

# June 2023

## Kaibab Paiute Newsletter



*we are*

**HIRING!**

**Prevention Specialist  
K12 Activity Coordinator  
C-Store Assistant Manager  
Administrative Assistant  
P/T Finance Clerk  
Economic Development Director**

**join our team**

**<https://kaibabpaiute-nsn.gov/hr>  
[hr@kaibabpaiute-nsn.gov](mailto:hr@kaibabpaiute-nsn.gov)**

# NEWS from the Cultural Preservation Office

Office Phone # (928) 643-7365

Rides are not provided



CULTURAL PRESERVATION

# YOUTH ACTIVITY

THE ACTIVITY WILL TAKE PLACE AT BOTH  
COMMUNITY BUILDINGS AT DIFFERENT  
TIMES DURING THE DAY.

JUNE

14

PAIUTE STICK-DICE

9:00 - 11:00 AM  
KAIBAB COMMUNITY BLDG

1:00 - 3:00 PM  
EAGLE MT.  
COMMUNITY BLDG.

JUNE

29

PAIUTE POTTERY

9:00 - 11:00 AM  
KAIBAB COMMUNITY BLDG

1:00 - 3:00 PM  
EAGLE MT.  
COMMUNITY BLDG.

Snacks are provided and a make-N-take item.  
These hands-on activities are for youth ages 5-14  
although older youth are welcome to also attend.

For more information contact: LeAnn (928) 643-7365

# STEP UP FOR YOUR COMMUNITY!!

Be a part of helping to build self-confidence and self-esteem within our Youth! The Cultural Preservation Department is always seeking volunteers & Instructors.

**DO YOU HAVE A TALENT OR SKILL YOU WOULD LIKE TO TEACH OUR YOUTH?**



do you have performing art talents?

paiute dances  
or  
pow wow

Singing  
or  
storytelling

flute  
hand drum  
pow wow drum

or any other skill or talent you want to share

**CONTACT US:**

[lshearer@kaibabpaiute-nsn.gov](mailto:lshearer@kaibabpaiute-nsn.gov)

(928) 643-7365



**Upcoming Event**  
**Simple Cloth T-Dress**  
**or**  
**Ribbon Shirt**

**JUNE 24**  
**9AM-3PM**  
**KAIBAB**  
**COMMUNITY BLDG.**

**Get Ready for  
Pow Wow!**

Enhance your skill and come learn! Limited choice of supplies available.

- \* Bring your own material and ribbons or
- \* Bring your own dress shirt
- \* Lunch will be provided

**Come and join us!**

**10 Spots Available**  
Sign-up by contacting LeAnn  
(928)643-7365

## Pipe Spring National Monument

# Seeking

## Southern Paiute Cultural Demonstrators Traditional & Contemporary

### Logistics for Demonstrators

Honorariums ●

Mileage at .22 ●

Special Circumstance Lodging ●

Available to those traveling 2 hours or more

Sales are permitted ●

Only artist-handmade or handcrafted work

Lunch on own ●



Contact Us

Ian Harvey

Lead Park Ranger - Interpretation

[ian\\_harvey@nps.gov](mailto:ian_harvey@nps.gov)

(928) 643-7105

Pipe Spring National Monument  
in collaboration with  
The Kaibab Paiute Cultural Preservation Office

# POP UP MARKET

Space is limited  
first 20 vendors

1-table provided per vendor  
chairs & shade NOT provided  
\*\*Call to reserve your spot\*\*

FREE BBQ LUNCH  
12PM



**NATIVE Artists/  
Entrepreneurial Vendors**



**Folk Artists/Craft  
Vendors**

**Saturday, June 3, 2023**

**9:00AM-3:00PM**

On the lawn in front of the Pipe Spring National Monument &  
Kaibab Band of Paiutes Joint Visitor Center and Museum

Contact: **Ian Harvey**  
(928) 643-7105 \* [Ian\\_Harvey@nps.gov](mailto:Ian_Harvey@nps.gov)

# Call for Cultural Demonstrations



**Bryce Canyon National Park** is inviting cultural demonstrators to share their talents and heritage with the park's visitors all year long in 2023.

Heritage and contemporary demonstrators as well as guest speakers are all welcome! This invitation also includes the opportunity to sell work in conjunction with cultural demonstrations.

**Heritage Days Festival**  
September 28 - 30, 2023

The park is especially interested in supporting cultural demonstrators during its Heritage Days this September.

This three-day event will feature cultural demonstrations and performances celebrating the traditional culture and heritage of the Bryce Canyon area.

**If you are interested in participating at any time this year, please contact:**

Peter Densmore  
435-834-4744  
[peter\\_densmore@nps.gov](mailto:peter_densmore@nps.gov)

**The park will provide an honorarium of \$450 for cultural demonstrations**



# Kanab & Fredonia Swimming

FOR TRIBAL & COMMUNITY  
MEMBERS  
SPONSORED BY CHR/DIABETES  
PROGRAM

## KANAB'S Schedule

JUNE 6, 13, 23, 29  
JULY 6, 11, 18, 25  
AUGUST 1ST LAST  
DAY POTLUCK  
5:00 PM TO 7:00 PM  
ARIZONA

Swim Diapers  
and cover ups  
are required by  
facilities if not  
potty trained.  
CHR will  
provide them if  
you do not  
have any.

## Fredonia's Schedule

JUNE 7, 14, 21, 28  
JULY 5, 12, 19, 26  
6:00 PM TO 8:00 PM  
ARIZONA





**Intermountain<sup>SM</sup>  
Garfield Memorial  
Hospital**

**3D  
DIGITAL  
MOBILE**

**MAMMOGRAPHY  
UNIT**

**Kanab**

**July 11, 12, & 13. 2023**

**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**

# IS YOUR CHILD PROTECTED?

Get Childhood Shots On Time To Protect Your Child From 14 Serious Diseases



This schedule is recommended by the Centers for Disease Control and Prevention (CDC) as of February 2020. It applies to children who receive their shots on time and in the United States.

1. Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza/flu vaccine for the first time.  
2. Your doctor will let you know if this dose is needed.



## Facts About Childhood Immunizations:

- Following the recommended schedule is the best way to help your child's immune system do its job.
- If your child is behind on shots, they do not have to start over. Talk to your health care provider about the recommended catch up schedule.

### DID YOU KNOW?

- There are vaccines called combination vaccines that protect your child from more than one disease and decrease the number of shots given at a visit.
- Comforting your child during routine immunizations helps those moments go by much faster, for you and your child.
- Shots will hurt for a moment, but a disease can harm for a lifetime.

### EMBRACING IMMUNITY:

- Disease protection that a mother passes onto her newborn baby will fade over time; that is why it is important to follow the recommended childhood vaccine schedule.
- Vaccines help boost your child's own immune system to protect them from 14 diseases.
- Talk to your health care provider about what vaccines your child and your whole family needs.



## Vaccinate on time to protect your child from these 14 serious diseases:

**Hepatitis B (HepB)** - A virus that causes liver infection that can lead to liver damage, liver cancer or liver failure.

**Rotavirus (RV)** - Severe diarrhea, fever and vomiting leading to dehydration and hospitalization.

**Diphtheria (DTaP)** - A severe throat infection that makes it very hard to swallow and breathe.

**Tetanus /Lockjaw (DTaP)** - Stiffness in neck, painful muscle spasms and breathing difficulties.

**Pertussis/Whooping Cough (DTaP)** - At first a mild cough that keeps getting worse. The coughing fits can cause breathing difficulties, hospitalization and death.

**Haemophilus influenzae type b (Hib)** Joint, eye, ear and lung infections and meningitis which can lead to brain damage.

**Pneumococcal Disease (PCV)** - Pneumonia with cough and difficulty breathing; ear and sinus infections, fever, blood infection; and sometimes meningitis (an infection of the lining around the brain and spinal cord).

**Polio (IPV)** - Can cause lifelong paralysis and deformity.

**Influenza (Flu)** - High fever, cough, sore throat, and extreme fatigue. It can lead to breathing difficulties, hospitalization and death.

**Measles (MMR)** - High fever, pinkeye and cold-like symptoms followed by rash. It can lead to diarrhea, ear infection, pneumonia, blindness, brain damage and death.

**Mumps (MMR)** - Painful swelling of the cheeks and jaw, headache and fever. It can lead to hearing loss or inflammation of the brain.

**Rubella/German Measles (MMR)** - Rash starting on the face, then spreading to the body. A pregnant woman who gets rubella can lose her baby or have a baby with severe birth defects.

**Varicella (Chicken Pox)(VAR)** - Fever, tiredness and an itchy, blister-like rash. Infected blisters can cause serious illness.

**Hepatitis A (HepA)** - A virus that causes liver disease, tiredness, loss of appetite, stomach pain, dark urine and jaundice (yellowing of skin and eyes).

For more information talk to your healthcare provider, state or local public health department or call/visit:

CDC National Immunization Hotline: 1-800-CDC-INFO (1-800-232-4636)



WhyImmunize.org



# ¿SU HIJO ESTÁ PROTEGIDO?

## Información sobre las Vacunas Infantiles

| Nacimiento | 1 Mes | 2 Meses | 4 Meses          | 6 Meses | 12 Meses | 15 Meses | 18 Meses                   | 19-24 Meses | 2-3 Años | 4-6 Años |
|------------|-------|---------|------------------|---------|----------|----------|----------------------------|-------------|----------|----------|
| HepB       | HepB  |         |                  |         | HepB     |          |                            |             |          |          |
|            | RV    | RV      | RV <sup>2</sup>  |         |          |          |                            |             |          |          |
|            | DTaP  | DTaP    | DTaP             |         |          | DTaP     |                            |             |          | DTaP     |
|            | Hib   | Hib     | Hib <sup>2</sup> |         | Hib      |          |                            |             |          |          |
|            | PCV13 | PCV13   | PCV13            |         | PCV13    |          |                            |             |          |          |
|            | Polio | Polio   |                  |         | Polio    |          |                            |             |          | Polio    |
|            |       |         |                  |         |          |          | Gripe <sup>1</sup> (anual) |             |          |          |
|            |       |         |                  |         | MMR      |          |                            |             |          | MMR      |
|            |       |         |                  |         | Varicela |          |                            |             |          | Varicela |
|            |       |         |                  |         |          |          | HepA (2 dosis)             |             |          |          |

Los recuadros sombreados indican que la vacuna se administra rutinariamente en los rangos de edades mostrados.

Este programa es recomendado por los Centros para el Control y Prevención de las Enfermedades (Centers for Disease Control and Prevention, CDC) a partir de febrero de 2020. Se aplica a los niños que reciban sus vacunas a tiempo y dentro de los Estados Unidos.

1 Se recomiendan dos dosis aplicadas al menos cuatro semanas separadas entre sí para niños de 6 meses a 8 años de edad quienes estén recibiendo por primera vez una vacuna contra la gripe.

2 Su médico le informará si esta dosis sea necesaria.



### Información sobre las Vacunas Infantiles

- Siguiendo el calendario recomendado es la mejor manera de ayudar al sistema inmunológico de su hijo que trabaje bien.
- Si su hijo está atrasado con sus vacunas, no tiene que empezar de nuevo. Hable con su médico acerca de la programación para ponerse al día.

### ¿SABE?

- Hay vacunas denominadas vacunas combinadas que protegen a su hijo de más de una enfermedad y disminuyen el número de inyecciones administradas en una visita.
- Consolando a su hijo durante las inmunizaciones ayuda que esos momentos pasen mucho más rápido, para su hijo y para usted.
- Las vacunas duelen por un momento, pero una enfermedad puede dañar para toda la vida.

### ABRAZANDO LA INMUNIDAD

- La protección contra enfermedades que una madre pasa a su recién nacido se desvanecerá con tiempo; es por eso que es importante seguir el calendario de vacunas infantiles recomendadas.
- Las vacunas ayudan a estimular el sistema inmunológico de su hijo para protegerlo de 14 enfermedades.
- Hable con su médico acerca de cuáles vacunas su hijo y toda la familia necesitan.



### Vacune a su Hijo a Tiempo para Protegerlo contra 14 Enfermedades Graves.

**Hepatitis B (HepB)** - Un virus que causa una infección del hígado y que puede provocar daños al hígado, cáncer del hígado o insuficiencia hepática.

**Rotavirus (RV)** - Diarrea grave, fiebre y vómitos que provocan deshidratación y hospitalización.

**Difteria (DTaP)** - Una infección grave de la garganta que dificulta la acción de tragar y respirar.

**Tétano/trismo (DTaP)** - Rigidez en el cuello, espasmos musculares dolorosos y dificultades respiratorias.

**Tos ferina (DTaP)** - Al principio, una ligera tos que sigue empeorando. Los ataques de tos pueden causar dificultades para respirar, hospitalización y la muerte.

**Haemophilus influenzae tipo b (Hib)** - Infecciones de las articulaciones, los ojos, los oídos y los pulmones, y meningitis que puede provocar daños cerebrales.

**Enfermedad neumocócica (PCV)** - Neumonía con tos y dificultad respiratoria, infecciones de los oídos y los senos nasales, infección de la sangre, y a veces meningitis (una infección del revestimiento del cerebro y la médula espinal).

**Polio (IPV)** - Puede causar parálisis y deformidad durante toda la vida.

**Gripe** - Fiebre alta, tos, dolor de garganta y fatiga extrema. Puede provocar dificultades para respirar, hospitalización y la muerte.

**Sarampión (MMR)** - Fiebre alta, ojos rosados y síntomas similares a los de un resfriado, seguidos de un sarpullido. Puede provocar diarrea, infección de los oídos, neumonía, ceguera, daños cerebrales y la muerte.

**Paperas (MMR)** - Hinchazón dolorosa de las mejillas y de las mandíbulas, dolor de cabeza y fiebre. Puede provocar sordera o inflamación del cerebro.

**Rubéola (MMR)** - Sarpullido que se inicia en la cara y luego se extiende a lo largo del cuerpo. Una mujer embarazada que tiene rubéola puede perder su bebé o tener un bebé con graves defectos congénitos.

**Varicela (VAR)** - Fiebre, cansancio y un sarpullido con prurito, similar a una ampolla. Las ampollas infectadas pueden causar enfermedades graves.

**Hepatitis A (HepA)** - Un virus que causa enfermedad del hígado, cansancio, falta de apetito, dolor del estómago, orina oscura e ictericia (color amarillo en la piel y en los ojos).

Para obtener más información, hable con su proveedor de atención médica, el departamento local de salud pública o llame/visite:

Línea de ayuda nacional de inmunizaciones del CDC: 1-800-CDC-INFO (1-800-232-4636)



WhyImmunize.org



# Kaibab Band of Paiute Indians

## Wildlife, Fisheries & Parks Department

**Tribal Hunters Make sure to read this - Mule Deer Hunts** – The FOLLOWING HUNTS HAVE BEEN Canceled, the Southern Paiute Youth Hunt, the Indian Hunt, and the Big Game Hunt. The Tribal member hunts this year will consist of two (2) DOE ONLY HUNTS. The first Tribal Member Doe (only) Hunt will be **October 21 – 31, 2023** and the second Tribal Member Doe (only) Hunt will be **November 18 – 28, 2023. The limit for each household this year will be two DOES ONLY.**

**TRESPASSERS – THERE GETTING TO BE MORE** – Report them to BIA Police or Wildlife Department.

**Bird Flu – Highly Contagious Fatal to birds and chickens.**

**Condor** – If you see one on the Reservation **Do not Disturb it**, the bird flu has been found in Condors.

**Turkeys** – Have been seen in eagle Mountain Village, **PLEASE DO NOT FEED THEM.**

**Fishpond** – Reminder you need a permit to fish, and Children under 18 need to have someone over 18 with them.

**Muppits Trail is closed** - To the public right now, only Tribal Members can use it.

**Moccasin Wash is closed**, The Bureau of Indian Affairs has not repaired it, so you'll have to go through the farm.

**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.

**Minors Hunters Safety Card** – On the internet go to [hunter-ed.com](http://hunter-ed.com) – Everyone 10 to 18 years old needs to attend a hunter's safety course, to get a card. The minor will need one to get a Tribal hunting permit. This is not something new, it has been in the Ordinance since the beginning. It is better to get a Hunters Safety card in the state you live in so you can participate in the state hunts.

**Firewood** – Tribal Members you do not need a permit to get firewood unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you do not need a permit. You can get wood anywhere on the reservation, if it's 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, mud and snow, remember to tell someone where you are going and about what time you will return, take a lot of water, warm coat, blanket, some snacks, a good flashlight, and bring a 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, muddy or snowy, turn back you don't want to get stuck. If you know of someone that has gone out and has not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, or **BIA-Police. (928) 643-6050** This will only be to get them home.

Questions or concerns contact Danny Bullets, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 (text) or email me at [dbullettsjr@kaibabpaiute-nsn.gov](mailto:dbullettsjr@kaibabpaiute-nsn.gov).

(Turkeys in the Pump/Farm Canyon been spotted)

# *News from the Tribal Housing Department*

Summer is upon us.

DPW payments are due before the 20<sup>th</sup> of the month. If you pay after the 20<sup>th</sup>, you will be assessed a 5% fee in addition to your balance due.

Rental/House payments are due by the 15<sup>th</sup> of the month. You are considered late on the 16<sup>th</sup>.

Both Rent/House and DPW payments can be made using a debit/credit card. There is a \$4.00 fee and you can call finance to make your payment.

If you know your going to be late, please contact us.

Also remember ALL Rental tenants must report an increase/decrease of income as soon as possible.

Housing workshop on June 13, 2023, at 5:30 pm at the Kaibab Community Building.

Youth workshop on June 19, 2023 at 1:00 pm at the Kaibab Community Building.

Remember we are having our Beautification contest. Let's see all those yards. Winners will be announced in September. Good luck to all.

Thank you to everyone for using the big dumpsters, during the cleanup. Thank you to everyone who helped in the village roadside cleanup.



**Tribal Housing  
Workshop  
June 13, 2023  
Kaibab Community  
Building  
5:30 pm-7:30 pm  
“P-Traps”**



**Hope to see you there,  
dinner will be served.**

Housing Youth Workshop

June 20, 2023

1:00 pm

Kaibab Community Building

“Fire escape Plan”

Hope to see you there – lunch will be served.

Parents welcome



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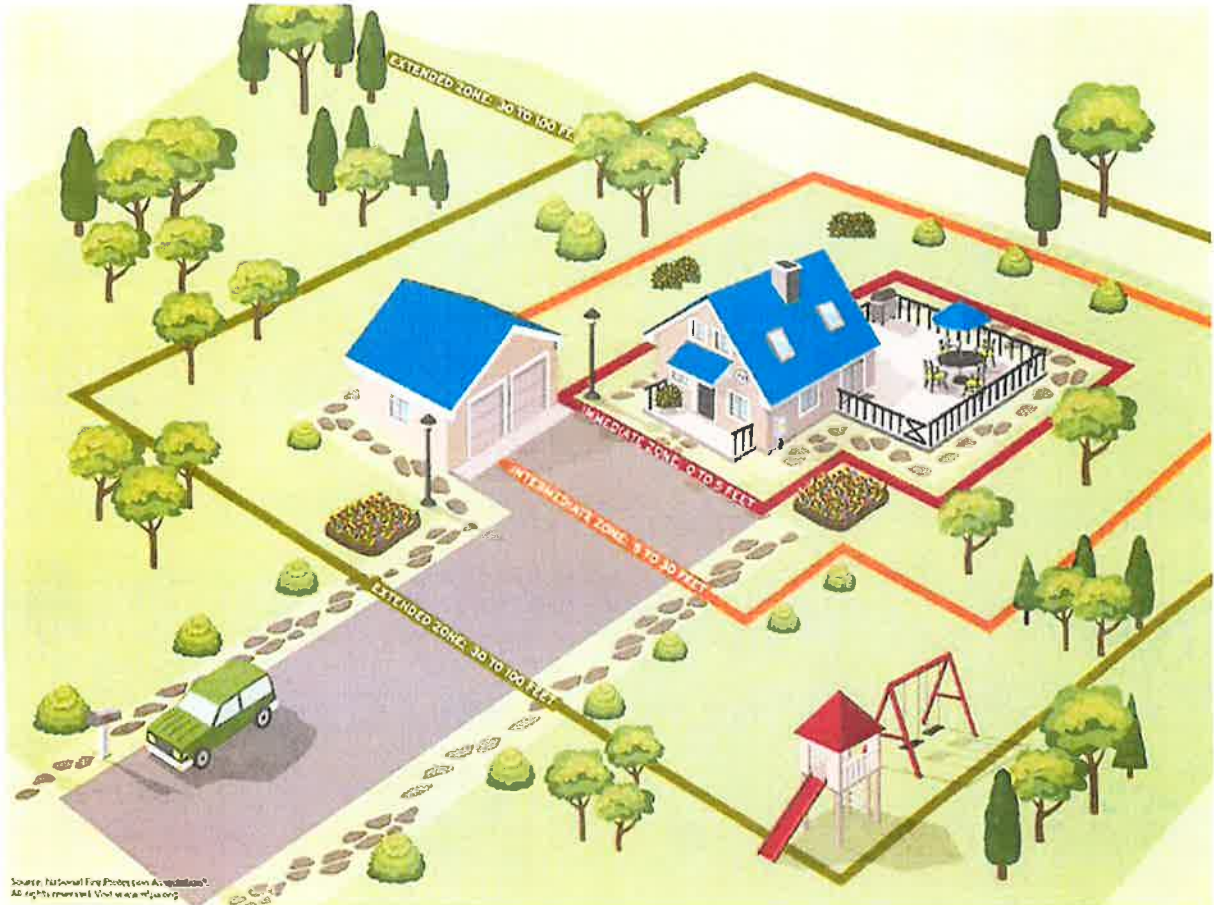
# Keep Cool

## Home Maintenance Summer Checklist

- **Check** your A/C unit and change or clean air filters.
- **Trim** any trees, bushes, shrubs, and apply fertilizer to lawn.
- **Power wash** windows and siding. Repaint or touch up siding, if needed.
- **Clean** lint from dryer exhaust.
- **Clean** and organize garage.
- **Check and replace** the grout or caulking around kitchen sinks, tubs, and toilets.
- **Clean** chimney.
- **Inspect** all plumbing around the house for leaks and clean aerators and faucets.
- **Inspect** basement/crawl space for any type of moisture issue and repair, if needed.
- **Clean** deck. Check and replace rotting and loose boards and re-stain, if needed.
- **Inspect** fencing and repair, if needed.
- **Check** roof for missing, loose, or damaged shingles, and repair if needed.



AMERIND's Safety Services Team recognizes the risks associated with wildfire season approaching. Utilizing defensible space and taking the correct precautions to prevent wildfires could help mitigate losses you may face during a wildfire.



## **Before a wildfire threatens your area...**

### ***In and around your home***

- Clear leaves and other debris from gutters, eaves, porches, and decks. This prevents embers from igniting your home.
- Remove dead vegetation and other items from under your deck or porch, and within 10 feet of the house.
- Screen or box-in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.



- Remove flammable materials (firewood stacks, propane tanks) within 30 feet of your home's foundation and outbuildings, including garages and sheds. If it can catch fire, don't let it touch your house, deck or porch.
- Wildfire can spread to treetops. Prune trees so the lowest branches are 6 to 10 feet from the ground.
- Keep your lawn hydrated and maintained. If it is brown, cut it down to reduce fire intensity. Dry grass and shrubs are fuel for wildfire.
- Don't let debris and lawn cuttings linger. Dispose of these items quickly to reduce fuel for fire.
- Inspect shingles or roof tiles. Replace or repair those that are loose or missing to prevent ember penetration.
- Cover exterior attic vents with metal wire mesh no larger than 1/8 inch to prevent sparks from entering the home.
- Enclose under-eave and soffit vents or screens with metal mesh to prevent ember entry.

### ***Creating an emergency plan***

- Assemble an emergency supply kit and place it in a safe spot. Remember to include important documents, medications, and personal identification.
- Develop an emergency evacuation plan and practice it with everyone in your home.
- Plan two ways out of your neighborhood and designate a meeting place.

### ***In your community:***

- Contact your local planning/zoning office to find out if your home is in a high wildfire risk area, and if there are specific local or county ordinances you should be following.
- If you are part of a homeowner association, work with them to identify regulations that incorporate proven preparedness landscaping, home design and building material use.
- Talk to your local fire department about how to prepare, when to evacuate, and the response you and your neighbors can expect in the event of a wildfire.
- Learn about wildfire risk reduction efforts, including how land management agencies use prescribed fire to manage local landscapes.
- Learn how you can make a positive difference in your community.

### **During the time a wildfire is in your area...**

- Stay aware of the latest news and updates from your local media and fire department. Get your family, home and pets prepared to evacuate.
- Place your emergency supply kit and other valuables in your vehicle.
- Move patio or deck furniture, cushions, door mats and potted plants in wooden containers either indoors or as far away from the home, shed and garage as possible.



- Close and protect your home's openings, including attic and basement doors and vents, windows, garage doors and pet doors to prevent embers from penetrating your home.
- Connect garden hoses and fill any pools, hot tubs, garbage cans, tubs, or other large containers with water. Firefighters have been known to use the hoses to put out fires on rooftops.
- Leave as early as possible, before you're told to evacuate. Do not linger once evacuation orders have been given. Promptly leaving your home and neighborhood clears roads for firefighters to get equipment in place to fight the fire and helps ensure residents' safety.

#### **After a wildfire has been contained...**

- Continue to listen to news updates for information about the fire. Return home only when authorities say it is safe.
- Visit [FEMA/Ready.gov](https://www.fema.gov/ready) for more information regarding wildfire after an emergency.

The focus of AMERIND's Safety Services Team is to share knowledge, identify risks, and remove hazards in Tribal Communities. We provide comprehensive Safety Training that includes Wildfire Safety Training and defensible space risk consultation to keep you and your organization safe. If you have any questions or would like more information, please feel free to email the AMERIND Safety Services team at [SafetyServicesTeam@amerind.com](mailto:SafetyServicesTeam@amerind.com) or call us at 800-352-3496.



# Cancer in American Indian/Alaska Natives, Mohave County, 2006—2020

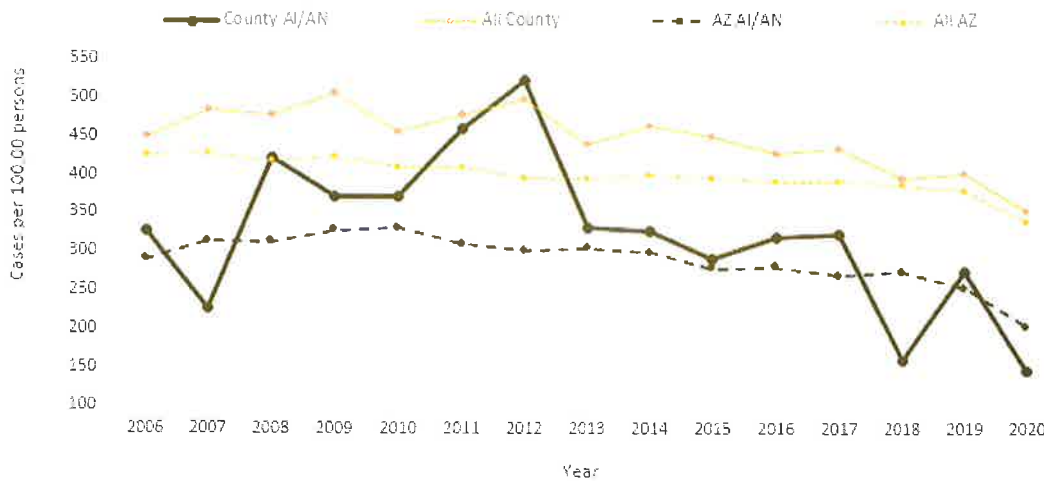
## OVERVIEW

In most years, when compared to all race/ethnicities in Arizona, American Indian/Alaska Native (AI/AN) adults had lower rates of newly diagnosed cancers. Regardless, cancer remains one of the major causes of death among AI/AN persons in Arizona. Data in this report are extracted from the Arizona Cancer Registry Data Dashboard located at <https://www.azdhs.gov/preparedness/public-health-statistics/cancer-registry/index.php#data-dashboard>. Present report is based on data extracted 04/05/2023.

## RATES FOR ALL CANCER TYPES

Over the past fifteen years (2006 – 2020), cancer rates have fluctuated in the AI/AN population of Mohave County. The highest rate was recorded in 2012 (523 cases per 100,000 persons) and the lowest in 2007 (227 cases per 100,000). During these 15 years, an average of 18 AI/AN persons were newly diagnosed with cancer each year in Mohave County. (Range: 8 new cases in 2007 - 26 new cases in 2012)

Age-adjusted rates of cancer (all types) in American Indian/Alaska Native persons, Mohave County and Arizona State 2006 - 2020



Five most common cancers in AI/AN persons in Mohave County:

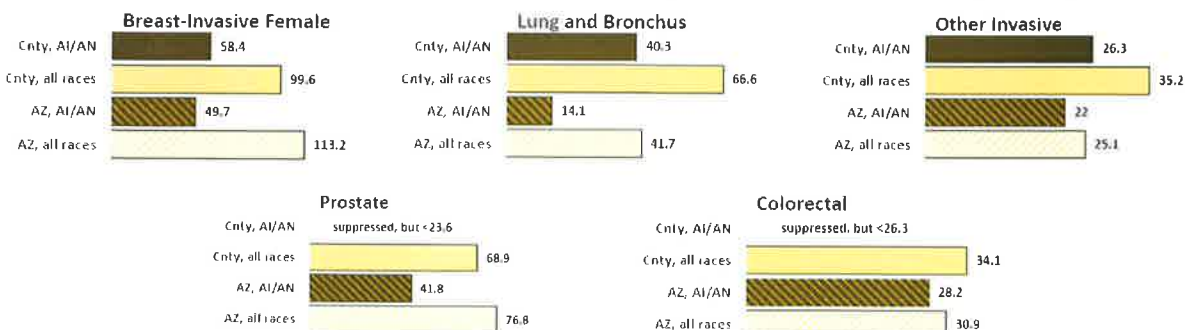
- ◆ Breast
- ◆ Prostate
- ◆ Lung
- ◆ Colorectal
- ◆ Other invasive

Other significant cancers in this population:

- ◆ Kidney/Renal Pelvis
- ◆ Corpus Uteri and Uterus, NOS
- ◆ Non-Hodgkin Lymphoma
- ◆ Urinary Bladder
- ◆ Liver & Intrahepatic Bile Duct

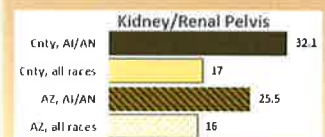
## CLOSER COMPARISON OF TOP FIVE, 2020

(Age-adjusted rates per 100,000)



### One to watch:

In recent years, the rate of Kidney/Renal Pelvis cancer in Mohave County's AI/AN population has increased to levels higher than that of all AI/AN in the state and all races in Mohave County and Arizona.



## A NOTE ON THE ARIZONA CANCER REGISTRY

- ◆ Race/ethnicity is self-reported to the provider by the patient and thusly entered in the cancer registry.
- ◆ The most recent data that can be accessed is from 2020.
- ◆ Counts include new diagnoses *only* and are counted by year of diagnosis. Mortality rates (*i.e.*, deaths caused by cancer) cannot be determined from this data set.
- ◆ For confidentiality purposes case counts less than ten are not specified and are listed only as “<10”. Rates are not calculated for case counts <10.
- ◆ The dashboard data source does not allow further differentiation of case counts or rates in American Indian/Alaska Native cases in Mohave County by age, gender, or tribe.

## CANCER SITES INCLUDED IN THE AZ CANCER REGISTRY:

|                                |                                  |
|--------------------------------|----------------------------------|
| Anus, Anal Canal and Anorectum | Liver and Intrahepatic Bile Duct |
| Bones and Joints               | Lung and Bronchus                |
| Brain and Other Nervous System | Mesothelioma                     |
| Breast Invasive- Female        | Myeloma                          |
| Breast Invasive- Male          | Non-Hodgkin Lymphoma             |
| Cervix Uteri                   | Oral Cavity                      |
| Colorectal                     | Other Invasive                   |
| Corpus Uteri and Uterus, NOS*  | Ovary                            |
| Cutaneous Melanoma             | Pancreas                         |
| Esophagus                      | Prostate                         |
| Gall Bladder and Other Biliary | Small Intestine                  |
| Hodgkin Lymphoma               | Stomach                          |
| Kaposi Sarcoma                 | Testis                           |
| Kidney/Renal Pelvis            | Thyroid                          |
| Larynx                         | Urinary Bladder                  |
| Leukemia                       |                                  |

\*NOS = Not Otherwise Specified

# Muscle Makers

This workout is designed with bulking in mind and hits all major muscle groups with efficient compound sets (two exercises that work the same muscles back to back). “The exercises are paired together purposefully,” says Soho Strength Lab trainer Colette Nguyen, CPT, who programmed and demos the series. As long as you complete all eight moves once a week and hit the optimal reps, you should see changes within four weeks.

**Instructions:** Perform each move until you feel you can do only a few more reps with proper form, then go on to the next exercise in the compound set. Repeat each pair of exercises two or three times, resting 60 to 90 seconds between each round. You can either complete one compound set as a “sweat snack” on four different days, or combine two sets for an upper-body day and a lower-body day.

## Dumbbell Chest Press + Incline Pushup



### DUMBBELL CHEST PRESS

Lie faceup on bench, holding a dumbbell in each hand, elbows bent and forearms perpendicular to floor and ceiling (A). Press dumbbells toward ceiling until arms are fully extended (each fist will be directly above its respective shoulder) (B). Reverse movement to return to start.



The higher the elevation, the easier it will be. Select a height to hit six-plus reps.



### INCLINE PUSHUP

Start in high plank position with hands placed wider than shoulders on bench (A). Lower upper body until chest hovers 2 to 4 inches above bench (B). Maintaining stiff legs and engagement throughout torso, push away from bench to return to start.

## Supported Row + Supported Swimmer Row



You should feel a stretch across the upper back.



### SUPPORTED ROW

Lie facedown on incline bench with chin clearing top, a dumbbell in each hand, arms hanging toward floor (A). Pull elbows up and back until dumbbells reach sides of torso (B). Straighten arms slowly to return to start, allowing torso to fully relax against bench at the end.

### SUPPORTED SWIMMER ROW

Lie facedown on incline bench with chin clearing top. Hold a dumbbell in each hand with arms extended to floor (A). Leading with pinkies and with arms straight, raise dumbbells diagonally behind you as high as possible, as if you're forming the longer strokes of the letter A with your arms (B). Lower arms slowly to return to start.



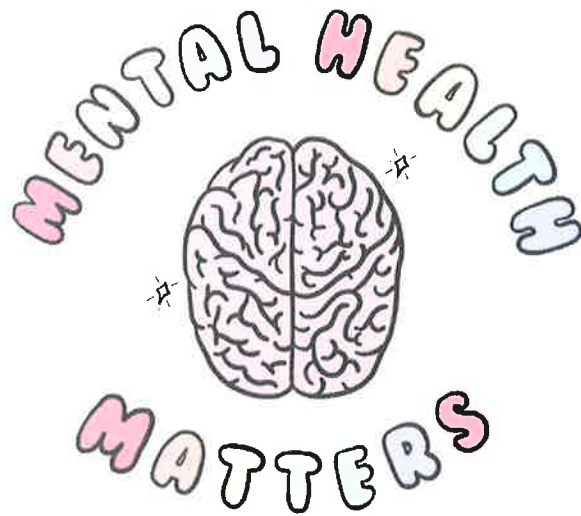
Don't use momentum to reach full range of motion for each repetition.

# 18%

The drop in muscle protein synthesis from a single sleep-deprived night

Source: Physiological Reports

Credit: Women's Health May/June 2023 edition  
McKenna Yracheta-Diabetes Fitness Coordinator  
myracheta@kaibabpaute-nsn.gov



Your mental health is important! You are important and valuable! So, if you're feeling sad, depressed, all alone, having suicidal thoughts, PLEASE REACH OUT! Here are a few suggestions to whom you can reach out to:

**CALL 911** if it's an EMERERGENCY

CRISIS HOTLINE.....TEXT NATIVE to 741741

SUICIDE & CRISIS LIFELINE.....CALL/TEXT 988; CONFIDENTIAL MENTAL HEALTH SUPPORT 24/7

ALLEN ORTON LCSW..... (435)899-1782

JENNIE KALAULI..... (928)643-8320

PENNY KELLER..... (928)643-8323

CIERRA ROSSMAN..... (928)643-8336

LARECIA JAKE..... (928)643-8330

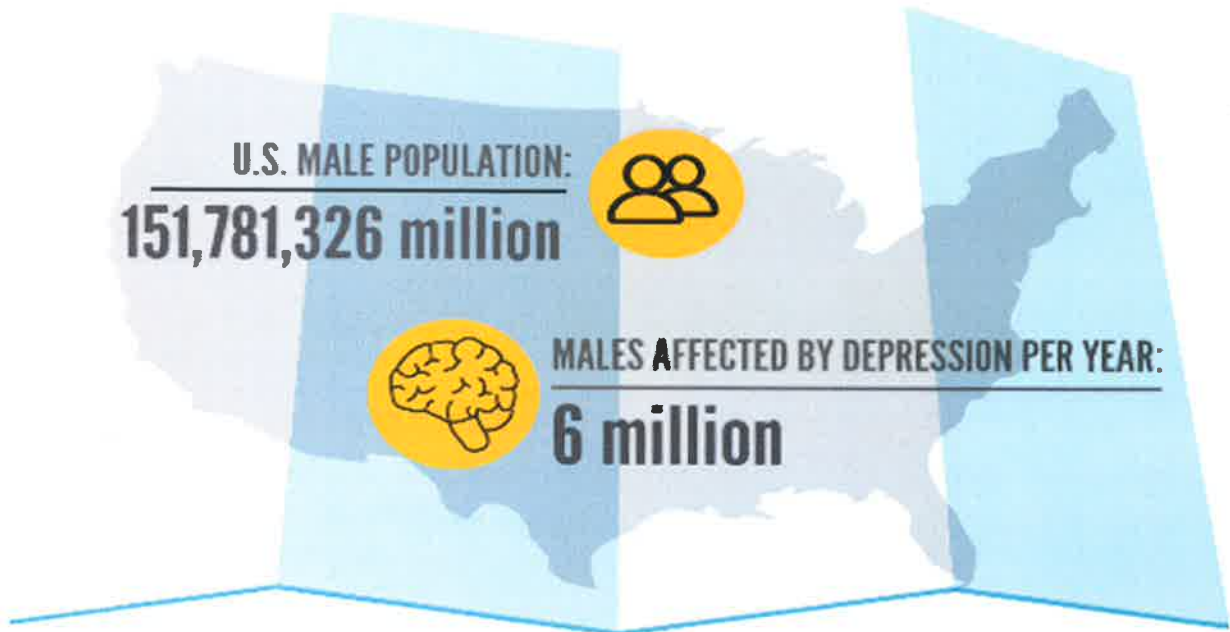
MANDY BUNDY..... (928)643-8302

The Kaibab Paiute Tribal human services program has an updated list of Trauma Treatment and Mental Health providers for outside referrals.

*Stay;*

Tomorrow needs you





1 in 5 adults experience a mental health problem each year

Serious mental illness costs America \$193.2 billion in lost earnings per year



## 5 Major Mental Health Problems Affecting Men



### DEPRESSION

Over 6 million men suffer from depression per year. Male depression often goes undiagnosed. Men are more likely to report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.

### ANXIETY

Approximately 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.



### BIPOLAR DISORDER

2.3 million Americans are affected by bipolar disorder. An equal amount of men and women develop the illness. The age of onset for men is between 16 to 25 years old.

### PSYCHOSIS AND SCHIZOPHRENIA

Approximately 3.5 million people in the U.S. are diagnosed with schizophrenia and it is one of the leading causes of disability. Ninety percent of people who are diagnosed with schizophrenia by age 30 are men.



### EATING DISORDERS

Males account for an estimated 10% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder. Men with eating disorders are less likely to seek professional help than women.

# FAST FACTS: SUICIDE

The highest suicide rates in the U.S. are found in Caucasian men over the age of 85.

## AMONG THE ELDERLY

Male suicides have been on the rise since 2000. Suicide is the 7th leading cause of death among males, accounting for 2.2% of all male deaths in 2011.

## ON THE RISE

## GENDER DISPARITY

More than 4 times as many men as women die by suicide in the U.S. In 2010, a total of 38,364 Americans died by suicide and over three quarters (79%) of these suicides were men.

Gay and bisexual men are more likely to develop mental health disorders than heterosexual men. Gay males are at an increased risk for suicide attempts, especially before the age of 25.

## SEXUAL ORIENTATION

## RISK FACTORS

Factors including social isolation, substance abuse, unemployment, military-related trauma, genetic predisposition, and other mood disorders, put individuals at a higher risk for suicide.

# SUBSTANCE ABUSE



## ALCOHOL DEPENDENCY

Approximately 1 in 5 men develop alcohol dependency during their lives.



## GAY AND BISEXUAL MEN

Homosexual men are more likely to have higher rates of substance abuse than heterosexual men.



## MILITARY VETERANS

Male veterans, regardless of their form of service, experience nearly twice the rate of alcohol and drug use as women.

# FAMOUS ATHLETES WITH MENTAL ILLNESS

The former Pittsburgh Steelers quarterback suffered frequent panic attacks after games. He may also struggle with clinical depression in the late 1990s.



Piersall played 26 years of professional baseball. During his rookie season in 1957, he suffered a breakdown, leading to a diagnosis of bipolar disorder then called manic depression.



During his time as wide receiver for the Miami Dolphins, Marshall announced his diagnosis of Borderline Personality Disorder (BPD). He spent three months of intensive treatment at McLean Hospital in Belmont, Massachusetts, where he used Dialectical Behavioral Therapy to work on emotional regulation.



NBA player Dooling's 2012 breakdown was his lowest point and prompted his recovery process. He suffers from Post-Traumatic Stress Disorder from years of repeated memories of sexual abuse as a child. Since leaving the NBA, he has become an advocate for sexual abuse victims.

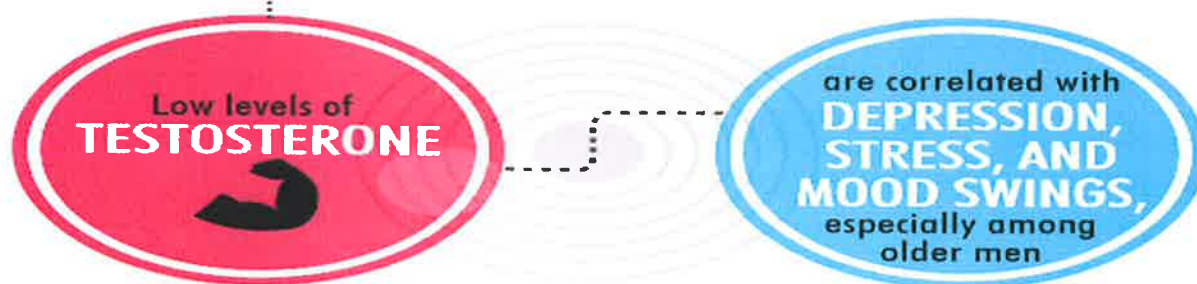
Sanders, the center for the Milwaukee Bucks, left the NBA to spend time addressing his mental health issues, which include anxiety and depression.



In 1989, Campbell, former football pro and Hall of Fame running back, was diagnosed with panic and anxiety disorder. He reveals his struggles with mental illness in his autobiography which was published in 1999.



## THE SCIENCE OF MALE MENTAL HEALTH



## SEEKING TREATMENT

**MEN ARE LESS LIKELY THAN WOMEN TO SEEK HELP FOR DEPRESSION, SUBSTANCE ABUSE AND STRESSFUL LIFE EVENTS DUE TO:**



HUMAN SERVICES

# Happy Summer



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

Social Services: Jennie Kalauli: (435)-689-1799

Mental Health: Allen Orton: (435)-899-1782

Penny Keller: Substance Abuse: (435)-689-0381

Support Services Assistant: Cierra Rossman: (928)643-8336