

ANNOUNCEMENT

The Numuwaetu Nawahana newspaper, our quarterly newspaper, will be discontinued. The Tribe's newsletter will be available online at our website, plpt.nsn.us, located in the left side bar.

Have news to submit? Announcements? Please submit to businessassiant@plpt.nsn.us

Renters and Equipment

Interested in renting one of our community buildings for an event? Please call 775-574-1000 and speak with the receptionist to check out available dates for your requested area.

Deposit is waived for elders and certain events.



Memorial Servicen

Lee James (Brown) Smith Born March 22, 1978 Entered into Eternal Life on July 10, 2019

John L Glazier May 9, 1952–June 25, 2019 Memorial Hall, Bridgeport, Ca

July 8, 2019, 11:00 a.m. Food will be provided after the services.

Side dishes and desserts are welcomed







Funeral Services will be held at The Gardens Funeral Home 2949 Austin Hwy, Fallon, Nevada July 24, 2019 Viewing @ 10:00am Services @ 11:00am

Burial will follow at the Nixon Cemetery in Nixon, Nevada



Need to jump onto the Tribal Agenda for

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the next Council Meeting? Please go to our website, plpt.nsn.us, to download the Agenda Scheduling Request Form and submit to the Tribal Administration.

1.) Agenda Request

Any and all events scheduled on the Reservation need to go through Tribal Council for approval. Please contact the Tribal Secretary at 775-574-1000 for any questions or more information.

Agenda Request Form

MEETING DATE	RE	QUESTING INDIVIDUAL/ENTITY	CONTACT TELEPHONE NO.
Affiliation:	Tribal Member	Tribal Council	Tribal Department
	Committee/Board	Non-Tribal Agency	Other:
Topic Title.	-		
- Explanation			



Numa News



Pyramid Lake Tribal Health Clinic: Diabetes Program 2019

July 2019



Diabetes Education Monthly News

Diabetes complication: Gastroparesis

Gastroparesis: is a complication that can affect both Type 1 and Type 2 Diabetes patients.

It is where the stomach takes too long to empty its contents (delayed gastric emptying).

The Vagus nerve controls the movement of food in the body. If the Vagus nerve is hurt or compromised = the movement of food is slowed of stopped. In diabetes, the Vagus nerve could be damaged if blood glucose remains high over a long period of time.

High blood glucose can cause chemical changes in the nerve and can damage the blood vessels that carry oxygen and nutrients to the Vagus nerve = slowed food digestion = unbalanced blood glucose.

Symptoms:

Heartburn, Nausea, Vomiting undigested food, erratic blood glucose levels, early feeling of fullness when eating, abdominal bloating, and others.

Treatment:

Most important treatment goal for diabetes- related gastroparesis complications is to manage blood glucose as part of diabetes selfmanagement.



Volume 1, Issue 3 August 1, 2019 American Association of Diabetes Educators (AADE)

diabeteseducator.org

AADE 7 Self-care Behaviors ©Healthy Eating ©Healthy Coping ©Monitoring ©Medication ©Problem Solving ©Being Active ©Risk Reductions

AADE behavior: Risk Reductions

Using any 1 of the AADE 7 Self-care Behaviors can help an individual educate themselves about their specific health care situation. Risk Reductions means that patients with diabetes practice effective risk-reduction behaviors to prevent or slow progression of diabetes complications and maximize health and quality of life.

Always remember to go to your scheduled doctor's appointments.





Pyramid Lake Tribal Health Clinic: Diabetes Program

Jason G. Molino

B.S. C.E.P. C.P.T. A.A.D.E.-Level 2

705 SR 446 P.O. Box 227 Nixon, NV 89424

775-574-1018 jmolino@plpt.nsn.us

Please call Medical Scheduling to make a Diabetes Education Appointment.

Mondays- Wednesdays available.

Water intake guidelines: Adults = 64 oz. per day Kids = minimum 56 oz. per day

1 ice cube = 2 tablespoons of water or 30 milliliters of fluid.

1 cup of crushed ice = 1/2 cup of water = 4 oz. of water. 1 cup of water = 8 oz.

SAVE THE DATE! The Nevada Tribal Summit On Brain Health & Dementia Thursday, August 22 2019 9:00 A.M.— 4:00 P.M.

For More Info contact: Carla Eben, PLPT Numaga Senior Services Director Tel: 775-574-1064 Email: ceben@plpt.nsn.us





PUBLIC NOTICE

The Pyramid Lake Paiute Tribal Council approved the following amendment to the Pyramid Lake Tribal Code, Title 2- Taxation, through Resolution PL 063-19:

208.008 Fee for Permit

At the time of making an application, the applicant must pay to the Tax Commission an annual permit fee of **\$50.00** for each permit.

Section 208.007 (1) states "Every person desiring to engage in or conduct business as a seller within the Reservation must file with the Tax Commission an application for a permit for each place of business."

Posted: 7/25/2019



If you are 18 years of age or older as of September 30, 2019, you are eligible to receive your payment from the Trust upon completion of distribution paperwork. The 3rd Quarter Deadline will be September 30, 2019.

Please make sure your mailing address is up to date with the Enrollment office, that you include bank verification (including routing and account numbers, or a voided check – do NOT include a deposit ticket, as this does not include the necessary information), a clear copy of your picture ID, and the second page signed. The tax information brackets on top of the second page MUST be completed, or this will cause a delay in your payment. Please include CLEAR and LEGIBLE contact information in case you need to be reached!

If your forms are received after September 30th, your form will be held until the next quarter. Minors who have an account in the Minors Trust but are not able to return their forms timely will have up to six years to complete their forms and claim their economic stimulus payment. The six year deadline starts on your 18th birth-day.

This is a reminder, the deadline for you to submit your forms for the 3rd quarter of 2019 is the last Monday of September 30, 2019. Forms are available in the Enrollment Office and online at: http://plpt.nsn.us/ For any questions or concerns, please call Joanne Shaw, Enrollment Officer, or Michelle Mix, Business Assistant at 775-574-1000.



Tribal Recreation News

July 2019

Adult Volleyball & Basketball

Adult volleyball open gym continues at Thursday and Sunday evenings at 6:00 p.m. Come and join the group for a great night of exercise.

> Adult basketball Open Gym continues on Monday and Wednesday evenings at 7:00 p.m. to 9:00 p.m.

We ask that you sign the attendance roster for those nights that you attend either activity.





Tribal Recreation News

July 2019

Tribal Recreation Summer Day Camp

This year we offered a Tribal Recreation Summer Day Camp through the month of July. We had 80+ students attend the daily camp. The summer day camp program taught our elementary school-aged youth Paiute culture and heritage through a language immersion unit and classes and traditional dances. Tribal elders and community members participated by sharing knowledge of Paiute culture, language and history in both hands-on and classroom settings. Our Paiute Language Department Coordinator, Heidi Barlese and Nick Cortez, worked with the elders Gladys Hicks and Amelia Scott to deliver daily lessons to the children. Students participated in yoga on a daily basis, thanks to the Yoga staff! The Tribal Youth Employment program hired high school students to serve as youth mentors to assist with camp activities, they were Hilana Ely, Landan Kinerson, Austin Frazier and Shyleah Antone. Youth were taught traditional Round dances with Loni Romo. PLPT programs and other programs focused on prevention, wellness and physical fitness enrichment activities and also took an active role in the pro- For more information or questions, please do gram. Students enjoyed art with local artist, Ben not hesitate to contact Tribal Recreation Coor-Aleck.

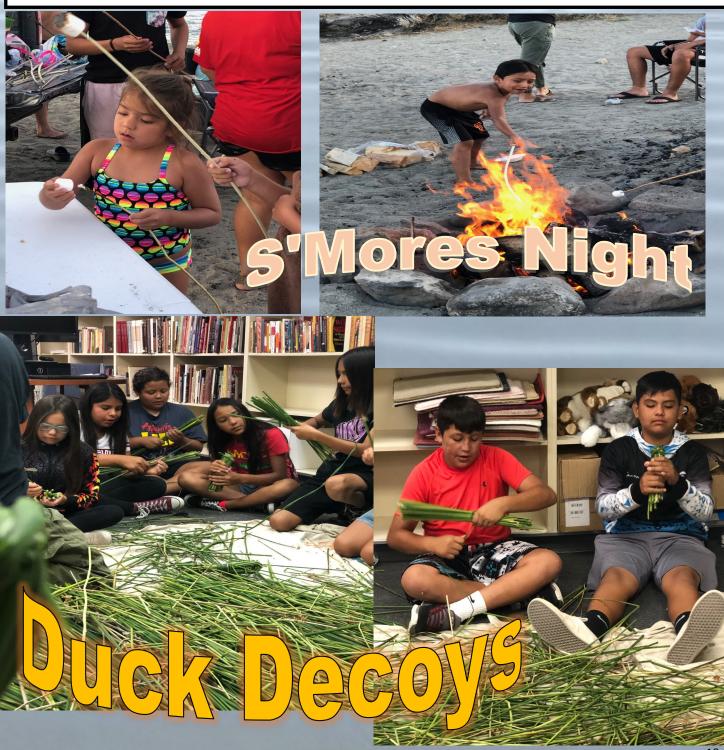
Students enjoyed the Aquatic Invasive species staff presentation which involved a memorable hands on experience. The RSIC Language Program came out and presented plays for the students in which the students enjoyed immensely.

Special Thanks to the JOM Program, Environmental Department, Sumunumu Program, Yoga, Pyramid Lake Health Clinic, THPO Department and Diabetes Program. We would also like to thank the JOM Program for their generous contributions to help with our field trips throughout the program and the trip to Wild Island. We would like to thank the Pyramid Lake High School Transportation Department for their help with our transportation needs which enabled students from Wadsworth and Sutcliffe to attend the summer program and for the help with field trips. The cooks Tina Moore & Dehan Dominguez were awesome as they served up to 80+ meals daily for our Day Camp kids through the Summer Food Program! Thanks to everyone involved, we had a great 4 week program.

dinator, Janet Davis, at 775-574-2409



PL Tribal Rec Department





PL Tribal Rec Department





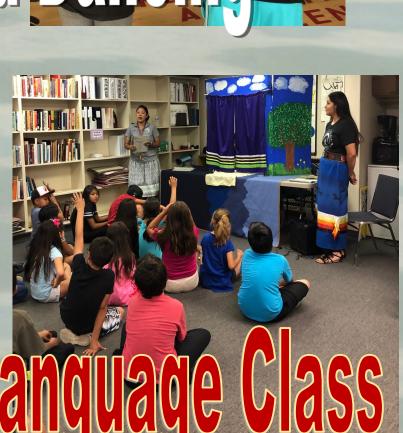
Aquatic Invasive Species



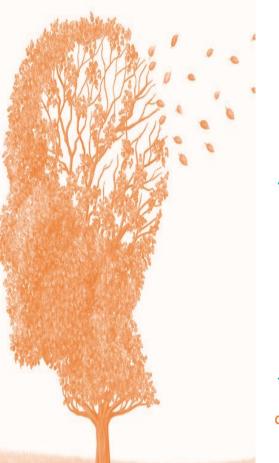


PL Tribal Rec Department









SAVE THE DATE! The Nevada Tribal Summit on Brain Health & Dementia

Thursday, August 22, 2019 9:00 AM - 4:00 PM Nixon, NV

Hosted by the Pyramid Lake Paiute Tribe's Pesa Sooname Advisory Group: A member of Dementia Friendly Nevada



For more information, please contact:

Carla Eben, Pyramid Lake Paiute Tribe, Numaga Senior Services Director Telephone: (775) 574-1064 Email: ceben@plpt.nsn.us Jennifer Carson, Co-Facilitator, Pesa Sooname Advisory Group Telephone: (775) 682-7072 Email: jennifercarson@unr.edu

This project was supported in part, by grant number 90ALGG0011, from the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Aging, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Pointsofvieworopinionsdonot, therefore, necessarily represent official Administration for Community Living policy.

The Nevada Tribal Summit on Brain Health and Dementia will be held at the Nixon Gym on Thursday, August 22 from 9 am–4 pm

Hosted by the Pyramid Lake Paiute Tribe's Pesa Sooname Advisory Group: A Member of the Dementia Friendly Nevada



Tips for First Time Pyramid Lake Burner Babes

Leaving No Trace

Our community respects the environment. We are committed to leaving no physical trace of our activities wherever we gather. We clean up after ourselves and endeavor, whenever possible, to leave such places in a better state than when we found them.

Gifting

Burning Man is devoted to acts of gift giving. The value of a gift is unconditional. Gifting does not contemplate a return or an exchange for something of equal value.

Radical Self-expression

Radical self-expression arises from the unique gifts of the individual. No one other than the individual or a collaborating group can determine its content. It is offered as a gift to others. In this spirit, the giver should respect the rights and liberties of the recipient.

Personal tips for you burner babes:

Scarves for the white-outs

Stay in place during white outs

Hats for the hot sun, sun block if needed

Goggles for the white-outs

Bike to get to point A and B

Lights for your bikes; these can be found at craft stores (décor-type string lights that can be wrapped around your bike or spokes)

Flashlights for your bike; essential for those nighttime tours onto the playa

Plenty of water; at least 3 gallons per day

Enough food to last each day for you; energy food not just junk

Chair to sit in when you get back from your adventure

There are no money exchanges except for Ice and coffee at center camp

Tent for night time - or cozy up with a friend that has an RV

Make sure to pack sleeping bags, blankets; believe it or not, it gets cold at night

Bring a jacket and some warm clothing and good walking shoes; boots are preferable

Toilet paper/wet wipes; sometimes restrooms aren't stocked

Wet Wipes to clean up face and private parts

Basic necessities; toothbrush, hair brush or comb

Your daily meds

Shade of some sort for those day time naps

Trash bags – all the trash bags so you can pack out what you've packed in!

Cooking items in case you plan on making meals for yourself; plates, cup, bowl