



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

May • 2019

Take Time for Self Care!

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YOUTH HAPPENINGS



During the beginning of spring, Clubhouse has been busy with the youth. At the end of March youth met author Eric Gansowrth (Onondaga, Eel Clan). His visit was sponsored by Fresno State's Arnie Nixon Center. Youth had the opportunity to hear about his inspirations to write and the support he received from the Native American community. Teen youth attended Fresno State to meet with Native American youth from Pechanga. They also received a tour of

the campus and heard from a panel of Native American students currently attending Fresno State. The intimate setting made welcomed discussion amongst students and staff supporting the students. A big thank you to Fresno State and the various people who are working with our students!

At the tail end of March was the GONA Peacekeepers Training. Twelve youth attended the training focused on the principle of Mastery. We are so excited to see these youth leaders in action at GONA 2019. Our GONA Facilitators continue to work collaboratively with the youth to further empower them to make positive changes in the community.



The Daughters of Tradition group is going strong. These young ladies are opening up and expressing themselves in healthy ways.



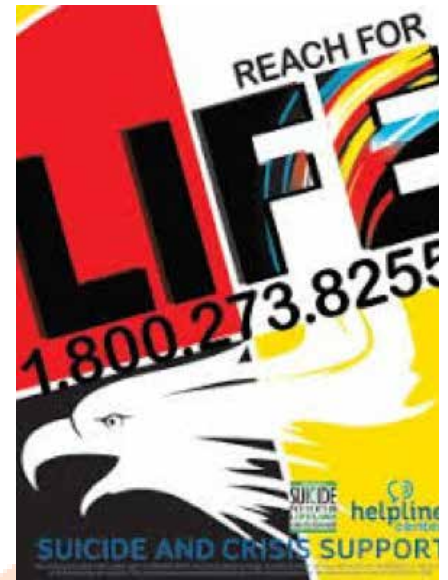
As a reminder, GONA registrations are now online at faihp.org and in our front office. Please give us a call if you have any questions at 559-320-0490.

Important dates to remember:

- Volunteer applications for GONA are due by May 10, 2019
- GONA Youth Applications are due by May 17, 2019
- Mandatory Parent and Youth Orientations - must attend one
- Friday, 5/17/2019, 5 PM - 6 PM at Fresno American Indian Health Project
- Saturday, 5/18/2019, 10 AM - 11 AM at Fresno American Indian Health Project
- Saturday, 5/25/2019 10 AM - 11 AM at Fresno American Indian Health Project
- GONA June 10 - 14

Suicide Talking Circle

Despite the strengths of American Indian and Alaska Native (AI/AN) families and communities, suicide remains a devastating and all too frequent event. Complex, interrelated factors contribute to an increased suicide risk among AI/AN people and include mental health disorders, substance abuse, intergenerational trauma, and community-wide issues. Factors that protect AI/AN youth and young adults against suicidal behavior are a sense of belonging to one's culture, a strong tribal/spiritual bond, the opportunity to discuss problems with family or friends, feeling connected to family, and positive emotional health. (Indian Health Services)



On Thursday April 4th Fresno American Indian Health Project (FAIHP) held our first Suicide Talking Circle. FAIHP felt the need to provide a safe place for our community members to talk about suicide and how it has affected their life or the life of a loved one. Suicide is a sensitive topic but a topic that needs to be talked about to help our Native Community start the healing process. The circle was made up of twelve community members and four FAIHP staff members. The conversation was very heartfelt, meaningful and healing. FAIHP was honored to provide the space for our community where they feel safe to talk about such a sensitive topic. FAIHP will be holding another night for our community to come and talk about suicide in the near future.

If you or a loved one is experiencing suicidal thoughts please call the help line or 911. If you would like support through therapy or support groups please call Dominique Carrillo. 559-320-0490 Ext 123.

“No, you aren’t alone. Yes, we all feel this way sometimes. No, you won’t always feel like this. Yes, the world is a better place with you in it.” Author, Unknown.

May 6th is National Children’s Mental Health Awareness Day. Please join the FAIHP team by helping spread awareness to our community about children’s mental health.

Healthy Heart, Healthy Brain...

The River of Life Flows
Through the Heart,
Protecting the Mind and Body



5.7 Million

Americans have
Alzheimer's disease



1 in 10

People age 65 and older
has Alzheimer's



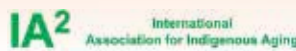
1 in 3

American Indians over 65
develops dementia, including
Alzheimer's

Elders with **heart disease**,
high blood pressure, or
diabetes have a much higher
risk of developing Alzheimer's
or other dementias.



*Make an appointment with your doctor today to
talk about how to keep your mind and heart healthy.*



30-Minute Workouts For Any Schedule

Who isn't in a time crunch these days? Even with the best intentions, it's easy to let a busy weekly routine crowd out regular physical activity. Yet, the beneficial effects of exercise are undeniable and far outweigh any risk in most adults. Current recommendations suggest that in a week, adults get at least 150 minutes of moderate-intensity aerobic exercise such as such as brisk walking or cycling, and two to three days of muscle-strengthening activities.



It's best to spread out activity during the week, as well as break it up into smaller chunks of time throughout the day. Researchers show that small bouts of exercise throughout the day compared to one prolonged bout can be equally beneficial to one's health. In addition, smaller bouts tend to be easier for people to implement and maintain. So, if you can't seem to find 30 consecutive minutes in a day for your workout, you can still fit it in by splitting up the time.

So how do we put those recommendations into practice? When life gets busy, self-care practices like exercise can be the first to go. Schedule exercise into your calendar like any other appointment or task. Scheduling is a straightforward way of converting an intention or activity into a long-lasting habit.

10-Minute Mini-Workouts

Try taking 10 minutes in the morning, afternoon and evening to do some form of activity. This can include 10 minutes of body weight exercises (push-ups, crunches, lunges, squats, etc.) in the morning, a 10-minute brisk walk during your lunch break at work and 10 minutes of yoga-inspired stretching in the evening.

Involve the Family in Daily Fitness

Thirty minutes will fly by if you get the kids engaged in something that they, too, can enjoy. Grab the family and head out for a walk, game of tag or bike ride.

Clean with Purpose

Don't just sweep the floor; scrub the floor. Don't just unload the dishwasher; dance with the dishes. Minutes add up fast when you move more during your clean-up time.

Look for Opportunities to Walk

Suggest work meetings on the go. Meetings don't have to happen in an office. Moving while meeting can foster more creativity and communication often is improved when conducted side-by-side compared to face-to-face. Outdoor air also improves mood, enhancing collaboration. If your job has you hanging out in airports on a regular basis, make that activity for you, too.

Thirty minutes of activity accumulates quickly when you seek out opportunities, such as taking the stairs, parking far away and doing yard work.

If you can't seem to find the self-motivation needed to make it happen, consider recruiting a workout partner or hiring a fitness professional. Knowing that someone is expecting you at a certain place or time can help to enhance accountability for being more active. synergistic healing effect.



W.H.E.N. Wellbriety Healing Every Nation

Meets every Wednesday 5:30 – 8:30 pm

Men & Women's Talking Circles

Drumming by

Wellbriety Four Directions Drum

The Last Wednesday of Every Month.

Potluck and Wellbriety Birthday Meetings

Also look for W.H.E.N. at the

32nd Annual Fresno State Pow Wow,

Meeting every hour on the hour from

12 pm – 7 pm.

May 4, 2019



Wellness In our senior yEars

Our elder's support group meets

Every 2nd and 4th

Thursday of the month

From 1:00 – 3:00 pm

We come together in a good way.

We serve our elders a healthy lunch. We

also provide presentations, crafts, or even

an exciting game of bingo!

Contact @ Teela or Deborah 559-320-0490

FAIHP also has a talking two spirit group as well.

We come together in a good way

The group focus is Two Spirit LGBTQ+ Support

We meet the 2nd Thursday of the month

And it is always potluck and meet and greet

From 5:30 – 7:30 pm

In the conference room.

Contact David or Deborah 559-320-0490



Stress Management Beading Group at FAIHP

Tuesday Evenings 5:30 – 8:30 pm

Joseph Garcia of Little J's Beads

Comes the first Tuesday of every month!

Bringing his beads, thread, needles, ect.

Contact Deborah @ 559-320-0490

All are welcomed and encouraged to attend! Learn something new or even teach us! All skill levels are invited. Beginner to Advanced!



Garden Notes



Gardening Workshops “Learn How to Plant a Spring Garden”

May 1st

from 10am-noon at the garden: 1937 W. Winery Ave. Fresno, CA
Contact Darlene Franco at dfranco@faihp.org



FAIHP
Fresno American Indian Health Project

Welcome, Elsa Quintanilla Outpatient Therapist



Elsa has been practicing therapy for 14 years. Originally from the Central Valley, Elsa enjoys spending time out in nature and likes going for long walks in the local foothills and visiting the ocean. Elsa is an avid student of Depth Psychotherapy which is a branch of therapy that incorporates the entirety of the person; emotional, physical and spiritual. She always makes room for the spirituality of her patients to inform the healing process.

Elsa has indigenous roots originating from Mexico. Elsa holds a Bachelor's degree in Social Work, from California State University Fresno, a Master's degree in Counseling Psychology from the University of San Francisco and 4 years of Doctorate training through Pacifica Graduate Institute. Elsa is a certified Expressive Arts therapist from John F. Kennedy University, and holds a Cross Cultural Certificate from California State University Fresno.

MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise Group 11-12 Wellbriety 5:30-7:30	2 Ignite Your Spirit 3-6pm	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 Two Spirit Group 5:30-7:30	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 Mandatory GONA Parent/ youth orientation 5:00-6:00pm	18 Mandatory GONA Parent/ youth orientation 10:00-11:00am
19	20 Walking Group 11:00-12:00 Community Advisory Board 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 Mandatory GONA Parent/ youth orientation 10:00-11:00am
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 Closed	

JUNE 2019

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



FAIHP

Fresno American Indian Health Project

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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.