



DECEMBER 2023



# Community christmas party details.

Wreath contest ages 18+ and 60+

Coloring contest ages 0-17

MUST BE TURNED IN AT FRONT DESK BY 5:00PM Dec 15, 2023.

Best dressed who, contest will be at party!

Homemade bread (no store bought bread.)

Tortillas, frybread, karate bread.

1 raffle ticket per person who brings a dozen or pan of bread.

Looking for families to sponsor a game table! Games we have available: musical chairs, white elephant cake walk, saran wrap ball, candy cane game.

Dinner starts at 4:00 PM

Games 5:00PM

Come see santa at 6:00 PM

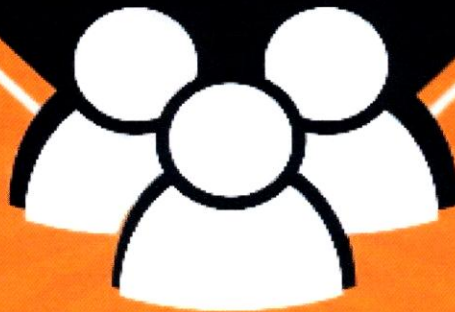


If you have questions ask Cierra or Larecia.

**APPLY  
NOW!**

**WE'RE  
HIRING!**

**JOIN OUR TEAM**



**OFFERING POSITIONS:**

**Congregate Meals Cook  
Administrative Assistant  
K-12 Activity Coordinator**

**APPLY ONLINE OR IN-PERSON**

**[hr@kaibabpaiute-nsn.gov](mailto:hr@kaibabpaiute-nsn.gov)**



JOIN US AS  
WE SWEAR IN ROLAND  
MALDONDO AS A  
TRIBAL COUNCIL  
MEMBER

Wednesday, November 22, 2023  
at 10:00 a.m.  
in Tribal Council Chambers



Light Refreshments

John McClellan  
Economic Development Director

11/17/2023

To the Esteemed Members of the Kaibab Paiute Band of Indians,  
Greetings,



I am writing to you today to introduce myself and to express my deep respect and admiration for the rich cultural heritage and community spirit of the Kaibab Paiute Band of Indians. My name is John McClellan, and I have recently assumed the role of Economic Development Director, a position I approach with great enthusiasm and a profound sense of responsibility.

I was born and raised in Northern Michigan, in the small town of Indian River. This upbringing has instilled in me a profound connection to our land and traditions. As a member of the Grand Traverse Band of Ottawa and Chippewa Indians, I carry with me the values and teachings that have been passed down through generations, which I believe will aid me greatly in my new role.

My professional journey began with my service in the United States Marine Corps from 2003 to 2011. These eight years were formative, teaching me discipline, leadership, and the importance of serving a cause greater than oneself. Following my military service, I pursued my education in Business Administration, earning a bachelor's degree from The University of the Incarnate Word in San Antonio, Texas, and later a Master of Science in Management, Strategy, and Leadership from Michigan State University in East Lansing, Michigan.

I bring to this position a wealth of experience in economic development within tribal communities. My past roles include serving as a Project Specialist, General Manager, and Director of Business Development with the Sault Ste. Marie Tribe of Chippewa Indians Economic Development Commission (EDC). In these capacities, I have honed my skills in project management, strategic planning, and community engagement.

As I step into this new role, my primary goal is to foster economic growth and sustainability that aligns with the values and needs of the Kaibab Paiute Band of Indians. I am committed to listening to and learning from the community, ensuring that our development strategies are inclusive and reflective of our shared goals.

I look forward to the opportunity to meet with you and to discuss how we can collaborate to create a thriving and resilient economic future for our community. Thank you for welcoming me into this role, and I am eager to contribute positively to our collective journey.

With respect and anticipation,

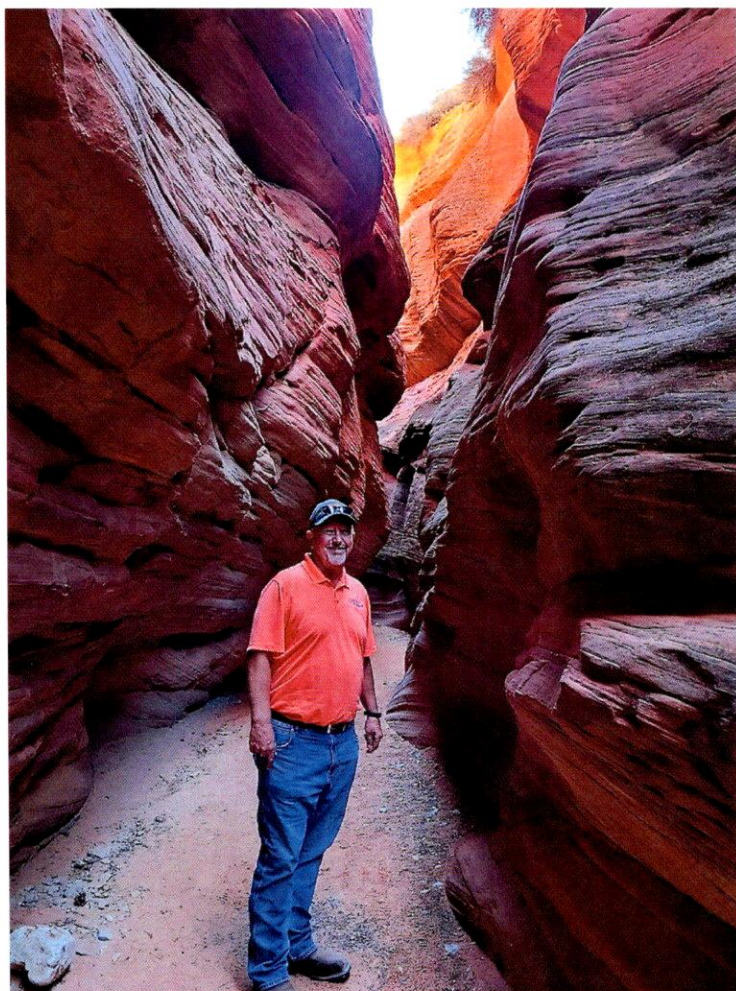
A handwritten signature in black ink, appearing to read "John McClellan", with a long horizontal flourish extending to the right.

John McClellan

## **Please meet Ken Ohman, our new IT Administrator!**

Ken is originally from Montana and two years ago moved from Phoenix AZ to Kanab UT. He is a newlywed, marrying a local gal from Fredonia, Jennifer McCormick Lukus who many of us know. They each have four children and share the joys of their combined 20 grandchildren in this mixed family. Ken enjoys the outdoors and was a tour guide in Kanab prior to joining KPT. Ken has a love for sports and coached basketball and golf at the local high schools. Golf is his passion when time permits. Ken has 38 years' experience working for the United States Postal Service. He worked both as a manager and a technician in the IT field from 1992 to 2001. Thirty years of his time with USPS he worked in a variety of manager positions. Most recently managing over 125 Post Offices and thousands of employees under his responsibility.

Welcome, Ken!



# NATIONAL KINDNESS DAY

## In the office

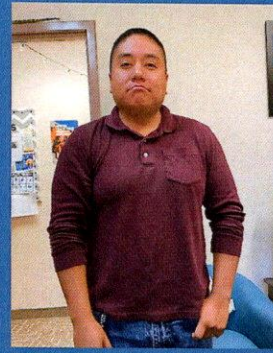
## Monday, November 13th

Employees had the opportunity to show or tell an act of kindness they've done to receive a prize. Here are some of the employees that have participated for National Kindness Day

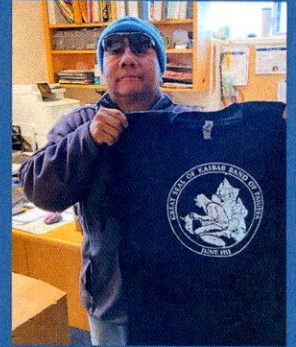
### A kind email from Quentin

Hey Delayna, just thought I would give a shout out to you and say hello there young lady! It's National Kinndness day! I hope you are having the best day ever! :) keep smiling, your beautiful!

The Substance Abuse Prevention Program would like to thank all the employees for their participation on National Kindness Day and for all your hard work to help our tribe. Remember to always be kind to each other and laugh often.



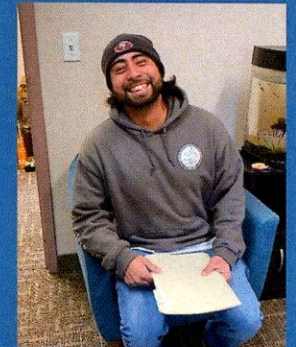
Cody gave a nice compliment



Derek helped his coworker calm a situation and had some encouraging words for her



Laura purchased food for an individual



Jerry opened the car door for someone and assembled office chairs for a department



Gale befriended a grumpy individual



Gina let a coworker borrow her car



Dena let someone borrow her office supplies

# News & Information from the Wildlife, Fisheries & Parks Department

**Tribal Member Hunts are over the last day was November 28, 2023** – THANKS to all through hunters that help out by harvesting a Doe. Now we ask all the ones that made a kill you need to turn in the white tag so a good count can be made ASAP.

**Message From the Director** – I would like to THANK all the hunters for their cooperation in doing what they were asked to do, this year.

**Coupon For FREE AMMO/BULLETS** – Good at “Sportsman's Warehouse” in St George Utah.

**TRESPASSERS** – Report them, and anyone riding Off Highway Vehicles on the Trail to BIA Police or Wildlife Department. Call BIA Police if you see anyone around signs and Billboards.

**Highly Pathogenic Avian Influenza (HPAI) “Bird Flu”** – HPAI is highly contagious in wildlife and is expected to rise during birds’ regular spring migration. HPAI is considered low risk for human health concern according to the Centers for Disease Control; however, infections in humans have been reported. Chicken owners beware!! The bird flu has been found in Condors.

**Turkeys** – Have been seen in Eagle Mountain Village, **PLEASE DO NOT FEED THEM.**

**Fishpond** – Reminder you need a permit to fish. Children under 18 need to have someone over 18 with them. ONLY Tribal Members can swim, at your own RISK. We should be getting a load of fish in December and March.

**Muppits Trail is closed** - To the public right now, only Tribal Members can use it.

**Watch out for DEER** – SLOW DOWN! between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the Vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police, or this Department, if not you could receive a ticket, this is in the Wildlife Ordinance and is Arizona state law.

**Minors Hunters Safety Card** – On the internet go to **hunter-ed.com** – Everyone 10 to 18 years old needs to attend a hunter’s safety course, to get a card. The minor will need one to get a Tribal hunting permit. This is not something new, it has been in the Ordinance since the beginning. It is better to get a Hunters Safety card in the state you live in so you can participate in the state hunts.

**Firewood** – Tribal Members you do not need a permit to get firewood unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you do not need a permit. You can get wood anywhere on the Reservation if it’s not green wood it will burn slow and will plug up your chimney faster.

**Are you going off the paved road?** – If for some reason you go off the paved roads, beware of the sand, mud remember to tell someone where you are going and about what time you will return, take a lot of water, warm coat, blanket, some snacks, a good flashlight, a shovel, tow chain, and a jack (Handyman), Cell phone may or may not work, Text messaging may work better, and pick up all litter, **KEEP MAIN GATES CLOSED!**, if the road gets sandy, muddy turn back you don’t want to get stuck. If you know of someone that has gone out and has not returned, call this Department at any time, (office or Home) contact any Wildlife Committee member, or BIA-Police. (928) 643-6050 This will only be to get them home.

Questions or concerns contact Danny Bullets, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 (text) or email me at [dbullettsjr@kaibabpaiute-nsn.gov](mailto:dbullettsjr@kaibabpaiute-nsn.gov). 866-969-5879 new office number.



**SPONSORED BY  
HAND OF HOPE | JOYCE MEYER MINISTRIES**



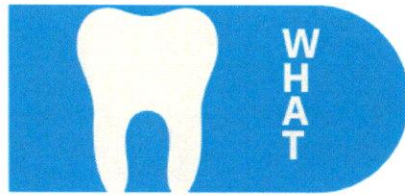
**ALL BRAND NEW CLOTHES!  
HOODIES | JACKETS | ALL AGES AND SIZES  
YOU MUST BE PRESENT TO SHOP  
1 ITEM PER PERSON**

**DECEMBER 7th, 8 AM - 3:30 PM @ Kaibab Paiute Community Center  
2230 Pipe Springs Drive**



**Free**

# Dental Services

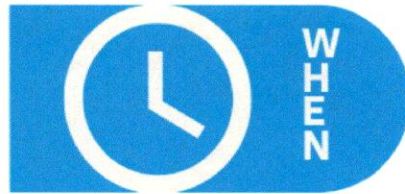
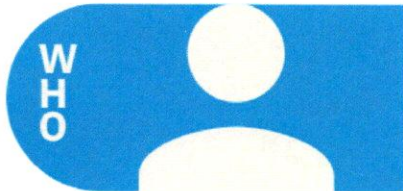


Fillings  
Cleanings  
Extractions



**WINTER  
COATS**

**All  
Ages** *Walk-in Only  
No appointment needed*



**December 7th  
8 AM - 3:30 PM**

**Kaibab Paiute Community Center  
2230 Pipe Springs Drive**



**This event is made possible by**



The Substance Abuse Prevention Program Sponsored a Poster/Essay contest for Red Ribbon Week and here are the winning entries along with an article that came from the school. The contest took place at the Fredonia School and was open to the Elementary, Middle, and High School.

### 1st Place Julio Coho 6th Grade



#### **BE KIND TO YOUR MIND, AND LIVE DRUG FREE**

**JULIO COHO**

**My poster shows a man, he is throwing drugs in a hot fire. It's midnight, and he is surrounded by tall trees. As the moon is peeking over the treetops. He is ruining his life with drugs.**

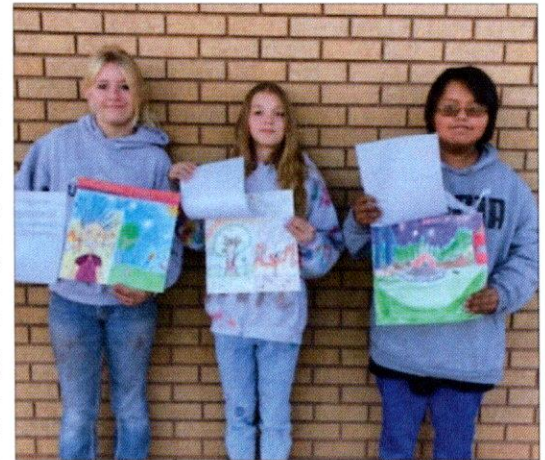
**The man is throwing cigarettes, vapes, and beer, To have a better and live drug free. With the intention to be happier and healthier. He is slowly dying from the amount of cigarettes he is smolding, his lungs are weak. He might die of liver failure because of the amount of beer he is drinking.**

**You should be kind to your mind and live drug free. 200,000 people die each year because of drugs. We could lower or even stop the deaths that drugs are causing. You will live a happier and longer life without drugs.**

### FES Red Ribbon Week winners

*By Heather Russell  
FMUSD Librarian*

Red Ribbon Week has wrapped up at Fredonia Elementary School (FES), and Mrs. Tamri's fifth and sixth grade class took the top three winning spots. Red Ribbon Week is the oldest and largest drug prevention program in the nation, and students jumped at the chance to showcase their talents for writing and drawing. The theme this year was "How to be kind to your mind to live drug free." Students were asked to design a poster and write a shortessay incorporating the theme. All of the entries were absolutely wonderful and choosing the winners was difficult, but in the end, first place went to Julio Coho (sixth grade), second place, Paris Bistline (sixth grade) and third place, Emberlyn Wilmarth (fifth grade) and third place,



*First place went to Julio Coho (sixth grade), second place, Paris Bistline (sixth grade) and third place, Emberlyn Wilmarth (fifth grade). Photo courtesy of Heather Russell.*

Emberlyn Wilmarth (fifth grade). Each winner received a beautiful tapestry bag and a visa gift card (\$50-first place, \$35-second place and \$25-third). For their participation the whole sixth grade class got bags that included candy along with other assorted

goodies. They also got to celebrate with a pizza party sponsored by The Kaibab Paiute Tribe Substance Abuse Prevention Program. Congratulations to Mrs. Tamri's class for their hard work and willingness to participate. Red Ribbon Week offers a great opportunity for teachers, educators and community organizations to raise awareness about substance abuse and FES was proud to participate! Also, a big thanks to The Kaibab Paiute Tribe Substance Abuse Prevention Program for sponsoring all the prizes. It is deeply appreciated!



# Fredonia School Red Ribbon Poster/Essay Contest Winners

## 2nd Place Paris Bistline 6th Grade



How to be Kind to your Mind

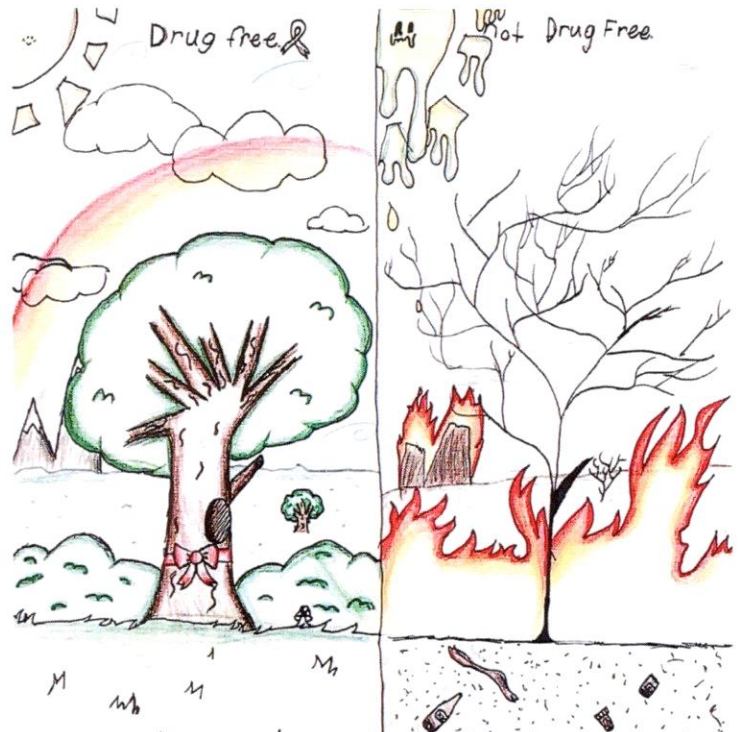
Paris Bistline

This poster states what the world looks like when you're on drugs. and the other half of it how's what the world looks like off drugs. What you can tell by the picture, drugs are really bad. They're not just dangerous but they're bad for your body.

Being kind to your mind means to stay healthy and off drugs. Drugs can change you a lot more than you know. Drugs make you go extremely crazy. And only care about yourself.

By staying clean and not doing drugs, you can not only help yourself, but the people around you. You can help them realize what's good from bad. Trust me drugs do you no good and you will know when you see it.

## 3rd Place Emberlyn Wilmarth 5th Grade



How to be Drug free to this world.

Emberlyn wilmarth

Drugs are bad. I wish that no one will do drugs. But what can I say I can't stop people. But they can stop themselves. It might be hard to stop doing drugs because you are so interested in drugs and can't stop. It's like eating candy, you just can't stop. But all I can do is tell them to stop doing drugs. Because I can't control them.

Some people do need it because they have stress. If they can make the earth beautiful, it's good, but drugs are not good. Drugs make the earth messy and in the future more forest fires are going to happen.

Because all of the sekrets is going to fall on the grown. And the person that dropped it will not care. All of those forest fires will make all of the trees black and burnt down. It will never be Fall again. All of the green trees are not going to bloom.



**ATTN: TRIBAL MEMBERS & SPOUSES, OTHER ELIGIBLE PATIENTS  
LIVING ON RESERVATION**

Remember to let the CHR know of all doctor or dental appointments if you go through the department for services WITHIN 72 HOURS. Make sure you have turned in your monthly update forms.

If you have ideas for our Diabetes cooking classes that you would like to try let us know.

During the winter months depression sets in amongst our people and we want to try and get tribal members out and participate while having fun. If you have ideas on gym night (WEDNESDAY NIGHT) on what we can try as in families against each other or groups, let us know. If you come participate, we will add another night during the week or stay open til 8 pm we need your participation, In order to do this.

Renewals for AHCCCS/Medical is being overlooked that have come thru the mail. Please follow through on the renewal process or your appt.'s/medication will be self-pay until process is completed. The provider (medical/dental, Pharmacy) will be told you are self-pay. CHR off will need a copy of the denial (over income) or approval letter per policy before any services will be paid for.

Please turn in all bills or EOB's that you receive from the provider. The tribe and Hopi Health needs these to process your claim, sometimes that's the hold up if we do not receive it, it may go to collections. They do not send it to the tribe, it is your responsibility to bring it in as soon as you get it, Thank you.

**An Explanation of Benefits, or EOB, is a statement that shows information about how your claim for health care services was processed by your health plan. It shows: Health care services you received. How much your health insurance plan covers.**

My door is always open for constructive criticism. We are always willing to try new things if it gets tribal members to participate in our activities.

**We have drawings going on weekly at the CHR Dept. for the month of December. Come in and put your name down with the answer to a question. If your name is picked with the correct answer you win a fabulous prize.**

Laura Rae Savala, CHR Health Director      928-643-8331      lsavala@kaibabpaiute-nsn.gov

# Private Insurance Example



**F** SUBSCRIBER INFORMATION  
**GROUP NAME**  
 Member ID#: XXXXXXXXX777V Group #: 000012345  
 Customer Advocates are here to help! 800-409-9462

CLAIM DETAIL (1 OF 1)

**PATIENT:** JOHN SMITH **D**

**PROVIDER:** RALPH JOHNSTON **E**

**CLAIM #** XXXXXXXXXXXXX

**DATE PROCESSED:** 06/20/2022

Sample

**O<sup>2</sup>**

Amount Billed	\$7,850.00
Discounts and Reductions	-\$3,930.00
Health Plan Responsibility	-\$2,219.00
Paid from your HCA Account	-\$0.00
<b>You may owe your health care provider for these services</b>	<b>\$1,701.00</b>

Service Description	Service Dates	YOUR BENEFITS APPLIED				YOUR RESPONSIBILITY				
		Amount Billed <b>G</b>	Discounts and Reductions <b>H</b>	Amount Covered (Allowed) <b>I</b>	Health Plan Responsibility <b>J</b>	Deductible Amount <b>K</b>	Copay Amount <b>L</b>	Coinurance <b>M</b>	Amount Not Covered <b>N</b>	Your Total Costs <b>O</b>
Surgical Charges	04/04/2022	4,000.00	(1) 1,600.00	2,200.00	960.00	1,000.00		240.00		1,240.00
Recovery Room	04/04/2022	900.00	(1) 410.00	490.00	392.00			98.00		98.00
Med/Surg Supplies	04/04/2022	300.00	(1) 140.00	160.00	128.00			32.00		32.00
Med/Surg Supplies	04/04/2022	100.00							(2) 100.00	100.00
Laboratory Services	04/04/2022	1,200.00	(1) 820.00	380.00	304.00			76.00		76.00
Laboratory Services	04/04/2022	400.00	(1) 270.00	130.00	72.00		50.00	8.00		58.00
MRI Outpatient	04/04/2022	950.00	(1) 490.00	460.00	363.00		15.00	82.00		97.00
<b>CLAIM TOTALS</b>		<b>\$7,850.00</b>	<b>\$3,930.00</b>	<b>\$3,820.00</b>	<b>\$2,219.00</b>	<b>\$1,000.00</b>	<b>\$65.00</b>	<b>\$536.00</b>	<b>\$100.00</b>	<b>\$1,701.00</b>

Total covered benefits approved for this claim: \$2,219.00 to Ralph Johnston M.D. on 06-20-22. **J<sup>2</sup>**

Notes about amounts under "YOUR BENEFITS APPLIED" and "YOUR RESPONSIBILITY"

(1) The amount billed is greater than the amount allowed for this service. Based on our agreement with this provider, you will not be billed the difference.

(2) Your Health Care Plan does not provide benefits for surgical assistant services when billed by the same physician who performed the surgery or administered the anesthesia. No payment can be made. **P**

For your up-to-date Medical Spending summary, visit Blue Access for Members<sup>SM</sup> on our website, the BCBSOK Mobile App or call the phone number on the back of your ID card.

JOHN SMITH - Benefit Period: 01-01-22 Through 12-31-22 To date this patient has met \$2,900.00 of her/his \$2,900.00 Out-of-pocket Expense.

Benefit Period: 01-01-22 Through 12-31-22 To date \$3,870.78 of the Family \$5,600.00 Out-of-pocket Expense has been met. **Q**

# Medical Bill Example



Allina Health  
2925 Chicago Avenue  
Minneapolis, MN 55407-1321

### Billing Questions ?

Please call us at 612-262-9000 or 1-800-859-5077,  
Monday - Thursday 8am - 4:30pm  
Friday 9am - 4:30pm

Please check box if address below is incorrect or if your  
Insurance updates and indicate change(s) on the reverse side.

### ADDRESSEE

JANE DOE  
123 ANY STREET  
ANYWHERE, USA 55555

Page 1 of 1

IF PAYING BY CREDIT CARD, FILL OUT BELOW		
CHECK CARD USING FOR PAYMENT <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
CARD NUMBER	EXP. DATE	
SIGNATURE	AMOUNT PAID	
STATEMENT DATE	ACCOUNT NUMBER	PLEASE PAY THIS AMOUNT
03/28/2013	0000000	<b>\$419.07</b>
<b>Pay Online:</b> <a href="http://www.allinahealth.org/payhospitalbill">www.allinahealth.org/payhospitalbill</a> see reverse side for additional payment options		DATE DUE
		<b>04/18/2013</b>

### PLEASE MAKE CHECKS PAYABLE AND REMIT TO:

**ALLINA HEALTH**  
PO BOX 9125  
MINNEAPOLIS MN 55480-9125

## HOSPITAL STATEMENT

ACCOUNT NUMBER	PATIENT NAME	HOSPITAL NAME
0000000	JANE DOE	Medical Center

Date	Description	Charges/Payments
07/07/10	SERVICES FROM 07/07/2010 to 07/07/2010 If you require an itemization of charges, please call (612) 262-9000 or (800) 859-5077. Laboratory General	\$654.80
	<b>TOTAL CHARGES</b>	<b>\$654.80</b>
03/26/13	Insurance Payment	\$0.00
03/27/13	Uninsured Discount	-235.73
	<b><u>BALANCE:</u></b>	<b>\$419.07</b>

PLEASE NOTE: If you have requested this itemized statement, the balance listed as patient responsibility may still be pending with your insurance company.  
Thank you for choosing Allina Health

### Did you know you can pay this bill online?

Go to [allinahealth.org/payhospitalbill](http://allinahealth.org/payhospitalbill)  
for secure payment with your credit card  
or bank account.



You can also pay your bill by mail.  
Fill out and return the top portion in  
the envelope provided. See reverse  
side for additional payment options.

### PLEASE PAY THIS AMOUNT

**\$419.07**

FOR BILLING INQUIRIES: 612-262-9000 or 1-800-859-5077 (if you  
are outside the Twin Cities area).

EMAIL ADDRESS: [Contact.Center@allina.com](mailto:Contact.Center@allina.com)

Allina Health: 2925 Chicago Ave | Minneapolis, MN 55407

# Medicare EOB Example

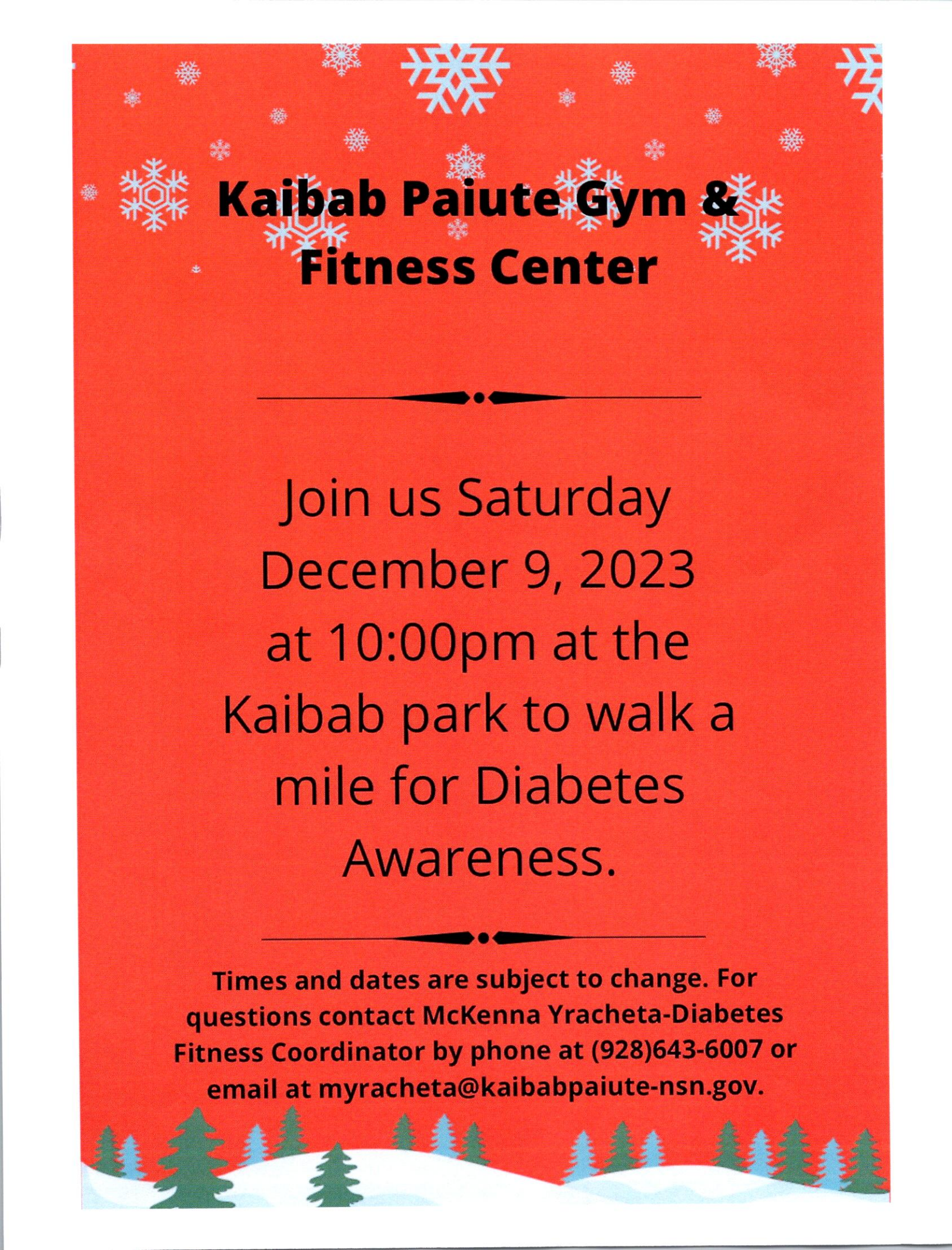
January 21, 2013

Craig L. Seaman, M.D., (555) 555-1234

Leading Glass Eye Center PA, 1888 Medical Park Dr, Suite C, Hayward, NC 28712-4187

Service Provided & Billing Code	Service Approved	Amount Provider Charged	Medicare-Approved Amount	Amount Medicare Paid	Maximum You May Be Charged	See Note Below
Eye and medical examination for diagnosis and treatment, established patient, 7 or more visits (92014)	Yes	\$149.00	\$107.97	\$86.38	\$62.62	
Removal of skin growths (17100)	NO	68.56	0.00	0.00	68.56	A
<b>Total for Claim #02-10195-592-390</b>		<b>\$217.56</b>	<b>\$107.97</b>	<b>\$86.38</b>	<b>\$62.62</b>	<b>B</b>






# **Kaibab Paiute Gym & Fitness Center**

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Join us Saturday  
December 9, 2023  
at 10:00pm at the  
Kaibab park to walk a  
mile for Diabetes  
Awareness.

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Times and dates are subject to change. For  
questions contact McKenna Yracheta-Diabetes  
Fitness Coordinator by phone at (928)643-6007 or  
email at [myracheta@kaibabpaiute-nsn.gov](mailto:myracheta@kaibabpaiute-nsn.gov).



Are you ready to quit? Here are our top tips to help you on the path to success:

1. **Focus on your motivators.** Motivation waxes and wanes and this is 100 percent normal—what can you do to increase your motivation when you feel defeated or low?
2. **Build confidence.** Confidence that your attempt will be successful is important! What can you do to increase your confidence levels? Your confidence can increase when you make and achieve a series of small goals, when you visualize your success and when you feel like you have the tools ready for any situation.
3. **Stress management is key.** Many smokers smoke to manage stress, distress, and negative emotions. Being prepared with other ways to manage these feelings can be difficult and takes a lot of practice. What do your non-smoking friends do to manage stress?
4. **It's never too late to quit.** While it's best to quit smoking as early as possible, quitting smoking at any age will enhance the length and quality of your life. You'll also save money and avoid the hassle of going outside in the cold to smoke. You can even inspire those around you to quit smoking!
5. **Learn from past experiences.** Most people who smoke have tried to quit before and sometimes they get discouraged thinking about previous attempts. But these experiences tell us a lot about what to do and what not to do next time! These experiences are steps on the road to future success. Think about what worked for you last time, what didn't work and what you might do differently this time.
6. **You don't have to quit alone.** Telling friends and family that you're trying to quit and enlisting their support will help ease the process. Expert help is available from the American Lung Association and other groups. Friends who also smoke may even join you in trying to quit!
7. **Medications are safe and effective and will help you quit and stay quit when used properly.** The seven FDA-approved medications include nicotine patches, gum, lozenges, inhaler, and nasal spray as well as varenicline (Chantix) and bupropion (Zyban). Ask your healthcare provider for recommendations. The medications help with withdrawal symptoms, urges and cravings, but do not help with the habit or with managing stress or negative emotions. Many people don't use the medications correctly or don't use them long enough or expect the medication to replace all that smoking used to do for us. Be sure to follow the directions and combine medications with other tools for quitting.

8. **Every smoker can quit.** At the American Lung Association, we firmly believe that every smoker can quit. Everyone is different and each quit attempt is a little different. Find the right combination of tools, medications, and support for you! And above all, keep trying.

For anyone who is ready to try quitting for the first time, tried before and is ready to try again, or is ready to help someone else quit, the American Lung Association has the tools and tips you need. Our [Freedom From Smoking®](#) program is available through an [in-person group clinic](#) or online through our new [Freedom From Smoking Plus](#). Additionally, our [Lung HelpLine](#) is staffed with smoking cessation experts who can get you started on a quit plan, answer your questions and help you on the path to becoming tobacco-free. Calls are toll-free at 1-800-LUNGUSA.

*"Freedom From Smoking helped me quit because I felt I had the encouragement and support of a whole movement behind me, a movement that had really thought about the best way to reach out and break the hold cigarettes had on me," said Steve Ginther of New York City. "Step-by-step and day by day, the program was easy to follow and I was able to go at my own pace. The relaxation exercises and the personal dedication of the staff to my quitting made me what I am today, smokefree!"*

Quitting isn't easy but more than 50 million ex-smokers in the United States are proof that it's possible.

## FULL-BODY FIVE FOR

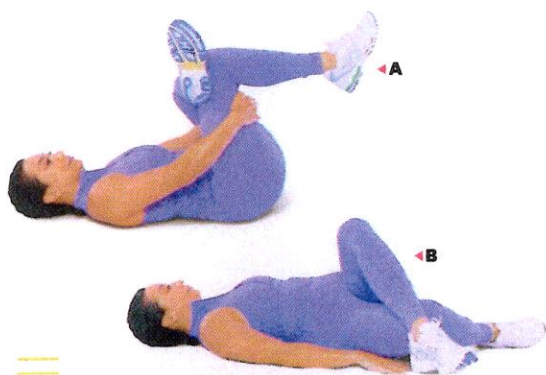
# FLEXIBILITY

This progression of static and dynamic moves, designed by Yu, will ease your muscles into stretching, starting with supine (lying faceupward) positions, followed by sitting, and working up to the multi-joint finale. Your body should go from stiff, dry spaghetti to pliable noodle by the end, especially if you're just waking up or have been sitting for hours.

▶ **FOR MORE** options for every muscle, head to [WomensHealthMag.com/How-to-Stretch](http://WomensHealthMag.com/How-to-Stretch).

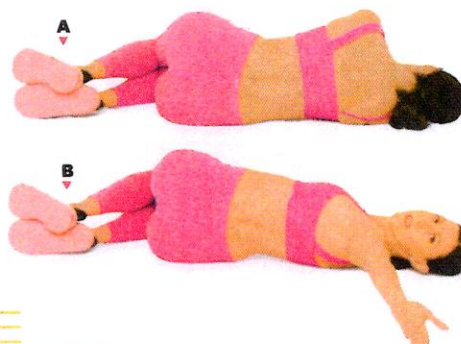
### INSTRUCTIONS

Do this 15-minute routine daily, completing the designated time and reps. Do two or three sets of each stretch, then continue to the next.



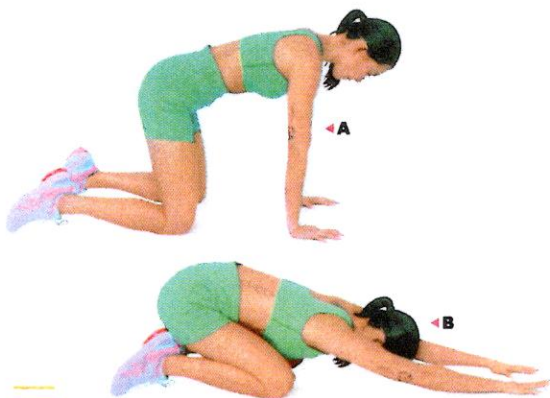
### FIGURE FOUR TO TWIST

Lie faceup with both legs bent, left ankle over right knee. Clasp hands behind right thigh. Pull legs close to chest while pressing left elbow against left inner thigh to deepen glute stretch, and pause (A). Release hands and lower right foot to mat, allowing legs to fall to the right (B). That's 1 rep. Complete 10 reps, then switch sides and repeat.



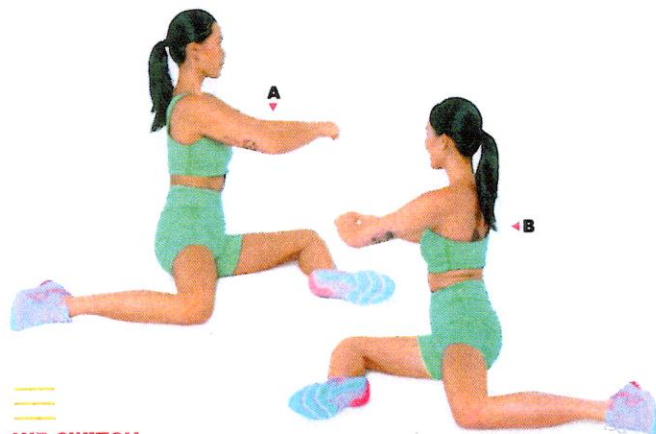
### OPEN BOOK

Lie on right side with knees bent, head resting on right upper arm or a prop. Left arm is straight out with palm down (A). Lift left arm up toward ceiling then to the left side, as if your arm is a book cover opening up (B). Hold for 30 seconds, breathing deeply to feel a stretch in thoracic spine and chest. Reverse motion. Switch sides and repeat.



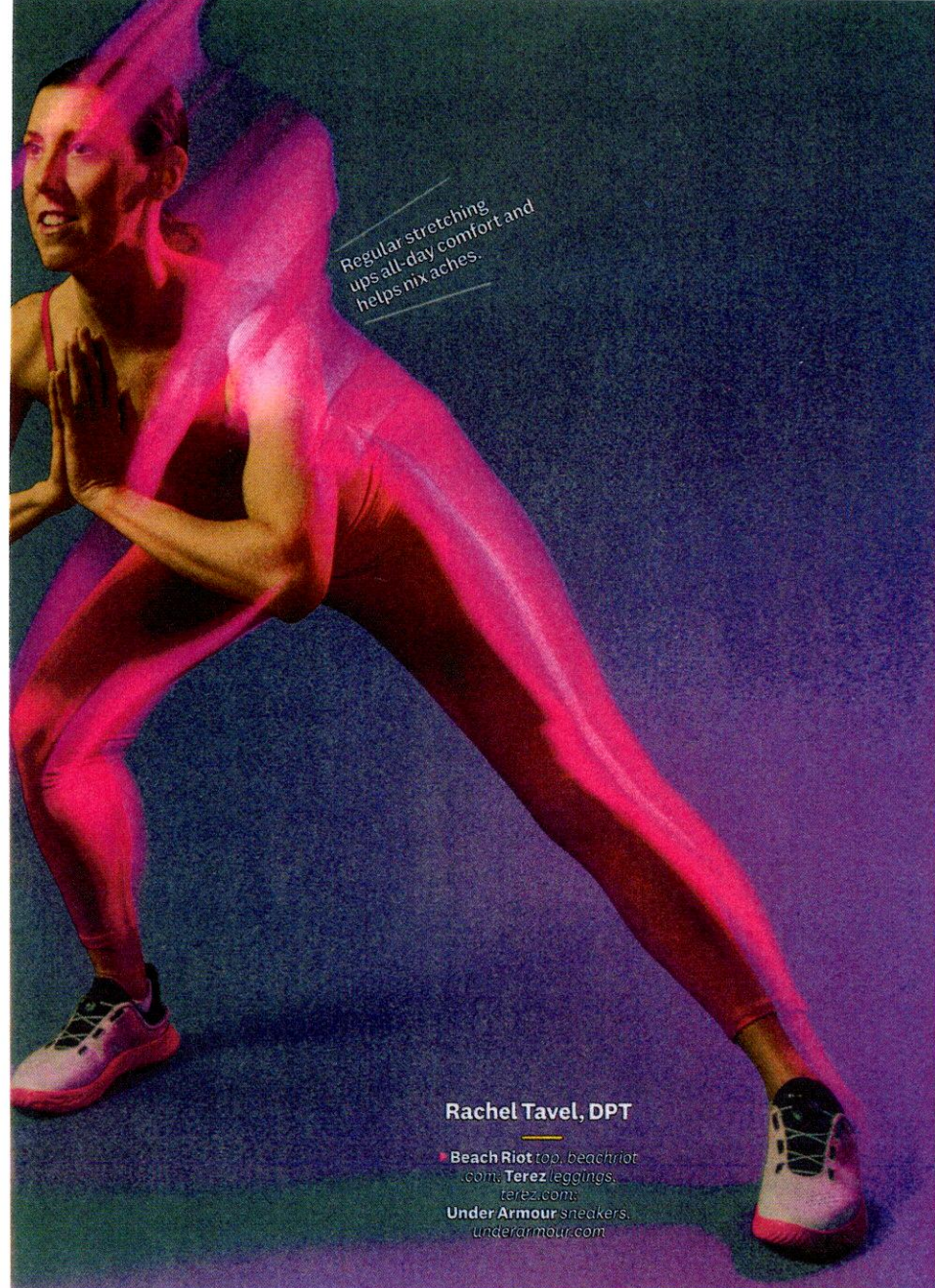
### CHILD'S POSE

Start on all fours with hands under shoulders and knees wider than hips (A). Slowly sit hips back toward heels, un-tucking toes, and lean upper body forward, walking hands away from head until body forms a straight line from hips to hands. Rest forehead on mat and belly on thighs and hold for 30 seconds (B).



### HIP SWITCH

Sit with knees bent at 90 degrees, feet and knees resting on floor, as if your legs are making the letter S, hands in front of chest (A). Slowly lift both knees up and toward the opposite side, rotating legs all the way to floor (or as far as you can), and pause (B). That's 1 rep. Repeat for 10 reps.



Regular stretching  
ups all-day comfort and  
helps nix aches.

Rachel Tavel, DPT

Beach Riot top, beachriot.com; Terez leggings, terez.com; Under Armour sneakers, underarmour.com



**WOMEN'S GREATEST STRETCH**

Start in a lunge with hands under shoulders and knees under hips. Step right foot forward to land outside right foot and bring hips forward so you're in a deep lunge. Left leg should be straight, or slightly bent and resting on floor. Place right hand on floor, then bend elbow and reach it down to floor. Step back with right foot and left hand, and pause (A). Rotate right foot and reach right hand to ceiling, then pause (B). Do 10 reps. Do 10 reps, then switch sides.

**TIP**

Complete an express version (moving through each stretch just once) every hour on the hour to break up long sedentary days.

**Tool Time**

All you truly need for an effective stretching routine is your own frame—but some moves may be more doable (or more challenging, if you want!) with an accessory assist.



**Manduka Recycled Foam Yoga Block**

Use it to raise the floor to whatever level you need, Tavel says. For instance, prop hands on two yoga blocks as you do child's pose. \$22, manduka.com



**Gaiam Multi-Grip Stretching Strap**

The built-in loops help you achieve deeper positions. For example, in a hamstring stretch, hook the strap on your foot and (gently) pull on it. \$13, gaiam.com



**Pvolve Slant Board**

This three-piece device allows different angles to get into a dorsiflexed stance (when you bring the foot and shin closer together). It's great after running or jumping. \$95, pvolve.com



**Lululemon Double Roller Mini**

Use this two-in-one tool for self-myofascial release or modifications (rest your hands on it for a shallower hip flexor stretch). \$38, shop.lululemon.com



# Continuous Glucose Monitoring

## What is a Continuous Glucose Monitor?

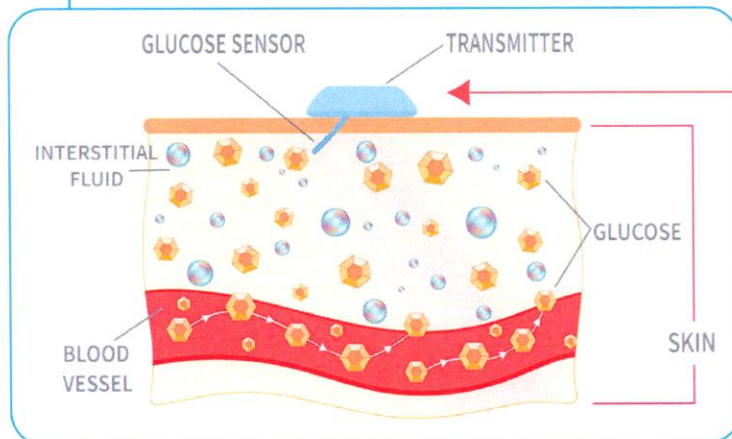
Continuous glucose monitors (CGMs) are devices you wear that give you minute-by-minute readings on how glucose (sugar) levels are going up and down. CGMs have alarms to alert you if your sugar goes too high or too low.

CGMs help you understand how diabetes medications (especially insulin), food, exercise, stress, and sick days affect your blood sugar. Understanding your blood sugar patterns may make it easier to reach your target A1c.

## How does a CGM work?

### Sensor

The CGM sensor is disposable. It uses a thin flexible material, called a filament, to measure sugar in the fluid under your skin. It is held on by an adhesive, allowing you to shower or swim. Most sensors last 10-14 days.



### Transmitter

The transmitter is attached to the sensor and sends sugar values to the reader or a smart phone with a CGM application. Using a wireless connection CGMs transmit values every 1-5 minutes.

### Reader

A reader displays your sugar levels throughout the day. It is a device about the size of a cell phone. You may be able to view and share the information with those you authorize, such as a family member or your health care provider.

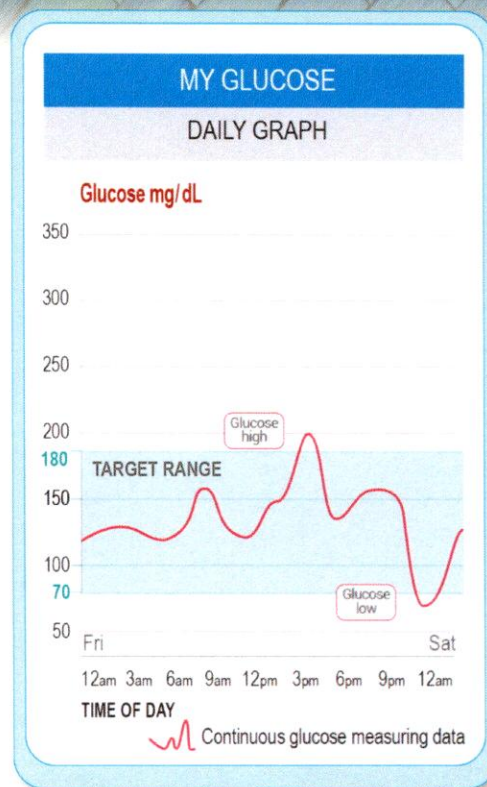


## A Continuous Glucose Monitor Graph

The CGM data graph shows glucose levels over time. In this example, the target range (usually 70-180 mg/dL) is in green. A sugar target is the number range you try to stay within. This can vary depending on your age and health issues.

CGMs can also show the percentage of time in a day that sugars have been in the target range. Treatment plans can be changed based on the patterns shown in your data graph.

The American Diabetes Association recommends that a person with diabetes aim for a time in range of at least 70 percent of readings (not high or low).



## What are some pros and cons of CGM use?

### Pros of CGMs

Continuous sugar readings for care decisions

No finger sticks

Alerts for high or low blood sugars

Notifies caregivers so they can respond

### Cons of CGMs

Possible skin irritation or sensitivity to adhesive

Sensor may get caught on clothing and come off

Sensors need to be replaced every 10-14 days

Transmitters require Bluetooth connectivity

Specific instructions from your healthcare provider:

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Your healthcare provider requires the following information before you can have a CGM:

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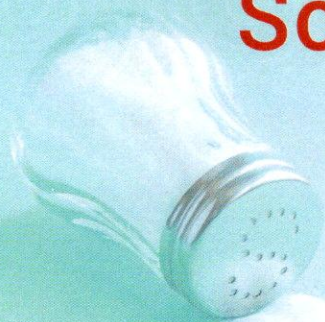
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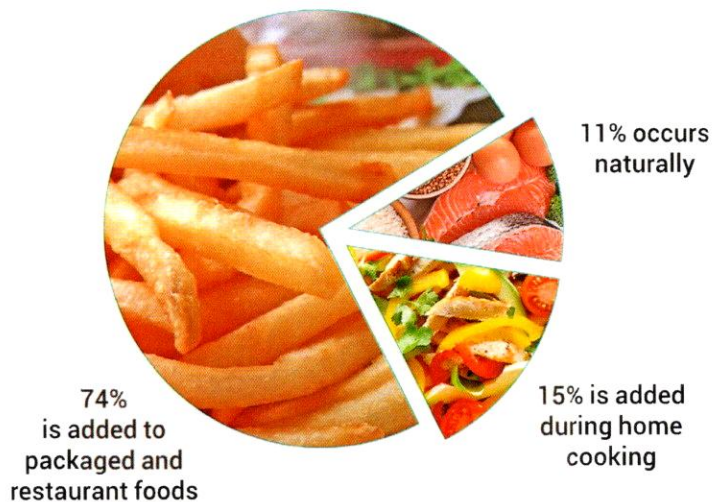
# Sodium and Your Health



**Sodium is a mineral** that our body needs in small amounts to keep our fluids balanced. Typically, we get it in the form of salt. Most people get more sodium than their bodies need.

If you have kidney disease, high blood pressure, or heart disease, ask your health care provider what the right amount of sodium is for you.

## Where is sodium in food?



**Reducing sodium can help lower your blood pressure and reduce your risk for heart disease, stroke, and kidney disease.**

## What about salt substitutes?

Potassium chloride is a common salt substitute. Talk with your provider before using a salt substitute. People with kidney disease are at risk for having potassium levels either too high or too low.

## Ways to Reduce Sodium

- Look for foods labeled "No Added Salt," "Low Sodium," "Reduced Sodium," and/or "Lightly Salted." 
- Eat more fruits and vegetables.
- Prepare meals with low sodium ingredients.
- Rinse canned vegetables, meat/fish, and beans to remove some of the sodium.
- Prepare traditional foods with less or no salt.
- Eat a smaller portion of a high sodium food or have it less often.
- Use herbs, spices, and sodium-free seasonings in place of salt.
- Look for hidden sources of sodium in sports and energy drinks, vegetable juice, and cottage cheese.

## Sodium impacts people with kidney disease

Kidney disease is when your kidneys are damaged and have difficulty removing sodium from the body. This may raise blood pressure and cause water retention. Talk with your provider about the right blood pressure goal for you.

A deli or bologna sandwich can be high in sodium. Choose a low sodium food like egg salad, or peanut butter and jelly.





# Ideas for Reducing Foods High in Sodium

Makes changes slowly and your taste will adjust to having less salt.

Swap This	For That
 <p><b>Packaged and Restaurant Food</b></p> <ul style="list-style-type: none"> <li><b>Cured meat</b> <ul style="list-style-type: none"> <li>Sausage and bacon</li> <li>Ham, hot dogs, and deli meat</li> </ul> </li> <li><b>Soups</b> <ul style="list-style-type: none"> <li>Canned or instant noodles</li> <li>Broth or boullion</li> </ul> </li> <li><b>Instant meals</b> <ul style="list-style-type: none"> <li>Flavored rice and noodles</li> <li>Pancake or muffin mixes</li> <li>Canned stews</li> <li>Frozen meals like pot pies</li> </ul> </li> <li><b>Snacks</b> <ul style="list-style-type: none"> <li>Chips, pretzels, and crackers</li> <li>Salted nuts and seeds</li> </ul> </li> <li><b>Fast food and restaurant meals</b> <ul style="list-style-type: none"> <li>Pizza, burgers, and fries</li> <li>Pastas, tacos, and more</li> </ul> </li> </ul>	 <p><b>Fresh and Low Sodium Food</b></p> <ul style="list-style-type: none"> <li><b>Fresh meat</b> <ul style="list-style-type: none"> <li>Bison, elk, deer, moose, and caribou</li> <li>Lean beef, poultry, or seafood</li> </ul> </li> <li><b>Soups from scratch</b> <ul style="list-style-type: none"> <li>Made with low sodium ingredients</li> <li>Homemade broth</li> </ul> </li> <li><b>Grains</b> <ul style="list-style-type: none"> <li>Rice and pasta</li> <li>Hot cereal without salt</li> </ul> </li> <li><b>Snacks</b> <ul style="list-style-type: none"> <li>Home popped popcorn</li> <li>Unsalted nuts and seeds</li> </ul> </li> <li><b>Other homemade meal ideas</b> <ul style="list-style-type: none"> <li>Wraps or sandwiches made with leftover meat or eggs</li> <li>Omelet with veggies and herbs</li> <li>Chili and stews</li> </ul> </li> </ul>

**Read the Nutrition Facts label.** Compare and choose foods with the lowest Percent Daily Value for sodium: 5% is low and **20% is high.**\*

## What is the daily sodium limit?

The recommended daily limit for most adults is 2,300 mg of sodium, which is about 1 teaspoon of salt from all foods and drinks. On average, people in the U.S. get 3400 mg per day, or 50% higher than the adult limit.



**Try the DASH Eating Plan,** proven to help lower blood pressure. Learn more at, [DASH – Dietary Approach to Stop Hypertension](https://www.dashdiet.org/)

Looking for healthy recipes low in sodium?  
[See My Plate.gov](https://www.plate.gov/)

Check the number and size of servings in the package.

\* These numbers tell you the percent Daily Value for sodium. The percent sodium for this food item is high.

Nutrition Facts	
2 Servings Per Container	
Serving Size	8 fl. oz. (1 cup)
Amount per serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
<b>Sodium 660mg</b>	<b>28%</b>
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 5g	
Vitamin A	4%
Calcium	15%
Iron	4%
Vitamin C	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Diabetes and Emergencies



When a crisis happens, medication, water, or diabetes supplies may be hard to get. By planning ahead you can act quickly. Have an emergency kit ready to go so you can better manage your diabetes away from home.

## Build an Emergency Kit

Get a backpack or box that holds a week or more worth of supplies. Stock the kit with items that apply to you on the checklist. Place the kit where you can grab it and go. See more at [Ready.gov](https://www.ready.gov) on how to build your kit.



### Diabetes Medical Supplies for 1-2 weeks

- Prescriptions and over-the-counter medications taken by mouth, inhaled, or injected
- Glucose meters, test strips, lancets, and batteries
- Continuous glucose monitoring supplies
- Insulin pens, needles, and syringes
- Insulin pump supplies
- Glucose tablets, juice boxes, or hard candy to treat low blood sugar
- Hand sanitizer and sanitizing wipes
- First aid kit



### Personal Information and Items

- Current medication list, along with your pharmacy and provider's contact information
- Copies of important records, identification, and health insurance cards
- Extra cell phone charger
- Extra pair of glasses or contact lenses, as needed



## More Essentials for Your Kit



### A 3-day supply of food, water, and other essentials to pack

- Non-perishable food such as peanut butter, crackers, protein bars and shakes, tuna, sardines, nuts, and canned fruit
- A can opener and eating utensils
- One gallon of water per day
- Radio, flashlight, and extra batteries
- A warm blanket and a change of clothing

## Create an Emergency Plan

Talk with family members about why and how to prepare for disasters common to your area.



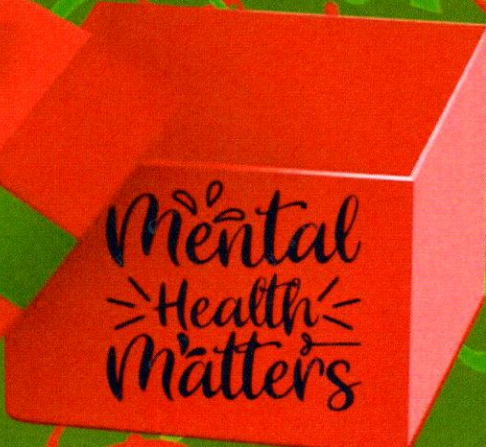
### Things to consider

- Discuss where to meet in case you are separated from your family. Include a back-up location.
- Plan how you will stay in touch if phones and internet are out.
- Decide what tasks need to be done by each household member.
- For more help with making your emergency plan, see the [American Red Cross Disaster Preparedness Plan](#).

### If you have disabilities or other medical needs:

- Decide what you might need during and after an emergency.
- Talk with your caregivers to help you prepare your emergency plan.
- For help making a plan for people with disabilities, see the American Red Cross, [Disaster Safety for People with Disabilities](#).





Your mental health is important! You are important and valuable! So, if you're feeling sad, depressed, all alone, having suicidal thoughts, PLEASE REACH OUT! Here are a few suggestions to whom you can reach out to:

**CALL 911 if it's an EMERGENCY**

**CRISIS HOTLINE.....TEXT NATIVE to 741741  
SUICIDE & CRISIS LIFELINE.....CALL/TEXT 988; CONFIDENTIAL  
MENTAL HEALTH SUPPORT 24/7**

- ALLEN ORTON LCSW..... (435)899-1782**
- JENNIE KALAULI..... (928)643-8320**
- PENNY KELLER..... (435)689-0381**
- CIERRA ROSSMAN..... (928)643-8336**
- LARECIA JAKE..... (928)643-8330**
- DELAYNA ENAS..... (435)899-2106**
- MANDY BUNDY..... (928)643-8302**

The Kaibab Paiute Tribal human services program has an updated list of Trauma Treatment and Mental Health providers for outside referrals.  
your text



*Stay;*

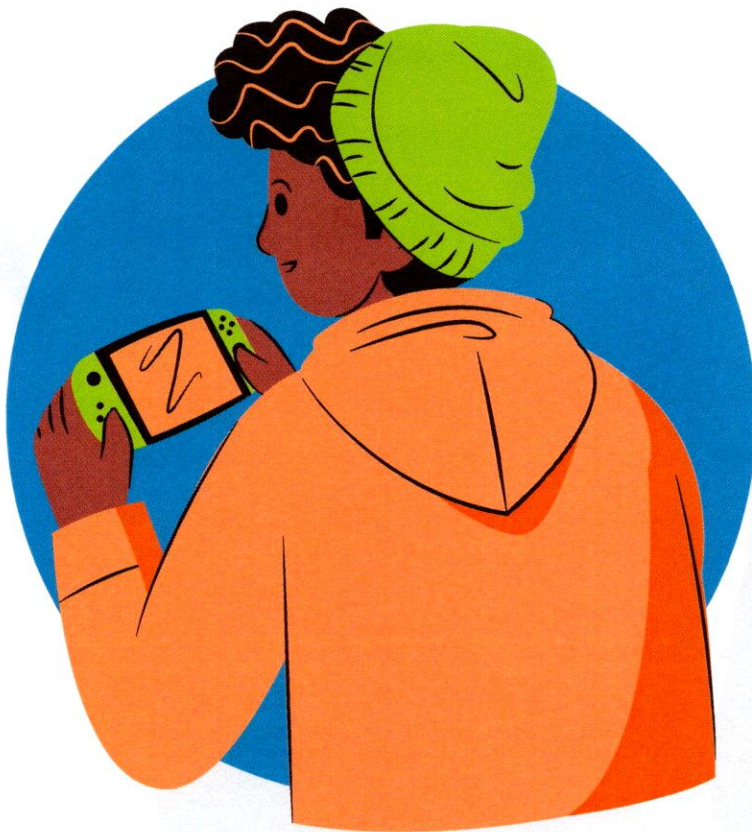
Tomorrow needs you

SPEAKER DR. CHRISTY KANE

# RISING STRONG

youth • social media • mental health

*Sponsored by Human Services and the CHR Program*



MONDAY

12/11/2023

5:30-7:30PM



**Kaibab Paiute  
Community Building**



**Contact Penny Keller  
with any questions**

435-689-0381



*This in-person event will be  
recorded for tribal community  
use only.*

**DINNER WILL BE PROVIDED**

[drkanespeaks.com](http://drkanespeaks.com)

# Managing Mental Health Around the Holidays

Elvis once crooned about feeling blue at Christmas time—and we're here to tell you: It's perfectly normal to feel that way.

There are a variety of reasons why your days may not be merry and bright around the holiday season. It can be the jam-packed social calendar, deadlines at work, the loss of a loved one, sunless winter days, or all of the above.

## **Keep Reading To Learn**

- How to deal with pressure from family and friends
- Tips for getting support when living with loss, grief, or loneliness
- Ways to manage holiday stress and low moods
- When to reach out to a mental health professional

According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and [substance misuse](#). The reasons given include lack of time, financial pressure, gift-giving, and family gatherings.

**To make matters worse, the [National Alliance on Mental Illness](#) noted that 64% of individuals living with a mental illness felt that their conditions worsened around the holidays.**

However, there are ways in which we can prepare ourselves and hopefully deflect some of the increased stress of the holidays. It's important to realize that we do have more control than we think we do.

However, it's equally important to realize that even if we put these ideas into practice and continue to feel overwhelmed or depressed, [professional help is available](#).

## **6 Signs You May Be Struggling Around the Holidays**

We've identified six common issues that come up this time of year, as well as suggestions from our mental health experts for ways to address them.

### **1. You're Lacking the "Holiday Spirit"**

Being surrounded by cheeriness can be stigmatizing when you don't feel the same level of enthusiasm as others.

The pressure to be social, happy, and present can make it difficult to speak up if you feel otherwise. You may also feel left out if your spiritual traditions aren't the dominant ones on display this time of year.

#### **What You Can Do About It**

- Recognize that you don't need to force yourself to be happy and that it's good to acknowledge feelings that aren't joyful; remember that you are not alone in feeling this way
- Avoid numbing or avoiding feelings by using alcohol or other substances, which worsen anxiety and depression
- If possible, surround yourself with people who feel similarly; celebrate your traditions or create new ones

It's important to understand that triggers for holiday angst come from many sources. Memories, stressful patterns that seem to occur every holiday, or potential new crises are common triggers. Preparing yourself by understanding how different triggers affect you can help [reduce stress](#). Additionally, by finding out why you become anxious or sad around the holidays, you may be able to navigate the rest of the season.

### **2. You're Overwhelmed by Grief and Loss**

If you are living with grief, loss, trauma, or loneliness, it can be easy to compare your situation to others', which can increase feelings of loneliness or sadness. Take time to check in with yourself and your feelings and have realistic expectations for how the holiday season will be.

If you are dealing with loss or grief, gently remind yourself that as circumstances change, traditions will change as well.

## **What You Can Do About It**

If holiday observances seem inauthentic right now, you do not need to force yourself to celebrate. During this time, connect with and plan to check in with a support group, a therapist, a faith community, or friends who understand.

As much as possible, let your loved ones know how they can support you, whether it's helping you with shopping or meeting up for a regular walk. Often, people want to help but don't know what to say or where to start.

## **3. You're Feeling Pressured to Participate in Activities—and Want No Part of Them**

We all have our own personal history with holidays. We dream about the ways the holidays are supposed to be, which can be a dangerous perspective. We get caught up in wanting to do it all, but we can aim to set more realistic expectations for ourselves and others.

### **What You Can Do About It**

- Accept your limitations and be patient with others too
- Try to see others' points of view and recognize that we're all feeling at least a little stressed
- Prioritize the most important activities or schedule get-togethers for after the holidays: If you feel overwhelmed by social obligations and what others are asking of you, learn how to be comfortable saying "no"
- Expectations to celebrate holidays in a specific way can bring up old trauma or family conflicts; for self-care, consider outlining your plan for the season
- Speaking of self-care, make a schedule of when you will do your shopping, baking, and cleaning—and be sure to schedule time to take care of yourself
- You may choose not to celebrate at all—instead of spending the holidays the way you think you should, you might opt for an activity you actually feel like doing—whether it's making a favorite dish or having a Netflix marathon
- Regardless of your plans, it can be helpful to communicate intentions to friends and family early in the holiday season so everyone knows what to expect

## **4. You're Stressed About Giving Gifts**

It's very common to get caught up in the commercialization and marketing of the holidays. We can feel stressed about spending on a strained budget or trying to find just the right gift.



“Advertisers will take advantage of our susceptibility. but we have the ability to put it in perspective and remind ourselves that we are the ones creating that anxiety, and we are the ones who can reduce it.

Giving to others is not about spending money. And of course, what goes along with setting realistic expectations is maintaining a budget and being transparent.

### **What You Can Do About It**

Consider how much money you can comfortably spend and stick to the amount. If purchasing gifts for everyone is difficult, consider having a Secret Santa or White Elephant exchange to reduce the number of items everyone needs to buy. You can also simply let people know you are unable to give gifts this year.

“It’s an old adage, but sometimes personal gifts—like a poem, short story, or framed photo—are the best ones,” Longsjö says.

You can also give the gift of helping a neighbor, a friend, a family member, or a stranger. It’s the act of giving that is more important than a present. Our generosity can be a gift to ourselves, because when we focus on others and less on ourselves, we tend to reduce our anxiety.

## **5. There’s Not Much Sunlight at All, and It’s Affecting Your Mood**

In the northern hemisphere, the holidays coincide with winter’s lack of available sunlight. Less exposure to natural light can lead to new or increased symptoms of depression.

### **What You Can Do About It**

Try to get as much sunlight as possible.

To boost your mood and regulate sleep, schedule outdoor exercise in the middle of the day when the sun is brightest. If you can, work near a window throughout the day. Even outfitting your home with warm, bright lighting can help improve your mood. Many traditions this time of year incorporate candles and twinkling lights for a reason.

If you feel the need to slow your pace and hunker down this time of year, consider reframing the winter months as an opportunity to work on “quieter” projects and activities suited for the indoors, such as writing, knitting, or taking online courses.

[Seasonal affective disorder](#) (SAD) is a more severe form of the winter blues. According to researchers, the percentage of people in the United States who struggle with SAD ranges from 1.5% in southern Florida to 9% in northern states.

If you feel hopeless, have suicidal thoughts, or changes in appetite and sleep patterns, talk to your doctor. Effective treatments for SAD include light therapy, talk therapy, and medication.

## **6. You're Alone or Feeling Isolated**

While it's true that many of us have friends and family to connect with during the holiday season, there's also the danger of becoming isolated. If you are predisposed to depression or anxiety, it can be especially hard to reach out to others.

### **What To Do About It**

Remind yourself of the people, places, and things that make you feel happy. Consider scheduling a regular call or video chat with friends on a weekly or biweekly basis so you don't have to think twice about making the effort.

Take advantage of other ways to connect, including sending out holiday cards and communicating with family and friends by phone, text, email, and social media.

Calming activities, such as reading, meditating, and gratitude journaling, can be helpful if you don't feel comfortable in social situations.

Don't forget about self-care. We know the importance of a balanced diet, moderate exercise, and plenty of sleep, but because there are so many distractions and stressors this time of year, we lose sight of some of the basic necessities. We need to take care of ourselves and pay increased attention to ensuring we fulfill these areas of our lives as we get closer to the holidays.

### **Should I Talk to a Doctor?**

Talk to your mental health professional or your primary care physician if you have been feeling anxious or depressed for more than two weeks, or if the holidays are long gone and you are still feeling stressed, anxious, or depressed.