

## We say Thank you! to our CAB

Our Community Advisory Board has been doing great work this year! At the start of 2017, the board worked with the Youth Council to establish three priorities for the year, which were: to establish transitional aged youth programming, to integrate cultural services into our work, and to expand our mental health services. Throughout the year the Community Advisory Board created committees to accomplish these goals. As a direct result of these committees, FAIHP will be hosting its first ever career fair next month! The cultural committee has been working with staff to create FAIHP's first ever Two Spirit cultural education night! FAIHP would like to thank all the members of the Community Advisory Board for their time, input, and effort in bringing services to our community!

### Community Advisory Board

Abel Martinez  
Hummingbird M.  
Bernadette Alvarez  
Nichole Wells  
Ariana Murillo  
Grace Robinson  
Kelly Jaramillo  
Margaret Martinez  
Michelle Martinez  
Frank Gonzalez  
Judith Ramirez  
Rochelle Cantu  
Regina Murillo  
Anthony Lopez  
Robert Andrade  
Jose G. Murillo  
Eleanor Castro  
Ron Cantu

The next Community Advisory Board meeting will be Monday, Oct. 16th, 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

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Last month we had our School Supply Giveaway. Thanks to our generous donors we were able to provide 70 Native American youth with backpacks filled with school supplies. We would like to thank Fresno State, Eleanor Castro, Leticia Ramirez, Judy Ramirez, and Debbi Steele for their donations!

In September, Clubhouse youth talked about the importance of living a healthy lifestyle. This started with the food they eat, to how physically active they are, to how they are able to relax. Youth learned about food groups through Food BINGO and won prizes that included fruit-shaped stress balls and water bottles.

Teen youth worked on a public service announcement for Suicide Prevention Month. Youth wrote positive words that might help peers in need. Clubhouse teen youth will be working on putting the PSA together and will promote it on social media. They are off to a great start!

Special shout outs to some youth making a difference in the community. Dominic C. has been volunteering at Clubhouse to clean, set up, and work with younger youth. Catalina H. recently started a Native American Club at her high school. Great job, guys!



# Clubhouse



# Can Good Nutrition Help Treat or Prevent Asthma?



Approximately 550,000 Valley residents have asthma, a chronic inflammatory disorder of the airways. This time of year the air quality worsens and so do asthma attacks. In California, 40,000 people are hospitalized for asthma every year. Asthma attacks or episodes can be caused by triggers. Triggers include pollution, pet dander, mold, pollen, exercise, tobacco, wood smoke, dust mites, or infections like the cold or flu. Its symptoms include shortness of breath, chest tightness and wheezing during exhalation. There is no cure for asthma, but it can be controlled. People with asthma can live healthy, active lives when they take steps to manage their condition.

## **What Increases the Possibility?**

According to the American Academy of Allergy, Asthma & Immunology, risk factors for developing asthma in childhood include having allergies, a family history of allergies or asthma, frequent respiratory infections, low birth weight, being exposed to second-hand smoke before or after birth as well as growing up in a low-income, urban environment.

Genetics, changes in airway hyper-responsiveness, changes in diet and physical activity all may play a role in asthma risk. Recently, research has focused on inflammation as a cause of the disorder. Eating a poor diet lacking in essential nutrients is associated with chronic low-level inflammation, which could aggravate

the airways and contribute to the development of asthma.

Recent and emerging research is also linking obesity and high waist circumference to asthma in children. A small number of studies suggest that when children with obesity lose weight, they have an easier time managing their asthma. More research is needed in this area.

## **Managing the Condition**

If you or your child has asthma, be sure to work closely with your doctor on a treatment plan that is right for you/them. Additionally, you may also want to consider working with a registered dietitian to ensure you and your child are eating a varied and balanced diet.

On average, most adults and children consume only 0-3 servings of fruits and vegetables a day. Fruits and vegetables at every meal and snack can provide rich dietary sources of powerful antioxidants, flavonoids, isoflavonoids and polyphenolic compounds that have been proven to reduce inflammation and significantly decrease asthma symptoms. Improvements have been shown in just days after asthmatics increase their fruit and vegetable intake to 7 servings. As an added bonus, greater intake of vegetables and fruit can decrease waist circumference, further improving asthma outcomes.

# IT IS FLU SEASON IN FRESNO, ARE YOU READY?

## FLU PREVENTION TIPS



## IS IT A COLD OR THE FLU?

Sometimes parents confuse a common cold with the flu. The following guidelines may help you distinguish between these common seasonal maladies.

SYMPTOMS	COLD	FLU
Fever	None or low grade May last four to six days	Common and high (102 to 105 degrees)
Headache	None or mild	Almost always present
General aches and pains	Mild if at all	Often severe
Fatigue/weakness	Mild if at all	Extreme exhaustion that can last two to three weeks
Stuffy nose	Almost always	Sometimes
Sneezing	Common	Sometimes
Chest discomfort Cough	Mild to moderate	Common, can be severe

# Talking about Depression

Suicide is a major concern across the United States, and a devastating problem within Native communities. In the United States, more than 30,000 people die by suicide a year. Ninety percent of people who die by suicide have a diagnosable mental illness and/or substance abuse disorder. According to the Centers for Disease Control, the suicide rate for American Indians and Alaska Natives is over twice the national average for other groups. It is the second leading cause of death (behind unintentional injuries and accidents) for Indian youth aged 15 to 24. Suicide impacts, not just the individual, but also their family, peers, and community. In recent years our understanding of suicide has grown tremendously, and we now know that it can often be predicted and prevented.

## Who is Affected?

- Native teens experience the highest rate of suicide of any population group in the United States.
- Violence, including intentional injuries, homicide and suicide account for 75% of deaths for AI/AN youth age 12-20.
- Adolescent AI/ANs have death rates 2 to 5 times the rate of Whites in the same age group, resulting from higher levels of suicide and a variety of risky behaviors.
- 22% of females and 12% of males reported to have attempted suicide, while 5% had serious thoughts of suicide in the past year.

## Warning Signs:

*Warning signs are indicators that a person may be in acute danger and may urgently need help.*

- Talking about wanting to die or to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Displaying extreme mood swings

## Risk Factors:

*Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.*

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness

- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Exposure to others who have died by suicide (in real life or via the media and Internet)

## How To Help:

- Ask: "Are you thinking about killing yourself?" It's not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
- Keep them safe: Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
- Be there: Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.
- Help them connect: Save the National Suicide Prevention Lifeline's number in your phone so it's there when you need it: 1-800-273-TALK (8255). You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental

health professional.

- Stay Connected: Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

## More Help:

*It may be helpful to save several emergency numbers to your cell phone. The ability to get immediate help for yourself or for a friend can make a difference.*

- The phone number for a trusted friend or relative
- The non-emergency number for the local police department: Fresno (559) 621-7000
- The Crisis Text Line: 741741
- The National Suicide Prevention Lifeline: 1-800-273-TALK (8255).



- **Teen Line:** 1-800-852-8336
- **Trevor Lifeline (LGBT):** 866-488-7386
- **Rape/Sexual Assault Center:** 1-800-799-HOPE (8673)
- **Domestic Violence Hotline:** 1-800-799-SAFE (7233)
- **Sexual Abuse Hotline:** 1-800-656 HOPE (8673)
- **Child Abuse Hotline:** 1-800-4A-CHILD (1-800-422-4453)

# The season change is here!

Autumn is such a wonderful time of year! It brings in the cool weather and the beautiful colors of nature. This past month the CBANS staff attended the Tule River Pow Wow. It is always great to travel and join in on all the fun in the different communities. It was nice to see familiar faces and to make many new connections as well. Our Family Advocate was also able to attend the California Native Day event held at Big Sandy Rancheria. CBANS provided the community with information at our outreach booth. We would like to thank both Big Sandy Rancheria and Tule River for hosting such great events.

The CBANS stress management group continues to meet and has been showing interest in venturing out to different projects. The stress management group has been beading for the past few years and has been open to all levels of experience. But does not mean that the group is only for beading. If you are interested in beading we have staff available to teach if needed. However the beading class is a great place to work on any project. It is also a great place to come and meet people who are interested and dedicated to making Native arts and crafts. The group meets every Tuesday and Thursday from 5:30pm to 8:30pm. If interested please contact Ruben at 559-320-0490 hope to hear from you soon.

The WISE group was able to meet in September, they got together to make small medicine bags. We got a chance to hear about the different medicines that our people use in the group. It was nice to know that the medicine bags were going to be put to use. The WISE group has been missing some elders and the CBANS staff would like to take this opportunity to say hello and we hope that all is well. We would also like to remind those who have an elder in their life to make sure and take some time out and make that elder feel special. It is the goal of the WISE group to make sure that our elders at least have a day or two out with friends and or family. The group continues to meet twice a month on Thursdays please call for more details.

The Fatherhood is Scared group has been doing great work for the past six weeks. Every lesson seems to be opening new doors of understanding for the fathers. It is a great site to see and an awesome group to be apart of. Some sessions might not be the easiest to talk about but have proven to be the most impactful. I am very proud to see this group of men move along in their fatherhood journey. I encourage all fathers to participate if there is ever a chance for you. Knowledge is power, and the fatherhood is sacred is rich in tradition and information this can only improve your walk, as a father and leader. Fathers are the solutions to our families, lead in a good way!

## NATIVE MEDICINES



SAGE



SWEETGRASS




POLLEN



TOBACCO

## OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Motherhood is Sacred 6-8	3 Beading 5:30-8:30	4 Exercise Group 11-12 Wellbriety 5:30-7:30	5 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	6	7
8	9 Walking Group 11-12 Motherhood is Sacred 6-8	10 Beading 5:30-8:30	11 Exercise Group 11-12 Wellbriety 5:30-7:30	12 WISE 12-2 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	13 Chukchansi Pow Wow	14 Chukchansi Pow Wow
15 Chukchansi Pow Wow	16 Walking Group 11-12 Motherhood is Sacred Advisory Board 5:30-7:30	17 Beading 5:30-8:30	18 Exercise Group 11-12 Wellbriety 5:30-7:30	19 Diabetes class 12-2 Beading & eating 5:30-8:30 Fatherhood Is Sacred 5:30	20 Talking Two Spirit 5pm	21
22	23 Walking Group 11-12 Motherhood is sacred	24 Beading 5:30-8:30	25 Exercise Group 11-12 Wellbriety 5:30-7:30	26 WISE 12-2 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	27	28
29	30 Walking Group 11-12 Motherhood is sacred 6-8	31 				

## NOVEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise Group 11-12 Wellbriety 5:30-7:30 CVIH Diabetes Conference	2 Beading 5:30-8:30	3	4
5	6 Walking Group 11-12 Motherhood is Sacred 6-8	7 Beading 5:30-8:30	8 Exercise Group 11-12 Wellbriety 5:30-7:30	9 WISE 12-2 Beading 5:30-8:30	10 Veterans Day Office Closed	11
12	13 Walking Group 11-12 Motherhood is Sacred 6-8	14 Beading 5:30-8:30	15 Exercise Group 11-12 Wellbriety 5:30-7:30	16 Diabetes Class 12-2 Beading & Eating 5:30-8:30	17 Turtle Lodge Thanks-giving	18
19	20 Walking Group 11-12 Advisory Board 5:30-7:30 Motherhood is Sacred 6-8	21 Beading 5:30-8:30	22 Exercise Group 11-12 Wellbriety 5:30-7:30	23 Thanksgiving office closed	24 Office Closed	25
26	27 Walking Group 11-12 MIS graduation	28 Beading 5:30-8:30	29 Exercise Group 11-12 Wellbriety 5:30-7:30	30 Beading 5:30-8:30		



**FAIHP**  
Fresno American Indian Health Project

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## 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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