



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

December • 2020

Happy Holidays

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





Clubhouse Recap

November was Native American Heritage Month. Clubhouse did some culturally-rich activities. The first week of November we did a Give Thanks project where the youth watched a Native video about all the things we give thanks for. After the movie the youth wrote all the things they are thankful for. FAIHP, Dietician Renee taught the youth to make sunflower seed, cornmeal, and maple cookies. A delicious snack from our Indigenous culture. Also in November we held our first Clubhouse Family Night. We did a presentation on the importance of family connectedness and then we made tie blankets. Six families attended and all finished their projects!

New Grant: Red Warrior Project

FAIHP is happy to introduce our Red Warrior Project. The Red Warrior Project is our latest program for substance use/misuse and prevention along with HIV education and prevention for youth 13-24 years of age. The Program will be doing outreach/engagement, workshops, presentations, group sessions, provide linkages to treatment and case management for Native youth in the target age group. For additional information or expressed interests, please contact the Red Warrior Project Lead Navigator, Serena Cuevas, or Red Warrior Project Manager Bear Alexander.

Looking for Scholarships?

Visit <https://www.aigcs.org/scholarships-fellowships/> for scholarships for American Indian students.



NOW OPEN!



FAIHP

Fresno American Indian Health Project

**HEALTH &
WELLNESS
CENTER!**

559-320-0490

CALL FOR AN APPOINTMENT

Let's talk about the upcoming COVID-19 Vaccine



Are you worried? Afraid to get the vaccine? Uncertain? Well I believe there are a lot of people feeling all of these feelings and that's o.k. But remember do your research, get the facts from the experts and be informed.

Benefits of getting the COVID-19 Vaccine:

Some people may be concerned about getting vaccinated once a COVID-19 vaccine is available in the United States. While these vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

Below is a summary of the benefits of COVID-19 vaccination based on what is currently known. This information was taken from CDC.

COVID-19 vaccination will help keep you from getting COVID-19

- COVID-19 vaccines are being carefully evaluated in clinical trials and will be approved only if they make it substantially less likely you'll get COVID-19.
- Based on what we know about vaccines for other diseases, experts believe that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.
- Experts continue to conduct studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19.

COVID-19 vaccination will be a safer way to help build protection

- COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. If you get sick, you could spread the disease to friends, family, and others around you.
- COVID-19 vaccines must show they are safe and effective before any vaccine can be approved for use. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine for use under what is known as an Emergency Use Authorization.
- Getting COVID-19 may offer some natural protection, known as immunity. But experts don't know how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody response without having to experience sickness.
- Both natural immunity and immunity produced by a vaccine are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

COVID-19 vaccination will be an important tool to help stop the pandemic

- Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science.



HOW TO USE PLASTIC FOOD STORAGE CONTAINERS

We are now firmly in the holiday season, or as I like to say, leftover season. Whether it's leftovers from Thanksgiving, family dinners, parties (a.k.a. small, socially-distanced gatherings), or holiday cookies, this time of year most of us will find ourselves in need of somewhere to store leftover food for later use.

Whether you're on a quest to prevent food waste or you simply want to store prepared food, reusable containers can do the job. But are some food containers safer than others when it comes to personal and environmental health? Here's what you need to know.

- **Know the code.** On the bottom of plastic food storage containers, you'll find a tiny triangle with a number (resin identification code) ranging from 1 to 7. This number indicates what the plastic is made of. In general, the safest choices for food use are numbers 1, 2, 4 and 5. The American Academy of Pediatrics recommends avoiding plastic containers with codes 3, 6 and 7. Plastic number 3 contains vinyl or polyvinyl chloride (PVC), 6 has polystyrene and 7 can contain various plastics, such as Bisphenol A (BPA).
 - o The use of BPA has been banned in baby bottles, sippy cups and in the packaging of infant formulas. However, its use in other food and beverage containers continues to be monitored and is currently considered safe by the U.S. Food and Drug Administration. Many BPA-free plastic food and beverage containers are available today, allowing consumers to minimize their exposure to it.
- **Keep it cool.** Though polycarbonate plastic is strong and long-lasting, it can break down over time from high temperatures and overuse. Never microwave foods in plastic food containers, including margarine tubs and restaurant carryout containers. Plastic containers from packaged microwavable meals shouldn't be reused after their initial use; they're safely designed for one-time-use only. Putting plastic containers in the dishwasher should also be avoided.
- **Recycle as appropriate.** According to the Environmental Protection Agency (EPA), the U.S. recycled just over 8 percent of plastic containers and packaging in 2017. This can contribute to greenhouse gas (GHG) emissions, impacting the health of the environment.

The Bottom Line

Pick plastic food containers wisely and limit their use to cold food storage. They can also be ideal for transporting food. Consider glass or stainless steel containers for cold or hot foods, instead. Since both can be cleaned and reused, they're ideal for home food storage, too.

Stress Free Winter Holiday Tips!

By: Teela Kipp-Reyes – Family Advocate

One after another, the holidays in December and January add warmth to the cold winter. Unfortunately, they can also add stress for busy families. But they don't have to. Here are some tips to keep your family cool and calm, so the holiday memories are warm and colorful-selfcare.

1. Involving the Kids in Winter Holidays

- Children's fond memories can be of working together -- cooking and decorating for the holidays, as well as enjoying the fruits of their labors.

2. What's important?

Make sure children are aware of the reasons for, and the primary message of each holiday you celebrate. Receiving gifts may be the child's focus until you explain the origin and broader meaning of the holiday. Lights, foods, and gifts often play a central role in winter holidays.

3. Brainstorm the shopping list as a family.

4. Children often have perfect ideas for gifts for relatives and family friends. Cook together.

Each family member can help in the kitchen, from chopping to washing. Hold a whole family cookie-baking event, or experiment with different types of recipes and have the family vote at a tasting party. Wrap it up together. Sing along with seasonal music while everyone helps tie the ribbons and make the gift tags. When you share lively conversation, the packages are ready in no time.

5. Keep the kids busy with holiday fun

When kids are out of school for the holiday break, keep them busy. Less sibling arguments occur when kids are engaged in fun activities. Quiet quarrels and lessen stress by suggesting the following activities to your kids:

- Send Thank You notes.
- Make holiday scrapbooks.
- Practice some math activities or make print and play games.
- Write a holiday story and submit to Books and Beyond.
- Celebrate nature by dancing with the first snow flakes. Create snow related crafts.

6. Create family traditions

7. Have the kids write or E-mail grandparents and relatives to plan some traditions that may surprise you.

8. Play and sing together

9. Serenade people who will appreciate your holiday cheer.

Share your seasonal celebrations with others who are interested in learning about others' traditions.

If you would like to participate in our groups, please contact:

Teela Kipp-Reyes at 559-320-0490 or emailing at treyes@faihp.org.

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.

Wishing everyone a Merry Christmas and a Happy New Year!

Holidays, social distancing and coping skills

By Crescencia Cruz, LMFT

We've made it to the final month of 2020. This year has been full of changes for the world and our personal lives. It's no longer safe to be near our loved ones and much less to hug them. Some have lost their jobs and had to ask for help. Others were forced to find things to do with their time while they waited to return to work. Those deemed essential workers had to continue to go to work every day despite their own fears regarding the pandemic. We have lost loved ones or know someone who's loved one passed away. And some have for the first time in their lives sought out mental health services. Now we're in December with Christmas and New Years in the horizon.

California has released guidelines for celebrating the upcoming holidays (please see link below). While some have already decided to spend the upcoming holidays with family, others are trying to figure out what to do. If you're struggling on how to tell your family that you won't be seeing them in person for these two holidays, know that you're not alone. Some family members may question the reason why you're choosing not to attend a family gathering, others might try to guilt trip you in order to get you to attend and some might see it as you don't care about them at all. Know that you wanting to minimize the risk of being exposed to or potentially exposing others to Covid-19 is a way to show love to your family, especially your elders and those who are at higher risks. Below are some suggestions on how to safely connect with family during the holidays:

- Use Zoom, Facetime, Google Duo, Facebook video or regular phone call on speaker to still be together with family while keeping each other safe.
- Set a schedule: What time does your family normally have Christmas meal? What time do you open presents? Do you have a meal with family for New Years?
- Share traditions: What other traditions do you have for Christmas? What traditions do you do to ring in the New Year? Have your elders share the origin of these traditions.
- Share recipes: If possible have your family members share their recipes for your favorite holiday dish. Ask them who made the original dish.

Regardless of what you decide to do for the holidays you may still be struggling with anxiety, depression, and/or grief. Below are some coping skills you can use to help you during this time.

The rainbow game is actually a mindfulness technique that works for kids and adults. You have one person call out the different colors of the rainbow while the other/s go look for an object that matches that color. The person calling out the colors can add more colors that are not part of the rainbow. One rule I use is that you can not use the same object twice. If a ball or toy has more than one color it cannot be used again.

Journaling or letter writing is good to help express yourself. Please note that journaling does not have to be just words. You can draw, scribble, use stickers, use emojis, use paint, use tea/coffee, crayons or markers to express yourself. Letter writing can include all those things as well. You can write letters to loved ones who have passed or still present with you. You do not need to give the letters to anyone. Sometimes it's good to get out our emotions and process them before we can share it. And sometimes it's not safe to share so please know you do not need to give anyone your letters. You can get rid of the letter in anyway you like as long as it's safe.

I hope these coping skills help. Please know that you can always check out our Facebook page for more videos regarding mental health. There are more resources below. And as always, you can contact our office to schedule an appointment for mental health services or contact your insurance provider for a list of mental health professionals.

Happy Holidays!

- Links:
- California Holiday Guidelines - <https://covid19.ca.gov/holidays/>
 - Resources for Emotional Support and Well-being - <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>
 - California Surgeon General Stress Busting PlayBook - https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook--en.pdf
 - NAMI Family Guide - <https://namica.org/blog/helping-children-during-the-covid-19-crisis/>
 - NAMI Ways to Stay Connected - <https://namica.org/blog/ways-to-stay-connected-during-the-covid-19-crisis/>

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.



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:

- Tele-Health Medical Appointments
- 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

Pam Coronado - Chair
 Leece Lee Oliver - Vice Chair
 Jeremy Aliasson - Treasurer
 Brandy Jaramillo - Secretary
 Ralph Vigil - 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.