

**CONGRATS  
TO THE  
CLASS OF**

# 2017

ALEXANDRIA SANDERS, CLOVIS WEST HIGH SCHOOL  
 ALYSSA TIERRA MOITE, HOOVER HIGH  
 BAYLEIGH HEINEMAN, GULF COAST STATE COLLEGE  
 BLAKE HEINEMAN, NORTH HIGH SCHOOL  
 CAMERON TYSON, GRANITE RIDGE MIDDLE SCHOOL  
 EMILLEE SANDERS, ST. ANTHONY'S SCHOOL  
 ILA MARIE POTTER, SIERRA HIGH SCHOOL  
 INEZ RAMOS CALIFORNIA STATE UNIVERSITY,  
 BAKERSFIELD  
 JACKIE WALKER, SIERRA HIGH SCHOOL  
 KIANA MARQUEZ, WESTWOOD CHARTER  
 LORENA MYSTIQUE MOITE, AHWAHNEE  
 MIDDLE SCHOOL  
 MARCELLA SEGURA, SIERRA CHARTER  
 MIA KINTGEN, CLOVIS WEST HIGH SCHOOL  
 NEZAHUALCOYOTL RAMOS, SERRANO MIDDLE  
 SCHOOL  
 NICKIE MATUS, HUMBOLDT STATE UNIVERSITY  
 NOAH BARRAZA, EDISON HIGH SCHOOL  
 OBIDIAH SANCHEZ, CRESCENT VIEW CHARTER  
 HIGH SCHOOL  
 PETE ANDREW MENDEZ III, STONE  
 SOUP PLAY GROUP  
 RAYMOND VASQUEZ, RECEIVED HIS GED  
 AND GRADUATED FROM WESTCAPE  
 RESSIE GONZALES, SIERRA HIGH SCHOOL  
 TONY FLORES, SUNNYSIDE HIGH SCHOOL  
 ZUSSANNA ESTRADA, SIERRA CHARTER

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The next Community Advisory Board meeting will be Monday, June 19th, 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 - TBA



## 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

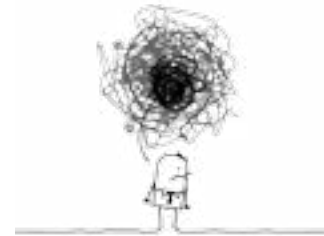
## Is Your Body Trying to Tell You Something?



### Common Nutrient Inadequacies and Deficiencies

#### Vitamin B

The many roles of vitamin B6 include helping to maintain a healthy immune system, preserve normal nerve function and prevent certain types of anemia. People with kidney disease and those who drink too much alcohol are at increased risk of deficiency. If you have an autoimmune condition — particularly one that affects the intestines, such as Crohn's disease or ulcerative colitis — ask your doctor or registered dietitian about vitamin B6. A classic physical sign is rash and other skin problems, which usually manifest as dandruff or as scaly patches and red skin around oily parts of the body such as the face, chest and back. Depression, confusion and even seizures can be present if the deficiency is severe, at which point you would need to seek immediate medical attention. To help prevent a B6 deficiency, eat foods such as fortified cereals and grains, beans, poultry, fish, dark leafy green vegetables, oranges and cantaloupe.



#### Iron



Iron-deficiency anemia is a major public health concern, especially in women of child-bearing age and children. The most common sign of a deficiency is fatigue. Other symptoms can include dizziness, headache, chilly extremities, paleness in the skin and under the eyelids, and weakness. An unusual craving for non-food items such as ice is a telltale sign. Children may have poor appetite and lethargy when they're anemic. Early detection helps promote healthy growth and development and lower risk for infection and lead poisoning. The best sources of iron include lean meat, poultry and seafood. If you don't eat a lot of these foods, be sure to get a good plant-based source in each meal — lentils, beans, spinach or iron-fortified cereals all count. Bonus points for eating a vitamin C-rich food at the same time, since vitamin C increases absorption of iron from plant foods.



#### Vitamin D



The many benefits of "the sunshine vitamin" are still being studied and include perks such as better bone health and boosted immunity. Before bone structure is affected, a deficiency may look like bone pain, muscle weakness or increased infection. People at highest risk for deficiency include breast-fed infants, older adults or people with dark skin, Crohn's or celiac disease, or obesity. Fortified dairy products, fortified orange juice, salmon and tuna are rich in this nutrient. Don't forget that spending some time in the sun during the warmer months (without getting burned) helps your skin naturally make vitamin D.



#### Vitamin C



Although sailors of old had to deal with scurvy from not having access to citrus fruits, vitamin C deficiency is not a thing of the past. People who don't eat enough fruits and vegetables are at risk of inadequate intake. If you notice bleeding gums, easy bruising and wounds that seem to heal slowly, you could have an insufficient vitamin C intake. In addition to oranges, pineapple, lemons and limes, other good sources of this vitamin include bell peppers, broccoli, potatoes, guava, papaya, kiwi and strawberries.



If you have any symptoms or concerns, consult your doctor or registered dietitian.

\*Adapted from article by the Academy of Nutrition and Dietetics



# BABY IT'S HOT OUTSIDE...

I think summer has arrived, time for BBQ, road trips and fun, and did I mention swimming?? Swimming is a great exercise for all ages, but safety is a must, whether it's knowing your limits or knowing what is in the water.... Crypto is just one of many reasons to be careful in the water.

*Cryptosporidium* is a germ that causes **DIARRHEA**

Crypto" (krip-TOE). This germ is found in the fecal matter of a person who has been infected by Crypto. It has a tough outer shell that allows it to survive for a long time in the environment. It can survive for days even in properly chlorinated pools. Crypto is one of the most common causes of recreational water illness (disease caused by germs spread through pool water) in the United States and can cause prolonged diarrhea (for 1-2 weeks). It can make anyone sick, but certain groups of people are more likely to become seriously ill when infected with Crypto: **Young children, pregnant women, & individuals with weakened immune systems**



## Steps for Healthy Swimming

- Keep the pee, poop, sweat, and dirt out of the water!
- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.



## How do I protect myself, my family, and other swimmers?

Take action! Because Crypto can stay alive for days even in well-maintained pools, stopping the germ from getting there in the first place is essential.



## Every hour - everyone out!

- Take kids on bathroom breaks.
- Check Diapers, and change them in a bathroom or diaper changing area - not poolside - to keep germs away from the pool, reapply sunscreen, drink plenty of fluids.



# "GETTING OLD"

As a woman of a "certain age" that can no longer remotely be associated with middle age, I decided to take a class on Aging. I was surprised to learn some interesting facts and dispel some rumors.

I thought I would take this opportunity to share some of what I learned with you my fellow cohorts.

I was reminded that our senses (sight, smell, hearing, touch, taste) will decline as we get older. I have first hand knowledge of this truth, as without my glasses I am lost! It

does not mean that all our senses decline at the same rate. So while sight may diminish for me other senses may remain stable for a longer period of time. I am always amazed to meet an elder who does not need glasses.

It is also true that while short-term memory may be diminished, long-term memory may remain sharp and vivid. This is

why it is so important to share or write about those early memories; we hold the history of our generation. Young people are busy with life, family and work. As elders our past may be a larger part of who we are and what we value. In some cases we may have early memories of

experiences that were difficult or painful. If we deny these memories they may be more forceful in appearing in our daily lives as we age. It is never too late to process these experiences so that they do not interfere with our contentment and happiness.

For me there were a few takeaways: One, just because we forget someone's name we just meet, does not mean we are facing

that dreaded disease, Alzheimer's. There are many reasons why we may be forgetful; such as it was simply not important for us to remember at the time. Stress

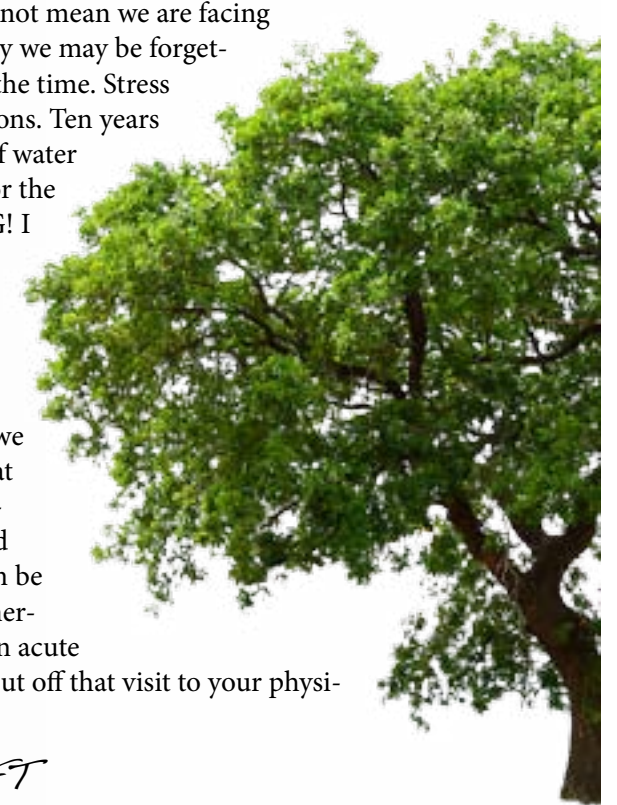
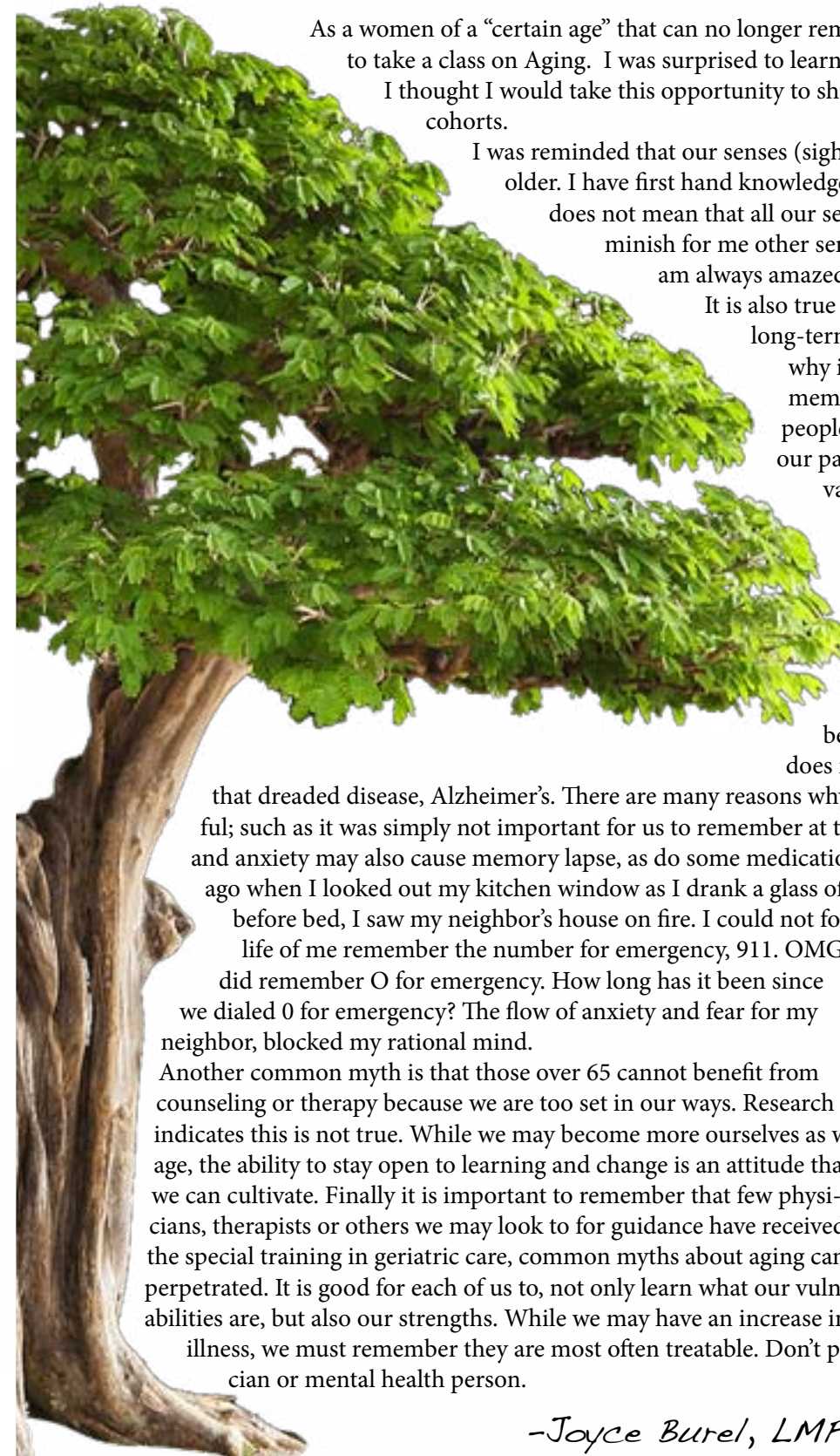
and anxiety may also cause memory lapse, as do some medications. Ten years ago when I looked out my kitchen window as I drank a glass of water

before bed, I saw my neighbor's house on fire. I could not for the life of me remember the number for emergency, 911. OMG! I

did remember 0 for emergency. How long has it been since we dialed 0 for emergency? The flow of anxiety and fear for my neighbor, blocked my rational mind.

Another common myth is that those over 65 cannot benefit from counseling or therapy because we are too set in our ways. Research indicates this is not true. While we may become more ourselves as we age, the ability to stay open to learning and change is an attitude that we can cultivate. Finally it is important to remember that few physicians, therapists or others we may look to for guidance have received the special training in geriatric care, common myths about aging can be perpetrated. It is good for each of us to, not only learn what our vulnerabilities are, but also our strengths. While we may have an increase in acute illness, we must remember they are most often treatable. Don't put off that visit to your physician or mental health person.

-Joyce Burel, LMFT





# SOBRIETY GONA



On May 9, 2017 through May 12, 2017 several community members gathered at the lupin' Gardens for the first Red Road Sobriety GONA. There was on average between 17 and 20 participants each day. The participants got the opportunity to reconnect with Mother Earth by clearing an area within the garden that will from this day forward be known at the sobriety circle. All of the GONA principles were covered in the discussions and activities, belonging, mastery, interdependence, and generosity. All of the participants enjoyed working in the garden, playing in the river, and learning. On the last day family members were welcomed and each participant made a commitment during the commitment ceremony to close things out. We would like to send a huge shout out to all the community partners who came together to make this the success it turned out to be Owens Valley Career Development Center, North Fork Tribal TANF, Westcare California, and Turtle Lodge. This was a profound and spiritually moving experience for everyone involved. Plans are already under way for the next Red Road Sobriety GONA.



JUNE 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beading 5:30-8:30	2	3
4	5 Walking Group 11-12	6 Beading 5:30-8:30	7 Exercise Group 11-12 Wellbriety 5:30-7:30 GONA Registration due	8 WISE 12-2 Beadng 5:30-8:30	9 GONA Volunteer orien- tation 9-2 No Clubhouse	10
11	12 Walking Group 11-12	13 Beading 5:30-8:30	14 Exercise Group 11-12 Wellbriety 5:30-7:30	15 Diabetes class 12-2 Beadng & eating 5:30-8:30	16 No Clubhouse	17
18	19 Walking Group 11-12 Advisory Board 5:30-7:30	20 Beading 5:30-8:30	21 Exercise Group 11-12 Wellbriety 5:30-7:30	22 WISE 12-2 Beadng 5:30-8:30	23 No Clubhouse	24
25	26 Walking Group 11-12	27 Beading 5:30-8:30	28 Exercise Group 11-12 Wellbriety 5:30-7:30	29 Beading 5:30-8:30	30	
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 Beadng 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 Beading 5:30-8:30	14 GONA Orientation for Parents & youth 1-5	15
16	17 Walking Group 11-12 Advisory Board 5:30-7:30 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 WISE 12-2 Beadng & 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)					





**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

### OUR BOARD OF DIRECTORS

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