



# FAIHP

Fresno American Indian Health Project

# DRUM BEATS

*The Heartbeat of The Community*

December • 2018

# Happy Holidays

# from Fresno American Indian Health Project

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CLUBHOUSE FAMILY EVENT  
YOUTH & ELDERS ACTIVITIES

ClubWISE

December 17th  
1pm-3pm

Location @FAIHP Clubhouse 1551 E Shaw Ave Ste 121

Join us in making holiday wreaths and small gift activities with the youth and elders

Please RSVP by December 12th @ 559-803-6977

# Native Days Car & Bike Show Fundraiser



## FAIHP

Fresno American Indian Health Project



Thank you to all the participants, vendors, staff, volunteers and all who came out to our First Annual Native Days Carshow!

# IMPORTANT UPDATE

Dear Clients of FAIHP, if you are using any of our paid referral services, such as; Pharmacy, Dental, Vision, Behavioral Health Counseling. Starting January 2019 we are requiring that you apply for Medical Insurance. This will also include Medicare Part D which is the pharmacy/prescription services.

All new clients registering will have 30 days to apply from their registration date, and all current clients will need to apply within 30 days of the New Year!

Did you know that many clients have little to no co-pays on their monthly insurance plans? FAIHP has certified enrollment counselors to help you through this process, it takes about an hour. Please call and make an appointment as soon as possible.

FAIHP wants to help as many clients as possible, but due to the increasing need, many referrals have been denied or very delayed in their process. Having health insurance is so important for your piece of mind to take the best care of you that you can.

Please note that your referrals may be denied in the event that you do not apply for some type of health coverage.

We want to assist you as much as possible though this, but please don't wait and call today!



# Healthy Holiday Tips

Most Americans gain about 1-3 pounds during the holidays. While this doesn't sound so dramatic, research shows it adds up over the years and is a major contributor to the obesity epidemic. Luckily, there are ways to avoid holiday weight gain.

## Tip #1: Don't Skip Meals

Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.



## Tip #2: Eat Small Portions

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

## Tip #3: Pick a Strategy to Avoid Overeating — and Use It!

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you are really still hungry. It can take up to 20 minutes for your brain to register the feeling of fullness in your stomach.

## Tip #4: Keep Moving

Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

## Tip #5: Visit with a Registered Dietitian

Need help figuring out how to politely refuse Aunt Sally's push to fill your plate again? How about ways to stick with your personal lifestyle goals? For more information on eating well, feel free to contact Renee Ingalls, RD, CDE here at FAIHP at 320-0490.

# CBANS IN OUR NATIVE COMMUNITY

Our outreach events were the Rock your Mocs with our Beading class. We also attended outreach at Fresno State for Transgender Day of Remembrance and FAIHP staff attended Turtle Lodge Thanksgiving dinner to show our support. We also had our first Native Car and Bike show where we provided outreach and sold merchandise t-shirts. Below are some pictures of our events/outreach we provided.



Rock your Mocs!



Turtle Lodge Thanksgiving dinner



Transgender Day of Remembrance



FAIHP-Native Car & Bike Show

# HOLIDAY BLUES - DEPRESSION AMONG THE ELDERLY

Depression can be caused by a minor or serious medical problem; chronic pain or complications of an illness; memory loss; poor diet; loss of a spouse, close friend or companion; a move to a care facility; lack of exercise; change in routine; general frustrations with aging. Symptoms to look for include:

- Depressed or irritable mood
- Feelings of worthlessness or sadness
- Expressions of helplessness
- Anxiety
- Loss of interest in daily activities
- Loss of appetite
- Weight loss
- Lack of attention to personal care and hygiene
- Fatigue
- Difficulty concentrating
- Irresponsible behavior
- Obsessive thoughts about death and suicide

## **How do you know if your loved one is dealing with depression or dementia?**

On the other hand, dementia symptoms reveal a slow mental decline with confusion and loss of recognizing familiar locations. Writing, speaking and motor skills are impaired and memory loss is not acknowledged as a being problem by the person suffering dementia.

## **How can you help an elderly loved one during the holidays?**

As a care giver or family member of a depressed older person, make it your responsibility to get involved. The elder person generally denies any problems or may fear being mentally ill, which can make it that much harder to know if the elder person is having any issues. You can help the elder person feel the magic of the season and feel loved by including them in general activities such as:

- Church activities
- Shopping
- Seasonal Crafts
- Vacation
- Decorating
- Gift Wrapping
- Christmas Lighting
- Volunteering
- Introduce foods with better nutrition
- Exercise
- Haircut or a pedicure.
- Friends
- Fresh Air and Sunshine



## STRONGHEARTS Native Helpline

### National Helpline Opens to Support Native Victims of Domestic Violence

The Family and Youth Services Bureau's Family Violence Prevention and Services Act (FVPSA) Program announces the launch of the StrongHearts Native Helpline (StrongHearts) on March 6, 2017. StrongHearts is the first national helpline for Native survivors of domestic and dating violence. The National Domestic Violence Hotline, in partnership with the National Indigenous Women's Resource Center (NIWRC), established StrongHearts to provide accessible safety planning, crisis counseling, and culturally relevant referrals for Native survivors. This effort was supported in large part through funds from the FVPSA Program.

StrongHearts will be staffed by Native domestic violence advocates with specialized expertise on violence against Native survivors. StrongHearts is connected with domestic violence organizations and programs serving Native communities across the United States. Starting on March 6th, Native survivors, friends, family and those concerned about using abuse in their relationships, along with service providers can call 1-844-7NATIVE (1-844-762-8483) for immediate help during the hours of 9:00 a.m. – 5:30 p.m. CST, Monday through Friday.

StrongHearts is a direct response to addressing the high rates of relationship violence in Native communities. The reality is that so many of our American Indian and Alaska Native people experience domestic violence and dating abuse every day. It has never been more evident that access for our Native people to a Native helpline will continue to bolster national efforts to restore power and safety in our tribal communities. The StrongHearts Native Helpline is ready to answer that call.

According to the National Institute of Justice's May 2016 Research Report, Violence Against American Indian and Alaska Native Women and Men, 2010 Findings from the National Intimate Partner and Sexual Violence Survey, more than 4 in 5 American Indian and Alaska Native women and men have experienced violence in their lifetime. In addition, 55.5 percent of women and 43.2 percent of men reported experiencing physical violence by an intimate partner.

To enhance access to services and meet the unique needs of Native survivors, a dedicated Native helpline that provides support and connections to shelter, advocacy, and other services is critical. FVPSA is the primary federal funding source for emergency shelter and other supportive services for domestic violence victims and their children. FVPSA awards formula grants to states, state domestic violence coalitions, and tribes, serving 56 states and territories and 274 tribes. FVPSA also awards discretionary grants to build and enhance capacity and improve responses to address domestic and dating violence.

"StrongHearts will provide immediate support and life-saving tools to enable survivors to find safety and live lives free of abuse," says Katie Ray Jones, The Hotline Chief Executive Officer. Since its inception in 1996, the National Domestic Violence Hotline has provided domestic and dating violence help to over 4 million people. Stronghearts Native Domestic Violence Hotline 1-844-7NATIVE (1-844-762-8483)  
National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224

# TIPS TO REDUCE HOLIDAY STRESS



Holiday stress can affect anyone, even children. There are a lot of expectations around the holidays. Many people associate the holidays with social gatherings, traditions, and happy memories. These expectations can lead to stress. Finding the time to attend every party, or feeling like you haven't been invited to enough parties can cause stress. When you add the financial burden, travel, and visiting family members, stress can start to build up. Finally, the holidays can also be a difficult time of the year for people who have lost friends and family members. The memory of their loss can add to other sources of stress, and hurt even more.

**The following 10 tips can help you can minimize the stress that accompanies the holidays:**

1. Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's okay to take time to cry or express your feelings.
2. Reach out. If you feel lonely or isolated, seek out community, spiritual, or other social events. Volunteering your time to help others also is a good way to lift your spirits and create support.
3. Be realistic. The holidays don't have to be perfect. As families change and grow, traditions often change as well. Choose a few to hold on to, and be open to creating new ones.
4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes not as planned. Chances are they're feeling the effects of holiday stress and depression, too.
5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy other peoples happiness.
6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list.
7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every activity.
8. Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence can add to stress and guilt.
9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
10. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, irritable or hopeless, and unable to face your daily routine. If these feelings last for a while, talk to your doctor or a mental health professional.

Citations: [healthline.com](https://www.healthline.com) and [mayoclinic.org](https://www.mayoclinic.org)

By David Stroud, LMFT

## DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Walking Group 11:00-12:00	4 FSU Reading Program 3:45-5:15  Beading 5:30-8:30	5 Exercise Group 11-12  Wellbriety 5:30-7:30	6 FSU Reading Program 3:45-5:15  WISE 1:00-3:00  Beading 5:30-8:30	7	8
9	10 Walking Group 11:00-12:00  Advisory Board 5:30-7:30	11 FSU Reading Program 3:45-5:15	12 Exercise Group 11-12  Wellbriety 5:30-7:30	13 FSU Reading Program 3:45-5:15  Two Spirit 5:30-7:30  Beading 5:30-8:30	14	15
16	17 Walking Group 11:00-12:00  Club WISE 1:00-3:00pm  Cherokee Nation Meeting 5:00-8:00	18 FSU Reading Program 3:45-5:15  Beading 5:30-8:30	19 Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	20  Diabetes & WISE 12:00-3:00  Beading 5:30-8:30	21	22
23	24 Office Closed	25 Office Closed  	26  Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	27  Beading 5:30-8:30	28	29
30	31 Office Closed  					

## JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Office Closed	2 Exercise Group 11-12  Wellbriety 5:30-7:30	3  WISE 1:00-3:00  Beading 5:30-8:30	4	5
6	7  Walking Group 11:00-12:00	8  FSU Reading Program 3:45-5:15  Beading 5:30-8:30	9  Exercise Group 11-12  Wellbriety 5:30-7:30	10 FSU Reading Program 3:45-5:15 WISE 1:00-3:00 Two Spirit Group Beading 5:30-8:30	11	12
13	14 Walking Group 11:00-12:00  Advisory Board 5:30-7:30	15 FSU Reading Program 3:45-5:15	16 Exercise Group 11-12  Wellbriety 5:30-7:30	17 FSU Reading Program 3:45-5:15  Diabetes Class 12:00pm-2:00pm 5:30-8:30	18	19
20	21  MLK Day Office Closed	22 FSU Reading Program 3:45-5:15  Beading 5:30-8:30	23 Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	24 FSU Reading Program 3:45-5:15  WISE 1:00-3:00  Beading 5:30-8:30	25	26
27	28  Walking Group 11:00-12:00	29  FSU Reading Program 3:45-5:15	30  Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	31  WISE 1:00-3:00  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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*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.*