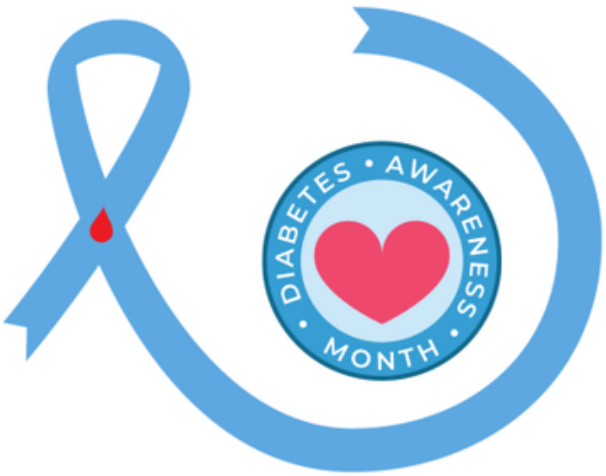


LAS VEGAS PAIUTE TRIBE HEALTH & HUMAN SERVICES

November 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) WED-FRIDAY 9:30AM-3:30 PM

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

DR.WAITE(PODIATRY):MON, TUES,THURS 8:30-4:00PM ,WED 8:30-11:00AM; FRIDAY EVERY OTHER WEEK 8:30-4PM

BEHAVIOR HEALTH

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

DR.CRUEY,PSYCHIATRIST:MON-FRI 8AM-5PM

MANUELA REID,LCSW: MON.-FRI 9AM-3PM

ADDITIONAL SERVICES

OPTICAL:MON-FRI 8AM-5PM

DENTAL: MON-FRI. 8AM-5PM

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

WELLNESS CENTER: MON-FRI 8AM-6PM

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

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

Wellness Center

NOVEMBER 2026

Health & Wellness Center
Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Strength Trng. Elders 9AM	3 Tai Chi Beginners 9AM	4 Dance Class Fit 12PM	5 Tai Chi Beginners 9AM	6 Chair Volleyball 12PM	7
8	9 Elders Balance 9AM	10 Tai Chi Beginners 9AM	11 VETERANS DAY CLOSED	12 Food Demo 12 PM	13 Dance Class Fit 12PM	14
15	16 Pick A Card Workout 10AM	17 Tai Chi Beginners 9AM	18 Dance Class Fit 12PM	19 Tai Chi Beginners 9AM	20 Dance Class Fit 12PM	21
22	23 Strength Trng. Elders 9AM	24 Tai Chi Beginners 9AM	25 Beginners Weight Trng 9AM	26 Happy Thanksgiving CLOSED	27 Happy family DAY CLOSED	28
29	30 Pick A Card Workout 10AM	1	2	3	4	5

Give Thanks







Take Charge of Tomorrow

National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, istoo high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov □□□□□@niddkgov

American Diabetes Association®

Share Your Feeeback

Food & Nutrition FAQs

Who on my diabetes care team do I talk to about nutrition?



Anyone on your diabetescare team can answer general questions, but it's best to talk to a registered dietitian nutritionist (RDN) about nutrition and your eating plan.

Is there one diet people with diabetes should follow?

There isn't one single “diet” for managing diabetes—there are many types of eating patterns people can follow.

One place to start is the **Diabetes Plate**:

- Fill half your 9” plate with non-starchy vegetables
- Fill 1/4 with lean protein foods
- Fill 1/4 with a quality carbohydrate (starchy vegetables, beans, fruits, whole grains, low fat milk or yogurt)
- Choose a low-calorie drink, like water, unsweetened tea, or coffee



Talk to your RDN to create an eating plan to meet your needs and to help you reach your health goals.

Do I need tothinkaboutthe amount of fat in the foods I eat?

- Focuson choosing the righttypes of fats andkeep portions small.
- Monounsaturated fats: Found in olive oil, avocados, nuts, and seeds help lower "bad" LDL cholesterol while maintaining "good" HDL.
- Polyunsaturated fats: Found in fatty fish, flaxseed, walnuts, and sunflower oil, contain omega-3 and omega-6 fatty acids, which support brain and heart health.
- Limit or avoid saturated fats: Found in butter, red meat, full-fat dairy, and coconut oil. These can raise LDL cholesterol and increase the risk of heart disease if you eat too much of them.

Do I need to lower the amount of sodium in my eating plan?

- Limit the amount of sodium youeat to lessthan 2,300 milligrams per day.
- Most of the sodium we eat comes from highly processed food, so try to eat mostly wholefoods.
- When eating packaged or canned foods, lookfor “low sodium” or “no-added-salt” or minimally processed on their labels.
- Low sodium packaged or canned foods contain 140mg of sodium or less per serving.

What are quality carbs I can choose?

Choosenutrient-rich—aimfor 2.5gfiberormore per serving—and minimally processed carbs for your meal plan. Foods that are higher in carbs include starchy vegetables, beans, fruits, whole grains and low-fat dairy. These foods have the largest effect on blood glucose (blood sugar). Here are some examples of quality carbs:

- Starchy vegetables: potatoes, sweet potatoes, corn, and winter squash
- Beans: kidney, black, pinto, chickpeas, and lentils
- Fruits: fresh, frozen, dried, or canned in fruit juice
- Dairy: low-fat milk, yogurt, and plant-based milk (e.g., soy milk)
- Whole grains: quinoa, oats, brown rice, and whole grain products (pastas, bread, and tortillas).



If you’re taking insulin, you should work with an RDN or certified diabetes care and education specialist (CDCES) to be sure your eating plan has the carbs needed for your insulin plan.

This infographic is based on recommendations from the ADA’s *Standards of Care in Diabetes—2025*

Patient version

American Diabetes Association®

Guidelines InSIGHT
Your visualguidetotheguidelines

Exercise and Nutrition

Why?

Eating healthier and being active can help improve:

- Blood glucose (blood sugar)
- Blood pressure
- Cholesterol levels
- Weight

How?

Get Active!



Engage in at least 150 minutes or more of moderate or vigorous physical activity per week



For older adults, complete flexibility and balance training 2-3 times per week



Engage in resistance exercises 2-3 times per week



Interrupt sitting every 30 minutes

Eat Healthier!



Work with a Registered Dietitian Nutritionist to find an eating plan that's right for you



Work toward maintaining a healthy weight

Different eating plans can be considered for preventing and managing diabetes. Visit diabetesfoodhub.org for eating plans.



Not all activities are right for everyone with diabetes. Be careful when starting new activities, and check with your doctor if you have questions.

Learn more at **diabetes.org** | 1-800-DIABETES (1-800-342-2383)

Supported in part by Time in Range™—a diabetes technology initiative of the American Diabetes Association® (ADA)



Irrational Beliefs vs. Rational Shifts



Submitted by Steven Bonn, LMFT, LCADC
originally identified by Dr. Albert Ellis, founder of Rational Emotive Behavior Therapy

1. Seeking Approval vs. Needing It

- **The Old Belief**: "Everyone I care about must like me at all times, and I can't tolerate anyone being upset with me."
- **Everyday Example**: It feels great when your boss praises your presentation or a friend loves your post. But if a coworker seems distant or an acquaintance disagrees with you, it doesn't mean your day is ruined.
- **The New Reality**: Getting approval is lovely, but it's a bonus, not oxygen. You can survive—and still be completely fine—even if someone doesn't like you.

2. Perfectionism vs. Self-Acceptance

- **The Old Belief**: "If I fail at anything or make a single mistake, I am a total failure as a person."
- **Everyday Example**: Burnt dinner? Missed a deadline? That means you made a mistake on a specific task—it doesn't mean you're a bad or useless human being.
- **The New Reality**: Aiming high is great, but expecting perfection is a trap. Your worth as a person is separate from your performance or scorecards.

3. Harsh Judgment vs. Human Reality

- **The Old Belief**: "People must always act fairly and kindly. If they don't, they are terrible people who deserve to suffer."
- **Everyday Example**: When someone cuts you off in traffic or acts rudely in line, getting furious and wishing bad luck on them won't fix their driving or teach them manners—it just ruins your own mood.
- **The New Reality**: People act selfishly or foolishly sometimes. It's frustrating, but raging about human imperfection only hurts you, not them.

4. Entitlement vs. Adaptability

- **The Old Belief**: "Life has to go the way I planned, or else it's completely unbearable."
- **Everyday Example**: You booked a beach vacation and it rained every day. It's disappointing, but treat it as a chance to explore local cafes or read rather than declaring the trip "ruined."
- **The New Reality**: There's no universal law that says life must cater to your plans. Disappointments happen, and you are strong enough to adapt to them.

Continued

5. Blaming Outside Events vs. Owning Your Thoughts

- **The Old Belief**: "Other people and bad situations make me feel miserable, and I'm helpless to change it."
- **Everyday Example**: Two people get stuck in the exact same traffic jam. One screams at the steering wheel; the other listens to an audiobook. The traffic is identical—their thoughts make the difference.
- **The New Reality**: External events trigger situations, but your interpretation creates your emotions. You can't control everything around you, but you can train how you respond.

6. Constant Worry vs. Useful Action

- **The Old Belief**: "If I keep obsessing over worst-case scenarios, I'll protect myself from bad things happening."
- **Everyday Example**: Worrying all night about an upcoming flight won't prevent turbulence—it just guarantees you'll be exhausted and stressed when you board.
- **The New Reality**: Anxiety isn't a shield. Worrying doesn't stop bad events from happening; it just steals your peace in the present moment.

7. Avoidance vs. Facing Challenges

- **The Old Belief**: "It's easier to avoid difficult tasks, uncomfortable conversations, and hard decisions."
- **Everyday Example**: Ignoring a weird noise in your car engine saves you a shop visit today, but it guarantees a far more expensive breakdown on the highway next month.
- **The New Reality**: Dodging problems only gives them room to grow. Taking action early is usually far less painful than living with long-term dread and consequences.

8. Total Dependence vs. Self-Trust

- **The Old Belief**: "I'm not strong or capable enough on my own—I need someone bigger or smarter to rely on."
- **Everyday Example**: Always asking someone else to make your life choices—from career moves to personal style—keeps you feeling like a passenger in your own life.
- **The New Reality**: It's healthy to ask for advice or support, but leaning entirely on others stops you from building confidence in your own judgment.

Continued

9. Stuck in the Past vs. Living in the Present

- **The Old Belief**: "My past experiences made me who I am, so I'm permanently stuck feeling and acting this way."
- **Everyday Example**: Just because you were shy or got criticized as a child doesn't mean you are legally required to stay quiet in adult meetings today.
- **The New Reality**: Your past may explain where a belief came from, but it doesn't force you to keep it. You can examine old habits right now and choose new ones.

10. Absorbing Emotional Contagion vs. Empathy

- **The Old Belief**: "If someone I care about is sad or stressed, I am obligated to feel just as miserable as they are."
- **Everyday Example**: When a friend is going through a breakup, falling into a deep depression alongside them doesn't help them heal—it just leaves both of you struggling.
- **The New Reality**: You can offer genuine compassion and a helping hand without drowning in someone else's emotional storm.

11. Comfort Trap vs. Resilient Growth

- **The Old Belief**: "I shouldn't have to deal with pain or discomfort, and I must avoid it at all costs."
- **Everyday Example**: Skipping workouts or avoiding public speaking keeps you comfortable in the moment, but it costs you physical health and professional opportunities over time.
- **The New Reality**: Discomfort is a natural part of living and growing. Avoiding all friction makes your world smaller and smaller.

12. Demanding Perfection vs. Embracing "Good Enough"

- **The Old Belief**: "There has to be a perfect answer to every problem, and I won't move forward until I find it."
- **Everyday Example**: Waiting months to pick the "perfect" diet or business plan often leads to doing nothing at all.
- **The New Reality**: Most problems have several decent solutions. Picking a solid, workable option today beats waiting forever for a perfect one that doesn't exist.

With the holidays around the corner people always want to look their best. When the American Academy of Cosmetic Dentistry asked people what they'd most like to improve about their smile, the most common response was whiter teeth.

Natural Teeth Whitening: Fact vs. Fiction

When it comes to teeth whitening, you may see many different methods featured online and in magazines—from acidic foods to oil pulling to charcoal, and even turmeric. It's no surprise that DIY whitening is top of mind, either. Let's take a look at some common DIY recommendations.

Fruits

When eaten as just as a food group, 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.

Scrubs such as activated charcoal or baking soda/hydrogen peroxide

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 because it can wear through the enamel layer of the tooth leaving the dentin exposed.

Spices and Oils

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 (and ask your dentist about whitening)

Mouthhealthy.org

Save The Date

HOLIDAY SERIES

CRAFT MARKET

Saturday | 10AM TO 3PM

NOVEMBER 14, 2026

Saturday | 10AM TO 3PM

DECEMBER 12, 2026

Shop. Eat. Hang Out.

Grab your crew & come hang!
Food, shopping & good vibes.

Beadwork | Baked Goods | Refreshments | Hand Made Items

Ribbon Skirts | Accessories | Gifts

Las Vegas Paiute Tribe
Wellness Center Gymnasium
1279 Paiute Circle, Las Vegas, NV 89106

VENDOR INFORMATION

702-916-3983

CRAFTMARKET@LVPAIUTE.COM

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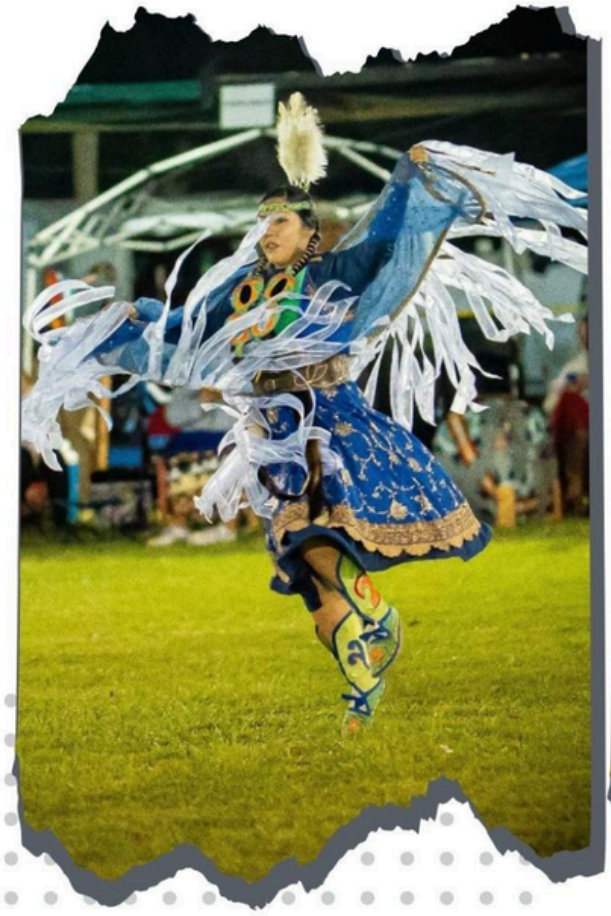
LVPTHHSCRAFTMARKET

TUESDAYS This Fall



POWWOW
DANCE CLASS
WITH THE LAS VEGAS NATIVE YOUTH DANCERS





Free Tuesday class:

This is powwow wellness. It is design to help enhanced your powwow movements. This could help you train your body to move with the different beats that the powwow drum makes.

Thursday dance class:

This is powwow dance class. The 1st hour (6 to 7pm) is sharing the basic step to the different songs. We also share the histories and stories of the dances and powwow teachings.
The 2nd hour is a alotted time to allow dancers time to dance and practice.
The space we used we pay by the hour.
Families pitch in together.

For more info text: Ms.Kerrie @ (702)741-1710

*****Tuesday classes are held every other week at the LVPT Wellness Center**

*****Thursday classes are held every week at a separate location.**