



SIWA VAATS NEWS

P U B L I C A T I O N O F T H E C H E M E H U E V I I N D I A N T R I B E

DEPARTMENT LISTING

Tribal Administration
760-858-4219

Agriculture
760-858-1135

Community Center
760-858-5103

Conservation
760-401-4207

Cultural Center
760-858-1115

Education Center
760-858-1063

Environmental Department
760-858-1140

Diabetes Department
760-858-4240

Gaming Surveillance
760-858-4045

Head Start
760-858-4918

Health & Wellness
760-858-5426

Housing Department
760-858-4564

T.E.R.O.
760-858-5100

Tribal Court
760-858-4219

Havasu Landing Resort
760/858-4592

Havasu Landing Casino
760-858-4593

TRIBAL COUNCIL MEMBERS

Glenn Lodge, Chairman

Sheridan Silversmith, Vice Chair-
Woman

Raymond Mejia, Secretary-
Treasurer

Levi Esquerra

Kostan Lathouris

Tito K. Smith

Candice Chandler

Edward "Butch" Ochoa

Daniel Leivas



C H E M E H U E V I I N D I A N T R I B E

Chemehuevi Indian Tribe
P.O. Box 1976

1990 Palo Verde Drive
Lake Havasu, CA 92363

Phone: 760-858-4219
Fax: 760-858-5400

Submit commentaries for
future publications by
e-mail to:

exec.sec@cit-nsn.gov

Or fax to:

760-858-5401

View Newsletter online:

www.chemehuevi.org

**Tribal Council
Regular Meeting
Saturday,
May 31, 2025
9:00 a.m.**

BOARDS & COMMITTEES

VACANCIES:

Interested in serving on one or more
Boards or Committees? (LIMIT 3)

Health Board (1) Vacancy

C.T.A Board (2) Vacancies

(Chemehuevi Transportation Authority)

Health Board email

health.board@cit-nsn.gov

Tribal Members can submit questions, comments
or concerns



EMPLOYMENT OPPORTUNITIES

Come Apply:

Contact Info,

TO APPLY FOR RESORT OPENINGS CONTACT HR DEPARTMENT @ 760-858-4592

**TO APPLY FOR CASINO OPENINGS CONTACT HR DEPARTMENT @ 760-858-4593
ext. 301**

TO APPLY FOR TRIBAL OPENINGS CONTACT TERO OFFICER @ 760-858-5100.

Chemehuevi Indian Tribe

55th Annual

NUWUVI DAYS

SAVE THE DATE

June 6th & 7th 2025
Chemehuevi Valley, CA

Contact Information

Jasmine Lynch
(760) 858-4219

Sheridan
Silversmith
(928) 277-3956

Vendors Needed!
Arts & Crafts,
Foods
Vanessa Tafoya
(760) 284-3905





MMIP



AWARENESS WALK

SAVE THE DATE

NO MORE
MISSING & MURDERED INDIGENOUS PEOPLE
MMIP

**Monday
May 12th
2025
9am-11am
Chemehuevi
Valley Ca**

Any information please contact

ICWA Director Sheila Nau

760-284-3929

or

Social Service Advocate Autumn Craig

760-858-1808

**Call for
Speakers**

Please Email
ICWA@cit-nsn.gov

COLORADO RIVER SERVICE UNIT

Chemehuevi Clinic

2025




May



(760) 858-4790

1978 Valley Mesa
Havasup Lake, CA 92363

PRC Referral Questions: (928) 669-7578
Office Hours: M-F, 8:00am to 5:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8	9	10
4 	5 PCP – Dr. McCoy Social Services – Candy GINCODEMAYO	6	7 PCP – Kelly Cricks, NP Podiatry – Dr. Palmquist Dental – Dr. Berdu PRC – Lola Ward		PCP – Kelly Cricks, NP	
11 <i>Mother's & Day</i>	12 PCP – Dr. McCoy Social Services – Candy	13	14 PCP – Kelly Cricks, NP PRC – Daryl James	15	16	17 
18	19 PCP – Dr. McCoy Social Services – Candy	20	21 PCP – Kelly Cricks, NP Optometry – Dr. Hogan PRC – Lola Ward	22	23 PCP – Kelly Cricks, NP	24
25	26  MEMORIAL DAY	27 PCP – Kelly Cricks, NP	28 PCP – Kelly Cricks, NP Social Services – Candy	29	30	31



MC3 APPRENTICESHIP READINESS PROGRAM

California Indian Manpower Consortium
Start a Career in the Trades Industry

ORIENTATION SESSION

MAY 20, 2025 - 4PM TO 5PM

REPRESENTATIVE FROM BUILDING TRADES

REQUIREMENTS



- Over 18 years of Age and Eligible for CIMC Program
- High School Graduate / GED
- Valid Drivers License with Reliable Transportation
- Committed to 256 Hours - 10 Weeks
- Don't Delay - Only 25 Seats Available



CLASS DATES

- Pala Indian Reservation
- June 2 - Aug 8 (Graduation)



CLASS SCHEDULE

- Monday - Thursday
- 8:00 AM - 5:00 PM

CONTACT US:



35006 Pala Temecula Rd
Pala, CA 92059



info@cimcinc.com



(760) 742-0586



**NEW CAREER
SCAN THE QR CODE**

CIMC IS FUNDED IN PART BY THE U.S. DEPARTMENT OF LABOR.
CIMC IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM. AUXILIARY AIDS
AND SERVICES ARE AVAILABLE UPON REQUEST TO INDIVIDUALS WITH DISABILITY.





T.E.R.O.

HOURS OF OPERATION

MONDAY – FRIDAY

7:30AM – 4:00PM

**WE ARE
HIRING**

**JOIN OUR
TEAM!**

TERO

TRIBAL EMPLOYMENT RIGHTS OFFICE

WHAT DO WE DO?

1

The TERO program enforces tribally enacted American Indian preference law, which ensures American Indians gain their rightful share of employment, training, contracting, subcontracting, and business opportunities occurring on or near reservations.

2

The Chemehuevi Tribal Employment Rights Office (TERO), by virtue of a contractual agreement with the Equal Employment Opportunity Commission (EEOC), is authorized to interview and counsel individuals with potential employment discrimination charges. The TERO employees address draft charges of alleged violations of Title VII, file complaints with the EEOC and attempt to resolve the charge by mediation within 30 days.

3

Call the TERO Office if you are a youth worker 14 - 17 or an adult looking for a temporary job

OR



If you want to speak with someone about a discrimination issue

CONTACT

**VARNER ESCOBAR
TERO OFFICER**

**760-858-5100
DIR.TERO@CIT-NSN.GOV**

Head Start Happenings:

Chemehuevi Head Start / May 2025 Addition of Monthly Newsletter

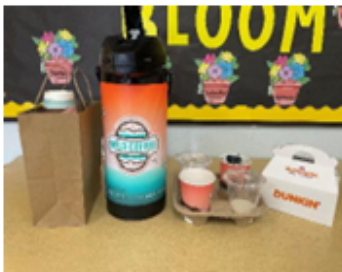
WHAT HAPPENED IN APRIL:

-Head Start children celebrated Easter with a small Easter Egg Hunt on Friday, 4/18. Families generously donated prefilled eggs and buckets w goodies to this classroom event. Some families from the Havasu Lake side were able to come and watch.



-Swim Lessons at the LHC Aquatic Center have continued throughout the month of April, every Wednesday. The children are having a great time learning water safety and the basics of swimming - kicking their legs, floating on their backs and following directions.

WHAT'S HAPPENING IN MAY:



-This week is Teacher Appreciation and Head Start staff have been blessed with goodies from our LHC families across the lake.

-We will be wrapping up our **Swim Lessons this Wednesday, 5/7** with a small pizza party and family participation has been encouraged. The Aquatic Center has graciously allowed our Head Start children and their parents to enjoy the large tub slide for this last day of swim.

-**MMIP AWARENESS WALK** - Monday, 5/12, Head Start children will be joining this event, all dressed in RED, for the first hour from 9-10am. Families have been invited to participate.

-**NO SCHOOL** – Friday, 5/23 for Staff In-Service Day and Monday, 5/26 for the Memorial Day Holiday.

-**Little Learners Big Steps Workshop** for TK/K Transitioning students and families, have been invited to the Tuesday, 5/27 Math Skills workshop from 4-5pm at CVE.

-The last **Policy Council** meeting of the school year is TBD. It will take place the week of 6/9-13.

MAY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED				HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	1	CLOSED
CLOSED	HHP 2:30 - 4:00 THP 4:00 - 5:00 LETTER TO MS. REBEKAH	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	HHP 12:30 - 2:00 THP 2:00 - 5:00 JAPANESE CLASS 3PM - 4PM GARDENING 4PM - 5PM	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	MOTHER'S DAY BAKE SALE	CLOSED
CLOSED	4	5	6	7	8	9
CLOSED	HHP 2:30 - 4:00 THP 4:00 - 5:00 SUMMER GOALS PROJECT	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	HHP 12:30 - 2:00 THP 2:00 - 5:00 JAPANESE CLASS 3PM - 4PM GARDENING 4PM - 5PM	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	NACHO FRIDAY	CLOSED
CLOSED	11	12	13	14	15	16
CLOSED	HHP 2:30 - 4:00 THP 4:00 - 5:00 MEMORIAL DAY ACTIVITY	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	HHP 12:30 - 2:00 THP 2:00 - 5:00 GARDENING 4PM - 5PM	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	MOVIE/POPCORN	CLOSED
CLOSED	18	19	20	21	22	23
CLOSED	CLOSED FOR MEMORIAL DAY	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	HHP 12:30 - 2:00 THP 2:00 - 5:00 GARDENING 4PM - 5PM	HHP 2:30 - 4:00 THP 4:00 - 5:00 NATURE WALK 4PM - 4:45PM	TABLET DAY	CLOSED
CLOSED	25	26	27	28	29	30
						31



JAPANESE FOOD COOKING CLASS WITH MIHO KNAPPE

MAY 7TH FROM 3PM - 4PM
AT CTEC

ANYONE WHO HAS
COMPLETED ALL 3
LANGUAGE
CLASSES PLEASE
JOIN US FOR A
COOKING CLASS!

MIHO WILL BE TEACHING
HOW TO MAKE ONIGIRI!



FOR MORE INFO CALL
(760) 858-106

JAPANESE RICE BALLS MADE OF
STEAMED RICE THAT YOU
COMPRESS INTO A TRIANGULAR,
BALL, OR CYLINDER SHAPE AND
ARE USUALLY WRAPPED IN A NORI
SEAWEED SHEET.





Mother's Day

EDUCATION CENTER FUNDRAISING BAKE SALE!

FRIDAY MAY 9TH FROM
12PM-1PM (UNTIL SUPPLIES LAST)
4PM-5PM (UNTIL SUPPLIES LAST)

BANANA BREAD - \$7
(MINI LOAVES)

CHEESECAKE CUPCAKES - 2 FOR \$5

KETO CHEESECAKE CUPCAKES - 2 FOR \$5

CHOCOLATE CHIP COOKIE - 2 FOR \$3

CHEESECAKE COOKIE - \$5
(WITH STRAWBERRY TOPPINGS)

BROWNIE SQUARES - 2 FOR \$5

CHOCOLATE COVERED - 6 FOR \$12
STRAWBERRIES - 12 FOR \$25

CALL EDUCATION DEPT. 760 858 1063
TO PRE ORDER NOW UNTIL
WEDNESDAY MAY 7TH BY 5PM

to the ladies who brighten the world with
their love and grace



A flyer for an origami class. The background is a light, textured grey. It features several colorful origami models: a red flower, a green star, a yellow crane, a pink crane, a blue bird, a red bird, a purple flower, a blue flower, a yellow crane, a pink crane, a blue bird, a red bird, a purple flower, a blue flower, a yellow crane, and a pink crane. Dashed blue lines with small paper airplane icons connect the text to the origami models. The text is arranged in a central column, with the title 'ORIGAMI CLASS' in large, bold, blue letters. Below it, 'WITH MIHO KNAPPE' is written in red. The dates and times 'MAY 14TH FROM 3PM - 4PM' and 'MAY 13TH FROM 3PM - 4PM' are listed. The location 'IN CTEC LIBRARY' is also included. The text 'FREE ENTRY' and 'AGES 5+' are prominently displayed. The sign-up information 'SIGN UP TO JOIN NOW AND TILL' is followed by the dates. A phone number for more information is provided at the bottom. A small red heart icon with a white hand inside is located near the top right.



**ORIGAMI
CLASS**

**WITH MIHO
KNAPPE**

MAY 14TH FROM 3PM - 4PM
MAY 13TH FROM 3PM - 4PM

FREE ENTRY

AGES 5+

**SIGN UP TO JOIN
NOW AND TILL**

**FOR MORE INFO CALL
(760) 858-106**

*creating lovely 1's
handmade crays*



WE ARE CLOSED

MAY 26TH 2025

CTEC WILL BE CLOSED FOR
MEMORIAL DAY

CTEC NORMAL HOURS WILL RESUME
TUESDAY 5/27/2025

FOR MORE INFO CALL
(760) 858-1036





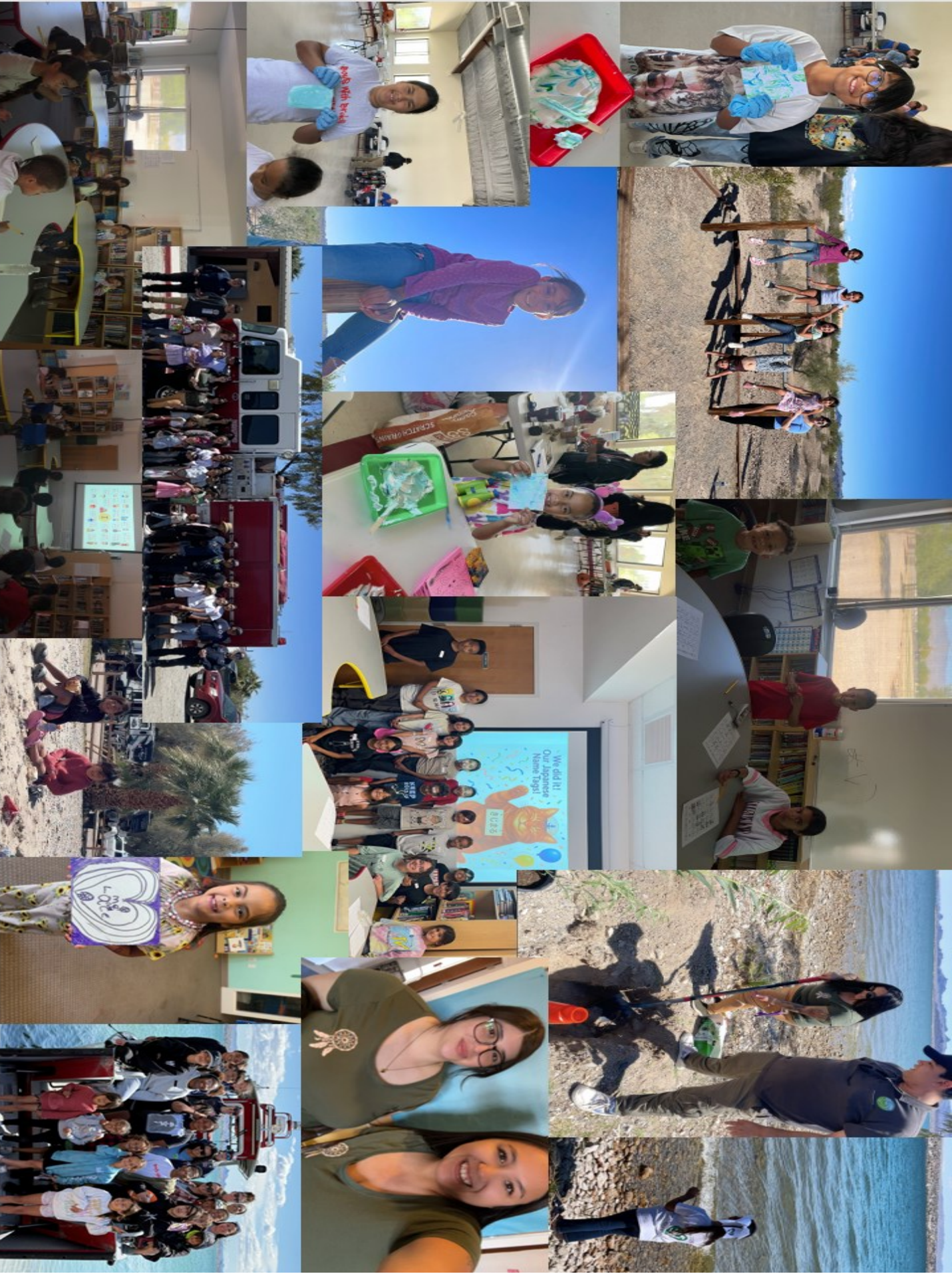
**For more Info
(760)858-1063**

TAKE A WALK IN
THE NATURE
AND SMELL THE
WILD AIR

**JOIN US EVERY TUESDAY &
THURSDAY FOR A NATURE WALK
@ 4:00-4:45PM
PLEASE WEAR CLOSED TOE SHOES I NO
CROCS**

**MUST WEAR SHORTS/PANTS
(NO DRESSES/SKIRTS)**







Chemehuevi Tribe Education Center

P.O. BOX 1076 • HAWAII LANE, CA 92363 • OFFICE: (760) 858-1063 • EMAIL: gradinfo@cheme.org



Chemehuevi Graduate Announcement

Congratulations! You are graduating and we are so proud of you! The Chemehuevi Tribe Education Center CTC is celebrating with you and would like to help spread the word of your major accomplishment! Please fill out the information below and include a photo that you would like to be published in our Tribal Newsletter and on our CTC social media platforms!

My name is:

First Name	Middle Name	Last Name
I am graduating from:		

Name of School	City	State
(If College) I will be graduating with a degree in:		

Additional information please include hobbies, extracurricular activities, future plans, etc. (Use back of page if needed):

Expected Graduation Date: _____ Would you like to request a Tribal Graduation Stole? Yes / No

Email Address _____ Mailing Address (Where would you like your Tribal Stole mailed to VIA UPS)

Graduate CT Enrollment Number	DOB	CELL

Fathers Name	Tribe

Mothers Name	Tribe

DOCUMENTS REQUIRED FROM GRADUATE:

1. CERTIFICATE OF CHEMEHUEVI INDIAN BLOOD FROM ENROLLMENT (760-858-4219)
2. FERPA

Chemehuevi Graduate Signature	Date
-------------------------------	------

Chemehuevi Graduate Parents Signature (If graduate is a minor)	Date
--	------

Mail or EMAIL to:

Chemehuevi Tribe Education Center
c/o Director of Education
P O Box 1076
Hawaii Lane, CA 92363
dir.ed@ctc-mn.gov
DO NOT FAX

Date Received
Staff Signature

Chemehuevi Community Center Business Hours

MONDAY

9:30 AM - 6:00 PM

TUESDAY

9:30 AM - 6:00 PM

WEDNESDAY

9:30 AM - 6:00 PM

THURSDAY

9:30 AM - 6:00 PM

FRIDAY

9:30 AM - 6:00 PM

SATURDAY

9:30 AM - 6:00 PM

SUNDAY

CLOSED

For questions or info
760-858-5103 760-858-5203
Follow us on Facebook for Events & Flyers

CHEMEHUEVI Community ACTIVITIES

2025 Calendar MAY

MONDAY	TUESDAY	WEDNES-	THURSDAY	FRIDAY	SATURDAY
HOURS - MONDAY-SATURDAY 9:30AM - 6PM SNACK @ 3:00 SUPPER @ 5:00 FOR QUESTIONS OR INFO CALL 760-858-5103 FOLLOW US ON FACEBOOK FOR UPDATES & FLYERS			1. *HULA HOOP COMPETITION 4-5PM	2. GAME ROOM	3. OPEN GYM 12:30-5PM
5. ARTS & CRAFTS	6. H&W FAMILY GAME NIGHT 4:30-6PM	7. OPEN GYM 12:30-5PM	8. *ARCHERY COMPETITION 4-5PM MOTHER'S DAY CARDS	9. MOTHER'S DAY CARDS ARTS & CRAFTS	10. MOTHER'S DAY CARDS GAME ROOM
12. ARTS & CRAFTS	13. BOARD GAMES **NATURE WALK 4-4:45	14. OPEN GYM 12:30-5PM	15. *BASKET BALL SHOOT OUT TOURNAMENT 4-5PM	16. YOUTH BINGO 4-5:30	17. GAME ROOM
19. BOARD GAMES	20. ROCK PAINTING (NUWUVI ROCKS) FACEBOOK PAGE	21. OPEN GYM 12:30-5PM	22. *SOFT BALL GAME @FIELD 3:30-5PM	23. *TACO COOK OFF CHALLENGE 5:30-6PM	24. C.C. CLOSED GRAPEVINE CANYON 18+ TRIP
26. CLOSED MEMORIAL DAY	27. BOARD GAMES **NATURE WALK 4-4:45	28. OPEN GYM 12:30-5PM	29. *JUMP ROPE COMPETITION 4-5PM	30. *GLOW IN THE DARK SLIME 3:00-5pm	31. OPEN GYM 12:30-5PM 

CALENDAR AND EVENTS SUBJECT TO CHANGE

*EDUCATION DEPT.

*DIABETES DEPT.



Chemehuevi
Community Center/Diabetes



Presents

TACO **COOK OFF CONTEST**

MAY
23RD

1 ENTRY
PER
PERSON

PRIZES
FOR

1/2/3



5:30-6PM

SUBMIT YOUR DISH TO THE COMMUNITY CENTER FOR
JUDGING @ 5:15^{PM} NO LESS THAN 4 TACOS

ANY TYPE OF TACO IS WELCOME
CONTESTANTS MUST BE PRESENT TO WIN

FOR INFO 760-858-5103
1978 VALLEY MESA, HAVASU LAKE CA.

Chemehuevi Community Center

***Temporary* Staffing Hours**

Monday -Friday: 9:30am-6:00pm

Saturdays: 9:30am-6:00pm

(760) 858-5103

The weight room is open for community members. All participants will need to sign the Weight Room Consent & Acknowledgement Waiver. Youth ages 16 and up with a waiver on file are required to check in with staff before using the weight room. To use the weight room, all participants need to sign in.

Weight Room will remain locked at all times. All patrons of the weight room will need to check in with a Building Staff Member for access.

- Weight room has a limit of 2 teens at a time.
- No one under 16 years of age is permitted into the weight room.

The Community Center provides free meals for all youth and teens Mondays-Saturdays. Snack is served at 3:00pm and Supper is served at 5:00pm.

APRIL EVENTS & FUNDRAISERS

- **TUESDAY 1st H&W FAMILY GAME NIGHT HERE AT THE COMMUNITY CENTER**
- **WEDNESDAY 2nd TEEN POOL TOURNAMENT**
- **THURSDAY 3RD A.I SELF PORTRAIT RENDERING, ROCK PAINTING**
- **FRIDAY 4TH YOUTH BINGO, JUMP ROPE, & ROCK PAINTING**
- **SATURDAY KIDS BOUNCE HOUSE & WATER SLIDE 12 & UNDER**
- **MONDAY 7th COMMUNITY CENTER CHANGE OF HOURS (10:30am-7pm)**
- **THURSDAY 10TH YOUTH CORN HOLE TOURNAMENT**
- **TUESDAY 15TH EASTER BUNNY SIDEWALK CHALK ART**
- **WEDNESDAY 16TH EASTER EGG DYING**
- **THURSDAY 17TH EASTER EGG MIXED MEDIUM PAINTING**
- **SATURDAY EASTER EGG HUNT @ NUWUVI PARK**
- **TUESDAY 22ND EARTH DAY PROJECT**
- **WEDNESDAY 23RD FIELD DAY- KICKBALL-SOFTBALL**
- **THURSDAY 24TH CROSSWORD PUZZLE TIME CHALLENGE**
- **SATURDAY 26TH ANNUAL MEETING ACTIVITIES AT COMMUNITY CENTER 9:00AM-5:30PM**
-

MAY EVENTS & FUNDRAISERS

- **THURSDAY 1ST HULA HOOP COMPETITION**
- **TUESDAY 6TH H&W FAMILY GAME NIGHT HERE AT THE COMMUNITY CENTER**
- **TUESDAY 13TH NATURE WALK WITH THE EDUCATION DEPT.**
- **THURSDAY 15TH BASKET BALL SHOOTOUT**
- **FRIDAY 16TH YOUTH BINGO**
- **COMMUNITY CENTER CHANGE OF HOURS (9:30am-6pm)**
- **TUESDAY 20TH ROCK PAINTING (NUWUVI ROCKS) FACEBOOK PAGE**
- **THURSDAY 22ND SOFTBALL GAME AT THE FIELD**
- **FRIDAY 23RD TACO COOK OFF CHALLENGE**
- **SATURDAY 24TH COMMUNITY CENTER CLOSED FOR TRIP**
- **SATURDAY 24TH 18+ TRIP TO GRAPEVINE CANYON**
- **MONDAY 26TH CLOSED FOR MEMORIAL DAY**
- **THURSDAY 29TH JUMP ROPE COMPETITION**
- **FRIDAY 30TH GLOW IN THE DARK SLIME WITH THE EDUCATION DEPT.**

The Community Center has started the trial-development of the Youth Community Assistance Program where youth can gain an activity point for their participation. This program was designed to teach youth how to be a helpful hand in their community by helping out their neighbors and elders with yard clean-up, recycling take out, watering plants and other projects around their home. If you are interested in this service, please stop in to fill out a community survey. Parent and community surveys are available at the Community Center, your feedback is appreciated.

The Community Center encourages parent and youth participation in fundraisers to work towards our goals. We would like to take field trips and are beginning our planning process. If there is anything you would like to see from us or would like to assist with, please stop in and let us know. We also encourage you to stop in and say hi and to join us in our activities! All events are open to our community members and families.

[Follow us on Facebook!](#)

Chemehuevi Community Center
Nuwuvi Rocks



SPRING ART CONTEST

1. FALLON FRYAR 2. BRADEN ESCOBAR 3. PRUDENCE DEYSIE



1. EMMA CHEE

2. VANESSA
MCDONALD

3. EMILEY KNAPPE

WINNERS



FALLON FRYAR



MELVIN LYNCH JR



BRADEN ESCOBAR



RIVER OCHOA



CAMILEY ESCOBAR



MIKIE OCHOA









Youth Life Skills **AGENDA**

PRESENTED BY AKAP

June 11th - Aug. 2nd
WEDNESDAYS

June 11th

Healthy Relationships

11-1 Community Center Speaker: Miranda Wert

Youth Conference- Being a Super Hero

10-3 Gymnasium and Ed Center Speaker: AZ Youth Project

June 18th

June 25th

Fentanyl and Vaping Awareness

11-1 Community Center Speaker: SBC Sheriff

Time Management and Goal Setting

11-1 Community Center Speaker: Miranda Wert

July 2nd

July 9th

Tribal Lands, Stewards, and EPA

11-1 EPA- Reservation Speaker: Cruz and Brian

Cultural Activity and Chemehuevi History

11-1 Comm. Center Speaker: June & Bridgette

July 16th

July 23rd

Personal Hygeine and Healthy Eating

11-1 Community Center Speaker: Public Health Nurse

Job Support and Resume Building

11-1 Community Center Speaker: TERO /1st Institute

July 30th

Contact Miranda Wert @ 760-284-3794 for questions and to register

SAVE THE
DATE!!!

CHEMEHUEVI FAMILY WELLNESS RETREAT 2025

Activities

Zip Line
Climbing Wall
Archery
Giant Swing
and more

Friendly Pines Campground

Prescott, AZ

December
19th-21st
2025





Department of Housing

Housing Office hours are 7:30 a.m.—4:00 p.m.
Maintenance Office hours are 6:30 a.m.—4:00 p.m.
Phone: 760-858-4564 Email: recp.hsg@cit-nsn.gov

1-4 bedroom homes are available to low-income Chemehuevi Tribal Members and other Native Americans. Quail Trail 1-2 bedrooms apartments are available for qualified low-income families regardless of race. If interested contact Housing for an application or you can stop by and pick one up. Keep in mind Housing does have waiting lists for both programs. Tribal list posted in the Housing lobby.

FY 2024 INCOME LIMITS DOCUMENTATION SYSTEM FOR CALIFORNIA Extremely Low Income Limits

1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
\$35,900	\$41,000	\$46,100	\$51,250	\$55,350	\$59,450	\$63,550	\$67,650

NOTICE: If you aren't feeling well, please call Housing personnel rather than visiting the office. If you prefer not to visit the Housing office with your payments Chrissy or Housing Administrative employees can process electronic payments with debit or credit cards. Housing Drop-box is also available at the

PEST CONTROL

Bug Emergency was out to spray April 10th & 17th. Be advised they do spray backyards if gate is unlocked.

NEXT SPRAY

Will be May 8th & 22nd of 2025.

COVID BAGS

Housing Department is offering Covid bags to Community members that are affected by Covid, please call Housing Department for info.



William our Maintenance/Landscaper planted Magnolia flowers at the Elder's 5 plex.



April 17, 2025—Community Clean Up! Thank you to all who participated and volunteered!



American Rescue Plan. Although we are currently not accepting new applications Housing continues to work on this program.

HEAP Applications: Care Act Funding available. Housing has received the new 2024 applications. Please contact Housing if you would like an application or if you need any assistance completing the forms. You will need to bring all pages of your current electric bill and propane. Receipt, valid identification, also bring our social security cards for household members and proof of income.

A&B Propane: If you interested in their service, please give Housing Department a call, or you can call them direct @ 928-854-4099. Their next scheduled delivery January 2025.

Ferrellgas: is still offering propane, an account must be created first. All deliveries will not be charged taxes or other fees. Please contact Ferrellgas directly and let them know you are paying with a credit card or debit card to be considered for an upcoming delivery. To make arrangements, please contact: Katy Rankin, Customer Service Specialist, phone number is 928-445-3940. Her email address is KatyRankin@ferrellgas.com

UPCOMING EVENTS

May 5, 2025—Happy Cinco de Mayo.
May 11, 2025—Mother's Day.
May 12, 2025—MMIP Awareness Walk.
May 16, 2025—A&B Propane will be here.
May 26, 2025—Office Closed/Memorial Day.

SENIOR INFORMATION & ASSISTANCE

The Department of Aging & Adult Services' Senior Information & Assistance Program staff will be available to answer questions and provide information about programs and services available to you!

PLEASE JOIN US! Every 4th Wednesday of the month 10 AM-12 PM

IN THE HOUSING RESOURCE CENTER

Chemehuevi Diabetes Department

Monthly *events*

2025

May

May

6

Lunch and Learn-11am-12pm

We will come together and talk about fad diets with the Brenda from I.H.S. a healthy lunch will be served to participants.

May

16

Indigenous food demo-9-10am

Tepary Beans salad with 15 participants. Sample & recipe card to take home

May

20

Healthy Cooking Class -10:30-11:30am

Chili Empanadas with room for 15 participants and earn food vouchers

May

29

Elder Healthy Living-9am-10am

Must be 62+ we will come together and do native inspired crafts & activities of the groups choice

May

30

Indigenous Food demo- 9am-10am

Naploes smoothies with 15 participants. Sample & recipe card to take home



All events are subject to change

**To register: Call Anna
Drum-Lynch (760) 858-4240**

BE PREPARED *for Sick Days*

**Stay on a straight path.
Be in a good way.**

People with diabetes can get sick even when doing their best to maintain balance. On sick days, managing blood sugar can be difficult. Work with your health care team to make a plan to be prepared when sick.



Prepare Before Getting Sick

+ PROTECT YOURSELF

Vaccines help protect against many preventable illnesses such as the flu, pneumonia, respiratory syncytial virus (RSV), and coronavirus. Be sure to get your annual vaccinations to help prevent getting sick or shorten its duration.

+ HAVE ON HAND

Medicines and Supplies:

- Diabetes medication(s)
- Glucose testing supplies
- Thermometer
- Glucose tablets or gels
- Fever/Pain relievers
- Medicine to control diarrhea
- Antacid

Food and Fluids:

Easy to prepare and contains carbohydrate:

- Sports drinks or juice
- Gelatin or applesauce
- Cereal or crackers
- Chicken soup
- Popsicles



+ DISCUSS WITH YOUR HEALTHCARE TEAM

- When to call your doctor or go to an emergency room
- How frequently to check your blood sugar
- How to adjust your insulin or oral medication, if necessary
- Which over-the-counter medications are recommended for colds or the flu

Practice preventive measures daily, such as avoiding people who are sick, covering your mouth when you cough, wearing a mask, and washing your hands often.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit www.ihs.gov/diabetes. 07/2024

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On Days You Are Sick

+ TAKE YOUR MEDICINE

- Continue taking your diabetes medications as usual or adjust according to your sick day plan.

+ MONITOR

- Test your blood sugar regularly and manage highs and lows as illness can cause fluctuations. Checking Your Blood Sugar
- Check your temperature every morning and evening. Call your provider if your temperature is 101° or more for 24 hours.



+ STAY HYDRATED

- Drink clear liquids like water, tea, broth, and calorie-free fluids to prevent dehydration.
- Try to drink 4 to 6 ounces every half-hour.

Seek Medical Care

+ CONTACT YOUR PROVIDER IF YOU ARE:

- Unable to keep fluids down for more than 4 hours.
- Unable to eat or keep foods down for 24 hours.
- Unable to keep down medications.
- Vomiting or diarrhea for more than 6 hours.
- Feeling unusually sleepy or can't think clearly.

+ CALL 911 OR GO TO THE EMERGENCY ROOM IF YOU HAVE:

- Difficulty breathing
- Chest discomfort
- Abdominal pain
- High fever over 101° F for 24 hours
- Blood sugars consistently LESS than 60 mg/dL or MORE than 240 mg/dL, and unable to correct



It can be hard to eat when sick. Try to eat or drink 50 grams of carbohydrates every 4-5 hours:

- ½ cup of applesauce or 4 ounces of fruit juice with 12 soda crackers

Talk with your health care team about making a sick day plan. Write down your plan, including your provider's name and phone number, and share your plan with a family member or a caregiver.

Provider's Name: _____ Contact Number: _____



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Blood Pressure and Diabetes

What You Need to Know



The heart is an amazing, life-giving organ

The heart works well under pressure, but blood pressure that gets too high (hypertension) makes your heart work harder. People develop hypertension as a result of many conditions, including injury to the kidneys from diabetes. If it is not treated, hypertension can cause damage to your heart and blood vessels, raising your chances of heart attack, stroke, worsening kidney problems, amputation, and blindness. There may not be any warning signs or symptoms.

An estimated 4 out of 5 American Indian and Alaska Native people with diabetes also have hypertension.

It is important to have your blood pressure checked often. Anyone, including youth, can develop high blood pressure, but it is more likely to occur as you get older.

Hear my voice, the wind,
The buffalo,
The drumbeat,
The voice of your ancestor,
Giving of spirit, giving
Of love, giving of life,
Our ancestors, show us
The way,
Strong heart, strong body,
Strong Mind

—by a Native Youth

(From "Honoring the Gift of Heart Health" manual)

What is Blood Pressure?

Blood pressure is the force of the blood against the walls of your blood vessels. Blood pressure is needed to circulate blood through the body.

Blood pressure readings have two numbers, such as 120/80.

The top number (120) is the pressure in the heart and blood vessels when the heart beats. This is called systolic pressure.

The bottom number (80) is the pressure in the heart and blood vessels when the heart is at rest. This is called diastolic pressure.



Blood Pressure	Systolic (mmHg)		Diastolic (mm Hg)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension)	130 or Higher	or	80 or Higher



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
01/2023



Keeping Blood Pressure in Control

Your health care team can help you manage your blood pressure and lower your risk for complications. What changes could you make to control your blood pressure?



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01/2023

10 Signs That You Are at Risk of Stroke

You can make changes to reduce your risk of a stroke

By Heidi Moawad, MD

Updated November 19, 2023

Would you know if you were at risk of stroke? While there is no absolute way to know that you will or will not ever have a stroke in your lifetime, there are signs that you are at high risk of stroke. The good news is that you can do something about every one of these signs so you can significantly lower your stroke risk.

1. Your Blood Pressure Is out of Control

If you consistently have high blood pressure or if you are trying to avoid actually finding out what your blood pressure is—that is bad news. The good news is that high blood pressure can be managed with medication, diet, and lifestyle adjustments such as lowering stress and not smoking. Make sure you see your doctor to find out what your blood pressure is and, under your doctor's supervision, start making changes.

2. Your Blood Sugar Is High—or You Don't Know What It Is

Erratic blood sugar, chronically elevated blood sugar, or uncontrolled diabetes can damage blood vessels, increasing your risk of stroke. Make sure to see your doctor regularly so that you can get appropriate diabetes screening and proper treatment through diet or medication, as necessary.

3. You Smoke

Smoking is a hard habit to break. It is one of the most significant signs that you are at risk of having a stroke. The good news is that, despite the harmful stroke-causing impact of smoking, these effects amazingly reverse over time after you quit smoking.

4. You Don't Get Enough Exercise

Exercise is easy to ignore. It can seem like a hassle. It can be tough to start exercising if you have aches and pains. But no matter what your health situation is—whether you are healthy or if you have already had a serious stroke—there are safe and easy exercises that can keep you fit while decreasing your stroke risk.

5. You Have High Cholesterol

While American Heart Association recommendations for dietary cholesterol have changed in the past few years, you still need to maintain recommended levels. Optimal levels are considered to be below 150 mg/dL for triglycerides, below 100 mg/dL for LDL, above 50 mg/dl for HDL and below 200 mg/dL for total cholesterol. These recommendations recognize that dietary cholesterol is not the cause of hig

blood cholesterol, but instead that dietary fat and genetic factors cause high cholesterol. It is a subtle difference that actually means a lot when it comes to diet and whether you need treatment.

6. You Drink Too Much Alcohol

While one drink per day for women and two drinks per day for men is considered to be acceptable, drinking more can raise your blood pressure and triglycerides. That will contribute to hardening of the arteries (atherosclerosis) and increase your risk of stroke.

7. You Are Obese

If you are obese, you have an increased chance of other stroke risk factors including high cholesterol, high blood pressure, and diabetes. The steps you can take to lose excess weight will reduce your risk, so it is wise to start eating a healthy diet and getting more exercise.

8. You Don't Take Your Medications

Most stroke risk factors can be managed, but that requires regularly taking your medications, refilling prescriptions and getting routine checkups in case any of your doses need to be adjusted. Take good care of your health. You deserve it, even if it is a bit of a hassle.

9. You Don't Get Medical Attention for Your Heart Disease

If you have shortness of breath when you walk or exert yourself or if you experience chest pain, then you are running a huge risk of a stroke or a heart attack. Don't delay getting medical attention if you ever experience chest pain.

10. You Ignore TIAs

Most people wouldn't recognize a transient ischemic attack (TIA). Take just a few minutes to familiarize yourself with stroke and TIA symptoms. If you have had any of these signs or symptoms, you need to get medical attention right away, because a TIA is the loudest warning sign that you are at risk of stroke.

These 10 signs that you are at risk of a stroke are serious and should never be taken lightly. Make sure you get the right stroke preventative medical attention for yourself or for someone you care about.



Chemehuevi Indian Tribe
Code Enforcement
P.O. Box 1976
Havasu Lake Ca. 92363
(760)401-4207
aco@cit-nsn.gov

Hello Tribal Members,

The monsoon storms have hit the reservation. The rain will bring much needed water to the desert. As the desert turns green the smell of Greesewood fills the air.

The Code Enforcement Department has been relocated to the building next to the Hardware Store at the Havasu Landing Resort.

Digital Payments for recreational permits are moving right along.

As the weather heats up remember to keep your pets in mind. A small kiddie pool works well to help keep your fur babies cool.

A lot of burros are out and about. So watch for them as you travel around the reservation. The process of getting a burro round up is in action. Were just waiting on the BLM to set the date.

The Code Enforcement Department is looking for a 3rd Officer. If you are interested please apply with TERO, or the Chemehuevi tribal website.

Respectfully Submitted,
Frederick Rivera
Chief Code Enforcement Officer

WE'RE ON THE WEB
WWW.CHEMEHUEVI.NET

CHEMEHUEVI INDIAN TRIBE

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MAY 2025

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