

LOVELOCK PAIUTE TRIBE



MAY 2022 NEWSLETTER



P.O. BOX 878
201 BOWEAN ST.
LOVELOCK, NV 89419
775-273-7861

paiutetribelovelock.org

May

LPT Special Diabetes Program
Mental Health Awareness
Stay hydrated & safe!!

National Suicide Prevention Lifeline 1-800-273-8255

2022



Set Goal Sunday	Motivate Monday	Training Tuesday	Recovery Wednesday	Thrive Thursday	Fluids Friday	Save-It Saturday
1 Keep hard-boiled eggs & cut up fruit/veggies in the fridge for a quick snack. Place ball on floor, tap ball with feet while circling ball, reverse.	2 Use weekly meal planning to stay ahead. Use leftovers to avoid cooking every day or for lunches. Walk 5 min slow, 8 min brisk. 44 mins total	3 Try a pre-workout fruit & yogurt smoothie + low-fat granola. 6 knee pushups, 3 toe pushups. Repeat 3x a day	4 Eat a snack or meal within an hour following exercise. Greek yogurt + berries + whole-grain cereal + water. Walk 5 min. slow, 8 min. brisk. 44 min total.	5 6 knee pushups, 3 toe pushups, 5 chair dips, 10 bicep curls, 6 squats, 15 jumping jacks, plank 30 sec.	6 For low-moderate & high-intensity workouts (60 mins) hydrate with water before, during, and after exercise. Hydrate 8oz.	7 Try nut butter between banana slices, dipped in dark chocolate & freeze. Waist rotation- stand side by side twist & pass ball
8 Have moderate amounts of lean protein at each meal, 2 eggs, meat patty, or pork loin.	9 Pack healthy snacks to control appetite at meals. Fuel yourself throughout the day.	10 Chair dips, start with 5 and add more reps as you get stronger. 10 bicep curls. 3X a day	11 Restore electrolytes lost through sweat. Smoothie with low-fat milk + spinach + fruit.	12 6 knee pushups, 3 toe pushups, 5 chair dips, 10 bicep curls, 6 squats, 15 jumping jacks,	13 Walk 5 min. slow, 5 min. brisk- 35 minutes total. Hydrate 8oz.	14 Fresh fruit with low-fat whipped topping or whipped coconut milk. Plank 30 secs. X2
15 Eat healthy fats at each meal- string cheese, yogurt, nuts, and avocado. Waist rotation- stand side by side twist & pass ball.	16 Choose less processed foods when grocery shopping by staying on the perimeter of the store.	17 Low-fat cottage cheese + apple butter + grapes. 10 knee pushups, 5 toe pushups, Repeat 3X a day.	18 Eat high-quality protein after exercise to repair muscle tissue: wrap w/ turkey & spinach + fruit bowl + low-fat milk. Walk 5 min. slow, 10 min brisk. 50 min total.	19 6 knee pushups, 3 toe pushups, 5 chair dips, 10 bicep curls, 6 squats, 15 jumping jacks, plank 30 sec.	20 Walk 5 min. slow, 10 min. brisk- 44 minutes total. Hydrate 8oz.	21 In a muffin tin layer whole-grain granola, low-fat yogurt & fruit for a freezer treat. Hold ball- squat w/ heel raises, 10 reps
22 Pack healthy snacks & drinks, grilled chicken on wheat bread + fruit + veggies.	23 Lean hamburger no bun, lettuce, tomato w/ side salad + yogurt fruit parfait.	24 12 knee pushups, 6 toe pushups. Repeat 3x a day	25 Pair a protein and carb after exercise. Grilled chicken + broccoli + roasted sweet potato.	26 6 knee pushups, 3 toe pushups, 5 chair dips, 10 bicep curls, 6 squats, 15 jumping jacks,	27 Prevent the consequences of excessive dehydration. 64 oz of water a day.	28 Try freezing grapes or turn smoothies into popsicles for hot days. 15 secs of jump jacks
29 Before/After exercise fuel muscles w/ whole grain wheat bagel, nut butter & low-fat milk.	30 Low-fat/fiber pre-exercise meals ensure optimal digestion	31 Chair dips, start with 10, add more reps as you get stronger. 20 bicep curls. 3X a day	^ Walk 5 min. slow, 15 min. brisk. 65 min. total	6 knee pushups, 3 toe pushups, 5 chair dips, 10 bicep curls, 6 squats, 15 jumping jacks,		



Chairwoman, Debbie George- May 2022 Newsletter

COVID UPDATES: The number of positive cases has been fluctuating up and down, for the most part they have been down. The Tribal Administration building is open, Receptionist will assist with taking temperatures and making sure everyone entering the building has a mask regardless of current vaccination status. There is no remote working from any staff and we encourage all our community members to wear mask while in our Tribal offices and places of business until further notice from Tribal Council.

(The Tribe will continue with the following recommendations for the safety of all in our community)

- Please stay home if you are sick, if you don't feel well and experience any COVID-19 symptoms, please stay home. Please get tested if symptoms continue.

ARPA FUNDS- The only disbursement given to Basic members has gone out. We are now working on the One-time Utility assistance, if you need of assistance applications can be picked up at Tribal Administration building, or online at: paiutetribelovelock.org

Other Meeting Attended:

- Weekly IHS Meetings via ZOOM, every Thursday
- Attended ONAP Training for Program Income April 5-6.
- Zoom training on April 19, on Damaged Homes and rehabilitation
- Zoom training on April 19-20, on Basic Financial Management
- Zoom training on April 27, Violence Against Woman Act
- Weekly meeting with Chief Ruben Ortiz

I have finally received from Department of Motor Vehicles the approval and letter for the Chairman and Vice-Chairman to sign the Tax Exempt form.

Most of the Renovation of the Administration building is complete, we have a new Council chambers and Court room. A new room addition that now houses the CHR, IHHA and Diabetes offices and the new storage room is complete. Most of the security work is complete.

I'd like to thank the Youth Coordinator and Tribal Law Enforcement for having such a great turn out for the Easter Hunt and Luncheon. Everyone had a good time. Thanks Sierra Payton and Jessica Bohan and the Staff at Administration.

A big Thank you to Our Social Services and ICWA for having a successful Child Abuse Awareness Walk and Luncheon. You ladies worked hard to have such a great turn out. Looking forward to next year! Thanks Valerie Bill and Maribel Morales.

Look forward to having a productive May.....



**DEBBIE GEORGE
TRIBAL CHAIRWOMAN**

Mental Health Awareness Month

Own your feelings

Create healthy routines

Be someone's support

Discover Calm, an app for sleep and relaxation

Headspace, is an app for movement and reducing stress

The Fabulous, an app for building healthy habits in 30 days

From your friends in RDCRS Human Resources,
Wishing you all continued blessings

**HAPPY
MOTHERS
DAY**

For all the Mother's at the Administration Building

Amanda F LaCarrie Jessica

Valerie Tiffany Alix

Maribel Tia Jodi

Denise Linda Sierra P

Amanda B Rita Ann

Have a great day ladies! Love Deb!!

REMINDER FROM CHR OFFICE

**RIDES TO TOWN CAN BE GIVEN ONE TIME DAILY.
PLEASE CALL IN ADVANCE AND SET UP RIDES.**

**IF YOU NEED YOUR MEDICATIONS REFILLED OR
PICKED UP, PLEASE LET US KNOW.**

**IF YOU NEED AN APPOINTMENT, PLEASE LET
TIFFANY KNOW. IF YOU ARE CONTACTED ABOUT AN
APPOINTMENT, PLEASE LET US KNOW ASAP...WE
ASK FOR A WEEKS NOTICE ON APPOINTMENTS SO
WE HAVE THE SCHEDULE FIGURED OUT IN
ADVANCE AND TRY TO AVOID ANY ISSUES.**

**CHR OFFICE HOURS ARE
MONDAY THRU FRIDAY
8 AM TO 4PM**

FREE RABIES VACCINATION CLINIC

Lovelock Paiute Tribe



Friday, June 10, 2022

8:30 AM-10:00 AM

Lovelock Tribal Gym

All dogs and cats should have their first rabies vaccination at 3 months (12 weeks) old, followed by a booster shot within the first year. Thereafter, they should be vaccinated every three years. Please bring your pet's most recent vaccination records with you, if possible.

Pet owners are responsible for their pets during the rabies clinic. A cat in a cage, burlap bag, or pillowcase, is much easier to handle. Dogs should be leashed at all times during the clinic. Animals that cannot be controlled by the owner, or that pose a safety risk, will not be served.

CONTACT : Brad Strait
IHS OEH&E
Brad.Strait@ihs.gov
775-784-5327 Ext: 222

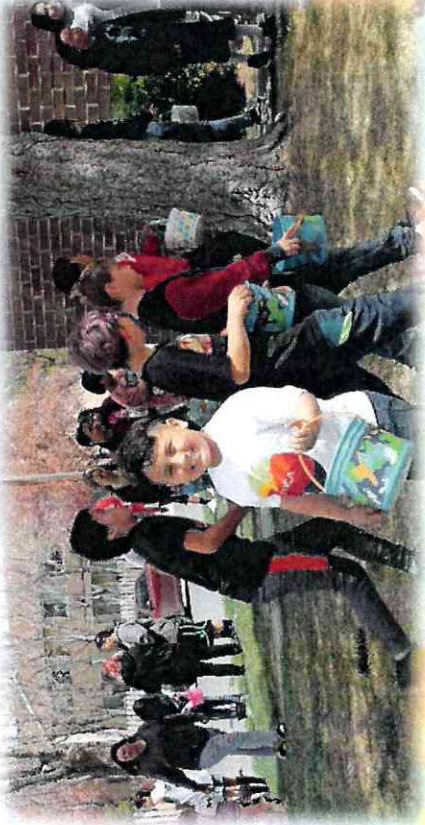


*Sponsored by the
Indian Health Service &
Lovelock Paiute Tribe*

LPT EASTER 2022

LPT staff would like to thank everyone who attended the event!





LAW ENFORCEMENT PHOTO BOOTH



Happy Easter!



DR. BEVERLY JACOBS

Why We Need to Bring Attention to Missing and Murdered Indigenous Women, Girls, 2-Spirit and Trans

Monday, May 2nd, 2022 at 6:00pm | JCSU Theatre & Zoom

Beverly Jacobs is the Senior Advisor to the President on Indigenous Relations and Outreach at the University of Windsor and she practices law part-time at her home community of Six Nations of the Grand River Territory. Her research focuses on Indigenous Legal Orders, Indigenous Wholistic Health, Indigenous Research Methodologies, and Decolonization of Eurocentric Law. Beverley has obtained a Bachelor of Law Degree from the University of Windsor in 1994, a Master of Law Degree from the University of Saskatchewan in 2000 and a PhD from the University of Calgary in 2018. Dr. Jacobs is a former President of the Native Women's Association of Canada (elected 2004 to 2009). Beverley is also appointed as Indigenous Human Rights Monitor with the Mohawk Institute Residential School Survivors' Secretariat which was established in 2021 to organize and support efforts to uncover, document, and share the truth about what happened at the Mohawk Institute during its 136 years of operation. Beverley is also a consultant/researcher/writer/public speaker. Her work centers around ending gendered colonial violence against Indigenous people and restoring Indigenous laws, beliefs, values, and traditions. A prolific scholar, her published work has earned her numerous awards; her research combined with her advocacy has translated into national and international recognition.



Scan QR to Register



tinyurl.com/2p9fed6j

Voices of the Opioid Crisis: Perspectives of Native Americans with Lived Experiences in Nevada

We are inviting individuals who have been impacted by opioid use to complete this 10-minute survey.

The purpose of the survey is to better understand what support and services are needed in Nevada's tribal communities for individuals who use opioids, are in recovery from use, or are a friend or family member of someone who uses.

Who can participate?

- Identify as Native American,
- Live in Nevada, **and**
- Currently use opioids such as heroin or prescription painkillers, have used in the past, **or** have family or friends that use

**Scan the QR code to
complete the survey
and receive a \$15
Amazon gift card!**



The information you share will remain anonymous.

bit.ly/tribalvoice04



May 2022

April '22

June '22

S	M	T	W	T	F	S	S	M	T	W	T	F	S																			
					1	2						1	2	3	4																	
3	4	5	6	7	8	9	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Closed Gym	3	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Closed Gym	4	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Closed Gym	5	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Closed Gym	6	Closed Gym	7	
8		9	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	10	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	11	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	12	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	13	Open Gym 8AM	14	
15		16	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	17	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	18	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	19	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	20	Open Gym 8AM	21	
22		23	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	24	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	25	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	26	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	27	Open Gym 8AM	28	
29		30	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Open Gym 3:30 PM	31	School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Open Gym 3:30 PM	1		2		3		4	
5		6											

Hours of Operation are subject to change without notice due to unforeseen circumstances/ or weather. Please check in and make sure your child/children have an updated/signed forms for Emergency Contact along with LPT Permission to ride the Tribal Youth Van. Many memories will be captured, if you do not wish your child/children have their photo posted please let me know. For questions or concerns please feel free to contact Sierra Payton Youth Coordinator at 775-442-0920 or by email at youthprogram@lovelocktribe.com.

January-December 2022

YERINGTON PAIUTE TRIBE
COMMODITY FOOD PROGRAM SCHEDULE
171 Campbell Lane
Yerington, NV 89447
 Certifier- (775) 783-0260 EXT 2 or Cell: (775)781-4856
 Fax (775) 463-7856
 smeza@ypt-nsn.gov or yptcommods@gmail.com

Important

Please call our office before you come to the warehouse

It is your responsibility to check your boxes for your allotment such as meats and cheese!

The office is closed at the end of the month for inventory.

Schedule is subject to change!

Staff will notify your tribal office

if there are any changes.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Fallon, NV 8AM-11:45Pm Gym/Housing	5	1	1	5	3	1	5	2	6	4	1	6
Yerington NV 8AM-12PM	6	3	3	7	5	2	7	4	8	6	3	1
Bridgeport, CA	7	4	4	8	6	3	8	5	9	7	4	2
Yomba, NV & Benton CA	10	7	7	11	9	6	11	8	12	10	7	5
Carson City Nv & Woodfords CA 8AM-11:45AM	12	9	9	13	11	8	13	10	14	12	9	7
Lovelock NV 8AM-10:45 Tribal Building	14	11	11	15	13	10	15	12	16	14	11	9
Bishop CA 8AM-11:45 Cultural Center	19	15	15	19	17	14	19	16	20	18	15	13
Big Pine CA 8AM-10:45AM Tribal Building	20	16	16	20	18	15	20	17	21	19	16	14
Reno NV 8AM-11:45AM	25	22	22	26	24	21	26	23	27	25	21	20
Schurz NV 8AM-11:45AM	27	24	24	28	26	23	28	25	29	27	22	22

New Clients- Please completely fill out the commodity application. Be prepared to provide copies of income, social security numbers, and proof of address for the household. This will speed up your process time.

Please send an authorized representative with a note if you cannot make the distribution site.
 If not we will not give your allotment of commodities to anyone.

Tribal Court



Court Clerk

Office Hours

Monday - Friday

8:00 a.m. – 4:30 p.m.

Lunch: 1:00 p.m. – 1:30 p.m.

(hours subject to change)

Court Day Hours

8:00 a.m. to 4:30 p.m.

Lunch: 11:00 a.m. – 11:30 a.m.

Court hearings are typically held the first Wednesday of every month @ 2:00 p.m. (subject to change).

*** Due to the Covid 19 Precautions, Please call to set up an appointment for fine payment, filing papers, etc.***

@ 775-273-7861 x24

Cash or money orders for fines (please reference case number) can also be sent to Tribal Court, P.O Box 878, Lovelock, NV 89419

Tribal Court

*Court is held the first Wednesday of the month @ 2:00 p.m. (times and dates are subject to change)

MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 ● ● ● @4pm	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 ● ● ●	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 ● ● ●	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ● ● ●	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

HAPPY BIRTHDAY

GIRLS!!

May 3rd



May 12th



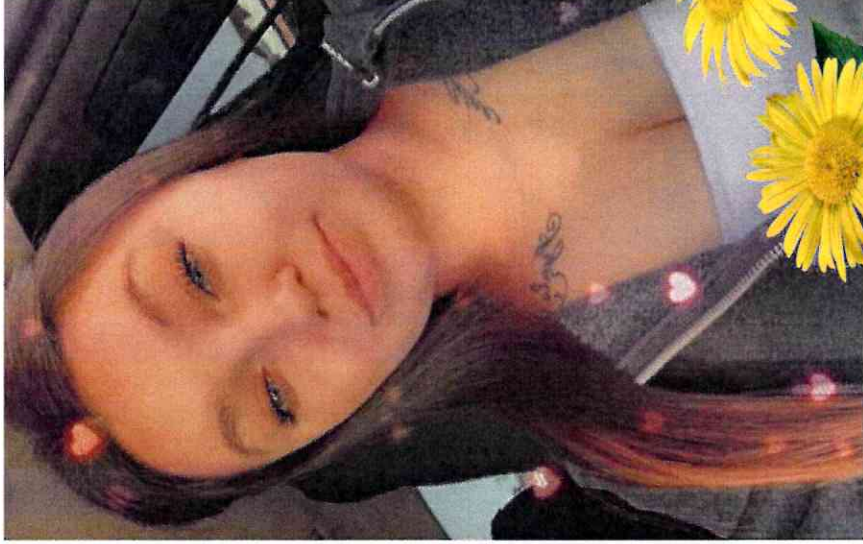
Happy Birthday to my 2 beautiful nieces

Sophia and Drea!!

We love, love, love our girls!

Love Aunty Denise & Boys

HAPPY BIRTHDAY SOFLA



WISHING YOU A HAPPY BIRTHDAY LALA CROWN

WE LOVE YOU BUNCHES!

LOVE DENISE & THE REST OF THE FAMILY



Happy Sweet 16TH Birthday
SOPHIA
MAY 3RD



I COULDN'T HAVE ASKED FOR A BETTER DAUGHTER. HAVE

THE BEST DAY EVER!

LOVE MOM, NEISHO, & MARYANA

7

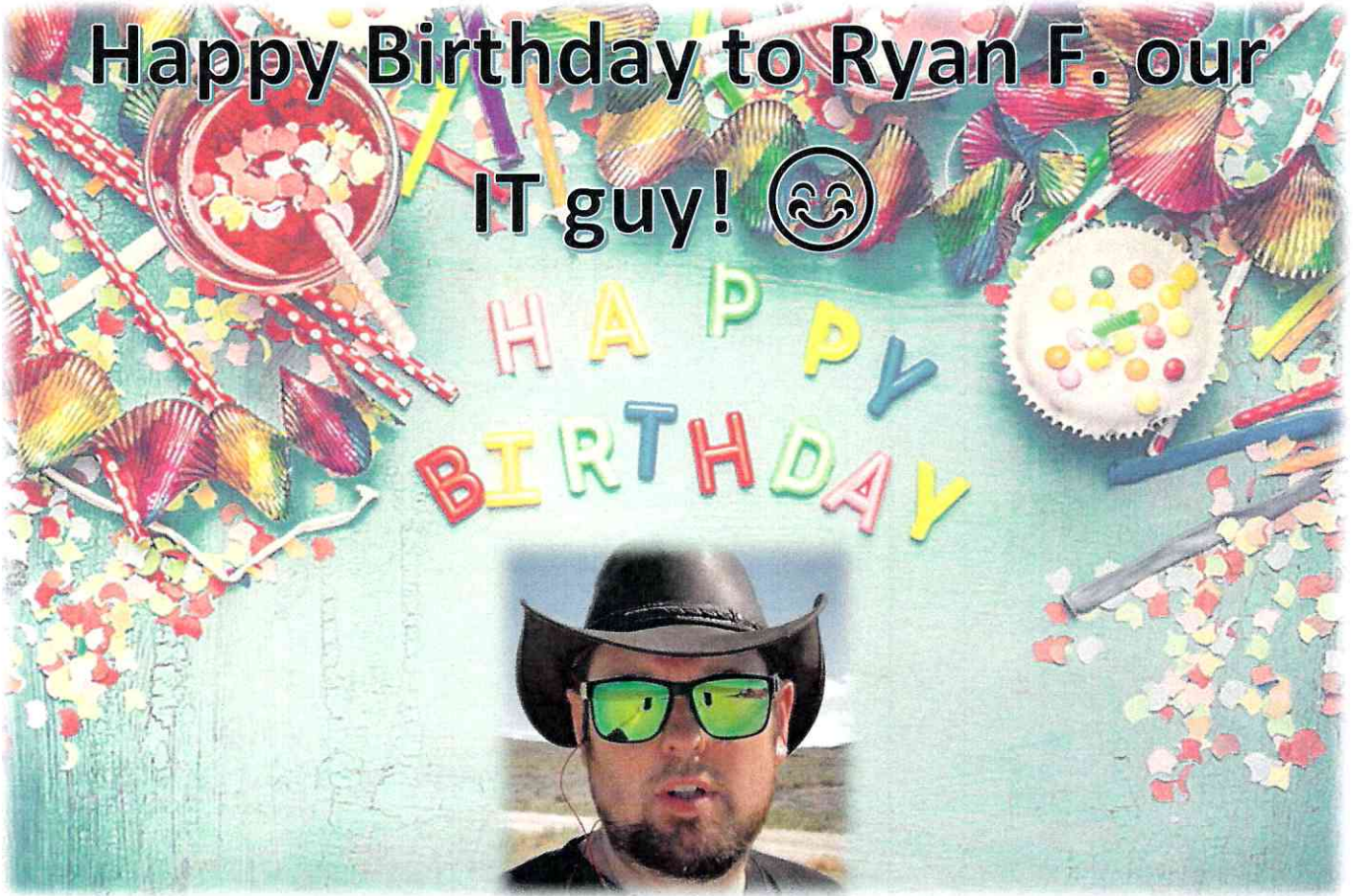


Happy Bithdday to Sierra P.

our Youth Coordinator

Both celebrate their birthday on May

3rd!

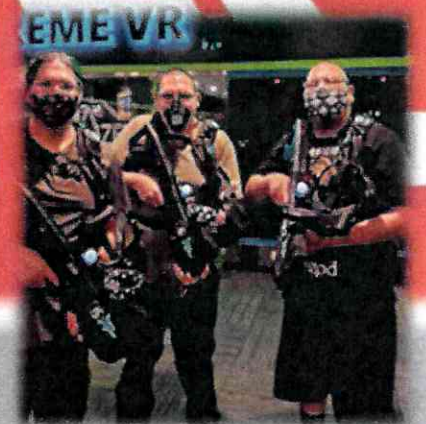
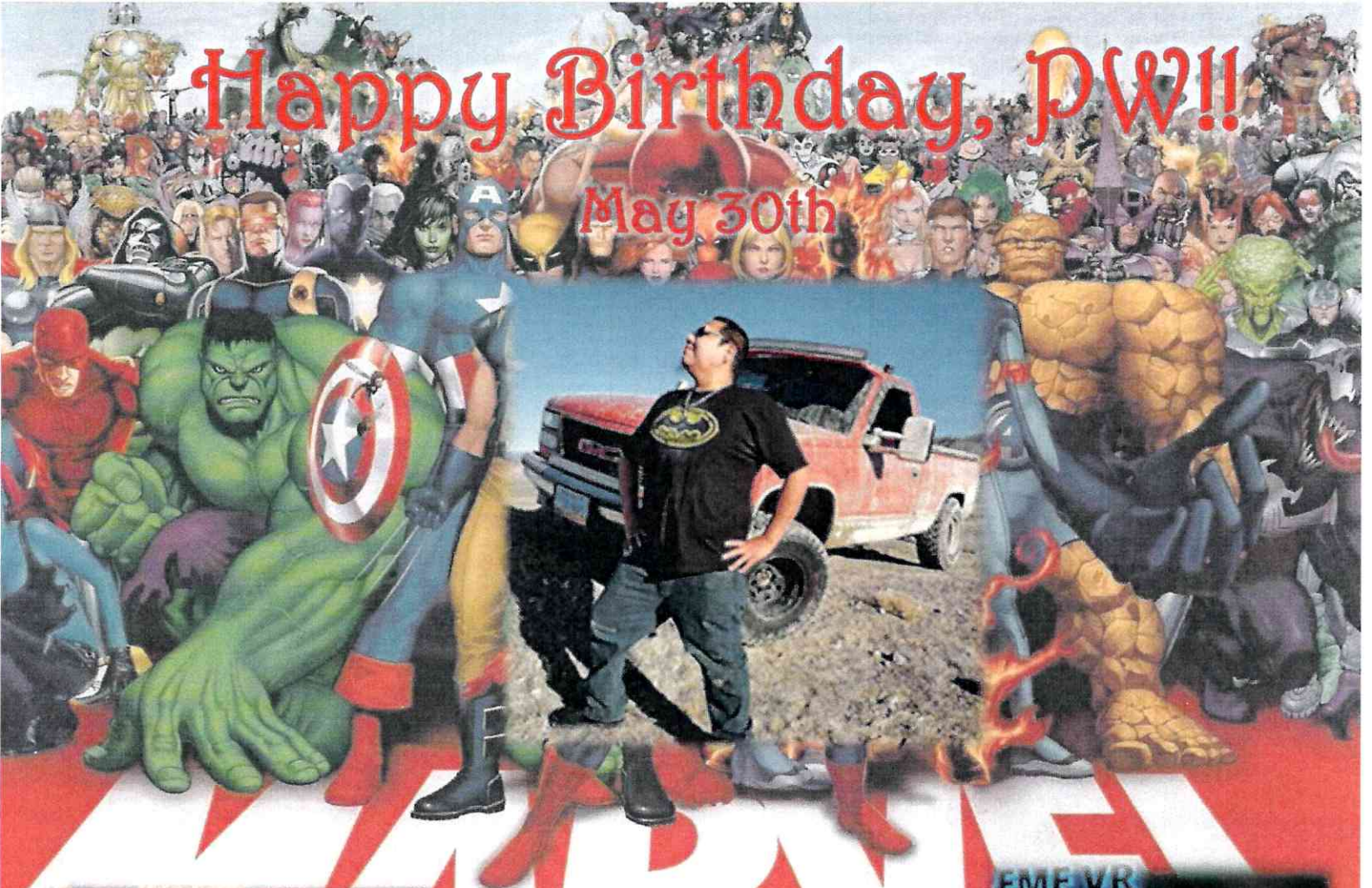


Happy Birthday to Ryan F. our

IT guy! 😊

Happy Birthday, PW!!

May 30th



We are so proud of you!!!! Keep pushing forward and doing all the good things you're accomplishing!!

Happy your day is AWESOME!!!!

We love you sooooo much XOXOXO Alix, Luke Elora, Geneva, Paul & Liara

BIRTHDAY



*Happy 15th Birthday Ivette!!
I hope you have a great day.
Stay awesome! Love you lots.
Love,
Mom, Jason, Grandma, Bert,
Anna, Jaxson, and
Enzo.
May 4th!*



*Happy 20th Birthday Bert!
You're out of the teens now!
Where does the time go?!
Hope you have a good day.
We all love you. Best Wishes.
Love,
Mom, Jason, Grandma, Anna,
Vette, Jaxson, and Enzo.
May 6th!*



LPT SOCIAL SERVICES PROGRAM

VALERIE BILL

SOCIAL SERVICES DIRECTOR

MON-FRI

7:30AM-5:00

LUNCH 12-12:30

MARIBEL MORALES

ICWA/ GA CASEWORKER

MON-FRI

8:00AM-4:30

LUNCH 12-12:30

201 BOWEAN ST.

775-273-7861 Ext. 14

Amanda Schlag - Fitzpatrick

Tribal Administrator

Office Hours

Monday - Friday

7:30am - 4:00pm

Lunch 12pm - 12:30pm

Office hours are subject to change.

*If I am not in office, please contact me via the
information below*

Cell: 775-442-0009

Email: admin@lovelocktribe.com

L.P.T. DIABETES

April 2022

HAPPY EASTER

Office Hours:

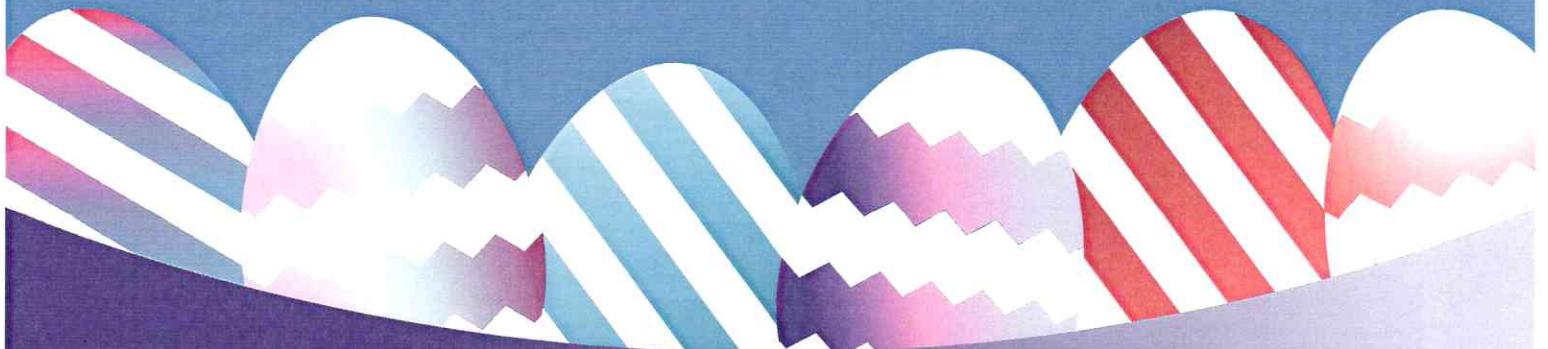
8 a.m. to 4 p.m.

Monday - Friday

Dialysis:

5 a.m. to 12 p.m.

Mon./ Wed./ Fri.



Enrollment Office Hours



Monday through Friday 7:30am-3:30pm

Office: (775) 273-7628 ext.25

Cell: (775)442-1528

Fax: (775)273-7628

Email: ENROLLMENT@LOVELOCKTRIBE.COM

TO UPDATE FILES PLEASE PROVIDE THE
FOLLOWING IF APPLICABLE:

CURRENT PHONE NUMBER(S)

CURRENT MAILING ADDRESS

SOCIAL SECURITY CARD

MARRIAGE LICENSE

DEATH CERTIFICATE