



FAIHP
Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

November • 2018

NATIVE AMERICAN HERITAGE MONTH

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Am I a Good Partner? Quiz

ARE YOU A GOOD PARTNER? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

DO I	YES	NO
1. Forget to thank my partner when they do something nice for me?	<input type="radio"/>	<input type="radio"/>
2. Ignore my partner's calls if I don't feel like talking?	<input type="radio"/>	<input type="radio"/>
3. Get jealous when my partner makes a new friend?	<input type="radio"/>	<input type="radio"/>
4. Have trouble making time to listen to my partner when something is bothering them?	<input type="radio"/>	<input type="radio"/>
5. Discourage my partner from trying something new like joining a club?	<input type="radio"/>	<input type="radio"/>
6. Call, text or drive by my partner's house a lot?	<input type="radio"/>	<input type="radio"/>
7. Get upset when my partner wants to hang out with their friends or family?	<input type="radio"/>	<input type="radio"/>
8. Make fun of my partner or call them names?	<input type="radio"/>	<input type="radio"/>
9. Criticize my partner for their taste in music or clothing?	<input type="radio"/>	<input type="radio"/>
10. Make fun of my partner's appearance?	<input type="radio"/>	<input type="radio"/>
11. Accuse my partner of flirting or cheating even if I'm not sure that's what happened?	<input type="radio"/>	<input type="radio"/>
12. Take out my frustrations on my partner, like snapping at them or giving them attitude?	<input type="radio"/>	<input type="radio"/>
13. Throw things if I'm mad at my partner or do things like hit walls or drive dangerously?	<input type="radio"/>	<input type="radio"/>
14. Read my partner's texts or go through their personal things, like their wallet or purse?	<input type="radio"/>	<input type="radio"/>
15. Tell my partner they are the reason for my bad mood even if they aren't?	<input type="radio"/>	<input type="radio"/>
16. Try to make my partner feel guilty about things they have no control over?	<input type="radio"/>	<input type="radio"/>
17. Sometimes say things to my partner knowing that they are hurtful?	<input type="radio"/>	<input type="radio"/>
18. Talk down to or embarrass my partner in front of others?	<input type="radio"/>	<input type="radio"/>
19. Make/encourage my partner to do things sexually that I know they don't want to do?	<input type="radio"/>	<input type="radio"/>

WE ARE HERE TO HELP

CHAT: 24/7/365 · CALL: 1.866.331.9474 · TEXT: LOVEIS TO 22522



FOR MORE INFORMATION, VISIT WWW.LOVEISRESPECT.ORG



So Are You A Good Partner?



SCORING

GIVE YOURSELF ONE POINT FOR EVERY "YES" YOU ANSWERED TO QUESTIONS ONE THROUGH FOUR AND FIVE POINTS FOR ALL "YES" ANSWERS TO NUMBERS 5-20. DON'T GIVE YOURSELF ANY POINTS FOR ANY "NO" ANSWERS.

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0pts

If you got zero points, congratulations! You make a good Partner! It sounds like you're very mindful of your actions and respectful of your partner's feelings -- these are the building blocks of a healthy relationship. Keeping things on a good track takes work, so stay with it! As long as you and your partner continue like this, your relationship should grow in a healthy direction.

1-2pts

If you scored one or two points, there may be a couple of things in your relationship that could use a little attention. Nobody is perfect, but it is important to be mindful of your actions and try to avoid hurting your partner. Remember, communication is key to building a healthy relationship!

3-4pts

If you scored three or four points, it's possible that some of your actions may hurt your partner and relationship. While the behaviours may not be abusive, they can worsen over time if you don't change.

5pts

If you scored five or more points, some of your actions may be abusive. You may not realize it, but these behaviours are damaging. The first step to improving your relationship is becoming aware of your unhealthy actions and admitting they are wrong. It's important to take responsibility for the problem and get help to end it. An unhealthy pattern is hard to change, so chat with a peer advocate at loveisrespect.org for more information on how to get help.

November is Lung Cancer Awareness Month

Did you know that lung cancer is the #1 cancer killer of men and women?

Cancer is the second most common cause of death for American Indians and Alaska Native people, accounting for one out of every six deaths. Of the fatal cancers, by far the most common is lung cancer. Lung cancer has been steadily increasing for American Indians and Alaska Natives since the 1960's.

Cancer Rates Higher among American Indians due to a combination of many factors all working together.

A high burden of cancer risk factors:

- Tobacco abuse (smoking and chewing) and cigarette smoke exposure
- Alcohol abuse
- Diets high in animal fats and low in fiber, fresh fruits and vegetables
- Lack of regular physical activity
- Obesity
- Diabetes
- Family genes that increase cancer risk

Individual barriers to prevention and care:

- Low awareness of cancer risks
- Low awareness of screening options
- Distrust of medical systems and research
- Fear of screening tests or results
- Health beliefs that may conflict with prevention practices

Community and system level barriers:

- Underfunded urban and tribal health systems
- Lack of accurate population-specific data
- High rates of poverty
- Poor access to health care due to low rates of health insurance
- Limited availability of prevention programs, cancer screening and specialist care

Talk to your Health Care Provider, there is a new low-dose CT scan for high risk individuals that could save your life!



UNDERSTANDING DOMESTIC AND FAMILY VIOLENCE

www.domesticviolence.com

Most people in intimate relationships disagree about things from time to time. Disagreements are a normal part of a healthy relationship. Both parties should be able to put forward their different points of view or concerns and feel comfortable discussing them together. In a healthy relationship both parties treat each other as equals and compromise to seek solutions to overcome their problems. However, in a relationship where domestic and family violence is occurring, the situation is very different. One person in the relationship uses abuse and/or violence to control the other person through fear. The victim feels threatened - too frightened to argue back or too scared to disagree or express her opinion. The perpetrator has power over the victim.

In many abusive relationships perpetrators of abuse and violence are often initially very controlling and dominating over their partner and this behavior may mistakenly be interpreted as jealousy or considered a compliment by the individual or a sign of "love." In some cases, domestic and family violence can continue long after the relationship has ended. People who experience these acts of abuse or violence often feel fearful and unsafe.

Domestic and family violence is not restricted to any particular socio-economic, racial or cultural groups. It can occur between people in a range of domestic relationships including:

- Spousal relationships
- Intimate personal relationships
- Family relationships
- Informal care relationships

INCREASING YOUR SAFETY

www.redwomenrising.org

- Getting support for yourself and your children can help you move toward a healthier future, even the smallest step is something to celebrate.
- Local domestic violence advocacy programs can meet with you privately, help you with safety planning and provide referrals to safe shelters. They also provide services for individuals who may not want or be ready to go to a shelter.
- Many programs offer:
 1. Drop-in one-on-one or support groups for women and services for children.
 2. Tribal-specific advocacy services to support your healing.
 3. Call your local program to find out what is available.

National Domestic Violence Hotline 1-800-799-SAFE (7233)
Sexual Assault Hotline 1-800-656-4673

3rd Annual FAIHP 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. Much of this knowledge has been lost over time, and with that loss of knowledge a loss of vital traditions and the unique elements that made up a strong and healthy culture.

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 the Creator. They promote a healthy next generation, and can prevent chronic disease. Bringing back some of these foodways can help us be the answer to our ancestors prayers and lead Native Americans to once again be the healthiest people to ever live on this land.

During just the first 14 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 most 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.

Indigenous Food Challenge Details:

Dates: Thursday, November 1st - Wednesday, November 14th 2018

Indigenous Foods Celebration and Feast: November 15th 2018 at 12-2pm and 5:30-730pm

Grocery bags and challenge resources available for first 30 households who sign up to participate. Call front desk @ 559-320-0490 for more details.

Jerky Stew (Plains tribes)

Ingredients:	1 lb	Buffalo or beef jerky, coarsely diced
	2 cups	dried hominy, soaked at least 8 hours, or canned hominy
	1 ½- 2 cups	green onions, chopped
	1 lb	New or red potatoes, diced
	1 tsp	sage, ground (optional)
		Salt and pepper to taste.

Directions:

Place jerky, dried hominy, and green onions in a large kettle. (If using canned hominy, add it during the last hour of cooking). Cover with water and bring to a boil. Reduce heat to a simmer and cook, covered, for 2 hours, until hominy is just tender. Add potatoes, sage, and salt and pepper and cook an additional 30 to 40 minutes, until potatoes are tender. Add more water if necessary. Serves 4-6.

Indigenous Foods of Central California

Darlene Franco

Today's forms of Gardening and Farming are a foreign concept to our Local Indigenous ways. Our people were placed here to be Caretakers of the earth, and for many years, we have helped to manage the land. In doing so, we tried not to change much of the natural environment. Our traditional ways include clearing, cleaning, pruning, weeding, digging, gathering and even burning areas to encourage new growth. Our people gather and prepare food as the seasons provide for us. If you don't already, I encourage you to re-introduce indigenous foods back into your diet. It will keep your body, mind, spirit healthy and happy!

Fungi – Mushrooms are eaten, often as a side dish to Acorn or meat. It also can be dried and stored.



Tree Mushroom



Acorns

Nuts & Seeds: Acorn gathered from the mighty Oak Trees that were so prevalent here in California. This was a staple for many people in California: gathering, processing and cooking acorn is such way of life.

Animals – Elk, Deer, Antelope, Rabbit, Fish, Birds, Reptiles etc... The flesh and organs were eaten, hides used for clothing and blankets and Bones and other parts were used for tools.



Mule Deer



Elderberry

Fruits – Berries to be eaten fresh, made into juices and dried and stored for later use.



Plants

Plants – Leaves and sprouts are gathered and often eaten raw such as Clover. Wild Potatoes and onions are dug and gathered, many plants have medicinal uses also.

CBANS IN OUR NATIVE COMMUNITY

All Elders can benefit from a healthier diet. Consider the following:

- Make one change at a time. Changing diets is not easy and habits can be hard to break. By making one change at a time, it will be easier to change habits successfully.
- Reduce how many simple carbohydrates (refined sugars) you eat. Snacks like soda and candy contain very high amounts of these simple sugars and replacing them with healthier choices can make a big difference to your health.
- Control portions – how much is served. Eating until satisfied rather than stuffed is a good habit to create.
- Eat more fruits and vegetables.
- Use healthier cooking techniques regardless of what is being cooked. Avoid frying foods, and try instead to bake, steam or boil more often.
- Try healthy traditional recipes and cooking with traditional ingredients. Eating traditional foods can be a healthy choice that preserves and promotes culture.
- Try gardening to grow the foods you like locally and eat healthier from your own yard.

Come join us at FAIHP for our indigenous food challenge with our very own Renee Ingalls Dietician Health Coordinator.

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The CBANS program is a culturally based peer support navigation program. As a Peer Support Specialist he is here to provide prevention and early intervention, connecting the Native American community to the right resources that they need to live a less stressful and healthier life. CBANS focus is to improve the knowledge of mental health and the availability of services in the community. Not only to inform, also to connect our community with the proper services through peer support and navigation.

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***

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 WISE 1:00-3:00 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 CVIH diabetes conference 10:00a-2:00p	15 FSU Reading Program 3:45-5:15 Diabetes Class 12:00-2:00 Indigenous Food Challenge potluck. 5:30-8:30pm	16 Turtle Lodge Community Dinner 12:00pm	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 ClubWISE Cultural Event 5:00 - 7:00pm	30	

DECEMBER 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Exercise Group 11-12 Wellbriety 5:30-7:30	4	5	6
2	3 Walking Group 11:00-12:00	4 FSU Reading Program 3:45-5:15 Beadng 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 Beadng 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 Diabetes Class 12:00pm-2:00pm Beadng 5:30-8:30	14 Office Closed	15
16	17 Walking Group 11:00-12:00 Cherokee Nation Meeting 5:00-8:00	18 FSU Reading Program 3:45-5:15 Beadng 5:30-8:30	19 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	20 FSU Reading Program 3:45-5:15 WISE 1:00-3:00 Beadng 5:30-8:30	21	22
23 30	24 Office Closed 31	25 Office Closed 	26 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	27 WISE 1:00-3:00 Beadng 5:30-8:30	28	29



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

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Leece Lee Oliver - Vice Chair

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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.