


LAS VEGAS PAIUTE TRIBE

HEALTH & HUMAN SERVICES


Las Vegas Paiute Tribe
Health and Human Services

January 2025 Newsletter



CLINICAL APPOINTMENT HOURS

DR. LEE (PRIMARY CARE)- MONDAY-FRIDAY 8:30AM-3:30 PM

GEMMA(NURSE PRACTITIONER)MONDAY-FRIDAY 8:30AM-3:30 PM

LISA LEDL (NURSE PRACTITIONER). TUE-THURS 9AM-4 PM

DR. ROWLES(PEDIATRICS):MON-WED 1-3:30 PM

DR. WAITE(PODIATRY):MON 8:30-4:00 ,WED 8:30-11:00, THURS 8:30-4:00; FRIDAY APPOINTMENTS ONCE PER MONTH

BEHAVIOR HEALTH

STEVEN BONN, LMFT MON-THURS. 9AM-3PM

DR. CRUEY, PSYCHIATRIST:MON/TUES & THUR/FRI 8AM-5PM

ADDITIONAL SERVICES

OPTICAL: M,W,TH,FRI 8AM-5 PM (CLOSED TUES)

DENTAL: MON-FRI. 8AM-5PM

PHARMACY: MON-FRI 9 AM-4:30PM

SDPI(DIABETES PROGRAM): MON-FRI 8AM-5PM

BENEFITS COORDINATOR (TOM): MON-FRI 8:30-4:00 PM

NUTRITION:(MANDIE) MON&FRI: 8AM-2:00PM
TUES,WED,THURS 8AM-1:00PM

WELLNESS CENTER: MON-FRI 8AM-5PM

NEW

LUPT

JANUARY 10, 2025

HEALTH & WELLNESS

CENTER!

SOFT OPENING

**NOW WELCOMING SDPI PATIENTS &
LAS VEGAS PAIUTE TRIBE COMM MEMBERS ONLY**

Come join us:

- GYM
- ZEN ROOM/MEDITATION
- ONE-ON-ONE FITNESS TRAINING
- COOKING WORKSHOPS
- BASKETBALL COURT
- MOTIVATION & MORE!!

**Wellness Center Hours:
8am - 5pm M-F**



SDPI

2025

NEW YEAR, NEW YOU!

WEIGHTLOSS CHALLENGE

Starts Jan 10, 25 - Feb 10, 25

LET'S
DO
this

30
DAYS

Enter to win

JOIN the CHALLENGE!

Come into the Wellness Center to have a SDPI staff take your check-in weight. **BEFORE** start date.

GET MOTIVATED!!

You can choose a Buddy to partner with or even establish a small team.
The Department that loses the most weight
WINS A GRAND PRIZE !!

WINNER

COURAGE ELKSHOULDER- WELLNESS CENTER TRAINER

WELCOME



COURAGE IS A MEMBER OF THE NORTHERN CHEYENNE TRIBE IN LAME DEER MONTANA. HE BELONGS TO THE DOG SOLDIER SOCIETY (HOTAMÉTANEÛ). HE'S ACTIVE IN THEIR TRADITIONAL SWEAT LODGE CEREMONY AND SUNDANCE.

HE LOVES TO STAY HEALTHY AND MOTIVATE OTHERS IN THE GYM AND IN LIFE GOALS. HE IS HIGHLY MOTIVATED AND HAS A POSITIVE ATTITUDE IN ALL HE DOES.

HE'S SERVED IN THE UNITED STATES ARMY HAS AN ARTILLERY AND INFANTRY SPECIALIST.

FUN FACTS:

FAVORITE FOOD : SPAGHETTI

FAVORITE PLACE EVER VISITED: THE MANY DIFFERENT RESERVATIONS OF ALL MY NATIVE ANCESTORS.

BRIGHTENS MY DAY: LAUGHTER

FAVORITE HOBBY: PLAYING CHESS

LISA LEDL, APRN-C

WHEN ALL ELSE FAILS, READ THE DIRECTIONS THEN FOLLOW THEM

HAPPY NEW YEAR! WISHING YOU ALL THE VERY BEST OF HEALTH AND PEACE.

HEY, WE ALL DO IT, RIGHT? HAVE A HEALTH ISSUE AND RUN TO THE CORNER PHARMACY AND GET A COOL AND EFFECTIVE MEDICATION/PRODUCT THAT WORKS LIKE A CHARM....UNTIL IT DOESN'T. THE PACKAGES (AND TV ADVERTS) ALL SAY "IF YOU NEED TO TAKE THIS MORE THAN "X" NUMBER OF DAYS, CONTACT YOUR MEDICAL PROVIDER". THEY ARE NOT JOKING. THOSE SYMPTOMS ARE LIKE THE INDICATOR PANEL ON YOUR VEHICLE. WE WOULD NEVER IGNORE THE SIGNALS FOR : YOUR OIL NEEDS CHANGING, YOUR GAS IS LOW, YOUR TIRE IS FLAT. YOUR RADIATOR IS HOT. RIGHT?

SOME CONCERNING SYMPTOMS THAT YOU DEFINITELY NEED TO DISCUSS WITH YOUR MEDICAL PROVIDER:

- *HEADACHES
- *DIARRHEA
- *CONSTIPATION
- *INDIGESITON OR "HEART BURN"
- *COUGH
- *RASHES
- *ONGOING PAIN OF ANY SORT

IF YOU'RE THINKING, "NAH, THAT DOESN'T APPLY TO ME", I ENCOURAGE YOU TO TAKE A PEEK INSIDE YOUR MEDICINE CABINET TO JOG YOUR MEMORY.

PHARMACY

Happy holidays

We want to extend our warmest greeting to you and your loved ones. This time of year gives us a chance to pause and reflect and we are deeply grateful to be surrounded by family, friends and the Paiute team and have the honor to serve you, our loyal customers.

We follow your lead when it comes to making the Paiute Pharmacy the best it can be. You continually inspire us to raise the bar and your unwavering support is why we do what we do. As the team we work on exciting things to come, our patients are always at the top of our minds and our goal is to make every moment you spend at the clinic with us comfortable as possible.

On behalf of the team, thank you for being part of the Paiute family. We're wishing you and yours a happy, healthy holiday season.

Sharona & Don, your pharmacist

Nora & Chris, your technicians



DENTAL



BRACES

Braces are used to correct “bad bites,” or malocclusion (teeth that are crowded or crooked) as well as jaw discrepancies. These jaw or tooth alignment problems may be inherited or could result from injury, early or late tooth loss, or thumbsucking.

Correcting the problem can create a nice-looking smile, but more importantly, orthodontic treatment results in a healthier mouth. Not correcting an abnormal bite could result in further oral health problems, including tooth decay, gum disease, tooth loss, affected speech and/or chewing, abnormal wear to teeth, and jaw problems

Straightening your teeth can be accomplished in different ways. Options include standard braces with the metal or tooth colored brackets and a wire, clear aligners such as Invisalign, or lingual braces that are placed behind your teeth so they don't show. All of these methods do the same thing, they apply a very small force in a specific direction to help move the teeth a little bit at a time.

The American Association of Orthodontists recommends children have an evaluation done at age 7. At that appointment the orthodontist will take some measurements and be able give you an idea if there is a problem, what treatment options are available, how much it will cost, how long it will take, and if any teeth will need to be removed.

Treatment plans will vary based on your situation, but most people are in treatment from one to three years. This is followed by a period of wearing a retainer to hold teeth in their new positions. While in treatment it is very important to maintain a proper diet and practice good oral hygiene so your teeth don't have cavities or staining when your braces come off.

Adults are also able to get braces as long as they have healthy teeth. If you have always wanted them, talk to your dentist or orthodontist. A friend of mine who is an orthodontist said his oldest patient was 87 years old. When asked why, she said, “I have done everything for everyone my whole life and this was the one thing I wanted to do for myself.”

Braces are an investment in you or your child. Braces can make it easier to keep your teeth and gums healthy, can make you more confident when smiling, and can help with dating or employment.



ROCK YOUR MOCS 2024



ABOUT:
ROCK YOUR MOCS WAS FOUNDED IN 2011 BY JESSICA JAYLYN ATSYE (LAGUNA PUEBLO, NM U.S.A.) AND BEGINNING 2013, COLLABORATIVELY, HAS BEEN ANNUALLY ORGANIZED AND PRODUCED BY NATIVE AMERICAN EVENT PRODUCER MELISSA SANCHEZ (ACOMA/LAGUNA PUEBLOS NM U.S.A.)

WHY:
WE, AS INDIGENOUS PEOPLE STAND UNITED THROUGH OUR TRIBAL INDIVIDUALITY, SYMBOLICALLY WE WEAR OUR MOCCASINS, HONOR OUR ANCESTORS, AND INDIGENOUS PEOPLES WORLDWIDE, DURING ROCK YOUR MOCS AND NATIONAL NATIVE AMERICAN HERITAGE MONTH (NOVEMBER). [HTTPS://ROCKYOURMOCS.ORG/](https://rockyourmocs.org/)

