


LAS VEGAS PAIUTE TRIBE HEALTH & HUMAN SERVICES


Las Vegas Paiute Tribe
Health and Human Services

.....
March 2025 Newsletter
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Happy
St. Patrick's
Day



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-6PM

1st

ANNUAL

Youth
21 & under

**LVPT
BASKETBALL
TOURNAMENT**

Located at 1279 Paiute Circle

March 21, 2025

10 am - 2 pm

Hosted By:

**LVPT Police Department
& HHS**

**Calling all Basketball
players!!**

**COME ONE
COME ALL**



**Please Register
by March 17, 2025**

**FOOD & REFRESHMENTS
WILL BE PROVIDED!**

Be sure to REGISTER for the tournament!
Tribal members, Descendants and Employees are
able to register friends and family!



PHARMACY NEWS

MARCH MARKS THE BEGINNING OF **ALLERGY SEASON**. COMMON ALLERGENS ARE POLLEN FROM TREES, DUST MITES, FOOD, MOLD, AND PET DANDER. SYMPTOMS OF ALLERGIES CAN VARY DEPENDING ON THE ALLERGEN AND THE INDIVIDUAL'S SENSITIVITY, BUT COMMON SYMPTOMS MAY INCLUDE:

- 1.SNEEZING
 - 2.RUNNY OR STUFFY NOSE
 - 3.WATERY OR ITCHY EYES
 - 4.COUGHING
 - 5.WHEEZING
 - 6.SHORTNESS OF BREATH
 - 7.RASH OR HIVES
 - 8.SWELLING
 - 9.STOMACH PAIN, DIARRHEA, OR VOMITING (IN THE CASE OF FOOD ALLERGIES)
- ANAPHYLAXIS (A SEVERE ALLERGIC REACTION CHARACTERIZED BY DIFFICULTY BREATHING, A DROP IN BLOOD PRESSURE, AND LOSS OF CONSCIOUSNESS)

STRATEGIES FOR MANAGING ALLERGIES INCLUDE:

- 1.AVOIDANCE: WHENEVER POSSIBLE, AVOID EXPOSURE TO KNOWN ALLERGENS. FOR EXAMPLE, KEEP WINDOWS CLOSED DURING HIGH POLLEN SEASONS, USE ALLERGEN-PROOF COVERS ON BEDDING TO REDUCE EXPOSURE TO DUST MITES, AND AVOID CONTACT WITH PETS IF YOU'RE ALLERGIC TO PET DANDER.
- 2.MEDICATIONS: OVER-THE-COUNTER AND PRESCRIPTION MEDICATIONS CAN HELP ALLEVIATE ALLERGY SYMPTOMS. ANTIHISTAMINES CAN HELP RELIEVE SNEEZING, ITCHING, AND RUNNY NOSE, WHILE DECONGESTANTS CAN REDUCE NASAL CONGESTION. NASAL CORTICOSTEROIDS CAN ALSO BE EFFECTIVE IN REDUCING INFLAMMATION IN THE NASAL PASSAGES.
- 3.IMMUNOTHERAPY: ALLERGY SHOTS OR SUBLINGUAL TABLETS CAN BE USED TO DESENSITIZE THE IMMUNE SYSTEM TO SPECIFIC ALLERGENS OVER TIME, REDUCING THE SEVERITY OF ALLERGIC REACTIONS.
- 4.ALLERGY-PROOFING YOUR HOME: TAKE STEPS TO MINIMIZE ALLERGENS IN YOUR HOME, SUCH AS REGULARLY CLEANING AND VACUUMING, USING AIR PURIFIERS WITH HEPA FILTERS, AND KEEPING HUMIDITY LEVELS LOW TO PREVENT MOLD GROWTH.
- 5.EMERGENCY ACTION PLAN: FOR INDIVIDUALS WITH SEVERE ALLERGIES, PARTICULARLY THOSE AT RISK OF ANAPHYLAXIS, IT'S IMPORTANT TO HAVE AN EMERGENCY ACTION PLAN IN PLACE. THIS MAY INCLUDE CARRYING EPINEPHRINE AUTO-INJECTORS (SUCH AS EPIPEN) AND KNOWING HOW TO USE THEM IN CASE OF A SEVERE ALLERGIC REACTION.

SPRING CLEANING FOR HEALTH

ON **MARCH 27TH** THE PHARMACY WILL HOST A **PRESCRIPTION DRUG TAKE BACK EVENT**.

AN ORGANIZED INITIATIVE AIMED AT PROVIDING A SAFE AND RESPONSIBLE WAY FOR PATIENTS TO DISPOSE OF THEIR UNUSED OR EXPIRED PRESCRIPTION MEDICATIONS.

JUST STOP BY THE PHARMACY WHERE YOU CAN DISPOSE OF THESE DRUGS WITHOUT ANY QUESTIONS ASKED.



SDPI

WELLNESS CENTER GRAND OPENING







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



WELLNESS CENTER IS
OPEN
MONDAY-FRIDAY 8AM-6PM

***WE WILL BE CLOSED
MARCH 24-27TH***

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)

*****WE WILL BE CLOSED
MARCH 24-27TH*****

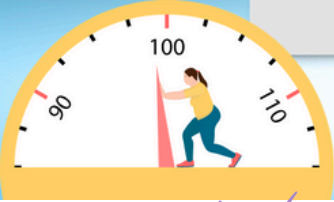
**Congratulations to the
Weight LOSS Challenge winners! Great job ladies, please
come to the Wellness Center to receive your Prize!**

Winners

Eunice Bahe
-6.5 lbs

Janea Mahone
- 8 lbs

TIE
Crystal Thomas
&
Cassandra Stewart
-5 lbs



March

SDPI

2025

Health & Wellness Center
Gym Schedule

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
2 RELAX	3 Beginners Gym Guide 9 AM	4	5	6	7 Stretch & Flex 9 AM	8
9 HAVE FUN	10	11 Chair Exercise (Elders) 9 AM	12	13	14 Oats on the GO! 10 am Cooking Class	15
16 Self CARE	17 Chair Exercise (Elders) 9 AM	18	19	20	21 Chair Exercise (Elders) 9 AM	22
23 Be Present	●————— Gym CLOSED —————●				28 OPEN	29
30 TRUST THE process	31 Stretch & Flex 9 AM					

March towards your Victory this month!

Hours: 8 AM - 6 PM, M-F





Spring Event
**CRAFT
MARKET**
March 15, 2025
10am to 4pm

**SHOP HANDMADE LOCAL CRAFTS,
GIFTS, TREATS & MORE!**

Beaded Items
Accessories
Ribbon Skirts
Native Crafts



Raffle Prizes
Jewelry
Treats & Gifts
Leather Goods

EVERYONE IS WELCOME

FREE
ADMISSION



EVENT LOCATION:
1316 SACKETT ST, LV 89106

Located at the Las Vegas Paiute Tribe Multipurpose Building

SPONSORED BY THE LVPT HHS



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

VENDOR INFORMATION:

CALL: (702) 916-3983 or

EMAIL: craftmarket@lvpaiute.com



JAN



Resolve to Be Ready
#WinterReady

FEB



National Canned Food Month
#WinterReady

MAR



"It's Not Luck" Campaign
Spring and Flood Safety
National Tsunami Awareness Week

APR



National Financial Capability Month
Severe Weather Safety
#SafePlaceSelfie Day

MAY



National Wildfire Awareness Month
National Hurricane Preparedness Week
Don't Fry Day

JUN



#SummerReady
Pet Preparedness Month
Summer and Extreme Heat Safety
National Lightning Safety Awareness Week

JUL



#SummerReady
Fireworks Safety
Extreme Heat Safety

AUG



Back to School –
Children & Youth Preparedness
#SummerReady
Extreme Heat Safety
International Overdose Awareness Day

SEP



National Preparedness Month

OCT



Cybersecurity Awareness Month
National Fire Prevention Week
Great ShakeOut Earthquake Drills

NOV



#WinterReady
Thanksgiving Cooking Safety
Holiday Online Shopping Safety
Winter Weather Safety

DEC



#WinterReady
Resolve To Be Ready
National Influenza Vaccination Week
Winter Safety
Holiday Fire Safety
Holiday Online Shopping Safety
National App Day