



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

April • 2019

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YOUTH ARE THE NOW

The first session of the fitness club has kicked off. The youth participated in the Running is My High run/walk in Oakland Ca. This event was hosted by the Native American Health Center for the 18th year. The FAIHP Clubhouse youth will be participating in multiple run/walk events, throughout the next few months. The youth are working to build a sense of team and create healthy habits through physical activity and nutrition.



TEEN GROUPS

Also new this month, the Clubhouse has reactivated the teen boys and girls groups for one Friday per month. The boys and girls met this month creating norms around peer to peer interaction, and building stronger relationships. These groups will be a space for personal growth, confidence and to learn from one another.

The younger youth participated in a collage building activity this month that shared about who they are, and what their interests are. They did this in a very creative way in an activity led by Selina, one of our FAIHP interns. The collage will be made of a collection of colorful Popsicle sticks that the youth designed to represent themselves. All the colors and all designs are very unique just as each and one of the youth.

Helping Someone Who is Suicidal

It may be terrifying to realize that someone close to you has thought about taking their own life. An important part of being a good mate is reaching out to them when you think they might be struggling. If you notice warning signs and you think something might be wrong, don't ignore them, there are a number of things you can do to help:

- If you feel comfortable, talking is a good place to start. Tell them you are concerned and that you are there to help.
- Supporting them to get help when they are feeling overwhelmed or suicidal is important.
- Allowing someone to talk through and share their feelings is often enough to give them a different perspective on a situation.
- Don't be afraid to ask them directly. It won't put the idea in their head or make them take action.
- If they tell you they are suicidal, don't agree to keep their suicidal thoughts or plans a secret and don't assume they will get better without help or that they will seek help on their own.
- Encourage them to get professional help, make an appointment with a GP and offer for someone to go with them, or contact a helpline together:
- Crisis Text Line: Text HOME to 741741
- National Suicide Prevention Lifeline (24 –hour crisis telephone counseling) 1-800-273-8255
- Central Valley Suicide Prevention Hotline: 1-888-506-5991
- Veteran's Crisis Line: 1-800-273-8255 Press 1

It is important to remember that no matter what happens, you are not responsible for their actions but you can support and encourage them to get help.

Looking after yourself

Finding that somebody close to you may be thinking about suicide can be upsetting and stressful. Therefore, it is important to look after yourself.

Make sure you are still eating and sleeping properly and managing your stress levels. Talk to someone you trust, or contact a counselor or other professional to discuss how you can cope.

For more information about suicide prevention call Dominique Carrillo at Fresno American Indian Health Project. 559-230-0490



HIV in Indian Country



The mission of the Indian Health Service is to raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level. The **IHS National HIV/AIDS Program** coordinates and promotes HIV/AIDS prevention and treatment activities specific to Indians as part of a comprehensive public health approach. The goals of the HIV/AIDS Program are to prevent further spread of HIV and improve health outcomes for those already living with HIV and AIDS.

From 2012-2016
HIV screening
increased by
63%
for AI/AN
ages 13-64

Ending the HIV Epidemic: A Plan for America focuses on three major areas of action, one being increasing investments in geographic hotspots. Many of the counties and states identified in the plan are in

locations with federal, tribal and urban health sites. American Indians and Alaska Natives are ranked fourth in the nation for the estimated rate of new HIV diagnoses when compared with all other races and ethnicities.

The president's **fiscal year 2020 budget proposal** includes **\$25 million** in new investments to establish the Eliminating Hepatitis C and HIV/AIDS in Indian Country Initiative. This will expand partnerships between IHS and Native communities to end the HIV epidemic in Indian Country.

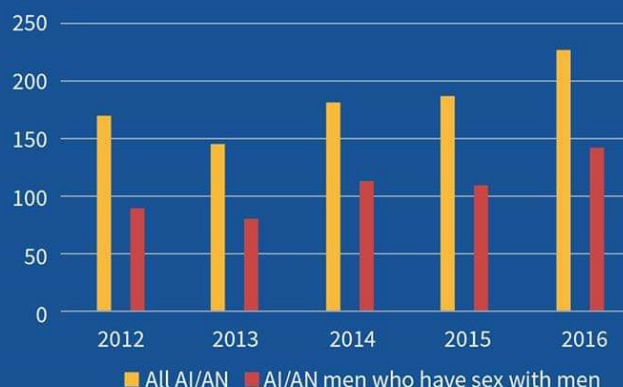
Pre-Exposure Prophylaxis, also known as PrEP, is a once-per-day pill that has been shown to reduce the risk of HIV infection through sex by as much as 97%.

Since August 2018, PrEP has been available in the same manner as all other medications accessible at IHS.



PrEP is a prevention method in which **people who do not have HIV** infection take a pill daily to reduce their risk of being infected.

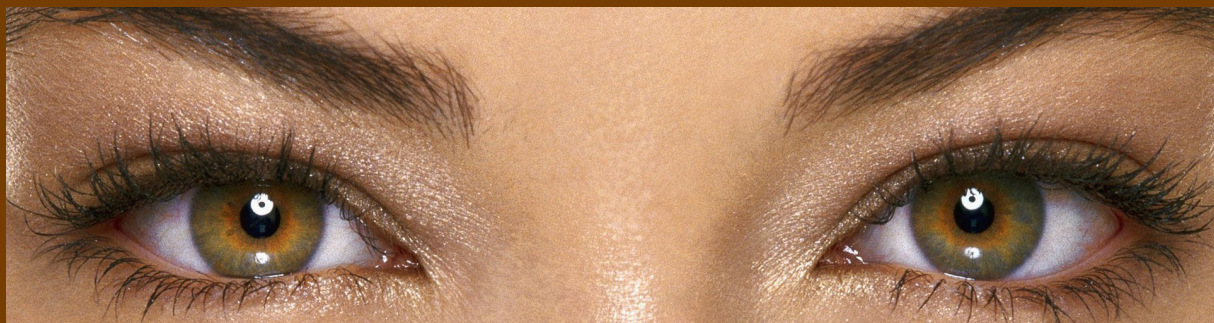
American Indian and Alaska Native Diagnoses of HIV infection



- From 2012-2016 there has been a 34% increase in HIV diagnoses among American Indian and Alaska Native.
- From 2012-2016 there has been a 58% increase in HIV diagnoses among American Indian and Alaska Native gay and bisexual men.

The **HIV clinic at Phoenix Indian Medical Center** is the largest in all of IHS, with over 300 patients. American Indian and Alaska Native people who are living with HIV in Arizona have the highest viral suppression rates of all racial groups in the state

Top Five



Foods for Eye Health

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about the top foods for eye health. But don't count on popping a pill to get these nutrients — your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect.

Kale: See the Light

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Salmon: Goodbye, Dry Eyes

Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D.

Green Tea: Antioxidant Powerhouse

A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.

ESSENTIALS HEALTH TIPS FOR ELDERS

1. Keep active. Do something to keep fit each day, something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

2. Eat well. Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.

3. Maintain a healthy weight. Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water, water is calorie free!

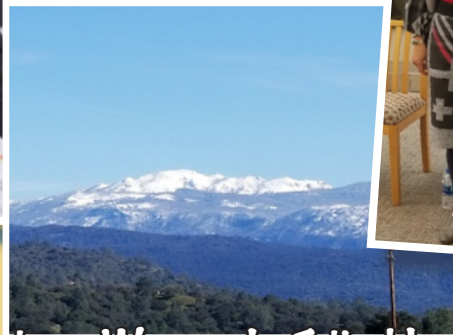
4. Prevent falls. We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

5. Stay up-to-date on immunizations and other health screenings. By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a “Welcome to Medicare” visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screenings and vaccinations are due.

6. Prevent skin cancer. As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun. Too much sun and ultra-violet rays can cause skin cancer.

7. Get regular dental, vision and hearing checkups. Your teeth and gums will last a lifetime if you care for them properly that means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.

8. Manage stress. Try exercise or relaxation, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.



Native American Women In Tribal Leadership Summit



FAIHP staff at the Chukchansi Education and Career Fair



FAIHP Wellbriety Group

Garden Notes

SPRING IS HERE

It's time to plant out Beans, Peppers, Corn, Cantaloupe, Watermelon, Cucumber, Eggplant, Squash and of course a wide variety of Tomatoes!

Come join us for the FAIHP Garden Club Saturday workshops and meetings on April 6th and April 27th at 10am. The Garden is located across the street from the Discovery center at 1937 N Winery Ave. Fresno, CA 93703. Please register in advance by contacting Darlene at dfranco@faihp.org.



EAT LIKE OUR ANCESTORS

No matter what region of land you are from, our ancestors lived in harmony with our surroundings. Here in the great San Joaquin Valley, we eat a lot of Acorn, Fish, Deer and many native plants. Before the introduction of colonized foods, our people were healthy and strong. Diseases such as diabetes and cancer were not common issues, as they are in today's world. Eating food from the earth, especially food you grow yourself is the best gift you can treat yourself and your family to.



Image: © RomarioIen/Thinkstock

Strengthening Your Spirit With Self-Reflection



Among AI/AN people, there is an infinite range of beliefs about wellness, healing, and health. The concept of mental illness and beliefs about why and how it develops have different meanings and interpretations among the Native community. One way to understand the overall concept of mental wellness is by thinking about The Medicine Wheel. The Medicine Wheel teaches us about the interconnectedness of all things.

East, the direction of Spring, brings us vision.

South, the Summer, is the place of passion and emotion.

West, the Autumn, manifests itself in the physical and the place of work.

North, the Winter, is the place of the spiritual and of realizing the fruits of our labor.

As people, we are influenced not only by what goes on around us, but also by what is going on inside of us. In this age, it is easy to get distracted by all of the things that are happening around us and forget that we need to make time to be with ourselves. With the seasons changing, now is the time to stand back and assess how you have been feeling this year. This concept is called self-reflection. Self-reflection can be defined as a type of meditation or serious thought about one's character, actions, and motives. By taking the time to reflect on all of the things that are going on in your life, it makes it easier to understand what areas need improvement. Being able to give yourself some constructive criticism every now and then encourages you to continue bettering yourself on a regular basis.

Here are a few questions to consider to help you reflect on how you are doing this year:

- ☐ What has changed in your life that will make this year different from last?
- ☐ Have you completed any of the goals you set for yourself this year?
- ☐ What have you been feeling emotionally?
- ☐ What can you do to improve on yourself this year?
- ☐ How can you make your relationships with loved ones better?

By: Serena Cuevas, Fresno State Social Work Intern

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walking Group 11:00-12:00	2 Beading 5:30-8:30	3 Wellbriety 5:30-7:30	4	5	6
7	8 Walking Group 11:00-12:00	9 Beading 5:30-8:30	10 Exercise Group 11-12 Wellbriety 5:30-7:30	11 WISE 1:00-3:00	12	13
14	15 Walking Group 11:00-12:00 CAB 5:30-7:30	16 Beading 5:30-8:30	17 Exercise Group 11-12 Wellbriety 5:30-7:30	18 Diabetes Class 12:00-2:00 Two Spirit Group 5:30-7:30	19	20
21	22 Walking Group 11:00-12:00	23 Beading Potluck 5:30-7:30	24 Wellbriety 5:30-7:30	25 WISE 1:00-3:00	26	27
28	29 Walking Group 11:00-12:00	30 Beading 5:30-8:30				

MAY 2019

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



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

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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.