May 2022

Kaibab Paiute Tribal

Tribal Newsletter
Kaibab Band of Paiute Indians

NOW ACCEPTING APPLICATIONS

Summer Youth Job Placement Program

Summer is almost here! Do you want to earn some money? Tribal Youth ages 14-18 may apply by filling out an application with Human Resources.

If you have any questions please contact
Dena-928-643-8307
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<tr>
<th>Role</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Summer Youth Coordinator</td>
<td>$15/hr</td>
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<td>Under the supervision of the Tribal Administrator, the Coordinator will supervise Summer Youth Job Placement Program participants. This position will work closely with the Human Resource Director and Education Director to ensure program meets its goals and standards of assisting the youth obtain job skills, knowledge, and goals that will lead to self-sufficiency.</td>
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<tr>
<td>Chevron Store Part-time Cashier</td>
<td>$11/hr DOE</td>
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<td>Cashiers at the Chevron C-Store must have great customer service skills, cashiering experience, and knowledge of retail sales and inventory.</td>
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<tr>
<td>Chevron Store Assistant Manager</td>
<td>$14/hr</td>
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<td>Assist manager with daily operations of the Red Cliffs Chevron Station/Convenience Store by helping to ensure the overall success of the store. Assist with controls, reporting, and staff to efficiently grow the business to ensure profitability and provide a positive customer experience.</td>
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<tr>
<td>Tribal Administrator</td>
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<td>Senior operational officer responsible for carrying out the strategic plans and policies for all tribal activities. Through a respectful, constructive and energetic style, this professional provides managerial leadership and oversight of all the Tribal entities. Oversee operations to insure production efficiency, quality, service, and cost-effective management of resources. This person maintains and enhances Tribal resources, Tribal Sovereignty, and land holdings, ensuring long-range prosperity. This person directs the work of the senior level of Tribal management while managing competing needs to achieve strategic advantage.</td>
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<td>CULTURAL RESOURCE ASSISTANT</td>
<td>$12/hr</td>
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<td>The Cultural Resources Assistant will be an important member of the cultural team. Under the direct supervision of the Cultural Resource Director. The assistant will help with various cultural resource activities and will assist the Cultural Resource Director in researching impacts to cultural resources in the Colorado River Corridor under the Southern Paiute Consortium grants and contracts. Responsible for completing all duties as assigned. Knowledge of Kaibab Band and overall Southern Paiute culture, traditions and history is preferable but not required.</td>
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<td>EXECUTIVE ADMINISTRATIVE ASSISTANT</td>
<td>$15/hr</td>
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<td>The Exec Admin works under the direct supervision of the Tribal Chairperson and Tribal Council. This position is responsible for meeting minutes, correspondence, official documents and many other duties.</td>
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<tr>
<td>ADMINISTRATIVE ASSISTANT/FILE CLERK</td>
<td>$12/hr (Full or part-time available)</td>
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<td>General office duties including scanning and copying, creating documents, answering phones and filing.</td>
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GRANT WRITER - Remote  $20/hr DOE
The Grant Writer will be responsible for conducting the full range of activities required to research, write, prepare, submit, and report on grant proposal to foundations, corporations, public founders, and other grant-making organizations.

DAY LABOR
From time to time, the Kaibab Band of Paiute Indians may hire individuals for specific periods of time or for the completion of a specific project. The job assignment, work schedule and duration of the position will be determined on an individual basis. This position is not eligible for benefits. Guaranteed minimum of four (4) hours pay.

COVID-19 SERVICES COORDINATOR  $15/hr
Under general supervision of the Emergency Services (PHEP) Director, performs work of moderate difficulty in planning, providing professional services in the release of public information programs and functions. Establish and manage effective public relations as it relates to COVID-19 and other health and community emergency issues

TOBACCO COORDINATOR  $12/hr Part-time
The Tobacco Coordinator is an important part of the Community Health Representatives team, working to promote and maintain the health of Tribal Members residing on the reservation. This position works within the scope of the tobacco grant; establishing partnerships, youth prevention activities, and collaborations to eliminate tobacco and chronic diseases associated with tobacco use.

EMERGENCY SERVICES MANAGER  $18/hr
Under general supervision, performs work of moderate difficulty in administering, examining, investigating, and evaluating grant and program criteria, as well as coordinating emergency services. The grant funding requires compliance with the terms and conditions. The PHEP Grant oversees the community development of emergency planning and preparedness within the established rules and regulations.

CHR REGISTERED NURSE/DIABETES HEALTH EDUCATOR  DOE
The Tribal Registered Nurse is an important part of the Community Health Representative Team. The Registered Nurse will be clinically competent while delivering care to the Kaibab Paiute Tribal patients, working to promote and maintain the health and welfare of Tribal members residing on or near the reservation. Utilizing the process of assessment, planning, intervention, implementation, and evaluation within the scope of the CHR and Diabetes contracts and grants program. Will work effectively with patients, significant others and other health team members on proper nutrition and fitness while minimizing the incidence of diabetes and other chronic diseases with the tribal community.

If you are interested in any of these positions, let’s chat!
Call, email or come in to discuss:
Dena Cuellar  hr@kaibabpaiute-nsn-gov  928-643-8307
Some of the Easter Party Winners 2022
Congratulations Graduates

2022

Tribal Member
High School Graduates

Joe Blalock
Arianna Burden
Letizia Martinez
Oscar Martinez
Benson Shepherd
Amryn Tom
Damien Yracheta

Kaibab Community
High School Graduates

Geovanni Rocha

If you are a tribal member graduate or community member and are not on this list, please call me and let me know.
Lei Making Workshop

Congratulate your graduate with a special lei made with love.

Candy Leis—Lei making materials available. Please bring your own candy.

Money Leis—You bring the money—$75 one dollar bills

Ribbon Leis—Ribbon provided

We will also show you how to add money flowers to candy or ribbon leis...you must bring the money. It is helpful to know school colors. I will have Royal Blue, Black, White, Red, Teal, and Silver. Please let me know if your graduate has a school color not listed.

Wednesday, May 4th
5:00-7:00 pm
Community Building
2nd Covid Booster Vaccinations

Creek Valley Health Clinic

20 Colvin Street, Colorado City, AZ

435-900-1104

Call to set up an appointment, vaccine’s are done on Friday’s.

Southwest Health Department

445 N Main Street, Kanab, Utah

Wednesdays
10:00 a.m. – 11:45 a.m.
Closed (12:00 p.m. – 1:00 p.m.)
1:15 p.m. – 3:45 p.m.

Walk in, no appointment needed
435-644-2537 for more information

2nd boosters recommended for people 50+ (4 mo. after their 1st booster) and immunocompromised people age 12+ (Pfizer) or 18+ (Moderna). COVID-19 vaccines are at NO COST.
Swimming will be starting for the Summer

Kanab Swimming Pool

5:00 p.m. to 7:00 p.m. Arizona Time

June 2\textsuperscript{nd} (Thursday)
June 7\textsuperscript{th} (Tuesday)
June 16\textsuperscript{th} (Thursday)
June 21\textsuperscript{st} (Tuesday)
June 30\textsuperscript{th} (Thursday)

July 7\textsuperscript{th}, 14\textsuperscript{th}, 21\textsuperscript{st}, 28\textsuperscript{th} (Thursday)

August 2\textsuperscript{nd} (Tuesday) will be the last day of swimming for the Summer. Potluck that day

**General Pool Rules**

No Street Clothes - No Diapers

For protection state law requires these 3 layers for everyone’s safety. Swim diapers and swim diaper covers are available by the CHR Dept. To minimize the time we have to close the pool due to exposure to fecal matter, it is required to dress all children that are not potty trained with 3 layers: Swim Diaper, Swim Diaper Cover, Swimsuit.

Sponsored by CHR & SDPI Program
A STRONG BACK does way more than just finish out a superhero body. Thick, powerful back muscles help you stand taller, as well-developed rhomboids (the muscles between your shoulder blades) injury-proof your shoulders and make you beast at every task from mowing the lawn to dominating the family-reunion tug-of-war.

This month, you're going to build that ultrastrong back, thanks to Eric Leija, kettlebell coach and creator of the new Men's Health via program Kettlebell. Leija specializes in kettlebells, but you can easily use dumbbells for this workout instead. Either way, you'll pack on strength and muscle you need to improve your posture and minimize shoulder and back issues. —EBENEZER SAMUEL, C.S.C.S.

**DIRECTIONS:** Do this workout 3 times a week, using either dumbbells or kettlebells. Rest 1 day between back sessions. On days you don't do it, aim to do 3 sets of 20 bodyweight squats, 3 sets of 15 pushups, and 30 thirty-second planks.

**THE WORKOUT**

Do each of the following exercises in order. Do paired exercises as supersets: Do a set of the "a" exercise, then immediately do a set of the "b" exercise, then rest for 30 seconds.

1. **Child's Pose with Thoracic Rotation**
   - Kneel and sit on your shins, toes touching and knees spread wide. Bend forward, reaching your hands out as far as possible; keep pushing your butt back as you do this. This is the start. Keeping your right hand on the floor, thread your left arm under your right arm (a). Pause here, then pull your left arm out and reach toward the ceiling (b). That's 1 rep; do 10 per side.

2a. **Kettlebell Hollow-Body Pullover**
   - Lie on your back and hold a kettlebell overhead. Press your lower back into the floor and lift your legs a few inches; lift your shoulder blades and arms an inch as well. This is the start (a). Keeping your core tight, pull the kettlebell up so that it's above your chest (b). Pause, then return to the start. That's 1 rep; do 10.

2b. **Kettlebell Clean**
   - Stand with feet shoulder-width apart. Hinge forward and grip the kettlebell with your right hand (a). Explosively stand up, pulling it to your chest and keeping it close to your body. Once it's higher than your shoulder height, "catch" it at your shoulder and stand up straight (b). Lower. That's 1 rep; do 10 per side.

> **EB SAYS:** Keep your arm relaxed throughout the lift. Your hips create the explosion, not your arms.

PHOTOGRAPHS BY KAT WIRGIN

SHORTS BY RHONE, SNEAKERS BY ADIDAS.
**Kettlebell Plank Row**
- Set up in plank position, with your left hand on a bench in front of you. Hold a lightweight kettlebell in your right hand, arm hanging naturally. This is the start (a). Tighten your core and glutes, and row the weight to your right rib cage (b); pause for a moment, then return to the start. That’s 1 rep; do 10 per side.

**3b Gorilla Row**
- Stand over 2 kettlebells, feet wider than shoulder-width apart, knees bent. Hinge forward so your torso is nearly parallel to the floor. Grasp the weights (a). Keeping your shoulders and hips square to the floor, row the right weight until your upper arm is nearly parallel to your torso (b). Return to the start. Repeat on the other side. That’s 1 rep; do 8.

**4 Incline-Bench Row**
- Set an incline bench to a 45 degree angle. Position yourself with your chest and abs on the bench, legs straight. Hold 2 kettlebells, arms hanging naturally. This is the start (a). Keeping your torso stuck to the bench, pull the weights upward until your upper arms are parallel to your torso (b). Pause, then return to the start. That’s 1 rep; do 3 sets of 10.

**BACK FLOW FINISHER**

**1 Single-Arm Deadlift**
- Stand over a kettlebell in an athletic stance. Hinge at your hips, push your butt back, and grip the kettlebell with your right hand (a). Working to keep your hips and shoulders square, stand up, squeezing your glutes (b).

**2 Single-Arm Gorilla Row**
- Hinge forward and push your butt back to return the kettlebell to the floor (a). Tighten your core. Pull the kettlebell upward with your right arm, until your upper arm is nearly parallel to your torso (b).

**3 Single-Arm Snatch**
- Return the bell to the floor. Explosively stand, pulling the bell upward and keeping it close to your torso (a). As the bell rises (b), punch it into an overhead position (c). Lower it to your shoulder, then to the floor.

> **EB SAYS:**
Lift the kettlebell only as high as you can while still maintaining clean posture.

> **GIVE’EM HELL!** Want more moves from Leija? All you need is one kettlebell to do fiery full-body workouts in KETTLEHELL, the newest Men’s Health Fitness program. Head to MensHealth.com/kettlehell to learn more.
Intermountain
Garfield Memorial
Hospital

3D DIGITAL MOBILE MAMMOGRAPHY UNIT

coming to your area

Kanab
May 24, 25, & 26, 2022

Call 435-676-1267 or 435-676-1547 to schedule an appointment.

FREE mammograms available to those who qualify.
Provided by UCCP - Utah Cancer Control Program
Nurture Your Resilience
Bouncing Back From Difficult Times

Everyone goes through tough times in life. But many things can help you survive—and even thrive—during stressful periods. There’s no one-size-fits-all approach. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

“Resilience is the extent to which we can bounce back from adverse events, cope with stress, or succeed in the face of adversity,” says Dr. Cindy Bergeman, a psychology professor at the University of Notre Dame.

“You’re not born with resilience. “It’s not something you either have or don’t have,” says Dr. Alexandra Burt, a child development expert at Michigan State University.

“Resilience is a process in which many factors—including family, community, and cultural practices—interact. It boosts wellness and protects you from risks to your well-being. For many people, these risks are compounded by hardship and discrimination,” adds Dr. Lisa Wexler, who studies suicide prevention at the University of Michigan.

Researchers are studying what helps people become more resilient. Creating healthy habits and taking care of yourself can help. And so can family, friends, and your connection to community and culture.

Finding Your Strengths • Stress can cause wear and tear on the body and brain. Chronic stress has been linked to an increased risk of many health conditions. These include heart disease, high blood pressure, depression, and anxiety.

Many stressful situations can’t easily be changed by one person. And some—such as parenting or a challenging job—can be things you want to do, even if they’re taxing.

But resilience isn’t just about eliminating stress. It’s also about tapping into your strengths. Researchers call these protective factors. “They can buffer stress or directly promote well-being—and sometimes even do both,” Wexler says.

Your strengths include those of your neighborhood and community. Different cultures have developed different ways to help people cope. The ceremonies, teachings, and cultural practices that are meaningful to you can help, Wexler says.

Other protective factors involve nurturing your body. “Being able to manage your stress is key to what underlies resilience. And a healthy body is going to deal with stress much better,” says Bergeman.

Other tools are emotional, like expressing your feelings rather than bottling them up, she explains. Looking at problems from different angles can help, too.

“Can you see a difficulty in a more positive way?” Bergeman asks. “For example, you can look at a stressful situation as a growth opportunity instead of thinking of it as a threat. Ask yourself: What can I learn from this situation?”

Meeting your own needs also makes a difference. “We’re often so busy trying to take care of other people that we don’t do good self-care. I encourage people to do something that they enjoy every single day. Many people feel guilty about that. But it really helps us replenish our emotional reserves, just like a meal fills our physical reserves,” says Bergeman.

In times of stress, self-care can be the opposite of selfish. Adults who

continued on page 2
take time for themselves can better help nurture resilience in children, says Burt. “One of the best things any parent can do for their child is to be well and healthy themselves. That makes it a lot easier for you to provide the support your child needs.”

Tapping Into Resources • Another part of resilience is about using the resources available to you. More and more, researchers are understanding that resilience doesn’t happen in a vacuum.

“The presence of resilience in a person is related to the supports around them,” Burt says. For example, she and her team found that growing up in a very impoverished neighborhood can change the way a child’s brain develops. But when adults in the community work together to support and monitor neighborhood children, it helps protect the children’s brains despite their circumstances. “A child can be resilient because they have these resilience-promoting things around them,” Burt explains.

Supportive adults don’t have to be a parent or relative, Burt says, though they often are. Some kids don’t have supportive families.

“That supportive person can also be a teacher, or someone else who’s important to them. Just one person who they really feel has their back,” she says.

Wexler is part of the NIH-funded Alaska Native Collaborative Hub for Research on Resilience (ANCHRR). This is a group of researchers working with local community leaders. They are studying which cultural strengths help protect Alaska Native young people from suicide.

Many protective factors for these young adults come from their community’s culture. “Access to cultural resources combined with the ability to use them is what helps lower suicide risk,” says Dr. James Allen from the University of Minnesota.

ANCHRR is also looking at how the cultural and spiritual practices that Alaska Native communities harness work to protect youth against the suicide and other risks they face.

Choosing Your Tools • The tools that best help you offset stress can differ from situation to situation, says Bergeman.

“Sometimes you have a stressor where you need to take action and solve the problem. But for other types of stressors, maybe you need emotional support,” she says. “A way to think about resilience may be: How do you match what you need with the kinds of tools that you have?”

In a way, practice makes perfect, Bergeman says. Keep tabs on what felt helpful to you during stressful times. Ask yourself: How did you deal with it? Did you choose a healthy strategy? How might other people have helped you deal with it? “That can prepare you for the next experience that may be more difficult,” Bergeman says.

**Wise Choices**

**Building Resilience**

Nurturing your body, brain, and social connections can help you bounce back from stress.

- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- **Take time for yourself.** Make taking care of yourself part of your daily routine. Take time to notice the good moments or do something that you enjoy, like reading a book or listening to music.
- **Look at problems from different angles.** Think of challenging situations as growth opportunities. Try to see the positive side of things. Learn from your mistakes and don’t dwell on them.
- **Practice gratitude.** Take time to note things to be thankful for each day.
- **Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.
- **Tap into your social connections and community.** Surround yourself with positive, healthy people. Ask friends, family, or trusted members of your community for information or assistance when you need it. Look for cultural practices that you feel help in times of stress.
- **Get help for mental health and substance use disorders.** Talk with a health care professional if you’re having trouble coping. Or call SAMHSA’s free national helpline at 1-800-662-HELP. If you or someone you know is thinking about suicide, you can call the National Suicide Prevention Lifeline at 1-800-273-TALK. You can also text “HOME” to the Crisis Text Line at 741741.
Progress in Parkinson's
Deconstructing Dopamine Degeneration

Being diagnosed with Parkinson's disease is life changing. This brain disorder causes slow and rigid body movements. People can experience tremors, stiffness, or shaking. Eventually, they may have difficulty walking and talking.

Parkinson's is a degenerative disease. That means it gets worse over time. It develops when a certain type of nerve cell stops working normally or dies. These nerve cells make a chemical called dopamine. Your brain needs dopamine for making smooth, purposeful movements. Loss of dopamine causes problems with movement.

"We don't know what causes that dopamine loss," says Dr. Beth-Anne Sieber, an NIH expert on movement disorders. "But when it gets to a certain point, movement-related symptoms appear."

Both genes and other factors seem to play a role. Exposure to pesticides, heavy metals, and air pollution may raise your risk for the disease. Sometimes Parkinson's runs in families. But people who develop the disease don't usually have a family history of it. In most cases, it's not clear what causes the disorder. One main risk factor is age. It affects about 1% of people over age 60.

There's no medical test for Parkinson's disease. Diagnosis is largely based on movement-related symptoms. But scientists have learned that other symptoms can appear decades before any movement issues, Sieber explains. "These include constipation, loss of smell, changes in mood, increased anxiety, and sleep disturbances."

Scientists are trying to find ways to diagnose Parkinson's before the movement-related symptoms appear. One NIH-funded study is looking at why some people with a sleep disturbance called REM sleep behavior disorder—in which they physically act out dreams—may go on to develop Parkinson's.

Other studies are looking for molecules in the blood or other body fluids that can detect the start of disease before movement symptoms appear. These are called biomarkers. One possible biomarker is alpha-synuclein. This protein accumulates into toxic clumps in the brains of people who have Parkinson's.

Right now, alpha-synuclein can only be measured in the brain after death. Scientists are trying to find ways to measure it in the blood or spinal fluid, as well as with new brain imaging techniques. Such a biomarker could also be used to help track progression of Parkinson’s and how well treatments are working.

There's currently no cure for Parkinson's. Treatments focus on managing symptoms and improving quality of life. A drug called L-dopa can help replace the loss of dopamine. But it doesn't work for everyone. Other drugs that act through different chemicals in the brain may help with movement issues. Deep brain stimulation surgery may also be an option for certain people.

"NIH-supported research has shown that high-intensity exercise improves Parkinson's symptoms," says Sieber. Now, researchers are trying to determine how much and what types of exercise work best. They're testing treadmill running, cycling, and other programs.

Singing may also improve quality of life. It can help strengthen the voice and other functions like swallowing. The rhythm in music might help with walking and stability.

Starting an exercise program early on may help slow disease progression. Researchers are still trying to understand why. If you notice any signs of Parkinson's disease, talk with your health care provider.

Wise Choices
Identifying Parkinson's Disease

Parkinson's symptoms can vary between people, but here are some common ones:

- Tremors or shaking in the hands, arms, legs, jaw, or face.
- Rigidity or stiffness of your body.
- Slowed movement.
- Difficulties with balance, speech, and coordination.
- Constipation or urinary problems.
- Depression and other emotional changes.
- Fatigue.
- Poor sense of smell.
- REM sleep behavior disorder (acting out dreams while sleeping).

Definitions

Genes
Stretches of DNA you inherit from your parents that define features, like your risk for certain diseases.

Web Links
For more about Parkinson's disease, see "Links" in the online article: newsinhealth.nih.gov/2022/04/progress-parkinsons-disease
Melatonin Supplement Use Rising Among Adults

Sleep is important for your mental and physical health. But nearly a third of U.S. adults don’t get enough. Some people turn to sleep aids for help. A new study found that the number of adults taking melatonin supplements to help them sleep has risen sharply.

Melatonin is produced by the brain in response to darkness. It helps cue the body that it’s time to sleep. But studies have not consistently shown that melatonin supplements can help promote sleep.

Researchers looked at melatonin use in 55,000 adults who took part in a national survey. The survey ran from 1999 to 2018. Melatonin use increased from 0.4% of survey participants to 2.1% over the nearly two decades. The use of high doses—over 5 milligrams per day—rose from 2005 on.

Overall, high-dose melatonin use remained low. But these findings raise safety concerns. Dietary supplements are not regulated. Companies do not have to prove their products work. And sometimes, the amount of melatonin in a pill can be as much as five times higher than what the label says.

Melatonin supplements appear to be safe for most people when taken for a short period. But information on the safety of long-term use and of taking high doses is lacking. “Our findings highlight the need for clinical studies to look at the long-term safety of melatonin use. We also want to understand whether it can effectively help people with sleep problems,” says Dr. Naima Covassin at the Mayo Clinic, who led the study.

Are You Overdue for a Cervical Cancer Screening?

Cervical cancer starts in the cervix. The cervix is at the lower end of the uterus, where a fetus grows. Screening for cervical cancer has dramatically reduced new cases and deaths. But many women are overdue for getting one.

Cervical cancer usually develops slowly over time. At first, it may not cause signs or symptoms. But it can be detected early with regular screenings. Screenings require a visit to your health care provider. They will collect cells from your cervix with a brush and send them to a lab. The lab then examines the sample for the presence of HPV and/or abnormal cells. Nearly all cases of cervical cancer are caused by HPV infection, which is spread through sexual activity.

Experts recently updated the guidelines for how often women should be screened for HPV and cervical cancer. That may have caused confusion about when to get screened. In a recent survey, more than half of women said they hadn’t had a screening because they didn’t know they needed it (see go.usa.gov/xz5Ut).

Talk with your health care provider about how often you should be screened. Even if you’ve had the HPV vaccine, you still should be screened for cervical cancer. The current vaccines greatly reduce your risk for getting cervical cancer. But they do not protect against all cervical cancer. Learn more at www.cancer.gov/types/cervical.

Featured Website
Alcohol Treatment Navigator
alcoholtreatment.niaaa.nih.gov

Looking for alcohol treatment can feel overwhelming. NIH’s Alcohol Treatment Navigator can help. It offers a three-step road map to find science-backed care that can raise your chance for success. You can search for alcohol treatment for yourself or a loved one.

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Get it in print. Contact us (see page two) to get print copies free of charge by mail for display in offices, libraries, or clinics within the U.S.
HOUSING COMMUNITY CLEAN UP

This year’s clean up will be a little different. We will NOT be picking up your big items. We will have big dumpsters placed throughout the villages and your big items can be placed in them. They do have the capacity to open, so you can walk your items into the dumpsters. These dumpsters will start being placed around the villages, starting the beginning of May. On May 27, 2022 we will have the village roadside cleanup, starting at 8:00 am. Lunch will be served at 11:00 am at the community building. Hope to see everyone there and let’s get our villages looking good. If you need trash bags through out the month, please let us know.

SWAMP COOLER HOOK UP
All Low Rent swamp coolers will be hooked up, May 2-6, 2022. Should anyone else like their cooler hooked up, please contact Kathryn, 928-643-8315, or email Yolanda at yrogers@kaibabpaiute-nsn.gov, to be added to the list. The cost will be $80.00.
PEST CONTROL
Pest control will be May 9, 2022. ALL Low Rent units will be sprayed. Anyone else that would like their house sprayed, cost will be $50.00. Please contact Kathryn, 928-643-8315 or email Yolanda at yrogers@kaibabpaiute-nsn.gov.

WORK ORDERS

As a reminder all work orders must be called in to either Kathryn or Yolanda. If they are not called in, then they will not be worked on. Your cooperation is appreciated, thank you.
We graciously invite you and your organization to the Remembering Our Sisters Forum, a virtual event being held on May 5, 2022, at 3:00 pm EST. The forum will be co-hosted by the Center for Native American Youth and Native Americans in Philanthropy.

Go here to register for FREE
Nativephilanthropy.org/event/remembering-our-sisters-forum/

On Thursday, May 5, 2022
Wear RED in support of

MMIW
Missing & Murdered Indigenous Women

National Day of Awareness

Show your support 5/5/2022 by posting your picture in the comments on the Kaibab Paiute Tribe FB page under the Basket logo with #nomorestolensisters and be entered into our raffle (3) winners

for more information contact LeAnn at the Cultural Preservation Office (928) 643-7365
This scholarship was created to honor the memory of Jason Savala. Jason was an advocate for higher education in the Native American community. He found his passion in mentoring and encouraging young adults to further their education past high school. This scholarship is awarded annually to Native American seniors who are students of Phoenix Union High School District and/or a member of the Kaibab Paiute Tribe.

The family of Jason Savala encourages all seniors who are interested in furthering their education at a trade school, community college or university to apply for this scholarship.

For more information or an application contact Shelley Savala at shelley_lynnsavala@yahoo.com.
Recently, the Water Resources Department tested the water in the ponds in Kaibab Village and discovered potentially harmful algae. It is possible that this can make you sick.

As a safety precaution, we ask that you please avoid swimming in or drinking the water, or disturbing the algae until further notice. It is especially important that children and dogs not be allowed in the water at this time.

Caution signs will be placed at both of the ponds. We have contacted the Arizona Department of Environmental Quality, and are looking into treatment options to make the water safe again. For more information, or if you have any questions, please visit http://azdeq.gov/AZHAB or reach out to me at aholmes@kaibabpaiute-nsn.gov.

Thank you,
Austin Holmes Water Quality Specialist
Human Services

**Kaibab Living Sober AA:**
Tuesdays at Noon
Community Building
and on Zoom
Meeting ID: 870 210 54634
Password: odat

**Contact:**

**Jennie Kalauli:** Phone Number: (435)-689-1799 and Facebook Messenger

**Allen Orton:** Phone Number: (435)-899-1782 and Facebook Messenger

**Penny Keller:** Phone Number: (435)-689-0381 and Facebook Messenger

Jennie, Allen and Penny are available for individual and group sessions
May is Mental Health Awareness Month

Please check in on your loved ones: Mental health is invisible and they may be suffering in silence.

You can be suicidal and still turn up to work appearing "fine".

You can "have it all" and still feel completely empty.

You can sound confident and have anxiety.
Daily Checklist

For Good Mental Health

- Move your body
- Connect with or check in on a friend or family member
- Practice mindfulness, be present and breathe
- Get outside and see the sun
- Create or appreciate beauty
- Find the good or a reason to be grateful
- Wash your face
Finger Holds to Calm Yourself

Here is an easy technique for releasing stress, harmonizing the energy flow throughout your body, and managing strong emotions:

**Finger Holds**

There are channels (or meridians) of energy flowing through your fingers. **Holding each finger while breathing deeply can calm the mind, body and emotions.** Finger Holds can be done anywhere, anytime so this is a great tool to have in your stress management tool box. Simply wrap your hand (you can use left or right) around one finger at a time on the opposite hand. **Hold each finger for 2-5 minutes, breathing in deeply as you set your intention on harmony, peace and relaxation. Breathe out slowly, letting go of stress and imbalance.**

In the practice of Jin Shin Jyutsu, there are 5 major “attitudes” that correspond with the fingers and thumb. Try these holds to target particular feelings or sources of stress:

- Hold the thumb for Worry
- Hold the index finger for Anxiety or Fear
- Hold the middle finger for Anger
- Hold the ring finger for Grief
- Hold the little finger for Low Self-Esteem or Trying Too Hard
Human Services

**KAIBAB LIVING SOBER AA:**
TUESDAYS AT NOON
COMMUNITY BUILDING
AND ON ZOOM
MEETING ID: 870 210 54634
PASSWORD: ODAT

**CONTACT:**

**SOCIAL SERVICES: JENNIE KALauli:** PHoNE NUMBER: (435)-689-1799

**MENTAL HEALTH: ALLEN ORTON:** PHoNE NUMBER: (435)-899-1782

**SUBSTANCE ABUSE: PENNY KELLER:** PHoNE NUMBER: (435)-689-0381

**SUPPORT SERVICES ASSISTANT: CIERRA ROSSMAN:** PHoNE NUMBER (928)643-8336

JENNIE, ALLEN AND PENNY ARE AVAILABLE FOR INDIVIDUAL AND GROUP SESSIONS.

CONTACT HUMAN SERVICES STAFF FOR ALTERNATIVE RESOURCES FOR SERVICES.