



HAPPY BIRTHDAY KAIBAB PAIUTE TRIBE

JUNE 11TH

Kaibab Band of Paiute Indians Sounds of Thunder Mountain Contest Pow-Wow



When: August 16th & 17th, 2025

14 miles west of Fredonia, AZ
Turn at Junction SR 389 & Pipe
Spring Road

**SAVE
THE
DATE**

More information
coming soon!

Vendor information: Angie Bulletts Call (435) 669-8815
Camping reservations: Kaibab Paiute RV Park Call (928) 643-6601
Other inquiries: Tara Spute Email t_spute@yahoo.com

Free Smoke alarms!!

KPT is partnering with
Johnshopkins to provide free
smoke alarms to our community.

To schedule an installation or to
ask questions, please email
jyracheta@kaibabpaiute-nsn.gov
or call (928)643-8311
Thank you.



Yevingkarere Camp



Ponderosa
Pine Sitting

Come out and
learn about
Southern Paiute
culture and values.
Must be a member
or decendent of a
Federally
recognized
Southern Paiute
Band.

Ages 10 - 12



September 19-21, 2025

Contact: Daniel Bulletts

Phone number: 928-643-6278

Email: dbulletts@kaibabpaiute-nsn.gov



JUNE IS POST TRAUMATIC STRESS AWARENESS MONTH

NOT ALL SCARS ARE
VISIBLE

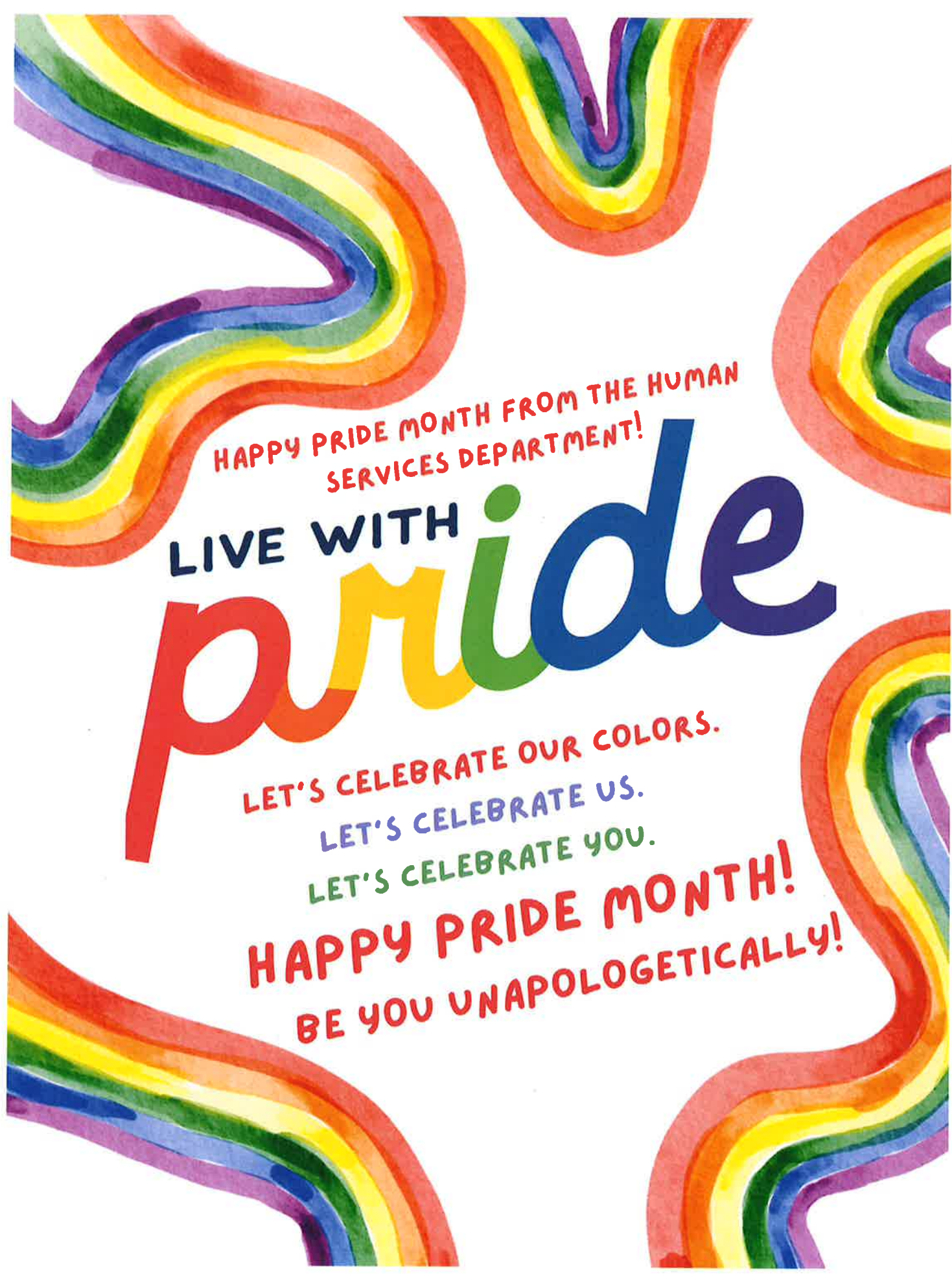
PTSD can significantly impact Native American veterans and civilians, contributing to alcohol abuse and other substance use disorders.

Substance use may be used as a coping mechanism for PTSD symptoms, but this can lead to further negative consequences.

A high percentage of Native American veterans experience alcohol problems, often linked to PTSD symptoms like nightmares, unwanted memories, and emotional numbness.



Please reach out to the Human Services department if you need help finding a therapist.



HAPPY PRIDE MONTH FROM THE HUMAN
SERVICES DEPARTMENT!

LIVE WITH
pride

LET'S CELEBRATE OUR COLORS.
LET'S CELEBRATE US.
LET'S CELEBRATE YOU.

HAPPY PRIDE MONTH!
BE YOU UNAPOLOGETICALLY!

Senior Kitchen June Menu
Serving 11:30-12:30

Mon 06/02	Chicken Cacciatore
Tue 06/03	Meatloaf
Wed 06/04	Panko Ranch Pork Chops
Thu 06/05	Spaghetti
Fri 06/06	Egg or Tuna Sandwich
Mon 06/09	Beef Stroganoff
Tue 06/10	Chicken Salad Sandwich
Wed 06/11	HOLIDAY
Thu 06/12	Cashew Chicken
Fri 06/13	Pork Poblano Taco/Burrito
Mon 06/16	Asparagus Linguini
Tue 06/17	Fish (Salmon) Sandwich
Wed 06/18	Swiss Steak
Thu 06/19	HOLIDAY
Fri 06/20	Chicken Alfredo Bake
Mon 06/23	Zucchini Rice Casserole
Tue 06/24	Chicken Parmesan Toss
Wed 06/25	Tuna Sandwich
Thu 06/26	Turkey Casserole
Fri 06/27	Cuban Style Black Beans & Rice
Mon 06/30	Thai Pork Stir Fry

**NO Senior LUNCH
Being served on
the following
dates:**

**Wednesday, June
11**

Thursday, June 19

Friday, June 20



Know the **MEASLES SYMPTOMS**

The Following Symptoms May Appear 7-14 Days After Exposure:

- High Fever (can reach 1
- Cough
- Runny nose
- A red, blotchy rash that spreads from face to body
- Red, watery eyes
- Tiny white spots inside the mouth (Koplik spots)



How Is Measles Spread?

- Through coughing or sneezing
- By breathing contaminated air or touching infected surfaces
- Measles is contagious 4 days before and 4 days after the rash appears

Prevention



- Vaccination
 - MMR Vaccine (Measles, Mumps, Rubella)
 - Children should receive:
 - 1st dose at 12-15 months
 - 2nd dose at 4-6 years
 - Adults should be up to date, especially before travel or large gatherings

What To Do If Someone Has Measles:

- Isolate the individual and notify the local/Tribal Public Health office
- Contact those exposed—especially unvaccinated individuals
- Seek medical care, but call ahead to avoid exposing others



Protect Our Community: Measles Information and Prevention for Tribal Nations

Prepared for Tribal Public Health Outreach

What is Measles?

Measles is a highly contagious viral disease that spreads through the air when an infected person coughs, sneezes, or shares space. The virus can remain in the air or on surfaces for up to two hours. Even one case in a community can cause an outbreak.

Why It Matters to Tribal Nations

- Close-knit communities and multi-generational households increase the risk of spread.
- Limited access to healthcare in remote or underserved areas may delay treatment and prevention.
- Cultural gatherings and events can be high-risk for transmission if someone is infected.
- Protecting our Elders and children is vital—these groups are especially vulnerable to complications.

Symptoms of Measles

Symptoms usually appear 7–14 days after exposure;

- High fever (can reach 104°F)
- Cough
- Runny nose
- Red, watery eyes
- Tiny white spots inside the mouth (Koplik spots)
- A red, blotchy rash that spreads from face to body

How is Measles Spread?

- Through coughing or sneezing
- By breathing contaminated air or touching infected surfaces
- Measles is contagious 4 days before and 4 days after the rash appears

How Can We Prevent It?

Vaccination

- MMR vaccine (Measles, Mumps, Rubella) is safe and over 97% effective.
- Children should receive:
 - 1st dose at 12–15 months
 - 2nd dose at 4–6 years
- Adults should be up to date, especially before travel or large gatherings

Community Actions

- Hold vaccination clinics or mobile events
- Share accurate health information at tribal events
- Encourage anyone with symptoms to stay home and contact healthcare providers

What To Do If Someone Has Measles

- Isolate the individual and notify the local public health office
- Contact those exposed—especially unvaccinated individuals
- Seek medical care, but call ahead to avoid exposing others

Resources for Tribal Public Health

- Centers for Disease Control and Prevention (CDC): www.cdc.gov/measles
- Indian Health Service (IHS)
- Tribal Epidemiology Centers
- Local public health and Tribal health clinics

Together, We Protect Our People

Taking steps to prevent measles protects our children, Elders, and future generations. If you need support for vaccination efforts, outreach materials, or response planning, please contact your Tribal public health team or regional partners.

Swimming is here



Kanab Pool

June 10th, 17th, 24th

July 1st, 8th, 15th, 22nd, 29th

August 5th

TUESDAYS 5:00 p.m to 7:00 p.m. Arizona Time

Fredonia Pool

June 4th, 11th, 18th, 25th

July 2nd, 9th, 16th, 23rd, 30th WEDNESDAY

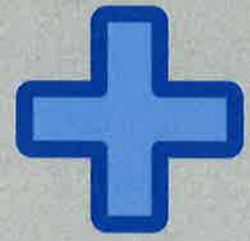
6:00 p.m. to 8:00 p.m. Arizona time

Swim diapers and cover ups will be available at the swimming pool.

Sponsored by the CHR/SDPI Program

DATE AND TIME SUBJECT TO CHANGE

DIABETIC FOOT CARE



Shian Rodriguez, BSN, RN



JUNE 23, 2025 @ 5:30 pm AZ



STEAMBOAT COMMUNITY BUILDING



Zoom link posted prior to class

The Health Benefits of Gardening

A first-of-its-kind study looked at the effects of community produce gardens on several health measures and found that people who garden:

- Consumed more fiber-rich foods
- Spent more time being physically active
- Reported greater reduction in perceived stress and anxiety

Community gardens, in general, have been gaining popularity, spurred by the COVID-19 pandemic. Not only have they helped promote greater food security, they beautify neighborhoods and help bring people together and outside in nature. Previous studies have shown that spending time in nature can lower stress levels and boost other health outcomes.



In one study, a group given a community garden plot became more active, getting additional moderate or vigorous levels of activity each week. By growing their own fruits and vegetables, they also ate more fiber each day compared to other participants. A high fiber diet has been shown to lower the risk of certain cancers, diabetes, and heart disease.

Start Your Own Garden

Whether you're new to gardening or have a trusty green thumb, the benefits are clear. Check with your local community centers, non-profits, or city government to see what shared community gardens are available to you. Or set aside some space in your own yard to create a backyard garden!

Gardening is an inexpensive activity that is great for the whole family to do together. Besides the increased physical activity, you will also get to reap the benefits of having nutritious fruits, vegetables, and herbs to bring home. If you need ideas on how to use your harvested haul, be sure to check the [Diabetes Food Hub](#) for plenty of diabetes-friendly recipes. You can even [consider freezing your produce](#) for later.

But the benefits of gardening don't apply only to growing fruits and vegetables! Planting and tending to beautiful plants, shrubs, and flowers still provides plenty of health benefits. No matter what you choose to grow, it can help improve your overall well-being by getting you active and moving while also helping lower feelings of stress and anxiety.

If you are looking for more ways to get active and live a healthier life, sign up for the American Diabetes Association's [Healthy Living e-newsletter](#) for monthly tips and advice delivered to your inbox every month.

Written by Amanda Crowe, MA, MPH

Green Bell Pepper Enchiladas

 Recipe by Emily Weeks, RDN, LD |  Photo by Emily Weeks, RDN, LD



Spice up your mealtime with a delicious twist on a Mexican favorite—Green Bell Pepper Enchiladas! Whether you're a fan of Tex-Mex cuisine or looking to add some excitement to your dinner table, these enchiladas are a diabetes-friendly delight.

Cook's tip: These can be made ahead and frozen for a quick meal later.

 15 min prep time  30 min cook time  8 servings  2 enchilada

Step-By-Step Instructions:

1. Preheat oven to 350 degrees F.
2. Spray a large skillet with cooking spray and heat over medium heat. Add green peppers, jalapeño, green onion, and garlic. Cook over medium heat for 4–5 minutes, until the peppers start to soften.
3. Remove from heat and place in a bowl with the shredded chicken and mix. Set aside.
4. Return skillet to the heat and add the olive oil. Whisk in the flour for about 1 minute until smooth.
5. Slowly pour the chicken broth in, whisking until the sauce is thickened and smooth, about 3–4 minutes. Add the salt, coriander, and yogurt and whisk until smooth. Remove from heat.

6. Pour a small amount of sauce in a 10 × 8 (or medium size) baking dish. Spread to coat the bottom of the pan.
7. Place tortillas on a flat surface and divide the chicken and pepper mix between them, placing the mix in the center of each. Roll tightly and place seam side down in the baking dish. Pour remaining sauce over the stuffed tortillas and sprinkle with the shredded cheese.
8. Bake for 15–20 minutes, until the sauce is bubbling and the cheese has melted.

Nutrition Facts

8 Servings

Serving Size 2 enchilada

Amount per serving

Calories **210**

% Daily value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fats 0g

Cholesterol 35mg **12%**

Sodium 190mg **8%**

Total Carbohydrate 16g **6%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Added Sugars 0g **0%**

Protein 17g

Potassium 218mg **5%**

Ingredients

green bell pepper (diced) **1 whole**

jalapeño pepper (minced) **1 whole**

green onion (scallion) (sliced) **1 whole**

garlic (minced) **3 clove**

cooked chicken (shredded) **2 cup**

olive oil **3 tbsp**

all-purpose flour **3 tbsp**

low sodium chicken broth **2 cup**

Kosher Salt **1/4 tsp**

ground coriander **1/2 tsp**

Plain Nonfat Greek yogurt **1/2 cup**

shredded Mexican cheese blend
(reduced fat) **1/4 cup**

corn tortillas **8 small**



MONDAYS

June 02, 2025

9:30-11:00 AM

June 16, 2025

3:30-5:00 PM

June 30, 2025

3:30-5:00 PM

Ages 5-14

Come play
Minecraft at the
Kaibab Library

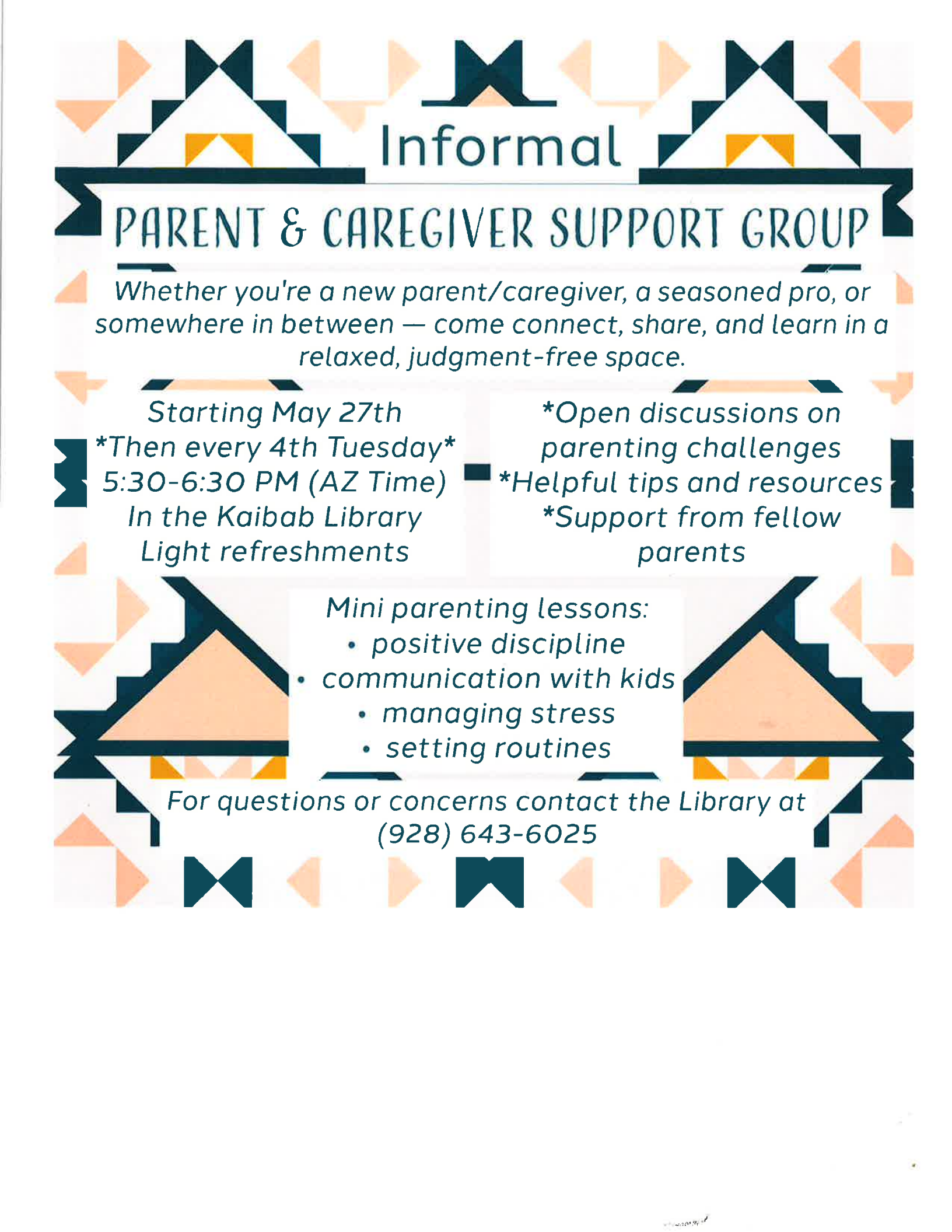
Limited

transportation

contact Delayna at

(928) 643-6025





Informal

PARENT & CAREGIVER SUPPORT GROUP

Whether you're a new parent/caregiver, a seasoned pro, or somewhere in between — come connect, share, and learn in a relaxed, judgment-free space.

Starting May 27th

Then every 4th Tuesday

5:30-6:30 PM (AZ Time)

In the Kaibab Library

Light refreshments

*Open discussions on
parenting challenges

*Helpful tips and resources

*Support from fellow
parents

Mini parenting lessons:

- positive discipline
- communication with kids
- managing stress
- setting routines

For questions or concerns contact the Library at
(928) 643-6025

Kaibab Paiute Tribal Library

Summer Hours

Monday - Thursday

8:00 AM - 11:00 AM

11:00 AM - 3:00 PM
(By Appointment Only)

3:00 PM - 5:00 PM

Phone: (928) 643-6025



Teen/Adult Minecraft



June 17, 2025
Come Play Minecraft at the
Kaibab Library from
5:30-7:00 PM (AZ Time)
Ages 15+
TRANSPORTATION UNAVAILABLE