



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

April • 2020

CULTURE IS MEDICINE

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YOUTH HAPPENINGS

March started out strong with the last of our Seven Teachings, this month we did Trust. The youth wrote papers and played games based on the word Trust and what that meant to them. They had some really good and strong opinions of what trust was.

The second week they did a cultural activity with our Cultural Coordinator Darlene Franco. The youth sanded their own pine nuts and made pine nut bracelets and necklaces.

All events from then on were cancelled and put on hold due to Clubhouse moving to a larger suite soon. Clubhouse will be moving closer to the FAIHP Main Office. We're excited to see the youth again in our new space!

We miss all our clubhouse youth and hope that them and their families are safe, and remembering to wash their hands, cover their coughs and are staying hydrated. Most of all remember to take care of your minds and souls. Use this time to get back in touch with the Mother Earth, to reconnect as family and love one another.

Gathering of Native Americans (GONA) registrations will be available on April 1st on the FAIHP website. Keep an eye out on our Facebook for more announcements. Native youth ages 13-17 are welcome to attend our week-long cultural camp July 13 – July 17, 2020. Please give Clubhouse a call at 559-803-6977 if you would like more information.

Sexual Assault Awareness Month



April 2020

Sexual assault has been experienced by Native women for centuries. Used as a tool of war and colonization, rape was a way to conquer the people during attacks from the beginning of colonization. The lack of responsibility, justice and criminal jurisdiction continues today on reservations, similar to the early American days of war and the appropriation of land during and after treaties.

Federal government studies have consistently shown that American Indian women experience much higher levels of sexual violence than other women in the U.S. Data gathered by the U.S. Department of Justice indicates that Native American and Alaskan Native women are more than 2.5 times more likely to be raped or sexually assaulted than women in the USA in general.

Additionally, 34% or more than one in three Native women will be raped during their lifetime, whereas for women as a whole the risk is less than one in five. A 2010 survey that was recently made public showed 94 percent of Native-American women in Seattle had been raped or coerced into sex at least once.

Native American Sexual Assault Statistics

- American Indians are 2.5 times more likely to experience sexual assault crimes compared to all other races, and one in three Indian women reports having been raped during her lifetime.
- 34 percent of Native women are raped in their lifetimes.
- According to a 2010 GAO Study, U.S. Attorneys declined to prosecute 67 percent of sexual abuse, firearms violations, homicide and other violent crimes occurring in the lives of Native American women.
- Violence against Native women occurs across a continuum in the lives of Native women at one end is verbal abuse and at the other end is murder. Most Native women do not report such crimes because of the belief that nothing will be done.

National Sexual Assault Hotline and How They Can Help

- Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.
- Confidential support from a trained staff member
- Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams
- Someone to help you talk through what happened
- Local resources that can assist with your next steps toward healing and recovery
- Referrals for long term support in your area
- Information about the laws in your community
- Basic information about medical concerns

If you or a loved one have experience sexual assault and need help please do not hesitate to call Fresno American Indian Health Project for support at 559-320-0490.



ARE YOUR MEDICATIONS SAFE?

The first week of April signifies Medication Safety week! This means different things to different people. The following are all types of medication safety.

- **All Medications in a medicine cabinet or cupboard up high out of a child's reach.**
- **All Medications locked in a cabinet.**
- **Medication bottles with childproof caps.**
- **Pills counted out into daily dose containers.**
- **Having a care provider give medications when needed or when due.**
- **Disposing of unused medications in appropriate containers.**
- **Having a friend or bystander near when taking medications.**
- **Never mixing medications with other substances.**
- **Never changing the form of the medication (pill crushed and then smoked)**
- **And more.....**

It is so important to keep all of our medications secure, out of little hands, and out of the hands of our youth who might want to experiment. Elders are especially vulnerable where youth may take one or two pills without the elder knowing.

Right now with families home more, it is critical that medications are secure, that our elders are looked after to know if their medications are being taken safely and being stored safely. FAIHP has a limited supply of lock boxes for medications. If you are interested please call our office, there may be a waiting list.

The other group at risk are the users of street drugs, they may be injecting or using drugs alone which has a much higher risk of overdose. If you know someone that uses drugs please talk to them and help them find a safe alternative. Any persons using Opioids can be referred or taken to Community Regional Medical Center "Bridge Program" which can help them with addiction.

If you have questions about any medication safety needs please call and talk to our Public Health Nurse Nancy.

How to Keep Your Immune System Healthy

Although you may not be able to fully prevent an illness 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.

Immune-Supporting 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 vitamins, minerals and antioxidants that may support immune health.

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 Herbs?

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. No one food or supplement can prevent illness.

CBANS NEWS:

We had a couple of presentations in February and March. Our Nurse Nancy talked to our Elders about heart health and what we can do to keep our heart healthy. She also made a delicious healthy lunch and provided a fun game playing BINGO with prizes.



Our Garden Coordinator also presented in February “Why Soil Is Important” and provided information on repotting succulents and soil structure and a workshop in March at the garden.



Thank you everyone who attended and thank you to Nancy and Angela for the presentations.



**Participate in the 2020 Census and get counted!
Census Day is April 1st you can respond to the
Census Online by mail or phone.**

**FAIHP is an official Questionnaire Assistance Center
Call for more information
(559) 320-0490**



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**

Garden Notes

Happy Spring Equinox everyone! This means that winter is astronomically over and the days will be getting longer and warmer. This is the perfect time to start some seeds as Mother Earth exhales releasing her breath of life!

Here is a photo of the seed starting station and the first happy sprouts of the season! I was busy this weekend self isolating in the grey day planting away seeds in start containers. I have planted native poppies, bluebells and lupine for our native pollinators with direct sowing but most of the other plants will be started in containers due to the rooster that likes to dig them up.



Planting in starter containers not only avoids rooster beaks but it helps minimize wasting water and soil, and speeds up growth with a concentration of heat and water. This way we can also choose the plants that do better to transplant when they are strong enough and keep track of what we have planted for garden planning.

Planting tip:

Now is a great time to start planting. If you have enough shade to transplant to, you can even get away with planting all of the cold weather crops such as cabbage and broccoli. Herbs and lettuce and spinach can be grown year round if you are mindful of its needs. You can plant almost anything however most seeds need warmth to germinate. The ground has been a bit cold and wet lately... So if you have hot weather seeds such as okra, tomatoes and peppers that you plan on having outside, I would advise waiting another week or two until after the rain if your pots are uncovered outdoors. You can definitely start these now if you keep the seedlings warm in a greenhouse, or indoors in a sunny location. You can use a clear plastic tray cover or plastic wrap (needs air holes or periodic lifting of covers) over your pot for the first couple weeks until rain stops or warm soil is near guaranteed. Seedlings typically all like to have at least 60-75 degree microclimates to germinate. I have been covering and uncovering the seedlings I started a couple weeks ago to monitor the climate.

Let me know if you would like to order more seeds, would like access to the garden, want to volunteer or have questions! If videos will be an ongoing thing for us then I look forward to doing virtual workshops where we can talk about garden tips in depth!

Happy Planting! :)

April is Stress Awareness Month

Source: nationaltoday.com

Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society. Stress can be debilitating, and it can cause and/or aggravate health problems. Since stress is a normal part of human existence — nobody is immune to it — it's important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. (Amazingly, we don't always notice it's happening to us.) Stress Awareness Month happens each April. It's important to learn some strategies for coping with this particular silent scourge. You've come to the right place for that. Let's get started!

How to observe Stress Awareness Month:

1. **Practice meditation**
 - One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.
2. **Exercise**
 - Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.
3. **Visit your doctor**
 - They're really in the best position to get your started on the path to a stress-free lifestyle. Make an appointment today.

At Fresno American Indian Health Project, we offer a variety of stress reduction activities to support you. Take a look!

- Exercise Group
- Walking Group
- WISE Group
- Wellbriety
- Beading
- Talking Two-Spirit Group
- Counseling



STRESS

Call 559-320-0490 for more information.

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	<p>Dear Community,</p> <p>FAIHP is paying close attention to the Fresno County Public Health Department in conjunction with the Centers for Disease Control (CDC) guidelines about the Coronavirus disease (COVID-19) and out of concern for keeping our community safe. Fresno American Indian Health Project has decided to postpone in person community events, groups and meetings for the foreseeable future. There will be limited transportation services. Our plans are to stay connected in other ways, including by social media and by sending information home. During this time Clubhouse will be closing to pack and get ready to move to their new space.</p> <p>If you are experiencing a fever, cough, shortness of breath, or recently traveled out of the country please call our office to speak to our Public Health Nurse. Please DO NOT walk in to our office if you experiencing any of these symptoms. We do not have testing on-site for COVID-19 but will make sure you are referred appropriately.</p> <p>Please remember to keep washing your hands and stay well. If you have any health related questions, please don't hesitate to contact Nurse Nancy or our Family Nurse Practitioner Lupe at (559) 340-0490.</p>					
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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.