



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

Volume 10 • Issue 9 • November • 2017

HALLOWEEN AT FAIHP



NEW FACES AT FAIHP!



Kylie Sherman
Eligibility Coordinator
Mono



Teela Reyes
Family Advocate
Mono

Mario Benally
Temporary Youth Coordinator
Navajo



Stefani Koda
Social Work Intern

Chelsee Jacinto
Public health intern



The next Community Advisory Board meeting will be Monday, Nov. 20th, 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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CLUBHOUSE

This month we have been busy bees here at the Clubhouse. First of all, we would like to thank Mario Benally for helping out this month at Clubhouse. Great things are happening here! Three more young youth have joined, making the Clubhouse Family grow.

Our young youth have been busy this October. The homework program is picking up speed, the Fresno State students are really making a difference. We read and acted out a traditional story about the Blood Monster, and afterward, to keep with the Halloween theme, Red Slime was made to simulate the blood of the Blood Monster. We also did a chapter out of the Seven Generations Workbook and we focused on the third generation, which is honesty. We had a visit from Miss Amber, she worked with our kids in making a Strength Tree. They had a fun time naming their strengths, coloring and making all sorts of trees. We took a trip to the Native Garden at the Discovery Center, and the garden is doing well, we did some outdoor garden crafts that the kids enjoyed. They really enjoyed What's-In-The-Box game, letting their imagination run wild. They also customized their Trick-or-Treat bag, and went around FAIHP office to get their treats, everyone had a blast.



The Older Youth have been busy also, learning how to build a resume, getting interview techniques, and doing career research. A couple older youth also participated in the Fresno AIDS walk/run, which was held at Woodward Park. David put on a healthy mental exercise focusing on how to handle stress, questions were flying, keeping him on his toes. There was a request to have a dream interpret workshop. I guess he'll have to sleep on that one.

Special shout out to Dominic C. He has been volunteering at the Clubhouse to help set up, clean and work with the younger youth. Keep up the good work Dominic.

Annual Indigenous Food Challenge

Think about everything that you have eaten in the last month. How many roots, berries, or fresh fish did you have? Would your ancestors recognize any of it as food? It's likely that they wouldn't.

Our Native American ancestors dined on a variety of foods. Most tribes, whether coastal or inland, ate a variety of delicacies from the land and sea-- usually 300+ different types of food throughout the year. But they didn't have processed foods, energy drinks, or alcohol.

Today, it is typical for us to have a limited variety of foods in our diet—on average only 17-40, but combined together and processed into different colorful and eye-catching packages. Most of today's foods are processed beyond recognition as anything that came from the

land, and they are contributing to the widespread obesity, heart disease, and diabetes in our community.

Food was our first medicine. It has the power to heal. Traditional foods are gifts from our Creator. They promote a healthy next generation, and can prevent chronic disease.

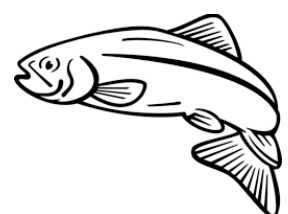
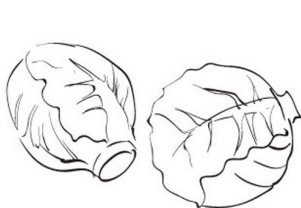
During the first 20 days of November, we ask participants to join us in eating foods indigenous to North America, pre-colonial contact. You can focus on the food of only one tribe; or, because foods may be expensive, out of season, contaminated or not available, participants can choose to eat only one or two indigenous meals per day, or widen the meal possibilities by choosing any foods indigenous to all North American tribes.

Why Might Someone Consider the Challenge?

- To spiritually reconnect with the natural world, the ancestors, and seasonal cycles.
- To contrast the impact of today's diet and a traditional one on your own health.
- To jump start a fast or other life change.
- To empower our communities by reclaiming our food legacy and culture
- To strengthen Native pride and traditions.

Challenge Details

- November 1st-20th 2017
- Indigenous Foods Celebration and Feast November 20th, 3-6pm
- Inspiration and recipe ideas posted to Facebook throughout challenge
- For more information, please contact our dietitian, Renee, at 559-320-0490



EVERY 17 SECONDS someone in the US is diagnosed with diabetes



NEARLY 1 OUT OF 6
AMERICAN INDIANS/ALASKA NATIVES
HAS DIABETES



COMMON MYTHS

Diabetes doesn't run in my family, so I'm safe.

Diabetes is caused by eating too much sugar.

People with diabetes need to follow a special diet.

THE FACTS

Family history is only one of several risk factors for type 2 diabetes.

Type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk of developing type 2, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.

People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

Frequent urination



Unexpected weight loss



Increased thirst



Excessive fatigue



CLASSIC DIABETES SIGNS YOU MUST NOT MISS

Weight gain



Slow healing



Excess sleep



Blurred vision



PSYCHOLOGICAL STRESS AND CANCER



National Institutes
of Health

Psychological Stress and Cancer
was originally published by the
National Cancer Institute.

Every year 14 million people world-wide
hear the words:

“You have cancer”

Being diagnosed with cancer can be life changing. An important part of wellness is understanding healthy options for yourself.

How can people who have cancer learn to cope with psychological stress?

Emotional and social support can help patients learn to cope with psychological stress. Such support can reduce levels of depression, anxiety, and disease- and treatment-related symptoms among patients. Approaches can include the following:

- Training in relaxation, meditation, or stress management
- Counseling or talk therapy
- Cancer education sessions
- Social support in a group setting
- Medications for depression or anxiety
- Exercise

People who have cancer may find the physical, emotional, and social effects of the disease to be stressful. Those who attempt to manage their stress with risky behaviors such as smoking or drinking alcohol or who become more sedentary may have a poorer quality of life after cancer treatment. In contrast, people who are able to use effective coping strategies to deal with stress, such as relaxation and stress management techniques, have been shown to have lower levels of depression, anxiety, and symptoms related to the cancer and its treatment.

Dealing with cancer is a life-changing event for most people. For many, it can be a time to minimize regrets and make new priorities. Try to live each day as normally as you can. Enjoy the simple things you like to do and take pleasure in big events.

You are not your cancer. Even though you have the disease, you get to decide how you want to live the rest of your life. You can choose to live with hope.



Shared by Amber Molina, LCSW

Navajo

**If you would like to talk to a therapist,
call 559-320-0490**

TALKING TWO SPIRIT



Our guest speakers, from left to right: Cha'ske, Jaquie, and Joseph. We thank them for their participation!

"I get a lot of motivation and inner strength from my community, and even though I sometimes feel cast out, I feel unity despite those who do not understand me. I still have connection, I still have a bond." - Cha'ske

"Being Native and LGBT2Q is weird, it's like we are walking in a contradictory vacuum, going from a family that didn't judge me and allowed me to be myself and then going to the playground where boys called me [names], it was confusing." - Joseph

The Fresno American Indian Health Project held its very first Talking Two Spirit event on October 20th 2017. It was our pleasure to be able to provide our community an event that revolved around raising awareness on the two-spirited in the Native community. It was a great step forward in establishing a safe place and support for the two-spirited and those who identify as LGBTQ as well. This event honored the two-spirited and emphasized that gender is on a spectrum and should be acknowledged, supported, and celebrated. The evening was filled with information provided by the supporting community resources from Fresno County, Centro La Familia, Common Space, Fresno American Indian Health Project, and LGBTQ Plus.

Our panel consisted of three participants who shared their experience being LGBTQ-2 and Native. After the open forum we provided an open invitation to a special LGBTQ-2 talking circle. Fresno American Indian Health Project would like to thank those who participated on the panel, it would have not been the same without you all. The insight and stories shared helped to open the discussion for LGBTQ-2. We would also like to thank all those who came out to enjoy this event. We would like to announce that our efforts within the LGBTQ-2 community will continue. Next month we will be hosting a talking two-spirit group and hope to see all those who are interested come and join in. We aspire to provide space where our community feels safe, accepted, and praised.

"Never lose hope, the hardest part is to never lose hope." - Jaquie

SAVE THE DATE!

**TWO SPIRIT GROUP MEETING
AND POTLUCK**

**NOVEMBER 9, 2017
5:30 PM
1551 E SHAW AVE**

NOVEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise Group 11-12 Wellbriety 5:30-7:30 CVIH Diabetes Conference	2 OVCDG grief & Loss workshop 5-6:30 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 OVCDG grief & loss workshop 5pm 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 Fall Fest 2-6	17 Turtle Lodge Thanks-giving	18
19	20 Walking Group 11-12 ClubWISE 3-6pm 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		

DECEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Walking Group 11-12	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	12 Beading 5:30-8:30	13 Exercise Group 11-12 Wellbriety 5:30-7:30	14 Beading 5:30-8:30	15 Turtle Lodge Thanks-giving	16
17	18 Walking Group 11-12 Advisory Board 5:30-7:30	19 Beading 5:30-8:30	20 Exercise Group 11-12 Wellbriety 5:30-7:30	21 Diabetes Class 12-2/ WISE Beading & Eating 5:30-8:30	22	23
24	25 Christmas office closed	26 Office closed	27 Exercise Group 11-12 Wellbriety 5:30-7:30	28 Beading 5:30-8:30	29	30
31						



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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