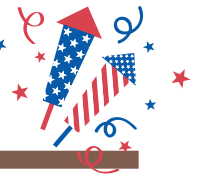




BISHOP PAIUTE TRIBE ELDERS PROGRAM



JULY 2026 NEWSLETTER



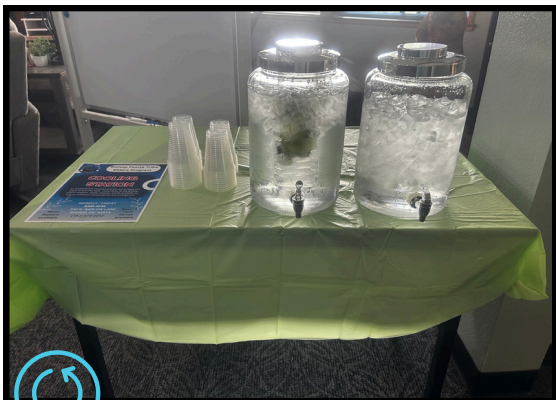
PLEASE WELCOME OUR SUMMER YOUTH WORKERS DANIEL & JENNY!

We would like to introduce you to our new summer youth WEX workers, Jenny Babock and Daniel Alvarado. They jumped on board ready to help us make lunch the tastiest meal of your day.

NEW HYDRATION STATION



Please help yourself to a refreshing cup of ice water. Stay safe, especially keep hydrated on the hot summer days.



HOME VISITS

The week of June 15th the Elders

Program began Home Visits with our home bound participants. We have a wonderful time catching up with our friends while learning what ways our program can offer you assistance. We will be reaching out to you soon.



ELDER PICK UP



If you don't have transportation and would like to come to the Elders program to have a delicious meal with your peers, call us. We offer rides to and from your home, 11:00 am - 12:30 pm. M-F Call (760) 873-3052 to schedule a pick up.

(760) 873-3052

350 N. Barlow Lane, Bishop, CA. 93514

RIBBON LEIS WITH LITTLE EVA



Our instructor showed us how to make our loved one a Ribbon Lei. When you gift a Lei, it shows the person receiving it, that you are proud of them because it takes time, concentration and patience to complete one.

We were so happy to learn this new skill.

Thank you
Little Eva Lent!

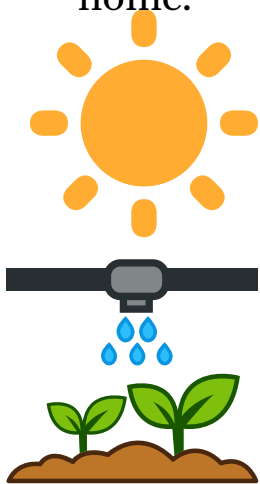


GARDEN DRIP LINE 101

FOOD SOVEREIGNTY PROGRAM
MEET OUR DEDICATED TEAM:
MASHA BLUESTONE AND
MORGAN COX



It was a beautiful day to learn the basics of installing a drip line system for our homes gardens and/or flower beds. We were given a list of parts needed for the installation. We had hands on installation training, and we walked away confident in knowing we can do this at home.



Painting on the Patio

On June 9th we sat on the patio and painted.

There was no rush, no fuss, just a relaxing morning painting and visiting with friends. Don't miss out on the next painting session.

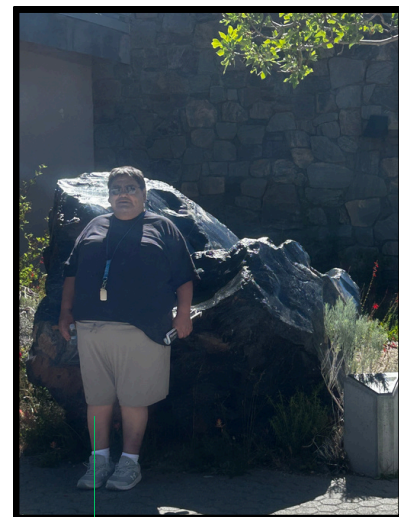


VISITING THE MONO BASIN VISITORS CENTER, LEE VINING CA



**On June 11th, we took a field trip to
beautiful Lee Vining CA.
While exploring the visitors center we
were introduced to facts about Mono Lake,
the Tufa and the surrounding ecosystem.
Many of our participants said, "I havent
been here since I was a kid."**

**THANK YOU TO OUR FRIENDS
VANESSA JONES AND DREW
DONDERO FROM TOIYABE'S HEALTHY
HEART PROGRAM, FOR HELPING US
TRANSPORT OUR PARTICIPANTS ON
OUR FIELD TRIP!**



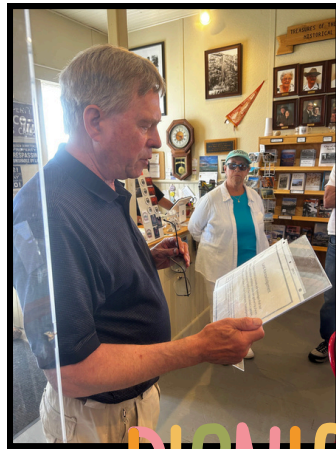
TOIYABE
INDIAN HEALTH PROJECT



VISITING THE HISTORICAL MUSEUM & PICNIC IN THE PARK, LEE VINING CA.



On June 11th, Robert Marks happily welcomed us and gave us a tour of the Historical Museum. I wish we could have shown you all the beautiful baskets but all visitors were asked not to take photos of the display. It was a delightful visit hearing the history of the little town of Lee Vining.



PICNIC



Picnic in the park and a sweet treat for the road.



TOIYABE
INDIAN HEALTH PROJECT

WHAT IS THE 5 5 5 RULE FOR DECLUTTERING?

The "5-5-5" rule for decluttering is a popular time-management strategy designed to prevent overwhelm. You spend exactly 25 minutes organizing your home by choosing 5 small zones and dedicating 5 minutes to each zone, removing 5 items from every area.



HOW THE RULE WORKS

SET A TIMER: GIVE YOURSELF EXACTLY 5 MINUTES PER ZONE. WHEN THE TIMER GOES OFF, YOU MUST IMMEDIATELY MOVE TO THE NEXT AREA, EVEN IF IT ISN'T PERFECT.



CHOOSE ZONES

PICK 5 ZONES: CHOOSE 5 SPECIFIC, CLUTTER-PRONE AREAS OF YOUR HOME, A DESK, A KITCHEN COUNTER, A BATHROOM VANITY, A NIGHTSTAND, OR A DROP-ZONE).

THE SPRUCE

FIND 5 ITEMS: IN THOSE 5 MINUTES, LOCATE 5 ITEMS TO TOSS, DONATE, OR PUT AWAY



THE ACTION PLAN

DURING THE 5 MINUTES ALLOCATED TO EACH SPECIFIC ZONE, YOU BREAK DOWN YOUR FOCUS INTO THREE QUICK STEPS:

- REMOVE 5 ITEMS TO THROW IN THE TRASH.
- REMOVE 5 ITEMS TO PUT INTO A DONATION/SELL BOX.
- REMOVE 5 ITEMS TO RETURN TO THEIR PROPER HOMES.



WHY THIS METHOD IS HIGHLY EFFECTIVE

BEATS DECISION FATIGUE: WORKING IN QUICK BURSTS TRAINS YOUR BRAIN TO MAKE FAST, INSTINCTIVE DECISIONS RATHER THAN OVERTHINKING OR BECOMING EMOTIONALLY ATTACHED TO ITEMS.

FIGHTS PROCRASTINATION: COMMITTING TO JUST 25 MINUTES MAKES CLEANING FEEL ACHIEVABLE, EVEN ON YOUR BUSIEST DAYS.

BUILDS CONSISTENCY: CONSISTENT, DAILY PROGRESS CREATES A SNOWBALL EFFECT, MAKING YOUR HOME SIGNIFICANTLY EASIER TO MAINTAIN OVER TIME.



Tips to Keep Homes Safe



Here are a few helpful tips to keep safe at home.

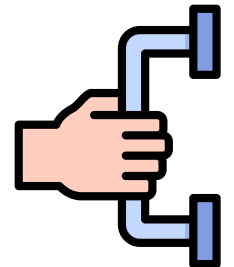
1. Remove fall hazards like throw rugs and declutter spaces allowing for ample room to move freely.



2. Invest in non-slip strips that can be added to bathtubs and stairs, consider using non-slip wax on floors and buy rubber-backed bathmats. A pair of sturdy shoes to wear around the house will also help to prevent falls.

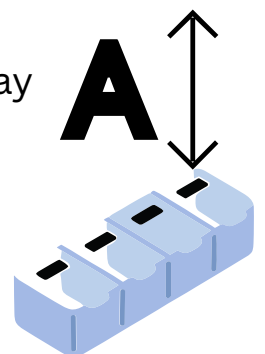


3. Replace standard toilets with high-profile, raised models (17-19 inches) and replace traditional doorknobs with easier-to-use lever handles.



4. Install grab bars by the toilet and shower and reduce the water heater thermostat to prevent burns. Also, handheld showerheads and bathing chairs in the tub can help to keep seniors safe during bathing.

5. Ensure that seniors clearly understand how to access numbers on their mobile phones without confusion by using a larger keypad display and making key contact numbers easily accessible.



6. Label medications in large font and sort pills daily, weekly, and monthly to prevent errors.



7. Change the batteries in smoke and carbon monoxide detectors seasonally and examine household electrical cords for signs of damage.



8. Install night lights or consider a motion detection lighting system inside and outside the home.

9. Encourage your loved one to wear an alert necklace to call emergency services in the event of a fall and check in with them often.

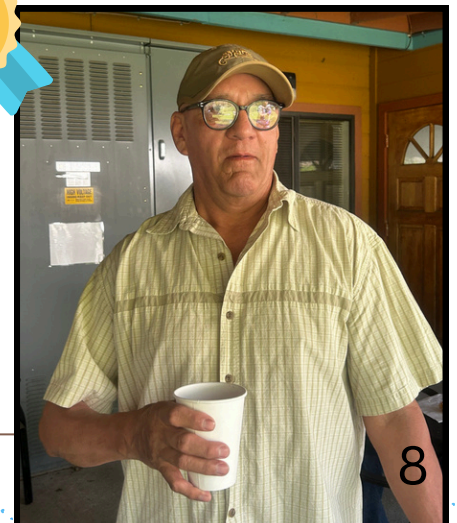


FATHER'S DAY CELEBRATION

On June 18th, our Father's Day celebration was a success! Marco and the kitchen crew put out a delicious BBQ, Oldies were playing in the background, the drinks were cold, the vibe was on point. Everyone gathered and celebrated the Father's with us and a special treat for the dad's was a cupcake! Everyone had a great time! We cant wait until the next big celebration!



Father's
Day



Spiral Beaded Rope Necklaces

On June 16th, everyone learned how to bead a spiral rope necklace. Once they got the hang of it, they took off!

Good job class!



JULY BIRTHDAYS

HAPPY BIRTHDAY



Camiilla Herrera
Kristina Chandler
Victor Brown
Harry Watterson
Delvin Washoe
Timothy Garcia
Lynette Mike
Lavella Chandler
Patrick Garcia

Laurie Ladmirault
Bonnie Tenorio
Karlinda Keller
John Kinney Sr.
James Shelton Sr.
Albert Barlow
Terisa Rios
Diane Kazan
Dora Thomas
Lisa Keller

Raymond Huarte
Cecilia Butterbredt
Charles Menzhuber
William Vega
Kim Sepsey
Duane Jones
Valerie Goodwin
Wanda Hodgkinson
Genevieve McKellips



Happy birthday to you,
happy birthday to you.
Happy Birthday dear Elders,
happy birthday to you!



**Wishing you a fantastic day filled with love,
laughter, and cake, followed by a wonderful
year ahead. -Elders Staff**





July Safety

Warning Sign of

Financial Abuse/Exploitation



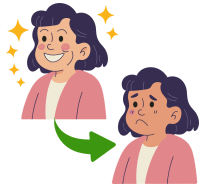
Financial abuse/exploitation and abuse involve the unauthorized, coerced, or improper use of someone else's funds or assets. Warning signs include sudden changes in bank accounts, missing valuables, bills going unpaid despite adequate resources, or the emergence of a new "helper" taking control of finances.

Recognizing these indicators early is vital to protecting yourself or a vulnerable loved one. Key warning signs are categorized below into three main areas:



Financial & Account Irregularities

Unexplained withdrawals, wire transfers, or uncharacteristic purchases.
Missing checkbooks, bank statements, or valuable personal possessions.
Newly added names on bank signature cards or altered account ownership.
Sudden changes to legal documents, such as wills, trusts, or powers of attorney.



Behavioral & Emotional Shifts

The victim suddenly appears fearful, anxious, secretive, or submissive regarding money.
Confusion or lack of awareness regarding their own financial situation.
A vulnerable person (such as an older adult) is unexpectedly isolated from family and friends by a new companion or caregiver.
The new "helper" or caregiver insists on being present during all financial discussions.



Lifestyle Inconsistencies

Bills and utilities are going unpaid or services are disconnected, even though sufficient income or funds should be available.
Living in substandard conditions compared to the person's financial resources.
The sudden appearance of previously uninvolved relatives or new acquaintances demanding access to assets.

Understanding the full scope of these warning signs is best supported by authoritative resources. Review the Department of Justice Elder Abuse Red Flags to understand specific indicators of elder abuse, or visit the National Adult Protective Services Association for in-depth educational material on identifying and responding to financial exploitation.



Red, White, and Blue No-Bake Cheesecake Cups

These little jars look like fireworks in a cup, and they're perfect for parties because everyone gets their own serving. They chill beautifully and stay tidy in lidded dessert cups.

When it's hot outside and you still want something adorable and patriotic, these easy No-Bake Fourth of July Desserts are the answer.

Grab clear dessert cups with lids, parchment sheets, and red white and blue sprinkles so everything looks party-ready without any oven time.



Ingredients

1 cup graham cracker crumbs
4 tablespoons butter, melted
8 oz cream cheese, softened
½ cup powdered sugar
1 teaspoon vanilla extract
1 cup whipped topping
1 cup strawberries, diced
1 cup blueberries
8 clear dessert cups with lids

Directions

1. Stir graham cracker crumbs with melted butter in a mixing bowl until it looks like wet sand.
2. Spoon about 2 tablespoons of crust into each dessert cup and press down with the back of a measuring spoon.
3. Beat cream cheese, powdered sugar, and vanilla hand mixer until smooth and fluffy.
4. Fold in whipped topping using a silicone spatula so the filling stays light.
5. Layer cheesecake filling, strawberries, and blueberries in each cup.
6. Cover and chill at least 2 hours so the layers set and the jars travel neatly.

Bishop Paiute Tribe Elders Lunch Menu

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with 1% Milk		1 Main Dish: Meatball Sandwich Veggies: Green Salad Fruit: Red Grapes Milk	2 Main Dish: Chef Salad w/ Whole Wheat Crackers Fruit: Banana Milk	3 Closed in observance of independence day
6 Main Dish: Cheese Enchiladas Veggies: Mexican corn, lettuce and tomatoes Fruit: Green Apple Milk	7 Main Dish: Beef Broccoli with Rice Veggies: Carrots Fruit: Apricots Milk	8 Main Dish: Sunshine Salad w/ Chicken and Whole Wheat Crackers Fruit: Strawberries Milk	9 Main Dish: Pork Roast, Pasta Salad Veggies: Carrots Fruit: Watermelon Milk	10 Main Dish: chili Lime Fish, Lemon, Quinoa. Veggies: Broccoli Fruit: Cantaloupe Milk
13 Main Dish: Chicken Pot Pie Veggies: Garden Salad Fruit: Honey Dew Milk	14 Main Dish: Spaghetti & Meatballs Veggies: Mixed Veggies Fruit: Pears Milk	15 Main Dish: Grilled Ham Mac & Cheese Veggies: Green Beans Fruit: Red Apple Milk	16 Main Dish: Bacon Cheeseburger, Lettuce, Tomato Veggies: Coleslaw Fruit: Peaches Milk	7 Main Dish: Grilled Salmon, Rice Pilaf, Lemon Veggies: Asparagus Fruit: Strawberries Milk
20 Main Dish: Bean and Cheese Burrito Veggies: Green Salad Fruit: Green Grapes Milk	21 Main Dish: French Dip Veggies: Sweet Potato Fries Fruit: Pineapple Milk	22 Main Dish: Herb roasted chicken, Rice Pilaf Veggies: Asparagus Fruit: Watermelon Milk	23 Main Dish: Pulled Pork Sandwich Veggies: Cole Slaw Fruit: Banana Milk	24 Main Dish: Shrimp Boil, potatoes, corn, sausage, lemon Fruit: Pears Milk
27 Main Dish: Chili Beans, Naan Bread Veggies: Garden salad Fruit: Cantaloupe Milk	28 Main Dish: Open Face Turkey Sandwich, Gravy. Veggies: Green Beans. Fruit: Mango Milk.	29 Main Dish: Baked Potato, Chili, Sour Cream Veggies: Broccoli Fruit: Strawberries Milk	30 Main Dish: Chicken Tostada Salad, Salsa, Chips Veggies: Avocado Fruit: Oranges Milk	31 Main Dish: Clam Chowder w/ Oyster Crackers Veggies: Carrot Salad Fruit: Green Apples Milk

Elder's Director: Tammy Andrade
Phone Number: (760) 873-3052

Elder's Chef: Marco Cardelas
Phone Number: (760) 873-3052

*Menu items are subject to change based upon availability



Monday	Tuesday	Wednesday	Thursday	Friday
		BREAKFAST CLUB 9AM CHUP-TUHII BEGINNERS @ 12:30PM	COFFEE W/ THE CHIEF @ 5:30PM LIGHT DINNER SERVED	Closed in observance of independence day
6 WATERCOLOR THEORY WITH VINECA HESS @ 1pm	7 ELDER'S ADVISORY BOARD MEETING @ 4PM EVERYONE WELCOME	8	9 COOKING CLASS @ 2pm	10
13	14 CHUP-TUHII BEGINNERS @ 12:30PM	15	16 VTAL'S CLINIC @ 11AM-1PM w/ TIHP	7 TENTATIVE MOVIE NIGHT IN MAMMOTH
20 DAISY HOOP EARRINGS @ 5:30pm LIGHT DINNER PROVIDED	21	22	23 TENTATIVE FISHING TRIP @ JUNE LAKE	24
27 BEADED DAISY BRACELET @ 5:30PMIGHT DINNER PROVIDED	28	29	30	31 BIRTHDAY CELEBRATION BIRTHDAY BINGO \$5 BUY IN



Bishop Paiute Tribe Elders Program

COOLING STATION

As temperatures increase and you are in need of a place to beat the heat, come down to the Bishop Elders Program. Water stations will be available as well as numerous board games and card games.

MONDAY - FRIDAY
8AM-5PM

350 N. BARLOW LANE
BISHOP, CA. 93514
(760) 873-3052

**Water
Stations
available**

**Board &
Card
Games
available**



2nd Wednesday of every month

July 1, August 5, Sept 2, Oct 7, Nov 4, Dec 2

@ 9:00AM



Join us at our monthly Breakfast Club informal nutrition education meeting. You will get your wellness and nutrition questions answered while enjoying a healthy breakfast.

1. Keep your health and wellness goals on track without the fuss of clinical setting.
2. Get ideas and support from peer that dealing with the same challenges, and much more

Breakfast is provided but space is limited,
please RSVP to account for food preparation



TOIYABE
INDIAN HEALTH PROJECT

“Caring for Our Communities”



Bishop Paiute Tribe Elders Program

Chup-tuhii

**Beginners
Chup-tuhii
w/ Mary Davis
Everyone welcome
to attend.
1st & 3rd Wednesday
of the month.**



**The 1st and 3rd Wednesday of the month.
Beginners at 12:30pm, regular games at 1pm.**

**Located at the Elders Building.
Bring your quarters and let's play.**

**Questions? Please call
(760) 873-3052**



Bishop Paiute Tribe
Elders Program

Coffee with the Chief

Has changed to an
evening with the Chief

**The 1st Thursday of
the month.**

**Located at the Elders
building @ 5:30PM**

Take a break, enjoy
the meal and ask
the questions that
have been on your
mind.

Light dinner
provided.

**Tribal Police Chief
Matt Drew**



**For more information,
please call (760)873-3052**



**BISHOP PAIUTE TRIBE
ELDERS PROGRAM**

WE ARE
CLOSED

ON JULY 3, 2026

IN OBSERVANCE OF

INDEPENDENCE DAY

WE WILL RE-OPEN ON
MONDAY, JULY 6, 2026.

QUESTIONS? PLEASE CALL
(760) 873-3052

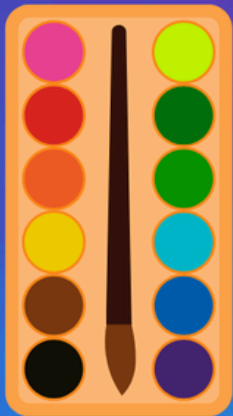


BISHOP PAIUTE TRIBE ELDERS PROGRAM

Water Color Theory

WITH VINECA HESS

JULY 7, 2026 @1PM

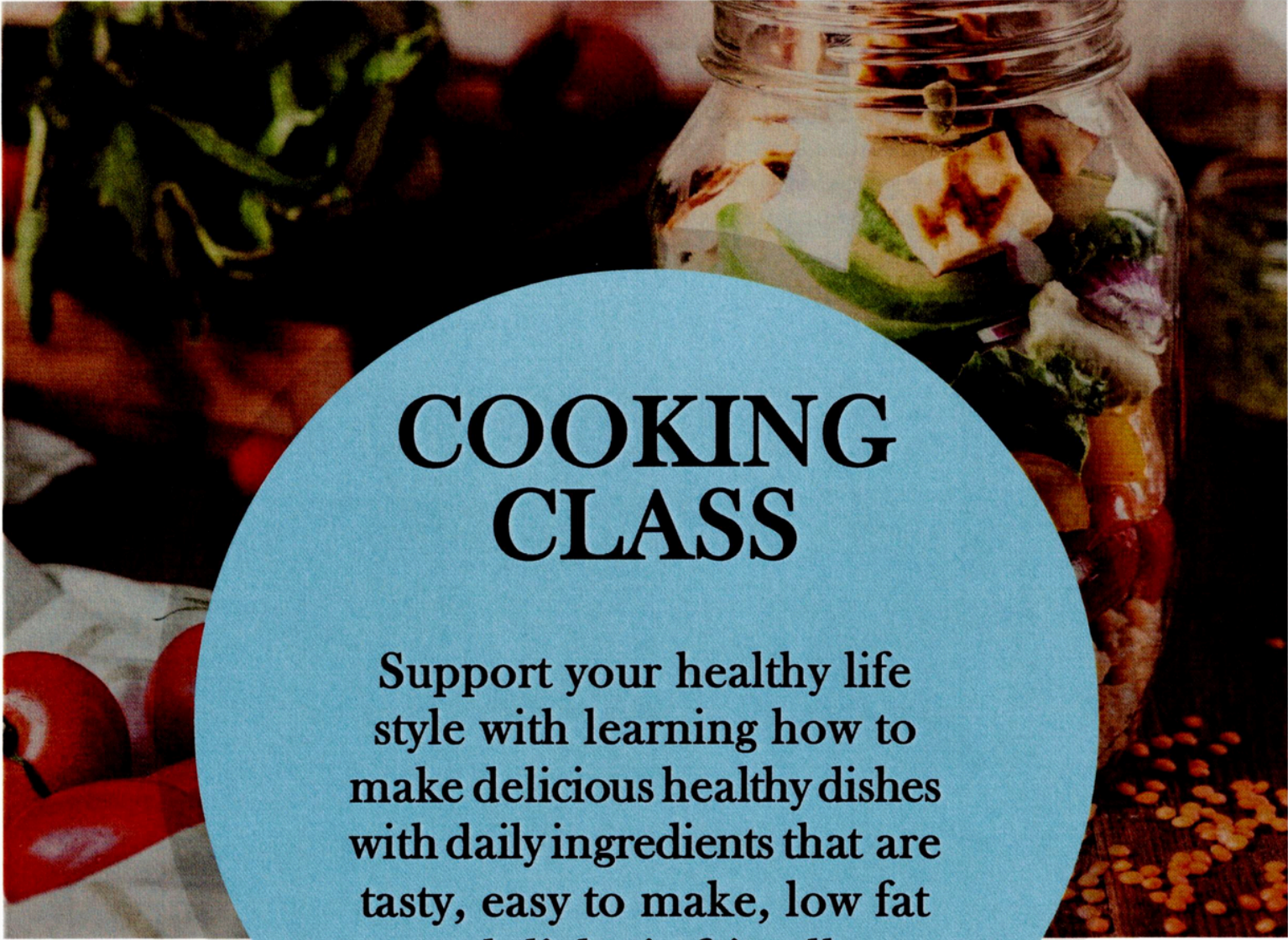


ON THE PATIO
LEARN ABOUT THE
EXCITING WORLD OF
WATER COLOR

SPACE IS
LIMITED

MUST
SIGN-UP

QUESTIONS?
(760)873-3052



COOKING CLASS

Support your healthy life
style with learning how to
make delicious healthy dishes
with daily ingredients that are
tasty, easy to make, low fat
and diabetic friendly.

Winter and Spring

Location: Bishop Indian Tribal Elders Nutrition Program

Dates: 07/09/2026 08/12/2026 9/9/2026
10/14/2026 11/10/2026 12/9/2026

Time: 2:00 pm

Space is limited and RSVP is needed to provide enough ingredients

Please call (760) 873-3052 to RSV



Bishop Paiute Tribe **Caregiver Support Program**

**Are you a Bishop Tribal Community Elder over the
age of 55 who is or has a caregiver?**

Title VI Eligibility Requirements:

- Informal, unpaid family caregivers of older adults of in-home and community care
- Relative children under 18 years old, or elders with chronic illness, Alzheimer's Disease, Dementia, or related diseases
- Grandparents raising grandchildren
- An individual who is the parent, grandparent, or other relative by blood, marriage, or adoption, of the individual with a disability

-Support Groups
-Wheel Chair/Walkers
-Transportation
-Hygiene Supplies
-Respite Care
-Home Safety Repairs

Contact the Elder's
Program for an
application or more
information



Contact Us
(760) 873-3052

Staff are available to meet one on one with any
interested applicants.

VITALS CLINIC

MAY 21, 2026 JUNE 18, 2026

JULY 16, 2026 AUGUST 20, 2026

11:00 AM– 1:00 PM



*Bishop Elders Building
350 Barlow Ln, Bishop CA, 93514*

"Caring for our Communities"



TOIYABE
INDIAN HEALTH PROJECT

250 N. See Vee Lane
Bishop, CA 93514
www.toiyabe.us

Contact: Community Health
for any questions
760-872-2622



BISHOP PAIUTE TRIBE ELDERS PROGRAM

MAMMOTH MOVIE NIGHT

MINARET CINEMAS IS D 'PLACE

**MUST
SIGN UP**



TENTATIVE
JULY 17, 2026

TIME TBD

**THE FULL JULY MOVIE SELECTION
IS NOT OUT YET. MOVIE AND TIMES TBD**

**RIDE, TICKET
AND SNACKS
PROVIDED**

**SPACE IS
LIMITED**

**TRIBAL ELDERS
ONLY PLEASE**

QUESTIONS? PLEASE CALL (760) 873-3052



Bishop Paiute Tribe Elders Program

Beaded Daisy Hoop Earrings



SIGN-UP
AT THE
ELDERS
PROGRAM

ELDERS
ACTIVITY
NO CHILDREN
PLEASE

July 20, 2026
@ 5:30PM

Light Dinner Provided
continued at 1pm the following afternoon

QUESTIONS? PLEASE CALL
(760) 873-3052



Bishop Paiute Tribe Elders Program

IN AN
EMERGENCY
CALL:
9-1-1

Bishop Paiute Police Department

Matt Drew
Tribal Police Chief

Christopher Aukee
Tribal Police Officer

Winubi Shaw
Tribal Police Officer

Hunter Begay
Tribal Police Officer

Trace Sapp
Tribal Police Officer

Courtney Taylor
Animal Control Officer

(760) 873-4477

Inyo County Sheriff (760) 873-7887

California Highway Patrol (760) 873-5960

Bishop Police Department (760) 873-5866

Bishop Fire Department (760) 873-5485

Northern Inyo Hospital (760) 873-5811

Renown-Reno, NV (775) 982-4100



Bishop Paiute Tribe Elders Program



Please
sign-up

Sign-up @
the Elders
Program

Elder Activity
No Children
Please

Beaded Daisy Bracelet

July 28, 2026

@ 5:30PM

Light Dinner Provided

continued at 1PM the following afternoon

Questions? Please call (760) 873-3052





MUST SIGN-UP

FISHING TRIP

TO JUNE LAKE

in collaboration with Toiyabe



Take a day trip with us to fish at the beautiful June Lake Marina, in June Lake. Rides, lunch and good company provided



TENTATIVE
JULY 23, 2026



LEAVING ELDERS PARKING LOT
AT 8AM SHARP



TOIYABE
INDIAN HEALTH PROJECT

ELDERS PROGRAM
PARTICIPANTS
FOR MORE INFORMATION
PLEASE CALL
(760) 873-3052

TOIYABE INDIAN HEALTH
PARTICIPANTS
FOR MORE INFORMATION
PLEASE CALL
(760) 873-3052



Bishop Paiute Tribe Elders Program

JULY BIRTHDAY

BINGO



\$5 Buy In

Sign-up
at the
Elders
Program

This is an
Elder
activity no
children
please

Pay out amounts depend on the number of
players. Please bring small bills to buy in.
Every last Friday of the month.

Questions? Please call (760) 873-3052