


LAS VEGAS PAIUTE TRIBE


Las Vegas Paiute Tribe
Health and Human Services

HEALTH & HUMAN SERVICES

May 2024 Newsletter

CRAFT MARKET

SATURDAY MAY 4TH

SEE ATTACHED FLYER
FOR DETAILS



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 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: TUES & THURS 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-1PM

TRANSPORTATION (THEO) : MON-FRI. 8AM-5PM CALL TO SCHEDULE

SDPI



is **physical fitness** and **Sports** awareness month

We are excited to see the progress being made to our **new gymnasium** and **Wellness Center**



The wellness center will be added to the leveled area adjacent to the gray brick



What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

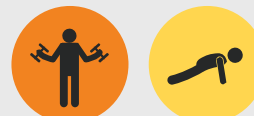
How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the “talk test” to find out.

When you’re being active, just try talking:

- If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

✓ Lower your risk of diseases like ✓ Control your blood ✓ Stay at a healthy type 2 diabetes and some cancers ✓ pressure ✓ weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan. health.gov/MoveYourWay/Activity-Planner



DENTAL

Dry mouth—also called xerostomia

This results from an inadequate flow of saliva. It is not a disease, but a symptom of a medical disorder or a side effect of certain medications, such as antihistamines, decongestants, pain killers, diuretics and many others.

Saliva is the mouth's primary defense against tooth decay and maintains the health of the soft and hard tissues in the mouth. Saliva washes away food and other debris, neutralizes acids produced by bacteria in the mouth and provides disease-fighting substances throughout the mouth, offering first-line protection against microbial invasion or overgrowth that might lead to disease.

Some of the common problems associated with dry mouth include a constant sore throat, burning sensation, trouble speaking, difficulty swallowing, hoarseness or dry nasal passages. In some cases, dry mouth can be an indicator of Sjögren's (pronounced SHOW-grins) syndrome. Sjögren's syndrome is a chronic autoimmune disorder in which the body's immune system mistakenly attacks its own moisture-producing glands, the tear-secreting and salivary glands as well as other organs.

Without saliva, extensive tooth decay can also occur. Your dentist can recommend various methods to restore moisture. Sugar-free candy or gum stimulates saliva flow, and moisture can be replaced by using artificial saliva and oral rinses. For safe, effective relief of dry mouth symptoms, look for a product with the ADA Seal of Acceptance

Mother's Day
CRAFT MARKET

SATURDAY - 5/4/2024

Shop Handmade Local Crafts & Gifts

- Beaded Items
- Native Crafts
- Ribbon Skirts
- Holiday Treats



- Raffle Prizes
- Holiday Apparel
- Jewelry
- Accessories

FREE
Admission
Everyone Is Welcome

Event Time:

10AM TO 4PM

Event Location:

1316 SACKETT ST, LV 89106

Las Vegas Paiute Tribe Multipurpose Building



FREE TOTE BAG to first 50 Shoppers!

SPONSORED BY THE LVPT HHS

*Available while supplies last.

VENDOR INFORMATION:

CALL (702) 916-3983 or EMAIL craftmarket@lvpaiute.com



POP-UP PRODUCE STANDS

BONNEVILLE TRANSIT CENTER PLAZA

101 E. BONNEVILLE AVE.

**APR. 2 & APR. 9
MAY 7 & MAY 14
JUN. 4 & JUN. 11**

**NOON - 3 PM
OR UNTIL SOLD OUT**

Come shop for a variety of affordable fruits & vegetables at the Spring Pop-Up Produce Stands. Use your SNAP/EBT card to bring home healthy nutritious foods.



www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE RESPONSIBLY.

