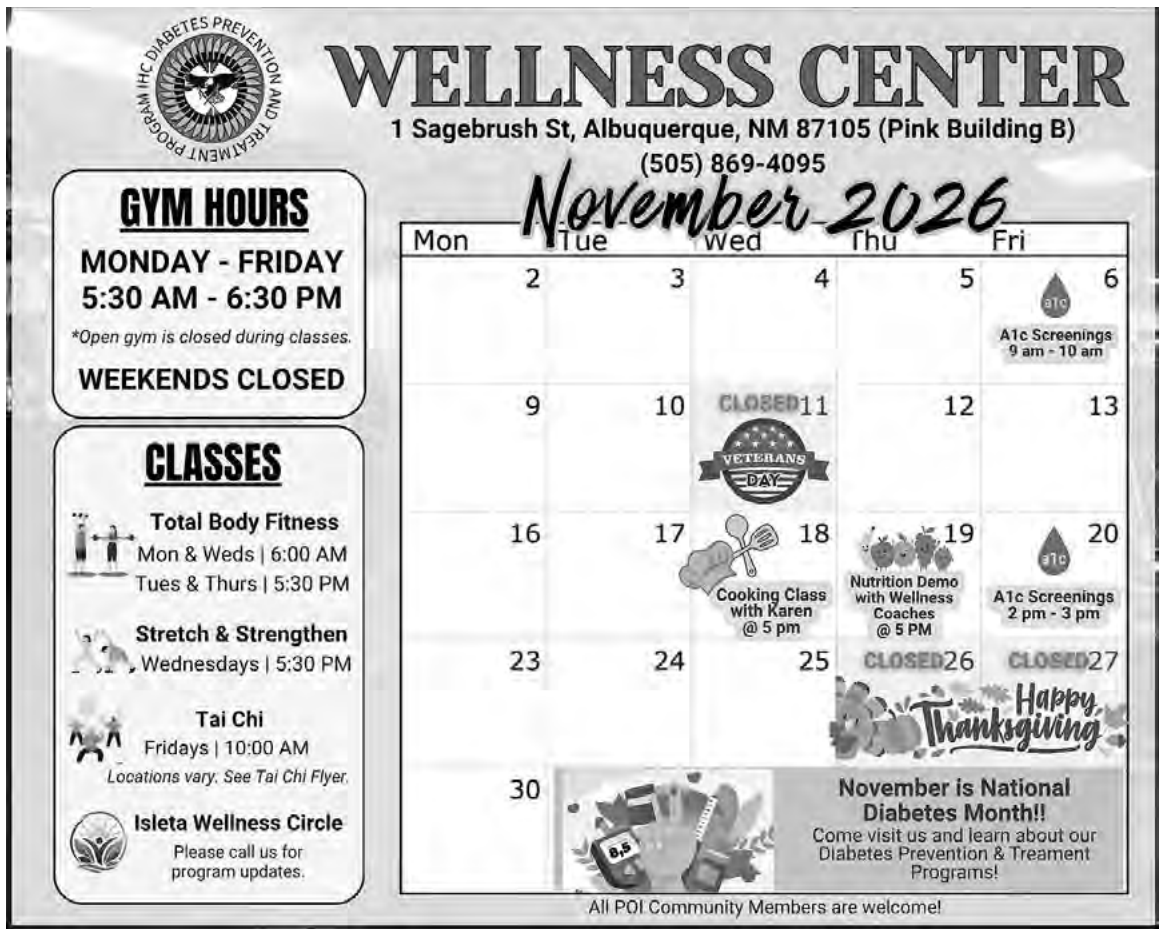
Above all, Elizabeth cherished her family. Her love extended far beyond her husband, children and granddaughter to her many nieces, nephews, grandnieces, and extended family members. Family was an important part of her life, and she treasured the time she spent with those she loved.

We would like to extend our sincerest gratitude and heartfelt thanks to everyone who has shared kind words, warm memories, and prayers with our family during this difficult time. To our extended family, thank you for the overwhelming love, help, and support you have given us. Every act of kindness, every visit, and every word of comfort has meant more to us than words can express.

With heartfelt appreciation and gratitude,
The Children of Elizabeth J. Lucero
Dance among the ancestors...

Isleta Pueblo News

Editor: Nathaniel Lujan
Asst. Editor: Diane Abeita
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November

ISLETA ELDER CENTER

ADULT DAY SERVICES

2026

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
9-10a Breakfast/Social 10-11a Morning Stroll 1-3p Make Veteran Day Cards	**9a-3p Santa Fe Farmer's Market & Lunch**	9-10a Breakfast/Social 10-11a Light Weight Lifting 1-3p Painting 101	9-10a Breakfast/Social 10-11a Diabetes Awareness **1-3p Visit Old Town**	9-10a Breakfast/Social **10a-12p Veterans Day Parade** 1-3p Story Telling
Monday 9	**Tuesday 10**	**Wednesday 11**	**Thursday 12**	**Friday 13**
9-10a Breakfast/Social 10-11a Simon Says Exercises 1-3p Make Grape-Shaped Soap	9-10a Breakfast/Social 10-11a Home Care & Hospice Discussion 1-3p Resin Trinket Box	**ADS CLOSED** ***In observance of Veteran's Day***	**9a-3p Jemez Pueblo Feast**	9-10a Breakfast/Social 10-11a Cooking Demo w/ Karen Roop, Dietitian 1-3p Beaded Lanyard
Monday 16	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20**
9-10a Breakfast/Social 10-11a Morning Stroll 1-3p Beaded Earrings	**9a-3p Visit Sky City Cultural Center & Lunch**	9-10a Breakfast/Social 10-11a Lung Cancer Review 1-3p Make Wired Bracelets	9-10a Breakfast/Social 10-11a Baking Activity 1-3p Crochet Pot Holders	9-10a Breakfast/Social 10-11a Light Weight Lifting **12-1p Thanksgiving Luncheon**
Monday 23	**Tuesday 24**	**Wednesday 25**	**Thursday 26**	**Friday 27**
9-10a Breakfast/Social 10-11a "What is Stress" Discussion 1-3p Scrapbooking	9-10a Breakfast/Social 10-11a Stomach Cancer Awareness **1-3p Walmart (Belen)**	9-10a Breakfast/Social 10-11a Light Weight Lifting 1-3p Movie Day		
Monday 30				
9-10a Breakfast/Social 10-11a Morning Stroll 1-3p Leather Bookmarks	**If interested in joining the Adult Day Services Program, please call (505) 869-9770** ***Activities may be subject to change***			

9/30/2026

Isleta Elder Center Menu 2026





Monday	Tuesday	Wednesday	Thursday	Friday
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
Sloppy Joe Ground Beef 3oz Sloppy Joe Sauce 2oz Mixed Vegetable 1/2c Hamburger Bun Fresh Fruit	**Baked Cod** Breaded Cod 3oz California Vegetable 1/2c Wild Rice 1/2c Tartar Sauce 2oz Fruit w/Jello	**Green Posole Stew** Dice Pork Meat 3oz Hominy 1/2c Dice Onions & Green Chile 1/2c Dinner Roll Fresh Fruit	**Frito Pie** Ground Beef 3oz Pinto Beans 1/2c Garnish 2oz Frito Chips 2oz Fresh Fruit	**Chicken Enchilada** Dice Chicken 3oz Green Chile 1/2c Corn Tortilla Spanish Rice 1/2c Fresh Fruit
11/9/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026
Squash Stew Ground Pork 3oz Yellow & Green Squash 1/2c Green Chile 1/2c Corn 1/2c Tortilla	**Chicken Pot Pie** Dice Chicken 3oz 5 Way Vegetable 1/2c Cream of Chicken 1/2c Biscuits Fresh Fruit	**Elder Center Closed** 	**Dice Potato w/Meat** Ground Hamburger 3oz Dice Potato 1/2c Mixed Vegetable 1/2c Tortilla Fresh Fruit	**Lasagna** Ground Sausage 3oz Lasagna Pasta Marinara Sauce 1/2c Mixed Vegetable 1/2c Mozzarella Cheese 2oz
11/16/2026	11/17/2026	11/18/2026	11/19/2026	11/20/2026
Beefy Mac & Cheese Ground Beef 3oz Shell Pasta 1/2c Tomato Sauce 1/2c Shredded Cheese 2oz Fresh Fruit	**Baked Ham** Slice Ham 3oz Sweet Potatoes 1/2c Mixed Vegetable 1/2c Baked Cookie	**Beans** Pinto Beans 1c Green Chile 1/2c Blue Corn Muffin Fresh Fruit	**Tuna Sandwich** Tuna 3oz Dice Celery & Onions 1/2c Apple Slices w/Peanut Butter Croissant Mayo 1/2c	**Thanksgiving Luncheon** Lunch 12pm to 1pm Please RSVP to Sign Up Deadline to RSVP 11.9.26 No Home Delivered Meals
11/23/2026	11/24/2026	11/25/2026	11/26/2026	11/27/2026
Tamales Pork Tamale 3oz Red Chile 2oz Refried Beans 1/2c Calabacitas 1/2c Fresh Fruit	**Chicken Stir Fry** Dice Chicken 3oz Dice Zucchini 1/2c Dice Onions & Peppers 1/2c Rice 1/2c Fresh Fruit	**Hearty Beef Stew** Beef Stew Meat 3oz Dice Potato 1/2c Carrots & Celery 1/2c Biscuit Fruit Cup		
11/30/2026				
Unstuffed Eggroll Ground Pork 3oz Coleslaw Mix 1/2c Oriental Vegetable 1/2c Wanton Strips Fresh Fruit		**Please come join us for Congregate Meals!!** **Mealtime is more enjoyable when you are with friends!** **Come eat, share stories and socialize with others.** **Please call by 9am to Cancel Home Delivered Meals.** **Thank you!**	**Important Closures** November 11th Veterans Day Closed November 26th & 27th Closed Elder Center will resume all services Monday November 30, 2026	

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE, BASED ON THE AVAILABILITY OF PRODUCTS. Created 9/10/26 Revised 9/28/26