



Isleta Pueblo News

Volume 13 Issue 1

Pueblo of Isleta website: www.isletapueblo.com



January 2018

Governor's Report Mah-Gu-Wam

Greetings from the Governor's office. Tribal Council along with Administration are dealing with future proposed budget cuts at the Federal and State level. As I reported in the last report, meetings are still ongoing with the legislators at the state and federal level in hopes of securing tribal funding at all levels for Indian Country. My concern is how the state funding is distributed to each tribe. Federal funding is awarded to the state of New Mexico who decides how much funding will be calculated each year for tribal programs. Funding calculations are determined by the number of members each tribe have. Tribes also receive funding through the Bureau of Indian Affairs. The tribes are hopeful that our meetings with legislators will be helpful for the coming years.

Tribal Council and Administration are dealing with the economic crisis and are working towards economic development to bring in businesses that will create jobs and bring in much needed revenue to our community. We met with Mayor Charles Griego of Los Lunas on Friday, December 15, 2017 to continue meetings regarding the impact we are experiencing caused by development and where the future stands now that Facebook is being constructed. We discussed the possibility of partnering to build an intersection at the south boundary of Isleta on I-25. The possibility for Economic Development is great for development. This will also create a buffer between Isleta and Los Lunas.

Plans for water wells will be put in two locations for traditional use, due to the quality of contaminated water in the Rio Grande. Traditional Leaders are meeting with Jessica Tracy, Water Specialist for the Pueblo of Isleta.

*Have a Merry Christmas and a
Happy New Year*

Boards and Committee Vacancies

The Isleta Tribal Council is seeking tribal members (age 18 and over) who may have an interest in serving on one of the following committees:

Isleta Pueblo Housing Authority Board
(two vacancies)

Isleta Elementary School Governing
Board (one vacancy)

Tribal Enrollment Committee
(one vacancy)

Each committee or board member will
be paid a stipend of \$30/hour.

All interested tribal members are asked
to send a letter of interest to the tribal
council for consideration.

Tiwa Language Program Department of Education

Happy New Year to All! It is our pleasure to introduce the newest staff members of the Tiwa Language Program to our community. First of all, my name is Patricia L. Lucero, Tiwa Language Coordinator and I started with the program the first part of September. Secondly, I would like to introduce our newest Tiwa Language Instructor Ms. Evelyn L. Ankerpont. Ms. Ankerpont is not a stranger to the program, as she was the founder of our first Tiwa Program known as "Parent Pride" which was developed nearly 15 years ago. Our other Tiwa Language Instructors who have been with the program for many years include: Carol Lucero and Larry Lucero. Supporting our endeavors, we have Paul Lujan providing support services for this school year.

We are excited about starting a new school year with many of your children who attend either: Los Lunas High School, Valencia High School, Native American Community Academy, and Isleta Head Start. Included in the schedule of instructions is our Community Based Program which is offered in the evenings and weekends by Mr. Lucero.

It is exciting to know that our Language program has extended beyond our pueblo community and now being offered in school settings offering high school credit hours as well as Dual Credit with Memorandum of Agreements with UNM Valencia Campus.

Within these past few months, we are reviewing program status along with development of networking with programs and resources.

Our staff encourages you to come visit our program and consider signing up for classes to strengthen our Tiwa language.

Lastly, we are seeking fluent Tiwa speaking members for Tiwa Instructors. If you have the qualifications and desire to become an Instructor, please apply with the Pueblo of Isleta Human Resources Department. We currently have two (2) Instructor positions open.

For more information, please feel free to contact me:

Patricia L. Lucero at 869-9791 or emailing me at poi08200@isletapueblo.com.



COMMUNITY CONVERSATION WITH

THE PEACEMAKERS

Learn more about the Peacemaking Process and how it may help you

Wednesday, January 31, 2018

Tribal Courtroom

5:30pm

Refreshments will be served



LETTER FROM THE EDITOR

DEADLINE for February Newsletter articles is set for Tuesday, January 23, 2018 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@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 whom 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 whom 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 Tara at 505.869.9808.

Thank you,
Nathaniel Lujan

The sixteen Newsletter distribution locations are:

- 1) The Administration Building (Governor's Office): Receptionist Desk
- 2) Census Office: Receptionist Desk
- 3) Health Center: Lobby(Newsletter Stand)
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk & Breakroom (Newsletter Stand)
- 8) Tribal Service Complex: Receptionist Desk
- 9) Tribal Service Complex: I.P.D. Dispatch Window
- 10) Tribal Service Complex: Tribal Courts Window
- 11) Elders Center: Receptionist Desk & Lunch Delivery
- 12) Head Start: Receptionist Desk
- 13) Library: Newsletter Stand
- 14) Ranchitos Park: Blue Box (see picture for example)
- 15) Old Head Start Complex: Blue Box (see picture for example)
- 16) Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)



PROBATE NEWS

First Notice – A petition to Probate the Estate of Josefita Chavez, deceased September 21, 1996. Case No. CV-17-PRO-00020, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 28, 2018 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Michael F. Paquin, deceased March 14, 2017. Case No. CV-17-PRO-00016, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, December 20, 2017 at 2:30 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

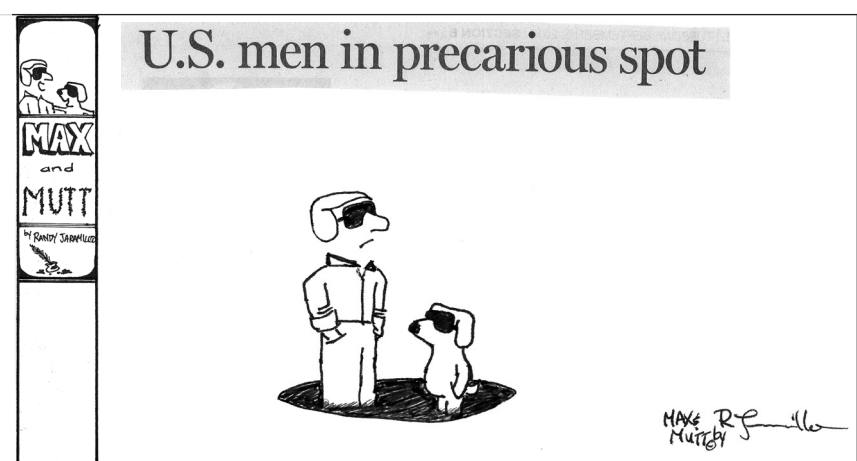
Second Notice – A petition to Probate the Estate of Barbara J.L. Alvarez, deceased February 21, 2017. Case No. CV-17-PRO-00012, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, January 10, 2018 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Sylvia A. Abeita, deceased July 19, 2017. Case No. CV-17-PRO-00019, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 28, 2018 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Josefita Chavez, deceased September 21, 1996. Case No. CV-17-PRO-00020, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 28, 2018 at 10:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

NAME CHANGE

Second Notice that in accordance with Pueblo of Isleta Tribal Court requirements the Petitioner **Robert David** has applied to the Pueblo of Isleta Tribal Courts, at the Tribal Services Complex. Bldg A, 3950 Hwy 47 SE, Albuquerque, NM 87105, for an ORDER FOR CHANGE OF NAME from **Robert Lawrence David** to **Robert Lawrence Jaramillo**. Any person claiming an interest in this matter may be notify the Court in writing and/or attend the hearing. The hearing on this matter is scheduled for **Wednesday, December 20, 2017 at 3:15 p.m.** Any interested parties may contact the Tribal Court Clerk with any questions at 505-869-9699.



Isleta Resort and Casino

Isleta Resort & Casino is welcoming 2018 with open arms, as the year is set to bring a great deal of excitement surrounding the Resort's ongoing renovation. Over the course of the New Year, the Resort will open its new Bingo facility, new Poker Room, expanded Triple Sevens Saloon, and much more. Construction on the Resort began in early 2017, and has so far been celebrated with the redesigned Porte Cochère.

"We are very grateful to have had such overwhelming support from Tribal Council, the Pueblo of Isleta, and our own Team Members in 2017. We look forward to continuing to enhance our beautiful Resort," said Isleta Resort & Casino CEO Harold Baugus.

The close of 2017 ended on a positive note for the Resort, including successful gaming revenues. Further, the Resort celebrated several events and programs within the Pueblo of Isleta. That included the large community event at the Isleta Lakes in September. Additionally, Resort employees conducted a Food Drive, which solely benefited the Pueblo. The Resort also hosted the Pueblo of Isleta Elders for its annual holiday luncheon, and also sponsored the Pueblo of Isleta Police Department's Reaching for the Stars Program. That sponsorship included the donation of 50 toys, and wrapping supplies for all 200 toys the program donated to local children.

"We look forward to continuing to be good stewards of our community in the year ahead," added Baugus.



The Resort also earned recognition as a Family Friendly Business for its policies and procedures, and achieved several wins in the Best of the City contest, as well as Chocolate Fantasy. You can read about the Resort's successes, as well as receive construction updates, each month in the Pueblo of Isleta Newsletter.



CASH CLIMB

WIN YOUR SHARE OF OVER

\$425,000!

IN CASH & FREE PLAY!

JANUARY 1 - FEBRUARY 10

DRAWINGS HELD EVERY 2 HOURS | EVERY FRIDAY & SATURDAY | 2PM - 10PM

RECEIVE UP TO **1000** ENTRIES EVERY TUESDAY

Earn entries playing your favorite slot machine, table game, poker or bingo.



FOOTBALL FRENZY
18
Jersey Giveaway
JANUARY 7 - FEBRUARY 4
2 WINNERS EVERY HOUR, EVERY SUNDAY
12PM - 8PM WITH A CHANCE TO WIN
\$500 IN CASH OR
AN OFFICIAL NFL AUTHORIZED FOOTBALL JERSEY!



ONE NIGHT WITH THE KING
FEBRUARY 9 • 8PM
\$30 VIP SEATING • \$20 RESERVED SEATING
DOORS OPEN AT 7PM • 21 YEARS AND OLDER



CASH DRAWINGS

EVERY 15 MINUTES!

WIN UP TO \$500!

EVERY THURSDAY IN JANUARY FROM 1PM - 10PM.



ISLETA
resort • casino

11000 BROADWAY SE | ALBUQUERQUE, NM 87105 | 505.724.3800 | ISLETA.COM

HEALTH BEAT

Stephanie Barela | 869-4479

Flu Season Is Here!

WHAT IS THE FLU?

AND WHO NEEDS THAT FLU SHOT?

The flu is an illness, also called influenza, which many people get during November to April. It can cause fever, chills, body aches, and a cough. It usually lasts about 2-3 weeks, but for some people it could last longer and make them very sick. The people at high risk for complications are:

- Babies and kids under 5
- People older than 65
- Adults and kids who have health problems, such as diabetes or asthma

These individuals definitely need a flu shot, but it is also important for everyone else to get a flu shot so they are less likely to get the flu and less likely to transfer it to someone who is more at risk.

DO I NEED A FLU SHOT EVERY YEAR?

Yes, even if you got a flu shot last flu season, you will need to get a new shot this season because every year the flu virus changes and a new vaccine will be helpful in fighting the new strain.

WHAT IF I GET THE FLU?

If you start to feel the symptoms of the flu (fever, chills, body aches, cough), and are in a high risk category, then you may want to go to the Isleta Health Center. You can also start taking these steps to feel better:

- Get a lot of rest
- Drink lots of liquids (water, chicken broth, and other clear fluids)
- Take medicine your doctor may have prescribed you, or just take certain over the counter drugs to help ease your fever, aches, and pains
- You may need to see a doctor if you have trouble breathing, your muscles hurt, or you feel confused



Isleta Career Opportunities



****PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED****

Vickie Carrion 244-8206 or Andrea Fuentes 724-3920

www.isleta.com


Updated: December 15, 2017 (Internal Postings in BOLD)

<u>REQ</u>	<u>TITLE</u>	<u>DEPARTMENT</u>	<u>REMOVAL DATE</u>
1456BR	ADMINISTRATIVE ASSISTANT II	SECURITY	Internal – 12/22/2017 External – 12/29/2017
1451BR	ATTENDANT EMPLOYEE DINNING ROOM	F & B	Internal – 12/15/17 External – 12/22/17
1452BR	ATTENDANT	VALET	Internal – 12/20/17 External – 12/27/17
1449BR	COOK – DELI	F & B	Internal – 12/15/17 External – 12/22/17
1450BR	CLERK ISSUE BINGO	BINGO	Internal – 12/15/17 External – 12/22/17
1454BR	TECHNICIAN LAB	SLOTS	Internal – 12/20/17 External – 12/27/17
1457BR	LIEUTENANT/ASSISTANT MANAGER	SECURITY	Internal – 12/22/2017 External – 12/29/2017
1455BR	SUPERVISOR SURVEILLANCE	SURVEILLANCE	Internal – 12/22/2017 External – 12/29/2017
1445BR	ATTENDANT FLOOR-SLOTS	SLOTS	12/15/2017
1340BR	ATTENDANT LAUNDRY	HOUSEKEEPING	12/22/2017
1388BR	ATTENDANT ROOM	HOUSEKEEPING	12/22/2017
1395BR	ATTENDANT ROOM	HOUSEKEEPING	12/22/2017
1348BR	ATTENDANT CONCESSIONS – CHILI RISTRA	F & B	10/12/2018 or until filled
1413BR	ATTENDANT CONCESSIONS – CHILI RISTRA	F & B	11/30/2018 or until filled
1414BR	ATTENDANT CONCESSIONS – CHILI RISTRA	F & B	11/30/2018 or until filled
1415BR	ATTENDANT CONCESSIONS – CHILI RISTRA	F & B	11/30/2018 or until filled
1438BR	ATTENDANT SLOT FLOOR	PALACE WEST	12/29/2017
1434BR	AV TECHNICIAN I (Part-Time)	IT	12/15/2018 or until filled
1433BR	AV TECHNICIAN I (Part- Time)	IT	12/15/2018 or until filled
1435BR	AV TECHNICIAN II	IT	12/15/2018 or until filled
1429BR	BAKER	F & B	12/29/2017
1325BR	CASHIER -F&B STEAKHOUSE	F&B STEAKHOUSE	8/3/2018 or until filled
1189BR	DEALER TABLE GAMES (PART- TIME)	TABLE GAMES	12/22/2017
1377BR	HEAVY DUTY TECHNICIAN-	HOUSEKEEPING	12/22/2017
1446BR	HVAC APPRENTICE	FACILITIES	12/18/2017
1447BR	HVAC APPRENTICE	FACILITIES	12/18/2017
1107BR	HVAC TECHNICIAN	FACILITIES	12/15/2017
1236BR	HVAC TECHNICIAN	FACILITIES	12/15/2017
1340BR	LAUNDRY ATTENDANT	HOUSEKEEPING	12/22/2017
1292BR	MAINTENANCE TECHNICIAN	LAKES	10/20/2018 or until filled
1357BR	OUTSIDE SERVICE POSITION	GOLF COURSE	10/20/2018 or until filled
1380BR	PORTER-CUSTODIAL (Graveyard)	CUSTODIAL	12/15/2017
1386BR	PORTER-CUSTODIAL (Graveyard)	CUSTODIAL	12/15/2017
1387BR	PORTER-CUSTODIAL (Graveyard)	CUSTODIAL	12/15/2017
1403BR	REVENUE AUDITOR I	REVENUE AUDIT	12/21/2017
1404BR	SECURITY OFFICER I	SECURITY	12/27/2017
1405BR	SECURITY OFFICER I	SECURITY	12/27/2017
1406BR	SECURITY OFFICER I	SECURITY	12/27/2017
1418BR	SECURITY OFFICER II	SECURITY	12/27/2017
1419BR	SECURITY OFFICER II	SECURITY	12/27/2017
1420BR	SECURITY OFFICER II	SECURITY	12/29/2017
1324BR	SERVER - STEAKHOUSE	F&B STEAKHOUSE	8/3/2018 or until filled
1298BR	SUPERVISOR SHIFT - PALACE WEST SLOTS	PALACE WEST	11/10/2018 or until filled
1417BR	TECHNICIAN NAIL - SPA(Part time)	SPA SALON	12/29/2017
1421BR	TIWA BUSER	F&B TIWA	11/22/2018 or until filled
1245BR	TIWA LINE COOK	F&B TIWA	6/7/2018 or until filled
1393BR	TIWA LINE COOK	F&B TIWA	10/26/2018 or until filled
1311BR	ATTENDANT	VALET	12/29/2017
1333BR	ATTENDANT	VALET	12/29/2017
1312BR	ATTENDANT	VALET	12/29/2017
1328BR	ATTENDANT	VALET	12/29/2017

Pueblo of Isleta Career Opportunities

<u>Position Posting</u>	<u>Location</u>	<u>Closing Date</u>
ACADEMIC COACH,	Department of Education,	Open Until Filled
ARCHITECTURAL TECHNICIAN,	Housing Authority,	Open Until Filled
ASSOCIATE JUDGE,	Tribal Courts,	Open Until Filled
CLINICAL THERAPIST,	Health Center,	Open Until Filled
CHILD CARE PROVIDER,	Head Start & Child Care,	Open Until Filled
NEW - DISABILITIES COORDINATOR,	Head Start & Child Care,	Open Until Filled
EDUCATION ASSISTANT,	Elementary School,	Continuously Accepting Applications
NEW - EXPERIENTIAL EDUCATOR,	Health Center-Behavioral Health,	Open Until Filled
FITNESS INSTRUCTOR,	Health Center-Diabetes Program,	Open Until Filled
GIS ADMINISTRATOR,	Survey & Mapping,	Open Until Filled
HOME SERVICES MANAGER.	Elder Center, WITHIN ONLY-	Open Until Filled
IN-HOME CARE ATTENDANT,	Elder Center, WITHIN ONLY-	Open Until Filled
MAINTENANCE TECH.,	Facilities Management, WITHIN ONLY-	Open Until Filled
NUTRITIONIST,	Health Center,	Open Until Filled
PERSONAL CARE SERVICE AIDE (Occasional),	Elder Center,	Continuously Accepting Applications

Position Posting	Location	Closing Date
NEW - NURSE MANAGER,	Health Center,	Open Until Filled
PAINTER,	Housing Authority,	Open Until Filled
PHYSICAL THERAPIST,	Health Center,	Open Until Filled
PHYSICIAN,	Health Center,	Open Until Filled
PLUMBER,	Housing Authority,	Open Until Filled
NEW - POLICE CADET,	Police Department,	12/20/2017
NEW - POLICE SERGEANT,	Police Department,	12/28/2017
NEW - PUBLIC DEFENDER,	Tribal Administration,	Open Until Filled
NEW - REGISTERED NURSE,	Health Center,	Open Until Filled
SENIOR MAINTENANCE TECHNICIAN,	Health Center,	Open Until Filled
NEW - SOLID WASTE FOREMAN,	Public Services Department, WITHIN ONLY-	Open Until Filled
SPECIAL EDUCATION TEACHER,	POI Elementary School,	Continuously Accepting Applications
TEACHER-ELEMENTARY SCHOOL,	POI Elementary School,	Continuously Accepting Applications
NEW - TEACHER-HEAD START,	Head Start & Child Care,	Open Until Filled
TIWA LANGUAGE TEACHER (2 positions),	Department of Education, WITHIN ONLY-	Open Until Filled
TIWA LANGUAGE TEACHER,	Elementary School,	Open Until Filled
TRUANCY COORDINATOR,	Truancy,	Open Until Filled
VETERAN SUPPORT SERVICE PROGRAM MEMBER,	Elder Center,	Open Until Filled



MIDDLE RIO GRANDE CONSERVANCY DISTRICT

MRGCD IS HIRING PUEBLO OF ISLETA DITCH RIDER/DAM TENDER


Contact POI Human Resources for information
505-869-7584




To apply for IBC positions click on application link at <http://www.isletapueblo.com/careers.html>, complete application, and submit to IBC. Or call Isleta Business Corporation at 505-869-7568.

Current Available IBC Positions:

<u>Chief Executive Officer,</u>	Open Until Filled
<u>Chief Operations Officer,</u>	Open Until Filled
<u>C-Store Assistant Manager,</u>	Open Until Filled
<u>Insurance Sales Associate,</u>	Open Until Filled
<u>Sales Associate,</u>	Open Until Filled

Construction Labor Needed  **Isleta Casino & Resort Remodel**

Must Apply at :



DESCRIPTION

Construction Laborers clean and/or prepare construction sites to keep the job moving and eliminate possible hazards. Work closely with the site supervisor.

RESPONSIBILTIES

Responsibilities may include but are not limited to:
Move, secure, install, build, load, or unload materials as directed by the site supervisor. Move items from place to place, according to project plans or direction from the site supervisor. Move dirt or other material as directed in plans or by supervisor.

QUALIFICATIONS

- Experience on commercial construction sites
- Tools of your trade
- Documentation to show you are legally eligible to work in the US
- Experience on commercial construction sites
- Verifiable work history
- Able to pass a drug test

WEBSITE LINK
<http://www.peopleready.com/job-description/Construction-Laborer-Albuquerque-NM-351>


ADDRESS 8900 San Mateo Blvd NE Albuquerque, New Mexico	PHONE 505.348.3082
EMAIL ADDRESS 351-br@peopleready.com	BRANCH # 351

BRANCH HOURS
Monday-Friday; 6:30 a.m. - 5:00 p.m.

ADDITIONAL INFO
We are an equal opportunity employer.

One of the nation’s fastest-growing cities, Albuquerque was named after the viceroy of New Spain, the Duke of Albuquerque. Livestock, farming, high-tech and even manufacturing industries thrive there.

Transit Services Now Serving the Pueblo of Isleta



The Pueblo of Isleta and the Rio Metro Regional Transit District are pleased to announce two new transit services now serving the Pueblo

Bus Route 208

Bus Route 208 connects the Pueblo 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 turn around 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.

Pueblo of Isleta Dial-a-Ride

The Pueblo of Isleta Dial-a-Ride operates Monday through Friday from 9:00am to 2:00pm, providing trips within the Pueblo and to the ABQ RIDE Route 53 bus stop on NM 314. Limited service to Wal-Mart in Los Lunas will also be provided on Wednesdays from 11:00am to 2:00pm.

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. Rio Metro will accept requests beginning Wednesday 11/29 for service starting Monday 12/4. Requests are accepted between 8:00am and 5:00pm. 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.

Pueblo of Isleta Elementary School

Merry Christmas and a very Happy New Year from the students and staff at the Pueblo of Isleta Elementary School! Students had a busy December before taking their Christmas Break.



All Kindergarten through Sixth Grade Students participated in a fund-raising effort to assist with costs for their end-of-the year activities. Students sold flavored Walker's Popcorn. There are still a few bags available at the school for \$4.00 each. If interested, please see LaCrisha at the Front Desk. Sixth Grade Students and Parents have been planning for the Rite-of-Passage Celebration, as well as the Kindergarten through Fifth Grade Activities.

Monthly Parent Meetings are held at the school on the first Thursday of the month at 6:30 P.M. in the School Library. Child-care is also provided. Fund-raising is one

of the many topics discussed. In December, Joshua Sanchez, a field representative from Senator Tom Udall's Office provided information and hosted a question and answer session for the parents. The Truancy Department at POI is providing door prizes for attending parents. Come one, come all!

Forty-seven students had Perfect Attendance in November! Congratulations!!! They were treated to ice cream after lunch on December 8th.

On December 13th, the Pueblo of Isleta Elementary Students visited the Tribal Complex, Council Chambers, Elderly Center and the Assisted Living Center to share songs of the Christmas Season. The children enjoyed their visits and the treats! A big thank-you to all the POI Staff.

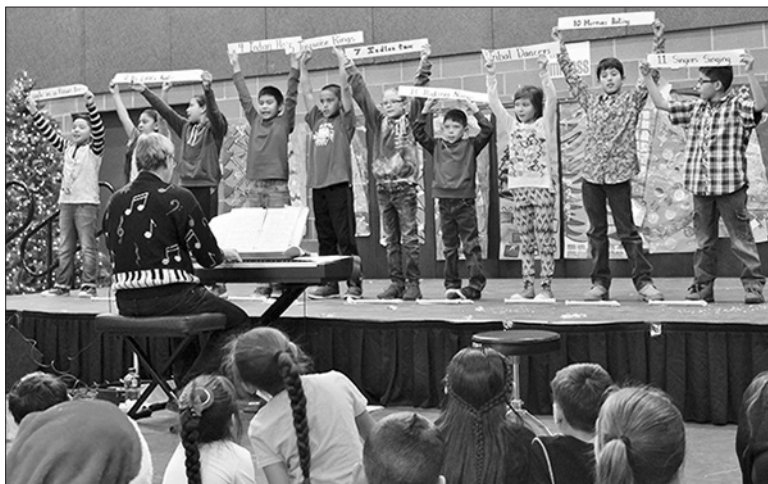
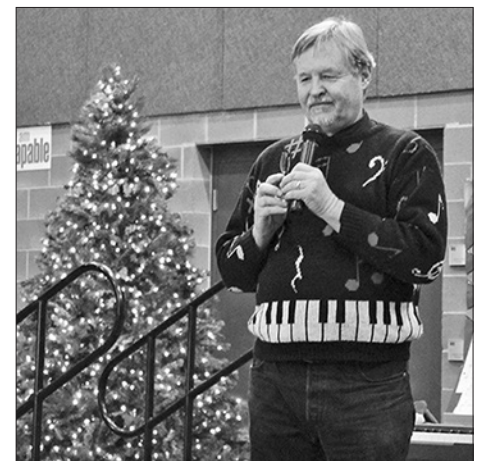
Could you hear the roar? On December 14th, students enjoyed a very special assembly with visiting New Mexico Gildan Bowl Football Team Players, Coaches, and the Media. Players from Marshall University

in West Virginia and Colorado State University provided students with t-shirts, posters, magnets and signed autographs. The players answered the students' questions, talked about the importance of a good education, and posed for many pictures after the assembly. Families were then afforded the opportunity to attend the New Mexico Gildan Bowl Game on Saturday, December 16th. The students, families and staff wish to thank the Isleta Casino for providing the tickets. Congratulations, Marshall University on your victory!



The Pueblo of Isleta Elementary School Students, under the direction of Music Teacher Richard Wild, presented their Annual Christmas Program on Friday, December 15th. Parents and community members were entertained by songs, dances and instrumental renditions of favorite Christmas music. We want to congratulate Mr. Wild on his successful show and to thank him for his time at the school. This was his last performance at POIES, because Mr. Wild has retired. We will miss him very much, but look forward to working with our new teacher, Ms. Holly Gilster.

Students at POIES will return to school at 8:00 A.M. on Wednesday, January 3rd, 2018. Please parents, if you have not submitted your email and/or cell phone number, we are trying to update the School Do-Jo and the Text Alert System. Your support and assistance is greatly appreciated!





HIGHER EDUCATION

Students:

- The Higher Education Program “Mandatory Orientation” has ended for the 2017 calendar year. If you have not attended a session please call the Higher Education office As soon as Possible to set up a date to meet. All students must attend one session of Orientation, Please inform us of your desired date and time: (505) 869-9790.

- Students the new **FASFA** has opened for the FALL 2018 academic year. Please call to schedule your appointment. Educational Opportunity Center (EOC) 2nd floor, Suite 250 MSC06 3715 1 University of New Mexico Albuquerque New Mexico 87131 Phone (505) 277-2203 / Fax (505) 277-3165

- Next Funding Available for Summer 2018 Term You must submit all required documents on the following dates. Funding ,be provided if documents are received after these deadline dates.

Summer Application Deadline
April 1, 2018

Summer Supporting Documents Deadline
May 31, 2018

It is the responsibility of all students to submit all documents by deadline dates.

Reminders:

- √ Students once you have registered for classes, setup payment plans with your Institution to avoid classes being dropped.
- √ Students it is extremely important you communicate with our office regarding any changes to your education.
- √ All students are required to submit **Official Transcripts** at the end of each and every term.
- √ ***Failure to provide Official Transcripts may suspend your scholarship award***

If you have any questions or need further assistance, please do not hesitate to contact the Scholarship Program:

Cecelia Jaramillo, Scholarship Coordinator poi08001@isletapueblo.com

Kathleen Jojola, Scholarship Assistant poi08004@isletapueblo.com

Phone: (505) 869-9790



2018 ISLETA LITTLE LEAGUE REGISTRATION

Location: Isleta Little League Club House

Monday January 8, 2018
5:00 pm- 7:00 pm
Fee: **\$25.00**

Friday January 12, 2018
5:00 pm- 7:00 pm
Fee: **\$40.00**

Monday January 22, 2018
5:00 pm -7:00pm
Fee: **\$40.00**

Friday January 26, 2018
5:00 pm -7:00pm
Fee: **\$40.00**

You can also register online at <http://tshq.bluesombrero.com/isletalittleleague> starting on January 1-8 fee \$25.00 after that you will still be available to register online. The fee will be\$40.00

**CASH or CARD ONLY- NO CHECKS
NO REFUNDS 4-16 years of age**

What to Bring: Parents/Guardians must bring 3 Proofs of Residency and Birth Certificate. *Please bring your Child/Children the day of registration to fit uniform. If you register online you can bring 3 Proofs of Residency and Birth Certificate and your child/children in on any day of registration.*



Pueblo of Isleta Public Library

Welcome to 2018! We made it through another year. A New Year means new goals, new opportunities and new memories. If you are planning on working on a "New Year, New Me" metaphor, come to the library and check out our Workout bags, Workout DVD's, music, magazine, and books. The Library has material at the Old Recreation Center such as Insanity, Zumba and other workout DVD's, and books. The Library purchased a TV and sound bar to house there so you can workout to DVD's or jam out to some music. If you have any questions regarding these items feel free to give the library a call at 505.869.9808.

News

The Library will be closed on January 1st in observance of New Year's Day. The Library staff would like to wish you and your family a very happy New Year. "You are never too old to set another goal or to dream a new dream."- C.S. Lewis.

The Library will be closed on Saturday, January 13th and Monday, January 15th in observance of Martin Luther King Jr. Day. All library media checked out on Thursday, January 11th will have a due date of Tuesday, January 16th.

Upcoming

Due to unknown budget and possible program adjustments we have not planned any upcoming programs. However we can share with you what we have in the works. Library staff member Cheyenne is currently working on putting together another Manga book club and activities to be announced in January. Library staff member Kyle is working on a book club based on the book series Immortal Instruments by Cassandra Clare and Joshua Lewis. Please check back with the Library for program updates. For all up to date news, please visit our Facebook page: www.facebook.com/IsletaPuebloLibrary or visit the library and inquire about upcoming programs.

Our Family Story Time is still an on going program that occurs every Monday at 10:30am. This program is geared towards children who are not in school yet for one reason or another. They will be able to engage with other children and enjoy a different story each week. Library staff member Diane attended training focusing on different approaches to story time and would like to incorporate new things such as music and songs. If you would like more information or have any questions, please contact Diane at the library 505.869.9808 or by email at poi02006@isletapueblo.com.

Recap

Our Adult sewing program met every Tuesday and Thursday starting on November 28th and ended on December 14th. Participants were introduced to basic applique designing and techniques and applied them to a Men's dress shirt. Library books and ideas from the Internet were provided for participants to look through



Showing off her finished shirt with a deer and fish applique design for her husband.



Customized Key Holder participants showing off their finished product.



Adult sewing class participant sewing on her applique designs to a Men's Dress shirt.

and gain inspiration for their own designs. They were able to draw out their designs on Heat Bond Lite paper and iron on their designs on their shirt. We had a total of 4

participants with each one doing a different design: deer and fish, starburst design with a deer, traditional native flag along with a medicine wheel design, and a batman inspired shirt with yellow ribbons. Library staff member Tara would like to thank all the participants who showed interest in her program and worked hard to finish their shirts just in time for Christmas.

On December 6th and 7th library staff member Christino held a program where participants made their own customized key holders. Participants had the freedom of hand painting a picture or Modge Podging their personal pictures on wood canvases. This program turned in to a family project making the experience more fun! Library staff member Christino would like to thank everyone who participated. We hope this project added a little something extra in your homes. You have no excuse of losing your keys with your library card key tag.



Mother and son painting their wood canvas for their customized key holder.

Library staff member Cheyenne hosted a Christmas Ornament craft on December 12th. Participants made a chalkboard ornament made of a small oval wooden piece, chalkboard black paint, and puffy paint for designs. This program was open to all ages while supplies last. Cheyenne would like to thank everyone who took the time to come to make an ornament for their Christmas tree.

On December 13th we surprised our Homework Help Program with a pizza party along with tons of fun games. The library provided pizza and salad from Dion's and Library staff members Kyle and Ashley played Christmas games with the students. Students won prizes ranging from silly putty, WWE DVD, Smurfs lunch box and



Putting Christmas designs on his chalkboard ornament craft. Christmas tree ready!

more! They all left with a smile on their face along with a Christmas gift bag from the library. We would like to thank the students for doing their best staying on track with homework.

Library staff member Ashley hosted a special Adult and child program featuring how to make penguin pillows. The penguin pillows were made of felt fabric and pillow stuffing. Adult participants made a slightly bigger penguin and children made a smaller penguin. Everyone had a great time and Ashley would like to thank everyone who participated.



A student trying not to touch the bell on the hula hoop during our Homework Help Program Christmas party.

Winter was filled with rainbows and unicorns! Library staff member Diane held a three day program on December 19th to 21st from 1:00pm-3:30pm based around Unicorns. This was open to 10 participants ages 6 years old and up. She read participants the book, "You Don't Want a Unicorn!" by Ame Dyckman. Let's first talk about the Unicorn hot chocolate. This was made of milk, white chocolate chips, whipped cream, pink and blue sanding sugar, and sprinkled with lucky charms! The children had a sugar rush for sure! Other crafts included a unicorn key chain made with perler beads and unicorn slime! Everyone had a great time and enjoyed the crafts. Diane would like to thank all the participants who were able to join us.

We had the pleasure of being invited to Family Night at the Isleta Head Start on December 14th for Financial Literacy Night. Library Director, Nathaniel Lujan had the pleasure of sharing a presentation on how



Pizza Party time with our Homework Help students.

our library services can save you money and more valuable than your player's club card. The presentation included information on our library services, programs and much more. We surprised many community members, even regulars of our library who didn't know we offer more than just movies and books. Just to give you an example of how much money we save you: If you were to check out 3 children's books (\$17), two movies (\$2), and print 15 pages (\$1 per page), we would be saving you \$70! Come visit us and take advantage of our programs, services and tech savvy staff. We would like to thank the Isleta Head Start for giving us the opportunity to present.

Isleta Recreation Karate Program

The Karate Program recently assisted with the Toys For Tots program in Albuquerque. Both of the Karate One International schools in Albuquerque and the Pueblo of Isleta gave five (5) large boxes of toys to the Albuquerque Toys for Tots Program. The donation to the Albuquerque Toys for Tots was so big that the new City of Albuquerque Mayor Tim Keller, along with four of the Albuquerque Police Department, attended the annual Karate One Christmas awards and banquet event.



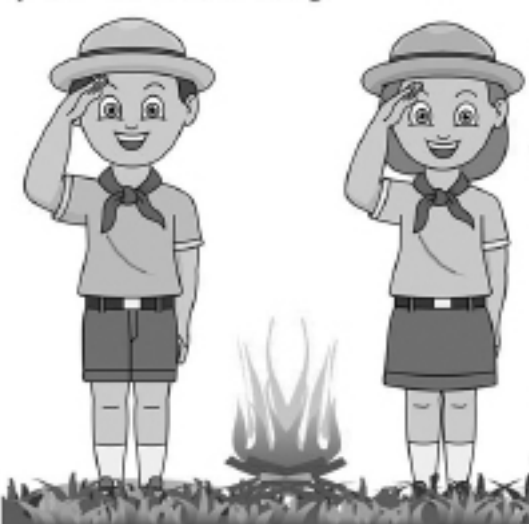


Both the martial arts students and parents had a fantastic time meeting Mayor Tim Keller and the members of the Albuquerque Police department, singing Christmas carols, meeting Santa, and eating a wonderful meal with the official of the local Toys for Tots campaign. The Toys for Tots Campaigns are the heart and soul of the Marine Toys for Tots Program managed by dedicated United States Marines and local volunteers such as the Albuquerque APD.

If you would like to know more about the Karate One of Isleta please contact Mr. Chavez at the Isleta Recreation Center: 505-869-9777 or meet Mr. Chavez before classes at 5:30 pm on Tuesday, Thursday and Friday weekly. Classes open to all members of the Pueblo of Isleta at no cost to the student.




ISLETA PUEBLO SCOUTING MEETINGS

We are actively recruiting scouts from Kindergarten – 5th Grade to become part of the fun of being a scout! Come join us and make new friends, learn new things & have a great time! We hope to see you at our next meeting!

DATE: Every Monday Evening
TIME: 5:30 – 6:30 pm
PLACE: Isleta Recreation Center (Game Room)
 For more information contact Arnold Sena (Parks & Recreation Department Director) at 869-9777.

**St. Augustine Parish
Isleta Pueblo
Ministry of Consolation**




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.

With Sympathy

"In times of sorrow God's quiet waters of hope and courage flow"



Isleta Basketball Boys and Girls 2017-2018 Schedule				
Fri & Sat	Nov. 17th & 18th	TBA	San Felipe Tournament (Round Robin)	Cancelled
Sat	Dec. 2nd	10:00am	Jemez Day School @ Isleta	
Sat	Dec. 9th	10:00am	Isleta @ Laguna*	
Sat	Dec. 16th	9:00am	San Felipe @ Isleta	Postponed
Fri	Jan. 12th	4:00pm	Isleta @ Jemez Riverside	
Sat	Jan. 13th	10:00am	Isleta @ Zia	
Sat	Jan. 20th	10:00am	Laguna @ Isleta*	
Sat	Jan. 27th	9:00am	Isleta @ San Felipe	
Fri & Sat	Feb. 2nd & 3rd	TBA	Jemez Riverside Mustang Round-up	
Sat	Feb. 10th	10:00am	Isleta @ Jemez Day School	
Sat	Feb. 17th	10:00am	Zia @ Isleta	
Sat	Feb 24th	10:00am	Jemez Riverside @ Isleta	
Thurs- Sat	Mar. 1st-3rd	TBA	Jemez Eagle Classic	
Thurs-Sat	Mar. 15th-17th	TBA	SPA Finals @ TBA	
*Laguna games 4 & 5 Graders only			Blue-HOME	
** Girls play first, followed by boys after			Red-AWAY	
Coach John Matt- Boys		Coach Keenan- Girls		505-869-9777



2017-18 Los Lunas Girls Basketball Schedule

FRI.	NOV. 17	LAS CRUCES	V	6pm
SAT.	NOV. 18	CENTENNIAL	V	1pm
TUE.	NOV. 21	at Mayfield	V	6pm
MON.	NOV. 27	WEST MESA	C, JV, V	4pm, 5:30pm, 7pm
WED.	NOV. 29	at Valley	C, JV, V	4pm, 5:30pm, 7pm
THU.	NOV. 30	at Bloomfield	C, JV, V	4pm, 5:30pm, 7pm
TUE.	DEC. 05	GODDARD	JV, V	4:30pm, 6pm
TFS	DEC. 7.9	at Valencia JV Tournament	JV	TBA
TFS	DEC. 7.9	C-TEAM TOURNAMENT	C	TBA
MON.	DEC. 11	CLEVELAND	C	4pm
FRI.	DEC. 15	at Kirtland Central	C, JV, V	4pm, 5:30pm, 7pm
SAT.	DEC. 16	ALBUQUERQUE HIGH	C, JV, V	4pm, 5:30pm, 7pm
TFS	DEC. 28-30	Village of LL Holiday Tournament at Valencia	V	TBA
TUE.	JAN. 2	GALLUP	C, JV, V	4pm, 5:30pm, 7pm
TFS	JAN. 4-6	Hope JV Tournament	JV	TBA
TUE,	JAN. 9	at Alamogordo	C, JV, V	TBA
TFS	JAN. 11.13	Hope Varsity Tournament	V	TBA
TUE,	JAN. 16	RIO RANCHO	C, JV, V	4pm, 5:30pm, 7pm
FRI.	JAN. 19	at Belen*	C, JV, V	4pm, 5:30pm, 7pm
MON.	JAN. 22	HOPE	C	4pm
TUE.	JAN. 23	ST. PIUS*	C, JV, V	4pm, 5:30pm, 7pm
THU.	JAN. 26	at Grants*	C, JV, V	4pm, 5:30pm, 7pm
TUE .	JAN. 30	at Valencia*	C, JV, V	4pm, 5:30pm, 7pm
TUE.	FEB. 6	BELEN*	C, JV, V	3pm, 4:30pm, 6pm
FRI,	FEB. 9	at St. Pius*	C, JV, V	4pm, 5:30pm, 7pm
TUE.	FEB. 13	GRANTS*	C, JV, V	4pm, 5:30pm, 7pm
SAT .	FEB. 17	VALENCIA*	C, JV, V	10am, 11:30am, 1pm
	FEB. 19.24	District Tournament	V	TBA
	FEB. 26-MAR.3	State 1st Round	V	TBA
	MAR. 6-10	State Tournament	V	TBA

HOME | Away | *District game

Los Lunas High School

Boys Varsity Basketball Team Schedule 11/09/2017 to 3/30/2018

	Date		Place	Time
Saturday	11/11/17	Manzano High School	Away	9:00 AM
Tuesday	11/21/17	Bloomfield High Sch.	Home	7:00 PM
Tuesday	11/28/17	Kirtland Central High School	Away	6:00 PM
Thursday	12/07/17	Cleveland High School (Cleveland Tournament)	Away	TBA
Friday	12/08/17	Cleveland High School (Cleveland Tournament)	Away	TBA
Saturday	12/09/17	Cleveland High School (Cleveland Tournament)	Away	TBA
Thursday	12/14/17	Centennial HS	Away	7:00 PM
Saturday	12/16/17	Del Norte High Sch.	Home	1:00 PM
Tuesday	12/19/17	Santa Fe High School	Away	7:00 PM
Thursday	12/21/17	Gallup High School	Away	7:00 PM
Thursday	12/28/17	Valencia High School (Village of Los Lunas Tournament)	Away	TBA
Friday	12/29/17	Valencia High School (Village of Los Lunas Tournament)	Away	TBA
Saturday	12/30/17	Valencia High School (Village of Los Lunas Tournament)	Away	TBA
Tuesday	01/02/18	Capital High School	Away	7:00 PM
Friday	01/05/18	Piedra Vista High School	Home	7:00 PM
Saturday	01/06/18	Albuquerque Academy	Away	4:00 PM
Tuesday	01/09/18	Alamogordo	Home	6:30 PM
Thursday	01/11/18	Valley High School	Away	7:00 PM
Saturday	01/13/18	Aztec High Sch.	Home	2:00 PM
Saturday	01/20/18	Belen High Sch.	Home	7:00 PM
Tuesday	01/23/18	St. Pius High School	Away	7:00 PM
Friday	01/26/18	Grants High Sch.	Home	7:00 PM
Wednesday	01/31/18	Valencia High School	Home	7:00 PM
Tuesday	02/06/18	Belen High Sch.	Away	7:00 PM
Friday	02/09/18	St. Pius High School	Home	7:00 PM
Tuesday	02/13/18	Grants High Sch.	Away	7:00 PM
Friday	02/16/18	Valencia High School	Away	7:00 PM
Monday	02/19/18	Week 35 February 19 - 24 (District Tournament)		TBA
Monday	02/26/18	Week 36 February 26 - March 4 (1st Round State)		

Superintendent
Dana Sanders

Principal
Robert Abney

Athletic Secretary
Randie Danner-Montoya

Athletic Director
Wilson Holland
School: 505-866-8397
Fax: 505-865-6022
wholland@lshschools.net

VALENCIA HIGH SCHOOL VARSITY BASKETBALL SCHEDULE

310 Bonita Vista Blvd. Los Lunas, NM 87031 505 866-8398

Basketball Boys Varsity

			Place	Time
Tuesday	11/21/17	Los Alamos High School	Home	7:00 PM
Tuesday	11/28/17	Capital H.S.	Away	7:00 PM
Friday	12/01/17	Farmington High Sch.	Home	7:00 PM
Saturday	12/02/17	Piedra Vista High School	Home	2:00 PM
Tuesday	12/05/17	West Mesa High School	Home	7:00 PM
Thursday	12/07/17	Sandia Prep (Sandia Prep Tournament)	Away	TBA
Friday	12/08/17	Sandia Prep (Sandia Prep Tournament)	Away	TBA
Saturday	12/09/17	Sandia Prep (Sandia Prep Tournament)	Away	TBA
Tuesday	12/12/17	Robertson High School	Away	7:00 PM
Friday	12/15/17	Artesia High Sch.	Home	7:00 PM
Saturday	12/16/17	Sandia High School	Home	7:00 PM
Tuesday	12/19/17	Bernalillo High Sch.	Away	7:00 PM
Friday	12/22/17	Goddard High School	Home	7:00 PM
Thursday	12/28/17	Los Lunas High School (Village of Los Lunas Tournament)	Home	TBA
Friday	12/29/17	Los Lunas High School (Village of Los Lunas Tournament)	Home	TBA
Saturday	12/30/17	Los Lunas High School (Village of Los Lunas Tournament)	Home	TBA
Friday	01/05/18	Bloomfield High Sch.	Home	7:00 PM
Saturday	01/13/18	Alamogordo HS	Home	2:00 PM
Tuesday	01/16/18	Belen High Sch.	Away	7:00 PM
Friday	01/19/18	St. Pius High School	Home	7:00 PM
Tuesday	01/23/18	Grants High Sch.	Away	7:00 PM
Wednesday	01/31/18	Los Lunas High School	Away	7:00 PM
Friday	02/02/18	Belen High Sch.	Home	7:00 PM
Tuesday	02/06/18	St. Pius High School	Away	7:00 PM
Friday	02/09/18	Grants High Sch.	Home	7:00 PM
Friday	02/16/18	Los Lunas High School	Home	7:00 PM
Monday	02/19/18	Week 35 February 19 - 25 (District Tournament)		TBA
Monday	02/26/18	Week 36 February 26 - March 4 (1st Round State)		TBA
Monday	03/05/18	Week 37 March 5 - 11 (State Tournament)		TBA

Basketball Girls Varsity

			Place	Time
Wednesday	11/22/17	Gallup High School	Home	7:00 PM
Tuesday	11/28/17	Las Cruces HS	Away	7:00 PM
Saturday	12/02/17	Los Alamos High School	Home	7:00 PM
Thursday	12/07/17	Wingate Varsity Tournament		TBA
Friday	12/08/17	Wingate Varsity Tournament		TBA
Saturday	12/09/17	Wingate Varsity Tournament		TBA
Tuesday	12/12/17	Espanola High Sch.	Home	7:00 PM
Friday	12/15/17	Sandia High School	Away	7:00 PM
Saturday	12/16/17	Kirtland Central High School	Away	3:00 PM
Thursday	12/28/17	Los Lunas High School (Village of Los Lunas Tournament)	Home	TBA
Friday	12/29/17	Los Lunas High School (Village of Los Lunas Tournament)	Home	TBA
Saturday	12/30/17	Los Lunas High School (Village of Los Lunas Tournament)	Home	TBA
Tuesday	01/02/18	Miyamura High School	Home	7:00 PM
Friday	01/05/18	Bloomfield High Sch.	Away	7:00 PM
Saturday	01/06/18	Tohatchi High School	Home	2:00 PM
Tuesday	01/09/18	Cibola High Sch.	Home	7:00 PM
Saturday	01/13/18	Alamogordo HS	Away	2:00 PM
Tuesday	01/16/18	Belen High Sch.	Home	7:00 PM
Friday	01/19/18	St. Pius High School	Away	7:00 PM
Tuesday	01/23/18	Grants High Sch.	Home	7:00 PM
Saturday	01/27/18	Deming High School	Away	2:00 PM
Tuesday	01/30/18	Los Lunas High School	Home	7:00 PM
Friday	02/02/18	Belen High Sch.	Away	7:00 PM
Tuesday	02/06/18	St. Pius High School	Home	7:00 PM
Friday	02/09/18	Grants High Sch.	Away	7:00 PM
Saturday	02/17/18	Los Lunas High School	Away	1:00 PM
Monday	02/19/18	Week 35 February 19 - 25 (District Tournament)		TBA
Monday	02/26/18	Week 36 February 26 - March 4 (1st Round State)		TBA
Monday	03/05/18	Week 37 March 5 - 11 (State Tournament)		TBA

Los Lunas Middle School Tigers

Basketball Schedule 2017-2018

BOYS

Date	Day	Opponent	Where	Time
Nov. 16	Thurs	Belen	Away	4:00
Nov. 28	Tues	Valencia	Away	4:00
Dec. 1-2	Fri-Sat	Moriarty Tourn. 7th & 8th Grade	Away	TBA
Dec. 5	Tues	Edgewood	Home	4:00
Dec. 7	Thurs	Moriarty	Away	4:00
Dec. 11	Mon	Los Alamos	Away	4:00
Jan. 4	Thurs	Valencia	Home	4:00
Jan. 9	Tues	Belen	Home	4:00
Jan. 16	Tues	Eagle Ridge	Away	4:00
Jan. 18	Thurs	Rio Rancho	Home	4:00
Jan. 22	Mon	Mountain View	Away	4:00
Jan. 25	Thurs	Lincoln	Home	4:00
Jan. 30	Tues	Academy	Home	4:00
Feb. 7-8	Wed/Thurs	Academy Tourn. 7th Round Robin	Away	TBA
Feb. 8-9	Thurs/Fri	Los Lunas Tourn.	Home	2:30 3:45 5:00

GIRLS

Date	Day	Opponent	Where	Time
Nov. 16	Thurs	Belen	Home	4:00
Nov. 28	Tues	Valencia	Home	4:00
Dec. 1-2	Fri/Sat	Moriarty Tourn. 7th & 8th Grade	Away	TBD
Dec. 5	Tues	Edgewood	Away	4:00
Dec. 7	Thurs	Moriarty	Home	4:00
Dec. 11	Mon	Los Alamos	Home	4:00
Jan. 4	Thurs	Valencia	Away	4:00
Jan. 9	Tues	Belen	Away	4:00
Jan. 16	Tues	Eagle Ridge	Home	4:00
Jan. 18	Thurs	Rio Rancho	Away	4:00
Jan. 22	Mon	Mountain View	Home	4:00
Jan. 25	Thurs	Lincoln	Away	4:00
Jan. 30	Tues	Academy	Away	4:00
Feb. 1-2	Thurs/Fri	Los Lunas Tourn. 8th Round Robin	Home	2:30 3:45 5:00
Feb. 7-8	Wed/Thurs	Academy Tourn. 7th Round Robin	Away	TBA

Valencia Middle School Basketball Schedule 2017-18

Boys

Date	Day	Home/Away	Opponent	Time	Depart Time
16-Nov	Thursday	Away	Los Alamos	4:00pm & 5:00pm	1:00pm
21-Nov	Tuesday	Home	Belen	4:00pm & 5:00pm	None
28-Nov-17	Tuesday	Home	Los Lunas MS	4:00pm & 5:00pm	None
12/1 & 12/2	Friday & Saturday	Away	Moriarty MS Tournament	12/1 1:00pm 12/2 10:00am or 12:00pm	12/1 10:30am 12/2 7:45am
7-Dec	Thursday	Away	Lincoln MS	4:00pm & 5:00pm	1:30pm
14-Dec	Thursday	Home	Lincoln MS	4:00pm & 5:00pm	None
4-Jan	Thursday	Away	Los Lunas MS	4:00pm & 5:00pm	2:45 pm
10-Jan	Wednesday	Away	Moriarty	4:00pm & 5:00pm	1:15 pm
11-Jan	Thursday	Away	Eagle Ridge	4:00pm & 5:00pm	1:30 pm
17-Jan	Wednesday	Away	Mountain View	4:00pm & 5:00pm	1:30pm
18-Jan	Thursday	Home	Academy	4:00pm & 5:00pm	None
24-Jan	Wednesday	Away	Belen	4:00pm & 5:00pm	2:45pm
2/1, 2/2, 2/3	Thursday, Friday & Saturday	Away	Mountain View MS Tournament (7th grade only)	TBD	TBD
2/8 & 2/9	Thursday & Friday	Away	Los Lunas MS Round Robin (8th grade only)	TBD	TBD
2/7 & 2/8	Wednesday & Thursday	Away	Academy Tournament (7th grade only)	TBD	TBD

Girls

Date	Day	Home/Away	Opponent	Time	Depart Time
16-Nov	Thursday	Home	Los Alamos	4:00pm & 5:00pm	None
21-Nov	Tuesday	Away	Belen	4:00pm & 5:00pm	2:45pm
28-Nov	Tuesday	Away	Los Lunas MS	4:00pm & 5:00pm	2:45pm
12/1 & 12/2	Friday & Saturday	Away	Moriarty Tournament	12/1-1:00pm & 12/2 -10:00am or 12:00pm	12/1-10:30am 12/2 - 7:45am
7-Dec	Tuesday	Home	Lincoln MS	4:00pm & 5:00pm	None
14-Dec	Thursday	Away	Lincoln MS	4:00pm & 5:00pm	1:30pm
4-Jan	Thursday	Home	Los Lunas MS	4:00pm & 5:00pm	None
10-Jan	Wed	Home	Moriarty	4:00pm & 5:00pm	None
11-Jan	Thursday	Home	Eagle Ridge	4:00pm & 5:00pm	None
17-Jan	Wed	Home	Mountain View	4:00pm & 5:00pm	None
18-Jan	Thursday	Away	Academy	4:00pm & 5:00pm	1:30pm
24-Jan	Wed	Home	Belen	4:00pm & 5:00pm	None
02/01 & 02/02	Thursday & Friday	Away	Los Lunas MS Round Robin (8th grade)	TBD	TBD
02/07 & 02/08	Wed & Thursday	Away	Albuquerque Academy Tournament (7th)	TBD	TBD

Isleta Early Head Start, Head Start and Child Care

SANTA VISIT



Upcoming Events

January 3, 2018

Children return from Winter Break

January 4, 2018

Parent Committee 8:00 am

January 15, 2018

No School - Martin Luther King Jr. Day

January 17, 2018

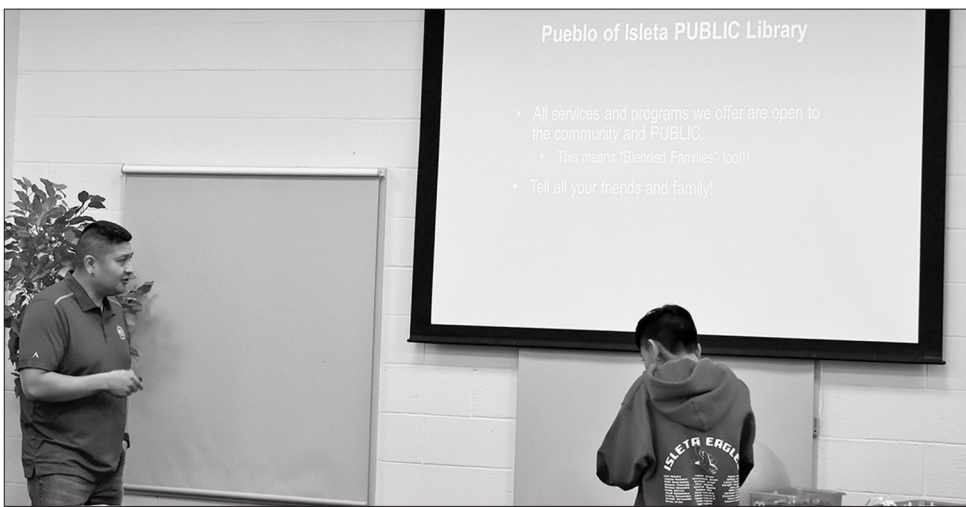
Family Night 5:00 pm

TBD

Policy Council TBD



Family Night



Christmas Luncheon



9th Annual Light the Path Memorial Walk

In September of 2008 with the support of a Federal Funding Award to Isleta Behavioral Health Services for Methamphetamine and Suicide Awareness Initiative (MSPI), the Isleta Community Action (ICAT) Team was formed to assess and evaluate issues in the community and design community activities to bring the people of Isleta together. The first goal was to have a "Light the Path Memorial Walk" to honor and remember our loved ones that have passed. This annual event continues to grow and is now in its ninth year.

The ICAT spent months of planning and preparation for the event date and with dedicated service from providers and volunteers we put another year in the books. Without the ICAT members, the POI Tribal Programs & individual employees, this event would not flourish as it has. On December 15th we celebrated the 9th Annual Memorial Walk and are proud to say it was another huge success. Two thousand plus luminarias illuminated several village tribal roads and the Rio Grande River Bridge so that an estimated 250 community members could walk on that clear, calm, and slightly chilly evening. A memorial service was provided by Father George and songs were sung by the church choir at the St. Augustine Church. Upon returning back to the Recreation Center our community members were able to enjoy enchiladas, beans and rice along with side dishes, desserts, and warm drinks. There was also a memorial slide show to honor the memories of those that have passed. The Valencia High School ROTC Program presented the colors prior to the procession leaving to the church and Tata Valentino Jaramillo offered our opening prayer. At the end of the event participants were able to have a chance to walk away with door prizes that were offered.

The Memorial Banner that was produced for the event by Three Blind Mice Enterprises is available for viewing in the Behavioral Health Services office Lobby. Community members created memorial photo boards of their loved ones which were displayed for viewing at the event. If you have not received your memorial photo board they will be available for pick up at IBHS.

We would like to give a "Special Thank You" to the participants and to those who continue to make this such a special "annual" event.

THE ISLETA COMMUNITY ACTION TEAM WOULD LIKE TO SEND OUT A SPECIAL THANK YOU TO THE FOLLOWING FOR MAKING THIS EVENT A SUCCESS:

(Ranging from planning, preparation, and/or donations for the event)

PARKS & REC. CENTER
 POLICE DEPARTMENT
 ELDERLY CENTER
 TRIBAL COURTS
 GOVERNORS OFFICE
 MIS SURVEYING & MAPPING
 SOCIAL SERVICES
 DIABETES PREVENTION
 VALENCIA HIGH SCHOOL JROTC
 ST. AUGUSTINE CHURCH
 FATHER GEORGE & CHOIR
 IBHS YOUTH GROUP & FAMILIES
 ICAT MEMBERS & FAMILIES
 LUCINDA KIE & FAMILY
 ISLETA VETERANS ASSOCIATION
 TIWA LENDING
 COMMUNITY VOLUNTEERS & PARTICIPANTS
 COALITION TO STOP VIOLENCE AGAINST
 NATIVE WOMEN

QUICK FACTS ON PERSONAL REPRESENTATIVE FORMS

1. **WHY** do I need to have a Personal Representative Form on file for a family member to have access to my medical records?

Every patient 18 and over who receives services at the Health Center is protected by confidentiality rights. The Health Center does not share Protected Health Information to anyone who does not have the legal right.

2. **WHAT** can you do to Grant Access to your Protected Health Information?

*If you wish to have a person other than yourself have access to your Protected Health Information, you will be required to fill out a **Personal Representative Form**.*

3. **WHERE** do I get this form?

This form is available in the Medical Records Department.

4. **WHAT** is Protected Health Information?

*Protected health information (PHI) under US law is: any **information** about **health** status, provision of **health care**, or payment for **health care** that is created or collected by a Covered Entity (or a Business Associate of a Covered Entity), and can be linked to a specific individual.*

-Isleta Health Center, Medical Records Department

JUAN L. CHAVEZ

The family of Juan L. Chavez would like to thank everyone for their outpouring of support for the sudden passing of our father. We especially appreciate the respect shown by the Law Enforcement Officers of the Isleta Police Department and Wild Land Open Space in escorting him to his final resting place. He served with distinction and pride with the New Mexico State Police and we learned that on his day of passing marked fifty years to the day November 4, 1967, that he became a certified police officer. Our dad, grandfather, great-grandfather will be greatly missed as he went to join our mother Patsy and all other family members, who have gone on to the Heavenly reward that we all pray for. May our Creator bless and watch over your families, the children of Juan & Patsy Chavez; Ben, Monica, Edwin, Danette, Gordon, and Darryl.



Juan's (second from the left) first day of duty outside Gallup, New Mexico 1967

Isleta Pueblo News



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



Take the NEW AARP Smart Driver™ Course and you can save money on your car insurance!*

Drive smart. Save smart.

- Refresh your driving skills and know the new rules of the road.
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CLASSROOM COURSE
\$15 for AARP members \$20 for non-members
To FIND ADDITIONAL COURSES IN YOUR AREA:
Call 1-866-955-6301 or visit www.aarp.org/driving36 TOYOTA

There's a course near you!

Date:

JAN 23, 2017

Location:

ISLETA ELDERLY

CENTER

To Register:

CALL: 869-9770



WIC Program

505 869-2662



January 2018

New Year and New Opportunities!

WIC News

1. Smart Shopping
 - Choose store brands
 - Plan trips to the store throughout the month if possible
 - If you have any problems with foods at the store please call to let us know
 - Please separate your WIC foods and other items to help avoid issues at the register
 - If issues arise please try the following: try a different register, a different store on our list, ask for a manager, and please ask for a copy of the receipt to help us solve the problem
2. Smart WIC Appointments
 - If you or a family member is sick please be aware that we have vulnerable infants and pregnant women in our office every day
 - Make sure your contact information is current so you can get appointment reminders and be reached in case of a last minute office closure
 - Remember we are here to help you so please call us with any questions or concerns

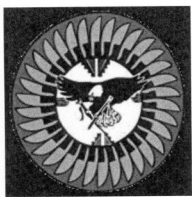
Small Changes Really Add Up!

- Choose less sugary drinks and more water
- Eat more fresh foods and less packaged foods
- Plan meals and snacks to help everyone in the house choose healthier options
- Plan a few weekly activities for the family that get you moving
- Start with smaller portions on your plate
- Increase fruits and vegetables
- Choose whole grains over refined white flour

Research shows that working on one or two areas at a time, versus completely overhauling our diets, increases our chances of success so start small.

We can help!

The Pueblo of Isleta WIC office is here to help you have a healthy family! We can discuss any questions and concerns, ideas on healthy eating and give you a package of food that is high in the nutrients that our clients need most. Call us at 505 869-2662 for more information.



Isleta Elder Center
869-9770



Need help with your PNM, NM Gas, Propane or firewood? Come by my office or give me a call for information on how to apply for assistance.

Apply Today

Applications & assistance is available for LIHEAP (Low Income Home Energy Assistance Program). LIHEAP is a federally-funded program that helps low-income households with their home energy bills such as gas, electric, propane, and firewood.

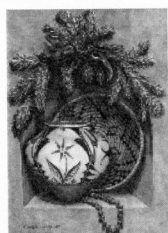
You will need the following, for everyone living in the household, to complete your application:

1. Id-Driver's License, Census ID, & Social Security Card
2. Proof of Income
3. NM Gas Bill & PNM Bill
4. For firewood: a receipt with proof of Vendor Name, Address, & Telephone Number and amount paid.

There is no deadline to apply

Pauline Lucero
PCS Manager

A Safe & Happy New Year to All from the Isleta Elder Center Staff



Greetings from the Elder Center Food Service Manager – Robyn Kowice

We would like to thank all our elders and guests for visiting us during the year and we encourage everyone to take a break from cooking and join us during our lunch hour. The following are reminders for anyone wanting to participate in Congregate or Home Delivered Meals:

Congregate Meals (on-site dining)

Mealtime is more enjoyable when you are with friends! The Senior Meal Program serves hot nutritious meals and gives seniors the opportunity to socialize and take part in activities such as bingo and exercise classes. Meals are served Monday through Friday between 12:00pm and 1:00pm, unless noted on our calendar.

Individuals age 55 or older, regardless of income, and a spouse of any age can participate. All new clients must register before receiving services and must complete a S.A.M.S. registration form. For individuals who are 55 years of age or older, meals are free of charge. For individuals under the age of 55 a \$5.00 donation is suggested. The center reports on every meal served for funding purposes, so please sign in at the front desk before receiving a meal. Meals are planned to assist individuals in maintaining a healthy diet and meet one-

third of the daily RDA requirement. Menus include an entrée, grain, vegetables and fruit, and a choice of coffee, iced tea and low-fat milk.

Menus are published once a month within the Center’s newsletter, displayed on the bulletin board at the Center and delivered to individuals who receive their meals at home. At times, due to the availability of ingredients/produce or other unforeseen circumstances, our menu is subject to change. Occasionally, the Center closes for staff training, holidays and traditional days. Transportation to and from the Center for meal time is available and must be scheduled 24-hours in advance.

Home Delivered Meals

The Home Delivered Meal Program promotes independent living for homebound and frail adults Monday through Friday. We will deliver a hot, nutritious meal straight to your home.

To qualify for the program, individuals must meet the following requirements:

- Isleta Tribal Member 60 years of age and older or a doctor’s note specifying the individual is homebound/frail or disabled.
- Lives within the Isleta reservation
- Qualifies in accordance with the State of New Mexico, Aging and Long Term Services criteria for Activities of Daily Living.

To apply for home delivered meals contact the Outreach Manager at (505) 869-9770 ext. 9024.

A few reminders for our Home Delivered Meal Clients

1. **Pet Policy** – All pets must be confined or restrained at the time of meal delivery. We in no way want to discourage pet ownership but we must take safety into account. If pets are aggressive and not confined or restrained the Isleta Elder Center will not deliver meals.
2. **Cancelled Meals** – Please call ahead of time to cancel a delivered meal, we kindly ask that cancelled meals be called in by 9:00 AM. This helps in meal costs and labor for driving to a site if no one is home. If a client has not cancelled a meal you will receive a notice on your door for that particular day. Notices are tracked, and if excessive missed deliveries occur, Home Delivered Meals may be suspended and/or terminated. To call and cancel a meal please dial (505) 869-9770, if no one answers please leave a message.

From all of the staff here at the Isleta Elder Center, we hope you all had a very Merry Christmas & we wish you a Happy New Year! We look forward to working with you in the New Year!

**Menu
Isleta Elder Center**

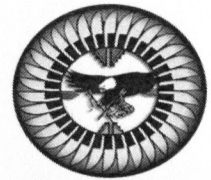


1/1/2018	1/2/2018	1/3/2018	1/4/2018	1/5/2018
 CENTER CLOSED	Chicken Caesar Salad Chicken 3 oz Chopped romain 1 c Tomato/cucumber 1 c Crouton 1 oz Breadstick = 26 g Fruit cup 1/2 c	Cream of Potato & Ham Soup Diced ham 2 oz, potato 1/2 c Mixed vegetables 1/2 c Wheat roll = 56 g String cheese 1 oz Fruit cup 1/2 c	Grilled Ham and Cheese Shaved ham 2 oz, sliced cheese 1 oz WW bread = 56 g Tomato basil soup 1/2 c Lima beans 1/2 c Fruit cup 1/2 c	Beef and Potato Hash Ground beef 3 oz Potato 1/2 c, corn 1/2 c Tortilla 9" 1 ea Fruit crisp = 1/2 c fruit and 1 grain eq
1/8/2018	1/9/2018	1/10/2018	1/11/2018	1/12/2018
Meat Loaf Ground beef 3 oz Mashed potato 1/2 c Brown gravy 1 oz Mixed veggie 1/2 c Fruit 1/2 c	Sloppy Joe on ww bun Ground turkey 3 oz Sloppy joe mix 1/2 c Wheat bun = 56 g Baked beans 1/2 c Fruit Cup 1/2 c Early Lunch	Posole Pork or chicken 3 oz Red chile puree 1/2 c Hominy 1/2 c Fresh squash/zucchini salad 1/2 c Sopa (bread pudding) = 2 grain eq and 1/2 c fruit	Tuna Salad on Leaf Lettuce Tuna salad mix 3 oz Cucumber/tomato salad 1 c Carrot salad w/raisins = 1/2 c vegetable and 1/4 c fruit	Beef Vegetable Stew Ground beef 3 oz Mixed vegetable 1 c Wheat roll = 56 g Fruit cup 1/2 c
1/15/2018	1/16/2018	1/17/2018	1/18/2018	1/19/2018
 CENTER CLOSED	Chile Dog Turkey frank 3 oz Red chile beans 1/2 c Wheat bun = 56 g Sweet potato fries 1/2 c Fruit cup 1/2 c	Soft beef taco Ground beef 2 oz Shredded cheddar cheese 1 oz Shred lettuce/tomato 1/8 c Pinto beans 1/2 c Steamed carrot 1/2 c Tortilla 6" Fruit cup 1/2 c	Potato stew w/ beef Cubed beef 3 oz Potato 1/2 c Sauteed green beans 1/2 c Biscuit = 56 g Fresh fruit	Red Chile Chicken Adovada Chicken 3 oz Red chile puree 1/2 c Winter veggies 1/2 c Spanish rice 1 c Fresh fruit
1/22/2018	1/23/2018	1/24/2018	1/25/2018	1/26/2018
Chicken and Rice Soup 2 oz diced chicken, 1/2 c rice Green Chile w/beef 1/2 c Mixed veggie 1/2 c WW Crackers 24 g Fresh Fruit	Ham and Cheese Croissant Shaved ham 3 oz Sliced cheese .5 oz Croissant = 56 g Carrot sticks 1 c Diced cucumber 1 c Fruit cup 1/2 c	Frito Pie w/ Cheese 2 oz g. turkey, 1/2 c bean (V) 1 oz cheese Lettuce/Tomato 1/4 c Green Beans 1/2 c Banana bread square = 2 grain eq Fresh Fruit 1 ea	BBQ Chicken Chicken thigh 4 oz Pork and beans 1/2 c Peas/onions 1/2 c Stuffing 1/2 c Fruit crisp = 1/2 c fruit and 1 grain eq	Sweet and Sour Pork 3 oz pork Oriental Veggies 1/2 c Beets 1/2 c Steamed Rice 1 c Mandarin Oranges 1/2 c Fortune Cookie 1 ea
1/29/2018	1/30/2018	1/31/2018	Important Reminders!!	
Breaded Chicken Sandwich Breaded chicken patty 4 oz WW bun = 56 g California veggie 1 c Fresh fruit	Garbanzo Beans w/Tomato Sauce (stew) Ground beef 2 oz Garbanzo beans (M/MA) 4 oz Diced tomato 1/2 c Steamed carrot 1/2 c Fruit cup 1/2 c	Spaghetti with Meatballs Meatballs 3 oz Marinara sauce 1/2 c Wheat noodles 1/2 c Brussels sprouts 1/2 c Wheat crackers = 26 g Fresh fruit	 Please call ahead of time to cancel Home Delivered Meals. This saves time and money. Thank you. Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is	

Based on the availability of ingredients/produce or other unforeseen circumstances, menus are subject to change.

Isleta Elder Center
 (505) 869-9770
 Monday - Friday
 8:00am - 4:30pm

JANUARY 2018



Monday 1/1/2018	Tuesday 1/2/2018	Wednesday 1/3/2018	Thursday 1/4/2018	Friday 1/5/2018
	New Year Festivities Live Entertainment 1:00pm	Open Activities Room: (Shuffleboard, Pool Table, Exercise Equipment, etc.) 9:00am - 3:00pm	Afternoon Exercise 1:00pm - Activities Room	Open Activities Room: (Shuffleboard, Pool Table, Exercise Equipment, etc.) 9:00am - 3:00pm
		COMMODITIES DISTRIBUTION 8:00am - 3:00pm		
Open Activities Room: (Shuffleboard, Pool Table, Exercise Equipment, etc.) 9:00am - 3:00pm	Staff Meeting *Reminder* EARLY LUNCH: 11:00am Shuffleboard: 9:00am - 11:00am Activities Room	<u>AARP VICE PRESIDENT VISIT</u> Time: TBD (Call for Update)	Afternoon Exercise 1:00pm - Activities Room	Open Activities Room: (Shuffleboard, Pool Table, Exercise Equipment, etc.) 9:00am - 3:00pm
1/8/2018 CLOSED 	1/9/2018 Shuffleboard: 9:00am - 12:00am Activities Room	1/10/2018 Friendship Breakfast: 9:00am General Meeting: 10:00am	1/11/2018 Afternoon Exercise 1:00pm - Activities Room	1/12/2018 Open Activities Room: (Shuffleboard, Pool Table, Exercise Equipment, etc.) 9:00am - 3:00pm
1/15/2018 AARP: Safe Driver Course 1:00pm - 5:00pm	1/16/2018 Manzano Mesa Shuffleboard 10:00 am - 4:00pm	1/17/2018 Sandia Casino: Lunch & FREE Bingo	1/18/2018 Afternoon Exercise 1:00pm - Activities Room COMMODITIES DISTRIBUTION 8:00am - 3:00pm	1/19/2018 Open Activities Room: (Shuffleboard, Pool Table, Exercise Equipment, etc.) 9:00am - 3:00pm
1/22/2018 Open Activities Room: (Shuffleboard, Pool Table, Exercise Equipment, etc.) 9:00am - 3:00pm	1/23/2018 Shuffleboard: 9:00am - 12:00pm Activities Room	1/24/2018 BINGO! 1:00pm - Activities Room	1/25/2018 1/26/2018 *All activities subject to change Please call the Elder Center with any questions regarding the calendar or to sign-up for trips/activities	
1/29/2018	1/30/2018	1/31/2018		

NATIONAL BLOOD DONOR MONTH



10 REASONS TO DONATE BLOOD

- Blood transfusions save lives.
- There's no substitute for human blood.
- Every three seconds, someone needs a blood transfusion.
- About 60 percent of the population is eligible to donate blood, yet less than five percent do.
- A pint of blood, separated in to components, can help up to three people.
- You'll make your community a safer place.
- Fulfills your desire to "give back" to the community.
- You'll receive a mini physical (blood pressure, temperature, iron level).
- You'll learn your blood type.
- It's safe, simple and it saves lives!!!!



DONATION PROCESS

- Prospective donors first complete a health history questionnaire and screening interview.
- The next step involves a brief physical examination of blood pressure, pulse, temperature and a test for anemia.
- If the prescribed medical requirements are met, a unit (about one pint) of blood is drawn from the donor. Afterwards, donors are served refreshments while remaining seated for 10 minutes.
- The entire process usually takes less than one hour.

Health Educator: Stephanie Barela 869-4479

<http://www.bloodcenters.org/donating/blood.htm>

**Contact United Blood Services
 for the blood donation center closest to you.
 (1-800-236-8053)**

2018 Meeting Schedule			
 Pueblo of Isleta Community Cancer Support Group 			
@ Isleta Health Center 10:30am to 12:00pm*			
*Most meetings are from 10:30am to 12:00pm in the Isleta Health Center Small Conference Room unless different times/locations are otherwise noted; see all dates/times in schedule below.			
DATE	TOPIC	SPEAKER	LOCATION
3 rd Tuesday 1/16/2018 10:30am – Noon	Support/Yearly Planning Pot Luck	Group	Isleta Health Center Kitchen
Friday 2/2/2018 8:30am – 1:00pm	5 th Annual Go Red For Native Women Heart Health Summit (Rides available; contact Stephanie)	American Heart Association	To Be Announced
☛ Contact Stephanie at 869-4479 to register for Heart Health Summit ☛			
3/13/2018 6:00pm – 7:30pm	EVENING SESSION To Be Determined, Come to 1/16/18 meeting to plan		Isleta Health Training Center
4/10/2018 10:30am – Noon	Caregiving and Tips for Cancer <i>Difficult conversations and coping</i> New Mexico Cancer Center	Jess Quiring, Navigation and Outreach Manger	Isleta Health Center Small Conference Room
5/8/2018 6:00pm – 8:30pm	EVENING SESSION 4 th Annual Isleta Cancer Survivors Day Event	Balloon Release/ Survivor Celebration	Isleta Health Training Center
6/12/2018 10:30am – Noon	To Be Determined, Come to 1/16/18 meeting to plan		Isleta Health Center Small Conference Room
7/10/2018 10:30am – Noon	To Be Determined, Come to 1/16/18 meeting to plan		Isleta Health Center Small Conference Room
8/14/2018 6:00pm – 7:30pm	EVENING SESSION Native American Cancer Data, What it means to you.	Robyn Viera NM Cancer Council	Isleta Health Training Center
9/11/2018 10:30am – Noon	To Be Determined, Come to 1/16/18 meeting to plan		Isleta Health Center Small Conference Room
10/9/2018 10:30am – Noon	To Be Determined, Come to 1/16/18 meeting to plan		Isleta Health Center Small Conference Room
11/13/2018 10:30am – Noon	Potluck	Group	Isleta Health Center Small Conference Room
<i>Topics are subject to change.</i>		Contact Stephanie Barela to sign up and to learn more! Phone: 869-4479 Email: sbarela@islclinic.net	

DID YOU KNOW ? GLAUCOMA



A condition which damages the eye and causes loss of side vision, has **NO** symptoms in the early stages of the disease?

During a comprehensive eye exam with dilation, our Optometrist, Dr. Bartlett, can screen for glaucoma and discuss the risk factors associated with this potentially blinding eye disease.

**-Isleta Health Center,
Optometry Department**

What is Fluoride?

Fluoride is a natural mineral found throughout the earth's crust and widely distributed in nature. Some foods and water supplies contain fluoride. Fluoride is often added to drinking water to help reduce tooth decay. In the 1930s, researchers found that people who grew up drinking naturally fluoridated water had up to two-thirds fewer cavities than people living in areas without fluoridated water. Studies since then have repeatedly shown that when fluoride is added to a community's water supply, tooth decay decreases. The American Dental Association, the World Health Organization and the American Medical Association, among many other organizations, have endorsed the use of fluoride in water supplies because of its effect on tooth decay.

How Does Fluoride Work?

Fluoride helps prevent cavities in two different ways:

- * Fluoride concentrates in the growing bones and developing teeth of children, helping to harden the enamel on baby and adult teeth before they emerge
- * Fluoride helps to harden the enamel on adult teeth that have already emerged
- * Fluoride works during the demineralization and remineralization processes that naturally occur in your mouth.
- * After you eat, your saliva contains acids that cause demineralization, a dissolving of the calcium and phosphorous under the tooth's surface
- * At other times when your saliva is less acidic it does just the opposite, replenishing the calcium and phosphorous that keep your teeth hard. This process is called remineralization. When fluoride is present during remineralization, the minerals deposited are harder than they would otherwise be, helping to strengthen your teeth and prevent dissolution during the next demineralization phase

If your drinking water is fluoridated, then brushing regularly with fluoride toothpaste is considered sufficient for adults and children with healthy teeth at low risk of decay.

-Isleta Health Center, Dental Department

WHY IS KEEPING OUR HANDS CLEAN SO IMPORTANT?



Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not **washing hands** with soap and **clean**, running water. Nov 18, 2015

www.cdc.gov/handwashing/why-handwashing.html

WIC NOTES

Baby Brain Growth

Here are some ideas to help you encourage your baby/toddler's brain development.

Age: Birth to 4 months

Read; make silly faces; tickle the body; slowly move objects in front of your baby's eyes, like a brightly colored rattle; sing simple songs and nursery rhymes with repetitive phrases; narrate everything you and your baby will do, such as "We are going in the car now; we are putting you in the car seat; Mommy is getting into the car."

Age: 4 to 6 months

Help baby hug stuffed animals; stack things (like plastic blocks) and let your baby knock them down; play music with different rhythms; show your baby books with brightly colored pictures; let your baby feel objects with different textures.

Age: 6 to 18 months

Talk and interact face-to-face to increase connections between sounds and words; point to familiar people and objects and repeat names; sing songs with repetitive verses and hand motions; play hide and seek.

Age 18 to 24 months

Play simple recognition games like "spot the yellow car" or "the red flower," or put three objects in front of your child and say "Give me the ..."; talk directly to your baby as much as possible; introduce your child to writing tools such as crayons and paper; ask "where and what" when reading to your child; encourage some independent play with favorite toys.

Age: 24 to 36 months

Lavish your child with praise and encouragement as he or she perfects motor skills; bolster your child's imagination by encouraging new ways to use toys; help your child incorporate 'real life' activities into play, such as pretending to talk on the phone, drive a car, have a tea party; when reading, incorporate your child into the story by asking questions; point to words while you read to your child; encourage identification of words on the page or their sound.

Ages 3 to 5:

Teach sharing by example; play simple board games to foster learning rules and skills; limit TV/video watching to one to two hours per day, and watch with your child to make it interactive. As children advance, offer simple choices (read a book or do a puzzle); limit the use of the word "no" and encourage exploration and natural curiosity; give your child respect and attention and show patience as your child tries to explain his or her new experiences; make time each day to sit with your child and discuss what he or she did that day, encouraging your child to explain and explore new experiences.

Taken from WebMd article: How Your Newborn Grows: Infant Development How to Raise a Smart Baby

Breastmilk and Brain Power

- Evidence shows that there are nutrients in breastmilk that enhance brain growth
- Children who were breastfed have I.Q. scores averaging seven to ten points higher than formula-fed infants
- Studies have shown that children who are breastfed get higher grades in school, even after other influences on school performance are taken into account.
- The intellectual advantage gained from breastfeeding is greater the longer the baby is breastfed.

Taken from Dr Sears evidence based article.

WIC Nutrition



Isleta Health Center
Optometry Clinic
Phone: 869-4080

Six common mistakes made by patients when handling contact lenses

1. Not washing and drying hands. Washing your hands may seem like common sense, but the American Eye-Q® survey found that 35 percent of contact lens wearers skipped this important step. Drying is also an important part of the process since tap water can contain harmful microorganisms that can be transferred onto the lens and onto the eye.
2. Wearing lenses longer than recommended. Many contact lens wearers will try to make their lenses last longer by waiting to change them until the lenses become bothersome. According to the American Eye-Q® survey, 57 percent of contact lens wearers admitted to wearing disposable contact lenses longer than directed. Not following an eye doctor's recommended changing schedule can cause preventable eye irritation or even lead to permanent eye damage from bacterial infections.
3. Not replacing contact lens cases regularly. Eye doctors recommend that lens cases be replaced at least every three months, and cases should be cleaned and disinfected periodically in between. Yet, only 41 percent of contact lens wearers follow this rule.
4. Sleeping in contacts overnight. The American Eye-Q® survey revealed 21 percent of contact lens wearers are guilty of this bad habit. Sleeping in contacts puts consumers at risk for an eye infection. Only do so when wearing lenses specifically designed for day and night wear and when closely monitored by your doctor.
5. Reusing old contact lens solution. Only fresh solution should be used to clean and store contact lenses. Stick to products recommended by your eye doctor to clean and disinfect lenses, and remember, saline solution and re-wetting drops are not designed to disinfect lenses.
6. Wearing contact lenses while swimming or in a hot tub. Approximately 26 percent of contact lens wearers swim in their contact lenses. This routine can lead to serious sight-threatening eye infections and irritation. According to the FDA and the American Optometric Association, contact lenses should not be exposed to any kind of water, including tap water and water in swimming pools, oceans, lakes, hot tubs and showers.

WIC NOTES

February is Children's Dental Health Month. Good news... tooth decay is preventable!

Nutrition and Your Child's Teeth

Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months. *Infants should see the dentist within 6 months of cutting his first tooth and no later than age 12 months.*



What your child eats affects his or her teeth. Too many carbohydrates, sugar (for example, cake, cookies, candies, milk, and other sugary foods and beverages), and starches (for example, pretzels and potato chips) can cause tooth decay. How long carbohydrates remain on the teeth is the main culprit that leads to tooth decay.

The best thing you can do as a parent is to teach your child to make healthy food choices.

- Avoid sticky, chewy foods.
- Serve sugary treats with meals, not as snacks.
- Get your children in the habit of eating as few snacks as possible.
- Avoid sugary foods that stay on the teeth.
- Buy foods that are sugar-free or unsweetened.
- Never put your baby to bed with a bottle filled with milk, formula, juice, or soda.
- Include good sources of calcium in your child's diet to build strong teeth.
- If your child chews gum buy xylitol-sweetened or sugar-free gum.
- Use fluoride-containing toothpastes and brush and floss your child's teeth daily.
- Brush your child's teeth after giving him or her medicine.
- Visit the dentist regularly.

The best way to prevent tooth decay is to use fluoride-containing toothpaste every day. (Fluoride toothpaste should only be used in children old enough to spit out the remaining toothpaste.) Floss your child's teeth at least once a day to help remove particles between teeth and below the gum line.

WIC Nutrition

JANUARY 2018		ISLETA HEALTH CENTER			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1  Health Center Closed	2 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS.	3 Young Leaders Youth Krew: 4:30-6:30p @ BHS.	4 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Grief Group: 1-2p @ BHS Alcoholics Anonymous: 6-7p @ Health Training Center.	5 Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	6/7
8 Pre Measurements for Express Endurance 8-4:30 @DPP Podiatry Clinic: 8-12:00 pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Alcoholics Anonymous: 11am-12pm @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30-6:30p @ BHS.	9 Pre Measurements for Express Endurance 8-4:30 @DPP Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance : 5:30-7:30pm @DPP Pueblo Men Rising: 2-3:30p @ BHS.	10 Pre Measurements for Express Endurance 8-4:30 @DPP Morning Group Fitness: 6-7am @DPP Wellness Center Young Leaders Youth Krew: 4:30-6:30p @ BHS.	11 CLINIC OPENS AT 9:50am Pre Measurements for Express Endurance 8-4:30 @DPP Podiatry Clinic: 8:00-4:30p @DPP Grief Group: 1-2p @ BHS Express Endurance: 8:00-4:30pm @DPP Alcoholics Anonymous: 6-7p @ Health Training Center.	12 Pre Measurements for Express Endurance 8-4:30 @DPP Morning Group Fitness: 6-7am @DPP Express Endurance: 8:00-4:30pm @DPP Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	13/14
15  Martin Luther King Jr. Day Health Center Closed	16 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. POI Community Cancer Support: Group - 1st of the year— 10:30-noon @Isleta Health Center Small Conf. Room "ALL WELCOME" (Contact Stephanie @ 869-4470 for more Info.) Express Endurance : 5:30-7:30pm @DPP	17 Morning Group Fitness: 6-7am @DPP Wellness Center Community Health Cooking: 5-7pm @Health Center Kitchen Young Leaders Youth Krew: 4:30-6:30p @ BHS.	18 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Grief Group: 1-2p @ BHS Express Endurance: 8-4:30pm @DPP Alcoholics Anonymous: 6-7p @ Health Training Center.	19 Morning Group Fitness: 6-7am @DPP Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	20/21
22 Podiatry Clinic: 12:00-4:30pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Alcoholics Anonymous: 11am-12pm @ BHS. Women's Path to Recovery: 1-2:30p @ BHS	23 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance : 5:30-7:30pm @DPP Health Education Presentation: 10-11am @Isleta Elders Center	24 Morning Group Fitness: 6-7am @DPP Wellness Center Young Leaders Youth Krew: 4:30-6:30p @ BHS.	25 CLINIC OPENS AT 9:50am Podiatry Clinic: 8:00-4:30p @DPP Grief Group: 1-2p @ BHS Express Endurance: 5:30-7:30pm @DPP Alcoholics Anonymous: 6-7p @ Health Training Center.	26 Morning Group Fitness: 6-7am @DPP Early Recovery Skills: 9-10a @ BHS. Another Recovery Technique (ART): 10-11a @ BHS. Alcoholics Anonymous: 11-12p @ BHS. Another Recovery Technique (ART): 1-3:30p @ BHS.	27/28
29 Podiatry Clinic: 8:00-4:30pm @DPP Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique (ART): 10-11am @ BHS. Alcoholics Anonymous: 11am-12pm @ BHS. Women's Path to Recovery: 1-2:30p @ BHS	30 Pueblo Women Rising: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Pueblo Men Rising: 2-3:30p @ BHS. Express Endurance : 5:30-7:30pm @DPP	31 Morning Group Fitness: 6-7am @DPP Wellness Center Young Leaders Youth Krew: 4:30-6:30p @ BHS.	Go Red for Native Women Heart Health Conference February 2, 2018 @8am-1pm (For more information please contact Stephanie Barela-869-3200) ~~~~~ Questions? Call 869-3200		


ISLETA HEALTH CENTER

FLU SHOTS

For minimum wait time please come in between the hours of:

10:30am-11:30am
or
2:30pm-3:30pm

Flu shots are for *Established Patients* only. Sign in at Reception for a Nurse Walk-In and inform staff that you need a flu shot only.




CANCER

IT AFFECTS US ALL

Support those in the community who have felt the effects of cancer personally or through loved ones at the

Isleta Community Cancer Support Group

Tuesday, January 16, 2018 10:30-12pm Isleta Health Center Small Conference Rm	POTLUCK Support and Annual Yearly Planning	PLEASE NOTE THE DATE CHANGE! We will meet the 3rd Tuesday in January, due to a schedule conflict
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Contact
Stephanie
Barela
869-4479