On April 15, 2021, I and Vice-Chairwoman Bradley traveled to Phoenix, Arizona to attend the ceremonial signing of the amended gaming compact with the State of Arizona. This historic moment was a long time in the making. The compact negotiations started approximately 4 years ago and was supposedly on the fast track for approval. Countless meetings, miles and differences of opinions made the signing a win for Arizona Tribes. With revenue received from Tribal Gaming, Tribes can continue to help our Tribal People for education, medical, infrastructure and so much more.

With the weather warming up we are wanting to move about more freely...Please remember to remain vigilant. Wear a mask, wash your hands and practice social distancing. Also, the American Rescue Plan Act has designated funding specifically for Federally Recognized Tribe and the Tribe will be eligible to apply for funding from other agencies. This funding unlike the Cares Act Funding will have a three (3) year time frame for expending. We have begun the process of looking at our infrastructure and prior strategic plans for use of these funds. We look forward to a great Spring and Summer this year. Be kind to one another.

Carmen Bradley, Ona Segundo and Governor Ducey shaking hands after the compact signing at the state capitol.

Congratulations to all the Graduates!
Tribal Member Portal.... Coming Soon!

Tribal Council Meeting
May 20, 2021
Zoom Link: https://zoom.us/i/5634622048
4/19/2021
I grew up five miles north of Meteor Crater. I come from a ranching family, we raised cattle, sheep and horses. The area more specifically is called Canyon Diablo (eastside), Twin Arrows Casino is on the westside. I grew up herding sheep, riding horses, but it is was my older siblings that tended the cattle. I have 2 sisters, and 6 brothers, of which I am the youngest.

English is a second language, I speak Navajo fluently. However, I have studied Spanish, Italian, Japanese, and Filipino. I enjoy languages, and have written mostly for new learners and native Navajo speakers, on simple dialog, numbers and phrases.

I enjoy many different hobbies, art, woodwork, jewelry, baking, cooking and micro-business development. I have worked with and mentored entrepreneurs with small business startups. During the last ten years, I have created micro-business systems for demonstration for low-income families as a part of low capital/low investment startups, which has led me to become a member of the Arizona Association for Economic Development.

I am enjoying learning about the Kaibab Paiute culture, it is a beginning of a fascinating and hopefully interactive learning experience.

I also look forward to serving the Kaibab Paiute people.

TIMOTHY NELSON, TRIBAL ADMINISTRATOR
Reduce the risk of others getting infected while at school and go to school.

Follow other CDC guidance:
- 3-6 feet
- Students keep physical distance
- Everyone wear masks
- Not spread within schools when schools:
- Cases at school are from the community and do not get COVID-19 while at school

When an infected person is known to have gotten COVID-19 outside of school:

When an infected person is known to have gotten COVID-19 inside of school:

Transmission in-school vs. transmission in-community
Understanding COVID-19 Vaccines

Stopping COVID-19 requires using all available tools, including vaccination. Vaccines work with your immune system so your body will be ready to fight the virus. Safe and effective vaccines are critical to protecting families and ending the spread of the virus.

Vaccines have been shown as safe and effective in large trials of more than 20,000 people, including Native American participants.

Vaccines help our body fight germs

Vaccines are instructions we give to our bodies to create defenses against germs, including viruses. A vaccine for a specific virus allows our bodies to create antibodies to fight that virus. Once our bodies learn new instructions we remember them for many years, just in case we need to use them again. Vaccines are made in several ways, including using:

- a weakened, inactive virus
- pieces of the virus, but not the whole thing
- mRNA
- viral vector

mRNA vaccines deliver instructions to your cells that teach them how to make the spike protein, which is a harmless piece of the COVID-19 virus. Our bodies will then respond to the spike protein and generate antibodies against it so that we are protected when we encounter the real virus.

Viral vector vaccines use a modified version of a different, harmless virus to deliver important instructions to our cells. This allows our body to produce tools needed to fight COVID-19.

COVID-19 vaccines cannot cause COVID-19 disease, but they do give our immune system guidelines to build the antibodies that fight the virus.

COVID-19 vaccines prevent people from getting sick with COVID-19

COVID-19 vaccines approved for use in the U.S. have been shown in large trials to be safe and effective. During the trials, people who got the COVID-19 vaccine were protected from COVID-19 disease.

Like other vaccines used in the U.S., COVID-19 vaccines may cause temporary side effects such as:
- soreness where the shot is given
- fever
- headache
- muscle and joint pain
- tiredness

Side effects are normal for any vaccine. These side effects tell us that our immune system is working to keep us safe by creating antibodies against COVID-19.

Safe and effective vaccines can bring the crisis to an end

Even though COVID-19 vaccines are being produced in a short time, COVID-19 vaccines are safe and effective. While the process of vaccine development was expedited, scientists went through all required steps.

The speed by which COVID-19 vaccines were created was possible because a global community of scientists worked together to develop lifesaving treatments. Large trials have confirmed the vaccines to be safe and effective.

In the U.S., multiple vaccines have successfully gone through this process and are FDA approved. Now, millions of people are safely getting vaccinated every day!

COVID-19 vaccines decrease serious illness and death related to COVID-19 complications. COVID-19 vaccines are one tool we can use to end this crisis.

For more information on COVID-19 vaccine development:

Updated March 22, 2021. Source: CDC
From May 24-June 6, 2021, state and local law enforcement agencies across the nation are stepping up their enforcement efforts for motorists who aren’t wearing their seat belts. For this year’s *Click It or Ticket* seat belt mobilization effort, the National Highway Traffic Safety Administration (NHTSA) is asking all states to participate in the *Border to Border* (B2B) initiative on May 24, a one-day, 4-hour national seat-belt awareness kickoff event coordinated by participating state highway safety offices and their respective law enforcement liaisons. B2B aims to increase law enforcement participation by coordinating highly visible seat belt enforcement and encouraging drivers and passengers to buckle up at heavily traveled, highly visible state border checkpoints.

**Face the Facts**

- The national seat belt use rate in 2019 was 90.7%, which is good — but we can do better. The other 9.3% still need to be reminded that seat belts save lives.
- Among young adults 18 to 34 killed while riding in passenger vehicles in 2019, more than half (57%) were completely unrestrained — one of the highest percentages for all age groups.
- Men make up the majority of those killed in motor vehicle traffic crashes. In 2019, 65% of the 22,215 passenger vehicle occupants who were killed were men. Men also wear their seat belts at a lower rate than women do — 51% of men killed in crashes were unrestrained, compared to 40% of women killed in crashes.

**Bust the Myths**

- Vehicle type: There seems to be a misconception among those who drive and ride in pickup trucks that their larger vehicles will protect them better than other vehicle types would in a crash. The numbers say otherwise: 58% of pickup truck occupants who were killed in 2019 were not buckled. That’s compared to 43% of passenger car occupants who were not wearing seat belts when they were killed. Regardless of vehicle type, seat belt use is the single most effective way to stay alive in a crash.
- Seating position: Too many people wrongly believe they are safe in the back seat unrestrained. Forty-five percent of all front-seat passenger vehicle occupants killed in crashes in 2019 were unrestrained, but 58% of those killed in back seats were unrestrained.
- Rural versus urban locations: People who live in rural areas might believe their crash exposure is lower, but in 2019, there were 11,971 passenger vehicle fatalities in rural locations, compared to 10,187 fatalities in urban locations. Out of those fatalities, 48% of those killed in the rural locations were not wearing their seat belts, compared to 45% in urban locations.

*Click It or Ticket — Day and Night*
High-visibility seat belt enforcement is important 24 hours a day, but nighttime is especially deadly for unbuckled occupants. In 2019, 55% of passenger vehicle occupants killed at night (6 p.m.-5:59 a.m.) were not wearing their seat belts.

*Click It or Ticket* isn’t about citations; it’s about saving lives. In 2019, there were 9,466 unbuckled passenger vehicle occupants killed in crashes in the United States. To help prevent crash fatalities, we need to step up seat belt enforcement, day and night.

Learn more about the *Click It or Ticket* mobilization at [www.nhtsa.gov/ciot](http://www.nhtsa.gov/ciot).

**Guidelines for Protecting Your Child**
1. Laws vary from state to state, with some states having higher standards than others. Safe Kids encourages all families to adopt the following safety guidelines for protecting their children. Here are the top five recommendations for keeping kids safe in cars.
2. For the best protection, keep kids in a rear-facing car seat until they are at least age two and have outgrown the height or weight limit on the label of the car seat. Keep them in the safer rear-facing position if possible, because kids who ride rear-facing have the best protection for their head, neck and spine.
3. Children who have outgrown their rear-facing car seat move to a forward-facing seat with a harness. Keep them in the forward-facing car seat until they reach the weight or height limits on the label of the car seat. Remember to use the car seat's tether to secure the forward-facing car seat to the car.
4. After a child gets too big for the weight or height limits listed on the forward-facing car seat’s label, move to a booster seat used with the vehicle lap and shoulder seat belt.
5. A child is ready for using the seat belt alone when they pass these three tests: The child’s knees should bend at the edge of the seat when their backs and bottoms are against the vehicle seat back; the vehicle lap belt fits snugly across the bony hips or upper thighs (not soft stomach); and the shoulder belt fits across the bony shoulder and chest (not across the soft face or neck.)
6. All children under 13 years of age are safest riding in a back seat.

CHR Department has carriage baby car seats, convertible, booster seats with high back or no back. All you must do is watch a 25 min. video and install it in your vehicle and answer some questions, it’s that simple. Seat belt extenders are also available, Call the office to schedule an appointment, buckle up and stay safe. 928-643-8331 CHR Office

**Covid 19 Vaccinations** are readily available across the country now, find a location nearest to you. In our area there is:

FourPoints Health 1449 N. 1400 W St Suite 19, St. George, UT 84770 435-688-7572

Creek Valley Health Clinic 20 S. Colvin Street Colorado City, Arizona 86021

435-900-1104 Wednesdays Covid Vaccinations are being done.

Call to schedule an appointment.
Tethers Make a Difference

What’s a tether?
It’s the strap with a hook hanging on the back, at the top of your child’s car seat. When attached and tightened to one of the vehicle’s tether anchors, a tether helps keep a forward-facing car seat from tipping forward.

Is it necessary?
Yes! A forward-facing car seat secured only at the bottom may tip dangerously forward in a crash, which can result in the child’s head hitting the back of the front seat, other occupants or even the console, causing serious harm. Using the tether could be the difference between a brain injury or no injury at all.

How do you use a tether?
Find the tether anchor then attach the hook on the tether strap to it and tighten. Depending on the type of vehicle you have, the tether anchor will likely be found one of three places.

Did you know?
In our study, 64% of parents were not using the tether on a forward-facing seat.

Now you know –
Look for the tether anchor symbol. Hook and tighten the tether on it. Safe travels!

www.safekids.org
© 2017 Safe Kids Worldwide
How Has COVID-19 affected our Tribe?

Attend a Zoom meeting to see how our tribal members have been affected by COVID-19. Here from tribal members who have recovered from COVID-19 and what we can do going forward to help to keep our tribal members safe and well.

May 5, 2021
At
6:00 pm
Arizona Time

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: How COVID has affected our Community

Join Zoom Meeting

https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBJa1o1Y3ZTdVlrQT09

Meeting ID: 391 113 1530
Passcode: 529Ddw

Please attend so we can get your input as what we can do to reach our goal of a safe and healthy Community!!!
Recommendation to Pause Use of Johnson & Johnson's Janssen COVID-19 Vaccine

Updated April 16, 2021 - On April 13, 2021, CDC and FDA recommended a pause in the use of Johnson & Johnson's Janssen COVID-19 Vaccine. Of the nearly 7 million doses administered so far in the United States, a small number of reports of a rare and severe type of blood clot have been reported in people after receiving the J&J/Janssen COVID-19 Vaccine. All reports occurred among women between the ages of 18 and 48, and symptoms occurred six to 13 days after vaccination. As of April 13, 2021, of the more than 180 million doses administered so far of the Pfizer-BioNTech or Moderna vaccines, no reports matching those associated with the J&J/Janssen vaccine have been received.

Get answers to your questions
J&J/Janssen COVID-19 Vaccine Update, April 13, 2021
The use of this vaccine is 'paused' for now. This is because the safety systems that make sure vaccines are safe received a small number of reports of a rare and severe type of blood clot happening in people who got this vaccine.

We do not know enough yet to say if the vaccine is related to or caused this health issue. To be extra careful, CDC and FDA recommend that the vaccine not be given until we learn more.

If you got this vaccine, seek medical care urgently if you develop any of the following symptoms:

- severe headache,
- backache,
- new neurologic symptoms,
- severe abdominal pain,
- shortness of breath,
- leg swelling,
- tiny red spots on the skin (petechiae), or
- new or easy bruising

Learn More About the J&J Janssen Vaccine Pause
What does a “pause” mean?
What do I need to know about the possible safety issue?
What if I got this vaccine?
Has this issue been seen with the other COVID-19 vaccines?
Are COVID-19 vaccines safe?
Should I cancel my vaccination appointment?

CDC and FDA Recommended to Pause use of the J&J/Janssen COVID-19 Vaccine

CDC and FDA recommended this pause to communicate with and prepare the healthcare system to recognize and treat patients appropriately. Communication with healthcare providers will also emphasize the importance of reporting and how to report severe events in people who have received this vaccine. This pause also will allow CDC’s independent advisory committee, the Advisory Committee on Immunization Practices, to meet, review these cases, and assess their potential significance.

Safety Is a Top Priority

COVID-19 vaccine safety is a top priority for the federal government, and all reports of health problems following COVID-19 vaccination are taken very seriously. This potential safety issue was caught early, and this pause reflects the federal government’s commitment to transparency as CDC and FDA review these data. COVID-19 vaccines have undergone and will continue to undergo the most intensive safety monitoring in U.S. history.

What to Do If You Received the J&J Janssen COVID-19 Vaccine

If you received the vaccine more than three weeks ago, the risk of developing a blood clot is likely very low at this time.

If you received the vaccine within the last three weeks, your risk of developing a blood clot is also very low and that risk will decrease over time.

Contact your healthcare provider and seek medical treatment urgently if you develop any of the following symptoms:

- severe headache,
- backache,
- new neurologic symptoms,
- severe abdominal pain,
- shortness of breath,
- leg swelling,
- tiny red spots on the skin (petechiae), or
- new or easy bruising

I Dos and Don’ts of Managing Diabetes When You’re Sick

Type 2 diabetes doesn’t take a day off — even if you’re feeling lousy because you have a cold or the flu. In fact, when you’re sick, you need to be extra mindful to stay on top of your diabetes self-care. That’s because a cold, sinus infection, or the flu can put your body under stress, causing it to release hormones that help fight the illness — but these hormones can also affect your blood sugar levels.

Infections, particularly serious ones, can lead to diabetes complications. The most dangerous — although it’s rare in people with type 2 diabetes — is diabetic ketoacidosis, which can lead to a diabetic coma, according to endocrinologist Alan Garber, MD, PhD, a professor of medicine in diabetes, endocrinology, and metabolism at the Baylor College of Medicine in Houston and president of the American College of Endocrinology. "Infection is a metabolic stress, and it raises your blood sugar," Dr. Garber says. It can be hard to know how you will respond to each infection, he adds.

Being sick can also lead to dehydration, eating differently, oversleeping, and losing track of your schedule — all of which can make diabetes management harder.

However, there’s a proactive step you can take to prepare before your next cold or flu: Discuss a sick day plan with your doctor. According to the American Diabetes Association (ADA), this plan should outline the general steps you need to take when sick, such as:

- How often you’ll need to test your blood sugar
- What to do if your blood sugar gets high
- When to test your ketones
- What medications to take
- What and how to eat
- When to call your doctor

Put your plan in writing, include your doctor’s contact information, and make sure the plan is available to a loved one or friend in case you need help.

There are also many things you can do (or not do) to help keep your diabetes under control if you do get sick.

The Dos and Don’ts of Diabetes Care When You’re Sick

**DO drink plenty of fluids.** Fluids are recommended for anyone who’s sick because diarrhea and vomiting can cause dehydration. People with diabetes should be even more vigilant about drinking fluids because high blood sugar levels lead to more urination, adding to your risk for dehydration. Choose water or sugar-free sports drinks to replace electrolytes and fluids, Garber says.

**DON’T skip or double up on medication doses.** Garber stresses that you shouldn’t try to adjust your diabetes medication or insulin without your doctor’s advice. If it hasn’t already been outlined in your sick day plan, call your medical team to find out what to do if your blood sugar is unusually high or low.

**DO check your blood sugar level regularly.** When you’re sick, you’ll need to check your blood sugar more often. If blood sugar spikes over 300, the ADA recommends also checking ketones, which you can do with a urine test strip.

**DO pick diabetes-friendly cold medications.** The ADA recommends asking a pharmacist to help you when you’re looking for over-the-counter medicines, if your doctor hasn’t already recommended the best ones for you. Try to find sugar-free cough syrup and be aware that decongestants can affect both blood sugar levels and blood pressure.
DON'T ignore symptoms of potential diabetes emergencies. Your sick day plan should outline when to call your doctor, but some symptoms could signal a possible diabetes emergency. The ADA says these include:

- Blood sugar levels that keep rising or are over 240
- Moderate to large amounts of ketones in your urine
- Frequent urination
- Dry mouth or thirst
- Vomiting for more than six hours
- Abdominal pain
- Confusion
- Loss of consciousness

Even if you're not experiencing these symptoms, call your doctor any time you aren't sure about your medications or how to care for yourself.

DO eat small meals often. Stock up on foods that are easy for a sick stomach, such as soup, crackers, applesauce, and gelatin. "Chicken noodle soup can do people a world of good," says Garber. The ADA recommends 50 grams of carbohydrates every three to four hours, and you should generally try to get your usual daily calorie intake. If you can't eat any solids, try frozen fruit pops, broth, pudding, or juice.

DO keep a written record. Write down your blood sugar test results, the times you take medications, when you eat and what you eat, and any new symptoms you experience, such as vomiting, diarrhea, fever, or abdominal pain. The ADA also recommends tracking your weight if you're sick for several days.

DO wear a medical ID. Most sick days will pass without trouble, but if you ever lose consciousness or need to go to the emergency room, a medical ID will give vital information to medical professionals.

DON'T isolate yourself. Although it may be tempting, Garber doesn't recommend toughing it out alone. Going to the doctor could mean you get flu medications or antibiotics early in your illness, so don't hesitate to make an appointment.
Diabetes and Urological Symptoms

May 26, 2021
At
6 pm
Arizona Time

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

The Zoom link will be posted closer to the class date on:
Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
kaibapaiute-nsn.gov

Any question call or email:
Susan Erickson RN
Tribal Nurse
At
928-643-8832
Or
435-899-1016
Intermountain
Garfield Memorial Hospital

3D DIGITAL MOBILE MAMMOGRAPHY UNIT

coming to your area

Kanab
May 25, 26 & 27, 2021

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
Benefits of Physical Activity

COVID-19: How to Be Physically Active While Social Distancing

Regular physical activity is one of the most important things you can do for your health.

Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter.

If you’re not sure about becoming active or boosting your level of physical activity because you’re afraid of getting hurt, the good news is that moderate-intensity aerobic activity, such as brisk walking, is generally safe for most people.

Read about the benefits for improving your brain health, weight management, reducing disease, strengthening your bones and muscles, and improving your ability to do everyday activities.

If you have not been physically active in a while, you may be wondering how to get started again. Find more tips here to get started with physical activity for a healthy weight.

Learn more about what works and how physical activity can improve your health.

Immediate Benefits

Some benefits of physical activity on brain health happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

Learn more about the immediate benefits of physical activity.

Weight Management

Looking to get to or stay at a healthy weight? Both diet and physical activity play a critical role in maintaining a healthy body weight, losing excess body weight, or maintaining successful weight loss. You gain weight when you consume more calories through eating and drinking than the amount of calories you burn, including those burned during physical activity. It's important to balance calories. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to reach or maintain a healthy weight.

Be Active: Every Bit Helps

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Learn more from the Physical Activity Guidelines for Americans, 2nd Edition.

To maintain your weight: Work your way up to 150 minutes a week of moderate-intensity aerobic activity (for example, 30 minutes a day, 5 days a week). Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than 150 minutes of moderate-intensity activity a week to maintain your weight.
To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you’re eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. For more information about nutrition, physical activity, and weight loss, visit Healthy Weight.

Reduce Your Health Risk

Cardiovascular Disease

Heart disease and stroke are two of the leading causes of death in the United States. Following the recommendations and getting at least 150 minutes a week of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.

Type 2 Diabetes and Metabolic Syndrome

Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is some combination of too much fat around the waist, high blood pressure, low High Density Lipoproteins (HDL) cholesterol, high triglycerides, or high blood sugar. People start to see benefits at levels of physical activity below the recommended 150 minutes a week. Additional amounts of physical activity seem to lower risk even more.

Already have type 2 diabetes? Regular physical activity can help you control your blood glucose levels. To find out more, visit Diabetes and Me.

Some Cancers

Being physically active lowers your risk for developing several commonly occurring cancers. Research shows that adults who participate in greater amounts of physical activity have reduced risks of developing cancers of the:

- Bladder
- Breast
- Colon (proximal and distal)
- Endometrium
- Esophagus (adenocarcinoma)
- Kidney
- Lung
- Stomach (cardia and non-cardia adenocarcinoma)

Improve your quality of life. If you are a cancer survivor, research shows that getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness.

Strengthen Your Bones and Muscles

As you age, it’s important to protect your bones, joints, and muscles - they support your body and help you move. Keeping bones, joints, and muscles healthy can help ensure that you’re able to do your daily activities and be physically active. Doing aerobic, muscle-strengthening, and bone-strengthening physical activity at a moderately-intense level can slow the loss of bone density that comes with age.

Hip fracture is a serious health condition that can have life-changing negative effects, especially if you’re an older adult. Physically active people have a lower risk of hip fracture than inactive people.

Among older adults, physical activity also reduces the risk of falling and injuries from falls. Physical activity programs that include more than one type of physical activity are most successful at reducing falls and fall-related injuries. Different types of physical activity include aerobic, muscle strengthening, and balance physical activities. Also, weight bearing activities such as
running, brisk walking, jumping jacks and strength training produce a force on the bones. These activities that can help promote bone growth and bone strength and reduce the risk of fall-related injuries and fractures.

Regular physical activity helps with arthritis and other rheumatic conditions affecting the joints. Doing 150 minutes a week of moderate-intensity aerobic physical activity, if able, plus muscle-strengthening activity improves your ability to manage pain and do everyday tasks and improves quality of life.

Build strong, healthy muscles. Muscle-strengthening activities like lifting weights can help you increase or maintain your muscle mass and strength. This is important for older adults who experience reduced muscle mass and muscle strength with aging. Slowly increasing the amount of weight and number of repetitions you do as part of muscle strengthening activities will give you even more benefits, no matter your age.

Improve Your Ability to do Daily Activities and Prevent Falls

A functional limitation is a loss of the ability to do everyday activities such as climbing stairs, grocery shopping, or playing with your grandchildren.

How does this relate to physical activity? If you're a physically active middle-aged or older adult, you have a lower risk of functional limitations than people who are inactive.

Improve physical function and decrease the risk of falls. For older adults, multicomponent physical activity is important to improve physical function and decrease the risk of falls or injury from a fall. Multicomponent physical activity is physical activity that includes more than one type of physical activity, such as aerobic, muscle strengthening, and balance training. Multicomponent physical activity can be done at home or in a community setting as part of a structured program.

Increase Your Chances of Living Longer

Science shows that physical activity can reduce your risk of dying early from leading causes of death, like heart disease and some cancers. This is remarkable in two ways:

1. Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 150 minutes a week have a 33% lower risk of all-cause mortality than those who are physically inactive.
2. You don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death. Benefits start to accumulate with any amount of moderate- or vigorous-intensity physical activity.

Benefits For People with Chronic Health Conditions & Disabilities

- Health Benefits Associated with Physical Activity for People with Chronic Conditions and Disabilities (Chapter 2, pg. 43) [PDF-14.4MB]
- Key Recommendations for Adults with Chronic Conditions and Disabilities (Chapter 6, pg. 81) [PDF-14.4MB]
Wearing a Mask is an Act of Love

Why do you wear a mask?

"I wear a mask because it keeps me safe, and others safe. Because it is the considerate thing to do."

Tavavee Shearer
Kaibab Band of Paiute Indians

#kptactsoflove
#kpteducation
#kpthumanservices

HUMAN SERVICES CONTACT INFORMATION

SOCIAL SERVICES
Jennie Kalauli – 928-643-8320

MENTAL HEALTH SERVICES
Allen Orton - 435-899-1782

SUBSTANCE ABUSE SERVICES
Penny Keller - 435-689-0381
Kaibab Band of Paiute Indians
Wildlife, Fisheries & Parks Department

Tribal Hunting – REMINDER, THE WILDLIFE NEEDS YOUR WHITE PAPERS IF YOU MADE A KILL ASAP, SO THAT WE CAN GET A COUNT OF HOW MANY DEER WERE TAKEN. This Department would like to thank all Tribal members’ hunters for cooperating with the Department and the COVID-19 team, by following, the hunting guide lines.

ATTENTION TRIBAL MEMBERS and Spouses – the Wildlife committee is looking for outdoors type person, male or female. To become a hunting guide, you need to be 18 years old, Tribal Member or legal spouse in good standing, you just need to know about hunting and be able to get up before the sun comes up and go to sleep after the sun goes down for five days, AND GET PAID FOR IT. Contact a wildlife committee member or the Director, for more information.

Free Non-lead Ammo Coupon – Is now available at the wildlife office one per hunter, same as last year. Coupons good until April 2021.

Remote Cameras – If anyone knows anything about someone damaging and stealing the Photo-cards to the programs cameras please contact the Director, we just want the cards back.

Watch out for DEER on the road - 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, this is in the Wildlife Ordinance and in Arizona state law.

Fishing – All Tribal Members need a permit at no cost, so come in and get one for the 2021 season, all others cost is $10 dollars for the first day, and remember to pick up your trash. Children need to be with someone 18 years or older while fishing and only tribal member can swim in the pond. And social distancing needs to be practiced.

Fire Wood – Tribal Members you don’t need a permit to get fire wood, unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you don’t need a permit. You can get wood anywhere on the reservation, as long as it is not green, greenwood will burn slow and will plug up your chimney faster.

Back Dirt Roads – If for some reason you take the back roads, beware of the sand, and mud, remember to tell someone where you are going and about what time you will return, take a lot of water, some snacks, matches, 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 or muddy turn back you don’t want to get stuck. If you know of someone that has gone out and not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, or BIA-Police. This will only be to get them home, but if asked to be pulled you out, you may be charged a fee.

Any questions or concerns contact Danny Bulletts, Jr. at 643-8305 or Email me at dbullettsjr@kaibabpaiute-nsn.gov. Text or call (435) 689-1624.
**News from Housing**

Housing will be starting swamp cooler hook ups for all of our rental units, May 10-14, 2021. Should any one else want their cooler hooked up, please contact Yolanda 643-8308 or Kathryn 643-8315. The cost will be $80.00.

Pest control will be May 10, 2021, starting at 8 am. All rental units will be sprayed. Anyone else who would like their home sprayed, contact Yolanda or Kathryn. The cost will be $40.00.

Reminder ALL garbage must be bagged. Only household garbage in the dumpsters.

All work orders must be called in to either Yolanda or Kathryn. If they are not, the work will not be done.

Parents, please keep an eye on your children. There has been some vandalism done at the Kaibab community park.
It’s that time of year again, our clean-up. Starting May 1, 2021, all big items can be placed in front of your home by the road. Pick up will start May 24-27, 2021. Village/Roadside clean up will be May 28, 2021, starting at 8 am. Someone will be around to hand out garbage bags on the for the village/roadside clean up. Lunch pick up will be at the Kaibab community building, starting at 11 am. If anyone needs garbage bags for cleanup around your home, please contact Yolanda.

LET’S GET OUR VILLAGES AND ROADS CLEANED UP.
WHERE ARE WE LOCATED?
Two of the Tribes Cultural offices are located at the South end of the joint Visitor Center Museum building complex.

WHAT OFFICES ARE HOUSED THERE?

Cultural Preservation  LeAnn Jake-Shearer, Director
(928) 643-7365  ishearer@kaibabpaiute-nsn.gov

Cultural Resources/SPC  Daniel Bulletts, Director
(928) 643-6278  dbulletts@kaibabpaiute-nsn.gov

Things to know

Due to COVID restrictions:

- Only tribal members, tribal staff and residents may drop by without an appointment.
- The Cultural Preservation indoor classroom space is limited to (5) people for safe distancing.
- Facemask will be required when 6-feet social distancing cannot safely be observed.
- This is a space for learning, sharing, and asking questions.
- Need help with a cultural project, have a cultural question, want to start a project, interested in teaching a class or have ideas for future classes? We’re here to help and always open to collaboration.

We are Open, stop in and say hi!

(Subject to the Tribal COVID Guidelines)
The Practice Challenge
Practice daily language immersion using family titles

Father – Moo-one
Mother- Pee-yun
Grandfather – Toh-hon
Grandmother – Kaw-hoon

*There are currently (5) language lessons on the website*

To access available virtual language lessons.
Tribal members can create an account using their tribal ID
https://www.kaivavichlanguage.com
for help, Contact: Miya Osife, Language Program
(928) 643-6485

Support Language Revitalization

*Remember the language is oral not written we all spell it differently.

LISTEN TO YOUR ELDERS:

WHILE YOU STILL HAVE THE ABILITY TO ACCESS THEIR VOLUMES OF WISDOM AND KNOWLEDGE BEFORE IT IS GONE.
This heritage workshop is open to tribal members, spouses, and other Southern Paiutes living on the Kaibab Paiute Reservation.

Please join us for the 3rd class in a series of (4)

Everything in MINI

Yucca Surprise! 6-hour Workshop

Saturday, May 29, 2021
9:00AM-3:00PM
Cultural Office Building

Next door to the Monument. Location may change depending on weather. Lunch will be provided

There are 10 spots available on a first come first served sign-up basis. Deadline to sign-up by May 14, 2021.

Contact LeAnn at the Cultural Preservation Office 643-7365 to sign-up and reserve your spot.

Sorry, everyone I haven't quite landed on what the project will be either mini yucca basket or mini yucca sandals. So, guess you will have to show up to find out!

Dress in layers this will be an outdoor activity. Masks are required when unable to observe social distancing.

- PPE will be available -