



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

June • 2019

GRADUATION TIME!

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YOUTH HAPPENINGS

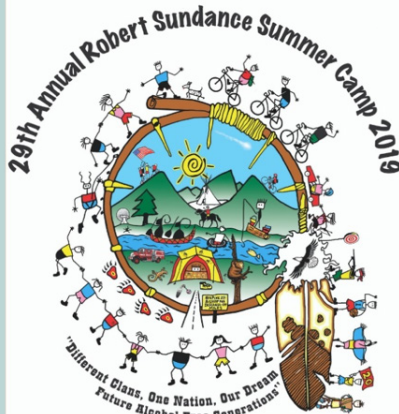
Mothers were the focus of the month of May here at clubhouse. The youth started the month off painting planting pots for their moms or someone special to them at home. Many chose to paint their moms favorite colors, designs, and were able to share with everyone something they enjoyed to do with their moms. Once the pots were finished they were ready for a white sage plant to take home to their moms. The youth learned about the uses of sage and how to care for the plant. Each plant was still a "baby" so it was going to take lots of care and attention at first but would grow into a nice large plant over time. A plant that can give back all the "good medicine" that was put into it when it was planted and gifted to someone special.

The teen group has been planning something exciting for them to do together to celebrate their success at fundraising. They have been planning to take a camping trip near Santa Cruz and will be looking into a camp site soon. All teens that were in attendance at the fundraisers will be eligible for this trip. The Youth Council has been the decision makers on this whole adventure. They started with planning the fundraising activities and will now plan the reward for their success.

Registration for the Robert Sundance Camp is now available. Please inquire early on so that all the necessary documents can be obtained. All youth must be registered with the FAIHP and must have an updated Clubhouse registration. Once these two have been completed, youth can register for the camp by submitting their Robert Sundance Camp Registration. If you have any questions please give us a call.

Summer Camp Registrations Available NOW

Week 1:
July 8-
July 13



Week 2:
July 22 -
July 27



Available at:
1551 E. Shaw Ave. Ste.
139 Fresno, CA 93701
Online - FAIHP.ORG



For more information
about eligibility:
Call FAI Clubhouse at
559.803.6977



Agency on Aging

Serving Fresno & Madera

Connecting the Community

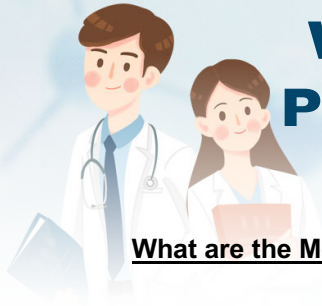
THE FRESNO-MADERA AREA AGENCY ON AGING WANTS TO HEAR FROM YOU!

To learn more about the needs of older adults in Fresno and Madera counties, and to help plan services for the next four years, the Fresno-Madera Agency on Aging is asking older adults and their caregivers to take our 2019 Survey of Older Adults.

It's easy, and it's online! The survey takes about 10 minutes to complete, and answers are kept completely confidential.

The Fresno-Madera Area Agency on Aging provides a number of services for those age 60 and over across Fresno and Madera counties, including nutritious meals at many senior and community centers, home-delivered meals, information and assistance for older adults, care management, and much more. We also co-administer the Family Caregiver Support Program, the Health Insurance Counseling and Advocacy Program (HICAP), and the Long-Term Care Ombudsman Program.

Take our online survey today – fmaaa.org/survey – and help plan the next four years.



WHAT IS MEASLES ALL ABOUT?

Prevention is the key to elimination.

What are the Measles?

Measles is an airborne virus that spreads easily from person to person. The signs and symptoms of this infection start out like your common cold or flu. People usually have a fever, then develop a cough, runny nose and then a rash. This rash tends to appear around the forehead along the hairline and behind the ears before spreading to the entire body. Measles can be fatal, especially for infants and the elderly.

Recent cases of the Measles in CA

According to the CDC, 44 cases of the measles have been reported in California in 2019.

How does it spread?

Measles is highly contagious and is spread to others through air particles from coughing or sneezing. The virus can live for up to two hours!

How can it be prevented?

The number of measles cases in 2019 is the most there has been since 1994. Measles was declared eliminated in 2000 because of vaccination compliance. Receiving the MMR vaccine makes a person immune to the disease. It also prevents a person from carrying and spreading the disease to others. For instance, pregnant women may not receive the MMR vaccine during pregnancy or less than a month before becoming pregnant. Infants less than 12 months old are too young to receive the MMR vaccine and are vulnerable.

What is Whooping Cough?

Whooping cough is a highly contagious respiratory infection caused by the bacterium *Bordetella pertussis*. Whooping cough is also called "Pertussis". Symptoms include uncontrollable, violent coughing which often is accompanied by difficulty breathing. Pertussis can affect people of all ages, but can be fatal for infants less than 12 months old.

How does it spread?

Whooping cough is spread both by airborne droplets and by direct contact with infected throat or nasal fluids. Coughing and sneezing are the most common ways the disease is spread from person to person.

How can it be prevented?

The best way to protect yourself and those around you is by getting vaccinated. Typically, the Pertussis vaccine is administered as the DTaP vaccine, which also helps protect against diphtheria and tetanus. This vaccine is safe for pregnant women, and it is recommended that all pregnant women receive this vaccine between weeks 27 and 36 of each pregnancy.

If you would like more information please call Nurse Nancy or go to the CDC (Centers for Disease Control) website.



Smart Snacks for Your Trip

Ah, road trips: You stare at the road all day, eating candy out of boredom and downing coffee to stay alert. Upon reaching your destination, you feel jittery and bloated. This is no way to start your vacation! It's easy to grab candy and soda at a gas station, but with a little planning, you can snack the smart way on a road trip and arrive at your destination feeling energized.

Pack Sensible Snacks

Don't rely on empty calories to power your road trip. Instead, pack snacks that will fuel you with protein, fiber and healthy carbohydrates. Here are some good grab-and-go options:

- Unsalted nuts
- Pre-washed fruit such as apples, pears, bananas and grapes
- Dried fruit
- Cherry tomatoes
- Fruit and nut bars
- Whole-grain crackers or pretzels
- Plain popcorn
- Peanut butter

Pre-portion snacks into single-serving containers before you leave home. A cooler is another great option—just be sure to keep the cooler temperature under 40°F using ice packs. Start with everything already refrigerated or frozen so it stays cool longer. Tasty snack options for the cooler include:

- Sliced fruit and veggies
- Hummus
- Guacamole
- Yogurt

Stay Hydrated

Water is the best way to stay hydrated. When on the road, try drinking fizzy seltzer water or add a slice or two of a lemon or lime to regular water and drink up!

If you drink a lot of coffee, cola or other drinks with caffeine on the road, you'll arrive at your destination buzzed and might have trouble sleeping. Instead, pack a bottle of iced tea with sprigs of mint, slices of lemon or cucumber. It's really refreshing when you've been sitting in a car for a long time.

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

W.H.E.N., Wellbriety group at Fresno State 32nd Annual Pow Wow:



What is Alzheimer's disease?

Alzheimer's disease is a progressive form of dementia. Dementia is a broader term for conditions caused by brain injuries or diseases that negatively affect memory, thinking, and behavior. These changes interfere with daily living. Most people with the disease get a diagnosis after age 65. If it is diagnosed before then, it is generally referred to as early onset Alzheimer's disease.

Alzheimer's facts

Although many people have heard of Alzheimer's disease, some are not sure exactly what it is. Here are some facts about this condition: Alzheimer's disease is a chronic ongoing condition, its symptoms come on gradually and the effects on the brain are degenerative, meaning them because slow decline, There is no cure for Alzheimer's but treatment can help slow the progression of the disease and may improve quality of life, Alzheimer's disease is a type of dementia. There is no single expected outcome for people with Alzheimer's. Alzheimer's disease causes and risk factors
Experts have not determined a single cause of Alzheimer's disease but they have identified certain risk factors, including Age, family history and genetics.

Alzheimer's tests

There is no definitive test for Alzheimer's disease. However, your doctor will likely do several tests to determine your diagnosis. This can help them assess your short-term memory, long-term memory, and orientation to place and time. For example, they may ask you: what day it is, who the president is and to remember and recall a short list of words next, they will likely conduct a physical exam, which can be to check your blood pressure, assess your heart rate, and take your temperature. Your doctor may also order brain-imaging studies. These studies, which will create pictures of your brain, can include magnetic resonance imaging (MRI), (CT) scan, X-ray images, which can help your doctor, look for abnormal characteristics in your brain and Positron emission tomography (PET) scan, which can help your doctor detect plaque buildup.

Alzheimer's medication

There is no known cure for Alzheimer's disease. However, your doctor can recommend medications and other treatments to help ease your symptoms and delay the progression of the disease for as long as possible.

Other Alzheimer's treatments

In addition to medication, lifestyle changes may help you manage your condition. For example, your doctor might develop strategies to help you or your loved one: focus on tasks, limit confusion, avoid confrontation, and get enough rest every day.

Preventing Alzheimer's

Just as there is no known cure for Alzheimer's, there are no foolproof preventive measures. The following measures may help not smoking, Exercise regularly. Eat a plant-based diet and Maintain an active social life.

Garden Notes

May has been a busy month of gardening!

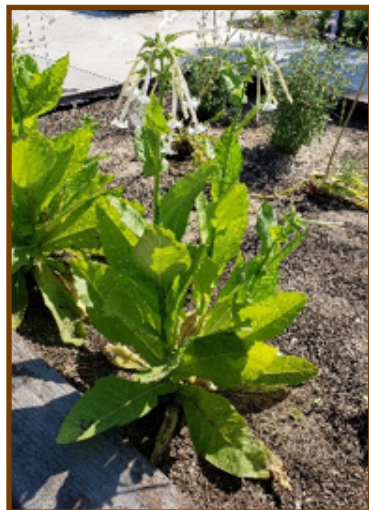
Clubhouse youth and Community volunteers have been busy cleaning out the garden boxes, planting and protecting the new plants.

We will be working at the Garden on Tuesday mornings at 9am. June 4th, 18th & 25th. (We will not be there during the GONA Camp week, June 11th). I can be available for questions and assistance with your home gardens. You can reach me at dfranco@faihp.org.

Strawberry bed: Before and After

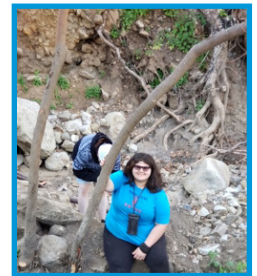


Tobacco plant



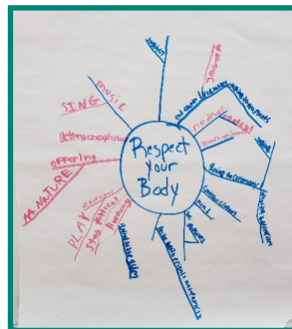
Spring Camp

Clubhouse youth participated in the Quaker Oaks Farm Spring camp and learned about “Shoyum Usset” (Sacred Fire). A traditional burn was used to clean and prepare the land to plant basketry materials. We also took a field trip to Wishtoyo Chumash Village where we seen the affects of the Fires in Malibu and the new growth of medicinal plants that are coming back even stronger!



Daughters of Tradition

The group has talking circles and have been learning about different ways to show respect: to ourselves, for our families, for our bodies and health. Our youth are learning the mind map process and are eager to lead. We made Elderberry Clapsticks and played handgames this spring.



POSTTRAUMATIC STRESS DISORDER (PTSD) MONTH



According to the National Institute of Mental Health (NIMH), PTSD is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. This “fight, flight or freeze” response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Symptoms may include flashbacks, nightmares, frightening thoughts, avoidance, easily startled, feeling tense, difficulty sleeping, or anger outbursts. Those who continue to experience symptoms may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened even when they are not in danger.

It may be very hard to take that first step to help yourself. It is important to realize that although it may take some time, with treatment, you can get better. If you are unsure where to go for help, ask your family doctor. You can also search online for “mental health providers,” “social services,” “hotlines,” or “physicians” for phone numbers and addresses. An emergency room doctor can also provide temporary help and can tell you where and how to get further help. To help yourself while in treatment:

- Talk with your doctor about treatment options
- Engage in mild physical activity or exercise to help reduce stress
- Set realistic goals for yourself
- Break up large tasks into small ones, set some priorities, and do what you can as you can
- Try to spend time with other people, and confide in a trusted friend or relative. Tell others about things that may trigger symptoms.
- Expect your symptoms to improve gradually, not immediately
- Identify and seek out comforting situations, places, and people

For additional information, please contact FAIHP to speak with a therapist directly or learn more about services offered at 559-320-0490.

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	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 Beading Potluck 5:30-7:30	19 Exercise Group 11-12 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 Exercise Group 11-12 Wellbriety 5:30-7:30	27 WISE 1:00-3:00	28	29

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			



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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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.