

CONNA

CULTURE

CAMP

HISTORY

MEDICINE

SUMMER

HANDGAMES

song

CLANS

Norms

CABIN

HEALING

Paint

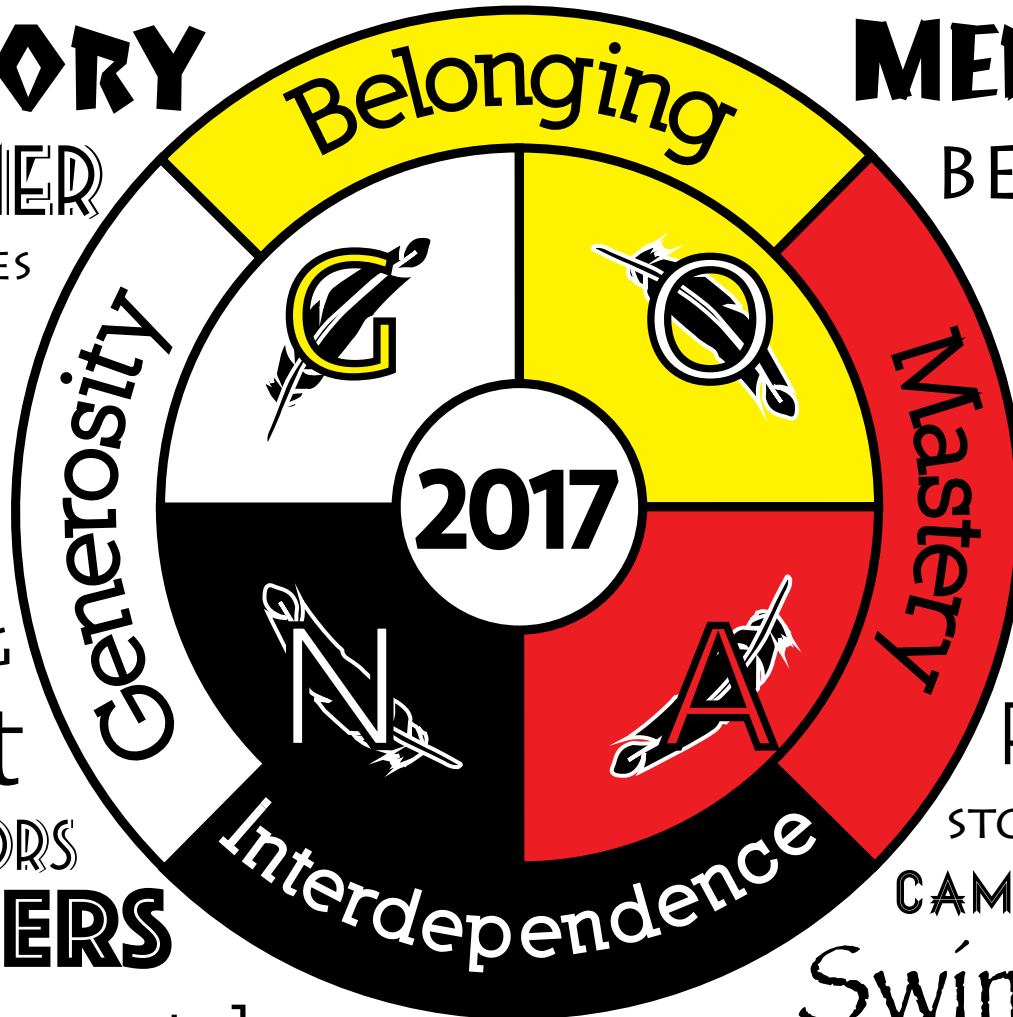
WARRIORS

LEADERS

Dream catchers

DRUM TALKING CIRCLE

Sweat Lodge Clap sticks



BEADING

Atlatl

Elders

DANCE

LOVE

FRIENDS

STORY TELLING

CAMP SIERRA

Swimming

AFFIRMATIONS

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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





Around 70 youth participated in our 6th GONA where they learned valuable lessons



Belonging: A time when infants and children learn who they are, where they belong and a sense of protection.



Interdependence: a time for adulthood, responsibility to others and an understanding of our interconnectedness with all things.



Generosity: a time when, as elders, we can give back to our families and communities through sharing of wisdom, teachings, culture, rituals, stories, and song.



Mastery: a time when adolescents and young adults learn to understand their gifts, their vision, where they come from, and how to master their talents.



Breakfast ideas for busy Mornings

If you are one of the millions of Americans who regularly skip breakfast, you probably think you have a reason, such as wanting to lose weight or oversleeping. Regardless, it's important to eat breakfast in the morning. Eating breakfast helps with brain function, attention span, concentration and memory. Eating breakfast also can reduce irritability and tiredness. If you skip breakfast hoping to lose weight, you may be sabotaging your goals. By starting the day with a balanced meal, you're less likely to overeat later in the day. Make time for your morning meal with these simple solutions.

If You Wake Up on Time, Eat ...

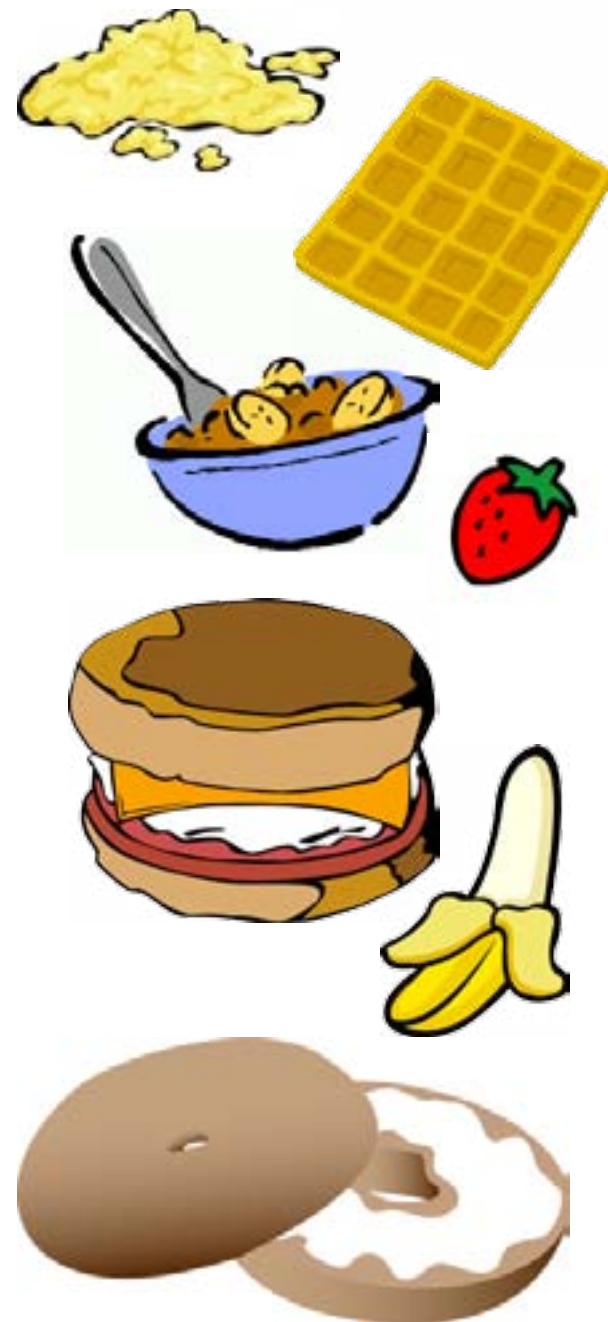
- Scrambled Eggs: Serve with turkey bacon, fruit and whole-grain toast.
- Whole-Grain Waffles: If you have a waffle iron, try a whole-grain waffle mix from the grocery store for a special treat. Serve topped with fresh fruit.

If You Hit the Snooze Button One Time, Eat ...

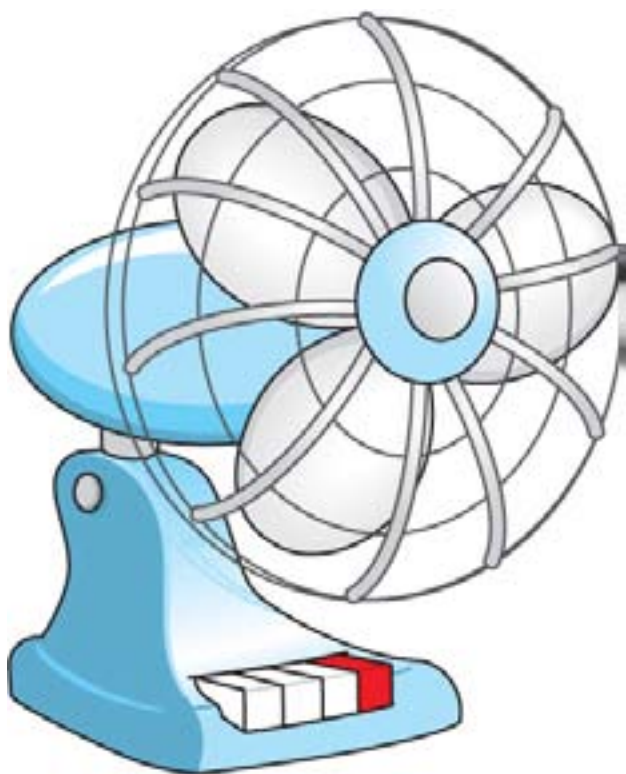
- English Muffin Sandwich: Toast a whole-grain English muffin. Put low-fat cheese and sliced deli ham on the toasted muffin. Warm the sandwich in the microwave to melt the cheese. Grab a piece of fruit for a complete breakfast.
- Breakfast Tacos: Scramble and cook one egg (or two egg whites). Serve eggs, salsa and low-fat cheese in corn tortillas.
- Classic Cereal Gets an Upgrade: Cut up some fresh fruit and add to an unsweetened breakfast cereal.
- Yogurt Parfait: Layer yogurt with fresh or frozen fruit and granola.

If You Hit the Snooze Button Three (or More) Times, Eat ...

- Instant Oatmeal: Look for varieties without added sugar and just add boiling water.
- 45-Second Scrambled Eggs: Put eggs and a splash of milk in a bowl, whisk it up and put it in a microwave for 30 seconds. Stir and put back in for another 10 seconds.
- Peanut Butter Sandwich: Grab a banana while you're at it.
- Cream Cheese on Whole-Grain Bread: Try it on a bagel or tortillas.



12 DIABETES TIPS FOR THE SUMMER



1. High body temperatures can lower blood sugar. Mayo Clinic writers Nancy Klobassa Davidson, RN, and Peggy Moreland, RN, CDE, say you should check your sugars more often in the hot weather.

2. Sunburn can raise blood sugar. The Mayo Clinic advises wearing a good sunscreen, sunglasses, and a hat while out in the sun.

3. Warm skin absorbs insulin faster, while dehydrated skin absorbs insulin more slowly. The closer you can keep your injection site to normal temperature and hydration, the better.

4. Dehydration from sweating can raise blood sugar and can lead to heat exhaustion. According to the Cleveland Clinic, people with diabetes are more likely than others to be admitted

to hospitals for dehydration and heat exhaustion, and to die from it.

5. Heat can damage insulin, other medications, and test strips. The Joslin Clinic advises people to keep their insulin cool, but not on ice. If you take medicines with you while you're away from home, get a cooler bag to keep your medicines and test strips in. Extreme heat or cold can affect test results and degrade diabetes drugs.

6. Insulin pumps and continuous glucose monitors should do OK in hot weather if they are not exposed to direct sun for long. Joslin suggests covering them with a white towel.

7. Perspiration can loosen adhesives on continuous glucose monitors and insulin pumps. Your sensor or infusion set might become loose. Insulin-pumpers.

org suggests tapes and dressings such as Compeed and others you can see here that will stay tight when damp.

8. It becomes harder to exercise in the heat. Movement is important, but it's more important to keep cool. Mayo Clinic says, "Exercise and do more strenuous activities in the early or later hours of the day when the temperatures are cooler and the sun is not at its peak." At night may be even better. The same is true of physical work — best not to do it in midday.

9. Summer shoes can affect feet. Everyday Health makes the point that summer footwear such as sandals, flip-flops, or going barefoot expose feet to injury, including burns from hot sidewalk. To be safe, always wear shoes, and check your feet carefully at the end of each day.

10. Know the signs of heat exhaustion. With diabetes, your risk for heat exhaustion is greater, because diabetes can affect the ability to sweat. If you don't sweat, you can't stay cool.

11. Keep as cool as possible. Wear light-colored, lightweight clothes, and stay out of direct sun. Go to air-conditioned places. Try to set up a cool space for yourself and family. North sides of buildings are normally cooler than the south side. Basements are often several degrees cooler than higher floors.

12. For the future, take keeping cool seriously, because coming years are only going to get hotter. A house and roof painted white will be cooler. White color reflects heat instead of absorbing it, so white clothes keep you cool and a white house is one way to slow global warming.

Summer and Your Mental Health

M

Make
something
Monday

crafts or
projects

Tu

Time to
read
Tuesday

library trip

W

What's
cooking
Wednesday

baking or
cooking

Th

Be
thoughtful
Thursday

do a service

F

Somewhere
fun
Friday

get out of
the house

Summer can be a time when certain mental health issues are prevalent. The unstructured schedule of summer can lead to more ADHD symptoms, anxiety, depression, and even seasonal affective disorder (SAD).

Children who have ADHD may reduce or discontinue medications during the summer months based on their doctor's advice. This can sometimes cause worsened attention symptoms and mood changes. To help prepare for that, it is good for parents and children to talk about their goals or expectations for the summer break. Establishing a plan ahead of time to deal with changes in behavior or mood can help for a smoother transition into summer.

Anxiety and depression can become more apparent during this time because of the lack of structure in a child's day. In order to help lessen anxiety and depression, provide a con-

sistent schedule during the summer. For younger children, setting play dates or sending them to daycare programs keeps their minds occupied. Participating in sports, camps, or plays also helps.

For teens, having a part-time job helps them learn the importance of a work ethic while making money and preventing boredom. They can also try a volunteer activity, as kids do better when they are a part of something. For college age students, having an internship or continuing work on their educational goals will keep them focused. Summer is a good time to investigate their strengths and interests.

Adults can also see an increase in mental health issues during the summer. Typically, you hear about seasonal affective disorder (SAD) in the winter months, but NAMI suggests that some people experience it in the summer months. Symptoms tend to be weight loss, minimal appetite, anxiety, irritabil-

ity, and insomnia. Adults can try making time for outdoor activities, starting an exercise program, and utilizing vacation days to combat seasonal depression.

The summer months may require a little extra planning to maintain good mental health. It's helpful to try getting outside more to enjoy the weather. It is also beneficial to try limiting your children's and your time online or watching TV or playing video games. Continuing medications regularly and getting plenty of sleep and exercise are important, too.

Communicating with your family members to make sure expectations are clear and establishing a routine will help structure the summer. If any symptoms or mental health issues seem to worsen over the summer, it is always best to seek the advice of a medical professional.

— The Kim Foundation

www.thekimfoundation.org

Coming soon.....
Fatherhood Is Sacred
SESSION 2

Fresno American Indian Health Project
1551 C. Shaw ave Suite 139 Fresno CA 93710

August 3rd through October 19th, 2017
Every Thursdays
starting @ 5:30pm - 7:30pm



- * 12 session program August 3rd - October 19th, 2017
- * Fresno American Indian Health Project Collaboration
- * For male participants only
- * Native family values and traditions
- * Meals will be provided



TRIBAL TANF
FAMILY WELLNESS



FAIHP
Fresno American Indian Health Project

Contact Gabby M.
(559) 298-5700
North Fork Tribal TANF Clovis office
1225 N. Willow Suite 130
Clovis CA, 93619

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 Sierra Mono Museum Pow- wow at Miner- ets High School
UAII Youth Summer Camp Week 1 (No Clubhouse)						
6 Sierra Mono Museum Pow- wow at Miner- ets High School	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 Big Sandy Backpack day
UAII Youth Summer Camp Week 2 (No Clubhouse)						
13	14 Walking Group 11-12 Motherhood is Sacred Orienta- tion	15 Beading 5:30-8:30	16 Exercise Group 11-12 Wellbriety 5:30-7:30	17 Diabetes class 12-2 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 FAIHP School Supply Distribution 11am
27	28 Walking Group 11-12 Motherhood is sacred 6-8	29	30 Exercise Group 11-12 Wellbriety 5:30-7:30	31		

SEPTEMBER 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day Office Closed	5 Beading 5:30-8:30	6 Exercise Group 11-12 Wellbriety 5:30-7:30	7 Beading 5:30-8:30	8	9
10	11 Walking Group 11-12 Motherhood is Sacred 6-8	12 Beading 5:30-8:30	13 Exercise Group 11-12 Wellbriety 5:30-7:30	14 WISE 12-2 Beading 5:30-8:30	15	16
17	18 Walking Group 11-12 Motherhood is Sacred 6-8	19 Beading 5:30-8:30	20 Exercise Group 11-12 Wellbriety 5:30-7:30	21 Diabetes class 12-2 Beading & eat- ing 5:30-8:30	22	23
24	25 Walking Group 11-12	26 Beading 5:30-8:30	27 Exercise Group 11-12 Wellbriety 5:30-7:30	28 WISE 12-2 Beading 5:30-8:30	29	30



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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