



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

August • 2020

Be Safe, Stay Strong!

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Clubhouse Summer Family Challenge

We encourage our families to participate in as many activities as possible throughout the month. Have fun!

- Camp in the living room
- Draw a family portrait
- Conversation: Use 3 positive words to describe yourself
- Celebrate Book Lovers Day by reading a favorite book (August 9)
- Write about a family memory
- Plant something
- Have a game night
- Bake a favorite treat
- Conversation: How would you change the world when you grow up?
- Watch a movie
- Do a family photo shoot at home
- Make a craft (Check out the DIY Shrinky Dinks video on the FAIHP Facebook page)
- Celebrate Eat Outside Day by having a picnic (August 31)





Census 2020 Still Happening!

**The new date for self response is October 31.
Respond Online by mail or phone.**

**Census 2020 is an opportunity to provide a better future for
our communities and future generations.**

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



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**1551 E. Shaw Avenue, Ste. 139 Fresno, CA 93710
www.faihp.org**

ARE YOU READY FOR A TELE-HEALTH APPOINTMENT?

What is Tele-Health?

- Tele-Health is when you meet with a Healthcare Provider by phone, or by use of your computer and you both can see each other through the computer screens.

What do I need to have at home to be able to have a Tele-Health appointment?

- You need a phone if you will be having a phone-in appointment.
- You need a computer or laptop, sometimes you can use your smart phone, iphone or a tablet.
- You may also need wifi and internet.

Why is Tele-Health used?

Telehealth has been used to improve access to certain services due to lack of transportation, or remote living conditions of clients.

- Behavioral health services
- Specialty medical care
- Diabetic retinal screening
- Nutrition services and diabetic education.

Telehealth has been used to enhance and support

- Emergency Department services
- Intensive Care services
- Radiology services

During the COVID-19 Public Health Emergency many organizations have used telehealth to;

- Reduce volume of visits in the facility
- Reduce potential exposure for patients at increased risk from COVID-19
- Allow providers who are in quarantine or isolation or who themselves at high risk from COVID-19 to continue to provide care.
- Reduce use of scarce personal protective equipment such as masks.

The increased use of telehealth for primary care services during the COVID-19 has convinced many IHS, Tribal, and Urban Indian health facilities of its value in:

- Routine follow-up in management of chronic diseases, depression, and anxiety
- Interval rechecks in physical therapy and podiatry
- Pharmacy-run chronic disease management programs
- Care management of at-risk patients

Does FAIHP have Telehealth services??YES!!!! Whether you need Behavioral Health, Youth Services, Nutrition Counseling, Case Management, or an appointment to see our Nurse Practitioner Lupe, FAIHP has Tele-health at your service! Please call and schedule your appointment today.



Helping Kids Maintain a Healthy Body Weight: A Cheat Sheet for Success

When children are young, parents and other caregivers are responsible for providing an environment that helps them maintain a lifestyle that is beneficial to their health. You can help your child by doing the following:

- Be a positive role model for healthful eating and activity habits.
- Provide a calm, reassuring atmosphere at regular meal and snack times.
- Set appropriate limits on screen entertainment like television, tablets and video games.
- Involve the whole family in fun physical activities.
- Help children develop and maintain a positive body image.
- Avoid restrictive diets and excessive exercise regimens.



When it comes to nutrition and fitness, the role of parents is the same no matter the size of their children. A healthy weight for kids is about much more than numbers. It is about healthy behaviors, such as enjoying a variety of foods and activities for strength, flexibility and aerobic capacity.

Diets Are Not the Answer

Diets can do more harm than good. Research suggests kids who diet end up weighing more than non-dieters, with lower self-esteem and greater risk for eating disorders. Do not put your child on a diet, especially without consulting your doctor and a registered dietitian nutritionist.

Here are some simple actions adults can take to help children develop positive lifestyle habits. These strategies have been shown to promote a healthy weight for adults, too.

- Be active by playing together. Kids need at least 60 minutes of daily physical activity. Play with your kids every day. It's fun for them and fun for you too. Consider checking out your local community center for kid-friendly activities. Plan family activities that get everyone moving such as biking, after-dinner walks, basketball or soccer at the park.
- Make family mealtimes a special time together. Eating more meals together can make a big difference in your family's health, happiness and finances. Dinners made at home are less costly than eating out and easier to prepare than you might think.
- Eat breakfast. Go beyond cereal and milk and try a breakfast burrito made with a scrambled egg, cheese and salsa wrapped in a flour tortilla. Also, teach kids to use the blender to make their own breakfast smoothie.
- Don't forbid foods or use food as a reward. Forbidding foods only increases a child's desire for that food. Instead of saying no to your child's favorite food, limit the portion size.
- Dine out responsibly. When ordering from a restaurant, look for nutritious options on the children's menu such as a grilled chicken wrap, carrots with dip and fruit. If you order takeout or home delivery, remember that you can add to the meal by serving a glass of low-fat milk or adding a side salad.
- Enjoy a rainbow of fruits and vegetables. Most children beyond age 4 need at least 1½ cups of fruit and 1½ to 2½ cups of vegetables a day. Serve juicy, crunchy, delicious fruits and vegetables at every meal and snack. Fresh, frozen, dried and canned — all types of produce contribute to good health.
- Encourage mindful eating. Ban screens at meal time and help kids focus on their food by being present at the dinner table. Ask your kids what it feels like to be very hungry, a little bit hungry, comfortably full and uncomfortably full. Discuss the importance of trusting and listening to internal body cues.
- Choose healthful beverages. Soft drinks, fruit punch and fruit drinks contain added sugars which could be displacing nutritious beverages. Offer healthier drinks like plain milk and water instead.
- Remove televisions and video games from bedrooms. Kids who get enough sleep are more likely to maintain a healthy weight and perform better in school. The American Academy of Pediatrics recommends no television in children's rooms to reduce screen time and promote healthy sleep habits.

*adapted from article published by The Academy of Nutrition and Dietetics, July 2020.

CBANS NEWS:

By: Teela Kipp-Reyes – Family Advocate

Self-Care

It's important to take regular time in your day for self-care. Although it may seem decadent at times, it is our self-care activities that protect us from burnout. Taking care of yourself first is essential to navigate the hectic pace of modern life. Building up a well of resilience is your best ally in learning to live a peaceful, productive, and enjoyable life. These self-care ideas can go a long way to helping you to build up your resilience.

Ideas for Self-Care: Go for a walk, try a new recipe, schedule personal self-care time each day, facial with homemade face mask, watch a movie, do one thing at a time, multitasking can be stressful, read a book, warm bubble bath, schedule 5-10 minute of "play" breaks during busy schedule, go to a spa, order take-in, declutter house, sleep in, bake something, crafting, beading, planting, crossword puzzles, exercise, meditate, yoga, write in a journal about your day, ride a bike, draw or paint, walk on the grass and get in touch with mother earth, listen to music and just relax!

Just want to say Thank You to all the Beading and WISE participants who been attending our virtual groups through this difficult time. We appreciate every one of you!

Beading virtual group are every Tuesday from 3:00 PM – 4:30 PM.

WISE virtual group is every 2nd and 4th Thursday of each month from 1:00 PM - 2:00 PM.

If you would like to participate in our groups, please contact Teela Kipp-Reyes at 559-320-0490 or emailing at treyes@faihp.org.

Youth Virtual Wellness Summit

**August 12th & August 13th, 2020
1:00pm - 4:00pm Each Day
Via ZOOM Meetings**

**Raise Suicide Awareness
Guest Speakers
Incentives
Virtual Activities**



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**Contact Information: Amber Molina,
amolina@faihp.org, 559-320-0490
Or Alexis Hand-Native Youth Prevention Coordinator,
ahand@chukchansi-nsn.gov, 559-760-2724**

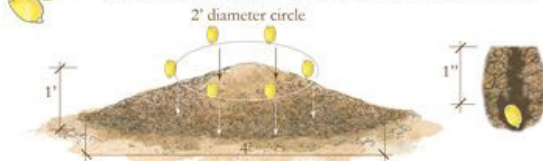
THREE SISTERS COMPANION PLANTING

By the time European settlers arrived in America in the early 1600s, the Iroquois had been growing the "three sisters" for over three centuries. The vegetable trio sustained the Native Americans both physically and spiritually. In legend, the plants were a gift from the gods, always to be grown, eaten and celebrated together. The three sisters provide both sustainable soil fertility as well as a healthy diet from a single planting.

1 In spring, prepare the soil by adding fish scraps or wood ash to increase fertility.



2 Make a mound of soil a foot high and four feet wide. When the danger of frost has passed, sow six kernels of corn an inch deep and about ten inches apart in a circle of about 2 feet in diameter.



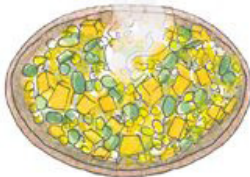
3 When the corn is about 5 inches tall, plant four bean seeds, evenly spaced, around each stalk.



4 About a week later, plant six squash seeds, evenly spaced, around the perimeter of the mound.



5 After harvest, make three sisters succotash.



CORN

provides structure for the beans.

BEANS

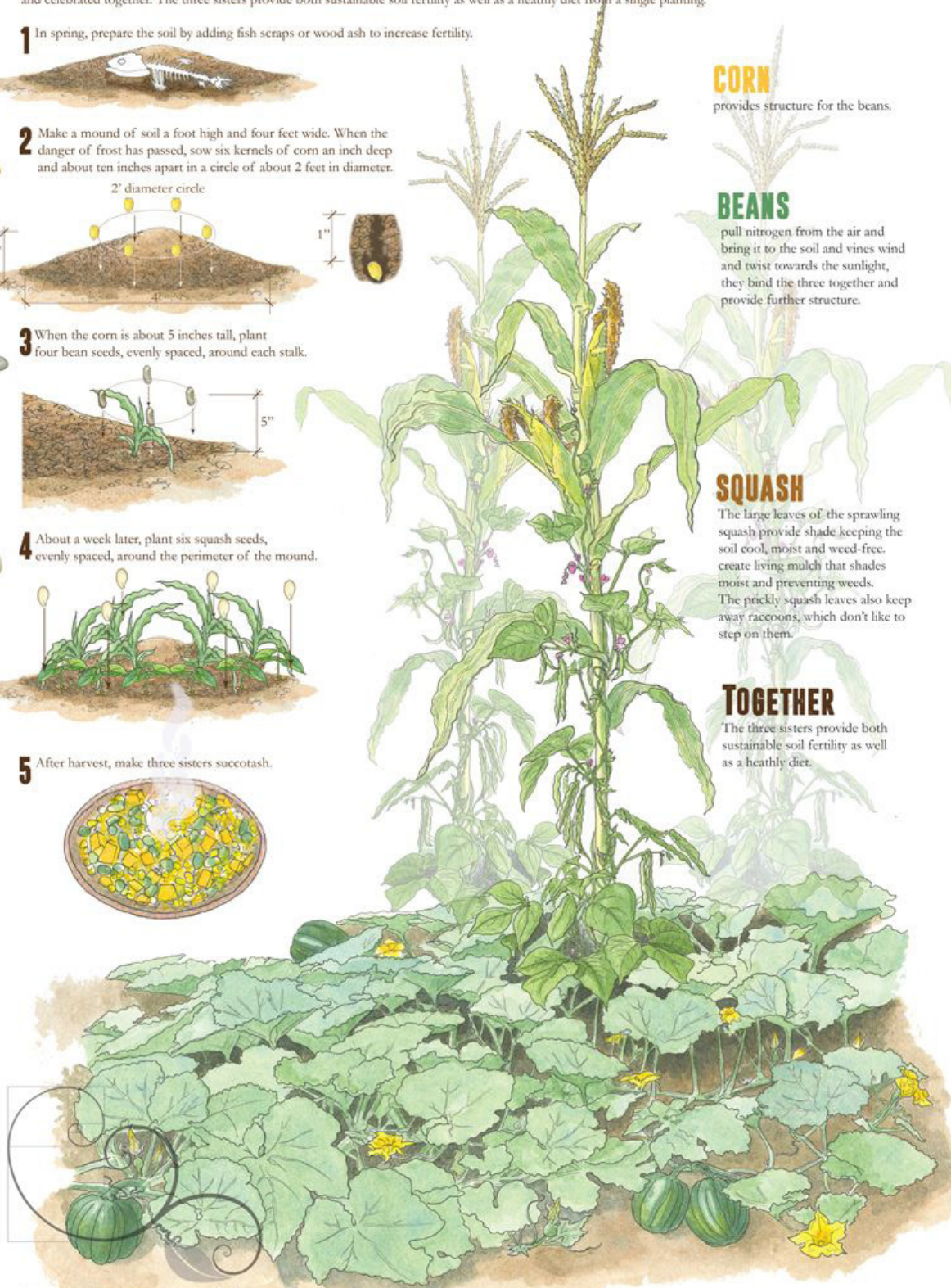
pull nitrogen from the air and bring it to the soil and vines wind and twist towards the sunlight, they bind the three together and provide further structure.

SQUASH

The large leaves of the sprawling squash provide shade keeping the soil cool, moist and weed-free. create living mulch that shades moist and preventing weeds. The prickly squash leaves also keep away raccoons, which don't like to step on them.

TOGETHER

The three sisters provide both sustainable soil fertility as well as a healthy diet.



P.A.I.R U.P. with Mindfulness

by David Stroud, LMFT

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

The following acronym P.A.I.R. U.P. is one way to bring mindfulness into your life and relationships. It doesn't mean things are going to be perfect but accepts that sometimes life can have challenges. Developing these skills can help you find balance and shift your perspective. Read the following explanations and answer the questions below.

P: Present-Moment Participation

Whole-hearted participation and engagement with others helps build trust and develops stronger connections and friendships.

A: Attuned Acceptance

You might not be able to control everything that happens in your life, but you can control your attitude. Acceptance offers greater calm, and attunement means having more empathy and understanding of others, even if they don't agree with you.

R: Reflection

Pause and reflect on your relationships. Think about what values matter the most to you. This can help you discover fresh insights and move in new directions.

U: Understanding of Suffering

When you realize all people suffer in some way, you gain a greater sense of patience and compassion for others.

P: Purposeful Partnerships

By finding your purpose and supporting others, you develop a network of meaningful relationships and community partnerships.

Reflecting on the following questions can help increase self-awareness and of your impact on others.

- 1: Which one of these skills would make a positive difference in your life right now, and why?
- 2: Which skill feels the most challenging to you, and why?
- 3: Which of these skills do you currently use in your life and relationships?
- 4: What would most change in your life if you could bring P.A.I.R U.P. into it?

References: <https://www.helpguide.org/harvard/benefits-of-mindfulness>
The Mindfulness Toolbox for Relationships by Donald Altman

Virtual Classes

FAIHP Virtual Services Due to COVID-19

1. **WISE Group**
 - Zoom Meeting
 - 1-2pm on the 2nd and 4th Thursday each month

2. **Beading for Stress Management Group**
 - Zoom Meeting
 - Every Tuesday, 3-5pm

3. **Daughters of Tradition**
 - Zoom Meeting
 - Every Wednesday 3-4pm

4. **Community Advisory Committee**
 - Zoom Meeting
 - Every 3rd Monday each month, 5:30-7:30pm

5. **GONA Planning Meetings**
 - Zoom Meeting
 - Every Wednesday, 1pm

6. **Case Management Services**
 - Via telehealth (phone or Zoom)

(Continued on page 11)

7. **Therapy Services**
 - Via telehealth (phone or Zoom)
8. **Family Spirit Services**
 - Via telehealth (phone or Zoom)
9. **Nutrition & Wellness Class**
 - Zoom Meeting
 - 3rd Thursday each month, 12-2pm
10. **Nutrition Counseling**
 - Via telehealth (phone or Zoom)
11. **Community Garden Class**
 - Zoom Meeting
 - Occurrence TBA
12. **Clubhouse Tutoring/Educational Support**
 - Via telehealth (phone or Zoom)
13. **Clubhouse Program**
 - Zoom Meeting
 - Monday – Friday, 4-5pm
14. **Health Services**
 - Via telehealth (phone or Zoom)

If you would like to attend you will need an invite from the facilitator.



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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.