



FAIHP
Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

February • 2021

FAIHP is Scheduling Covid-19 Vaccines, and Doing Testing!

See page 4 for more information

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Clubhouse Highlights:

Clubhouse implemented a 4-part financial literacy program for teen youth. Six youth attended. Clubhouse Program Manager, Ruben and Youth Coordinator, Dori implemented various teachings. In this group we talked to youth about career opportunities, financial planning, and plans for financial independence. The TRAIL program started January 25th. This program is aimed to help Native youth with diabetes prevention. This will be a 12-week curriculum with fitness activities and meal preparation.

Upcoming Events:

- Daughters of Tradition- empowering young girls ages 8-12 engaging them in cultural connectedness, self-sufficiency and life skills through culture. Date: TBD
- Family Night- We will be holding a family literacy night with the library. This class will be made up of 6 sessions of family reading, games, and activities. Date: February 22nd, 5 PM - 6 PM
- For all events please contact Dori at dandrews@faihp.org or 559-320-0490

Words from our Peer Mentor

Howaka! Naapa niie Ariana Murillo, miyiiha' nehinkem koy ne'ehyam netwaanyan'e. Hello all! My name is Ariana Murillo and I am A Peer Mentor, here at Fresno American Indian Healthy Project. Sometimes it can be hard to keep a healthy balance in our daily lives whether it comes, to work, or school. Often, we forget to take care of ourselves and we fall out of balance and begin to go into a depressive state, where we feel less motivated, we're more irritable, and we become more emotional. As a college student I had struggled with keeping a healthy balanced life with work, school, and often with relationships whether with friends or family. Throughout the year I want to give you tips that helped me keep a healthy balanced life.

The first tip is:

Exercise even when you don't want to. There are many forms of exercise that often many don't realize. They range from yoga, to weight lifting. Even participating in any types of sports is exercise, or simply walking your dog. For me, if I don't exercise at least once during the day, I get very stressed or irritable at home and I'm not a pleasant person to be around when irritable. The point is to try to incorporate some form of exercise in your life. Below are some examples.

1. Yoga
2. Any sports
3. Weight lifting
4. Body weight exercises
5. Walking
6. Hiking
7. Pilates
8. Dancing



Family Spirit - Promoting Developmental Milestones in infants

At about 8 months old babies become more independent, mobile, and responsive. From about 8 months of age through the end of a babies first year their developmental milestones are likely progressing. A Developmental Milestone is considered a skill or task that most children can do by a certain age. As little ones grow they will reach milestones in how they play, behave, move, speak, and learn. Milestones are based on age level, but the timeline varies for every child and your child's pediatrician or health care provider will inform you if there is any area of developmental concern. Babies who were born premature will likely meet their milestones based on when they were due, not necessarily when they were born.

Here are some ways you can help you little one meets their milestones:

- Provide them with plenty of SAFE floor time with toys and other safe items
- Encourage child when they are trying new skills
- Talk to your child and avoid baby talk
- Read books to them (if you cannot read find a picture book and make up a story along the way)
- Sing, play music, and use puppets
- Stimulating their senses. For example, encouraging them to feel the picture in a book or objects in your house

You can also promote culture and tradition by:

- Storytelling
- Singing tradition songs
- Talking to them about their ancestors and heritage
- Having them participate or talking to them about cultural ceremonies

As babies begin to understand more and more words their communication/language skills will improve. Keep in mind that babies understand more than they can say and are more sensitive to a person's tone than their actual words. To learn more about developmental milestones, material, or child development please contact the Family Spirit Program Coordinator Nereida Boyle.

The Family Spirit Program is our program for expecting Native parents and for parents/caregivers of Native children under the age of 3. The program provides education on child development, family planning, and parenting while connecting participants to cultural ceremony and tradition. The program also provides referrals to community resources. All recommendations of this article are based on the evidenced based Family Spirit Curriculum. To join the program or learn more please contact FAIHP at (559) 320-0490.

COVID VACCINE UPDATE

**HAVE YOU RECEIVED YOUR COVID VACCINE?
DO YOU PLAN TO?**

PLEASE CALL US IF YOU WANT TO GET ON THE INTERESTED LIST!

We will call you back when its time for your appointment.

Here is a recap of the schedule that FAIHP is using to call clients right now to come get vaccinated. This is as recommended by Centers for Disease Control and adopted by Indian Health Services.

A. Critical infrastructure workforce*

*Must be Native/Household & FAIHP Registered

1. Healthcare personnel (Paid & unpaid persons who have direct or indirect exposure) FAIHP*
2. Healthcare personnel (Paid & unpaid persons who have direct or indirect exposure)
Other health care workers*
3. Healthcare personnel (Paid & unpaid persons who have direct or indirect exposure)
Other essential workers*

B. People at increased risk for severe COVID-19 illness vaccinated*

*Must be Native/Household & FAIHP Registered

4. Long Term Care Facility/Congregate Setting residents
5. People 75 years of age and older*
6. People 65–74 years of age*
7. People 18-64 years w/Chronic Disease*

It is very very important that if you have an appointment for a vaccine that you are able to keep it. When we open our vaccine we only have a small window of time to use it, therefore keeping your appointment is crucial. Vaccine is still limited, please be considerate and notify us as soon as possible if you are unable to make your appointment.

If you have any questions regarding the vaccine, please call us.

25 Heart-Healthy Cooking Tips

To lower your risk of developing heart disease or to manage your existing disease, try these tips for preparing meals:

Limit Intake of Fats, Particularly Saturated and Trans Fat

- Include plant foods as your source of protein, including soybeans, pinto beans, lentils and nuts.
- If you eat meat, lower your portion size and select lean cuts, especially those with “loin” or “round” in their name.
- Cut back on processed meats, which are high in saturated fat and carcinogens, such as hot dogs, salami and bacon.
- Bake, broil, roast, or stew lean meats, fish or poultry.
- Drain the fat off of cooked, ground meat and remove the skin off of fish and poultry.
- When you make a stew or soup, refrigerate leftovers and skim off the fat with a spoon before reheating and serving.
- Reduce the amount of cheese that you consume. Replace higher-fat cheeses with lower-fat options such as reduced-fat feta and part-skim mozzarella.
- Thicken sauces with evaporated fat-free milk instead of whole milk, or even instant potatoes.
- Move toward using plant-based or lower-fat milk and yogurt. Start with 2-percent products, then move to 1-percent and finally to fat-free to adjust to the new taste.
- When baking, use liquid vegetable oils and soft margarine instead of stick margarine or shortening. Even better, try using applesauce or mashed bananas.
- Limit trans fats often found in foods such as cakes, cookies, crackers, pastries, pies, muffins, doughnuts and french fries. Many food manufacturers have removed trans fats from their foods. Check the Nutrition Facts Label on food packaging to see if trans fats are listed.
- Use small amounts of oils such as canola and olive in recipes and for sautéing. Always keep trying to reduce the amount of oil you are using.

Eat Whole Foods that Contain Omega-3 Fatty Acids

- Select whole foods that provide omega-3 fatty acids, such as flaxseeds, chia seeds, and walnuts.
- Add walnuts to cereal, salads or muffins.
- If you eat meat, try replacing some of your meat dishes with two 4-ounce portions of fatty fish each week, such as salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.
- Reduce Salt (Sodium)
- Prepare foods at home so you can control the amount of salt in your meals.
- Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
- Add no additional salt to food at the table.
- Select reduced-sodium or no-salt-added canned soups and vegetables.
- Check the Nutrition Facts Label for sodium and choose products with lower sodium content.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

Bulk Up on Whole Grains & Veggies

- There may be no more important foods to add to your diet to reduce your chances of heart disease than whole grains and green vegetables. Try to plan your meals around these nutrition powerhouses.
- Numerous studies have found that 3 servings a day of whole grains (such as brown rice, quinoa, barley, and oats) can reduce your chances of heart disease by 25%!
- Green vegetables (the darker the better) contain high concentrations of vitamins and minerals that your body needs to keep your heart and arteries working in top condition. Try to get five servings of vegetables a day, at least 2 of them dark, leafy greens.

February is International Boost Self-Esteem Month

Self-esteem, is how you feel about yourself. And while our self-esteem begins to develop in early childhood, self-esteem is ever-changing throughout your life. There may be times when your self-esteem is at an all time high, and others when it has taken an undesirable dip, perhaps due to a stressful life event or mental health struggle, like clinical depression. Everyone has the power to develop their self-esteem independent of help from others, and the benefits are significant. Having a healthy self-esteem is not simply about liking yourself more. It is also a way of improving your mental health. In fact, for those with existing mental health struggles, such as severe depression and anxiety, boosting self-esteem can increase feelings of worth and help you manage feelings of sadness, emptiness, etc. Also, a healthy self-esteem can help ward off mental health concerns altogether, as low self-esteem is one of the main major depression causes. So, if you suffer from clinical depression, or simply feel your self-esteem could use a boost, there are ways you can help yourself. Some methods may fit better for you than others. Yet, they are all worth a try.

Stop the negative self-talk-How do you describe yourself – intelligent, beautiful, ugly, kind? The labels we assign ourselves are endless and often, the negatives outweigh the positives. Yet, these labels are not just meaningless words that flow in and out of our heads. They become ingrained, and begin to shape our perceptions, self-esteem, and even contribute to mental health concerns like clinical depression. Pay attention to your self-talk and how critical you are. Do you nit-pick each and every flaw you have? With increased awareness, you can begin to catch yourself when negative thoughts come up, and begin to challenge and change them.

Accept your “flaws”-As human beings, we all have “flaws”; things we wish we could change or improve upon within ourselves. Yet, to stop these “flaws” from overpowering our self-esteem, it is important to separate the “flaws” that can be worked on, from those which are unchangeable. For those unchangeable “flaws”, there really are only two choices: you mull over it, or you can choose acceptance. With acceptance, you can begin to move further away from personal struggle, whether it be clinical depression, or simply low-self-esteem. You might be wondering how you can just accept something you do not like, and it is all about a state of mind. Accepting your

“flaws” does not have to mean you like them. It simply means you choose to no longer let something that cannot be changed have control over you. Acceptance allows you to spend less time and energy focusing on what you do not like, which gives you space to discover your strengths.

Celebrate your strengths-Celebrating your strengths is simple activity to incorporate into daily life. And it only has to take up 5 minutes of your time. Take a moment to yourself once per day to reflect on what your personal strengths are. These can be things you like about yourself physically, but think also in terms of your personality, your abilities, your relationships, etc.

Some examples:

“I make my friends laugh.”

“I show love for my significant other.”

“I am a good caretaker to my animals.”

Once you acknowledge some of your strengths, write them down, and do something to celebrate them! Pick one and identify how it contributes to making your life better. Or, distinguish how your strengths have added to your accomplishments (no matter how small). If you have trouble with this at first, talk with your friends and family about each other’s strengths and successes. Hearing feedback from loved ones is helpful.

Practice self-care-Taking better care of yourself is one of the quickest ways to provide an instant self-esteem boost, but also one of the easiest things to ignore when you are not feeling up to the task. Practicing self-care takes effort and we can all find reasons not to do it. Maybe daily life, stress, or clinical depression has gotten in the way. And while it may take a bit of planning, practicing self-care is a must for positive self-esteem. Self-care means focusing on yourself and your needs, through things like getting sufficient sleep, nourishing your body appropriately, engaging in daily hygiene, and participating in activities that promote a sense of peace and well-being. Examine your current self-care practices, and identify where you may be lacking. By boosting your self-care routine, you will feel better about yourself, and things like clinical depression will be easier to manage. Achieving a healthy self-esteem is a process. Yet, with using some of the approaches mentioned above, you may find that life looks a bit brighter. Boosting your self-esteem may not cure your clinical depression, anxiety, or other struggle, but it can create a sense of resilience during difficult and stressful times.

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



Let's Play! National Play Therapy Week

By: Amber Molina, LCSW 78811, Registered Play Therapist

Did you know during the month of February, play therapists from around the world celebrate National Play Therapy Week? It is February 7-13, 2021! Association for Play Therapy defines play therapy as “the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help client’s prevent or resolve psychosocial difficulties and achieve optimal growth and development.”

Why play therapy?

- Play therapy can help a child express their emotions, communicate with others, and learn healthy behaviors. Often times, children have difficulty expressing their feelings; which often results in temper tantrums, arguing, or withdrawal. Play therapy is a healthy approach for children to utilize toys as their words and allow others to peek into their world through the power of play.

How does play therapy work?

- Play therapy can often help a child deal with their emotions, find resolutions to their problems, and cope with various challenges they may be facing (bullying, low self-esteem, grief and loss, divorce, anxiety, depression, trauma, etc.). Play therapy is not only helpful for young children, but teenagers and adults can also benefit from it.

Can my family also be involved?

- YES! Families play a very crucial role in the play therapy process with a child. Challenges that a child is facing can often affect the family or may have be caused by a family disturbance. Therefore, it is important to include the immediate family in the child’s healing process and build connectedness for future support.



Remember, talking about our feelings can be challenging, especially for children. Through play therapy, children have an outlet to express themselves in a safe environment. It allows for growth and support. If you are interested in seeking therapy services for you or your family, please contact FAIHP for more information, we’d love to meet you!

NOW OPEN!



FAIHP

Fresno American Indian Health Project

HEALTH & WELLNESS CENTER!

559-320-0490

Call for an appointment

Welcome To The Team!



Welcome back **Mike Colvard**, our new Media Manager. Mike comes to us with a wealth of media experience and knowledge as well as much experience working in the Native Community. Mike is a proud citizen of the Eastern Shawnee Tribe of Oklahoma.



Mercedes Hernandez, Patient Service Representative. Mercedes was raised in a small town here in the Valley called Coalinga. She is a mother of one, with Native ancestors from Durango Mexico, and Carlsbad New Mexico. Mercedes is a certified Medical Assistant and has been working in Healthcare the past couple of years. Im grateful for the opportunity to serve our community and be a part of the opening of the clinic.

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
 - Feb 22, 2021, 5:30-7:30pm

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

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

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

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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

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.