



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

March • 2019



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YOUTH ARE THE FUTURE

Some say that, “the youth are the future.” Well this past month we have seen local youth, who are the here and now. The FAIHP was able to provide the first session of the 2019 GONA peacekeeper training for these youth. Just a little background on what and who the peacekeepers are; they are youth ages 13-17-years-old, who have participated in at least one GONA. This team of youth were identified by their peers, clan elders, and community. They have been recognized as natural leaders to fulfill the peacekeeping role at the 2019 GONA.

The peacekeeper role is one of leadership, mentorship, and requires a set of knowledge, skills and abilities. At



just the beginning to a great year with the youth, our partnerships and our community. For more information on who can participate or any questions regarding the trainings please contact clubhouse staff.



Along with youth leadership the clubhouse was able to collaborate with the OVCDL Language department. The first session with OVCDL was harvesting acorns in the month of January. The youth who participated in this activity were ages 6-12 years old. The second session came this month, with the youth learning how to process and prepare the acorn. The instructor of both sessions Carly Tex provided a week-long activity filled with little ones who were eager to learn, and by the end of the week eager to teach. Clubhouse would like to thank the OVCDL Language department not only for sharing your knowledge, providing such great hospitality and for carrying on such important work and traditions.

the training, we had youth representing North Fork, Visalia, Fresno, Coarsegold, and made up of a mix of tribes. The first session was the “Belonging” peice; which covered the component of team building and stages of team development. Along with this first session the youth learned about how their skills and abilities learned at camp, can be translated into skills that can help build their resume. I am very proud to say that all the youth in attendance did an outstanding job and for this we commend you all!

This training is provided by the FAIHP but would not be possible without all the effort from our community partners and devoted volunteers. This is





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



Recently I have been seeing quite a few ads for “JUUL” what is “JUUL”?? The advertisements almost make it seem like it’s to help with smoking cessation – well it’s NOT!

JUUL is now the most commonly sold e-cigarette in the US.

- JUUL is an e-cigarette shaped like a USB flash drive and is easy to conceal.
- JUUL uses liquid nicotine refills called “pods,” which contain at least as much nicotine as a pack of cigarettes and are available in flavors that appeal to youth.
- JUUL devices are being used by youth in schools, including inside bathrooms and classrooms. (Centers for Disease Control, 2019).

I don’t know about you, but I find this scary! Our children are being specifically targeted to buy these tobacco products. They are very few if any controls on these products! Some e-cigarettes have an unknown quantity of nicotine and they are cute and have fun fruit and other flavors to add to their appeal!

Tobacco product use among US youth is increasing. More than 1 in 4 high school students and about 1 in 14 middle school students in 2018 had used a tobacco product in the past 30 days. This was a considerable increase from 2017, which was driven by an increase in e-cigarette use. E-cigarette use increased from 11.7% to 20.8% among high school students and from 3.3% to 4.9% among middle school students from 2017 to 2018.

Among youth:

- E-cigarettes are still the most commonly used tobacco product, ahead of cigarettes, cigars, smokeless tobacco, hookah, and pipes.
- E-cigarettes are the most commonly used product in combination with other tobacco products.
- E-cigarette use is highest for boys, whites, and high school students.

When and where will this stop our children are being targeted. Studies have shown that once a youth starts smoking e-cigarettes, the likelihood of them smoking traditional cigarettes is over half!

**The bottom line is
Talk to your kids about tobacco
Know what your kids are doing, where they are and who they are with
Keep tobacco sacred**

HARD FACTS ABOUT SOFT DRINKS

Two in three kids in the U.S. drink at least one sugary drink each day. And, about 30 percent of children consume two or more per day. Plus, when the price is low — think soda — kids learn quickly that they can get more “bang for their buck.” They go for the super-size soft drink instead of an 8-ounce carton of low-fat milk. And, let’s face it, the variety of types and flavors of soft drinks — regular, diet, with or without caffeine, cola and energy drinks — is a temptation trap.

Sweetened Soft Drinks

The main ingredient in sweetened soft drinks is water. They are about 90 percent carbonated water. So, why discourage kids from consuming sodas too often? The answer: these drinks provide essentially no key nutrients. Plus, they contain sugar or high-fructose corn syrup, which is a combination of fructose and dextrose (a sugar that comes from corn). There’s an ongoing debate about a link between this syrup and the skyrocketing obesity rates in the U.S. The jury is still out. At this point, there is not enough scientific evidence to say that this sweetener changes metabolism, increases body fat or boosts appetite, but more information is discovered day by day. Regardless, one key strategy for maintaining a healthy weight is to limit added sugar.

Other ingredients in soft drinks are artificial and natural flavors. Plus, acids such as citric acid and phosphoric acid give a tart taste and act as preservatives. These acids can potentially lead to decreased calcium absorption, and even leach the calcium from bones, causing future health effects. Artificial coloring usually is added, an unnecessary manmade chemical.

Many soft drinks also contain caffeine. While caffeine is not necessarily harmful, it is a stimulant that can affect kids’ alertness and sleep patterns. Caffeine can make children feel anxious, jittery or dizzy. It may even cause headaches. Unfortunately, the Nutrition Facts and other food labels do not list the amount of caffeine. However, most caffeine-free soft drinks say so on the label.

If your child or teen drinks sweetened soft drinks, consider these “think before you drink” tips:

- Offer kids water when they are thirsty — it is the best way to quench thirst.
- Serve water, low-fat milk or fortified soy beverage at meals instead of soft drinks.
- Cut down the quantity of soft drinks over time. Each week, have your children cut back until they reach the goal of drinking one serving or less a day. And, no, a 64-ounce cup is not a serving! The daily limit should be no more than 8 to 12 fluid ounces, or — better yet — none at all.
- Shift soda drinkers to diet soda options — they are a better alternative than regular sodas because they don’t contain added sugars, but continue to reduce the amount of diet soda as well; water is the best way to quench thirst.



Spring Health and Fitness Tips for Elders

Are sunnier days and warmer temperatures reinvigorating your zest for outdoor fitness? Spring is the perfect time to get outside and exercise! Don't miss this quick guide to spring-inspired exercise ideas for Elders as well as quick health and fitness tips to remember:

Try Something New! Spring is the season of rebirth and rejuvenation so let it inspire you to step outside the box and try something new. When it comes to outdoors, the ideas are plentiful:



- Go swimming at a natural spring or watering hole
- Take a bike ride with friends
- Go hiking or camping! Or volunteer at GONA!
- Get your Pow Wow on by dancing!
- Attend a ClubWISE event with your grandchildren.
- Join the FAIHP Garden Club at the community garden!
- Participate in Community Gatherings
Beading / WISE/Diabetes Class...
- Take an outdoor yoga class or come exercise at FAIHP!
- Try a new water sport like paddle boarding or kayaking

Stay Hydrated!

Decreased fluid intake and are commonly exhibited by Elders due to physiological changes which accompany aging. When you're out and about taking part in spring activities, however, it is critical to stay hydrated and replace fluids you lose through Sweating.

Elders should try and carry a reusable water bottle around with them when possible, or set reminders on your smartphone or clock, even when you're at home so you are alerted to stay on top of your hydration. Eating water-rich fruits and veggies like cucumbers, spinach, and watermelon can also help you get enough fluids throughout the day.



Seed Starting Workshop

Saturday, March 2, 2019 11:00am-1:00pm &
Tuesday, March 5, 2019 5:30pm-7:30pm

Come and join us to learn how to plant seeds as we
get ready for planting our Springtime Gardens!

Workshops will be held at the FAIHP Clubhouse.
Refreshments will be provided. Potluck is encouraged.



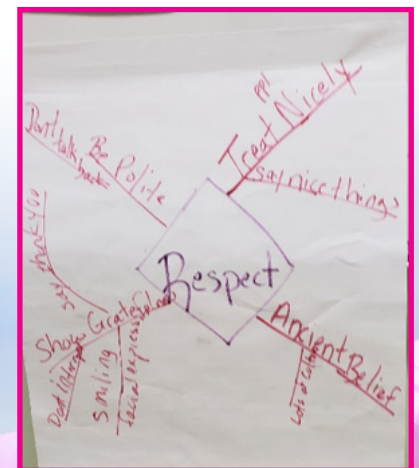
Space is limited. Please RSVP to Darlene Franco at dfranco@faihp.org,
to ensure we have plenty of supplies available.

Garden Notes

During the Month of January, We talked about the Land and Animals with the Clubhouse youth. Then they created their art on canvases.



Daughters of Tradition Classes started and the first Theme we studied is "Respect". The girls are learning the teaching of the Grandmothers, the Mind mapping process, the Belmont process and participating in Talking Circles!



BRAIN AWARENESS WEEK

n|compass northwest
looking towards a brighter future

THE APPROXIMATE
AGE YOUR BRAIN
STOPS GROWING **18**

YOUR BRAIN
RECOGNISES YOUR TOUCH, SO IT IS
PHYSICALLY IMPOSSIBLE
TO **TICKLE YOURSELF**

 **80%**
OF THE BRAIN
IS WATER

THE BRAIN
IS MUCH
**MORE
ACTIVE**



AT NIGHT
THAN DURING
THE DAY

THE BRAIN IS



OF A PERSON'S
BODY
WEIGHT

THE BRAIN
CONSUMES

20%
OF THE
BODY'S ENERGY

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Brain Awareness Week: March 11-17, 2019

5 Steps to a Healthy Brain

1. **Get Moving:** Increasing your activity level is something you can do right now to help yourself feel better almost immediately.
2. **Connection:** Simply speaking with another person face to face can trigger hormones that decrease stress, when you're feeling uncomfortable, unsure, or unsafe.
3. **Relaxation:** Practices such as yoga, meditation, and deep breathing activate the body's relaxation response, which is the opposite of the fight or flight stress response.
4. **Healthy Eating:** The food you eat affects your ability to cope with life's stressors. Eating a diet full of processed and fast food can worsen symptoms of stress. Eating a diet rich in fresh fruit and vegetables can help you better cope with life's ups and downs.
5. **Being Mindful:** Another fast way to relieve stress is intentional focus on one of more of your senses; sight, sound, taste, smell, or movement.

Reference: www.ncompassnorthwest.co.uk

MARCH 2019

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

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walking Group 11:00-12:00	2 Beading 5:30-8:30	3 Exercise Group 11-12 Wellbriety 5:30-7:30	4 WISE 1:00-3:00	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 Advisory Board 5:30-7:30	23 Beading Potluck 5:30-7:30	24 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	25 WISE 1:00-3:00	26	27
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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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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.