Happy Thanksgiving

MERRY CHRISTMAS TO EVERYONE
Community Christmas Party
Saturday, December 18th
At the Kaibab Community Gym

Dinner Menu and Food Assignments
Roast Beef, baked potatoes, vegetable, and salad.
Red Hills, SteamBoat, and anyone living off the reservation, please bring a dessert to share.
Kaibab and Juniper, we will provide you with a bag of potatoes, please bake them and bring them hot and ready to the dinner.

Party Schedule
Christmas Bingo from 2:00-4:00 PM
Newlywed Game from 4:00-5:00 PM
Roast Beef Dinner at 5:00 PM
Santa Baby!!

If you are planning to attend from off the reservation and you have children, please let us know by December 9, 2021 at 12:00 pm by contacting the front office. Thank you!

Christmas Contests
This year all entries for the Christmas contests will be judged in the Tribal main office. Entries must be in the office by December 13th at 5:00 PM. Entries will be judged until December 16th at 5:00 PM. Winners will be announced at the Christmas Party on December 18th. There will be three categories for each contest: Children (0-11), Teens (12-17), and Adults (18+)

Christmas Wreath Contest
Gingerbread Contest

We all take Covid-19 very seriously and are actively doing our part to prevent the spread. We would like to encourage everyone who participates in this event to do so at their comfort level and to do their part in masking, social distancing, and sanitizing. Please understand if you are sick, you must stay home.
Vacant Seat

Enrollment Committee

The Enrollment Committee is looking for a new member to join us. The committee meets twice a quarter. If you are interested, please fill out an application and submit to Valencia Castro, Tribal Trust/Enrollment Officer. Request an Enrollment Committee application from the receptionist at the Tribal Office.

December 2, 2021 is the Enrollment Committee meeting where we will review all submitted applications for enrollment. Meeting time is 10:00 in the Tribal Council Chambers.

Please update your address if you have recently moved or have not been receiving your quarterly “check.” All address changes or changes to your direct deposit account need to be turned in on or before December 17, 2021. My email address is: vcastro@kaibabpaiute-nsn.gov.
NEWS FROM HOUSING

With the weather getting colder, we would like to remind everyone to please make sure you disconnect your hose from your outside faucet. This could cause a water break. If this does happen you will be charged to fix this.

ALL work orders must be called into the office, before they can be worked on. Call 928-643-8308, if no answer, leave a message. **Even on weekends.** You can also email: vrogers@kaibabpaiute-nsn.gov, or housing@kaibabpaiute-nsn.gov.

We will be having our Christmas House decorating contest. Winner from each village and a grand prize winner. If you have a decoration up, you will get $10.00 off your DPW bill. Good luck to all and we can't wait to see everyone's homes. Winners will be announced December 20, 2021. Thank you to all who participated in the Halloween House decorating contest.

The Housing department has an individual coming in December who can get rid of junk vehicles. Please let us know if you are interested as soon as possible. If you have the title, great, but if not that's okay too. Just so you know, you will not be paid anything. This is just your chance to get rid of all your old vehicles. Again, let us know as soon as possible.

Just a reminder, ALL garbage must be bagged. All boxes need to be broken down and put in bags. We have pictures of boxes not broken down.

Also, NO ASHES in the dumpsters. You can dig a hole and bury it, in your yard. Your cooperation is appreciated.

The Housing Committee is looking for a new member, three (3) year term. All applications may be picked up at the tribal office, front desk. Deadline, December 30, 2021.

Happy holidays everyone.
Thank you everyone who participated.
Tribal Wildlife, Fisheries & Parks

Hunting:
All Tribal Hunters – you need to turn in the “WHITE PAPER” right away, so the Department can get a good count of Deer taken.

Big Game hunt.
First Hunt Starts November 20 and ends November 24, 2021.
Second Hunt -Starts November 27 and ends December 01, 2021.
Third Hunt – Starts December 4 and ends December 8, 2021.

Guide Trainee – we need Trainees, you must be 18 years old, a Tribal Member or Legally Married to a Tribal Member, with an interest in the outdoors, contact any wildlife committee member or the Director, for more information.

Fishpond – Tribal members need a NO Cost permit; Kids need to be accompanied by an adult.

Encounters with cougars are rare. But if you live in cougar (Mountain Lion) habitat, there are things you can do to enhance your safety and that of friends and family. Tracks have been seen near the gym and Pipe Spring NPS.

1. When it comes to personal safety, always be aware of your surroundings, wherever you are; conduct yourself and attend to children and dependents safely.

2. If you encounter a cougar, make yourself appear larger, more aggressive. Open your jacket, raise your arms, and throw stones, branches, etc., without turning away. Wave raised arms slowly, and speak slowly, firmly, loudly to disrupt and discourage predatory behavior.

3. Never run past or from a cougar. This may trigger their instinct to chase. Make eye contact. Stand your ground. Pick up small children without, if possible, turning away or bending over.

4. Never bend over or crouch down. Doing so causes humans to resemble four-legged prey animals. Crouching down or bending over also makes the neck and back of the head vulnerable.

5. Try to remain standing to protect head and neck and, if attacked, fight back with whatever is at hand (without turning your back)—people have utilized rocks, jackets, garden tools, tree branches, and even bare hands to turn away cougars.

6. Do not approach a cougar. Most cougars want to avoid humans. Give a cougar the time and space to steer clear of you.

7. Supervise children, especially outdoors between dusk and dawn. Educate them about cougars and other wildlife they might encounter.

8. Do not feed wildlife. Do not leave food outside. Both may attract cougars by attracting their natural prey.

9. Keep pets secure. Roaming pets are easy prey for cougars.

No flying DRONES in Village areas!

REPORT trespassers to BIA Police (928-643-6050) or to Wildlife Department.

Any Questions contact Danny Bulletts, at 928-643-8305 or 435-689-1624.

Thank You.
FREE RABIES VACCINATION CLINIC - CATS & DOGS

Wednesday, December 1st, 2021

WHERE: KAIBAB-PAIUTE COMMUNITY CENTER  
TIME: 9:00AM TO 10:30AM

WHERE: JUNIPER COMMUNITY  
TIME: 10:30AM TO 11:30AM

WHERE: RED HILLS COMMUNITY  
TIME: 1:00PM TO 2:00PM

WHERE: EAGLE MOUNTAIN COMMUNITY  
TIME: 2:30PM TO 3:30PM

This clinic is provided for dogs and cats only. Animals must be HEALTHY and at least 3 months old to receive the rabies vaccine. All dogs MUST BE restrained on a LEASH, and cats MUST BE transported in a CAGE, on a LEASH, or in PILLOW CASE.

For questions, please contact IHS Office of Environmental Health at 928.737.6275 or the Wildlife, Fisheries, & Parks Department at 928.643.8305
These Elders 60+ activities are open to Tribal Members, Spouses/Significant Others, and other Native elders 60+ living on the Kaibab Paiute Reservation.

- Sorry rides are not provided -

Join Us!

Elders 60+ New Year’s Eve Social

FRIDAY, December 31st
5:00PM-8:00PM
NEW Senior Building

Door Prizes!
Dancing to the OLDIES!
BINGO!
YUMMY Appetizers & Desserts!

Elders if you are able to
Please bring 1 bingo prize

Contact LeAnn (928) 643-7365 with questions or if you would like to volunteer to help make this elders social memorable for them 🍾
Annual Christmas Craft Activities
Come make a unique keepsake gift

FRIDAY, December 17th
Eagle Mountain Community Building

9:00AM-12:00PM Morning Session

1:00PM – 4:00PM Afternoon Session

Snacks Provided

TUESDAY, December 21st

9:00AM-12:00PM KAIBAB Community Bldg.

1:00PM – 4:00PM EAGLE MT. Community Bldg.

Hot Coco & Pie for SNACK!

Wrapping paper and gift tags will be available for gift wrapping at both activities
Contact LeAnn (928) 643-7365 for questions
Over the past 18 months, some of your medical care—including supporting your bone health—may have fallen by the wayside. In the first few months of the COVID-19 pandemic, for example, about a third of healthcare providers in one survey said they had pushed off bone density screenings.

Even before the pandemic, an estimated 10 million Americans older than 50 had osteoporosis, a disease in which bone loss can increase fracture risk, according to some data. An additional 43 million people in the U.S., including 16 million men, had low bone mass (osteopenia), putting them at increased risk for osteoporosis.

The resulting fractures can be serious, even deadly: Research shows they’re responsible for more hospitalizations than breast cancer, heart attacks, or strokes among women 55 and older. “We’ve reached a global crisis when it comes to the care of osteoporosis,” says E. Michael Lewiecki, MD, director of the New Mexico Clinical Research & Osteoporosis Center in Albuquerque.

To help you keep your bones in the best possible shape, here’s the latest thinking on screening, lifestyle strategies, and when medication is the best option.

**STAY UP TO DATE ON SCREENING**

A bone density test—a low-dose X-ray known as a DEXA scan—can tell you and your doctor how strong your bones are. It’s painless and quick: You lie on an exam table for about 15 minutes while specific bones are scanned.

Women are about twice as likely as men to break a bone because of osteoporosis, according to the National Osteoporosis Foundation. So women 65 and older should have a baseline screening, according to draft recommendations from the U.S. Preventive Services Task Force.

But younger women with osteoporosis risk factors should also get scanned, says Andrea Singer, MD, director of bone densitometry at MedStar Georgetown University Hospital in Washington, D.C., and an NOF spokeswoman. Risk factors may include a smoking history, use of steroid medications, autoimmune disorders such as rheumatoid arthritis, certain types of past fractures, chronic heavy consumption of alcohol, and having diabetes, thyroid disease, or early menopause.

When to screen is a bit more complicated for men. “People thought osteoporosis was just a disorder of postmenopausal women, and it is only in the past 20 years that osteoporosis in men has been recognized,” says Robert Adler, MD, an endocrinologist at Virginia Commonwealth University in Richmond. And it can have serious effects on men, in whom fractures tend to occur about 10 years later than in women, he says. In 2016, the latest year for which figures are available, 381,000 men on Medicare experienced osteoporosis-related bone fractures. That number, 91,000—almost a quarter—died within a year.

The NOF recommends that all men have a baseline bone density test at age 70, but George Abraham, MD, MPH, president of the American College of Physicians, advises discussing it with your doctor sooner if you have osteoporosis risk factors like those above, or low testosterone or documented loss of height.

Both women and men who have a normal scan (results are given as a “T-score”) might not need another for up to a decade. Those with osteopenia need a follow-up scan between three and five years later, and for diagnosed osteoporosis, repeat testing every two years.

And if you break a bone, it’s important to have another scan to check your bone strength—but this doesn’t happen often enough. The NOF found that only 5 percent of men and 9 percent of women using traditional Medicare received a scan within six months of a fracture.

**EAT FOR STRONGER BONES**

While some studies suggest that carrying extra pounds may be bone-protective, some other research has found that
a change in weight—a gain or a loss—may increase the risk of a fracture.

However, a diet that supports strong bones also tends to help you maintain a normal weight. A study published in the American Journal of Clinical Nutrition in 2018 found that a diet rich in produce, nuts, whole-grain cereals, olive oil, and fish increased bone density in the femoral neck—located near the top of the femur—in people with osteoporosis over 12 months. Such diets help control inflammation, which may have a protective effect on bones, Lewiecki says. And they provide plenty of magnesium and potassium, which are associated with better bone density in older adults.

Also important is calcium, which helps to build and preserve bones. Women younger than 50 and men younger than 70 need at least 1,000 mg of calcium per day, and women older than 50 and men older than 70 should consume 1,200 mg daily. Ideally, your calcium should come from food, says Stephen Honig, MD, director of the Osteoporosis Center at NYU Langone Health in New York City. (A cup of skin milk has about 300 mg; a cup of cooked fresh kale has 94 mg.)

Vitamin D is also important because it helps the body absorb calcium. The NOF recommends that adults older than 50 get 800 to 1,000 international units daily. Fortified dairy and cereal contain vitamin D. And your skin makes it in response to sunlight, but it can be hard to get enough this way, so ask your doctor about assessing your blood levels of vitamin D.

Pay attention to protein, too. “Studies have shown inadequate amounts of protein are associated with increased fracture risk, which makes sense, because it makes up a hefty portion of your bones,” Lewiecki says. Men older than 50 need 56 grams a day; women older than 50, 46 grams. (Three ounces of chicken without skin has about 22.8 grams.) If you’re a vegetarian, make sure to get enough plant protein, such as legumes and nuts. And limit alcohol and caffeine because drinking a lot of either has been linked to bone loss. The National Institute of Arthritis and Musculoskeletal and Skin Diseases recommends no more than one alcoholic drink a day for women, and two for men, and the NOF advises fewer than three cups of coffee a day for everyone.

**GET THE RIGHT EXERCISE, TOO**

Being physically active may help you maintain bone density, even after menopause, when density typically drops. Weight-bearing moves such as walking and resistance training are ideal. Try to get 30 to 60 minutes of moderate activity (like brisk walking) or 20 to 30 minutes of vigorous aerobic activity daily, along with 10 to 15 minutes of resistance exercises (you can use light dumbbells, resistance bands, or your own body weight). Along with balance training, this can help prevent falls, too, by strengthening the muscles that help keep you on your feet.

For specifics, the National Institute on Aging has an exercise plan for older adults that incorporates balance, cardio, and strength: Go to nia.nih.gov and search for “four types of exercise.” (Note: If you’ve already had a spine fracture or you have osteoporosis, talk with your doctor and possibly a physical therapist before doing resistance training, Adler says.)

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**When to Start and Stop Osteoporosis Meds.**

If you receive a diagnosis of osteoporosis or osteopenia with a high fracture risk, your doctor may recommend medication, but which type and how long you’ll need it vary. Most people start with bisphosphonates, such as alendronate (Fosamax), ibandronate (Boniva), and risedronate (Actonel, Atelvia), which slow bone breakdown. For severe osteoporosis, some experts advise starting with self-injectable anabolics, such as abaloparatide (Tymlos) and teriparatide (Forteo), which build bone. Because bisphosphonates can cause stomach upset, heartburn, and, in very rare cases, thigh fractures or jawbone damage, they aren’t advised for longer than five years. Anabolics, which may cause dizziness, leg cramps, and nausea, aren’t usually prescribed for more than two years because their long-term effects are still unknown. After this time, your doctor will prescribe a bisphosphate or, if you don’t respond to bisphosphonates, the drug denosumab (Prolia). This can increase bone mass, but its benefits subside once you stop using it.

After five years on a bisphosphonate, most people should be assessed to see whether they need to take a break from the medication, says Robert Adler, MD. But about two years after stopping, if a scan shows decreased bone density, your doctor may put you back on a bisphosphonate.
Winter air is dry both inside and out because of the season's lower humidity levels. "Lower outdoor temperatures hold less moisture, as does heated indoor air," says Shari Lipner, MD, PhD, a dermatologist at the Weill Cornell Medical Center and New York Presbyterian Hospital in New York City. "Those low moisture levels in the air directly affect the moisture levels in your body."

In addition, our eyes and skin tend to become drier as we age because of hormonal fluctuations, changes in the amount of oil and tears our skin and eyes produce, and even medications like diuretics and statins. The result can be uncomfortably dry eyes, chapped skin, and irritated nasal passages. A few simple steps can help.

**BE WATER WISE**
As you roll into winter, adjusting your bathing and skin-care habits can help protect your skin. A hot bath or shower may sound great on a cold day, but hot water will dry out your skin further. Opt for warm water, keep showers and baths short, and wash with a gentle moisturizing, fragrance-free liquid or bar soap. "When you get out of the shower, don't completely dry off," Lipner says. "Leave skin slightly damp and immediately slather on moisturizer to hold that moisture in your skin."

**MOISTURIZE OFTEN AND WELL**
Apply moisturizer liberally after any contact with water at bedtime (bathing, washing hands) and anytime skin feels dry or itchy. Look for thicker, more emollient creams or ointments rather than thin lotions. Ingredients that effectively add moisture to the skin include hyaluronic acid, lanolin, petrolatum, and shea butter.

It's also important to avoid anything that might irritate or further dry out your skin and lips. "Look for soaps and moisturizers that are fragrance-free," Lipner says. "In lip balms, that includes things like mint, menthol, and camphor."

**SHIELD YOUR SKIN**
A couple of simple protective measures can make a big difference when the weather is chilly and dry. For instance, cover up as much as possible (with gloves plus a scarf wrapped around the lower part of your face) while you're outdoors to reduce your skin's contact with dry air and reduce the likelihood of chapping. Apply sunscreen with an SPF of 30 or higher to skin that's exposed, even if the weather is overcast. When indoors, wear rubber gloves while doing dishes or using cleaning products around the house.

**EASE EYE DRYNESS**
If you're already dealing with dry eyes, winter can make the condition worse. "Dry—and especially cold and windy climates—can cause increased evaporation of the tears from the surface of the eyes," says Ashley Brissette, MD, a spokesperson for the American Academy of Ophthalmology.

Increasing tear production can help. "Using a warm compress over your eyes for a few minutes a day helps release the oil in the eyelid glands and improve the quality of tears," Brissette says. Gently washing your eyelids with baby shampoo or a cleanser formulated for the eyes can also help keep eyelid glands healthy. And if you're using a computer or tablet, follow the 20-20-20 rule: Every 20 minutes, look away from the screen and focus on a spot about 20 feet away for 20 seconds. "This allows the eyes to relax, blink, and rest."

Artificial tears (moisturizing eye drops, available over the counter) are safe to use several times throughout the day to refresh dry eyes.

If these strategies aren't enough to bring relief, see your eye-care provider. Prescription drugs and other solutions are available to improve dry eyes all year round.

**A Humidifier Can Help**
A comfortable indoor humidity level is 30 to 50 percent, but that percentage can drop to below 20 in winter. A cool-mist humidifier, especially in bedrooms overnight, can keep skin, eyes, and nasal passages from drying out. The moist air can also help you breathe more easily while asleep and make it more difficult for viral particles to take hold. Members can view ratings at CR.org/humidifiers. Here's a CR Best Buy model.

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DECEMBER 2021 ON HEALTH CONSUMER REPORTS
Diabetes and Dental Care

Come and Join us for a Zoom Education class to learn how proper dental care can help with diabetes.

December 1, 2021
At
6 pm AZ time
Links will be posted on:
Sending Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
Kaibab Tribal website
kaibabpaiute-nsn.gov

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: Diabetes and Dental Care

Join Zoom Meeting
https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBJa1o1Y3ZTdVlrQT09
Meeting ID: 391 113 1530
Passcode: 5Z9Ddw

If you need more information or questions call or email:

Susan Erickson RN
Tribal Nurse
Office: 928-643-8332
Cell: 435-899-1016
Email: serickson@kaibabpaiute-nsn.gov
Cholesterol

Come and join us for a Zoom education class on Cholesterol: what is good cholesterol and what is bad cholesterol and how it can affect our bodies on:

December 7, 2021
At
6 pm

Links will be posted on:
Sending Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
Kaibab Paiute Web page @
kaibabpaiute-nsn.gov

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: Susan Erickson's Personal Meeting Room

Join Zoom Meeting
https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBJa1o1Y3ZTdvIrQT09

Meeting ID: 391 113 1530
Passcode: 5Z9Ddw

For more information or any question contact me at:

Susan Erickson RN
Tribal Nurse
Office: 928-643-8332
Cell: 435-899-1016
Email: serickson@kaibabpaiute-nsn.gov
Diabetes and Organ Health

Come and join us for a Zoom education class on diabetes and how it affects the organs such as the heart, kidneys, liver, and the other parts of our bodies on:

December 22, 2021
At
6 pm
Links will be posted on:
Sending Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
Kaibab Paiute Web page @
kaibapaiute-nsn.gov

Susan Erickson is inviting you to a scheduled Zoom meeting.
Topic: Diabetes and organ health
Join Zoom Meeting
https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBJa1o1Y3ZTDVlrQT09
  Meeting ID: 391 113 1530
  Passcode: 5Z9Ddw
For more information or any question contact me at:
  Susan Erickson RN
  Tribal Nurse
  Office: 928-643-8332
  Cell: 435-899-1016
  Email: serickson@kaibapaiute-nsn.gov
**Snap to It**

Turn these five moves—demoed by WH fitness director Jordan Galloway—into a total-body circuit by performing 12 reps of one, then continuing on to the next without stopping. Once you’re finished, rest for 45 seconds. That’s one set. Do four, alternating sides for single-arm or -leg moves with each set. Lessssss go!

**1. Band stays against back of arms the entire time.**

**SQUAT PRESS**
Stand with feet wider than hips, band under arches, hands holding handles in line with shoulders, elbows bent.

**2. Lower into a squat (A).**
Stand up and press arms straight overhead while pulling rib cage down and squeezing glutes (B). That’s 1 rep.

**3. Keep knee of supporting leg softly bent throughout.**

**REVERSE LUNGE WITH SINGLE-ARM FLY**
Fold band in half, holding both handles in right hand and middle of band in left. Extend arms forward at shoulder height. Then step right foot back and lower down until both legs form 90-degree angles, keeping back heel high (A). Maintain a slight bend in elbow as you pull right arm out to the side (B). That’s 1 rep.

**4. ALTERNATING LATERAL LUNG**
Standing with feet hip-width apart, band secured under feet. Hold handles in line with rib cage (A). Take a big step to the right with right foot, bending that knee deep and pressing hips back while keeping left leg extended (B). Push off bent leg to bring feet back together, then step to the opposite side. That’s 1 rep.

**5. Hollow-Hold Deadlift Bug**
Lie faceup with legs in the air, knees bent 90 degrees, band underneath shoulder blades, and hands gripping handles. Extend arms so wrists are above shoulders and palms face knees (A). Slowly extend left leg straight (B), then pull it back in; do the same with the right. That’s 1 rep.
Family Movie Night

Come out and create a Christmas train car using a box, paints, markers, stickers, decorations, and lights. Train cars will be judged and a winner chosen. You must sign up for this event so that we have enough materials. You are also welcome to bring additional decorating items. Please call 643-6025 to sign up. We will then watch a Christmas movie and have snacks provided by CHR.

FRIDAY, DECEMBER 10TH
DECORATING BEGINS AT 5:00 PM
MOVIE BEGINS AT 6:30 PM

Please do your part to be safe. We will be limiting the number of participants and distancing in the building. Remember to stay home if you are sick.
Brought to you by Diabetes Health and Library
Women's Craft

Come out and make some easy Christmas crafts. We will be offering this workshop two times with a limit of 10 attendees at each event. For safety reasons, you will need to sign up to participate.

You must sign up by December 9th at 5:00 pm.

Workshop 1--Sunday, December 12th
9:00 am-12:30 pm

Workshop 2--Sunday, December 12th
12:30-4:00 pm

Please do your part to be safe and remember to stay home if you are sick.
Brought to you by Housing and Library
Education Committee
Vacant Seat

The Education Committee is seeking individuals with a love for learning to fill a vacant seat. Interested individuals can fill out an application at the tribal front desk or at the library.

If you have any questions, please contact Mandy Bundy, Education Director
643-6025.

All applications are due December 17, 2021 by 3:00 pm