


# LAS VEGAS PAIUTE TRIBE

## HEALTH & HUMAN SERVICES

  
Las Vegas Paiute Tribe  
Health and Human Services

### April 2024 Newsletter

#### INDIAN TACO SALE

POW WOW FUNDRAISER:  
APRIL 19TH 10AM-  
2:00PM

SEE ATTACHED FLYER  
FOR DETAILS

#### Farmers Markets

\*<https://www.fresh52.com>

\*[lasvegasfarmersmarket.com](http://lasvegasfarmersmarket.com)

\*[prevailmarketplacellc.com](http://prevailmarketplacellc.com)

\*\*SNAP and EBT are accepted  
at many of these sites. Check  
websites to see which ones!

#### 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

LAS VEGAS PAIUTE TRIBE

# Indian Taco Sale



**FRIDAY, APRIL 19, 2024**

**10:00AM - 2:00PM**

(OR UNTIL SOLD OUT)

**@ THE LAS VEGAS PAIUTE TRIBAL SMOKE SHOP  
1225 N MAIN STREET**

**Tacos/frybread available while supplies last!**

**INDIAN TACO & DRINK: \$15**

**FRYBREAD: \$5**

**WATER OR SODA: \$2**

**POWERADE: \$4**

**PRE-ORDERS:**

**BY EMAIL: MARLA PETE  
[MPETE@LVPAIUTE.COM](mailto:MPETE@LVPAIUTE.COM)**

**BY PHONE: TAMI & RAMONA  
AT CHILD CARE CENTER  
[\(702\) 386-0040](tel:(702)386-0040)**

Please place your email or phone orders  
before noon on Thursday, 4/18/2024

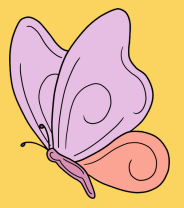
JOIN US FOR THE  
**2024 SNOW MOUNTAIN POW WOW**

OCTOBER 11TH, 12TH, & 13TH, 2024  
[LVPAIUTETRIBE.COM/POWWOW](http://LVPAIUTETRIBE.COM/POWWOW)





# SDPI



## APRIL IS STRESS AWARENESS MONTH

STRESS CAN HAVE A NEGATIVE EFFECT ON YOUR OVERALL HEALTH AND INCREASE YOUR BLOOD GLUCOSE IF YOU HAVE DIABETES.

## HOW DOES CLEANING AFFECT YOUR MENTAL HEALTH?

WHEN YOU'RE STRUGGLING WITH MENTAL HEALTH, CLEANING YOUR HOUSE IS OFTEN THE LAST THING ON YOUR MIND—ESPECIALLY IF HOUSEWORK, FOR YOU, IS JUST ANOTHER ANNOYING TASK ON YOUR TO-DO LIST.

HOWEVER, YOU MAY FIND YOU FEEL BETTER ONCE YOU START TO CLEAN, SAYS DR. BROWN.

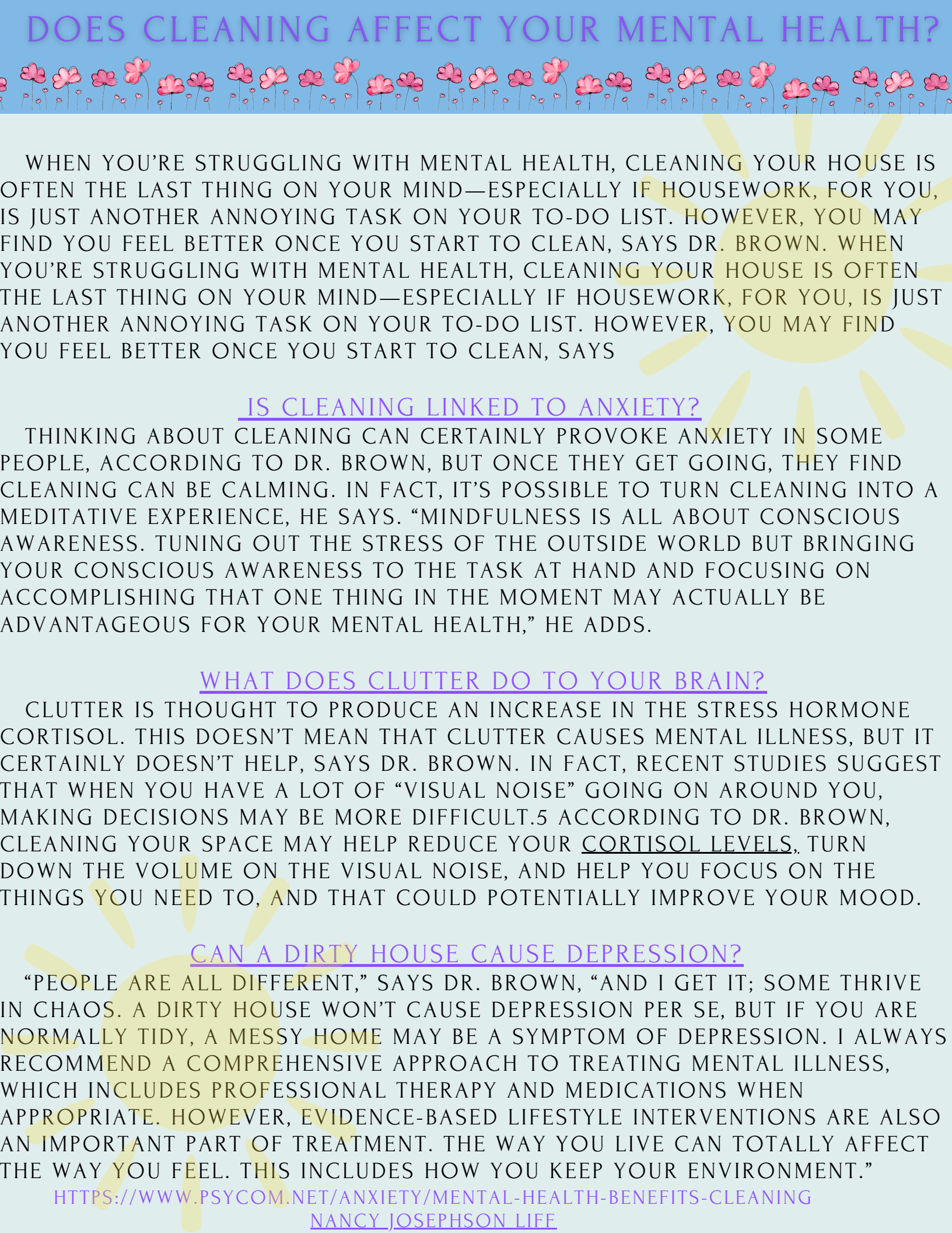
## HOW TO START CLEANING WHEN YOU DON'T WANT TO

IF YOU'RE OVERWHELMED, IT'S OKAY. IT HELPS TO REMEMBER THAT STRESS FROM CLUTTER IS SOMETHING THAT CAN BE ALLEVIATED. HERE ARE A FEW SIMPLE CHANGES YOU CAN MAKE RIGHT NOW:

- MAKE YOUR BED
- START SMALL-SET YOUR SIGHTS ON SOMETHING EASY, LIKE A DRAWER OR THE COAT CLOSET.
- USE A TIMER TO GET YOU MOTIVATED- ESPECIALLY IF YOU ARE EASILY DISTRACTED BY TASKS THAT BORE OR OVERWHELM YOU
- DECLUTTER YOUR WORKSPACE BEFORE QUITTING FOR THE DAY
- LISTEN TO A PODCAST OR MUSIC YOU LOVE WHILE CLEANING



# DOES CLEANING AFFECT YOUR MENTAL HEALTH?



WHEN YOU'RE STRUGGLING WITH MENTAL HEALTH, CLEANING YOUR HOUSE IS OFTEN THE LAST THING ON YOUR MIND—ESPECIALLY IF HOUSEWORK, FOR YOU, IS JUST ANOTHER ANNOYING TASK ON YOUR TO-DO LIST. HOWEVER, YOU MAY FIND YOU FEEL BETTER ONCE YOU START TO CLEAN, SAYS DR. BROWN. WHEN YOU'RE STRUGGLING WITH MENTAL HEALTH, CLEANING YOUR HOUSE IS OFTEN THE LAST THING ON YOUR MIND—ESPECIALLY IF HOUSEWORK, FOR YOU, IS JUST ANOTHER ANNOYING TASK ON YOUR TO-DO LIST. HOWEVER, YOU MAY FIND YOU FEEL BETTER ONCE YOU START TO CLEAN, SAYS

## IS CLEANING LINKED TO ANXIETY?

THINKING ABOUT CLEANING CAN CERTAINLY PROVOKE ANXIETY IN SOME PEOPLE, ACCORDING TO DR. BROWN, BUT ONCE THEY GET GOING, THEY FIND CLEANING CAN BE CALMING. IN FACT, IT'S POSSIBLE TO TURN CLEANING INTO A MEDITATIVE EXPERIENCE, HE SAYS. "MINDFULNESS IS ALL ABOUT CONSCIOUS AWARENESS. TUNING OUT THE STRESS OF THE OUTSIDE WORLD BUT BRINGING YOUR CONSCIOUS AWARENESS TO THE TASK AT HAND AND FOCUSING ON ACCOMPLISHING THAT ONE THING IN THE MOMENT MAY ACTUALLY BE ADVANTAGEOUS FOR YOUR MENTAL HEALTH," HE ADDS.

## WHAT DOES CLUTTER DO TO YOUR BRAIN?

CLUTTER IS THOUGHT TO PRODUCE AN INCREASE IN THE STRESS HORMONE CORTISOL. THIS DOESN'T MEAN THAT CLUTTER CAUSES MENTAL ILLNESS, BUT IT CERTAINLY DOESN'T HELP, SAYS DR. BROWN. IN FACT, RECENT STUDIES SUGGEST THAT WHEN YOU HAVE A LOT OF "VISUAL NOISE" GOING ON AROUND YOU, MAKING DECISIONS MAY BE MORE DIFFICULT.<sup>5</sup> ACCORDING TO DR. BROWN, CLEANING YOUR SPACE MAY HELP REDUCE YOUR CORTISOL LEVELS, TURN DOWN THE VOLUME ON THE VISUAL NOISE, AND HELP YOU FOCUS ON THE THINGS YOU NEED TO, AND THAT COULD POTENTIALLY IMPROVE YOUR MOOD.

## CAN A DIRTY HOUSE CAUSE DEPRESSION?

"PEOPLE ARE ALL DIFFERENT," SAYS DR. BROWN, "AND I GET IT; SOME THRIVE IN CHAOS. A DIRTY HOUSE WON'T CAUSE DEPRESSION PER SE, BUT IF YOU ARE NORMALLY TIDY, A MESSY HOME MAY BE A SYMPTOM OF DEPRESSION. I ALWAYS RECOMMEND A COMPREHENSIVE APPROACH TO TREATING MENTAL ILLNESS, WHICH INCLUDES PROFESSIONAL THERAPY AND MEDICATIONS WHEN APPROPRIATE. HOWEVER, EVIDENCE-BASED LIFESTYLE INTERVENTIONS ARE ALSO AN IMPORTANT PART OF TREATMENT. THE WAY YOU LIVE CAN TOTALLY AFFECT THE WAY YOU FEEL. THIS INCLUDES HOW YOU KEEP YOUR ENVIRONMENT."

[HTTPS://WWW.PSYCOM.NET/ANXIETY/MENTAL-HEALTH-BENEFITS-CLEANING](https://www.psychom.net/anxiety/mental-health-benefits-cleaning)  
[NANCY JOSEPHSON LIFF](#)

# SPRING CLEANING FROM MERRYMAIDS.COM



## EVERY ROOM

- WASH BASEBOARDS, DOOR CEILINGS, WINDOW SILLS, DOORS, AND WALLS.
- VACUUM AND WASH VENTS.
- WASH WINDOW TREATMENTS (DRAPES, ETC.).
- DUST BLINDS.
- WASH WINDOWS - INSIDE AND OUT
- DUST AND SHINE OVERHEAD LIGHTS - REPLACE BURNT LIGHT BULBS.
- DUST AND/OR VACUUM LIGHT FIXTURES AND LAMP SHADES.

## KITCHEN

- CLEAN OUT PANTRY.
- WASH KITCHEN CABINETS.
- DEEP CLEAN OVEN.
- MOVE FRIDGE - VACUUM AND MOP BEHIND IT.
- VACUUM COILS ON FRIDGE.
- DEEP CLEAN FRIDGE INSIDE - WASH OUTSIDE.

## LIVING ROOM

- DUST AND WASH ANY AND ALL MIRRORS, FRAMES, AND DECORATIVE ITEMS.
- VACUUM ALL UPHOLSTERY.
- VACUUM ALL LAMP SHADES.
- DUST FURNITURE AND FIXTURES.
- WASH ALL THROW PILLOWS AND BLANKETS (USE STEAM).
- DUST AND POLISH FURNITURE.
- VACUUM AND SHAMPOO CARPETS - MOP AND WAX IF NECESSARY.

## BEDROOM

- WASH ALL BEDDING.
- WASH ALL BED AND THROW PILLOWS.
- FLIP MATTRESS - IF USING PILLOW TOP, ROTATE MATTRESS.
- PURGE ANYTHING STORED UNDER BED YOU DON'T WANT ANYMORE.
- DONATE ANY UNUSED CLOTHES ITEMS TO GOODWILL, THE SALVATION ARMY, OR OTHER LOCAL COMMUNITY ORGANIZATIONS.

## HOME

- CHANGE BATTERIES IN SMOKE AND CARBON MONOXIDE DETECTORS.
- CHECK ALL ELECTRONICS, MAKE SURE THEY ARE PLUGGED IN, CORDS ARE UNTANGLED AND EVERYTHING IS PLUGGED INTO A SURGE PROTECTOR.
- CHECK EXPIRATION DATE ON FIRE EXTINGUISHER.
- SWEEP FRONT PORCH AND BACK DECK.
- STORE ALL WINTER ITEMS, CLOTHES, AND DECORATIONS.
- DISINFECT ALL COMPUTER KEYBOARDS AND MOUSE - USE COMPRESSED AIR TO REMOVE CRUMBS, DUST AND OTHER PARTICULATES. USE A DAMPENED MICROFIBER CLOTH AND WIPE THE KEYS DOWN. USE DRY MICROFIBER TO REMOVE ANY LEFTOVER MOISTURE. DISINFECTANT WIPES ARE OKAY TO USE AS WELL.

## BATHROOM

- CLEAN AND DISINFECT TUB AND SHOWER.
- WASH BATHMATS.
- DUST AND REPLACE DECORATIVE ITEMS.
- WASH AND/OR REPLACE SHOWER LINERS AND SHOWER CURTAINS.

# DENTAL

## NATURAL TEETH WHITENING: FACT VS. FICTION

WHEN IT COMES TO TEETH WHITENING, YOU MAY SEE MANY DIFFERENT METHODS FEATURED ONLINE AND IN MAGAZINES—FROM OIL PULLING TO CHARCOAL, AND EVEN TURMERIC. IT'S NO SURPRISE THAT DIY WHITENING IS TOP OF MIND, EITHER. WHEN THE AMERICAN ACADEMY OF COSMETIC DENTISTRY ASKED PEOPLE WHAT THEY'D MOST LIKE TO IMPROVE THEIR SMILE, THE MOST COMMON RESPONSE WAS WHITER TEETH.

HEALTHY SMILES COME IN MANY SHADES, THOUGH IT'S TEMPTING TO THINK INGREDIENTS IN OUR OWN KITCHENS COULD HOLD THE KEY TO A BRIGHTER SMILE. STILL, JUST BECAUSE A METHOD IS NATURAL DOESN'T MEAN IT'S HEALTHY. IN FACT, **DIY WHITENING CAN DO MORE HARM THAN GOOD TO YOUR TEETH. HERE'S HOW:**

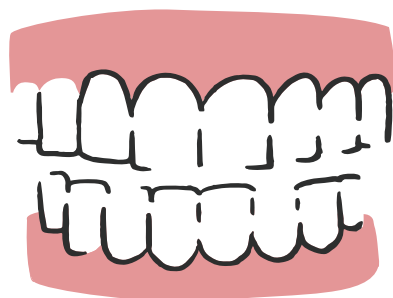
### FRUITS

#### FICTION:

THE APPROACH MAINTAINS YOU CAN MAKE YOUR TEETH WHITER AND BRIGHTER USING HOUSEHOLD STAPLES THAT ARE NATURALLY ACIDIC (LIKE LEMONS, ORANGES, APPLE CIDER VINEGAR), CONTAIN DIGESTIVE ENZYMES (SUCH AS PINEAPPLE OR MANGO) AND SOMETHING THAT IS ABRASIVE (LIKE BAKING SODA).

#### FACT:

WHEN EATEN AS USUAL, FRUIT IS A GREAT CHOICE. HOWEVER, FRUIT AND VINEGAR CONTAIN ACID, AND YOU PUT YOUR PEARLY WHITES AT RISK WHEN YOU PROLONG THEIR CONTACT WITH YOUR TEETH OR USE THEM TO SCRUB YOUR TEETH BECAUSE ACID CAN WEAR AWAY YOUR ENAMEL. ENAMEL IS THE THIN OUTER COATING OF YOUR TEETH THAT PROTECTS YOU FROM TOOTH SENSITIVITY AND CAVITIES.



CONTINUED ON NEXT PAGE

## SCRUBS

### FICTION:

THESE METHODS CLAIM THAT SCRUBBING YOUR TEETH WITH INGREDIENTS LIKE ACTIVATED CHARCOAL OR A BAKING SODA-HYDROGEN PEROXIDE PASTE WILL BRING A SHINE BACK TO YOUR SMILE.

### FACT:

THERE IS NO EVIDENCE THAT SHOWS DENTAL PRODUCTS WITH CHARCOAL ARE SAFE OR EFFECTIVE FOR YOUR TEETH, ACCORDING TO THE SEPTEMBER 2017 ISSUE OF THE JOURNAL OF THE AMERICAN DENTAL ASSOCIATION.

ALSO, USING MATERIALS THAT ARE TOO ABRASIVE ON YOUR TEETH CAN ACTUALLY MAKE THEM LOOK MORE YELLOW. ENAMEL IS WHAT YOU'RE LOOKING TO WHITEN, BUT IF YOU'RE USING A SCRUB THAT IS TOO ROUGH, YOU CAN ACTUALLY WEAR IT AWAY. WHEN THAT HAPPENS, THE NEXT LAYER OF YOUR TOOTH CAN BECOME EXPOSED – A SOFTER, YELLOW TISSUE CALLED DENTIN. INSTEAD, CHOOSE A WHITENING TOOTHPASTE WITH THE ADA SEAL OF ACCEPTANCE. THE SEAL LETS YOU KNOW THE TOOTHPASTE YOU CHOOSE IS SAFE, EFFECTIVE AND WON'T DAMAGE YOUR TEETH.

## SPICES AND OILS

### FICTION:

SWISHING OILS LIKE COCONUT OIL IN YOUR MOUTH (OIL PULLING) OR USING SPICES LIKE TURMERIC CAN HELP WHITEN YOUR TEETH.

### FACT:

THERE IS NO RELIABLE SCIENTIFIC EVIDENCE TO SHOW OIL PULLING OR TURMERIC WHITENS TEETH. SAVE THE OIL AND SPICES FOR HEALTHY MEALS INSTEAD.

## STILL INTERESTED IN WHITENING?

THE BEST NATURAL WAYS TO KEEP YOUR TEETH WHITE ARE EVERYDAY HEALTHY HABITS, INCLUDING:


- BRUSHING YOUR TEETH TWICE A DAY FOR TWO MINUTES
- USE A WHITENING TOOTHPASTE WITH THE ADA SEAL OF ACCEPTANCE
- CLEANING BETWEEN YOUR TEETH ONCE A DAY
- LIMITING FOODS THAT STAIN YOUR TEETH, LIKE COFFEE, TEA AND RED WINE
- NOT SMOKING OR USING TOBACCO
- REGULAR VISITS TO YOUR DENTIST FOR CHECKUPS AND CLEANINGS







# PHARMACY





 **April Allergy Awareness:** April is here, and you know what that means – springtime! While many of us love seeing flowers bloom and trees sprout new leaves, this time of year can also bring allergies. Allergies happen when our bodies react to things like pollen, dust, or pet dander. Common allergy symptoms include sneezing, stuffy or runny nose, itchy eyes, and coughing.

 **Tips for Dealing with Allergies:** Don't let allergies ruin your springtime fun! Here are some tips to help you manage allergies:

1. **Stay Indoors on High-Pollen Days:** Check the pollen forecast, and if it's high, try to stay indoors as much as possible.
2. **Keep Windows Closed:** Keep windows closed at home and in the car to prevent pollen from coming inside.
3. **Wash Up:** After playing outside, wash your hands and change your clothes to remove any pollen that might be on them.
4. **Use Allergy Medicine:** If your allergies are bothering you, ask your parents or guardians if you can take allergy medicine to help relieve your symptoms.

 **Natural Remedies:** Alongside medicines, there are also some natural remedies that people use to help with allergies. Honey is thought to help with hay fever, while saline nasal rinses can flush out allergens from your nose.

 **Fun Fact:** Did You Know? April is National Allergy Awareness Month! It's a time when people all over the country raise awareness about allergies and learn how to manage them better.

 **Medication Safety:** As part of our commitment to medication safety, we remind our readers to regularly review their medication regimens with their pharmacists or healthcare providers. This includes checking for potential drug interactions, proper storage of medications, and adherence to prescribed dosages.

Your pharmacist is here to help ensure the safe and effective use of your medications.







# 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](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE RESPONSIBLY.





American Heart Association.

Healthy for Good™

**WALK  
MORE.  
STRESS  
LESS.**



## National Walking Day

A walk is not just good for your body, it's good for your soul. But recent reports show that walking rates are declining steadily in this country. This trend affects the health of people you know and love. Let's move together to reduce our stress and renew our hearts.

Connect with others across the nation in celebration of National Walking Day. Post a picture or video from your walk to social media, using the hashtag **#WalkingDay**.

[HEART.ORG/MOVMORE](https://heart.org/movemore)

**APRIL 3 2024**



**DID YOU KNOW...**



**OUR LAS VEGAS PAIUTE HHS  
CLINIC PUTS OUT THIS  
MONTHLY NEWSLETTER WITH  
HEALTH TIPS AND UPCOMING  
EVENTS AND ACTIVITIES.**

**YOU CAN ACCESS IT AT  
[WWW.LVPAIUTETRIBE.COM/HHS](http://WWW.LVPAIUTETRIBE.COM/HHS)**

**(GO TO LVPAIUTE.COM AND IT'S  
UNDER DEPARTMENTS-HEALTH AND  
HUMAN SERVICES)**