



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

July • 2019

Let Freedom Ring



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YOUTH HAPPENINGS

During May of last month a few youth and staff attended the Culture is Prevention Summit in Oakland, CA. It took place from May 16th through May 18. Youth who attended included Sam A., and Eivind B. Following with staff Ruben, Darlene, and Catalina. During the conference there was a Gathering of Native Americans (GONA) panel for youth to talk about their GONAs that their community holds and what strengths and weaknesses they had seen attending their GONAs. Eivind talked about his experience going through the Peacekeeper Training for his first time. Even Catalina, although staff now, talked about her time going through the GONA curriculum and how much Peacekeeping has helped



not only her but the community she lives in. During the entirety of the three day conference there were activities lined up for the youth to do while attending the conference. Some activities included basket making, screen pressing their own shirts, and making their own medicine bags. This conference is held every year and youth and staff alike will make a great effort to attend again next year.



Fresno American Indian Health Project's eighth annual Gathering of Native Americans (GONA) camp occurred June 10th, 2019 through June 14th, 2019 at Quaker Meadows Christian Camp located in the Sequoia National Forest, a part of the Giant Sequoia National Monument, 45 miles east of Porterville, CA. The GONA curriculum is a culturally-based substance abuse prevention curriculum that provides community awareness and education to youth; it also engages youth in strategic planning for solving community problems and encourages leadership skills.



Participants included 47 youth ages 12 through 17 who represented 17 tribes; youth came from Fresno, Clovis, Visalia, Tollhouse, Dunlap, Auberry, North Fork, and Coarsegold. There were 27 new youth who attended GONA 2019 and 8 GONA Peacekeepers.

22 volunteers (5 who had previously been participants at GONA). In preparation for GONA, 14 community members and 3 staff attended the GONA Volunteer Orientation. The orientation included training in Question, Persuade, and Refer (QPR).

Fresno American Indian Health Project (FAIHP) Native Connections Programming

The Native Connection grant continues to provide FAIHP with opportunities to dedicate funds towards reducing suicidal behavior and substance use among our local Native community. Additionally, the grants helps to ease the impacts of substance use, mental illness, and trauma in tribal communities. FAIHP continues to seek various funding opportunities in order to expand programming for community members. Through these opportunities, we are able to provide more opportunities and avenues for prevention and intervention engagement. For example, the Native Connections grant has established opportunities for mental health program expansion that has included workshops, trainings, and a Suicide Vigil. Currently, we are in the process of planning our 2nd annual Suicide Vigil; which will be held in September 2019 (date to be determined).

This past April, FAIHP held its first suicide talking circle and it was welcomed with open arms. There were a total of 14 community members in attendance, with supportive staff that included our Care Coordinator, Dominique Carrillo, our Director of Behavioral Health Services, Amber Molina, and both of our Outpatient Therapists David Stroud and Elsa Quintanilla. The discussions were heartfelt and healing for our community. The event was a major success and our community benefited from having a safe space to discuss how suicide has each individually impacted their life.

Among Native Americans, 40% of those who have died by suicide are between the ages of 15-24. Also, young adults ages 18-24, Native Americans have higher rates of suicide than any other ethnicity (Healthy Living, 2015). Suicide has continued to be an epidemic in Indian Country. FAIHP is working towards being a part of the solution, but we still community support as well. We will be hosting our second Suicide Talking Circle on Thursday, July 18, 2019 from 5:30pm to 7:30pm. The event will be held in our conference room, refreshments and raffle prizes will be provided.



Disclaimer

This event may have some sensitive topics and it may not be appropriate for young children. However, youth ages 12 and older are welcome to join. Please bring a friend or family member for support if this helps you feel more comfortable.

Please RSVP to Dominique Carrillo, 559-320-0490, dcarrillo@faihp.org



HEAT INDUCED ILLNESS

Heat related deaths and illnesses are preventable and roughly 618 people in the United States are killed by extreme heat every year. Heat illness may range from mild and self-limiting to life-threatening emergencies. Heat stroke is considered the most severe and is an immediate medical emergency. It usually occurs during heat waves, especially when the humidity is also high. With summer temperatures in Fresno reaching up to 110 degrees Fahrenheit, it is important to stay cool.

Effects on the Body

Heat exhaustion or heat stroke occurs when the body cannot cool itself properly. Normally we sweat to cool ourselves, but during extreme conditions this may not be enough. This extreme heat creates an excessive demand on the body, and the body is unable to regulate its temperature.

Signs and Symptoms

Early signs of heat illness may include headache, dizziness, and lack of sweating despite extreme heat. Nausea, vomiting, and dry hot skin may also be present. As heat illness progresses, there may be a rapid heartbeat, rapid breathing, confusion, disorientation, seizure, and unconsciousness. If you may be experiencing a heat stroke or suspect someone else is, it is imperative to call 911 immediately. Delay in seeking medical help can be fatal.

Heat Illness Management

If you suspect someone is experiencing heat stroke you should act swiftly. Start by calling 911. Continue with fanning the patient while wetting his or her skin with cold water before the paramedics arrive. Apply icepacks to the groin, armpits, neck and back to cool the body down. If possible and if the person

is conscious immerse the individual in a cool water bath. Do not use ice in the bath because drastic temperature changes may be dangerous to children, elderly, and those with certain chronic illnesses.

Risk Factors

Most heat related deaths occur in older adults (over 65) because their circulatory systems are unable to adapt to the stress from the heat. Older adults also have a decreased ability to perspire. Incontinence in the elderly also puts them at risk because they tend to drink less water.

Other vulnerable groups include those who are not acclimated to heat, the very young (4 years and less), and those with chronic and debilitating illnesses (diabetes, hypertension, heart disease, COPD, kidney disease, overweight, or underweight). Certain medications may also put one at risk. Such drugs include (anticholinergics, diuretics, beta-blockers). In healthy individuals, heat illness typically occurs during sports or work activities.

Prevention

If you must go outside, you can prevent heat stroke by wearing light weight, light colored, loose fitting clothing. Use a sunscreen of SPF 30 or more. Drinking plenty of fluids is vital. It is recommended to drink 8 glasses of fluids per day (not coffee). Due to sodium losses during perspiration an electrolyte drink is recommended. If possible, reschedule outdoor activities to a cooler time of the day.

References

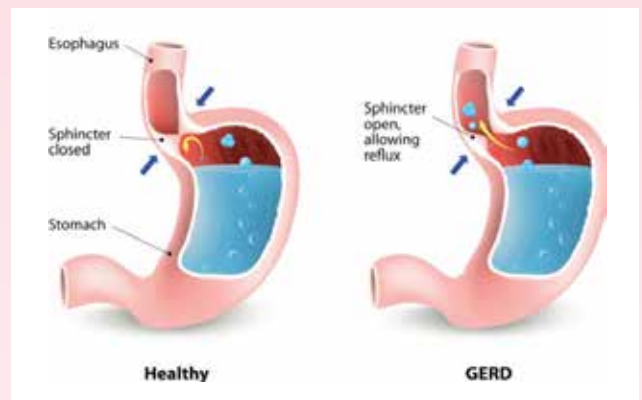
About Extreme Heat | Natural Disasters and Severe Weather | CDC. Retrieved from https://www.cdc.gov/disasters/extremeheat/heat_guide.html

INDIGESTION OR GASTROESOPHAGEAL REFLUX?

Many people have a passing case of indigestion from time to time. But when it occurs frequently, it could be called gastroesophageal reflux disease, or GERD. Since this malady affects about 20 percent of Americans, it's important to know the facts.

What is GERD?

GERD is a digestive disorder in which stomach acids, food and fluids flow back into the esophagus. It can occur at any age and may be temporary or a long-term issue. The danger of untreated GERD is that it can cause health problems such as inflammation of the esophagus, which is a risk factor for esophageal cancer. It also may lead to respiratory problems such as asthma, fluid in the lungs, chest congestion, wheezing and pneumonia.



Recognizing the Symptoms

Heartburn is the most common symptom, but not everyone experiences this. People with GERD also may notice they have bad breath, coughing, abdominal pain, nausea or vomiting. Difficulty swallowing and erosion of your teeth also are signs, but this may happen after you have had GERD for a while.

Diagnosis and Treatment

Sometimes your doctor can diagnose GERD based on symptoms and medical history. Other times, further testing is necessary, and you will be referred to a gastroenterologist. You may need to have a chest X-ray to detect potential breathing problems and lung infections. An upper GI series is an X-ray examination of the digestive organs that can provide information about what is happening in your body. If needed, an endoscopy — a nonsurgical procedure during which a flexible tube passes through your GI tract to take pictures and tissue samples — may be ordered. An instrument called a pH probe can help track the flow of acid from your stomach.

Medication may be necessary if you have tried everything and nothing works. Lifestyle changes that may help alleviate the problem without medicine include quitting smoking, losing weight, wearing loose-fitting clothing, staying upright for a few hours after meals and sleeping with the head of the bed elevated.

Nutrition and Prevention

Knowing what and when to eat can go a long way in preventing bothersome GERD flare-ups. One significant culprit that can cause symptoms is fatty food. Try to choose lean meats, poultry, fish, tofu and beans as protein sources. Limit the amount of added butter and oil in your meals. Opt for baked dishes instead of fried foods. Pastries can be hidden sources of fat, so choose healthy whole grains instead. Low-fat dairy is a great source of calcium and vitamin D that also will help prevent GERD symptoms when substituted for full-fat options.

Certain foods and ingredients may worsen GERD symptoms. Try to avoid mint, chocolate, alcohol, caffeine, acidic foods and spicy foods, which may trigger a flare-up.

The timing and amount of food consumed also can make a difference in how you feel. Avoid large meals and opt instead for smaller, more frequent meals throughout the day.

Although we know the general triggers that can make GERD worse, customizing a lifestyle that works best for you can take some time. Try keeping a log of what you eat and drink throughout the day. Note when symptoms seem to flare up and review your log over time to identify patterns. Stay in contact with your doctor and a registered dietitian nutritionist so they can help guide you to the best prevention and treatment strategies.

CBANS NEWS: ONGOING GROUPS



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.

Contact @ Teela or Deborah 559-320-0490



Stress Management Beading Group

Tuesday evenings 5:30-8:30 PM
Contact Deborah @ 559-320-0490

W.H.E.N.

Wellbriety Healing Every Nation

Meets every Wednesday 5:30-8:30 PM
Contact Deborah @ 559-320-0490

TALKING TWO SPIRIT

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

SUMMER 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.

Garden Notes

April Showers brought May Flowers and Thunderstorms! With all this wonderful water and beautiful sunlight the Garden is growing so quickly! Please join us in the garden to clean, maintain, water and harvest on Tuesday mornings a 9:00 am (except the last Tuesday of the month). I am also available by appointment. You can contact me at dfranco@faihp.org.



Tips for Growing tomatoes:

- Use a wire cage, stakes or trellis to keep the vines supported (not necessary for determinate varieties)
- Fertilize your plants every 2 weeks after the plant produces blossoms.
- Tomatoes like a lot of water to grow. Once they start to ripen, they do not need so much water. Keep the soil moist, but not soggy nor dry to touch.
- Remove the suckers that absorb energy, that should be going to your tomatoes. Suckers are vines/sprouts that grow in the "V" of the vines. They snap off very easily.



New Smaller Sucker



More Mature Sucker



Healthy Tomato Plant

Daughters of Tradition

The Daughters of Tradition group would like to congratulate their peer mentor Ariana Murillo on her graduation from Bullard High School! We thank her for being such an inspirational role model and teaching our youth about her educational experiences. In appreciation, the young ladies made a ribbon skirt to honor her work with us. They selected the fabric, the ribbons, measured her, cut the materials, sewed on the ribbons and sewed up the skirt! The girls are ages 6-12, and this was quite an accomplishment.



The next task will be for each of our girls to make their own Ribbon Skirts.

Photo by Valentino Renteria - Tachi Tribal Member



FAIHP at Fresno Rainbow Pride Festival

For the first time, FAIHP was involved in outreach representing our Two-Spirit and Native-LGBTQ community. This consisted of a day at Fresno Rainbow Pride Parade and Festival, with a booth full of resources for the Native Community; which included information about groups open to non-registered clients. We spoke to nearly 100 people about the services FAIHP provides during the daylong resource fair and celebration. We were happy to be involved in the Fresno Pride celebration and look forward to being involved next year. FAIHP has an ongoing support group for the Native-LGBTQ and Two-spirit community called Talking Two-Spirit. We meet the second Thursday of every month for community connection, education, cultural awareness, workshops, and ceremony. If you or someone you know is in need of support and a safe place to express yourself, please join us.

By David Stroud



JULY 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 Office Closed	5	6
7	8 Walking Group 11:00-12:00 Robert Sundance Camp	9 Beading 5:30-8:30 Robert Sundance Camp	10 Exercise Group 11-12 Wellbriety 5:30-7:30 Robert Sundance Camp	11 WISE 1:00-3:00 Two Spirit Group 5:30-7:30 Robert Sundance Camp	12 Robert Sundance Camp	13
14	15 Walking Group 11:00-12:00	16 Beading 5:30-8:30	17 Exercise Group 11-12 Wellbriety 5:30-7:30	18 Diabetes Class 12:00-2:00	19	20
21	22 Walking Group 11:00-12:00 Community Advisory Board 5:30-7:30 Robert Sundance Camp	23 Beading Potluck 5:30-7:30 Robert Sundance Camp	24 Exercise Group 11-12 Wellbriety 5:30-7:30 Robert Sundance Camp	25 WISE 1:00-3:00 Robert Sundance Camp	26 Robert Sundance Camp	27
28	29 Walking Group 11:00-12:00	30 Beading 5:30-8:30	31 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30			

AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Walking Group 11:00-12:00	6 Beading 5:30-8:30	7 Exercise Group 11-12 Wellbriety 5:30-7:30	8 WISE 1:00-3:00 Two Spirit Group 5:30-7:30	9 Clubhouse Back to School Event 4:00-6:00	10
11	12 Walking Group 11:00-12:00	13 Beading 5:30-8:30	14 Exercise Group 11-12 Wellbriety 5:30-7:30	15 Diabetes Class 12:00-2:00	16	17
18	19 Walking Group 11:00-12:00 Community Advisory Board 5:30-7:30	20 Beading Potluck 5:30-7:30	21 Exercise Group 11-12 Wellbriety 5:30-7:30	22 WISE 1:00-3:00	23	24
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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

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.