



FAIHP
Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

January • 2021

Wishing you a safe and,



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NEW YEAR, NEW START. DOCUMENT YOUR MONTHLY SUCCESSES IN YOUR EDUCATION!

Wow! We have officially started a new year, 2021. These past 10 months have been full of many unexpected events and challenges. It is important to remember that your goals/progress will look different in comparison to pre-pandemic times, especially as schooling does not look the same as it was completed in person. We hope that you and your families have adjusted, and now feel comfortable doing so. Despite all the difficulties that can come with online learning, here are a few ways that you can brighten your kids' (and your own) day!



BE GOAL-DRIVEN!

1. Set a goal.
2. Develop achievable steps.
3. Celebrate small successes.
4. Stick to your plan.

One good way to encourage studying is to come up with and write down Long term/short term goals for the school year. For example, a short-term goal could be to complete all English course homework and take on any extra credit opportunities. A long-term goal could be to work ahead of the school semester and plan to obtain a certificate of biliteracy, principal's honors, or any kind of school award. Sometimes looking at the big picture can help you along the way.

TRACK YOUR ACHIEVEMENTS!

Documenting this year in a way that will help you keep track can be by updating a weekly calendar with one important accomplishment on one chosen day out of the week. This can result in a good pool of 4 learning outcomes/education-related items at the end of the month. The goal of using this method is to have at least 12 goals that you can reflect on after this year is done. Checking back every 1-3 months can help you see just how much you have succeeded! If this is too tedious, try making a family bucket list that each family member can add to and post it somewhere central in your home. As the year progresses, you can mark items off, and even add a few new ones!

CELEBRATE!

Pre-pandemic, students were able to have award assemblies, rallies, class parties, and much more. Try and recreate this fuzzy feeling by getting crafty and make a board for each child where they can have their favorite colors, pictures (ex. school picture, past school event pictures, etc), quotes, calendar, art, school awards, etc. Posting this near your student's school space can give them back that sense of accomplishment, and motivate them to finish this school year in a good way. Lastly, congratulate your kids when they achieve an especially challenging task at any level, they are trying their best!



NOW OPEN!



FAIHP

Fresno American Indian Health Project

**HEALTH &
WELLNESS
CENTER!**

559-320-0490

CALL FOR AN APPOINTMENT



HAPPY NEW YEAR! YES ITS TRUE - COVID-19 VACCINE IS HERE!

Moderna corporation has been given an Emergency Use Authorization for the COVID-19 vaccine.

This is the one that FAIHP will be giving to the community in the near future. You will see much more on this coming soon, but here is what we have at the moment.

Stay tuned on our face book page to get more information also.

- The vaccine will first be given to Essential Healthcare workers and then distributed on a prioritization list.
- FAIHP will be gathering names of those that would like the vaccine.
- We are only getting a limited supply at this time!
- The vaccine is only for those 18 years old and older at this time.
- The vaccine is 2 dose shot the first one and then the second at day 28.
- We MUST have 10 people ready to receive the vaccine once we open a vial.
- The vaccine has shown a high degree of efficacy which means it works!
- However, not everyone will be covered fully with the vaccine, so everyone that gets the vaccine must still practice the COVID-19 safety rules: wear a mask, wash your hands, and practice safe distancing.
- You cannot get the vaccine if you have had previous anaphylaxis responses to vaccines.
- If you are immunocompromised or pregnant please speak to your healthcare provider about getting the vaccine.
- You should not get any other vaccines within 14 days of getting the COVID-19 vaccine.
- You can expect soreness at the injection site, possible tiredness, possible low grade fever after the injection, these side effects have been reported more at the second dose than the first.
- WE WILL BE HAVING MORE INFORMTION AVAILABLE SOON.

FAIHP wants all of our community to return to a safe and healthy place, this is the first step! Yes, its new, but we are here and will be available to answer your questions and concerns along the way.

Eat Right! This Year

Once again, it's January and you may have found yourself re-motivated to eat better, exercise more, drink less caffeine or make any number of the positive lifestyle changes you've been telling yourself you want to make. You've tried before—probably declaring another attempt as a New Year's resolution—but without feeling much success. If you have trouble meeting your goals, make this the year you create a solid plan that sets you up for success!

Making a lifestyle change is challenging, especially when you want to transform many things at once. This time, think of it not as a resolution but as an evolution. Here are five tips help you make lasting, positive lifestyle and behavior changes:

Make a plan that will stick. Your plan is a map that will guide you on this journey of change. You can even think of it as an adventure. When making your plan, be specific. Want to exercise more? Detail the time of day when you can take walks and how long you'll walk. Write everything down, and ask yourself if you're confident that these activities and goals are realistic for you. If not, start with smaller steps. Post your plan where you'll most often see it as a reminder.

Start small. One large goal can seem overwhelming. Break down any large goals into small, manageable steps that are specifically defined and can be measured. For instance, divide big and vague goals like "I will eat better" into smaller, more specific goals like "I will eat one more piece of fruit per day." Remember, while your goals should be challenging, they should also be reachable. At the end of the week, you'll feel successful knowing you met your goal.

Change one behavior at a time. Unhealthy behaviors develop over the course of time, so replacing unhealthy behaviors with healthy ones requires time. Many people run into problems when they try to change too much too fast. To improve your success, focus on one goal or change at a time. As new healthy behaviors become a habit, try to add another goal that works toward the overall change you're striving for.

Ask for Support/Involve a buddy. Whether it be a friend, coworker or family member, someone else on your journey will keep you motivated and accountable. Perhaps it can be someone who will go to the gym with you or someone who is also trying to stop smoking. Talk about what you are doing. Consider joining a support group. Having someone with whom to share your struggles and successes makes the work easier and the mission less intimidating.

Seek Help from a Qualified Health Professional. A registered dietitian nutritionist is your best source of reliable and up-to-date food and nutrition information. An RD can also help you determine measurable and achievable goals, as well as a plan to help you achieve them and support along the way.

A Healthier New Year Resolution for 2021!

By: Teela Kipp-Reyes – Family Advocate

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come...

Tip Sheet: Top 10 Healthy New Year's Resolutions for Older Adults

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats:** In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily.

2. **Be active:** Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild moderate physical activity.

3. **See your provider regularly:** You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.

4. **Quit smoking:** It's never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better.

5. **Toast with a smaller glass:** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.

6. **Guard against falls:** One in every three older adults fall each year—and falls are a leading cause of injuries and death. Exercise such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help avoid falls.

7. **Give your brain a workout:** The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a book club or discussion group at your local library or virtual group at FAIHP.

8. **Speak up when feeling down or anxious:** About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you can once enjoy. You may also have difficulty sleeping, worry, irritability and wanting to be alone. If you have any of these signs, talk to your health care provider.

9. **Get enough sleep:** We all need at least 7 to 8 hours a sleep a night. Avoid daytime naps, which can keep you up in the evening.

10. **Reconsider multivitamins:** Reconsider using vitamins or nutrition supplements, as many older adults do not need them. Consult your health care provider if you have any of these issues or concerns about nutrition.

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



Setting Intentions for The New Year 2021

By David Stroud

The new year is a perfect time to reflect on our growth throughout the previous year; to review what we've learned and explore how we've grown through the inevitable challenges that life presents. Growth can be painful, but brings resilience with it. By setting intentions for the year to come, it helps direct the mind and gives us purpose. Intention means aim or purpose, and it speaks to the core of who we are as people, and lays a framework for how we want to live.



1. The first step for setting intentions is generating a list of traits you admire—in yourself and others. Turn on a calming piece of music and take out a piece of paper. Free write terms and traits as they come to you.

Here's a list of examples to jumpstart your thinking.

Honesty Authenticity Generosity Caring Creativity Fellowship

Spirituality Calm Patience Work Ethic Intelligence Leadership

2. Now that you have a list of traits, rank them in order of importance. This can be challenging, but listen to your intuition. Intentions work best when you have five to seven, so the point of ranking your traits is to help narrow in on the ones that mean the most to who you are right now.
3. Take a trait from your list and connect it to an experience in your life or a vision for the future. Using that inspiration, create an intention statement. These statements generally begin with “My intention is.” Here's an example:
 - a. If you want to commit yourself to embracing your spiritual side, your intention might be, “My intention is to connect with my spirituality, find opportunities to nurture my wiser self, and connect with like-minded individuals.”
4. Setting intentions takes time. You may not have a full list of intentions after a day. Take a week or so to sit with your ideas about the traits that matter the most and don't be afraid to edit your intentions throughout the new year. Intentions will likely change over time as your experiences shift.
5. Once you have a list of intentions for 2021 and beyond, set reminders. You could print your list out and tape it to the front door, or you could set calendar reminders in your phone once a week to review your list. Another idea is journaling about a different intention once a week or month. Create reminders that work for you.

References: bemeditation.com and wanderlust.com/journal

Virtual Classes

FAIHP Virtual Services Due to COVID-19

1. **WISE Group**
 - Zoom Meeting
 - 1:00-2:00pm on the 2nd and 4th Thursday each month

2. **Beading for Stress Management Group**
 - Zoom Meeting
 - Every Tuesday, 3:00-4:30pm

3. **Daughters of Tradition**
 - Zoom Meeting
 - Every Wednesday 3:00-4:00pm

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

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

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

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7. **Family Spirit Services**
 - Via telehealth (phone or Zoom)

8. **Nutrition & Wellness Class**
 - Zoom Meeting
 - 3rd Thursday each month, 12:00-2:00pm

9. **Nutrition Counseling**
 - Via telehealth (phone or Zoom)

10. **Clubhouse Tutoring/Educational Support**
 - Via telehealth (phone or Zoom)

11. **Clubhouse Program**
 - Zoom Meeting
 - Monday – Friday, 4:00-5:00pm

12. **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

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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.