

Spring 2022



Observed annually on the Spring Equinox, National Native HIV/AIDS Awareness Day March 20th is a National community mobilization effort designed to encourage American Indians, Alaska Natives and Native Hawaiians across the United States and territorial areas to get educated, get tested, and get involved in HIV prevention, care and treatment.

According to the Center of Disease Control and Prevention:

- Of the 39,782 HIV diagnoses in the United States in 2016, 1% (243) were among American Indians & Alaska Natives. Of those, 81% (198) were men and 19% (45) were women.
- Of the 198 HIV diagnoses among American Indian & Alaska Natives men in 2016, most of (77%; 152) were attributed to male to male sexual contact.
- Most of the 45 HIV diagnoses among American Indian & Alaska Natives women in 2016 were attributed to heterosexual contact (69%; 31).
- In 2016, 102 AI & ANs were diagnosed with AIDS. Of them, 75% (77) were men and 24% (24) were women.



Healthy Food Choices

Wellness is Mind, Body and Soul

Choose foods that are healthy for your heart and your entire body: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat or fat-free dairy products. Eat healthy meals, and cutback on salt and added sugars. Aim for the less than 2,300 milligrams of sodium each day. Try to have less than 10% of your daily calories come from added sugars.



Choose foods that are healthy for your body.

Tips for making healthy food choices

- Cook with a mix of spices instead of salt.
- Choose veggie toppings such as spinach, broccoli, and peppers for you pizza.
- Try baking or broiling meat, chicken, and fish instead of frying.
- Serve foods without gravy or added fats.
- Try to choose foods with little or no added sugar.
- Try to limit process foods which can be high in sodium
- Gradually work your way down from whole milk to 2% milk until you're drinking and cooking with fat-free or low-fat milk and milk products.
- Eat foods made from whole grains-such as whole wheat, brown rice, oats, and whole grain corn- every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.
- Read food labels. Choose foods in low saturated fats, Trans fats, cholesterol, salt and added sugars.
- Slow down at snack time. Eating a bag or low fat popcorn takes longer than eating a slice of cake. Peel and eat an orange instead of drinking orange juice.
- Keep trying a written record of what you eat for a week. It can help you see what you tend to overeat or eat foods high in fat or calories.

Research has shown that the DASH eating plan may help you lower your blood pressure. If you have diabetes, high blood pressure, or heart disease, you may want to locate and work with a dietitian to create a meal plan that meet your needs.



Elder Abuse

Every year an estimated 5 million (or 1 in 10) older Americans are victims of elder abuse, neglect or exploitation. Experts believe that for every case of elder abuse or neglect reported, more than 79 percent of cases go unreported. Traditionally, American Indian elders have held a place of honor for their wisdom, experience and cultural knowledge. Unfortunately, this is changing in some tribal communities. The abuse and neglect is increasing of American Indian/Alaska Native Elders with alarming frequency in tribal communities. Also, many elders may have past negative experiences with government policies and fear institutional abuse from government agencies and authority.

Elder abuse can be defined as an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. The abuse occurs at the hands of a caregiver or a person the elder trusts (Center for Disease Control (CDC): violence prevention).

Nationally, neglect is the most frequent form of elder abuse. Neglect is the failure to meet an older adult's basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care (CDC). Yet, elder abuse can take various other forms such as physical, sexual, financial, psychological or emotional. It can involve hitting, shoving, threats, intimidation and inappropriate use of prescription drugs, restraint's or confinement. Also, it can be the result of intentional or unintentional neglect or abandonment where Native American elders may experience spiritual abuse where they may be denied access to ceremonies or traditional healing.

Tribal Social Service Providers estimate that nearly 80 percent of those abusing American Indian and Alaska Native Elders are immediate family members and 10 percent are extended family members. Adult children are the most likely perpetrators as well as spouses, other relatives, grandchildren and caregivers. What is more, caregiver unemployment appears to be the risk factor for abuse in American Indian and Alaskan Native communities. Abuse rates are higher when the elder lives in the same home as the primary caregiver.

Warning Signs & symptoms of Abuse: While one sign does not necessary indicate abuse, the following are some telltale signs that there could be a problem:

- Bruises on the body, pressure marks, broken bones, abrasions and burns
- Unexplained withdrawal from normal activities, a sudden change in alertness and depression
- Sudden changes in financial situation
- Bedsores, unattended medical needs, poor hygiene and unusual weight
- Behaviors such as belittling, threats and other uses of power and control
- Strained or tense relationships and frequent argument between the caregiver and elder
- Hoarding, failure to take essential prescription medications or seek medical treatment, poor hygiene or housekeeping, dehydration, and not wearing suitable clothing for weather

Prevent Elder Abuse

There are a number of factors that may increase or decrease the risk of perpetrating and/or experiencing elder abuse. To prevent elder abuse, we must understand and address the factors that put people at risk for or protect them from violence as suggested by the Center for Disease control:

- Listen and understand their challenges and provide support.
- Report abuse or suspected abuse to local adult protective services, tribal health clinic, or the police
- Educate oneself and others about how to recognize and report elder abuse.
- Learn how the signs of elder abuse differ from the normal aging process.
- Check-in on older adults who may have few friends and family members.
- Provide over-burdened caregivers with support such as help from friends, family, or local relief care groups; adult day care programs; counseling; outlets intended to promote emotional well-being.
- Encourage and assist persons (either caregivers or older adults) having problems with drug or alcohol abuse in getting help.
- Talk with a healthcare professional or reach out to the Behavioral Health Program for support and assistance

Behavioral Health/Sumunumu Staff

Veronica Domingues-Gephart, Manager
Vicki Lilligard, LCADC, MFT
Noah Yeager, MHPNP
Diana Mitchell, Prevention Coordinator
Dr. Richard Perkins, Psychologist
Mary Ann Potter, LMFT/LCADC
Dr. Geri Steinagel, Psychiatrist
Dr. Ronald Centric, Psychiatrist

If you suspect abuse and are unsure what to do or how to report, contact the local resources:

Pyramid Lake Social Services: 775-574-1047

Pyramid Lake Tribal Health Center: 775-574-1018

Numaga Senior Services: 775-574-1064



Order free COVID-19 tests at
www.COVIDtests.gov

Assist your Elders/Family in ordering
free Tests - let's do our part

My Safety Plan

1 My warning signs are:
*These can be thoughts, feelings or behaviors that indicate a crisis may be developing:

2 My internal coping strategies are:
*These are things you can do on your own to take your mind off the problem, like playing video games or exercise:

3 People I can reach out to for distraction:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4 People I can reach out to for help:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

5 In the event of a crisis:
Call Emergency Contact #1:
Call Crisis Hotline:
Call Emergency Services:

6 Steps I can take to make my environment safer. Please list:

<input type="text"/>

Remember: Help is always available. Text **NATIVE** to 741 741 for 24/7 support.

**Wellbriety Online Meetings
on Zoom**

**MON/WED/FRI
EVENING MEETINGS**

5 PM PT/ 6 PM MDT/ 7 PM CT/ 8PM ET

**JOIN US for our daily
Wellbriety 12 Steps Meetings!**

During this meeting, you will have the opportunity to listen to others from around the world and share your experience, strength and hope. This unique meeting is held online at zoom.us

Meeting ID: 548-538-0164
PW: 488-123

Crisis Support

Tell the Dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained office and /or someone who has experience dealing with people who have a mental illness. For Non-emergency situations, call your local police department.

**Pyramid Lake Paiute Tribal Police: 775-574-1014 or
Dispatch: 775-574-0444**

Pyramid Lake Tribal Emergency Services: 775-574-8999

Pyramid Lake Tribal Health Center: 775-574-1018

**Suicide Prevention Lifeline: (800) 273-8255 or text 741741 or
text LISTEN to 839863 Services are free, confidential and 24/7**

**Nevada Crisis Line: 775-784-8085 24 hours a day and 7 days a
week**