



FAIHP
Fresno American Indian Health Project



DRUM BEATS
The Heartbeat of The Community

September • 2019

CALIFORNIA INDIAN DAY



FAIHP
Fresno American Indian Health Project

*Coming Soon
Medical Services*

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YOUTH HAPPENINGS

In late July, selected Clubhouse youth attended the Our Voice, Our Choice Native Youth Summit in Tuolumne, California. The multi-day summit included participating in cultural games, hearing from motivational speakers, connecting with other youth, participating in traditional practices, and learning about issues effecting the community. Thank you to Indigenous Circles United for planning and organizing the wonderful event for the youth. DJ – T (youth participant) had the following to say about her experiences at the four-day summit.

What did you learn from attending the OVOC Youth Summit?

“I learned new songs for hand games, I met people from different tribes, and I learned how to make a song with the help from DJs.”

What did you like best?

“I liked the concert and when Richie performed with his brothers and seeing the flute player. I performed a song with other kids about Missing and Murdered Indigenous Women. Youth were fun. We played games, saw a sweat lodge, and some went into the sweat lodge.”

Would you want to go back next year?

“Yes. I liked the talking circles and the concert.”





September is the start of many things: a new school year, football season, the official kick-off of fall. And with this new season comes an important focus for the month of September: Suicide Prevention Awareness Month.

This issue is particularly profound to Native Americans who have seen an increase of youth suicides on reservations in recent years. The Indian Health Service (IHS) reports suicide rates for Native American youth aged 15 to 24 are more than 3 times than the national average. The National Alliance of Mental Illness (NAMI) shares, "Suicide is the third leading cause of death among young people and is often the result of mental health conditions that affect people when they are most vulnerable."

Studies by the Center for Disease Control and Prevention show that suicide rates are rising. The rate of suicide has increased more than 30 percent in half of the states across the United States since 1999, with approximately 45,000 lives lost to suicide in 2016. Research has shown that more than half of people who die by suicide did not have a known mental health condition. Suicide is the 8th leading cause of death across all ages among all American Indian/Alaska Native.

It is important for Native people to learn how to recognize and respond to suicide. Talking about suicide in an open and caring manner can help those who are thinking of suicide obtain services. Learn how to recognize and respond to suicide by paying attention to warning signs of suicide. Fresno American Indian Health Project will be holding Question Persuade Refer (QPR) training on September 25th from 3:00 to 5:00 pm to help community members recognize the signs of suicide and possible help save a life in the future.

FAIHP is also holding our 2nd Annual Suicide Vigil to honor the families who have lost a loved one to suicide. Please join our staff in honoring victims of suicide on Thursday September 12th 6:00 pm to 8:00 pm at the Community Garden inside the Discovery Center. Please RSVP for both of these events to Dominique Carrillo at 559-320-0490 or by email dcarrillo@faihp.org.



September Is Preparedness Month!

Do you feel prepared??

What are you going to do if ____??

These are both questions to ask ourselves and our family members.

Being prepared comes in many shapes and sizes; having copies of important documents handy, a supply of water and food, your medications, or your pet's necessities.

No one can prepare your family for a disaster like you can. Because no one knows the personal health and healthcare needs of your family like you do. Take your family's emergency preparedness personally.

Get started by knowing the basics:

- Create an emergency water supply of at least 1 gallon of water per day for each person and pet. A 2-week supply is better. Strongly consider storing even more water if you live in a hot climate.
- Your emergency supplies kit is not a dumping ground for odd pantry and food items. Take into consideration your family's dietary needs, likes and dislikes, food allergies and medical conditions when choosing foods for your kit.

Update your supplies every six (6) months and/or if the needs of your family change. Remove, use, and replace any food and store-bought water, prescription medications, and supplies before they expire.

Because a large-scale disaster, could make it difficult to find an open pharmacy and/or get your prescription filled, it is important that you organize and protect your prescriptions, over-the-counter drugs, and vitamins in preparation for an emergency.

- Have at least a 7- to 10-day supply of medications and medical supplies.
- Keep a list of all your medications, dosages, and contact information for your doctor and pharmacist with your other important paperwork.
- Don't let the medications in your emergency supply kit expire. Check the dates twice a year.

Important paperwork—including any one-of-a-kind documents and important data that might come in handy in and after an emergency. Gather your medical insurance cards, vaccination and vital records, advance directives, and personal identification documents. Get your paperwork squared away now.

- Collect and protect hard copies of important paperwork. Store them in a fireproof and water resistant organizer, container or storage bag, with a trusted friend or relative, or in a safety deposit box at a bank.
- Scan and save electronic copies of important papers.
- Download or bookmark online versions of user manuals for your medical devices, such as blood glucose meters and insulin pumps.

Power outages caused by a large-scale disaster last much longer than the average blackout.

Be prepared to be without electricity for a few days by having supplies and plans in place.

- Invest in emergency lighting, safe heating alternatives, and backup power sources for your cellphone and home-use medical devices.
- Contact your local fire department and utility companies if you rely on an electricity-powered, home use medical device. Some electricity providers keep a "priority reconnection service" list of power-dependent customers.

Please take some time and get some things together in an easily accessible place in your home to grab and go with in the event of an emergency.

Keeping Your Immune System Healthy



Although you may not be able to fully prevent a cold or flu this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead of germs this season.

Immune-Boosting Nutrients

The following nutrients play a role in the immune system and can be found in a variety of foods:

- Beta Carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- Vitamin D is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- Zinc tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.
- Probiotics are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.
- Protein comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Focus on Balance

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management.

Aim for five to seven servings of vegetables and fruits daily to get immune-boosting vitamins, minerals and antioxidants.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age.

What About Herbals?

Many herbal remedies are marketed to help fight colds or shorten their duration but check with your health care provider before taking any supplements or medications.

World Alzheimer's Month

It's always a good idea to be informed. That's why World Alzheimer's Month in September is such an important observance.

Alzheimer's disease is the most common form of dementia, affecting about 6 percent of people 65 and older. Although it may seem like just a typical disease for older people — it is, in fact, not a normal part of aging. Scientists don't know what causes Alzheimer's, but they suspect it's a combination of many factors. The disease affects parts of the brain that control memory, thought, and language. There is no cure, but experts think that lowering blood pressure, exercising, and not smoking may reduce the risk. Let's take a closer look at this event, and learn more about the disease.

5 Important Facts About Alzheimer's Disease

- About one in three seniors are infected with Alzheimer's or another type of dementia more than breast cancer and prostate cancer combined.
- If current projections are accurate, by the year 2050, the number of Americans suffering from Alzheimer's disease will reach nearly 14 million.
- Statistics show that about two-thirds of Americans with Alzheimer's disease are women.
- Statistics also show that Hispanics are about one-and-a-half times as likely to have Alzheimer's disease (or other dementias) as older, white, non-Hispanics.

Why World Alzheimer's Month Is Important

- Way to stay ahead of Alzheimer's is to educate ourselves with knowledge. That way we can take better care of ourselves and our loved ones in the hopes of preventing this disease.
- It's one of the most costly diseases.
- Although there is no known cure, there is always hope for a breakthrough. That's why it's so important to stay informed. World Alzheimer's Month is one big way to keep the conversation going.

On Going Groups: Wellbriety



2nd Annual Suicide Vigil

Please join FAIHP as we honor
those who have been affected
by suicide

Thursday, September 12th 6pm-8pm
at The Discovery Center Community
Garden, 1944 N. Winery Ave. Fresno, CA

Dinner will be served

RSVP: Dominique Carrillo @559-320-0490



Garden Notes

This has been a sizzling summer so far! The Sunflowers that our youth planted are beautifying our Garden and providing much needed pollination to the plants. We always welcome community to harvest from the Garden. All we ask, is that you help maintain it. Pull a few weeds, water some plants, trim some plants and sweep the areas. Remember this is a FAIHP Community Garden!

"I am usually at the garden Tuesday – Friday mornings at 9am. Or you can always set up an appointment for me to meet you at the garden too!"

–Darlene Franco
COMMUNITY GARDEN COORDINATOR
Contact at (559)320-0490 or dfranco@faihp.org





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QUESTION PERSUADE REFER TRAINING

A TRAINING TO REDUCE SUICIDAL BEHAVIORS AND SAVE LIVES BY PROVIDING
INNOVATIVE, PRACTICAL AND PROVEN SUICIDE PREVENTION.

SEPTEMBER 25TH, 2019

LOCATION: FAIHP CONFERENCE ROOM 3-5PM

1551 E. SHAW AVE, SUITE 139 FRESNO, CA 93710

OPEN TO THE PUBLIC

PLEASE RSVP TO DOMINIQUE AT
559.320.0490

Fall Feast and Salsa Making Workshop

Wednesday, September 18th at 6pm

Held at the FAIHP Community

Garden Classroom

1937 N Winery (Green Building)

Fresno, CA 93703

Across the street from the Discovery Center Dinosaurs!



For more information contact Darlene Franco
@ (559) 320-0490 or dfranco@faihp.org



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HERBAL SALVE MAKING WORKSHOP

Thursday, September 12th at 10am Held at the
FAIHP Community Garden Classroom
1937 N Winery (**Green Building**)
Fresno, CA 93703
Across the street from the Discovery Center
Dinosaurs!



For more information contact Darlene Franco
@ (559) 320-0490 or dfranco@faihp.org



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Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

When you participate in Walk, your fundraising dollars fuel our mission, and your participation in the event helps to change the level of Alzheimer's awareness in your community. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. While there is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness.

Take the first step by finding a Walk near you. Once you register, you will have access to a wide range of tools and support through your customized Participant Center. Join us and lead the way to Alzheimer's first survivor. Together, we can end Alzheimer's disease!

We Want You

FAIHP is forming a team to help raise funds for Alzheimer's care, support and research. We would appreciate it very much if you would join our team for this walk, or if you can't make the time, help us reach our goal by donating. Whichever you choose, visit our facebook page for more details on how to participate.

"Alzheimer's disease is relentless. So are we."



"Violence is Not Our Culture"

Addressing Domestic Violence in Native American Communities

Location: Chukchansi Gold Resort and Casino

Time: October 23, 2019 from 9am-5:30pm

Attendees are encouraged to
wear red to honor Missing and
Murdered Indigenous Women

For more information call
Dominique Carrillo at
559-320-0490



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SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed for Labor Day	3 Beading 5:30-8:30	4 Exercise Group 11-12 Wellbriety 5:30-7:30	5 Two spirit 5:30-7:30	6	7
8	9 Walking Group 11:00-12:00	10 Beading 5:30-8:30	11 Exercise Group 11-12 Wellbriety 5:30-7:30	12 Herbal Salve 10am Suicide Vigil 6pm-8pm	13	14
15	16 Walking Group 11:00-12:00 Community Advisory Board 5:30pm-7:30pm	17 Beading 5:30-8:30	18 Exercise Group 11-12 Wellbriety 5:30-7:30 Salsa Making 6pm	19 Diabetes Class 12:00-2:00	20 Native Youth Conference	21
22	23 Walking Group 11:00-12:00	24 Beading 5:30-7:30	25 Exercise Group 11-12 QPR Training 3-5 Wellbriety 5:30-7:30	26 WISE 1:00-3:00	27 Office is Closed California Indian Day	28 Alzheimer's Walk
29	30 Walking Group 11:00-12:00					

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beadng 5:30-8:30	2 Exercise Group 11-12 Wellbriety 5:30-7:30	3	4 Photo Voice Orientation 5:30-7:30	5
6	7 Walking Group 11:00-12:00	8 Beadng 5:30-8:30	9 Exercise Group 11-12 Wellbriety 5:30-7:30	10 WISE 1:00-3:00 Two Spirit Group 5:30-7:30	11 Photo Voice 5:30-7:30	12
13	14 Walking Group 11:00-12:00	15 Beadng 5:30-8:30	16 Exercise Group 11-12 Wellbriety 5:30-7:30	17 Diabetes Class 12:00-2:00	18 Photo Voice 5:30-7:30	19
20	21 Walking Group 11:00-12:00 Community Advisory Board 5:30-7:30	22 Beadng 5:30-7:30	23 Exercise Group 11-12 Wellbriety 5:30-7:30 DV Conferene 9am-5:30pm	24 WISE 1:00-3:00	25 Photo Voice 5:30-7:30	26
27	28 Walking Group 11:00-12:00	29 Beadng 5:30-8:30	30 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	31		



FAIHP

Fresno American Indian Health Project

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559.320.0490

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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.