



# FAIHP

Fresno American Indian Health Project

# DRUM BEATS

*The Heartbeat of The Community*

May • 2020

# Stay Strong

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# YOUTH HAPPENINGS

March has been a productive month at the clubhouse. Although our doors are not open we have been keeping in contact with families, such as creating activity and educational packets for the youth. Our transporters have been delivering supplies to the youth as well. We are also engaging with the community as far as making social media posts that will keep our families informed and engaged.

Clubhouse staff have been working together to resume Clubhouse activities again via Zoom. This would be daily from 4-5 starting the week of April 27th. We know that staying connected may be hard for some youth due to lack of internet or technology, so we will be connecting with families to see what we can do to help with some of these challenges.

Our instructional aids have been connecting with youth as well via Zoom and continuing our tutoring services. This has been working quite well. Keeping our youth connected and educated is the main goal.

We realize this time has been hard for many families, but we just want everyone to know that Fresno American Indian Health Project is still here and willing to help in any way possible. We hope everyone is staying safe, and using this time to reconnect as family.

*Below is an activity families can do together to promote family bonding.  
You will need a canvas or paper, paint of choice, and a sharpie.*



# The Mental Health of Your Children during the COVID-19 Pandemic

Life is full of uncertainty, and the public health concerns regarding the COVID-19 pandemic have increased stress and anxiety levels in children and adults in an unprecedented way. Our communities, leaders, friends, and family members are reacting intensely, which increases our distress. Whether you believe the world is overreacting or underreacting, try to remember that these reactions are based on fear and worry. Be kind. Be compassionate. Be understanding.

Now is the time to do all we can to protect our mental health and the mental health of those we love. Children, teens, and young adults are particularly affected by intensified uncertainty, and those who have already experienced mental health challenges will most likely struggle the most. It is vital that we come together, as parents, to offer each other support, without judgement. Our children need us now more than ever. Fresno American Indian Health Project wanted to share with our community different resources to help manage the mental health of your children. Below is a list of resources from the University of Oxford.

- Give children a chance to express and feel their feelings. Children have their own way of expressing upsetting feelings; Help children find ways to express disturbing feelings, such as fear and sadness. Reassure them that these feelings are appropriate under the circumstances.
- Children feel the safest when they are with family and caregivers. If separation is necessary, ensure that regular communication is maintained, such as phone or video calls and other age appropriate communications
- Maintain as many familiar routines in daily life as possible. Children do better when they know what to expect. Structure and routine help children feel safe.
- It is common for children to seek more attention and feel more attached during times of stress and crisis. This is a time for reassurance, so take the time to comfort your children when they seem demanding.
- Be honest but provide facts. Give your children age-appropriate information about the virus and address their concerns.
- Children will pick up on the emotions and cues of adults around them. Pay attention to what your children are hearing around them. Talk about it honestly and avoid dismissing what they may have heard.
- Monitor your children's social media and screen time. Constantly checking for updates on the coronavirus can increase anxiety. Instead, engage your kids in fun activities, such as playing games or reading.
- Take care of yourself. Pay attention to your own stress levels. Exercise, eat properly, drink plenty of water, and keep regular sleep routines.

Although, Fresno American Indian Health Project is not accepting patients in the office we are still here to help our community via telecommunication. If you are concerned about your mental health or the mental health of your children, contact your mental health provider or your clinician. To reach the National Suicide Prevention Lifeline, call 1-800-273-TALK (8255). TEXT "START" to 741-741 to reach the Crisis Text Line. Please don't hesitate to contact FAIHP Staff at 559-320-0490 with any questions or concerns. Please stay safe and healthy, take care of yourself and family, and don't forget to wash your hands regularly.

# COVID-19 Poses a Higher Risk for People with Asthma: What You Can Do

Every May is Asthma Awareness month, but this year it is more important than ever to be on top of your asthma treatment. COVID-19 can pose a threat to anyone, but people with preexisting respiratory illnesses are at particularly high risk of having serious consequences that could arise from a coronavirus infection.

Observing social distancing and frequent handwashing can help people with asthma avoid contracting COVID-19, just like everyone else, but there are additional steps you can take to protect your health if you have asthma.

## Maintain your medications

First and foremost, a person with asthma should continue to take their maintenance, or preventive, asthma inhaler daily as prescribed. This will help decrease risk of an asthma attack triggered by any respiratory illness, including coronavirus. If possible, try to have an ample supply of asthma medication on hand, including both maintenance and rescue inhalers.

Some inhalers have been in short supply, according to the American College of Allergy, Asthma, and Immunology (ACAAI), partly because they also are used by hospitals to treat COVID-19 patients. Talk to your health care provider about creating an emergency supply of prescription medications in case you are quarantined or need to stay home for an extended period of time.

## Manage your stress

Stress also can inhibit your immune system and people with asthma may be particularly stressed knowing that their risk of COVID-19 complications is elevated.

Anxiety can bring on asthma attacks, or make them worse. Know your asthma triggers. Being aware of these can help keep them managed, or even avoid attacks.

Beyond using the coping mechanisms such as exercise, healthy eating, and meditation, try stepping away from phones, televisions and computer screens for extended periods of time, instead reach out to your support network by phone or online.

## Use special precautions at home

Sheltering in place by staying at home can pose particular challenges for people with asthma, especially if your home contains possible asthma triggers like dust and pet dander. If possible, try to keep pets out of frequently used rooms. Windows should be kept closed to reduce exposure to rising pollen counts, and have someone else in the home clean with a HEPA-filtered vacuum and dust frequently. Maintain low humidity to reduce mold and dust mites.

People with asthma who've been diagnosed with COVID-19 or suspect they have the illness and are using an inhaler at home need to do so in a location that minimizes exposure to other family members, since the coronavirus spreads via exhaled droplets of water. The ACAAI advises to use the porch, patio, or garage for your treatment to minimize exposure to others in the home.

Lastly, be vigilant about any respiratory symptoms you experience — don't brush them off as "just" allergies or asthma. If you find that you have a new or worsening cough, a fever, or severe body aches, make sure to reach out to a care provider at the early onset of symptoms.





# Get The Whole Family Moving More At Home

Every April is Move More Month, and this year, while we are all at home, it is more important than ever to encourage everyone to get active for better health!

Finding ways to be more active around the house sets a good example for kids and can help you stay on top of housework. You can combine exercise with other activities, like watching TV, cleaning or cooking.

- Make active chore cards. Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch – and get the chores done.
- Clear some space, put on some music, and take a dance break! Let each person take a turn as DJ so everyone's favorites get played.
- Put the screens on hold. Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport, or play a game of hide-and-seek.
- Tune into fitness during TV time. Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a bit of activity between episodes. Or challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks.
- Shake up your family's routine. Join your kids for a bike ride or shoot some hoops before starting on homework and chores. You'll all feel better and think better.
- Play actively with pets. Throw a ball or stick for the dog to fetch. Lead the cat on a string chase around the house.
- Include active games in family game night, like Twister, charades and hide-and-seek.
- Keep a list of kid-friendly activities handy for when you hear "I'm bored."
- Choose toys for your kids that encourage physical activity, such as balls, skateboards, hula hoops and jump ropes.
- Keep exercise equipment out where it can easily be used for a quick workout.
- Instead of always having the TV on for company or background noise, play music that inspires you to get up and move.

There is no need to overcomplicate fitness. You can get up and move just about anytime, anywhere to be more physically active and stay healthy, and every minute counts toward the goal of at least 150 minutes per week of exercise. Every time you stand up and do something, you're taking a step in the right direction!

# CBANS NEWS:

By: Teela Kipp-Reyes – Family Advocate

FAIHP is re-starting our Beading and WISE groups through virtual meetings via Zoom. Participants may attend by video or phone. Join me and FAIHP Care Coordinator, our Care Coordinator Dominique Carrillo as we provide a variety of interactive games, arts, crafts, beading kits, self-care packages and much more.

WISE will be every 2nd and 4th Thursday of each month from 1:00 PM - 2:00 PM.

Beading will be every Tuesday from 3:00 PM - 5:00 PM.

Times may change depending on community needs.

We are very excited to start our groups again through a virtual platform and we can't wait to see everyone participate.

If you have any questions, please contact Teela Kipp-Reyes or Dominique Carrillo by calling: 559-320-0490 or emailing at [treyes@faihp.org](mailto:treyes@faihp.org) or [dcarrillo@faihp.org](mailto:dcarrillo@faihp.org)

In other news, we recently collaborated with our Community Garden Coordinator, Angela Powell. She presented a planting demonstration at the Garden in March. The Elders enjoyed being outside and enjoying the view of the garden.





**Participate in the 2020 Census and get counted!**

**Self-Response: March 12- October 31**

**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](http://www.faihp.org)**



# Garden Notes

## “Weeds and Butterflies- Honoring Biodiversity”



Lots of exciting things growing! Many veggie, herb, and flower sprouts have outgrown their birthing beds and have been transplanted into the larger raised beds. If anyone has been in the garden in the last couple months you might have noticed a few of beds left with old crops or “weeds.” This was done intentional for a few reasons. One being that “a weed is just a plant whose virtues have not been discovered.” True, many weeds serve a biological purpose by providing food and habitat for many beneficial birds and insects. Ladybugs that eat aphids a common garden pest, prefer certain weeds. As well, it’s fun to learn many known weeds are edible and medicinal and not just for humans! Leaving wild plants can act as a cover crop

providing nutrients and protecting the soil from water evaporation. Weed cover can distract “pests” and save the amount of soil you need to add later on your garden bed! So, you can see why there are many reasons why it is a good idea to leave them in place until right before you plan on planting or leaving some. The native pollinators favorite flowers are growing nicely including milkweed for Monarch butterflies.

**Permaculture pro tip:** It’s a good idea to start flowers first when planting a garden because many of our food crops need pollinators like butterflies’, birds and insects that depend in biodiverse plant life and, even weeds. The Monarch butterfly tribe depends on the tradition of laying eggs on milkweed and teaching their young to eat the plant for protection. Plants have spent many generations not only surviving and adapting but observing the insect and bird kingdoms and worked hard to craft perfumes that they would like. They colored themselves to catch the eyes of a bluebird or beetle, they painfully contorted their petal bodies shaping them specifically for the hummingbird beak and the bumblebee’s bumble. Remember, a garden is an ecosystem in which life supports life, every being serving a purpose and a gardener and farmer learns its ok to make mistakes, it’s all about growth! The work we do outward in our gardens is also work being done inward. Being flexible in our beliefs and practices and checking our intentions can help us be better gardeners of the spirit and our yards!



# Being a Support to Others

by David Stroud, LMFT

May is Mental Health Month, and it has never been more important than this year. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. There are simple things that every person can say or do to help the people in their life who are struggling to get through the tough times. Here are a few suggestions.

**Practice Active Listening:** Active listening refers to a pattern of listening that keeps you engaged with your conversation partner in a positive way. It is the process of listening attentively while someone else speaks, paraphrasing and reflecting back what is said, and withholding judgment and advice.

**Don't Compare:** If a friend or loved-one is going through a tough situation, be careful not to compare because it can make someone feel like their pain isn't valid. It's okay to share about similar experiences but focus on what you did to cope with distressing feelings.

**Ask What You Can Do:** It's always better to ask your friend or loved-one what they need from you, rather than assume what would be helpful to them. If they're unsure, offer up a few suggestions for things that you would be willing to do.

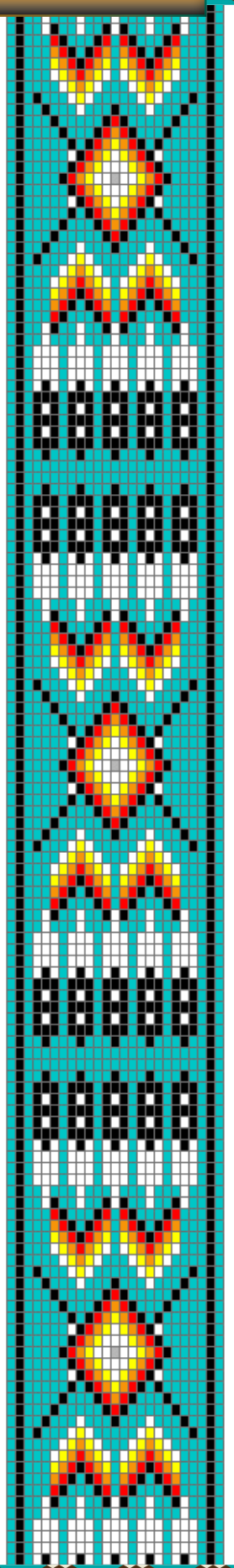
**Keep Your Word:** When a person is struggling, the last thing they need is to feel abandoned by someone else. If you absolutely can't keep your word, sincerely apologize and find another time that you can do what you said you would do.

**Don't Judge:** To be truly supportive to someone, you'll need to put personal opinions aside. You can never know what it is like to be that person in their moment of distress, and criticism is not helpful to their recovery.

**Offer to Join Them:** Offering to go with someone to help them take care of responsibilities can help them feel a sense of accomplishment and lift their spirits.

**Know When More Serious Help Is Needed:** If you notice that your friend or loved-one continues to struggle after weeks or months, they may likely need professional help. Don't be afraid to encourage them to seek help from a mental health professional. If someone you care about is in immediate danger of suicide, seek help by calling 911 or taking them to the nearest emergency room.

References: <https://www.mhanational.org/mental-health-month>  
<https://www.verywellmind.com/what-is-active-listening-3024343>



MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	<p style="text-align: center;"><b>Virtual Classes</b></p> <p style="text-align: center;">Beading, every Tuesday 3-5pm (Virtual) contact: treyes@faihp.org</p> <p style="text-align: center;">WISE, May 14th and May 28th 1-2p (Virtual) contact: treyes@faihp.org</p> <p style="text-align: center;">Nutrition and Wellness Class, May 21 12-2p (Virtual) contact: ringalls@faihp.org</p> <p style="text-align: center;"><i>If you would like to attend you will need an invite from the facilitator.</i></p>					
12						
19						
26						



JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	<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>					
10						
17						
24 31						



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Fresno American Indian Health Project

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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.*