



CONGRATULATIONS!



This month CBANS was able to complete the Fatherhood is Sacred program. Fatherhood is Sacred is a 12 week curriculum that included family fun to go along with it. Fatherhood is Sacred has a strong focus on culture and the traditional values that make parenting so sacred. It provides a very interpersonal perspective of how we can learn from our ancestors and teach by example for our children and our communities.

Fatherhood is Sacred starts at the foundation and strengthens our fathers into becoming resilient leaders and caretakers. Being a parent is an everyday learning experience and learning the tools and teachings to pass on to our children is the most rewarding outcome of this program.

This session we had four fathers who completed the 12 weeks and I would like to thank and honor them as great parents and role models. It takes commitment to complete a course but even more commitment was on display with the kindness, love and hard work that these fathers have given to their families.

The Fatherhood is Sacred was a great experience and a special thank you goes out the staff of Owens Valley Career Development Center and the staff of North Fork Tribal TANF it would not have been the same without the two. Thank You!

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The next Community Advisory Board meeting will be Monday, Aug. 21th, 5:30 to 7:30 PM Please join us, your voice is important! We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



GONA

JULY
24TH -
28TH

13 - 17 YEAR OLDS
SIGN UP BY JULY 7TH

HAVE A BLAST WHILE LEARNING ABOUT YOUR CULTURE, MEET NEW FRIENDS AND MAKE CONNECTIONS IN THE NATIVE COMMUNITY. THIS HIGHLY INTERACTIVE CAMP WILL TEACH YOUTH THE PRINCIPLES OF GONA IN A NEW AND FUN WAY! BE SURE TO SIGN-UP BY THE DEADLINE TO SECURE YOUR SPOT!



MANDATORY
ORIENTATIONS
FOR PARENTS
AND YOUTH
JULY 14TH
5 PM @ FAIHP

PLEASE MAKE SURE YOUTH TURN IN THE NEEDED DOCUMENTS:

- COMPLETED AND SIGNED REGISTRATION PACKET
- COPY OF YOUTH'S INSURANCE CARD AND/OR TRIBAL ID
- COMPLETED INFORMATION ON ALLERGIES OR MEDICATION TAKEN BY YOUTH

FOR MORE INFO AND REGISTRATIONS:

- CALL 559-320-0490
- EMAIL RRAMIREZ@FAIHP.ORG
- WEBSITE:FAIHP.ORG
- FACEBOOK FAIHP GONA



FAIHP

Fresno American Indian Health Project

HOW TO SURVIVE THE MILES AND THE TEMPTATIONS



Cross-country travel is a common Native tradition. Many times a year Native people take to the road to “have a visit” with relatives at other tribes, dance at powwows, share food at potlatches, and cheer at rodeos. We crisscross the map to get to families and familiar sights. The tradition of cross country traveling has been around for centuries. But the method of travel and the food eaten has vastly changed. What used to be physical feats on horseback or on foot have turned into 10-hour days spent sitting behind a steering wheel. The snack items used to be dried game, berries or roots, eaten by a creek or next to the warmth of a fire. It

Might be Quick But . . . Now drivers are tempted to fill up on fast foods offered at gas stations or quick stop stores. These quick foods stop hunger and give us relief from the long hours spent on the road. Walk into the “Quick and Go,” grab something deep fried, sweet or salty and an icy cold jumbo drink, and you’re back on the road! That’s a habit many of us might have, one we might want to re-think. For people with diabetes, or those wanting to lose weight or not gain weight, eating while traveling presents a challenge. But with a little planning, it can be done. You can eat healthy while you are on the road.



Road Time is Still Diabetes Prevention Time Debbie Gardipee-Reyes (Blackfeet) is a nutrition assistant who lives in Washington State and often travels to Idaho and Montana. Diabetes is a major concern for her and her family. Both sets of her grandparents have diabetes as well as her mother and a niece. Eating healthy on the road is a way of protecting herself, her husband and her two sons. She says the key to healthy travel eating is to be prepared.

Less Money, More Nutrition “Bring a cooler and pack your own groceries,” says Debbie. Packing your own food will make it easier for you to pass by the goodies offered at road-

side stores. Debbie also notes that bringing her own food saves money because remote stores usually charge more. Lee Timentwa (Yakama) has diabetes and knows well the temptations of eating on the road. Her husband is a Colville tribal member, and they often drive there to visit relatives. “I used to stop at every store along the way to get a candy bar,” she says. When Lee found out she had diabetes, she knew that she needed to change her eating habits, including what she ate while traveling. “Now, I pack apples or carrots. And I bring bottled water,” says Lee. Lee’s husband Ernie does not have diabetes, but to show support he also snacks on fruits and vegetables. “I once told him to go ahead and eat a candy bar, but he didn’t,” says Lee.

For the Love of Family For many, traveling cross country is a family affair. Debbie always travels with her husband and sons. Sometimes her brother Paul Gardipee and his large family come along too. From their home in western Washington, they travel to Idaho to cheer on Debbie’s sister Karla Fitzpatrick when she competes in the Indian Relay Races at the Nampa Rodeo. They travel to Kalispel, Montana, to visit relatives. And they often drive to Browning, Montana, for North American Indian Days.

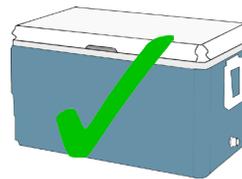


Chart Your Food Course Choosing healthy food has become a habit for Debbie’s family. There are still some challenges. Her sons get tempted by the ice cold cans of pop displayed in stores. Sometimes it’s hard to walk by the deep-fried foods and sugar and salt-filled snacks. The Gardipee family overcomes the temptations by having their own healthy snacks ready and easy to reach: plastic bags filled with cut up fruits and vegetables, pita pocket sandwiches made with lean meats, a bag of pretzels, iced tea and low-fat milk. Although healthy eating on the road requires thinking ahead and a bit of self-control, Debbie thinks it has great benefits. She is helping her family learn how to make good food choices. And no one in her family has diabetes. “We’re trying to keep it that way,” she says.

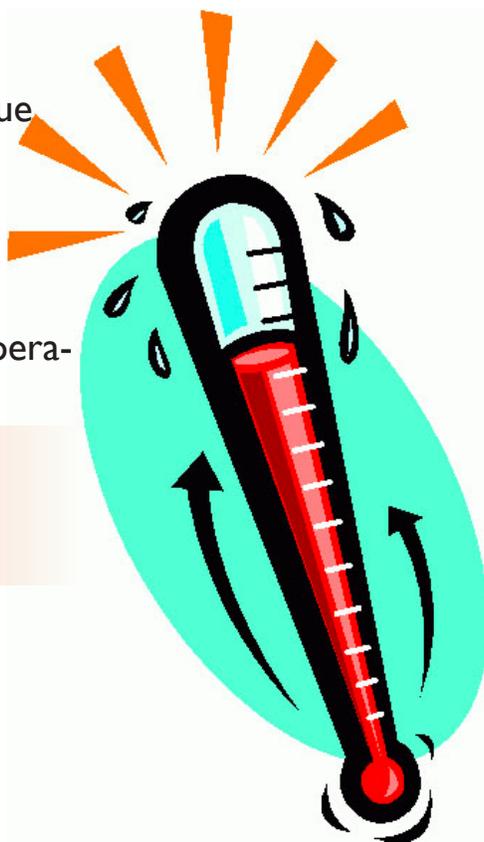
**HOT
HOT
HOT**

HEAT EXHAUSTION SYMPTOMS

VS

HEAT STROKE SYMPTOMS

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature



- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

FIRST AID

- Rest in a cool area.
- Drink plenty of water or other cool beverages.
- Take a cool shower, bath, or sponge bath.

FIRST AID

- Request immediate medical assistance, Call 911
- Move the person to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.



Spirituality: good for heart, soul, and body

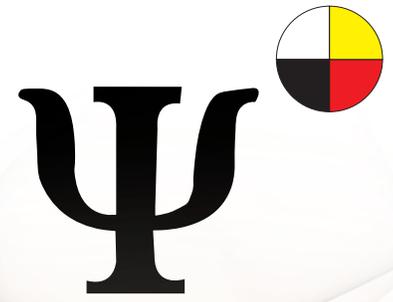
There is no single definition for spirituality, it has a different meaning for everyone. Regardless of how you define it, research has shown, that having a spiritual practice can directly improve one's physical and mental health, and may even add years to your life.

Benefits of Spiritual Practice

- **Prevent Depression:** Some studies suggest a spiritual practice can help alleviate persistent symptoms of sadness, guilt, and hopelessness.
- **Reduce Stress:** Practicing spirituality is a productive way to reduce stress levels and focus your energy on something positive.
- **Lower Blood Pressure:** Recent studies indicate people who are more spiritual have lower blood pressure than those who aren't.
- **Increase Social Support:** Relationships and social connections are more important to our health than we may think. Few social connections may even be linked to a higher risk of conditions like cancer and cardiovascular disease—but spirituality could be the fix.
- **Live Longer:** Studies suggest that people who incorporate spirituality into their lives, have a lower mortality rate than those who don't.

Spiritual Practices

- Identify the things in your life that give you a sense of inner peace, love, strength, or connection to others or a higher power.
- Make a list of what's important in your life.
- Set aside time each day to do the things that help you spiritually, which can range from attending religious services, praying, meditating, doing yoga or taking a nature walk.
- Smudge for purification and healing.
- Attend a traditional ceremony, like a sweat lodge or the bear dance, to promote healing and facilitate connection with a higher power.
- Volunteer in your community.
- Make your relationships a priority.



- David Stroud LMFT

Beading Tuesdays & Thursdays 5:30-8:30



WISE 2nd & 4th Thur of the month 12-2



Need a cool place to hang out? Come join us twice a week at the beading class or join in at the elder's WISE group. The stress management beading class has been ongoing for the past three years and is still a great place to start learning or sharing what you already know.

All crafts and all levels of experience are welcome. The group meets on Tuesdays and Thursdays from 5:30pm-8:30pm each week. If you are unsure or would like to confirm please do not hesitate to give us a call.

The elder's WISE group is held twice a month on the 2nd and 4th Thursday of each month, with the exception of July. WISE will be meeting only July 23rd. The WISE group was presented with information on emergency preparedness and on heat safety this month. Most importantly in case of emergency, medications should be centrally located and easy to gather. Also you should have at least a 4 day supply of daily medication on hand just in case yours are inaccessible.

For the heat beware of water intake and stay indoors during peak heat hours of the day. WISE learned about hydrating foods and how foods water content can also keep you hydrated. For information on local cooling centers contact local park and rec centers for hours and times or follow this link. (<https://www.fresno.gov/parks/activities-recreational-programs/cooling-centers/>)

EAT YOUR WATER



JULY 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Walking Group 11-12	4 Independence Day Office closed	5 Exercise Group 11-12 Wellbriety 5:30-7:30	6 WISE 12-2 Beading 5:30-8:30	7	8
9	10 Walking Group 11-12	11 Beading 5:30-8:30	12 Exercise Group 11-12 Wellbriety 5:30-7:30	13 WISE 12-2 Beading 5:30-8:30	14 GONA Orientation for Parents & youth 5:30	15
16	17 Walking Group 11-12 No Clubhouse	18 Beading 5:30-8:30 No Clubhouse	19 Exercise Group 11-12 Wellbriety 5:30-7:30 No clubhouse	20 Diabetes class 12-2 Beading & eating 5:30-8:30 No Clubhouse	21 No Clubhouse	22
23	24	25	26	27	28	29
GONA Office Closed						
30	31 Walking Group 11-12					
UAI Youth Summer Camp Week 1 (No Clubhouse)						
AUGUST 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beading 5:30-8:30	2 Exercise Group 11-12 Wellbriety 5:30-7:30	3 Beading 5:30-8:30	4	5
UAI Youth Summer Camp Week 2 (No Clubhouse)						
6	7 Walking Group 11-12	8 Beading 5:30-8:30	9 Exercise Group 11-12 Wellbriety 5:30-7:30	10 WISE 12-2 Beading 5:30-8:30	11	12
13	14 Walking Group 11-12 Motherhood is Sacred Orientation	15 Beading 5:30-8:30	16 Exercise Group 11-12 Wellbriety 5:30-7:30	17 Beading & eating 5:30-8:30	18	19
20	21 Walking Group 11-12 Advisory Board 5:30-7:30 Motherhood is sacred	22 Beading 5:30-8:30	23 Exercise Group 11-12 Wellbriety 5:30-7:30	24 WISE 12-2 Beading 5:30-8:30	25	26
27	28 Walking Group 11-12	29	30	31		



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139
Fresno, CA 93710
559.320.0490
Fax: 559.320.0494
www.faihp.org



Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project
1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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