



Isleta Pueblo News

Volume 11 Issue 3

Pueblo of Isleta website: www.isletapueblo.com

March 2016

FROM THE OFFICE OF THE GOVERNOR

MA GU WAM

INDIAN DAY AT THE NEW MEXICO STATE LEGISLATURE

February 6, 2016, Santa Fe, NM - The 2016 American Indian Day at the New Mexico State Legislature was held in the rotunda at the State Capital where the Honorable Cabinet Secretary – Designate Kelly K. Zunie, Indian Affairs Department, provided the welcome address and reading of the American Indian Day Proclamation. Honorable Governor E. Paul Torres, Isleta Pueblo and Chairman of the All Pueblo Governors Council, addressed tribal leadership and attendees applauding the tribes on their many achievements in meeting the challenges in their communities. Governor Torres emphasized the importance of tribes forging forward into the future in a collaborative and constructive manner using the opportunities afforded through the State Tribal Collaboration Act to build better and positive relationships between the State of New Mexico and the 22 tribes. Governor Torres emphasized the importance of prioritizing those needs which will improve the quality of life and opportunities that will contribute to the advancement of the whole. During the 2015 State Tribal Collaboration, Pueblos, Tribes and Nations identified and adopted four priorities: 1. Healthcare, 2. Housing, 3. Education, 4. Economic Development. Governor Torres encouraged the Tribes and State to continue to work together to make sustainable progress in reaching identified priorities. In closing, Governor Torres asked Tribal leaders not to sit back and wait for someone else to determine our destiny, or accept the minimum. He encourages all leaders to do their best in whatever their hearts desire and not be selfish with the gifts of talent and abilities that our creator has bestowed upon us.

United States Attorney’s Law Enforcement Award Recognition Ceremony

January 25, 2016 – Albuquerque City Council Chambers, Albuquerque NM- In a special ceremony, United States Attorney, District of New Mexico, Damon Martinez recognized Law Enforcement Officers of the Federal, State, City and Tribal Agencies whose combined investigative efforts have led to successful prosecution of major felonies in New Mexico. We are especially proud of our Isleta Tribal Police Department and dedicated law enforcement professionals that serve and protect all persons that come within our jurisdiction boundaries. The following Isleta Pueblo Tribal Police Officers were recognized: Officer Mary McGory, Sergeant Linda Milane, Chief Kevin Mariano, Officer Lorenzo Lujan, Officer Evan Honeyestewa, Sergeant Jesus Garay and Officer Terrance Garcia. The event was attended by 1st Lt. Antonio Chewiwi. Congratulations for a job well done.



L to R: Officer Mary McGory, Sergeant Linda Milane, Chief Kevin Mariano, Officer Lorenzo Lujan, US Attorney Damon Martinez, Officer Evan Honeyestewa, Sergeant Jesus Garay. (Officer Terrance Garcia, no photo)

All Pueblo Council Governors Award

February 18, 2016 – Indian Pueblo Cultural Center, Albuquerque, NM – In a special ceremony the All Pueblo Council Governors recognized Mr. Pablo Padilla, Legal Counsel for the Pueblo of Isleta for his commitment and service to New Mexico Tribal Leadership. In a statement Mr. Padilla said “This award means a lot to me as a Pueblo person dedicated to the field of law. In my eleven years of practicing law, I have done work for each of the 19 Pueblos to either assert tribal sovereignty or to protect cultural resources.

The core values that we cherish as Pueblo people will guide our communities to continued growth and prosperity. I accept this award on behalf of my ancestors and family. E’lah:kwa.”



L to R: Governor Michael Chavarria, APCG Secretary, Governor Eddie P. Torres, APCG Chairman, Mr. Pablo Padilla, Legal Counsel, and Governor Val Panteah, Sr. APCG Vice Chairman.

Pueblo of Isleta Employees Receive Federal Recognition

December 10, 2015 – Before a distinguished crowd of guests Ms. Kathleen Jojola, Pueblo of Isleta Scholarship Assistant and Ms. Geraldine Jojola, Executive Director for the Pueblo of Isleta Department of Education were honored by Mr. John Antonio, Superintendent of the Bureau of Indian Affairs and Mrs. Sharon Kidman, Job Placement and Training Coordinator, for their participation and hard work in the ongoing implementation of the Collaborative Employability Training Workshops.

The federal recognition comes from the US Department of the Interior, Bureau of Indian Affairs, Southern Pueblos Agency. The Tribal Collaborative Employability Training is in its third year of implementation and assists clients to develop and build employment skills making them more marketable when seeking jobs or starting careers. Over the past two years, the Pueblo of Isleta Department of Education has assisted 227 individuals in building these skills.



L to R: Scholarship Assistant Kathleen Jojola, Governor Eddie P. Torres, Executive Director Geraldine Jojola.

Message from the Governor

I want to thank the community members and our Tribal employees for their hard work and dedication in making it possible for us fulfill our responsibilities to our people. Foremost, let us all be grateful and give thanks every day to our Creator for being blessed with positive visions to broaden and build on our experiences, to broaden our mindset, opening us to new possibilities and building on our resources. Eddie P. Torres, Governor.

The new mailing address for Isleta Appellate Court is:

**Post Office Box 122
Isleta, New Mexico 87022**

**The phone numbers are:
(505) 869-9692 and (505) 869-9693**

POI TRIBAL COUNCIL UPDATE

Council Law and Order Committees

In 2013-14, the Tribal Council developed a Strategic Plan outlining several areas such as health, education, constitutional amendments, natural resource protection, public safety, among other community concerns. A list of priority projects were identified and a set of goals and objectives were established. The 2015 – 2016 Tribal Council has been reviewing the Plan to determine what the status is of each goal and objective. Some are long term, others are short term goals.

While reviewing the plan, the council found that a more efficient way to address policy development or the need to amend existing policy was to utilize the Law and Order Committee to review, conduct research, and develop draft policies or other documents in preparation for passage by the council. Due to the workload necessary to complete these tasks, the council opted to establish two committees.

Committee I consists of Council President Verna Teller, Councilmen Frank Lujan, Michael Lente and Fernando Abeita and Assistant General Council Pablo Padilla. This committee is currently working on amendments to the POI Traffic Code and reviewing federal law as it relates to asserting criminal jurisdiction over Non-Indians who commit crimes on POI lands according to the Violence Against Women Act. The Police Department, Tribal Prosecutor and the Defense Advocate are also part of this effort.

Committee II consists of Council Vice-President Beatrice Lente, Councilwoman Barbara Sanchez and Councilman Ulysses Abeita and General Counsel Kaydee Culbertson. This committee is currently tasked with revising and amending the POI Board of Education Policies and Procedures. This committee is working to have the POI Department of Education under the temporary oversight of the Isleta Elementary School. The objective is to enhance the delivery of education services to our tribal students. This committee is also creating a uniform request form for capital outlay expenditure requests from tribal programs.

Both committees are prepared to submit their work to the full council for review and passage.

The council will continue to review the Strategic Plan and will continue to assign specific tasks to the council committees for completion.

Council meetings are regularly scheduled for Monday and Wednesday of each week. Meetings are open to all tribal members.

Approved Resolutions for January/February 2016

2016-008 Authorizing and Supporting the Pueblo of Isleta – Public Services Department to Proceed with Identifying and Seeking Additional Funding for the Design and Construction of Alternative #11 for the NM 314 / NM 45 / NM 317 Roadway Re-Alignment Improvements Project

2016-009 “Resolution Approving to Accept for Indian Highway Safety Program Grant Funds”

2016-010 “Amending the Establishment of the Pueblo of Isleta Water Commission and Appointment of Commission Members”

2016-011 Authorizing and Supporting the Pueblo of Isleta – Public Services Department to Proceed with Submitting a 2016 Tribal Infrastructure Fund (TIF) Construction Grant Application to the NM State Indian Affairs Department (IAD) for the Emergency Operation Center at the Public Services Department

2016-012 Authorizing and Supporting the Pueblo of Isleta – Public Services Department to Proceed with Submitting a 2016 Tribal Infrastructure Fund (TIF) Design Grant Application to the NM State Indian Affairs Department (IAD) for the Westside Water Improvements Project

2016-013 Authorizing and Supporting the Pueblo Of Isleta – Public Services Department to Proceed with Submitting a 2016 Tribal Infrastructure Fund (TIF) Planning Grant Application to the NM State Indian Affairs Department (IAD) for Improvements to the Solid Waste Transfer Station

2016-014 NIGA Resolution

2016-015 NCAI Resolution

2016-016 Ratifying Revised Bylaws for the Isleta Health Center

2016-017 Approving the FY16 Purchased/Referred Care Budget

2016-018 Approving an Agreement with American Medical Response Ambulance Services, Inc.

2016-020 Approving Transfer of \$50,000 to Aid Tribal Government P.L. 93-638 Account under Contract No. A11AV00704 to Fund 2016 Secretarial Election

2016-021 Endorsing Application Submittal to the US Department of Justice for Funding Under the Fiscal Year (FY) 2016 Coordinated Tribal Assistance Solicitation (CTAS)

2016-022 Approval of Liquor Licenses to Isleta Veteran's Association

2016-023 Amending Resolution No. 2015-104 “PUEBLO FUNDING - FY 2016 BUDGET Including 3% Cost of Living Adjustment (COLA) effective January 1, 2016”

2016-024 Giving POI Elementary School Governing Board Limited Responsibilities over the POI DOE

2016-025 Authorizing the Use of the Attached “Request for Capital Outlay Expenditure” Form

2016-026 Authorizing and Supporting the POI-PSD to proceed with submitting a 2016 Road Fund Cooperative Grant Application to the NMDOT for Construction of Bus Shelters at Various Locations throughout the Pueblo

UNITED STATES DEPARTMENT OF THE INTERIOR



Bureau of Indian Affairs
Southern Pueblos Agency
1001 Indian School Road, NW
Albuquerque, New Mexico



SECRETARIAL ELECTION NOTICE Pueblo of Isleta Tribal Members

Members of the Pueblo of Isleta are hereby advised that a Secretarial Election has been authorized and the date of the Secretarial Election will be **Wednesday, April 6, 2016**. The purpose of the Secretarial Election is to vote on proposed changes to the Membership Requirements in the Pueblo of Isleta Constitution. The proposed Amendments would change the membership requirements in Article II, Sections 1, 2, 3, from “one-half (1/2) or more degree of Isleta Indian blood” to “one-quarter (1/4) or more degree of Isleta Indian blood”, and would also change the membership requirements in Article II, Section 4 from “one-half (1/2) or more degree of Indian blood” to “one-quarter (1/4) or more degree of Indian blood.”

The Pueblo of Isleta Constitution, Article XIII, titled “Amendments”, allows eligible voters to vote on proposed amendments to the Pueblo of Isleta Constitution in a special election authorized for that purpose. The Secretarial Election will be held pursuant to federal regulations in 25 Code of Federal Regulations (25 CFR) part 81. The Secretarial Election will be conducted in accordance with federal regulations and not the Pueblo of Isleta Constitution election process.

THIS SECRETARIAL ELECTION IS BEING HELD ENTIRELY BY MAILOUT BALLOT. REGISTERED VOTERS WILL ONLY BE ALLOWED TO VOTE BY U.S. MAIL. THERE WILL BE NO POLLING SITES.

You MUST register in order to receive a ballot. The Secretarial Election Notice Packet with the Voter Registration Form will be mailed on February 17, 2016. Any eligible adult Tribal Member who does not receive a Voter Registration Form should request one from the Secretarial Election Board Chair, Mr. Raymond Fry, at (505) 753 - 1400.

VOTER REGISTRATION FORM DEADLINE: The Voter Registration Form must be received at the designated P.O. Box noted on the return envelope in the Secretarial Election Notice Packet BY 12:00 NOON ON MONDAY, MARCH 7, 2016.

IF YOUR VOTER REGISTRATION FORM IS NOT RECEIVED BY THE DEADLINE, YOUR NAME WILL NOT BE PLACED ON THE REGISTERED VOTERS LIST, AND YOU WILL NOT RECEIVE A BALLOT.

The Registered Voter's list will be posted on **Tuesday, March 8, 2016**, at the BIA Southern Pueblos Agency, the Pueblo of Isleta Governor's Office, the Pueblo of Isleta Post Office, the Pueblo of Isleta Main Recreation Center, and the Pueblo of Isleta website.

DEADLINE FOR FILING CHALLENGES TO THE REGISTERED VOTERS LIST: The deadline for filing challenges to the Registered Voters List is 4:30 p.m., Friday, March 11, 2016. Challenges must be submitted in writing to the Secretarial Election Board.

Please refer to the Secretarial Election Notice Packet for more information.

Tribal Council

The Tribal Council passed the following Resolution amending the POI Range Grazing Management Regulations on December 16, 2015. The Ordinance can be obtained at the Tribal Council Administrative office or can be accessed through the tribal intranet.

All cattle permittees will receive a copy through the Natural Resources Department. (Director Mark Dixon, Brian Jiron, or Warren Edaakie) if you have any questions, please contact the Tribal Council office at 505-869-9695 or 505-869-9746.

Tribal Council is now accepting resumes and letters of interest for the Health and Labor Relations Board. You may submit them to the Tribal Council office. If you have any questions, please call the Tribal Council Office at 869-9695 or 869-9746.

PUEBLO OF ISLETA Resolution No. 2015-103

Amending the Pueblo of Isleta Range Grazing Management Regulations

WHEREAS, the Pueblo of Isleta is a federally recognized Indian tribe with a Constitution;

WHEREAS, Article V, Section 2(e), of the Pueblo of Isleta Tribal Constitution authorizes Tribal Council to enact laws to protect the peace, safety, property, health and general welfare of the members of the Pueblo;

WHEREAS, the federal regulations at 25 C.F.R. Part 166 authorize an Indian tribe to make laws concerning range grazing management and regulation on an Indian reservation;

WHEREAS, Tribal Council tasked the Division of Natural Resources to review and revamp the Pueblo's Range Grazing Management Regulations in an effort to make the Pueblo's rangelands more healthy and sustainable; and

WHEREAS, Tribal Council finds it is in the best interest of the Pueblo of Isleta to amend the Range Grazing Management Regulations as described in the attached Exhibit A.

NOW THEREFORE BE IT RESOLVED that the Tribal Council hereby amends and restates the Pueblo of Isleta Range Grazing Management Regulations as described in Exhibit A.

BE IT FURTHER RESOLVED that, in order to give grazing permittees on the Isleta reservation time to comply with the new requirements and obligations, enforcement of these Regulations shall go into effect exactly twelve months after execution of this Resolution.

BE IT FURTHER RESOLVED that the Pueblo's Division of Natural Resources is hereby directed to (a) work with and assist grazing permittees during these next twelve months and (b) enforce the provisions of these Regulations after twelve months.

BE IT FURTHER RESOLVED, that the Tribal Council shall, within the next twelve months, nominate individuals to serve on the Pueblo of Isleta Livestock Board and shall enact bylaws for the Board's use.

BE IT FURTHER RESOLVED, that this Resolution and these Regulations shall be (1) published in the next issue of the Isleta Newsletter; (2) housed in those places described in the Protocol for Enacting and Amending Tribal Ordinances, Codes and Other Laws; and (3) mailed to each Grazing Permittee as soon as practicably possible.

CERTIFICATION

We, the undersigned officials of the Pueblo of Isleta, hereby certify that the foregoing Resolution was duly adopted by the Pueblo of Isleta Tribal Council at a regular meeting held on the 16th day of December, 2015, with a quorum present, with -7- voting for, -0- opposing, and -0- abstaining.

Frank E. Lujan, Tribal Council President

E. Paul Torres, Governor

ATTEST:

Barbara J. Sanchez, Tribal Council Secretary



⇒ PRC will assist with payment for medical services only.

⇒ PRC does not cover Durable Medical Equipment like Orthopedic braces, crutches, wheelchairs, hospital beds.

⇒ PRC does not cover Labs at other facilities.

⇒ PRC does not cover pharmacy, rehab services or long term care facilities.

Call PRC for more information.

869-4488



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Choose any two: Crudite Display, Chef's assortment of butler passed hors d'oeuvres, House made chips, salsa & guacamole, Domestic Cheese display

Book your wedding reception by March 30, 2016 and receive a complimentary cocktail reception for your guests.
 Offer valid on all new bookings. Must mention this flyer. Must meet food and beverage minimums.

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Notice to Pueblo of Isleta Tribal Community

The American Indian Law Center, Inc. (AILC), at the request of the Pueblo of Isleta Tribal Government, will be conducting a court assessment to review the performance and needs of the Pueblo of Isleta Tribal Court. Public confidence and trust in a court system is an important part of this review and AILC would like to gather the community's input. AILC will be on-site at the Tribal Court from **Monday, March 21, 2016 through Wednesday, March 23, 2016 from 8:30 to 4:00 p.m. daily**. We welcome you to stop by the Tribal Court for a brief interview with one of our Team members or to pick up a community input survey that can be mailed back to AILC in the self-addressed stamped envelope.

The purpose of gathering your input is to help gauge the community's perception about the Court's performance with regard to the Court's administration and operation, such as:

- How does the community view the tribal court and the justice it delivers?
- Does the community perceive tribal court functions to be conducted efficiently, fairly, and with integrity?
- Does the community perceive the tribal court as independent, not unduly influenced by other components of government?

Please note that this review does not examine the extent to which there is public agreement with individual case decisions made by the Tribal Court.

Your input on how well the Court is performing is essential to enhancing tribal court operations and we hope you will visit the Team while we are on-site. If you have any questions, please contact AILC at (505) 277-5462.

News from Comanche Ranch

"Our mission is to protect, preserve and enhance the natural resources in accordance with the core values, customs and traditions of the Pueblo of Isleta while improving the quality of life for tribal members by providing economic and educational opportunities with a profitable cow/calf operation".

For those of you who do not know me, my father was Benjamin Romero Jr. from the Pueblo of Laguna and my mother was Sophie (Lucero) Romero from the Pueblo of Isleta. I was the Realty department manager for Isleta for 18 plus years and now I am grateful and humbled to have taken the position as manager for the ranch. The statement above is the Mission Statement for the ranch and with those words we hope to begin a new chapter for the ranch operations.

As we begin this new chapter I would like to thank all the previous managers of the ranch for their hard work and efforts to improve the infrastructure of the ranch as well as improving the quality and quantity of the cow herd. They have laid a great foundation and I wish to carry on this tradition. Some of the improvements that I wish to make include cross-fencing of the pastures; expanding the water distribution system; increasing water storage facilities and capabilities; implementing a range monitoring program. These improvements will increase our ability to manage the range in a more productive manner as well as merge and increase the cow herd in a more efficient manner. I also plan on making changes to the genetics of the herd and I hope to bring educational opportunities to the livestock producers at the Pueblo. I will keep you informed of our activities and plans in future editions of the newsletter.

I would like to invite you all to come and visit with us whenever you have a chance. The ranch is a beautiful place with many sights to see and share. I'm sure you'll find the trip worth the drive. If you have any questions please do not hesitate to contact me at 505-917-4217.

Sincerely, John M. Romero, Manager Comanche Ranch

PROBATE NEWS

First Notice – A petition to Probate the Estate of Juan Andres Lucero, deceased October 09, 1988. Case No. CV-15-PRO-00166, 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 **Tuesday, April 5, 2016 at 09:00 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 Juan F. Zuni, deceased October 06, 2003. Case No. CV-15-PRO-00145, 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 24, 2016 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 Joseph Gabriel Lujan, deceased October 17, 2015. Case No. CV-15-PRO-00147, 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 24, 2016 at 11:00 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 Maria Olguin, deceased June 06, 1991. Case No. CV-15-PRO-00148, 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, March 30, 2016 at 10:30 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.

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> Should you have additional questions regarding the Probate process, please call the Library at 505.869.9808 and speak with Nathaniel Lujan.

2016 PUEBLO OF ISLETA

JOB FAIR

MARCH 15 • 9AM - 4PM | HOTEL BALLROOM C

ISLETA RESORT & CASINO

Call Center • Custodial • Finance
Food & Beverage • Fun Connection
Housekeeping • Maintenance
Marketing • Poker • Security • Slots
Spa • Surveillance • Utility • Valet

PUEBLO OF ISLETA

Various job vacancies throughout the Pueblo of Isleta.

Participating departments subject to open and available positions. All candidates should be ready to complete an employment application and be prepared for an interview. Please dress in professional business attire and bring copies of your résumé. Applicants offered positions may be required to successfully complete a pre-employment drug test.

Equal Opportunity Employer.
We Practice Native Preference in Employment.
Please call 505.724.3907 for more information.

PUEBLO OF ISLETA

ISLETA
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LETTER FROM THE EDITOR

Deadline for April Newsletter articles is set for Thursday, March 24, 2016 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>.

Last month, the Comanche Ranch Article from John M. Romero was accidently left out due to being misplaced during the download and saving process. To address this issue, the Library had posted his article on their Facebook page, the POI Webmaster inserted it into the online February edition, and we have made sure it was published in the March Newsletter.

Also, there was a delay in the distribution of the newsletter to the Intersection of Tribal Road 82 & Tribal Road 84 (Blue Box) due to the road construction. We made two attempts to deliver the newsletter but were not granted access during the mid-day hours. Therefore, a third attempt was made in the late afternoon. In the event that the newsletter is not at your favorite newsletter distribution location, please remember that there are fifteen other locations.

Thank you,
Nathaniel Lujan

Newsletters may be found at the sixteen 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 sixteen Newsletter distribution locations are:

- 1) The Administration Building (Governor's Office): Receptionist Desk
- 2) Census Office: Receptionist Desk
- 3) Health Center: Receptionist Desk
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk
- 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)



Pueblo of Isleta Elementary School News

The Pueblo of Isleta Elementary School Students have been busy with the Winter Northwest Evaluation Assessment (NWEA), Testing. These tests are used to monitor the progress of the students and to assist with planning instruction that supports the New Mexico Common Core Standards for each grade level. Our students are doing well with testing, and according to the initial scores, students are demonstrating growth in all of the subject areas. Students in the Third-Sixth Grades will be taking the state required PARCC Assessment beginning in early April.

We will be hosting a "Family Literacy Night" on Wednesday, March 2nd, 2016. This is to celebrate "National Read Across America Week," which runs from February 29 – March 4, 2016. We hope that all of our students will participate. Each day has a different theme. We are celebrating reading and Dr. Seuss' birthday!

- Monday: *Cat in the Hat Day. Wear your own hat!*
- Tuesday: *Fox in Socks Day. Wear your crazy socks!*
- Wednesday: *Wacky Wednesday. Wear mismatched clothes!*
- Thursday: *Oh, the Places You'll Go Day. Come dressed like what you want to be when you grow up!*
- Friday: *The Lorax Day. Come in your favorite Dr. Seuss character costume!*

On Friday, students will be participating in an all-day reading activity. We will encourage students to bring a comfy pillow and small blanket with them to school for that special event.

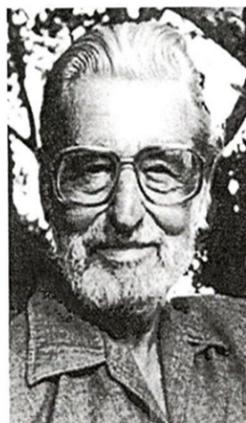
Kindergarten students will be having visitors in March and April from the Isleta Head Start Program. We will be accepting "Kindergarten Student Enrollment," beginning in early April.

Literacy Family Night

Please join the Pueblo of Isleta Elementary School as we celebrate

Literacy Family Night on Wednesday, March 2nd from 5:30-7:00.

Dinner will be provided from 5:30-6:00. Activities will follow from 6:00-7:00.



Water News from the Public Services Department Natural Resources and Environment Divisions

Irrigation Water Outlook

The USDA operates a number of snow fall monitoring stations throughout the US. The system is named Snotel and site specific information is available on the internet. Snotel data from the watersheds that feed the Rio Grande is average at this time, although the warm weather is causing some melt and sublimation of the snowpack. There are still two months left to add to the snowpack to help with the spring runoff and reservoir storage of Prior and Paramount water. At this time, the irrigation water outlook is good and there should be adequate water available for the entire season.

Middle Rio Grande Conservancy District

The MRGCD Board hired a new CEO and Chief Engineer, Mr. Mike Hamman, in January 2015. Mr. Eric Zamora is the new Assistant Chief Engineer for Operations. The District is currently addressing a backlog of maintenance projects both on and off the Six Middle Rio Grande Pueblos. Here at Isleta, the Peralta Riverside Drain has been dredged and the banks have been reshaped. Sediment stockpiled along the Peralta Canal is being used to narrow the drain and widen the maintenance road. The District is operating the Isleta Diversion Dam (IDD) in accordance with the new Bureau of Reclamation (BOR) Standing Operating Procedures issued on July 16, 2015. These procedures were developed to provide for the most efficient transport of sediment through and downstream of the IDD. In the near future, the District, BOR and Isleta Pueblo will enter into an

agreement to address the issue of stockpiled sediment along all irrigation canals and drains on the Pueblo. This includes the Belen Highline Canal, Peralta Main Canal, Chical and Cacique Laterals, and the Los Lunas Main Canal. The material will be removed from along these waterways and deposited in borrow pits created during construction of Interstate 25. This work will take place over the next several years.

Irrigation System Repair and Rehabilitation

Irrigation system repairs have been ongoing during this off-season on the Acequia Madre, Ranchitos, and Chical canal systems. The Natural Resources Division is working on repairs brought to their attention by the Majordomos of these canals. This includes the installation of new canal gates, check structures, corrugated metal pipe (CMP) crossings, and concrete panel replacement. The Division has developed a long-term project schedule for additional repairs and concrete panel replacement over the next four years, since the length of the off-season limits the amount of work that can be completed in any one off-season.

Groundwater Monitoring Project

Beginning in May 2015, the POI Water Commission and the US Bureau of Reclamation began a groundwater study in the Los Charcos, Butte Lateral, and Chical farm land areas. The purpose of the study is to determine if the construction of subsurface drains will improve crop production in these areas by lowering the groundwater.

A series of shallow monitoring wells have

been established in each area. The wells are placed along field borders and farm canals so as to not interfere with farming activities. The wells are two inch PVC pipe and extend above ground level from one to four feet. Each well site has a metal T post next to the well and the posts have been painted with high visible orange marking paint. The well sites have been treated with Roundup herbicide in order to make them visible to farmers.

The wells are generally aligned east to west and spaced approximately 1000'-2000' apart north to south. Environment Division staff measures the static water level in the wells every two weeks and this information is used to plot groundwater elevations and slope. The study will continue through the summer of 2016 in order to monitor groundwater during the irrigation and non-irrigation seasons.

We ask that Isleta farmers please exercise caution when operating farm equipment near the wells to avoid damaging the well heads. Staff has cleared brush and grass from around the wells to reduce the possibility of damage from spring field burning, but please be careful burning field and borders this spring.

The BOR has provided funding for the Survey and Mapping Division to assist with data collection and surveying work for the Groundwater Monitoring Project.

For additional information you may contact Michael A. Lente, Tribal Council at 917-3044 or Cody B. Walker, Water Quality Specialist at 869-9623.



Spay & Neuter Clinic

MARCH 12 & 13, 2016

Sponsored by Rocky Mountain Puppy Rescue, Spay Neuter NM & Isleta Animal Control

Call 869-7564
To Sign Up Your Pet!



Pet Shot Clinic

Come out and get your pet Vaccinated for Rabies, Parvo and Distemper

March 12 & 13, 2016
1:30 PM to 3:30 PM
@ Isleta Animal Control Office

Dogs	Cats
DA2pp Shot \$10.00	FVRCP Shot \$10.00
Rabies Shot \$10.00	Rabies Shot \$10.00
Combo \$15.00	Combo \$15.00
Microchips* Dogs & Cats \$10.00	

*Microchips will only be sold to those animals that are spayed or neutered.

Isleta Animal Control
#6 Sagebrush St
Albuquerque NM 87105
505-869-7564

Isleta Career Opportunities



****PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED**
PLEASE SUBMIT TRANSFER REQUEST TO HUMAN RESOURCES**

Staffing Specialist:
Mari Valenzuela 724-3920 or Vickie Carrion 244-8206
www.isleta.com

Updated: February 17, 2016
(Internal Posting In BOLD)

Auto req ID	TITLE	DEPARTMENT	DIVISION
655BR	ATTENDANT ROOM	HOTEL HOUSEKEEPING	HOTEL
654BR	PORTER LOBBY EVENING-HOUSEKEEPING	HOTEL HOUSEKEEPING	HOTEL
653BR	MANAGER COUNT	COUNT	GENERAL & ADMINISTRATION
650BR	SUPERVISOR FLOOR TABLE GAMING	TABLE GAMES	GAMING
649BR	ATTENDANT LAUNDRY	HOTEL HOUSEKEEPING	HOTEL
648BR	ATTENDANT 505 EXPRESS RETAIL	RETAIL MAIN	HOTEL
647BR	SUPERVISOR BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE
646BR	BARTENDER-FUN CONNECTION	F&B FUN CONNECTION	FOOD & BEVERAGE
644BR	OUTSIDE SERVICE POSITION	GOLF COURSE OPERATIONS	AMENITIES
643BR	OUTSIDE SERVICE POSITION	GOLF COURSE OPERATIONS	AMENITIES
642BR	OUTSIDE SERVICE POSITION	GOLF COURSE OPERATIONS	AMENITIES
640BR	ATTENDANT CONCESSIONS - DAUBERS	F&B BINGO SNACK BAR	FOOD & BEVERAGE
638BR	BUFFET ATTENDANT	F&B TIWA	FOOD & BEVERAGE
637BR	ATTENDANT EMPLOYEE DINING ROOM	F&B EMPLOYEE DINING	FOOD & BEVERAGE
262BR	ATTENDANT FLOOR - PALACE WEST	PALACE WEST	GAMING
389BR	AGENT-GUEST SERVICE	HOTEL GUEST SERVICES	HOTEL
190BR	DEALER TABLE GAMES	TABLE GAMES	GAMING
499BR	Training Specialist	TRAINING	GENERAL & ADMINISTRATION
332BR	HVAC TECHNICIAN	FACILITIES MAINTENANCE	FACILITIES
594BR	ATTENDANT CONCESSIONS CHILI RISTA	F&B DELI	FOOD & BEVERAGE
558BR	ATTENDANT VALET	VALET	HOTEL
541BR	MULTIMEDIA SPECIALIST	MARKETING ADVERTISING	MARKETING
616BR	COOK - PREP KITCHEN	F&B PREP KITCHEN	FOOD & BEVERAGE
617BR	COOK-DELI	F&B DELI	FOOD & BEVERAGE
615BR	COOK-EDR	F&B EMPLOYEE DINING	FOOD & BEVERAGE
645BR	CLERK GOLF SHOP	GOLF COURSE OPERATIONS	AMENITIES
572BR	SUPERVISOR FLOOR TABLE GAMES	TABLE GAMES	GAMING
486BR	BARBACK-CENTER BAR	F&B CENTER BAR	FOOD & BEVERAGE
587BR	DEALER TABLE GAMES	TABLE GAMES	GAMING
324BR	BARTENDER-SPORTS BAR	F&B SPORTS BAR	FOOD & BEVERAGE
588BR	SUPERVISOR CENTER BAR	F&B CENTER BAR	FOOD & BEVERAGE
539BR	1ST ASST GOLF PROFESSION	GOLF COURSE OPERATIONS	AMENITIES
636BR	COOK-BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE

Public Services Department

The Public Services Department, Utilities Division, would like to share some very good news with the residents of the Pueblo of Isleta. Mr. Edwin Jaramillo, Manager and Mr. David Chavez, Supervisor, are very pleased to announce the following information.

On January 29th, 2016 three of our employees took various New Mexico certified operator exams and all three employees successfully passed and are now certified operators – ready to continue to serve the residents of the Pueblo with their knowledge and experience!

Congratulations to Mr. Jeremy Abeita on obtaining his Water Operator Certification, Level 1. Congratulations to Mr. Bernard Chavez for obtaining his Level 1 Wastewater Operator Certification. Mr. Chavez also holds a Very Small Water System Certification, which he earned last year. Congratulations as well to Mr. Anthony Keryte for obtaining a Wastewater Operator Certification, Level 2. Mr. Keryte is one of our more experienced Operators and also holds a Level 2 Water Operator Certification.

In addition to the above named Operators, the Utilities Division has two additional tribal members on staff that are certified and working hard to protect your drinking water and to keep your wastewater facilities running. Mr. Andrew Lente has earned his Level 1 Operator Certification in both water and wastewater. Mr. Esquipula (Augie) Lucero holds a Level 2 Water Operator Certification and a Wastewater Operator Level 1 certification.

The staff includes three non-tribal employees that are also certified Operators. They include Ms. Pat (Trish) Binnert who holds a Level 4 in both water and wastewater; Mr. Carlos Candelaria, currently certified as a Level 4 in water and Level 2 in wastewater, and Mr. Walter Watkins that holds a Level 3 in both wastewater and water.

The Utilities Division currently has two apprentices, Mr. Kevin Jojola and Mr. Edwin Zuni, who are working hard to gain the experience (must have one year of experience) and knowledge required of them in order to prepare for taking their Operator Certification exams later on this year.

The Utilities Division is proud of the achievements of each and every operator we have on staff that have obtained Operator Certifications in both Water and Wastewater. We recognize the hard work, dedication and studying it takes to pass these exams. Congratulations to ALL of you!

Want to Build a Home? Mobile Home? Renovate?

Before building, moving a mobile home, old or new, or renovating (adding a structure) to your existing home you must fill out a Home Site Development Application first. You can pick up a copy of the Home Site Development Application at the Planning Office located at the Tribal Complex. Please read the instructions and follow each step. Once your Home Site Development Application is approved by Governor and Tribal Council you may proceed with the construction of your home. During the Home Site Development Application in step # 5 the applicant may request an I.H.S Application. Once the Home Site Development Application is approved the administrative assistant will send the application to I.H.S for review. If the applicant has never been served prior then the applicant will be put on a list. The funding for I.H.S is received at the end of summer (around late August early September).

I.H.S and the Public Services Utility Division Manager will create a list based on first come first serve and whether any construction has been started. Once the list is finalized an archaeologist is hired to do a cultural resource survey and then the survey is returned. We send it for THPO concurrence. This process takes approximately 3 months. Once the tribe gets the concurrence I.H.S starts the drawings of the systems being put in and sends them to the PSD Utility Manager, and the manager sends back the bid schedule and I.H.S approves and the material is ordered and then the work gets scheduled. It can take about a year from filling out the application to actually getting it installed. If you are HUD funded you will not be eligible for I.H.S funding.

Failed Septic System or Drain Field?

If your Septic System or Drain Field seem not to be working properly you can call in a work order and we can assess it. If it does need repair we can repair/replace it thru our payback program. Call our office for more details at 505-869-9782.

Johnson O'Malley Program

Family Activity Night Share-A-Heart

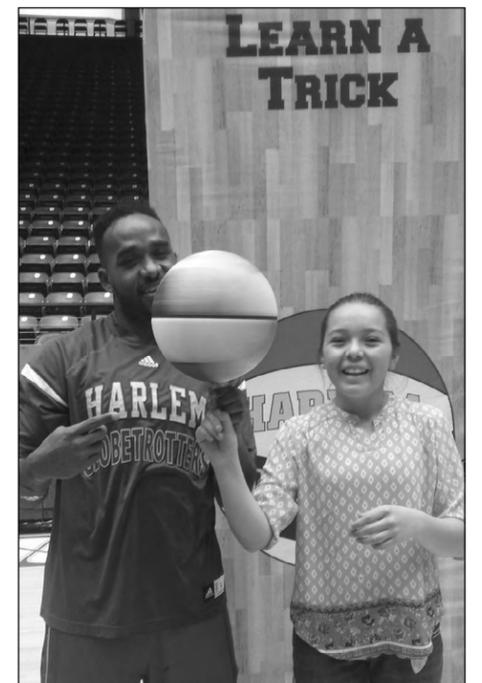
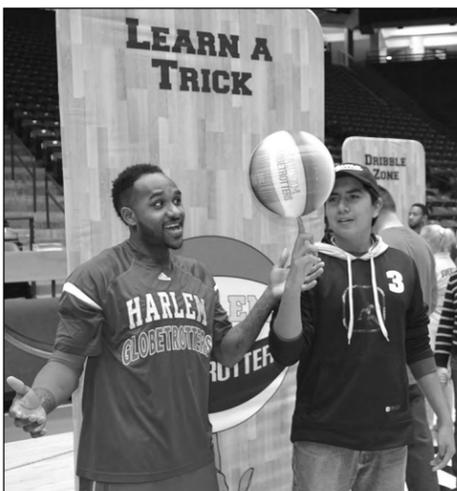


The Pueblo of Isleta's Johnson O'Malley (JOM) program organizes a Family Activity Night every month in effort to increase parent involvement. Last month Family Activity Night's theme was Share-A-Heart. Share-A-Heart was a night filled with arts and crafts a total of 49 students and parents showed up to make Valentine cards for elders who utilize the Pueblo of Isleta Elder Center. The Tiwa classrooms at Los Lunas High School and the Native American Community Academy also contributed Valentine cards for elders. All together there were more than 150 Valentine cards made for the elders. Share-A-Heart cards were a special way to show our community elders some extra love on Valentine's Day. In addition to making cards, students were able to make their own Valentine's box. Families got creative using glitter, hearts, and wrapping paper to decorate their boxes. Dinner is always provided at our Family Activity Nights so families can enjoy their time together.



Experiential Learning Opportunity Harlem Globetrotters

Each month the Pueblo of Isleta's Johnson O'Malley (JOM) program organizes an Experiential Learning Opportunity to expand students' exposure to theatrical experiences. This past month 22 students attended the Harlem Globetrotters game at UNM Wise Pies Arena. The Harlem Globetrotters are an exhibition basketball team that combines athleticism, theater and comedy. The event was very interactive, students were able to shoot hoops and learn basketball tricks with the team. The students cheered on the team as they demonstrated incredible coordination and skillful handling of one or more basketballs.



(continued next page)

(JOM continued)

**Calling All High School Seniors
Get your invitation to the
2016 Graduation Banquet**

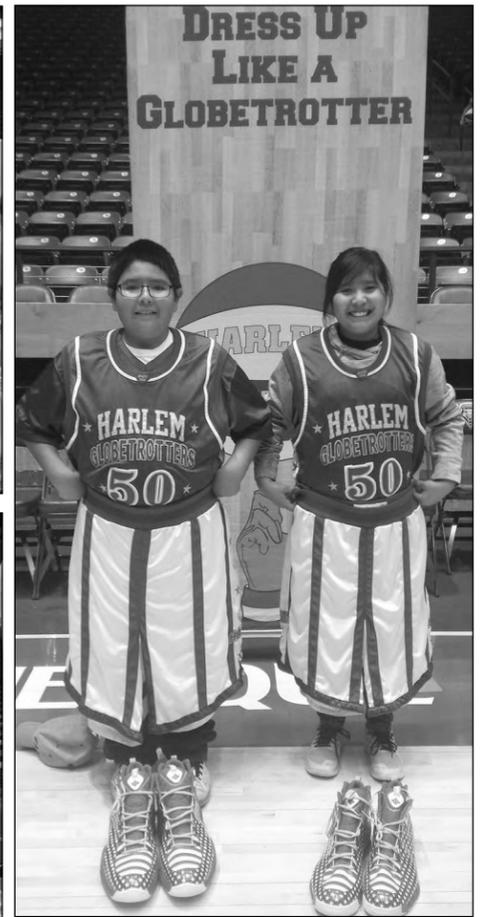
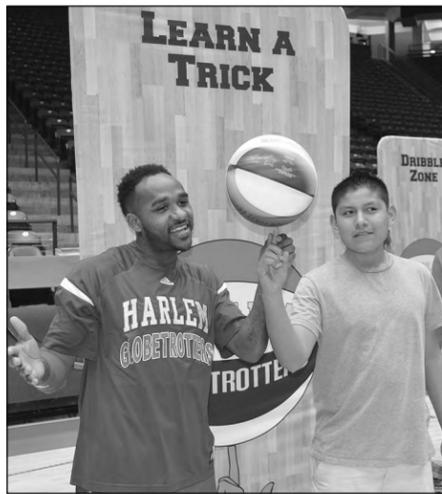
If you are (or know of) a Native American high school senior (1/4 or more total Native quantum) enrolled in Los Lunas School District, or an Isleta senior attending school in APS or other school (1/4 more quantum of Isleta) and are graduating this year, You are invited to the 2016 Graduation Banquet held at the Isleta Resort & Casino. This event is by invite only and an R.S.V.P. is required in order to attend. Please contact the JOM office or the Department of Education at 869-9790 to have your student's name added to the invitation list.

**Experiential Learning Opportunity
Annual St. Patrick's Day Hot Air Balloon Rally
March 19, 2016 at 5:00am**

The JOM program will be taking students grades K-12th to the St. Patrick's Day Hot Air Balloon Rally. Students will observe the basic scientific principles of a hot air balloon. **Permission slips will be available 3/11/16.** A signed permission slip and JOM eligibility will be verified before your child is placed on the list to attend the field trip! Space is Limited.

**Family Activity Night
Easter Eggstravaganza
March 23, 2016 5:30pm to 7:30pm**

JOM families are invited to join us for an evening filled with egg-citement! To increase team-building skills together we will be playing Easter themed games. Together families will create their own Easter arts and crafts. Dinner will be provided.



ATTENTION!!
RUNNERS!



Need a challenge?

"Performance in a Spinning® class is about combining training and trust to achieve your goals. You should feel as challenged physically as you are engaged emotionally and mentally in the class experience."

Find yourself at a plateau?

"Without a goal, training becomes stagnant and meaningless; it's merely an exercise in motion." Make it a goal to block out time for a Spinning class, jump-start your goals again!

Bored?

"The Spinning program itself is distinguished from other group exercise programs because of its "in-the-moment" approach to self exploration, the demanding disciplined focus on technique and perseverance and its creativity, continuity and consistency."

Want to quicken your pace?

"If you're a runner, you may even benefit more from the Spinning program than might a cyclist. Want to run faster? Spinning classes will do the trick."

"There is no question the Spinning program makes you stronger without the impact," says Thomas Miller, multi-sport coach and nine-time Ironman competitor.

Beginner or intermediate, Spin class is for all! **Stop by during lunch!** Challenge yourself! Get measured for a bike! Ride with us *and see results in your runs!*

(Class dates & times: Mon./Wed. 12:00p, 5:10p, 6:10p; Tues./Thurs. 5:30a, Sat./Sun. 1:00p)

Pueblo of Isleta WIC
505.869.2662

March 2016

**March is National Nutrition
Month**

Healthy Snacks for Kids

Parfait: Layer yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

Mini Pizza: Toast a whole grain English muffin, drizzle with pizza sauce and sprinkle with cheese.

Banana Split: top a banana with vanilla and strawberry yogurt and sprinkle with your favorite whole grain cereal.

Smoothie: Blend yogurt, milk, frozen strawberries and a banana in a blender for a frozen treat.

Spread peanut butter on apple slices, celery or graham crackers.

Dip it!

- Baby carrots and cherry tomatoes in ranch dressing
- Strawberries and apple slices in yogurt
- Pretzels in mustard
- Graham crackers in apple sauce
- Baked tortilla chips in bean dip or hummus
- Animal crackers in low fat pudding
- Bread sticks in salsa

For more healthy snack ideas visit www.eatright.org

Plan of Action!

Small changes to your family's meals and snacks can mean big rewards in your health! Tips for making positive changes:

1. Choose one area to focus on such as soft drink intake, snacks, cooking at home, etc.
2. Involve the entire family by coming up with a plan together.
3. Don't be afraid of mistakes and bumps along the way, no one is perfect.
4. WIC is here to help! We are happy to help you make a plan that you can stick to.

The WIC Program offers a variety of healthy foods and practical nutrition information to help your family be happy and healthy! Call us today for our soonest available appointment.

**HIGHER ED HIGHLIGHTS
HIGHER EDUCATION PROGRAM
– MARCH 2016**

It has been a very busy new year for the Pueblo of Isleta Higher Education Program!!! The Higher Education Program has completed funding for the spring 2016 term as of the end of January 2016. The program was invited to and participated in the Striking Eagle Basketball Invitational and Educational Fair and provided information about the Pueblo of Isleta Higher Education program to individuals and participants at the tourney. The program supported the effort of creating awareness and outreach to Native American students in the state of New Mexico and four corner states.

On January 16, 2016 the Pueblo of Isleta Higher Education program also hosted the 2016 College and Career Fair in collaboration with the Los Lunas School District at the Isleta Eagle Golf Course. The event had a great turnout with this year's being the largest. There were a total of 157 participants from the community and 40 vendors representing higher education institutions and organization. Vendors provided information to high school students, current college students, and community members. Organizations represented include the United States Department of Agriculture and Forest Service, the Office of the Special Trustee for American Indians, Verizon Wireless, Army, U.S. Coast Guard, etc. Higher education institutions present include the University of New Mexico, Central NM Community College, Southwestern Indian Polytechnic Institute, Adams State College, Dine' College, Navajo Technical University, etc.

As part of the outreach into the community, staff from the Higher Education Program has gone out to area high schools to present information to the Isleta students graduating from high school. Students and parents received information about the Pueblo of Isleta Higher Education Program and were informed when to begin the process of applying for funding for the fall 2016 term. Information was also provided to those students who may be interested in starting the summer of 2016. Attendees were provided information about the program, requirements for funding, deadline dates, etc. Feedback has been very positive and the high schools that were visited are Los Lunas High School, Valencia High School and the Native American Community Academy. The program will be visiting Century High School on the 29th of February. In addition to visiting schools we also incorporated a FAFSA Night which was held at the Department of Education for the community. This event allowed prospective students the opportunity to complete the FAFSA application for the 2016/2017 year. Priority dates are approaching at area institutions so assistance for the event was also provided by the University of New Mexico Student Financial Aid Office and Central NM Community College's Financial Aid Office. We want to thank Daniel Harmount from Central NM Community College's financial aid office and Precilla Begay from the University of New Mexico's financial aid office for assisting with the FAFSA night and providing help to our students and community.

Once again the month of March will be a very busy month!!! We have some great events planned and we will kick off our Kickstart to College Events. Representatives from Ft. Lewis College, New Mexico State University, Southwestern Indian Polytechnic Institute, the University of New Mexico and Central New Mexico Community College will be at the Department of Education to provide information about the institutions, program offerings, services and questions related to financial aid, etc. These events are great opportunities to have any questions answered about college.

Calling all college grads!!! It's that time of the year, **GRADUATION BANQUET TIME!!!** Current students who will be graduating this Spring 2016 term or who have graduated as of the Fall 2015 term or at the end of the Summer 2015 term, the Department of Education will be hosting the 2016 graduation banquet April 28, 2016 at the Isleta Casino. Please contact our office if you are graduating and staff will also be contacting students who have been identified as graduates.

Please come to these events or stop by our office anytime to meet with Higher Education staff about the funding process or college institution questions, our doors are always open! If you have questions please do not hesitate to contact us, Thoe Peterman – Scholarship Coordinator: poi08001@isletapueblo.com or Kathleen Jojola – Scholarship Assistant: poi08004@isletapueblo.com, (505)869-9790. We look forward to working with you...

The Pueblo of Isleta
Higher Education program invites you to...

Kickstart to College

Learn more about college programs,
admissions, and meet with representatives
from Fort Lewis College, NMSU, & SIPI!



Fort Lewis College:
March 3, 5:30-7PM



New Mexico State University:
March 8, 5:30-7PM



Southwest Indian Polytechnic Institute:
March 15, 5:30-7PM

For more information, contact the Higher Education
program at (505) 869-9790

The Pueblo of Isleta
Higher Education program invites you to...

University of New Mexico Info Night

Learn more about UNM
programs, admissions, and meet
with representatives!



March 29
5:30-7PM

Dept. of Education

For more information, contact the Higher Education
program at (505) 869-9790

Notify Purchased/Referred Care
(PRC) within 72 hours of
receiving Hospital Emergency or
Urgent Care services!

The family of Harold Jiron Sr. would like to extend their sincere appreciation for all your heartfelt sympathy and kindness during our loss of our loved one.



A sincere Thank You to all of you for your generosity and support. Harold was a good man and kind to all and will be missed dearly.

May the Good Lord bless you and keep you all safe.
Thank you

Mike Sosa

The family of Mike Sosa would like to extend their sincere appreciation to our community, friends and family for all your prayers, generosity, love and support during our time of sorrow at the loss of our father. May God bless you all.



Sincerely,
Dennis, Cindy and Randy Sosa, and Tina S. Abeita



RELAX, PURIFY & STRETCH

Isleta Recreation Pool

Enjoy up to an hour of stretching, relaxing, and purifying with the use of the jacuzzi, sauna, and pool. It will help destroy toxic properties, improves skin & sleep, increase circulation, burn calories, rid of fat, poisons, aches and pains. Let the tension fade, muscles unwind, relax, and rejuvenate. Schedule an appointment and check for availability. Open to all tribal members, come in, take advantage and use your facility.

CALL DERRICK OR VANESSA MORE INFORMATION
869.9777

Did you call for an Ambulance?
Please report the information to PRC within 72 hours.
869-4488



If you are receiving bills for medical services, bring them to PRC.

RED FLAG...if you are receiving the bill, then PRC is not being billed!

Call 869-4488 for more information.



Reservation Party Rentals



3511 Highway 47, Bosque Farms, NM 87068
Chris (Jerome) 270-8453 Sharon 235-7967
WEB: reservationparty.rentals

OPEN HOUSE MARCH 5, 2016!

We will be have our first open house from 11 am to 5 pm on Saturday, March 5, 2016. We will have bouncers for the kids, free snowcones and popcorn. Small businesses from our community will showcase their products and/or services. There will be music, clowns and magicians. We will also be selling Indian Tacos for a fundraiser to help Marissa Weldon get to Australia for cross country. So please join us for some fun and great food. We look forward to seeing you all there.



- Credit Cards Accepted
- Active and Retired Military Discounts



<https://www.facebook.com/reservationpartyrentals>

Book Early, Book Now!!!!

270-8453



Pueblo of Isleta Public Library

March has arrived bringing spring and Daylight saving time. On the down side we lose an hour of sleep. On the bright side the weather will start warming up and us Librarians will be finalizing our Summer Reading Program with fun activities. Don't worry, we will not forget about Adult programs during the summer. We will sneak in a Grilling Food Program for the Fourth of July for those men or women who love to grill. We just gave you a spoiler alert for the future. □

News

The Library will be closed from 8:00am-12:00pm on Wednesday March 2nd for our monthly Library staff meeting. We will discuss and plan upcoming programs for adults and youth. We also take this time to talk about our services so we can better serve and help the community. If you have awesome program ideas, please share them with the Library staff. We are always open to suggestions.

The Library may be closed on Friday March 25th in observance of Good Friday. Governor will determine.

The Isleta Resort and Casino will be having their Job Fair on March 15th. This is plenty of time to come into the Library and create your resume and pick up some last minute resume tips from our collection of books. Each patron has up to 15 pages of FREE prints or copies. Come in and let us know what you would like help on your resume and we will be happy to help you out in hopes of landing you the job.

A special announcement for everyone who participates on the Isleta Little League teams. The Library has an Art Room available for your use for banner night at the Isotopes Park coming soon. Many of you have taken advantage of this and we would like to extend this invitation to all participating teams. Come utilize our art supplies and space at no cost to you. Please give the Library a call to reserve the Art Room at 505-869.9808. This will be based on first come first serve basis however we will do our best to accommodate the teams.

Upcoming

Story Time- The Library is happy to invite you all to our weekly story time on Mondays at 10:30am for children ages 16 months to 5 years but everyone is welcomed. As a matter of fact bring the whole family to enjoy a story together! Enjoy a story told by Library staff member Diane Abeita along with activities such as puppets, finger plays, songs and crafts. No need to sign up. Come join us! For more information please give Diane a call at the Library 505-869-9808.

Harry Potter Youth Book Club- Keep calm and read Harry Potter! Starting March 7th -March 31st every Monday and Thursday from 5:30pm-6:30pm Kyle Lujan will be leading a youth book club based on the book *Harry Potter and the Sorcerer's Stone* by JK Rowling. This program is open to the first 10 youth ages 9 years old to 18 years old. Every Monday will be reading discussions, and on Thursdays Kyle will plan a fun activity that is related to Harry Potter. If you have any questions please call the Library and speak with Kyle at 505-869-9808.

American Girl Youth Book Club- Follow Your Inner Star! Join us as Library staff member Diane Abeita will lead a 10 week book club open to 10 youth ages 8 years old and older or with a 3rd grade reading level. Participants must attend 8 out of 10 book



Three of five couples listening to instructions on what the next steps are to make sushi.

club meetings. Two or more absences will result in being dropped from the program. At the end of March participants will take a Field Trip to Wal-Mart to purchase a My Life Doll of their choosing. The month of April will be an American Girl Day at the Library with playtime with their dolls along with a salon and a tea party. For the final activity for this program participant will be treated to a "Girls Day Out" with a day of shopping at the Justice Store located at Cornado Mall with a \$30 dollar gift certificate. Pre-Registration is required. Parents MUST come into the Library to sign up their child or children. If you have any questions, please call the Library and speak with Diane at 505-869-9808.

Summer Reading Program- Summer Reading Program Calendars will be available during the Annual Child Abuse Prevention Fair and Parade at the Isleta Recreation Center on April 2nd. The Library will have a table promoting and answering questions about our Summer Reading Program. This year our Juniors ages 3 years old to 6 years old will have a theme based on Sports and Wellness. This program will incorporate daily story time, arts and crafts and physical activity. Youth ages 7 years old to 18 years old will have a theme based on News casting and Media. Youth will start each day with 30 minute daily reading in age appropriate reading groups and news related activities. Some projects they will work on are news stories, breaking news, news script writing, video editing, commercials, and much more. Juniors and Youth will have their final program on July 26th. **The Summer Lunch Program will be provided each day. All field trips and lunches are paid for by the Pueblo of Isleta Public Library.** If you have any questions or concerns about our program please give us a call at 505-869-9808.

Adult Food Program- Wondering what to make for a last minute quick dinner? Join us on March 30th from 5:00pm-6:30pm for our Quick and Easy Dinner food program. Tara and Valeri will show you how to make Tater Tot Casserole and Mug cakes that take minutes to cook for the days you need a quick dinner for your family. This program is open to the first 10 adults to sign up. Sign up starting March 1st. Individual sign ups only (other family



A Couple who joined us during our Couples Cooking class in the process of making a sushi roll.

members must call to sign themselves up). To be fair to other patrons, you may only attend 2 consecutive cooking programs. We will have our yearlong cooking programs list available upon request at the front desk so you are all aware of what is coming up and you can plan ahead. We would like to open our cooking programs to more than 10 patrons but unfortunately we can only fit 10 patrons max in our Art Room for everyone to be comfortable. If you have any questions, concerns or would like to sign up, please call the library at 505-869-9808 and speak with Valeri or Tara. You may also email us Tara: poi02005@isletapueblo.com or Valeri at poi02009@isletapueblo.com.

FREE Easter Pictures- The Easter bunny will be hopping over to the Library on March 22nd from 2pm-6pm. This event is FREE and open to the PUBLIC. Individual pictures will be sent out via email and family of two or more will be printed out and ready for pick up on Thursday March 24th. Reminder emails and phone call will be made and a reminder post will be on our Library Facebook Page: www.facebook.com/IsletaPuebloLibrary. If you have any questions give us a call at 505-869-9808.

Recap

Manga Book Club- Library Staff member Cheyenne hosted her last manga club class on Thursday, February 4th concluding with the manga book called Ouran High School Host Club. Participants ended class

making Pot Stickers made with Dumpling wrappers, sesame seed oil, soy sauce, garlic and ginger and watched an Anime movie called Tokyo Ghou. Everyone had a blast reading manga books, learning to make Asian cuisine, and playing jeopardy. Thank you to all who participated and came to enjoy our collection of manga books on our Library nooks.

Valentines Day Couples Cooking Class- Library staff members Tara and Valeri hosted a Valentine's Day Couples Cooking class on February 9th where all participants learned how to make sushi. We had total of 5 couples with many on the waiting list. Unfortunately we could only accommodate 5 couples in our Art Room comfortably. Couples learned how to make 3 different sushi rolls consisting of crab, tuna and salmon and a fruit spring roll made of rice paper, strawberries and mango. They ended the night with a clink of cups of red grape sparkling juice. Everyone was gifted with Pueblo of Isleta Public Library aprons to take home and their delicious sushi rolls to share with their families. Thank you for all who attended this class.



Valentine's Bouquets in progress with a few of the Homework Help Program students.



Proud with her finished Bouquet of Hershey's flowers for her Valentine.

Afterschool Chocolate Flower Valentine's Day Craft- Library Staff member Valeri Schroeder conducted a Valentine's Day program for the students that attend the Library's Homework Help Program as well as the general kids who attend afterschool. This took place on February 10th. Students made a bouquet of flowers made out of Hershey's Kisses, Skewers, colored tissue paper, and flower tape. About 15 students participated and took home beautifully made flowers for their special Valentine.

Game Day Appetizers Cooking Class- This took place on February 24th with a full class of 10 patrons. Participants learned how to make 3 different kinds of Mozzarella Sticks using Mozzarella sticks, Chipotle string cheese, and Pepper Jack Cheese and learned to make Stuffed Mushrooms with pork sausage and cheese. This was a fun and fast Appetizers to make for weekends you stay at home and watch College Basketball. We will post the recipes we used on our Pinterest page: www.pinterest.com/poilib. Thank you to all who participated!



Manga Book Club members making Potstickers during their last day of the program.

**Pueblo of Isleta Public Library
Hours of Operation:**

Library Hours

Mon-Thurs - 8:00a.m. - 6:30p.m.
Friday- 8:00a.m. - 4:30p.m.
Saturday- 9:00a.m. - 1:00p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional Holidays.

Please contact library for more information on closures.

Mailing and Physical Address:

950 Moonlight Drive
Albuquerque, NM 87105

Phone: (505)-869-9808

Fax: 505-869-8119

Email: poi02002@isletapueblo.com

Facebook Page:

www.facebook.com/IsletaPuebloLibrary

Web Address:

www.isletapueblo.com/library2.html

YouTube:

www.youtube.com/user/poilib

Pinterest: www.pinterest.com/poilib



PURCHASED/REFERRED CARE

Please present your PRC referral when you check in for your appointment. Failure to do so may result in billing errors. If you receive a bill, bring it to PRC immediately.

For more information, Call PRC at 869-4488.



Isleta Pueblo News

Editor:
Nathaniel Lujan

Asst. Editor:
Tara Abeita

Published By:
Valencia Express

Pueblo of Isleta Public Library

American Girl

play

Book Club!

Every Wednesday from 4:00pm to 5:00pm.

This will be a 10 week program starting Wednesday, March 9th.

- ♦ Open to the first 10 kids 8 years and older or with a 3rd grade reading level.

Book Club Schedule of Events

March— Members will take a field trip at the end of March to Wal-Mart to purchase a My Life Doll of their choosing.

April— American Girl Day at the Library! Located in the children's room of the library. Members will enjoy play time with their dolls along with a Salon and a Tea Party.

May— Girls Day Out! Members and their dolls will participate in a day of shopping at the Justice Store with a \$30 dollar gift certificate. Parents or guardians must attend this field trip.

PRE-REGISTRATION IS REQUIRED!

PARENTS OR GURDIANS MUST COME INTO THE LIBRARY TO SIGN UP THEIR CHILD OR CHILDREN.

Registration Starts Tuesday, March 1st.

Members must attend 8 of the 10 meetings. Two or more absences will result in being dropped from the program.

For more information please contact Diane Abeita at (505) 869-9808 or poi02006@isletapueblo.com



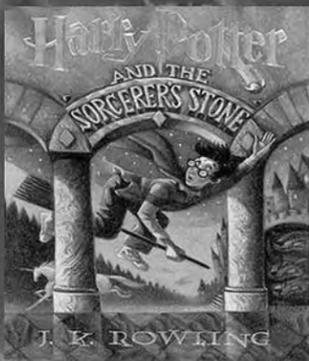
Harry Potter Book Club

Monday March 7th and will end Thursday, March 31st.

Come on by to the Isleta Library and Sign up for our Harry Potter and The Sorcerer's Stone Book Club. Join us as we travel from Kings Cross Station to the school of magic called Hogwarts.

We will meet every Monday and Thursday from 5:30pm-6:30pm.

For ages 9 & Up. Open to the first 10 people to sign up at the Library.



For more information please contact Kyle at the Library at 869-9808.

Quick & Easy Dinner Recipes

Featuring:

Tater Tot Casserole & Cake In A Mug





**Wednesday, March 30
5:00pm-6:30pm**

Sign Up Starting March 1st.
Open to the first 10 Adults.



For more information or if you have any questions please feel free to contact Valeri or Tara at the Library: [505.869.9809](tel:505.869.9809) or by email:
Tara- poi02005@isletapueblo.com
Valeri- poi02009@isletapueblo.com

****INDIVIDUAL SIGN UPS ONLY (OTHER FAMILY MEMBERS MUST CALL TO SIGN THEMSELVES UP). TO BE FAIR TO OTHER PATRONS, YOU MAY ONLY ATTEND 2 CONSECUTIVE COOKING CLASSES.****



AGES 10 & UP

LOOSE FIT CLOTHING REQUIRED.

1 IN 4 AMERICAN WOMEN WILL BE ASSULTED WITHIN HER LIFETIME.

FEE: FREE

Isleta Rec. Center
Aerobics Room

Saturday March 19,
2016

@
9:00a-12:30p

SAT. MARCH 19TH WOMENS SELF DEFENSE CLASS

Domestic violence- is a pattern of abusive or coercive behaviors that may include, but are not limited to:

- * Physical assaults
- * Verbal abuse
- * Emotional abuse
- * Sexual abuse
- * Harassment
- * Threat or harm

**Claim
Your
Power**






Purchased/Referred Care provides a referral for 1 visit at a time.



**Questions?
Call PRC at
869-4488**



PLEASE READ YOUR APPOINTMENT LETTER ATTACHED TO YOUR REFERRAL CAREFULLY. IT HAS A LOT OF GOOD INFORMATION TO GET YOU TO YOUR APPOINTMENT ON TIME.

QUESTIONS? CALL 869-4488.

Isleta Elder Center: March 2016

February 2016 Flashback:

As March approaches and February quickly passes by, the Isleta Elder Center hosted a great series of events you may have missed. During February, the Elder Center welcomed back Hopi/Navajo speaker Alfred Kaye to speak on various forms of Holistic (natural) Healing. Mr. Kaye also discussed various topics such as embracing traditional & community values. This presentation was a great start to the month, having over 25 participants in attendance. The Elder Center would like to give a special thanks to Father George and staff for blessing the Elder Center with a beautiful Ash Wednesday Mass. Over 40 individuals attended the Ash Wednesday services.



The Elder Center also hosted a Valentine's Sweethearts Spa Day that would not have been possible without the help of all of our volunteers who made this special day a reality. During this event elders were given an opportunity to receive their choice of a haircut, hair styling, manicure, table massage, or chair massage FREE OF CHARGE. The event brought in large number of community members who took advantage of these various services. The Elder Center would like to give a special "THANK YOU!" to:

*The Isleta Casino & Resort Spa Team
CNM Cosmetology Student Volunteers
"Another U" Salon Members – Anna & Monica*

*Smart Styles – Blossom Lujan
Barber – Raymond Sanchez*

Peggy Montoya

*Good Life Med Spa – Luis Ledezma
Massage Therapist: Yolanda Chavez*

These various organizations and volunteers provided all of the wonderful services which our elders from our community enjoyed. The Elder Staff did an amazing job in working together to provide various snacks/refreshments, directing elders to various services, setup/ decorations, and supporting all of our volunteers throughout the day. The event ended with a great afternoon of Valentine's Bingo as guests were able to win a variety of special prizes to choose from.

March 2016: Activities

2016 Isleta Senior Olympics:

The Isleta Elder Center has a list of various activities as well as special events taking place throughout the month of March. As the spring season approaches, so does the Isleta Senior Olympic Season. This year's Senior Olympic season will start with a large upcoming event called All Indian Game Day. This event will be taking place in our community hosting an anticipated 300+ Native American Senior Athletes from around New Mexico. Various events will be taking place around the Isleta community on March 16 & 17, 2016. This year the Pueblo of Isleta has over 30 athletes competing in various sports during this event. These athletes will be representing our pueblo competing for tribal points in their individual sport events. Come out and support these athletes during this event. If you missed out on All Indian Game Day and would like to get involved with the Isleta Senior Olympics program, please contact Eugene Jojola – Activities Coordinator (505)869-9770.

Senior Olympic Meeting - March 7, 2016: 6:00pm – 7:00pm

This year the Isleta Senior Olympic local games will be taking place April 25 – May 13, 2016. Events will be held at various venues throughout the community and will host over 15 different sports. This is

your chance to qualify to compete at the 2016 NM State Senior Olympic Games in Roswell, NM. The 2016 NM State Senior Games is a large event for senior athletes from around New Mexico. However, this year is very special as senior athletes are given an opportunity to compete for a chance at qualifying for the 2017 National Senior Games in Birmingham, Alabama. For more information about the Isleta Senior Olympic Program, 2016 local & state games, or any other related topic, please attend the meeting held on March 7, 2016 at the Isleta Elder Center activities room. For any questions, please contact Eugene Jojola (505) 869-9770.

2016 March Event Calendar:

Elder Tax Preparation Day

March 9, 2016: 9:00am – 4:00pm

March Mass

March 10, 2016: 11:00am – 12:00pm

2016 All Indian Game Day

March 16 & 17, 2016

Easter Event

March 24, 2016 (Tentatively Scheduled)

Health Discussion with Dr. Cumby & Dr. Lil

March 28, 2016: 11:00am – 12:00pm

Massage Day with Yolanda Chavez

March 30, 2016: 9:00am – 3:00pm

Nutritional Class with Debbie Trujillo

March 31, 2016: 10:00am – 12:00pm

March Commodity Dates

March 15 & 30, 2016: 8:30am – 4:00pm

Closed – Good Friday

March 25, 2016

Adult Daycare Activities Calendar March 2016

Mon	Tue	Wed	Thu	Fri
Commodities March 15th March 30th	1) 10-12 Work on Crafts For Sale 1-3 Continue with Crafts	2) 10-12 Work on Crafts For Sale 1-3 Continue with Crafts	3) 10-12 Work on Crafts For sale 1-3 Continue with Crafts	4) 10-12 Work On Crafts For Sale 1-3 Continue with Crafts
7) 10-11 Chair Exercises 11-12 ADC Choice 1-3 Open Activity	8) 10-2 Field Trip Wal-Mart & Lunch	9) Tax Assistance 10-12 ADC Choice 1-3 Staff Meeting 1-3 ADC Choice	10) 10-11 Coffee & Conversation 11:30-12 Catholic Mass 1-3 Board Games	11) 10-12 Visit with Assisted Living Facility 1-3 Nickel Bingo
14) 10-12 St. Patrick's Day Crafts 1-3 Continue	15) 10-12 St. Patty's Activity 1-3 Continue with St. Patty's Activity	16) AIGD	17) AIGD	18) 10-11 Beading 11-12 Sewing 1-3 Afternoon Walk
21) 10-11 Chair Exercises 11-12 Card Games 1-3 Movie Day	22) 10-12 Isleta library 1-3 Wii Games	23) 10-12 Easter Crafts 1-3 Continue w/ Crafts	24) 10-12 Easter Crafts 1-3 Easter Event TBA	25) Closed Good Friday
28) 10-11 Chair Exercises 11-12	29) 10-2 Sewing W/ Stephanie	30) 10-3 Field Trip Isleta Casino Bingo Matinee	31) 10-2 Sewing w/ Stephanie	March Birthday's 3/1 Na-Na Eleanor 3/12 Lorencita 3/21 Seferino

March 2016

Isleta Elder Center Menu

	3/1/2016	3/2/2016	3/3/2016	3/4/2016
CONGREGATE MEALS <i>Salad Bar offered daily</i>	Grilled Pork Chop 3 oz Wild Rice 1/2 c Stewed Tomato 1/2 c Green Beans 1/2 c Pineapple Upside down Cake 1 ea Fresh Fruit 1 ea	Beef Vegetable Stew 3 oz ground beef, 1/4 c mixed veg Cucumber/Tomato Salad 1 c w/Italian dressing Cauliflower 1/2 c Apricots 1/2 c WW Roll = 56 g	Chicken Posole 3 oz chicken, 1/2 c hominy 1/4 c red chile Carrot Salad 1/2 c Broccoli 1/2 c French Bread 1 ea Banana 1 ea	Frito Pie w/Pinto Beans Pinto beans 1 c, red chile 1/4 c shred cheese 1 oz, corn chips 1 oz Lettuce/tomato/onions 1/8 c Green Beans 1/2 c Beets 1/2 c Peaches 1/2 c Oatmeal cookie 1 ea
Homebound Deliveries PLEASE call day before to CANCEL meals				
3/7/2016	3/8/2016	3/9/2016	3/10/2016	3/11/2016
Beef Macaroni Stew 3 oz ground beef, 1/2 c elbow pasta 1/2 c stewed tomato (in stew) Steamed Cauliflower 1/2 c WW Crackers - 4 packs Plums 1/2 c	Green Chile Chicken Enchiladas 2 oz chicken, 1 oz cheddar cheese corn tortilla = 1 grain eq green chile 1/2 c Squash/Zucchini 1/2 c Fruit Cocktail in Gelitan 1/2 c fruit Wheat tortilla 1 ea	Spaghetti w/ground turkey 3 oz ground turkey, 1/2 c marinara 1/2 cup wheat spaghetti Steamed broccoli 1/2 c Tossed Salad 1/2 c Garlic Bread = 24 g Peaches 1/2 c	Meatloaf 3 oz ground beef Mashed Potato 1/2 c Brown Gravy 1 oz Green Beans 1/4 Corn 1/4 c WW Roll = 56 g Fresh Orange 1 ea	Tuna Salad Sandwich 3 oz tuna, 1 ww bun = 56 g Potato salad 1 cup 3 Bean Salad 1 cup Pineapple chunks 1/2 c
3/14/2016	3/15/2016	3/16/2016	3/17/2016	3/18/2016
Beef Potato Stew 3 oz beef, 1/2 c potato Key West Veggies 1/2 c French Bread 1 ea Fresh Apple	Baked chicken w/ pineapple 3 oz chicken breast Baked tomato w/mozzarella 1/2 c Tossed Salad 1 c WW Roll = 56 g Mango 1/2 c	BBQ Brisket Sandwich 3 oz pork, 1 ww bun Potato Salad 1 c Baked Beans 1/2 c Jello w/Fruit 1/2 c fruit	Turkey Sandwich 2 oz turkey, 1 oz cheese, 1 ww bun Macaroni Stew w/ground beef Coleslaw 1 c Banana Pudding	Pinto Beans 1 cup Spinach, Egg & Onion 1/2 c egg, 1/4 c spinach Red Chile torta 1 ea Yellow squash 1/2 c Whole Wheat Fry Bread 1 ea Peaches 1/2 c
3/21/2016	3/22/2016	3/23/2016	3/24/2016	3/25/2016
Pork Posole 3 oz pork, 1/2 c hominy 1/4 c red chile Yellow squash 1/4 c Zucchini 1/4 c Baked Apples 1 ea Tortilla 9"	Cheeseburger 3 oz patty, 1 oz cheese WW bun = 56 g Lettuce/Tomato/Onion 1/8 c Potato Salad 1 c Carrot Salad 1 c Fresh Fruit 1 ea	Lima Bean & Ham Soup 2 oz ham, 1 cup lima beans Brussels Sprouts 1/2 c Mixed Vegetables 1/2 c Cheddar Biscuit = 56 g Pear Crunch = 1/2 c fruit	Turkey Franks 3 oz frank Hot dog bun = 56 g Pork and Beans 1/2 c Coleslaw 1 c Yogurt with peaches 1/2 c fruit	Closed Good Friday
3/28/2016	3/29/2016	3/30/2016	3/31/2016	** Menus Subject to change based on availability
Cream of Potato & Ham Soup 2 oz ham, 1/2 c potato Mixed Vegetables 1/2 c WW Roll = 56 g String cheese 1 oz Fresh orange	Roast Beef 3 oz Mashed potato 1/2 c Mushroom gravy 1 oz Steamed Cabbage 1/2 c French Bread 1 ea Cinnamon Applesauce 1/2 c	Fideo Con Carne 3 oz ground beef, 1/2 c angelhair pasta, 1/4 c red chile Pinto beans 1/2 c Calabacitas 1/2 c WW Crackers - 4 pk Fresh Fruit 1 ea	Chicken Nuggets 3 oz Baked potato wedges 1/2 c Broccoli w/cheese 1/2 c BBQ sauce Banana bread square = 1 grain eq Strawberry/Mango Sidekick 1/2 c	



**From the Elder
Center Kitchen
Mah-Tu-Wahn Café
March 2016**

**Spotlight Seasonal Fruit of the
Month-Kiwi from www.whfoods.com**

Health Benefits

Kiwifruit can offer a great deal more than an exotic tropical flair in your fruit salad. These emerald delights contain numerous phytonutrients as well as well-known vitamins and minerals that promote your health.

Kiwi's Phytonutrients Protect DNA

In the world of phytonutrient research, kiwifruit has fascinated researchers for its ability to protect DNA in the nucleus of human cells from oxygen-related damage.

Premier Antioxidant Protection

Kiwifruit emerged from our food ranking system as an excellent source of vitamin C, adequate intake of vitamin C has been shown to be helpful in reducing the severity of conditions like osteoarthritis, rheumatoid arthritis, and asthma, and for preventing conditions such as colon cancer, atherosclerosis, and diabetic heart disease. And since vitamin C is necessary for the healthy function of the immune system, it may be useful for preventing recurrent ear infections in people who suffer from them.

**Fiber for Blood Sugar Control Plus
Cardiovascular and Colon Health**

Kiwifruit as a very good source of dietary fiber, fiber can reduce high cholesterol levels, which may reduce the risk of heart disease and heart attack. Fiber is also good for binding and removing toxins from the colon, which is helpful for preventing colon cancer. In addition, fiber-rich foods, like kiwifruit, are good for keeping the blood sugar levels of diabetic patients under control.

Kiwifruit also passed our food ranking test as a good source of the mineral potassium.

Protection against Asthma

Eating vitamin C-rich fruit such as kiwi may confer a significant protective effect against respiratory symptoms associated with asthma such as wheezing.

Protection against Macular Degeneration

Data reported in a study published in the Archives of Ophthalmology indicates that eating 3 or more servings of fruit per day may lower your risk of age-related macular degeneration (ARMD). Three servings of fruit may sound like a lot to eat each day, but kiwifruit can help you reach this goal.

How to Enjoy

A FEW QUICK SERVING IDEAS:

- *Kiwifruit are so delicious, they can be eaten as is. One of our favorite ways to do so is to peel with a paring knife and slice or cut in half and scoop with a spoon*
- *Serve sliced kiwifruit and strawberries, fruits whose flavors are naturally complementary, topped with yogurt.*
- *Kiwifruit have a wonderful flavor and appearance for use in fruit tarts.*

— PUEBLO OF ISLETA —

ARTISAN

M A R K E T



Isleta Resort & Casino is proud to feature the

Pueblo of Isleta Artisans

Artists from the Isleta Pueblo will be in the Resort Lobby showcasing their unique hand-crafted goods and tasty bites

Wednesday, February 24 | 10am - 3pm

For more information, please contact
Ron Martinez Looking Elk at rmartinezlookingelk@gmail.com



— PUEBLO OF ISLETA —

ARTISANS

You are invited to join us for the Pueblo of Isleta Artisans complimentary development courses to help increase the sales, market share and sustainability of your business!

Each month after the Artisan Market, we will feature workshops to help you drive new customers to create opportunity.

JANUARY 24 VISION & ARTIST STATEMENT ARTIST BIO	APRIL 16 TAXES
FEBRUARY 20 MARKETING & SALES	MAY 21 FINANCIAL LITERACY
MARCH 12 PRICING STRUCTURE	

These are free courses and open to Artists of the Isleta Pueblo.

For more information or to RSVP, please contact
Ron Martinez Looking Elk at rmartinezlookingelk@gmail.com






ISLETA HEALTH CENTER
"Did you know?"

Do you know about the 24-hour Nurse Advice Line?

- Have you ever wondered what to do when the Health Center is closed and you aren't feeling well?
- Have you ever wondered if you were in an emergency situation and should call 911?
- Have you been unsure if you needed to visit the walk-in clinic or make an appointment?

If you need answers to health related concerns and aren't sure if you need to visit the walk-in clinic or call 911, use the toll-free **NURSE ADVICE LINE***. When you speak with a Registered Nurse, please follow the nurse recommendations for home care or the need for health facility care.

NURSE ADVICE LINE
1-877-752-2552

This line is available 24 Hours A Day, 7 Days A Week, 365 Days A Year and is available for FREE to ALL Isleta Health Center patients!

*** CALL 911 FOR LIFE THREATENING EMERGENCIES**
This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

NOTE: You must notify Purchased/Referred Care staff (formerly CHS) within 72 hours if you are seen at any facility other than the Isleta Health Center.

Elder Center Transportation Services

The Elder Center provides transportation services to elders 60+ years of age for the following (please call the Elder Center to be placed on schedule):

- Grocery Shopping (Wal-Mart, Smith's, Albertson's, etc.) – **1st Friday of each month**
- Retail Shopping (Wal-Mart, JC Penney, Sears, etc.) – **2nd Friday of each month**
- Mail, Banking, and Bill Paying – **Every Monday**
- Pick-up for elders who would like to have lunch at the Elder Center (pick-up will begin at 11:00 am and return after lunch around 1:00 pm)

Transportation services will be provided as a back-up for families that are unable to transport for the following or are unable to schedule with Isleta Health Center's CHR Program:

(Elders need to make sure they have their referrals from Isleta Health Center for scheduled appointments to locations such as Presbyterian, Lovelace, Eye Associates, etc.)

- Doctor's Appointments (Isleta Health Center, Presbyterian, Lovelace, etc.)
- Eye Appointments (Isleta Health Center, Eye Associates, etc.)
- Dental Appointments (Isleta Health Center, etc.)
- Podiatry Appointments (Isleta Health Center, etc.)
- Prescription Pick-Up – Staff **will not** pick up medications (narcotics) that require an ID for pick up at the Isleta Health Center Pharmacy

Other types of transportation services needed (pick-up/drop-off) from those listed will be considered based on scheduling/vehicle availability.

Policies and Procedures for transportation services that involve clients expending their personal funds will be utilized to protect both client and staff. Transporter **will not** be allowed to conduct any type of transaction on behalf of the elder.

If you are in need of transportation services, we ask that you **"Please provide a minimum of a 24-hour notice for scheduling purposes."**

If you have any questions on the Elder Center Transportation Services, or if you need to schedule please call the Operations Department at 869-9770.

2016 Meeting Schedule
(2nd Tuesday of the Month)

**Pueblo of Isleta
Community Cancer Support
@ at Isleta Health Center
10:30am to 12:00pm***

*Most meetings are from 10:30am to 12 noon in the Small Conference Room unless different times/locations are otherwise noted; see complete dates/times in schedule below.

Date	Topic	Speaker	Location
3/8/2016 6:00pm - 7:30pm	EVENING SESSION Communication Skills	Deb Openden	Small Conference Room
4/12/2016 10:30am - Noon	Coping Skills	William Abeita	Small Conference Room
5/10/2016 6:00pm - 8:30pm	EVENING SESSION Cancer Survivors Day Event	Balloon Release/ Survivor Celebration	Isleta Health Center Training Center
6/14/2016 10:30am - Noon	Child's Understanding of Cancer/Chronic Illness	Mary O'Hara Child Adolescent Therapist	Small Conference Room
7/12/2016 10:30am - Noon	Death & Dying	John D. Barton	Small Conference Room
8/9/2016 6:00pm - 7:30pm	EVENING SESSION Project Heart Start - Hands Only CPR	New Mexico Heart Institute	Isleta Health Center Training Center
9/13/2016 10:30am - Noon	Support	Support	Small Conference Room
10/11/2016 10:30am - Noon	Support	Support	Small Conference Room
11/8/2016 10:30am - Noon	Potluck	Group	Isleta Health Center Kitchen

Topics are subject to change.
CONTACT Stephanie Barela to Sign Up and to Learn More @ 869-4479



**Pueblo of Isleta
Community Cancer
Support Group**

*Support the health of your family.
Educate yourself on cancer.
REDUCE YOUR RISK!*



We meet every 2nd Tuesday of the month!



Next Meeting:	March 8 th
Time:	6:00pm – 7:30pm
Location:	Small Conference Room @ Health Center
Topic:	"Communication Skills" with Deb Openden

Call Stephanie Barela @ 869-4479 for more information.

Please join us!  **Everyone welcome!**



Thinking About Quitting

**NOT READY TO COMMIT TO A
FULL Quit Smoking PROGRAM?**
Take this *1 time, 1 on 1, 90 minute session* to
increase your motivation to quit!

**Call Stephanie, Health Educator
@ 869-4479 to Sign Up
Isleta Health Center**



**Tips for Night Driving
From the Isleta Health Center's
Optometry Clinic**

- 1. Never wear tinted lenses while driving at night**
– So called night driving lenses with any amount of tint or polarization only reduce the already limited amount of light available to your eyes making driving more hazardous.
- 2. Wear lenses with Anti Reflective (AR) coating**
– AR coatings minimize distracting internal lens reflections which can be significantly more noticeable at night.
- 3. Have regular eye exams and ensure your eyewear prescription is up to date**
– Even slightly uncorrected refractive errors can make night time driving more difficult.
- 4. Make sure your corrective lenses are clean**
– Dirty lenses can limit your view and induce glare.
- 5. Make sure your windshield is clean**
– As with corrective lenses, dirty windshields will also limit your view and induce glare.
- 6. Make sure your head lights are clean and properly aligned**
– Dirty headlights can reduce efficacy by 75%.

Drowsy Driving Tidbit

Isleta Health Center
Health Educator,
Stephanie Barela, 869-4479

Have you ever driven while you were drowsy... chances are you probably have. Next time think twice before you get behind the wheel when you are having trouble staying awake. The Center of Disease Control (CDC) says that there are about 100,000 crashes each year due to drowsy driving. This attributes to 40,000 injuries and about 1,500 deaths a year.

**STAY SAFE and
DON'T DRIVE DROWSY!!**

PRC

Patients are responsible for notifying PRC of any follow up appointments, continued or referred care, or any additional procedures the specialist may recommend.

Please provide as much notice as possible to allow us to enter the information, request the orders, and mail out to you prior to your appointment.

Questions? Please call 869-4488

ISLETA GRILL @47

Located at the ISLETA ONE STOP Convenience Store

**Offering
Friday Specials During Lent**

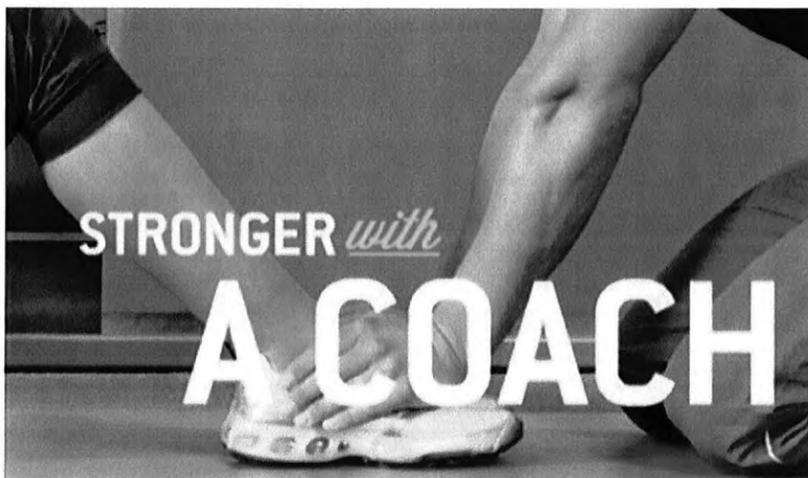
- | | |
|--------------------------------------|----------------------------------|
| Fish & Chips | Tuna Melt Sandwich |
| Grilled Cheese w/ Green Chili | Bean & Cheese Burrito |
| Loaded Potato Soup | Huevos Rancheros |



505.869.9835

START TODAY

NEW ISLETA RECREATION CENTER



Find your Fitness Journey

Get personal one on one coaching or attend a group training session

Need help getting a head start on your goals? Come to a Training Session in the gym at the new recreation center Monday thru Friday at 5am or 12pm. Sessions are an hour long. For more one on one help contact Derrick Jiron to schedule an appointment or any further questions 505.869.9777

- | | | |
|---|--|---|
| <p>1</p> <p>KETTLE BELL</p> <p>Improve cardiovascular health, increase strength and muscle mass</p> | <p>2</p> <p>MOBILITY</p> <p>Restoring lost ranges of motion and returning your muscles to their natural length</p> | <p>3</p> <p>STRETCHING</p> <p>Preventive maintenance, improve flexibility, calm your mind, and relieve stress</p> |
|---|--|---|



Kettle Bell



Cardio



Stretching



Transition of Adults to Community Living TACL

To provide young adults between the ages of 18 and 21 the opportunity to learn life skills through educational experiences in their community and to improve their ability to function interdependently in society to their maximum potential.

TACL
Los Lunas School
Special Services
P.O. Box 1300
Los Lunas, NM 87031

Important Dates

March 25-28 March Break

April 4-8 Spring Break

May 13, 2016 TACL Graduation (tentative)

Los Lunas Museum

The TACL program is so fortunate to have the Los Lunas Museum across the street. Three TACL students work at the museum cleaning, helping with mass mailings, sorting and scanning historical documents/pictures. The TACL students also utilize the museum for leisure activities. The current exhibit "Dust, Drought and Dreams Gone By" has been especially interesting for the students due to an interactive Sandbox. The computerized sandbox was made with the technology and components the museum received free of charge from the W.M. Keck Center at the University of California at Davis for Active Visualization in the Earth Sciences. It's a hands-on exhibit people enjoy because they can manipulate the sand to alter the virtual topography and water. The sandbox uses a closed loop of a Microsoft Kinect 3D camera simulation and visualization software and a data projector to allow users to create topography models by shaping the sand to alter the elevation color map, topographic contour lines and simulated water. The system teaches geographic, geologic, and hydrologic concepts.

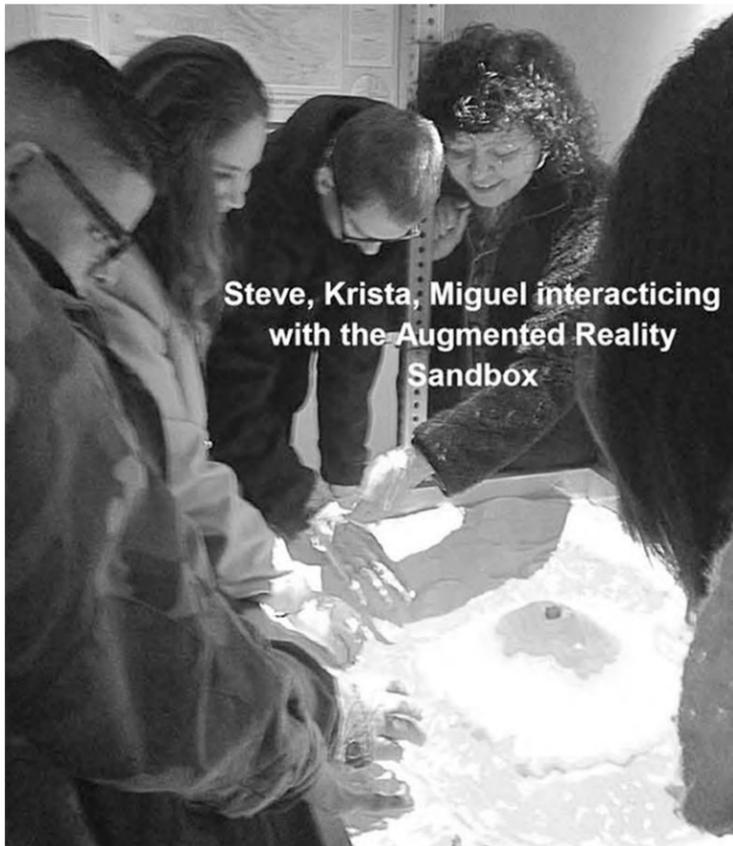
The TACL students learned that Bosque Farms played a significant role during the Dust Bowl era that nearly destroyed the southern Great Plains and the families making a living from the soil.



Alanna and Krista putting together folders for a Friends of the LL Museum Meeting

TACL Community Work Sites

- LL Fire Dept
- Flyer Press
- San Clemente Church
- Fred Luna Senior Center
- Adelante
- LL Museum



Steve, Krista, Miguel interacting with the Augmented Reality Sandbox

Resources in Valencia County

Children, Youth, and Families Department (CYFD)

(505) 866-1621: Provides assistance for child care payments
 (505) 865-4634: Child and Adult abuse prevention services, aging and long term services 865-4634
 Parenting groups and resource library are available. Call for more information.

Midwest NM Community Action Program

549 Don Pasqual Rd NW
 Los Lunas, NM 87031
 865-9697
 Food boxes, commodities, utility assistance, EFSP, LIHEAP, Child and Adult Care Food Program. Call for more information.

Youth Development Inc.

865-0345
 www.ydinm.org
 The primary focus of the division is to provide prevention services that encourage a healthy and safe living environment. Education, prevention, and social services include: Medicaid enrollment, VIDA food program, underage drinking prevention, parenting classes, teen pregnancy prevention, low cost car seat program, and financial assistance for youth sports programs.

Valencia County Domestic Violence Shelter

P.O. Box 1095
 Belen, NM 87002
 Office: 864-3202
 24-Hour Crisis Line: 864-1383
 Services include emergency shelter, 24-hour crisis line, counseling, child witness program, support groups, education, and community outreach.

NM Works

222-0801
 Provide work program activities and support. Call for more information.

Human Services Department

100 S 5th St
 Belen, NM 87002
 864-5200
 Medicaid, health insurance for children and pregnancy, food stamps, TANF, GA, LIHEAP.

Housing

3445 Lambros Loop
 Los Lunas, NM 87031
 839-3854
 Services include assistance for section 8 housing, homelessness, family self-sufficiency, owner-occupied rehabilitation. Call for more information.

NMPCA-Medicaid Enrollment Program-YDI

428 South Los Lentos Road
 Los Lunas, NM 87031
 (505) 865-3999
 valencia-eet@ydinm.org

The Medicaid Enrollment Program enrolls eligible children in both Medicaid and the State Children's Health Insurance Program (SCHIP). Families receive assistance in the enrollment process to ensure that children receive appropriate health care. YDI enrolls over 200 children per month and during the enrollment process refers families to other social service and health care service providers.

Invitation Announcement Pueblo of Isleta Head Start & Child Care Center

The Isleta Head Start & Early Head Start programs invite you to join our family by completing an application for the upcoming 2016-2017 program year.

Applications will be accepted beginning **March 21, 2016**.

Mission: To develop the whole child in all comprehensive areas reflecting the traditional Isleta culture and language. A safe, positive, healthy, and family-centered environment is supported with: a highly competent staff; parental enrichment and enhancement of their child's education; a structured developmentally appropriate learning environment; strengthened community collaboration; & sustained stakeholder communications.

Options for you and your child:

Head Start – 3 to 5 years old

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands-on, age appropriate materials and qualified teachers. Transportation services are available for those who live at least a ¼ mile from the Head Start & Child Care building and within the Isleta Reservation boundaries, with the exception of those who reside East of NM 314.

Early Head Start- Prenatal to 3 years (3 options to choose from)

1. Home Based for Pregnant Mothers: Home visits from a Home Visitor who brings information and materials about pregnancy & child development.
2. Home Based for Parent & Child Birth to 3 years: Weekly 90-minute home visits from a Home Visitor who provides information and materials about parenting and child

development. Bi-weekly Socialization activities in a group setting (i.e. fun walks, field trips, child development, & more).

3. Classrooms ages 3 months to 3 years:

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands on, age appropriate materials and qualified teachers. There are no transportation services available for this option.

Call to schedule an appointment to apply.

You need to bring ALL of the following:

- √ **Tribal Identification w/CIB #** (required if residence is outside of the Isleta Reservation)
- √ **Proof of Residency** to ensure your physical residence is within the Program's service area (New Mexico Driver's License, Utility Bill, Government/Tribal ID)
- √ **Proof of income for previous 12 months** (Such as: Public Assistance Award Letter, 2015 tax forms, W-2, 26 paystubs, etc.)
- √ **Proof of Child's Birth** (State issued birth certificate, CIB Letter, Baptismal Certificate)
- √ **A copy of your child's IFSP/IEP** (if applicable)
- √ **For Prenatal option, Pregnant Mothers need to provide proof of pregnancy.**

If you have any questions, please don't hesitate to call us at **869-9796**.

We look forward to working together with you and your family to make your child's learning fun and successful!

Behavioral Health Services Community Garden

The Pueblo of Isleta is rich in culture and has many untapped resources that could aid in its ability to be self-sustaining. One of those avenues of sustainability is through gardening. Our culture teaches us to be one with the land, to only use what we need and return what we are given. Since 2010 Isleta Behavioral Health Services, in conjunction with other Pueblo of Isleta departments, community members and volunteers, has maintained a community garden located west of the Isleta Health Center. After assessing the pros and cons of last year's garden it has been determined that the soil is in great need of repair and that the current layout of the garden provides no protection from the weather. To address these needs the Community Garden Planning Committee is asking for the following donations from the community to enhance the soil:

1. Horse and cow manure
2. Leaves and grass clippings
3. Old hay, straw, or alfalfa bales
4. Woodchips

To provide protection from the weather the following donations are being requested:

1. Any berry transplants
2. Any fruit bearing or nut bearing tree transplants

We have weekly meetings every Tuesday at 3:00 pm at the Isleta Behavioral Health Services office. Please join us and bring your expertise, wisdom and ideas. Thank you in advance for your contributions. To donate to or learn more about the community garden, please call (505) 869-5475 and ask to speak to Jennifer Padilla.

Put Life Back In Your Life!

Manage Your Chronic Disease (MyCD)

Chronic Disease Self-Management Program (CDSMP)

A FREE Chronic Disease Self-Management Workshop

<p><u>Week 1 - Session Activities:</u></p> <ul style="list-style-type: none"> • Introduction to workshop • Group Introductions • The Mind-Body Connection / Distraction • Getting a Good Night's Sleep • Introduction to Action Plans <p><u>Week 2 - Session Activities:</u></p> <ul style="list-style-type: none"> • Feedback and Problem-Solving • Dealing with Difficult Emotions • Introduction to Physical Activity • Preventing Falls / Improving Balance • Making an Action Plan <p><u>Week 3 - Session Activities:</u></p> <ul style="list-style-type: none"> • Feedback • Making Decisions • Pain and Fatigue Management • Endurance Exercise • Relaxation: Body Scan • Making an Action Plan 	<p><u>Week 4 - Session Activities:</u></p> <ul style="list-style-type: none"> • Feedback • Better Breathing • Healthy Eating • Communication Skills • Problem-Solving • Making an Action Plan <p><u>Week 5 - Session Activities:</u></p> <ul style="list-style-type: none"> • Feedback • Making Healthy Food Choices • Medication Usage • Making Informed Treatment Decisions • Dealing with Depression • Positive Thinking • Making an Action Plan <p><u>Week 6 - Session Activities:</u></p> <ul style="list-style-type: none"> • Feedback • Working with Your Health Care Professional and Organization • Weight Management • Looking Back and Planning for Future
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Days: Wednesdays

Dates: February 24 through March 30, 2016

Time: 1:00 p.m. to 3:30 p.m.

Location: Isleta Health Center, Small Conference Room
1 Sagebrush Street in Isleta Pueblo (1-25 South, Exit 209)

SPACES ARE LIMITED! SIGN UP TODAY!

CALL or E-MAIL Stephanie R. Barela, Isleta Health Center
Health Educator at **869-4479** or **sbarela@islclinic.net**

**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.

OBJECTIVES:

1. To assist our spiritual leader in Christ with his duties to render pastoral care and/or services.
2. To assist families with hospitality and Christian fellowship after the liturgy and burial services when requested.
3. The bereavement group will offer informal continuing support.

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

18TH ANNUAL

CHILD ABUSE
AWARENESS & PREVENTION
PARADE, FAIR, & BBQ

JOIN US!!!

SATURDAY, APRIL 2, 2016
ISLETA RECREATION CENTER
10:00am - 2:00pm

ENTER TO BE A PARADE PARTICIPANT
BOOTH SPACE AVAILABLE & MORE!!!

"TOGETHER WE JOURNEY TO PROMOTE
HEALTHY RELATIONSHIPS BETWEEN
FAMILIES, CHILDREN, & COMMUNITIES."

For More Information Contact: (505)869-2772



National Child Abuse Facts

Approximately 5 children die every day because of **Child Abuse**. Over 70% of these children are below the age of 3.

90% of **Child Abuse Victims** know the perpetrator in some way. 68% are abused by a family member.

"Together We Journey to Promote Healthy Relationships Between Families, Children, & Communities."

**For more information
Contact Isleta Social Services:
(505) 869-2772**

PUEBLO OF ISLETA
CHILD ABUSE
AWARENESS MONTH
APRIL 2016

Save The Date

2016 Child Abuse Awareness Events

Event # 1 <small>Location: Isleta Rec. Center</small>	Child Abuse Awareness Parade Community BBQ/Health Fair	APRIL 2, 2016 Time: 10:00am - 2:00pm
Event # 2 <small>Location: Elementary School</small>	Child Abuse Awareness Family Night	APRIL 14, 2016 Time: 5:30pm - 7:30pm
Event # 3 <small>Location: Isleta Rec. Center</small>	Grocery Bingo Night	APRIL 21, 2016 Time: 5:30pm - 7:30pm
Event # 4 <small>Location: Elder Center</small>	Community Night: Traditional Storytelling	APRIL 26, 2016 Time: 5:30pm - 7:30pm
Event # 5 <small>Location: Isleta Rec. Center</small>	Child Abuse Awareness 5k Fun Run/Walk	APRIL 28, 2016 Time: 5:30pm - 7:00pm

ISLETA HEALTH CENTER

Questions? Call 869-3200

March

2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ Behavioral Health. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ Behavioral Health. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	2 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. My Chronic Disease Session 2: 1-3:30p @ Health Center, small conference room. Young Leaders Youth Krew: 4:30p @ BHS.	3 Diabetes Dental Education Class: 8:45-9:15a @ Health Center, small conf. room. Grief Group: 1-2p @ Behavioral Health. Circle of Security Parenting: 2-4p @ BHS. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	4 Early Recovery Skills: 9-11a @ Behavioral Health. Another Recovery Technique (ART): 1-4p @ Behavioral Health.	5
6	7 Early Recovery Skills: 9-11a @ Behavioral Health. Women's Path to Recovery: 1-2:30p @ Behavioral Health. Young Leaders Youth Krew: 4:30p @ Behavioral Health.	8 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ Behavioral Health. Creating Process of Change: 2-4p @ BHS. Str8 Rez: 5-7p @ Behavioral Health. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center. Isleta Community Cancer Support: 6-7:30p @ Health Center, small conference room.	9 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. My Chronic Disease Session 3: 1-3:30p @ Health Center, small conference room. Diabetes Healthy Cooking Class: 5:30-7:30p @ Health Center Kitchen. Young Leaders Youth Krew: 4:30p @ BHS.	10 Grief Group: 1-2p @ Behavioral Health. Circle of Security Parenting: 2-4p @ Behavioral Health. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	11 Early Recovery Skills: 9-11a @ Behavioral Health. Another Recovery Technique (ART): 1-4p @ Behavioral Health.	12
13	14 Early Recovery Skills: 9-11a @ Behavioral Health. Women's Path to Recovery: 1-2:30p @ Behavioral Health. Young Leaders Youth Krew: 4:30p @ Behavioral Health.	15 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ Behavioral Health. Creating Process of Change: 2-4p @ BHS. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center. Str8 Rez: 5-7p @ Behavioral Health.	16 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. My Chronic Disease Session 4: 1-3:30p @ Health Center, small conference room. Young Leaders Youth Krew: 4:30p @ BHS.	17 Grief Group: 1-2p @ Behavioral Health. Circle of Security Parenting: 2-4p @ Behavioral Health. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center.	18 Early Recovery Skills: 9-11a @ Behavioral Health. Another Recovery Technique (ART): 1-4p @ Behavioral Health.	19
20	21 Early Recovery Skills: 9-11a @ Behavioral Health. Women's Path to Recovery: 1-2:30p @ Behavioral Health. Young Leaders Youth Krew: 4:30p @ Behavioral Health.	22 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ Behavioral Health. Creating Process of Change: 2-4p @ BHS. Podiatry Education Class: 2:30-3p @ Isleta Health Center, small conf. room. Express Endurance Class Workout: 5:30-7:30p @ DPP Wellness Center. <i>FINAL WEEK!</i> Str8 Rez: 5-7p @ Behavioral Health.	23 Circle of Security Parenting: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. My Chronic Disease Session 5: 1-3:30p @ Health Center, small conference room. Lean Green & Healthy Fun Run/Walk: Join us at the Diabetes Prevention Program Wellness Center. Sign In starts at 4:30p! Young Leaders Youth Krew: 4:30p @ BHS.	24 Grief Group: 1-2p @ Behavioral Health. Circle of Security Parenting: 2-4p @ Behavioral Health.	25 Early Recovery Skills: 9-11a @ Behavioral Health. Another Recovery Technique (ART): 1-4p @ Behavioral Health.	26
27	28 Early Recovery Skills: 9-11a @ Behavioral Health. Women's Path to Recovery: 1-2:30p @ Behavioral Health. Young Leaders Youth Krew: 4:30p @ Behavioral Health.	29 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ Behavioral Health. Creating Process of Change: 2-4p @ BHS. Thinking About Quitting (TAQ): 1 Time, 2 Hr. Quit Session, 5:30-7:30p @ Health Center. Str8 Rez: 5-7p @ Behavioral Health.	30 Circle of Security Parenting: 9-11a @ BHS. Diabetes Alliance Group/Rez Café: 10-11:30a. Call 869-4595 for more info. Anger Management Skills: 1-2p @ BHS. My Chronic Disease Session 6: 1-3:30p @ Health Center, small conference room. Young Leaders Youth Krew: 4:30p @ BHS.	31 Grief Group: 1-2p @ Behavioral Health. Circle of Security Parenting: 2-4p @ Behavioral Health.	"DPP" is the Diabetes Prevention Program. Call 505-869-4595 for more information on their programs.	

Freedom From Smoking

NEED HELP STOPPING SMOKING?

SIGN UP FOR THE ISLETA HEALTH CENTER'S Freedom From Smoking PROGRAM NOW!

**STARTING APRIL 6, 2016
5:30PM @ ISLETA HEALTH CENTER**

98% OF THE PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION, QUIT SMOKING!!

Weekly Prizes!

- Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!
- Get support from others that are going through the same thing.

CONTACT:
Stephanie Barela @ 505-869-4479
 for more information or to reserve your spot in this class!



Sponsored by the Isleta Health Center

Isleta Health Center's Group Thinking About Quitting

Are you "Thinking About Quitting" but not sure if you're ready to commit to an 8 session program?

Sign up for this 1 time, Group Session to increase your motivation to quit!

YOU WILL RECEIVE FOR FREE:

- ▣ The Guide to Help You Quit Smoking
- ▣ Help in identifying your barriers and personal motivations to quitting commercial tobacco
- ▣ Pack Tracks to identify the kind of commercial tobacco smoker you are

TOPICS COVERED INCLUDE:

1. Am I ready to quit (on a scale of 1to5)?
2. How addicted am I to nicotine?
3. Using over-the-counter (OTC) Nicotine Replacement Therapy (NRT)
4. Free NRT assistance @ Quit Line 1-800-QuitNow or enroll at QuitNowNM.com
5. Pros and Cons of Quitting Smoking...Identifying Barriers and Motivators
6. Closing Backdoors
7. Introduction to *The Guide to Help you Quit Smoking*
8. Pre-view of Pack Tracks – using them to cut back before Quit Day
9. Preparing a Quit Kit – tool for surviving the first two weeks after quitting
10. Using a Calendar to reward yourself

AND MUCH MORE!!

LOCATION:

Isleta Health Center's Training Center (New Building!)

TIME:

5:30 p.m. to 7:30 p.m.

FACILITATOR:

Stephanie Barela @ 869-4479
 Annette Arvizu @ 235-1836

GROUP THINKING ABOUT QUITTING 1 Time Session 2 hrs. 5:30-7:30pm	Tuesday 3/29/16 Isleta Health Center Training Center
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