



# FAIHP

Fresno American Indian Health Project

# DRUM BEATS

*The Heartbeat of The Community*

March • 2020

# SPRING TIME

## INSIDE THIS ISSUE:

Youth News	2
Community	3
Nursing Corner	4
Nutrition News	5
CBANS News	6
FAIHP NEWS	7
Counselors Corner	9
Calendar	10-11





# YOUTH HAPPENINGS

February was a busy month for Clubhouse; the Peer Mentors worked with youth on a Directing Change Video. This video focused through the lens of cultural, mental health matters. The video uses Native American teachings to guide youth in the right direction and how to fit into modern society.

February 7th Tachi invited FAIHP youth to participate in their drum night event. At this event, the youth were able to learn to drum and played hand games. Tachi is planning to do this event once a month and has invited FAIHP youth to return.



Fresno State students have been coming to the Clubhouse every Tuesday and Thursday to help the youth with homework, arts, and crafts, as well as games. This program has been an ongoing program with Fresno State, and the youth really look forward to it.



Youth made rattles with Cultural Liaison, Darlene Franco, and used their rattles to play hand games.

The teen Youth Council held their annual Valentine fundraiser. They sold a variety of boxes with cupcakes and candy. They did really well with this fundraiser. Thank you to all who supported them!



# WARNING SIGNS OF SUICIDE

By: Dominique Carrillo, Care Coordinator

American Indian/Alaska Natives (AI/AN) have the highest rates of suicide of any racial/ethnic group in the United States. The rates of suicide in this population have been increasing since 2003. From 2003 to 2014, a total of 1,531 suicides among AI/AN and 103,986 among whites were collected. More than one third (35.7%) of AI/AN suicides occurred among youths aged 10-24 years (9.8% aged 10-17 years, 25.9% aged 18-24 years). In contrast, 11.1% of suicides among whites were in persons aged 10-24 years (2.5% aged 10-17 years, 8.6% aged 18-24 years). More than two thirds (69.4%) of AI/AN decedents resided in nonmetropolitan areas, whereas the majority of white decedents (72.7%) resided in metropolitan areas. (Centers for Disease Control and Prevention) Deaths by suicide among our people is sad, scary and most of all preventable and we all can play a part in prevention.

Understanding what warning signs are, is very important for suicide prevention and can save a life of a loved one or close friend. According to the American Association of Sociology consensus panel, the following observable signs and symptoms indicate the need for immediate medical intervention:

- ◆ **Someone threatening to hurt or kill himself or herself**
- ◆ **Someone looking for ways to kill himself or herself**
- ◆ **Someone seeking access to pills, weapons or other means for the purpose of suicide**
- ◆ **Someone talking or writing about death, dying, or suicide**

“A suicide warning sign is the earliest detectable sign that indicates heightened risk for suicide in the near term (i.e., within minutes, hours, or days). A warning sign refers to some feature of the developing outcome of interest (suicide) rather than to a distinct construct (risk factor) that predicts or may be related to suicide.” (American Association of Suicidology)

**The following may be warning signs for suicide and in clinical practice should be considered in relation to mental status for example – depression.**

Hopelessness	Rage/Anger
Acting reckless or engaging in risky activities	Feeling trapped (like there is no way out)
Increasing alcohol and drug use	Withdrawing from family/friends/society
Agitation or intense anxiety	Dramatic mood changes
No reasons for living/no sense of purpose	Giving away possessions

Now that you are aware of some signs of suicide, Fresno American Indian Health Project encourages our community to attend our QPR (Question, Persuade, and Refer) trainings. QPR is a 1-2 hour educational program designed to teach lay and professionals the warning signs of a suicide crisis and how to respond. You will learn the three steps anyone can learn to help prevent suicide. FAIHP has two QPR trainings scheduled; March 26th during our WISE event 1:00-3:00 and April 20th during our Community Advisory Committee Meeting 5:30 to 7:30. Please RSVP to Dominique Carrillo for either training.



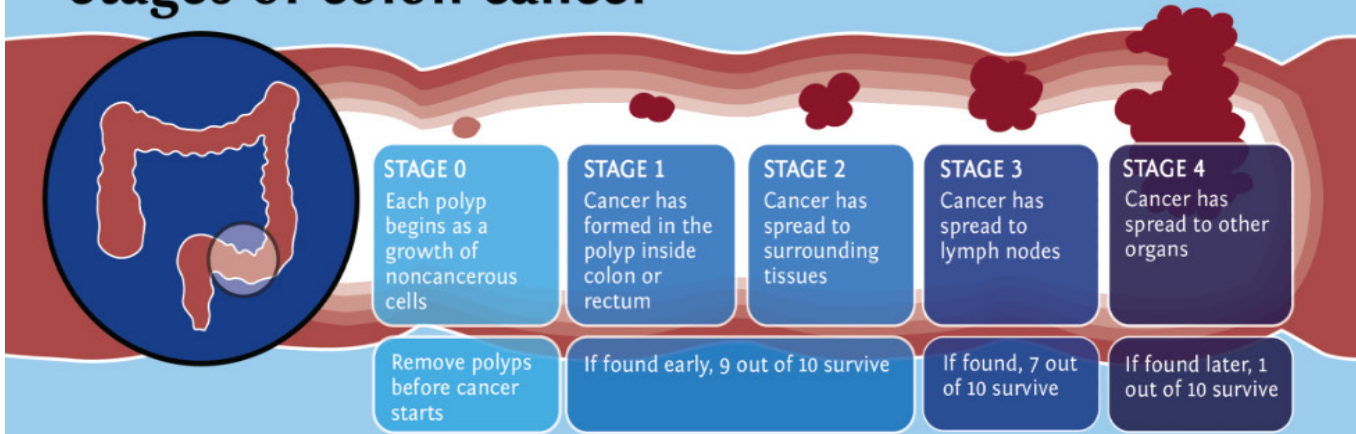
# End Colon Cancer

## ▶▶▶▶ in Indian Country

### What is colon cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

### Stages of colon cancer



TIMING MATTERS WHEN COLON CANCER IS FOUND

### What can I do?



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.



Colon cancer often has no symptoms in early stages.

### Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

#### ▶ STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

#### ▶ VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.



## SIMPLE STEPS FOR A HEALTHFUL LIFESTYLE

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction. Learn more at [eatright.org](http://eatright.org)!

<input checked="" type="checkbox"/> Include healthful foods from all food groups.	<input checked="" type="checkbox"/> Use a grocery list to shop for healthful foods.	<input checked="" type="checkbox"/> Keep healthful ingredients on hand.	<input checked="" type="checkbox"/> Ask your doctor for a referral to an RDN.
<input checked="" type="checkbox"/> Hydrate healthfully.	<input checked="" type="checkbox"/> Be menu-savvy when dining out.	<input checked="" type="checkbox"/> Practice proper home food safety.	<input checked="" type="checkbox"/> Receive personalized nutrition advice to meet your goals.
<input checked="" type="checkbox"/> Learn how to read Nutrition Facts Panels.	<input checked="" type="checkbox"/> Choose healthful recipes to make during the week.	<input checked="" type="checkbox"/> Share meals together as a family when possible.	<input checked="" type="checkbox"/> Meet with RDNs in a variety of settings throughout the community.
<input checked="" type="checkbox"/> Practice portion control.	<input checked="" type="checkbox"/> Enjoy healthful eating at school and at work.	<input checked="" type="checkbox"/> Reduce food waste.	<input checked="" type="checkbox"/> Find an RDN who is specialized to serve your unique needs.
<input checked="" type="checkbox"/> Take time to enjoy your food.	<input checked="" type="checkbox"/> Plan healthful eating while traveling.	<input checked="" type="checkbox"/> Try new flavors and foods.	<input checked="" type="checkbox"/> Thrive through the transformative power of food and nutrition.

EAT RIGHT  
BITE BY BITE



National Nutrition Month®  
March 2020

eat right Academy of Nutrition  
and Dietetics

National Nutrition Month® 2020

# Crossword Puzzle

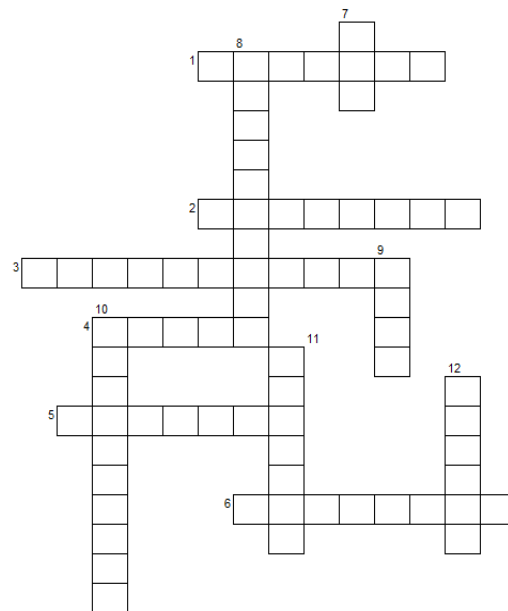
EAT RIGHT  
BITE BY BITE  
National Nutrition Month®  
March 2020  
eat right Academy of Nutrition  
and Dietetics

### Across:

- In the United States, the \_\_\_\_\_ is mainly grown in California and Florida. They might be eaten sliced, diced or mashed, like in guacamole.
- This light colored, round bean is a main ingredient in hummus. Some people also know these beans as chickpeas.
- When eaten raw, \_\_\_\_\_ is a crunchy white vegetable. It also looks similar to broccoli.
- \_\_\_\_\_ cheese is pale-yellow in color and a popular addition to sandwiches. It's also well-known for its large and small holes.
- This mineral is essential for healthy bones and teeth. It's found in dairy products, some leafy green vegetables and fish with soft bones.
- Sometimes known as the sunshine vitamin, \_\_\_\_\_ is found in fortified milk and soy beverages and some types of fatty fish.

### Down:

- Turkey and \_\_\_\_\_ are both popular choices for lunch meats and holiday dinners.
- MyPlate recommends filling half our plates with fruits and \_\_\_\_\_.
- This grain plays an important part in many eating styles all over the world. It may be brown or white, and is often grown in marshy areas.
- This juicy red berry has small black seeds on the outside and a leafy green crown. They can be eaten plain or added to a variety of foods, such as cereal, waffles, smoothies and yogurt.
- Many people like to carve this orange squash at Halloween. It can also be eaten in a variety of ways but is known for being baked into pies or made into soups.
- This nut grows in a tear-drop shape but you may find it chopped, sliced or ground into a butter - similar to peanut butter.





# CBANS NEWS:

We had two presentations for our WISE group in January. We had Community Librarian Shannon Morrison from Fresno County Public Library. She brought the library Digi bus and was able to utilize with providing us with access to their laptops and library cards.



We also had Cal Fresh Outreach Coordinator Brenneta Sadakov from Central California Food Bank providing us with assistance on applying for Cal Fresh application, reports and recertification.



## **Ongoing groups days and time:**

WISE every 2nd and 4th Thursday of each month from 1:00-3:00 PM  
Beading every Tuesday from 5:30-8:30 PM  
Wellbriety every Wednesday from 5:30-8:30 PM  
Two Spirit 2nd Thursday of each month from 5:30-7:30 PM



# NATIVE PEOPLE COUNT

CENSUS 2020 CENSUS 2020 CENSUS 2020 CENSUS 2020 CENSUS 2020

IN THE  
2010  
CENSUS  
AMERICAN  
INDIANS  
WERE THE  
MOST  
UNDER  
COUNTED  
OF ALL  
ETHNIC  
GROUPS

OUR  
ANCESTORS  
FOUGHT  
FOR OUR  
RIGHT  
TO EXIST  
TODAY  
WE CARRY  
ON THAT  
TRADITION  
BY MAKING  
OURSELVES  
AND OUR  
CULTURE  
VISIBLE

FOR MORE  
PLEASE VISIT  
[CCUIH.ORG/CENSUS](http://CCUIH.ORG/CENSUS)

COMPLETE THE 2020 CENSUS

DO IT FOR YOUR FUTURE. DO IT FOR YOUR FAMILY.





# **COMMUNITY ADVISORY COMMITTEE MEETING**

**March 16th from 5:30-7:30pm**

**All community members are welcome.  
Topics will include an update about the new  
Medical Clinic and the new Wellness Grant.**

**A light meal will be served.**

**For more information or to add any items to the agenda,  
please contact:**

**Darlene Franco at 559.320.0499  
or [dfranco@faihp.org](mailto:dfranco@faihp.org)**



## Meet the Staff



**Cresencia** was born and raised in the Central Valley. Cresencia started her undergraduate education at Fresno City College and transferred to Fresno State. She received a dual Bachelor's degree in Psychology and Chicano Studies. She moved to San Diego where she completed her Master's Degree in Marriage and Family Therapy at San Diego State University.

Cresencia has a foundation in Collaborative therapy which focuses on developing a collaborative relationship between client and therapist where dialogue leads to growth and change. Cresencia brings to the team her experience in working with an integrative medical model, community school base work and community outpatient therapy services.

Cresencia is EMDR trained and is working towards certification. Cresencia is excited to join FAIHP and be able to not only work with the Native American community but also learn from them.

**Angela** is honored to be working for the FAIHP. She has Taino ancestry on her mother's side, Scottish on fathers' side and was adopted at 6. She is a California resident of 6 years and graduated with an A.A. in Agriculture from College of the Redwoods in Humboldt. Against the grain and to her own drum for several years Angela travelled in service work throughout northern and southern California, Alaska and Utah. She volunteered with WWOOF (Willing Workers On Organic Farms), and worked seasonal service terms for several environmental groups such as the Student Conservation Association as a restoration crew member, with AmeriCorps as a trail crew member and leader, as gardener and garden educator on several small organic farms and permaculture gardens such as the Solar Living Institute and with the Boys and Girls Scouts on the Irvine Ranch Outdoor Education Center as a naturalist. Angela was a Wilderness Guide with a prominent wilderness therapy group in Utah for at risk youth and has worked with all ages of children in gardens, teens on the trail and in the wilderness, elders with IHSS, and those with mild to severe cognitive disabilities such as autism and schizophrenia in a therapeutic farm and garden.



Angela has been active in various workshop opportunities such as Ecology Actions Grow Biointensive certifications and the Holistic Management International-Whole Farm and Ranch Business Management certification course. Angela is keen to keep up to date in best practice management regarding human environmental impacts in farming and gardening. Angela believes supporting indigenous people and TEK along with popular Permaculture and agroecology practices are the best ways to heal people and the land. "It's unfortunate we have to wait for science to rediscover that indigenous wisdom and traditions of honoring the land and the entirety of creation is interconnected to our health and wellbeing. There is a movement of awakening earth consciousness as she calls to us and we should be excited and hopeful!" Her favorite authors are Vandana Shiva and Michael Pollan and is happiest working with plants and being creative. She hopes to connect with others enthusiastic about garden and environmental education.

Before graduating college, Angela was honored with a National fellowship from the Environmental Leadership Program because of her years of environmental volunteer work. Angela's love for the earth inspired her service learning, and believes heartedly in the peace, freedom and healing power of working with the earth. She looks forward to meeting community members, learning and growing with the FAIHP garden.



## MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Walking Group 11:00-12:00  Family Cafe Series 5:30-7:30	3  Beading 5:30-8:30	4  Exercise Group 11:00-12:00	5	6	7
8	9 Walking Group 11:00-12:00  Family Cafe Series 5:30-7:30	10  Beading 5:30-8:30	11  Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	12   WISE 1:00-3:00	13	14
15	16 Walking Group 11:00-12:00	17  Beading 5:30-8:30	18  Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	19  Nutrition & Wellness Class 12:00-2:00  Two Spirit Group 5:30-7:30	20	21
22	23 Walking Group 11:00-12:00	24  Beading 5:30-8:30	25  Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	26   WISE 1:00-3:00	27	28
29	30 Walking Group 11:00-12:00	31  Beading 5:30-8:30				

Two Spirit Group is on the 3rd Thursday of the month March 19th and April 16th 5:30pm-7:30pm



## APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise Group 11:00-12:00	2	3	4
5	6 Walking Group 11:00-12:00	7 Beading 5:30-8:30	8 Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	9  WISE 1:00-3:00	10	11
12	13 Walking Group 11:00-12:00	14 Beading 5:30-8:30	15 Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	16 Nutrition & Wellness Class 12:00-2:00  Two Spirit Group 5:30-7:30	17	18
19	20 Walking Group 11:00-12:00	21 Beading 5:30-8:30	22 Exercise Group 11:00-12:00  Wellbriety 5:30-7:30	23  WISE 1:00-3:00  Nutrition & Wellness Class 12:00-2:00	24	25
26	27 Walking Group 11:00-12:00	28 Beading 5:30-8:30	29	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](http://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

Ralph Vigil - Chair  
 Leece Lee Oliver - Vice Chair  
 Pam Coronado - Treasurer  
 Brandy Jaramillo - Secretary  
 Jeremy Aliason - Member  
 Esther Cuevas - Member  
 Bernadette Alvarez - Member

*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.*