


# LAS VEGAS PAIUTE TRIBE HEALTH & HUMAN SERVICES

  
Las Vegas Paiute Tribe  
Health and Human Services

February 2025 Newsletter

HEART HEALTHY  
VALENTINE TREAT



## 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:MON-FRI 8AM-5PM \*\*\*NOW OPEN TUESDAYS\*\*

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



**WELLNESS CENTER IS  
OPEN  
MONDAY-FRIDAY 8AM-5PM**

OPEN TO:

LAS VEGAS PAIUTE TRIBAL MEMBERS AND  
DESCENDANTS/HOUSEHOLD MEMBERS  
(MUST HAVE PROOF OF RESIDENCY OR  
DESCENDANCY)

LAS VEGAS PAIUTE TRIBAL EMPLOYEES  
(MUST HAVE EMPLOYEE ID BADGE)

NATIVE AMERICANS FROM A FEDERALLY  
RECOGNIZED TRIBE/ALASKA NATIVES  
(MUST HAVE PROOF OF TRIBAL  
AFFILIATION)

# SDPI

**2025 SDPI PARTICIPATION**  
AGREEMENT IS OPEN!!! COME TO  
THE WELLNESS CENTER MONDAY-  
FRIDAY 8AM -5PM TO LEARN MORE  
AND/OR SIGN THE AGREEMENT.



## WHAT IS THE SDPI (SPECIAL DIABETES PROGRAM FOR INDIANS)?

IN RESPONSE TO THE DIABETES EPIDEMIC AMONG AMERICAN INDIANS  
AND ALASKA NATIVES, CONGRESS ESTABLISHED THE SDPI GRANT  
PROGRAMS IN 1997. COORDINATED BY IHS DIVISION OF DIABETES WITH  
GUIDANCE FROM THE TRIBAL LEADERS DIABETES COMMITTEE,  
PROVIDES FUNDS FOR DIABETES TREATMENT AND PREVENTION TO IHS,  
TRIBAL AND URBAN INDIAN HEALTH PROGRAMS ACROSS THE UNITED  
STATES. (IHS.GOV/SDPI)

### THE GRANT COVERS:

DIABETES MEDICATIONS, DIABETES  
TESTING SUPPLIES AND ALL  
COVERED DIABETES  
RELATED APPOINTMENTS.  
CHECK WITH US TO SEE IF YOU  
QUALIFY!



# February

2025



# SDPI



HEALTH & WELLNESS CENTER  
CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 OPEN GYM	4 OPEN GYM	5 OPEN GYM	6 OPEN GYM	7	8
9	10 GYM GUIDE FOR BEGINNERS 9AM-9:30AM BEGINNERS CARDIO 1PM-1:30PM	11 HIT CLASS 9 AM & 1 PM	12 CARDIO CLASS 9 AM-9:30AM MEDITATION CLASS 1PM-1:45PM	13 MEDITATION CLASS 9AM-9:30AM CHAIR EXERCISE (ELDERS FRIENDLY) 2PM-3PM	14 BEGINNERS CARDIO 9AM-9:30AM GYM GUIDE FOR BEGINNERS 1PM-1:30PM	15
16	17 GYM GUIDE FOR BEGINNERS 9AM-9:30AM BEGINNERS CARDIO 1PM-1:30PM	18 ELDERS GYM GUIDE 9AM-10AM CARDIO CLASS 1PM-1:30PM	19 CARDIO CLASS 9 AM-9:30AM MEDITATION CLASS 1PM-1:45PM	20 HIT CLASS 9 AM & 1 PM	21 MEDITATION CLASS 9AM-9:30AM CHAIR EXERCISE (ELDERS FRIENDLY) 2PM-3PM	22
23	24 CARDIO CLASS 9 AM-9:30AM	25 GYM GUIDE FOR BEGINNERS 9AM-9:30AM BEGINNERS CARDIO 1PM-1:30PM	26 HIT CLASS 9 AM & 1 PM	27 CARDIO CLASS 9 AM-9:30AM MEDITATION CLASS 1PM-1:45PM	28 COOKING: QUICK EASY OATS ON THE GO! 11 AM	

Be sure to **Sign-Up** for classes, entry will close once capacity is met.

**COME JOIN US IN CLASS !!**





PHARMACY

**February** marks American Heart Month, a time dedicated to raising

awareness about cardiovascular health. Your trusted pharmacy is committed to supporting your well-being, and in this special edition newsletter, we focus on what the pharmacy can do to promote heart health. Join us in understanding the vital role your pharmacy plays in caring for your heart.

*In-Depth Q&A Session with our Pharmacist:*

***Q1: What are the key factors contributing to heart health, and how can individuals maintain a healthy heart?***

Our pharmacist emphasizes that the key components of heart health include:

- **Balanced Diet:** Eating heart-healthy foods like fruits, vegetables, whole grains, and lean proteins can help lower cholesterol and blood pressure.
- **Regular Exercise:** Aim for at least 30 minutes of moderate activity most days of the week to strengthen your heart and improve circulation.
- **Stress Management:** Chronic stress can harm the heart, so finding ways to relax, such as through meditation, deep breathing, or yoga, is important.

Practical Tips:

- Try swapping processed snacks with healthier options like nuts and fruits.
- Go for daily walks or take the stairs instead of the elevator.
- Practice relaxation techniques such as deep breathing or journaling.

***Q2: Understanding Heart Medications***

There are many types of medications used to treat heart conditions, and our pharmacist can help explain how they work:

- **Beta-blockers:** These help to lower blood pressure and heart rate, reducing strain on the heart.
- **Statins:** Used to lower cholesterol levels, which can reduce the risk of heart attacks and strokes.



## PHARMACY CONTINUED



- **ACE inhibitors:** These help relax blood vessels, making it easier for the heart to pump blood.

Medication adherence is key to managing heart conditions. Missing doses can impact how well the medication works, so it's important to take medications exactly as prescribed.

### ***Q3: Lifestyle Modifications for Heart Wellness:***

Making positive changes to your lifestyle can significantly improve heart health. Here are some tips shared by our pharmacist:

- **Quit Smoking:** Smoking damages blood vessels and increases heart disease risk. Quitting can greatly improve your heart's health.
- **Manage Cholesterol:** Reducing saturated fat and eating foods high in omega-3 fatty acids (like fish) can help manage cholesterol.
- **Heart-Healthy Foods:** Incorporate more foods like leafy greens, beans, and whole grains into your meals. Limit salt and processed foods.

Practical Tips:

- Try using olive oil instead of butter.
- Start your day with a healthy breakfast of oatmeal or a smoothie with greens.

### ***Q4: Over-the-Counter Supplements for Heart Support:***

Certain over-the-counter supplements can support heart health. Our pharmacist shares some options:

- **Fish Oil:** Rich in omega-3 fatty acids, which can help reduce triglyceride levels and inflammation.
- **CoQ10:** This antioxidant may help improve heart function and protect cells from damage.
- **Magnesium:** Important for regulating blood pressure and supporting overall heart function.

Before starting any new supplement, it's important to talk to your pharmacist, especially if you're taking prescription medications, as some supplements may interact with your current treatments.



# DENTAL



## THE TRUTH ABOUT JUICE

BECAUSE JUICE IS HIGH IN SUGAR AND CALORIES, WATER AND MILK ARE ALWAYS THE BEST OPTIONS FOR YOUR LITTLE ONE. IN FACT, WATER AND MILK ARE THE BEST BEVERAGES FOR YOUR TEETH, PERIOD. (THAT GOES FOR GROWN-UPS, TOO.)

IF YOUR CHILDREN DRINK JUICE, HERE ARE TWO THINGS TO KNOW:

- THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS THAT CHILDREN AGES 1-6 HAVE NO MORE THAN 4-6 OZ. OF JUICE EACH DAY. CHILDREN AGES 7 TO 18 SHOULD DRINK NO MORE THAN 8-12 OZ. (MANY JUICE BOXES ARE ABOUT 6 OZ., SO YOUNGER CHILDREN SHOULD HAVE NO MORE THAN ONE PER DAY, AND OLDER CHILDREN NO MORE THAN TWO.)
- ALLOWING YOUR CHILD TO SIP ON JUICE THROUGHOUT THE DAY PUTS HIM OR HER AT HIGHER RISK FOR TOOTH DECAY BECAUSE YOU'RE GIVING THAT CAVITY-CAUSING BACTERIA MORE OPPORTUNITIES TO EAT AND PRODUCE THE ACID THAT EATS AWAY AT TEETH. THIS CAN ALSO HAPPEN WITH JUICE THAT IS WATERED DOWN. "EVEN THOUGH THE VOLUME OF SUGAR HAS DECREASED, YOU'VE ADDED THE TIME THAT IT TAKES TO DRINK IT," DR. SHENKIN SAYS.

### SO WHAT'S A PARENT TO DO?

LIMIT THE AMOUNT OF JUICE YOUR CHILDREN DRINK, AND ALWAYS OFFER WATER OR MILK FIRST. IF YOUR CHILD DOES DRINK JUICE, SERVE THE RECOMMENDED, AGE-APPROPRIATE LIMITS AT MEALTIMES ONLY. WHEN YOUR FAMILY IS DONE EATING, CLEAN UP ANY LEFTOVER JUICE INSTEAD OF LETTING YOUR CHILDREN LEAVE THE TABLE WITH IT. FOR MORE INFORMATION VISIT [MOUTHHEALTHY.ORG](http://MOUTHHEALTHY.ORG)

# Valentine's **CRAFT MARKET**

*Saturday, February 8, 2025*

*10AM - 4PM*

*Shop Handmade Local Crafts, Gifts,  
Treats and Indian Taco Sale*

*Beaded Items  
Accessories  
Ribbon Skirts  
Native Crafts*



*Raffle Prizes  
Jewelry  
Treats & Gifts  
Leather Goods*



**\$1 EACH TICKET OR  
\$5 FOR 6 TICKETS**

**EVENT LOCATION:**

**1316 SACKETT ST, LV 89106**

Located at the Las Vegas Paiute Tribe Multipurpose Building

**SPONSORED BY THE LVPT HHS**

**VENDOR INFORMATION:**

**CALL: (702) 916-3983 or**

**EMAIL: [craftmarket@lvpaiute.com](mailto:craftmarket@lvpaiute.com)**



The image features a stylized American flag with red, white, and blue horizontal stripes and white stars on a blue background. The stripes are wavy and have a brushstroke-like texture. The text is centered on a white background.

*We Will Be*

**CLOSED**

*on*

**PRESIDENTS**

**DAY**

**FEBRUARY 17**