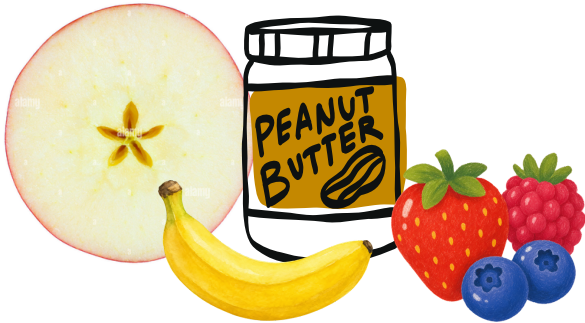


LAS VEGAS PAIUTE TRIBE

HEALTH & HUMAN SERVICES


Las Vegas Paiute Tribe
Health and Human Services

October Newsletter



Apple Pizza

1. Cut apples as round slices (core if desired)
2. Spread peanut butter across the top
3. Top with berries, or sliced bananas or small amount of granola, or all of them



CLINICAL APPOINTMENT HOURS

DR. LEE (PRIMARY CARE)- MONDAY-FRIDAY
8:30AM-3:30 PM

GEMMA (NURSE PRACTITIONER) MONDAY-FRIDAY 8:30AM-3:30 PM

LISA LEDL (NURSE PRACTITIONER). WED-FRIDAY 9:30AM-3:30 PM

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

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

BEHAVIOR HEALTH

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

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

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

ADDITIONAL SERVICES

OPTICAL: MON-FRI 8AM-5PM

DENTAL: MON-FRI. 8AM-5PM

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

WELLNESS CENTER: MON-FRI 8AM-6PM

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

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

Wellness Center

OCTOBER 2026

Health & Wellness Center
Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Strength Trng. Elders 9AM	6 Tai Chi Beginners 9AM	7 Pick A Card Workout 10AM	8 Tai Chi Beginners 9AM	9 Dance Class Fit 12PM	10
11 CLOSED	12 INDIGENOUS PEOPLE day	13 Tai Chi Beginners 9AM	14 Strength Trng. Elders 9AM	15 Tai Chi Beginners 9AM	16 Chair Volleyball 12PM	17
18	19 Elders Balance 9AM	20 Tai Chi Beginners 9AM	21 Beginners Weight Trng 9AM	22 Tai Chi Beginners 9AM	23 Dance Class Fit 12PM	24
25 CLOSED	26	27	28	29	30 NEVADA	31





**THE WELLNESS CENTER WILL BE
CLOSED**

OCTOBER 26-OCTOBER 30



BREAKING NEWS

Chiropractic Services Now Available at the Wellness Center



- **All Registered Clinic Patients are eligible for services**
- **Available Tuesdays and Thursdays 12pm-6pm**
- **Call the Clinic or come into the Wellness Center to make an appointment**

NEW

Celebrating Our Pharmacy Technicians

On **October 20th**, we celebrate National Pharmacy Technician Day and recognize the dedicated pharmacy technicians who play such an important role in patient care. From supporting pharmacists and preparing medications to assisting patients and keeping pharmacy operations running smoothly, their hard work and attention to detail make a meaningful difference every day. We are grateful for all that our pharmacy technicians do and proud to honor their commitment, compassion, and dedication to our team and the patients we serve.

Let me introduce our 2 spectacular pharmacy technicians!

NORA BARRY

Has worked in pharmacy for 20 years. She always wanted to work in the medical field.

She was in the army for 4 years, stationed in Germany.

She enjoys reading and cooking.

Originally from Chicago, IL and has lived in Las Vegas for 24 years.

May this month bring you cooler breezes, cozy vibes, and countless reasons to smile.

Celebrating Our Pharmacy Technicians

Christina Tucker

When She's not here at the Paiute Pharmacy, her life evolves around being a Grandma and being a good daughter. Hobbies are baking, reading, playing cards and just walking around my neighborhood with her husband. Beer tasting is also great fun! She is a native of Nevada and was born in Boulder City and raised in Henderson.



May this month bring you cooler breezes, cozy vibes, and countless reasons to smile.

KEEPER OF THE HEARTH

FirePreventionMonth|RespectingtheFlame.ProtectingtheTribe.

Fire provides warmth and life, but demands our deepest respect. This month, let us honor our homes, workplaces, and community by practicing vigilance and safety. Keep this guide in your family circle.



WEEK 1: Wake the Watchman (Smoke Alarms)

- **Traditional Insight:** Just as tribal lookouts once guarded the camp, smoke alarms are the modern watchmen of your home.
- **Test Monthly:** Press the test button to ensure your watchman is alert.
- **Fresh Energy:** Change the batteries once a year, or immediately if it "chirps" like a winter cricket.
- **A New Guard:** Replace the entire smoke alarm unit every 10 years.



WEEK 2: The Two Ways Out (Escape Plans)

- **Traditional Insight:** Knowing the terrain and having a clear path ensure the survival of the entire community.
- **Map the Path:** Ensure every room in your home and workplace has two clear exits (doors or windows).
- **The Gathering Point:** Choose a fixed landmark outside—a tree, a sign, or a post—where everyone will meet.
- **Practice the Drill:** Run a drill twice a year. Teach children to crawl low beneath smoke where the air is pure.



WEEK 3: The P.A.S.S. Warrior (Fire Extinguishers)

- **Traditional Insight:** Tame a small, contained fire with intention, focus, and precision using the four steps of the P.A.S.S. method:
- **P - PULL:** Pull the pin to unlock the operating lever.
- **A - AIM:** Aim low, pointing the nozzle directly at the base of the fire, not the flames.
- **S - SQUEEZE:** Squeeze the lever to release the extinguishing agent.
- **S - SWEEP:** Sweep from side to side at the base until the fire is completely extinguished.



WEEK 4: Circle of Protection (Community Care)

- **Traditional Insight:** True strength lies in protecting our past and our future—our elders and our youth.
- **Honor the Elders:** Visit neighbors and elders to test their alarms and clear clutter from their exit paths.
- **Workplace Councils:** Review escape routes with coworkers and ensure extinguishers are never blocked.

"A safe hearth makes a strong community." Share this knowledge with your family tonight.

Smoke Alarms Save Lives!



Red Cross' **Sound the Alarm** Program for *Homeowners*:

- Provides and installs **FREE** battery-operated smoke alarms in your home, including ADA-certified Hearing-Impaired alarms, if needed.
- Checks and replaces smoke alarm batteries as needed.
- Conducts a Home Fire Safety Assessment.
- Creates a Fire Escape Plan with you.



Call **702-697-1707** or visit **SoundTheAlarm.org/Nevada** to leave your name, number, and full address with zip code on the Red Cross Hotline.



LAS VEGAS PAIUTE TRIBE
HHS & Wellness Center



Closure Notice

Our office will be closed in
observance of
Indigenous Peoples Day

MONDAY
OCTOBER 12
2026

We will resume normal business hours
on the following business day.



**WE WILL BE
CLOSED
OCTOBER 30, 2026
IN OBSERVANCE OF**

**NEVADA
— DAY —**



LAS VEGAS PAIUTE TRIBE
34TH ANNUAL
**SNOW MOUNTAIN
POW WOW**

October 9th, 10th & 11th, 2026
LAS VEGAS, NEVADA

HEAD STAFF

MC Bart Powaukee
ARENA DIRECTOR Corey Reeder
HEAD JUDGE Nugget Bull Bear
HEAD GOURD DANCER Kenneth Cozad
SOUTHERN DRUM Cozad
NORTHERN DRUM Battle Lake
PA SYSTEM WarDance LIVE

DAILY ADMISSION

\$8 1-Day Pass

\$12 3-Day Pass*

*Free gift with the purchase of a Weekend Pass while supplies last!

VENDORS

Please contact Anita Taylor for Vendor Info.

Phone: 702-386-0280

Email: ataylor@lvpaiute.com

SCHEDULE

Grand Entry Friday 10/9 @7PM
Sat. 10/11 @1PM & 7PM
Sun. 10/12 @1PM

Gourd Dance Sat. 10/11 & Sun. 10/12
@12PM Noon

DRUM CONTEST

NORTHERN & SOUTHERN Drums

Combined Contest

1st: \$5000, 2nd: \$4000,
3rd: \$3000, 4th: \$2000

Day Pay For Non-contesting Drums:
\$100 per session

DANCE CATEGORIES

JUNIORS (6-12yrs)

Jr. Girl's: FANCY, JINGLE,
TRADITIONAL

Jr. Boy's: FANCY, GRASS,
TRADITIONAL

1st: \$150, 2nd: \$100, 3rd: \$75

TEENS (13-17yrs)

Girl's: FANCY, JINGLE,
TRADITIONAL

Boy's: FANCY, GRASS,
TRADITIONAL

1st: \$400, 2nd: \$300, 3rd: \$200

JR. ADULTS (18-33yrs)

Women's: FANCY, OLD STYLE JINGLE,
CONTEMPORARY JINGLE, NO.

TRADITIONAL, SO. TRADITIONAL

Men's: FANCY, GRASS, CHICKEN, NO.
TRADITIONAL, SO. TRADITIONAL

1st: \$700, 2nd: \$600, 3rd: \$500

SR. ADULTS (34-49yrs)

Women's: FANCY, OLD STYLE
JINGLE, CONTEMPORARY

JINGLE, NO. TRADITIONAL, SO.
TRADITIONAL

Men's: FAN, GRASS, CHICKEN,
NO. TRADITIONAL, SO.

TRADITIONAL

1st: \$700, 2nd: \$600, 3rd: \$500

SPECIALS

Red Dress, Men's Southern Straight,
Contemporary Team Dance,
Traditional Team Dance,
Teen Girls Jingle Side Step

GOLDEN AGE (50+yrs)

Women's: NORTHERN, SOUTHERN

Men's: NORTHERN, SOUTHERN

1st: \$700, 2nd: \$600, 3rd: \$500

LVPaiuteTribe.com/pow-wow

CONTACT US: 702-910-2593 / POWWOW@LVPaiute.com

[BIT.LY/3ZNS3DC](https://bit.ly/3ZNS3DC)

f [FACEBOOK.COM/SNOWMTPOWWOW](https://facebook.com/snowmtpowwow)



Save The Date

HOLIDAY SERIES

CRAFT MARKET

Saturday | 10AM TO 3PM
NOVEMBER 14, 2026

Saturday | 10AM TO 3PM
DECEMBER 12, 2026

Shop. Eat. Hang Out.

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

Beadwork | Baked Goods | Refreshments | Hand Made Items
Ribbon Skirts | Accessories | Gifts

 **Las Vegas Paiute Tribe**
Wellness Center Gymnasium

1279 Paiute Circle, Las Vegas, NV 89106

VENDOR INFORMATION

 702-916-3983

 CRAFTMARKET@LVPaiute.COM

 @LVPTHHCRAFTMARKET

 LVPTHHCRAFTMARKET

TUESDAYS This Fall



POP-UP PRODUCE STANDS

SNAP/EBT Accepted • Double Up Food Bucks Available

BONNEVILLE TRANSIT CENTER

**101 E. BONNEVILLE AVE.
LAS VEGAS, NV 89101**

**SEP.
1 & 8**

**OCT.
6 & 13**

**NOV
3 & 10**

**NOON - 3PM
OR UNTIL SOLD OUT**

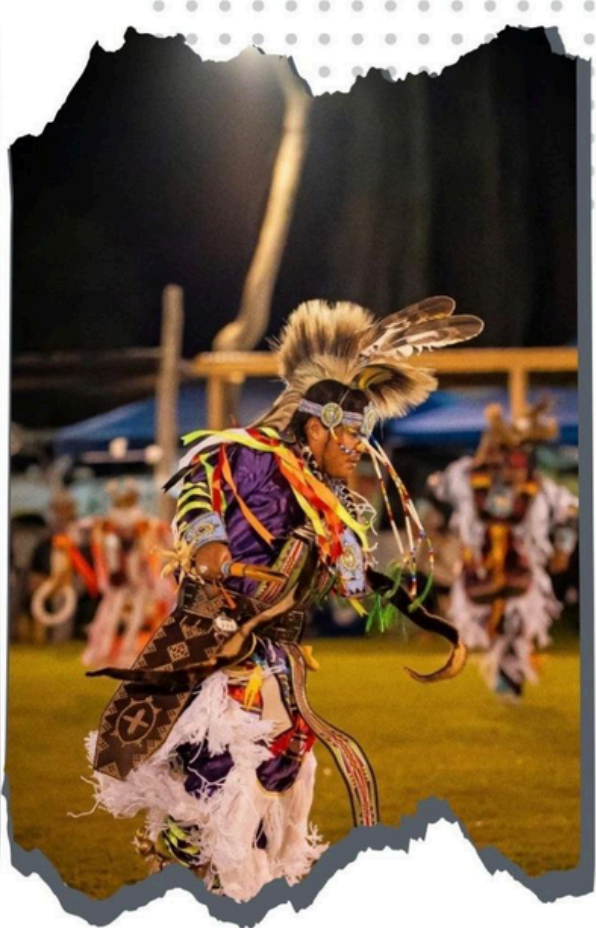
POWWOW DANCE CLASS

WITH THE LAS VEGAS NATIVE YOUTH DANCERS



Free Tuesday class:

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



Thursday dance class:

This is powwow dance class. The 1st hour (6 to 7pm) is sharing the basic step to the different songs. We also share the histories and stories of the dances and powwow teachings.

The 2nd hour is a allotted time to allow dancers time to dance and practice. The space we used we pay by the hour. Families pitch in together.

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

*****Tuesday classes are held every other week at the LVPT Wellness Center (except the Oct. 27 class will be held Oct. 20th)**

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