



FAIHP
Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

October • 2018

FAIHP Fall Happenings

INSIDE THIS ISSUE:

FAIHP News	1
Youth News	2
Nutrition News	3
Nursing Corner	4
Counselors Corner	5
Garden Notes	8
CBANS News	9
Calendar	11



This month Clubhouse youth wrapped up the Natives Who Code coding class. These classes were taught by Kelly Jaramillo, who volunteered his time to work with our youth. Students gained knowledge in computer programming through theory and hands-on work. Thank you for all your work, Kelly!



Some of the Clubhouse teens visited the Intertribal Friendship House for the Urban Rez Reclaiming Traditions Gathering last weekend. Youth met with other Natives and participated in activities including jewelry making, pine needle basket making, and working with traditional medicines.



Finally, the month wrapped up with youth attending the Native American Youth Conference, where youth had the opportunity to see and hear what Fresno State has to offer Native American students. Youth took a tour of the campus and heard from other Native American students attending the school.



Helping Kids Maintain a Healthy Body Weight: A Cheat Sheet for Success

When children are young, parents and other caregivers are responsible for providing an environment that helps them maintain a lifestyle that is beneficial to their health. When it comes to nutrition and fitness, the role of parents is the same no matter the size of their children. Not all slim kids have healthful eating habits or active lifestyles. And not all overweight children develop risk factors for diabetes or heart disease. A healthy weight for kids is about much more than numbers. It is about healthy behaviors, such as enjoying a variety of foods and activities for strength, flexibility and aerobic capacity.

Diets Are Not the Answer

Putting children on diets or forcing them into exercise programs can, in many cases, do more harm than good. Research suggests kids who diet end up weighing more than non-dieters, with lower self-esteem and greater risk for eating disorders. Do not put your child on a diet, especially without consulting your doctor and a registered dietitian. Here are some simple actions adults can take to help children develop positive lifestyle habits. These strategies have been shown to promote a healthy weight for adults too:

- Be active by playing together. Kids need 60 minutes of daily physical activity. Play with your kids every day. It's fun for them and fun for you too.
- Make family mealtimes a special time together. Eating more meals together can make a big difference in your family's health, happiness and finances. Dinners made at home are less costly than eating out and easier to prepare than you might think.
- Eat breakfast. Go beyond cereal and milk and try a breakfast burrito made with a scrambled egg, cheese and salsa wrapped in a flour tortilla. Also, teach kids to use the blender to make their own breakfast smoothie or serve a yogurt bar with plain or vanilla-flavored yogurt. Add toppings like granola, dried fruit and nuts.
- Don't forbid foods or use food as a reward. Forbidding foods only increases a child's desire for that food. Instead of saying no to your child's favorite food, limit the portion size. Use non-food rewards for good behavior such as stickers or allowing your child to have a friend over to play.
- Dine out responsibly. When dining at a restaurant, look for nutritious options on the children's menu such as a grilled chicken wrap, carrots with dip and fruit. If you order takeout or home delivery, remember that you can add to the meal by serving a glass of low-fat milk or adding a side salad.
- Enjoy a rainbow of fruits and vegetables. Most children need at least 1 ½ cups of fruit and 2 cups of vegetables a day. Serve juicy, crunchy, delicious fruits and vegetables at every meal and snack. Fresh, frozen, dried and canned — all types of produce contribute to good health.
- Encourage mindful eating. Ban screens at meal time and help kids focus on their food by being present at the dinner table.
- Limit sugar-sweetened beverages. Soft drinks, fruit punch and fruit drinks contain added sugars which could be displacing nutritious beverages such as low-fat milk. Move away from soft drinks and try homemade lemonade or iced tea with half the sugar as prepared drinks.
- Remove televisions and video games from bedrooms. Kids who get enough sleep are more likely to maintain a healthy weight and perform better in school. The American Academy of Pediatrics recommends no television in children's rooms to reduce screen time and promote healthy sleep habits.

FLU VACCINE CLINIC

**COME GET YOUR FLU VACCINE WITH NURSE NANCY
AT FAIHP**

**THURSDAY OCTOBER 4TH
2 PM TO 7PM**



- **HEALTHY SNACKS**
- **COMMUNITY INFORMATION TABLES**
- **DOOR PRIZES!**

**ALL REGISTERED CLIENTS FROM 4 YEARS OLD TO 104 ARE
ENCOURAGED TO COME FOR A FREE FLU VACCINE!**

**PLEASE CALL IF YOU HAVE ANY QUESTIONS
FRESNO AMERICAN INDIAN HEALTH PROJECT**

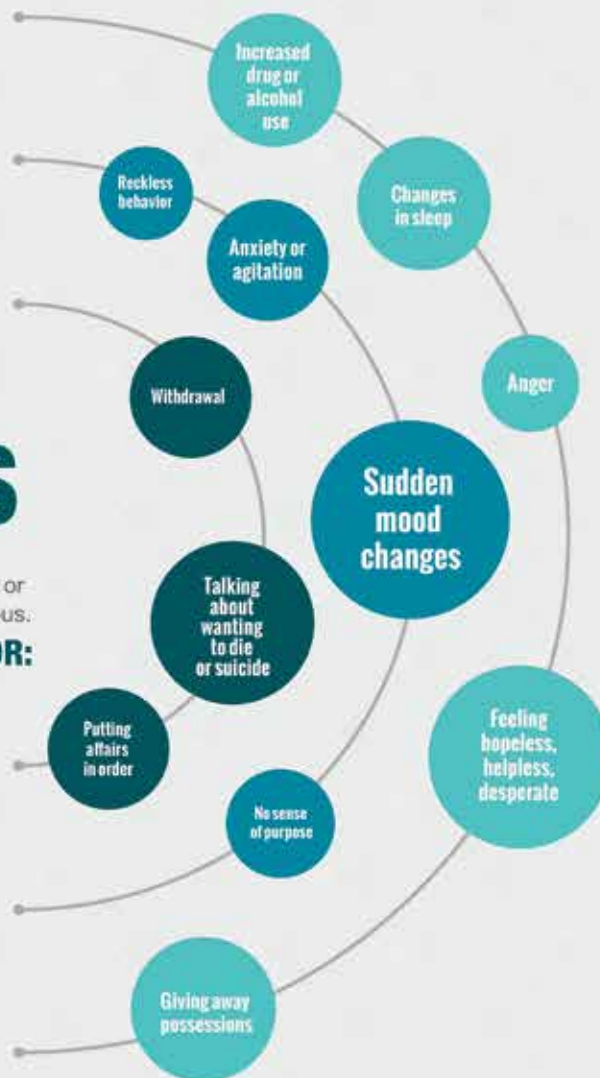
**1551 E. SHAW AVE., 139,
FRESNO CA 93710
(559) 320-0490**



PAIN ISN'T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren't always obvious.

HERE'S WHAT TO LOOK FOR:



By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life.
Learn more at:

suicideispreventable.org

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable

In a crisis call the
National Suicide Prevention Lifeline:
1.800.273.8255



Funded by counties through the state-approved
Mental Health Services Act (Prop 63)

FAIHP SUICIDE AWARENESS VIGIL EVENT

FAIHP held a candlelight vigil to raise awareness for suicide prevention and to remember those who have not only lost their life to suicide, but also those who have been affected by suicide. The event was held at our local community garden at our partnering agency, The Fresno Discovery Center. Over 60 individuals attended this event and experienced a night of remembrance through smudging, prayer, and songs by local community members. The event also spotlighted suicide awareness paintings that were created by a local Native artist, Bobby Martin. This event was made possible through our Native Connections grant. FAIHP's goal is to annually hold this event for community members in order to increase suicide awareness efforts and promote education on the topic. We thank all of the community members and planning team who made this first annual event possible. If you would like more information on suicide prevention, awareness activities, or counseling information please contact FAIHP at 559-320-0490.





Photos by R&CIngalls Photography

In September, we were been busy picking Chilis, Eggplants and even Strawberries! When the temperature dropped, the Cherry tomato plants produced lots of flowers, so we are waiting to see how they develop.



The Clubhouse youth learned how to play “Hoo’Utch” the Walnut Dice Gambling Game. They had a lot of fun and enjoyed the friendly competition. Using a traditional Gambling Tray, touching it, feeling it and learning about the materials used to make it helps them to understand more about our culture. Before they could collect any sticks, they had to count the dice and the sticks in the Wukchumni language. Counting is the same in most Yokuts dialects.

- 1-Yet
- 2-Po’noy
- 3-Sho’pen
- 4-Hut’po noy
- 5-Yet’si nid
- 6-Chow di’ pi
- 7-Nom’sid
- 8-Mu’nush
- 9-Now’nip or So pun’hut
- 10-Treo



Now that the cooler fall season is upon us, we will be planting the Winter Vegetables. We are also anxious to start our basketry and medicinal garden too! Please contact FAIHP, if you would like to come out and help prepare the land.

CBANS IN OUR NATIVE COMMUNITY



**This month CBANS went on a Pine Nut Gathering Trip.
As part of our WISE group.**

Traditionally the pine nuts were gathered along with acorn, and stored throughout the winter. This was used as a staple to feed the tribe during winter months. It was always a community event for the women to go gather and a time of togetherness. The pine nuts were also used to make traditional Native jewelry. Which we will be doing as part of our Beading Group. All are welcome to attend.

Every Tue - Thur. 5:30 - 8:30 pm.

**WISE OUR ELDER GROUP TWICE MONTHLY
2ND & 4TH THURSDAY OF EACH MONTH
A HEALTHY LUNCH IS PROVIDED
AND PRESENTATIONS OR WORKSHOPS ARE PROVIDED.**

Native Days Car & Bike Show Fundraiser



***Saturday, November 17th, 2018
11am-5pm***

1940 N. Fresno St. Fresno, CA

Raffles - Food - Vendors - Fun



FAIHP

Fresno American Indian Health Project

**Non profit organization
All proceeds will benefit FAIHP
Drug and Alcohol Free Event**

***For Carshow and Vendor information, contact:
Nikki @ 559-320-0490 or nredmond@faihp.org***

OCTOBER 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Exercise Group 11-12 Wellbriety 5:30-7:30	4 Flu Shot Clinic 2:00-7:00pm	5	6
7	8 Walking Group 11:00-12:00	9 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30	10 Exercise Group 11-12 Wellbriety 5:30-7:30	11 FSU Reading Program 3:45-5:15 WISE 1:00-3:00 Beadng 5:30-8:30	12	13
14	15 Walking Group 11:00-12:00	16 FSU Reading Program 3:45-5:15	17 Exercise Group 11-12 Wellbriety 5:30-7:30	18 FSU Reading Program 3:45-5:15 Diabetes Class 12:00pm-2:00pm Beadng 5:30-8:30	19	20 Two Spirit Group 12pm-3pm @ Discovery Center
21	22 Walking Group 11:00-12:00 Advisory Board 5:30-7:30 Cherokee Nation Meeting 5:00-8:00	23 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30	24 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	25 FSU Reading Program 3:45-5:15 WISE 1:00-3:00 Beadng 5:30-8:30	26	27
28	29 Walking Group 11:00-12:00	30 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30	31 Halloween! Exercise Group 11:00-12:00 Wellbriety 5:30-7:30			

NOVEMBER 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Walking Group 11:00-12:00	6 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30	7 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	8 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30 Two Spirit Group 5:30-7:30	9	10
11	12 Office Closed Veterans Day Parade	13 FSU Reading Program 3:45-5:15	14 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	15 FSU Reading Program 3:45-5:15 Diabetes Class 12:00pm-2:00pm Beadng 5:30-8:30	16	17 Native Car Show 11:00am-5:00pm
18	19 Walking Group 11:00-12:00 Advisory Board 5:30-7:30	20 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30	21 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	22 Office Closed 	23 Office Closed	24
25	26 Walking Group 11:00-12:00 Cherokee Nation Meeting 5-8	27 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30	28 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	29 WISE 1:00-3:00	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

OUR BOARD OF DIRECTORS

Ralph Vigil - Chair

Leece Lee Oliver - Vice Chair

Pam Coronado - Treasurer

Brandy Jaramillo - Secretary

The Fresno American Indian Health Project is a culturally sensitive health access and advocacy program designed to enhance the health and well being of the American Indian community in the City of Fresno, CA. The Health Project provides public health services and access to free & low cost quality health care. The primary program services are comprehensive case management, public health nursing, providing access to health services and prevention education.