



Jannet Castaneda

Quality Improvement Coordinator

Jannet Castaneda was born in Los Angeles, California and her family later migrated to the small town of Dos Palos. She left home to attend CSU, Fresno, graduating with a degree in Cultural Anthropology, Sociology, a minor in Mathematics, and an applied research certificate through Sociology. Jannet's passion for research has allowed her numerous opportunities to work closely with local non-profit organizations.

In her spare time, Jannet, enjoys painting, reupholstering furniture, reading classic novels, and watching films. She is looking forward to learning more about Native American culture and hopes that she will be able to apply her love of research and culture. She is grateful to be a part of FAIHP where she gets to work alongside community leaders making a difference.

New faces at FAIHP



Jeff Estes

Cherokee West Nation
Family Advocate

I would like to take a moment to introduce myself to the community as a new member of the FAIHP team. My name is Jeff Estes, I am an enrolled member of the Cherokee West Nation and I joined the FAIHP team on February 13, 2017 as the Family Advocate which is part of the Behavioral Health Team. I came to FAIHP from Westcare California where I worked as a certified substance abuse counselor for four years. I am truly blessed and honored to have been chosen as part of the FAIHP team.



Eva Mavyan

Marriage Family Therapist, Trainee

Eva joins FAIHP from Los Angeles, CA. She humbly takes on the rewarding privilege to work with the Native American population. She is a Marriage and Family Therapy Trainee from the California School of Professional Psychology, and is passionate about her education and the way it enables her nourish a healthy curiosity to better understand how we can be the best versions of ourselves.

My treatment approach includes Narrative Therapy, which I believe to be helpful in the Native American community. Honoring the stories that each of us hold, and being given the opportunity to re-author them not only puts us in a position of power, but give us the hope of a better future. I believe in the interconnectedness of all people, of all of our stories and I believe in the resiliency and strength that each of us can draw from one another.



Megan Bronson

Social Media Coordinator

Megan joins FAIHP after graduating from Fresno State with a BA in English and a concentration in communications and journalism. She also graduated from Merced college with an AA in English and a minor in Communications. Before coming to FAIHP Megan was an editor at The Collegian, working in graphic design and social media. She has done volunteer design and social media for multiple publications and non-profits.

In her free time Megan enjoys comic books, writing bad essays, and volunteering for local organizations. She is interested in stories of all kinds, and cannot wait to listen to the community she now serves.

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The next Community Advisory Board meeting will be Monday, April 17th, 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



CLUBHOUSE NEWS



MASK MAKING WORKSHOP- The following month the youth worked on making masks. The youth were able to shape their mask, using mask plaster on their own face! They then waited for the mask to dry, and were able to paint them the following week.



GARDEN WEEK- The youth have been meeting with our Garden Coordinator Laura Wass once a month for garden week. They have been learning how to recycle here at Clubhouse and at home. They looked at many household objects and determined what had to be put in each garbage bin at home. They now even have worms for composting at here at Clubhouse. Our youth have been doing a great job at reducing waste!



DREAM CATCHERS- We talked about the supplies and what would be traditionally used by different tribes. The youth were then able to make their own. They were taught each step including wrapping the ring, and completing the webbing.



TEEN GROUP- The Boy's and Girl's Teen groups have been meeting every first weekend of the month. During these meetings the youth are able to talk to their peers and support each other through their everyday life. The girl's group has discussed topics such as body image in the media and financial independence. The boys have talked about goal setting for the future, and ways to reach that goal.



HONORING OUR PEOPLE EVERYWHERE (H.O.P.E.) has been meeting on Fridays. This group has been working on some community projects. They have been discussing suicide prevention, and ways to get the community involved.



April is National Pecan Month

Did you know?

Did you know that the pecan is the only major tree nut that grows naturally in North America? Because wild pecans were readily available, many Native American tribes in the U.S. used the wild pecan as a major food source during autumn. The name “pecan” is a Native American word of Algonquin origin that was used to describe “all nuts requiring a stone to crack.” There are thousands of varieties of pecan nuts, many of which are named after different tribes. The first major producer of pecans on the west coast was established in Clovis, about 50 years ago. Today, California is the 4th largest grower of pecans, the most popular varieties being the Pawnee, Wichita, and Navajo.

Storage

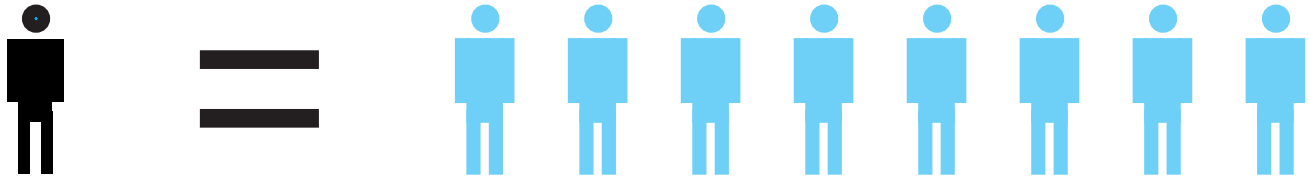
- Shelled pecans can be kept in the refrigerator for about nine months and for up to two years in the freezer.
- Airtight containers, such as jars with lids, are best for storing pecans in the refrigerator.
- Sealed plastic bags are best for storing pecans in the freezer.
- In-shell pecans can be stored in a cool, dry place for six to 12 months.
- After removal from cold storage, pecans will stay good for an additional two months.

Health benefits

- High in Vitamin E, which studies have shown may be helpful to fight diseases like Alzheimer’s, Parkinson’s, cancer and coronary heart disease.
- Can lower your LDL (“bad”) cholesterol, and increase your HDL (“good”) cholesterol.
- Have been shown to lower blood pressure due to the high amount of magnesium in them. They are also naturally sodium-free.
- An excellent source of protein.
- Are high in fiber to promote digestive health.
- Are high in manganese for immune health.
- Help in weight loss, as they increase the feelings of fullness as well as raise metabolism.
- Contain high amounts of fats and antioxidants that have been shown to improve the appearance of skin and hair.
- A good source of iron.

I encourage you to celebrate this month by snacking on this delicious and nutritious treat all month long (a handful is one serving). Pecans contain the largest antioxidant capacity of any other nut, and more antioxidants than many fruits and vegetables. Plus, new research, published in the August issue of Nutrition Research, shows that adding just a handful of pecans to your healthy diet each day may help prevent heart disease.

HAVE YOU CONSIDERED DONATING? SAVE A LIFE!



One organ donor can save up to eight lives

Each year, more than one million people need lifesaving and life-improving tissues. More than 120,000 people are waiting for organ transplants. Unfortunately, approximately 18 people pass away every day waiting. By becoming an organ donor, you can help save the lives of others. More than 125 million people are registered donors, but only about 3 in 1,000 can donate when they die.

There are full and partial donations. Partial donations are organs or tissues that you can donate while you are alive such as part of the pancreas, part of a lung, part of the intestine or part of the liver, even a kidney. Most healthy adults can donate blood once a month!

Organs you can consider donating to others after your passing are your heart, liver, kidneys, lungs, pancreas and small intestines. Tissues include corneas, skin, veins, heart valves, tendons, ligaments and bones.

The thought of donating your organs may sound scary or gross but it isn't. You may be saving someone's life. Someday you may know someone or have someone in your family who may need an organ donation. One way to give back is to consider donor registry.

HOW?

Check out these websites

California Donor Registry List: www.organdonor.gov
 Your Local DMV: <http://www.dmv.org/ca-california/>
 Central California Blood Bank Center: <http://www.donateblood.org/>

DONOR

FAST FACTS

- One organ donor can save up to eight lives and improve the lives of up to 50 people by donating tissues and eyes.
- Did you know blood is also considered as a “liquid organ?”
- The success rate for organ transplants is very good.
- If you're a donor, your family does not pay any bills related to donation.
- Rich, poor, famous, or infamous, or subscribe to a different sexual orientation, it has no bearing on determining who receives a transplant.
- Federal law prohibits buying and selling organs in the U.S.
- **Anyone, regardless of age or medical history, can sign up to be a donor.**

By: Katy Chanchem and Yulia Vang CSUF Nursing Students



IT'S SPRING AT LUHPIN'!

SPRING is in full bloom at luhpín', our Community's Native Garden! We've had a busy month waking up all our Little Ones and working to prepare luhpín' for your visits!! Volunteers from Turtle Lodge, our Motherhood is Sacred program, Clubhouse teens, and several families have joined us in cutting down weeds, trimming back the willows and deer grass, and so much, much more!

Our Clubhouse teens are working on making willow arbors where they can settle in for talking circles, doing crafts, or just to stay cool during the summer months. They're clearing out the weeds from the rock creek and getting it ready for all to collect some good rock medicine! Watching the youth closely was a magnificent King Snake, his copper and turquoise markings glistening in the sun. He had coiled up tight and was ready to protect his home.....such a wonder!

Our Clubhouse youth are excited to begin making their "house-fort" within the overhanging branches of our Elder-Elderberry, can't wait for you all to see what they get done! They are learning more and more about their responsibility as Indian Peoples to take care of our precious Mother Earth. They will be spending a lot of time at luhpín' during Spring Break and we'll be sure to let you all know of the adventures we all have during our time together.

We're loving the full vibrant blooms of the Redbud, watching the sourberries ripen each day, and waiting for the bees to arrive when our sage explodes with their purple blossoms (yum, sage honey). We hope you call us soon to join us for a few hours of "just being."



FAIHP
Fresno American Indian Health Project

Special points of interest:

- Talking Circles
- Wellness through cultural teachings.
- Games
- Lunch and snacks provided
- Swimming
- Crafts

Community Partners



RED ROAD SOBRIETY GONA



First Annual Red Road Sobriety GONA

We take great pleasure in announcing Fresno Counties first annual Sobriety GONA. This four day event will take place at IUHPIN' Gardens from 9:00am to 3:00pm daily starting Tuesday May 9th through Friday May 12th.

We will be covering the principles of GONA and achieving wellness through traditional cultural teachings. Each day will be packed with activities. As with all other GONAS there will be no cell phones or other electronic devices allowed in the garden.

Lunches, snacks, and waters will be provided to all participants. Those who are on the Red Road will truly benefit from these teachings.

If you are interested in participating please contact.

Laura Wass or Jeff Estes at (559) 320-0490 or any of the

community partners to get your registration packets. Please have all packets turned in to the FAIHP office by the due date.



SAVE THE DATES

Registration due by :

April 10, 2017

Mandatory Orientation :

May 3, 2017 5:30 to 7:30pm

First Day of GONA :

May 9, 2017 9:00am-3:00pm



DO YOU YOGA?

ASK OUR DIETITIAN RENEE OR YOUR HEALTH PROVIDER ABOUT GETTING STARTED OR RETURNING TO YOGA. JOIN OUR EXERCISE CLASS ON WEDNESDAYS AT 11AM!



YOGA: strike a pose



adapted from Show Me How By Lauren Smith

With the recent time change we're having lengthier sunny days, which bring opportunity to be more active outside. Did you know that yoga is a simple and fun way to improve mental health wellness? Studies have shown yoga may help improve anxiety and depression in both youth and adults. Yoga classes can vary from gentle and accommodating to strenuous and challenging; the choice of style tends to be based on physical ability and personal preference.

Yoga functions like other self-soothing techniques, such as meditation, relaxation, exercise, or even socializing with friends. By reducing perceived stress and anxiety, yoga appears to modulate stress response systems. This, in turn, decreases physiological arousal — for example, reducing the heart rate, lowering blood pressure, and easing respiration.

There is also evidence that yoga practices help increase heart rate variability, an indicator of the body's ability to respond to stress more flexibly.



SAVE THE DATE

JULY 24TH-28TH

**FAIHP'S
GATHERING OF NATIVE
AMERICANS**

2017

We are looking for responsible volunteers who are energetic and want to give back to Native American youth. Volunteers will need to be committed to participating fully in the GONA camp.

**NOW
ACCEPTING
VOLUNTEER
APPLICATIONS**

**DRUG SCREENING
AND BACKGROUND
CHECK REQUIRED.**

**JOIN US FOR
OUR GONA
PLANNING
MEETINGS!**

Meetings will be
held every

**2nd and 4th Friday
of the Month**

At 11:00 am

If interested, or
have questions
please call:

(559)320-0490



FAIHP
Fresno American Indian Health Project

1551 E. Shaw Ave., Ste. 139 • Fresno, California 93710
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APRIL 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|--------------------------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------|
| | | | | | | 1 |
| 2 | 3 Walking group 11 - 12 Motherhood is Sacred 6 - 8 | 4 Beading 5:30 - 8:30 | 5 Welbriety 5:30 - 7:30 Exercise group 11 - 12 Garden day | 6 Beading 5:30 - 8:30 | 7 | 8 First Nations Powwow 11 - 9 |
| 9 | 10 Walking group 11 - 12 Motherhood is Sacred 6 - 8 | 11 Beading 5:30 - 8:30 | 12 Welbriety 5:30 - 7:30 Exercise group 11 - 12 Garden day | 13 Beading 5:30 - 8:30 WISE 12 - 2 | 14 Weave your way to health Tule River 10 - 3:30 No teen Clubhouse | 15 |
| Clubhouse Spring Break | | | | | | |
| 16 Easter | 17 Walking group 11 - 12 Advisory Motherhood Board is Sacred 5:30 - 7:30 6 - 8 | 18 Beading 5:30 - 8:30 | 19 Welbriety 5:30 - 7:30 Exercise group 11 - 12 Garden day Creative writing 12 - 2 | 20 Beading & Eating 5:30 - 8:30 Diabetes class 12 - 2 | 21 | 22 Big Sandy Rancheria Earth Day 10 - 2 |
| 23 | 24 Walking group 11 - 12 Motherhood is Sacred Graduation 6 - 8 | 25 Beading 5:30 - 8:30 | 26 Welbriety 5:30 - 7:30 Exercise group 11 - 12 Garden day | 27 Beading 5:30 - 8:30 WISE 12 - 2 | 28 | 29 |
| 30 | | | | | | |

MAY 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------|-----------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------|-------------------------------------------------------------------|
| | 1 Walking group 11 - 12 | 2 Beading 5:30 - 8:30 | 3 Welbriety 5:30 - 7:30 Exercise group 11 - 12 Garden day | 4 Beading 5:30 - 8:30 | 5 | 6 |
| 7 | 8 Walking group 11 - 12 | 9 Beading 5:30 - 8:30 | 10 Welbriety 5:30 - 7:30 Exercise group 11 - 12 | 11 Beading 5:30 - 8:30 WISE 12 - 2 | 12 | 13 Big Sandy Powwow |
| Red Road Sobriety GONA 9 am The Garden | | | | | | |
| 14 Big Sandy Powwow | 15 Walking group 11 - 12 Advisory Board 5:30 - 7:30 | 16 Beading 5:30 - 8:30 | 17 Garden day Exercise group 11 - 12 Welbriety 5:30 - 7:30 Creative writing 12 - 2 Fresno City Indian Graduation | 18 Beading & Eating 5:30 - 8:30 Diabetes class 12 - 2 | 19 | 20 |
| 21 | 22 Walking group 11 - 12 | 23 Beading 5:30 - 8:30 | 24 Welbriety 5:30 - 7:30 Exercise group 11 - 12 Garden day | 25 Beading 5:30 - 8:30 WISE 12 - 2 | 26 | 27 Central Valley American In- dian Graduation 11 - 2 |
| 28 | 29 Walking group 11 - 12 | 30 Beading 5:30 - 8:30 | 31 Welbriety 5:30 - 7:30 Exercise group 11 - 12 Garden day | | | |



FAIHP

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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

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