



FAIHP

Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

January • 2020

2020

HAPPY NEW YEAR

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YOUTH HAPPENINGS

Clubhouse would like to welcome some new hires and acknowledge some position changes. Ruben Garcia the previous Clubhouse Youth Coordinator is now the Clubhouse Program Manager. Our former Clubhouse Transporter Dori Is now the new Youth Coordinator. Both staff members will be working closely with youth. We have hired a new Peer Mentor. Her name is Emily Cox, Emily is a member of Picayune Rancheria of Chukchansi Indians and is a full-time student at Fresno State. Emily



will be joining our team of Peer Mentors to assist with various activities focused on suicide prevention and strengthening protective factors. Instructional Aide, Victoria Garcia is a member of Northfork Rancheria Of Mono Indians. Victoria is also a full-time student at Fresno City College and is studying Sociology. Ruben and Victoria will be working under the new American Indian Education grant to help fulfill the educational needs of youth in the community. To learn more about how we will be implementing the American Indian Education grant give us a call at 559-803-6977.



Clubhouse held an annual ClubWise event where our elders, youth and Clubhouse families were united. We had dinner, made stockings and held raffles. The digital mobile library attended the event and gave tours of the bus and informed the attendees of their benefits and how they outreach to communities.

In November the boys engaged in a drumstick making class and this month we met to finish their drumsticks. During the winter break Clubhouse held a photo voice session. This was four days of field trips for the youth that participated. During these trips they were given four questions and used digital cameras provided to take pictures to answer these questions. At the end of the week, whoever showed the best creativity won an Instax camera.



Ruben took the youth to a college and career fair at Tule River and the youth were informed on their opportunities and choices for a career path. This year we have had a lot of adventure and a lot of growth with youth at Clubhouse, and as we close this year, we close with admiration of the year we've had and the anticipation of the year to come.

Starting the New Year off Right

By: Dominique Carrillo, Care Coordinator

The New Year is the time when, more than ever, it's important to take a step back and look hard at what's been working, what hasn't, and what you can do differently in order to effectively move forward and become successful.

What most people forget though is to audit all pillars of their life. As much time and attention you give your business or your work, you also need to give to your physical body, your emotions, and your mental stability. It's not always easy to ask yourself, "Have I been happy lately? What do I need to do to improve my emotional wellbeing?" But being aware of all aspects of you is what creates balance--and staying balanced is what allows you to play the long game.

Mental Wellbeing: Cultivating a positive mindset takes work and practice. Audit your mentality and look for opportunities of growth. A few solid goals to set for yourself in this arena might be reading a book for fifteen minutes before bed every night--instead of scrolling through Instagram. Or waking up and meditating for ten minutes before beginning your day. Set one goal for yourself that purposefully will work you toward a more positive and relaxed state of mind.

Physical Wellbeing: Whether this means getting to the gym more often, running three days a week, eating more healthfully, or even stretching on a regular basis, you have to remember the importance of taking care of your "human vessel." Your body is what carries you through this world, and in order to be successful in other areas of your life, maintaining a sense of physical health is crucial. Whatever goal you set, just remember change takes time. The first week or two it will be a challenge. But once you find your stride you will start to feel amazing.

Emotional Wellbeing: This tends to be the toughest one for people because it involves a lot of self-reflection. Emotional growth is, in my opinion, the true foundation of everything. The more you know yourself, the more you will be able to succeed in all other areas of your life. Emotional awareness is what allows you to know what to say yes to and what to walk away from. Emotional awareness is what resolves conflicts, empowers others, and ultimately creates situations in which you thrive. Emotional awareness is everything, and just like anything else in life, it takes practice. A goal for this is to make an attempt to journal every day.

If we live our lives in balance we can create more opportunity for growth and change. It is important that we as a community to take care of ourselves in 2020! Happy New Year!

Domestic Violence Hotline I-844-762-8483 (Native American Hotline) or I-800-787-7233
National Suicide Prevention Hotline I-800-273-8255



STEPS TO TAKE IF YOU GET THE FLU

1. If you get very sick, are pregnant, or are 65 years or older, or are otherwise at high risk of flu-related complications, call your doctor. You might need antiviral drugs to treat flu.
2. Stay at home and rest, drink plenty of water or clear liquids to avoid dehydration.
3. Avoid close contact with others.

When caring for people who have the flu:

- Avoid face to face contact. Spend as least as time possible with the sick person.
- When holding sick children, place their chin on your shoulder so they will not cough in your face.
- Wash your hands often and right way after caring for the sick person.
- If soap and water are not available, use an alcohol-based hand rub

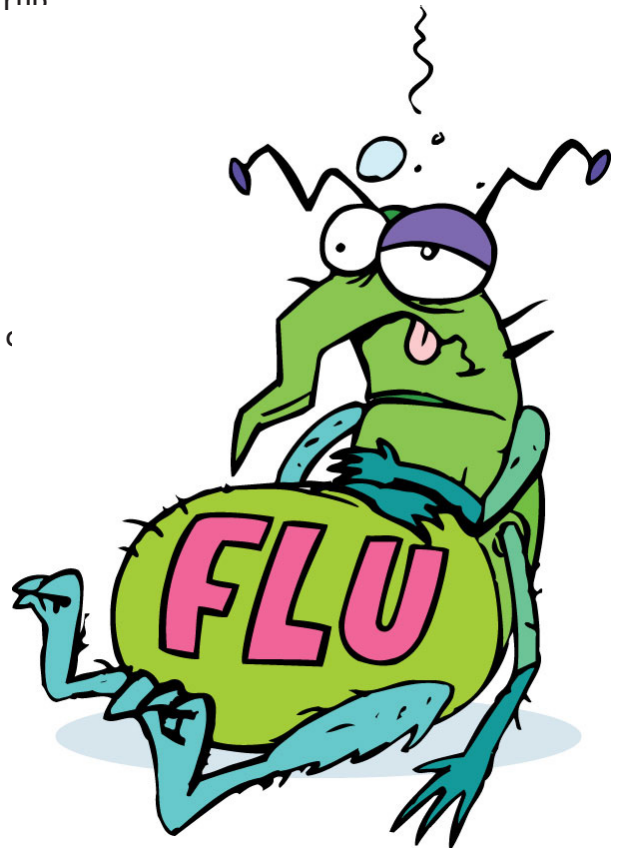
Get immediate medical care if the sick person experiences:

In children

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

In adults

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen



These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning. Flu shots are still highly encouraged, please come get yours today!



Each January, millions of Americans make resolutions to eat more healthfully and lose weight, but many lose steam along the way. If you have trouble keeping your resolutions or meeting your goals, make this the year you create a solid plan that sets you up for success!

Start by Assessing Your Food Choices and Lifestyle

Keep track of what you eat and drink and how much physical activity you get so you can identify behaviors you would like to change.

One Large Goal can Seem Overwhelming

Break big goals into smaller, more specific goals and include a list of realistic changes in your daily routine to achieve these specific goals. For instance, divide big and vague goals like "I will eat better" into smaller, more specific goals like "I will eat one more piece of fruit per day." Remember, while your goals should be challenging, they should also be reachable.

Make Sure the Goals You Set are Measurable

The goals must provide answers to "How much?" or "How many?" so you can easily review and track your progress. Evaluate your progress every week or two, and update your plan based upon your current progress or circumstances. Make sure you are giving yourself enough time to achieve each smaller goal so you are not discouraged if you haven't met them.

Seek Help from a Qualified Health Professional

A registered dietitian is your best source of reliable and up-to-date food and nutrition information. An RD can also help you determine measurable and achievable goals, as well as a plan to help you achieve them and support along the way.

For more information on how to stick to a healthy weight-loss plan this year, call our front office to schedule an appointment with our RD.

CBANS NEWS:

We had our ClubWISE event in November and was a really good turnout. We had a lovely healthy dinner provided by our dietician Renee Ingalls and Indigenous Food Challenge with clubhouse activities along with mesh bag & affirmation exchange and culture bingo.



Native Days Car & Bike Show and Resource Fair



Thank You to everyone who came out and showed FAIHP support for the 2nd Annual Native Days Event. We would like to thank all of our sponsors the Pala Band of Mission Indians, North Fork Rancheria, TACHI Palace, Chukchansi, DMC Construction and the FAIHP Board of Directors. We would like to thank RezMade Car Club for their continued support with this event. Thank You to Pete Molina for being our MC, Double J Entertainment for providing the music,

The Indigenous Warriors Flag Group for posting the colors, All My Relations Drum Group and the TACHI Yokut Dance Group. To the many businesses and organizations who donated to the Raffle your support is very much appreciated. Thank You all for another successful year!



SAVE THE DATE!

GONA2020

JULY 13-17, 2020



**YOUTH AGES 13-17
QUAKER MEADOW CAMP
SPRINGVILLE, CA**

The GONA is a five day overnight cultural camp designed to strengthen communities and individuals through wellness.

**PLEASE CONTACT FAIHP CLUBHOUSE AT 559-803-6977
FOR MORE INFORMATION.**

**REGISTRATIONS AVAILABLE IN APRIL, 2020
ONLINE AND AT FAIHP OFFICES.**

WWW.FAIHP.ORG



NEW YEARS RESOLUTIONS

Welcome to the New Year. What resolutions have you set for yourself? It's time to set your intentions and focus on self-care.

Setting resolutions about self-care are super important, but you shouldn't stress about being 100 percent on top of your mental health. If you feel discouraged because you never seem to achieve the goals you set at the start of the New Year, you're not alone.

Instead of expecting yourself to magically change in the next year, focus on the slow progress you are making in the moment. Here are 12 New Year's resolutions to help you prioritize self-care and your mental health in 2020.

1. Schedule time for self-care
2. Treat yourself
3. Know your triggers or stressors
4. Regularly detox from social media
5. Pay attention to the physical indicators of stress
6. Set goals to try new coping skills
7. Cut out toxic relationships or people
8. Engage your different senses in self-care
9. Take care of your healthcare needs while you're not sick
10. Get plenty of sleep
11. Practice mindfulness in a new area of your life
12. Worry less

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Red Road Pow Wow Office Closed	1 Office Closed Red Road Pow Wow	2	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 Community Advisory Board 5:30-7:30	14 Beading 5:30-8:30	15 Exercise Group 11-12 Wellbriety 5:30-7:30	16 Diabetes Class 12:00-2:00	17	18
19	20 MLK Office Closed	21 Beading 5:30-7:30	22 Exercise Group 11-12 Wellbriety 5:30-7:30	23 WISE 1:00-3:00	24	25
26	27 Walking Group 11:00-12:00	28 Beading 5:30-8:30	29 Exercise Group 11:00-12:00 Wellbriety 5:30-7:30	30	31	

FEBRUARY 2020

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



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.