



FAIHP
Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

March • 2021

March is National Nutrition Month

Learn About Our
New Program,
Red Warrior
Project on:
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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.

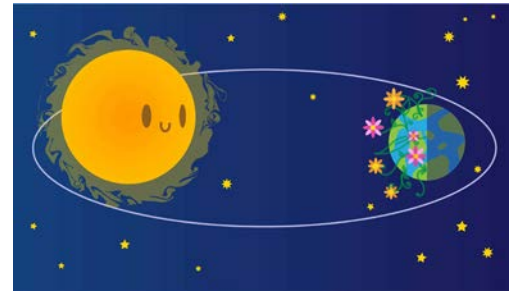
Upcoming Events:

- 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

"Reconnecting with Mother Earth During Online Schooling"

Tsau taawano! (Happy spring in Western Mono)

Springtime is a sacred time for many Native people around the country. The official Spring equinox here in Fresno is Saturday, March 20, 2021 at 2:37 am, according to timeanddate.com. The word equinox comes from the Latin words for "equal night"—aequus (equal) and nox (night). During the equinox, the length of day and night is nearly equal in all parts of the world. After this date, the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increased daylight hours and warming temperatures- which is the new season!



This year, perhaps take time for yourself- or with loved ones to celebrate and embrace all that you have pushed through this entire past year. Making time to care for both yourself and the environment can be:

1. **Offering a prayer and/or medicine to the Earth**
2. **Planting a garden or singular plants**
3. **Getting outside and exercising, breathe that fresh air- maybe even go barefoot!**
4. **Observing nature up close or from afar**

Becoming aware of your surroundings can be strengthening, energizing, and helps you focus. Being outside also improves creative thinking. The proximity to green space can restore capacity for concentration and attention, great for your brain; youth and adults can practice this during Zoom breaks! Your ancestors were more than likely outside a good majority of the time, so taking time through Mother Earth can be a close way to reconnect with them. Recognizing this connection can be helpful especially when teaching youth their family history, something to be proud of!

Playtime Fun and Learning

Did you know that playtime is a great opportunity to encourage learning and sensory development with little ones? Parents and caregivers of infants and young children can help make playtime fun, safe, and educational by choosing age-appropriate toys and activities. Toys not only serve the purpose of entertaining children, but also stimulate the development of their senses, help develop their motor/coordination skills, and encourage learning. To help stimulate an infant's senses it is recommended that toys be a variety of colors, shapes, and textures. Toys that have soft edges and are free of small pieces are considered the safest. When selecting toys, it is important to choose items that are age-appropriate.



To ensure safety, consider the following with toys for infants and toddler:

- Toys shouldn't have any small pieces that can be broken off, taken off, or have sharp edges.
 - Toys and their parts should not be able to fit through a toilet paper roll as they pose choking hazards.
 - Toys with string or yarn that is longer than 12" have the potential to wrap around a child's neck, leading to strangulation.
 - Avoid toys that are very noisy as they cause damage to their hearing.
 - Toys should be non-toxic and made with lead-free paint. Keep in mind that toys made before 1978 may have paint that contains lead.
 - Toys should be cleaned often and stuffed animals should be washable.
 - Keep toys, including stuffed animals, out of bassinets or cribs.
 - Always read safety labels for warnings and age recommendations.
 - Check with the U.S. Consumer Product and Safety Commission at www.cpsc.gov to find out the latest information about toy recalls or if you wish to report on the safety of a toy.
- Remember toys do not need to be new or expensive as long as they are safe. Everyday household items, such as boxes, can be made into toys. Homemade toys work just as well at promoting a child's development.

Consider making the following:

- Drums: Wooden spoons and plastic containers, pots, or pans can easily be used as drums and help promote hand-eye coordination.
- Puppets: Use an old, clean sock to make a puppet by using a washable marker to draw on eyes and a mouth.
- Baby Mobiles: Hang photos, strips of fabric, or colored paper shapes on a coat hanger or string. Make sure mobile is over the baby's crib and safely out of reach.

The best toy for a child however is YOU! Talking, reading, singing, hugging, and lap games are all things you can do to stimulate senses and learning. To learn more about Playtime Fun & Learning, 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.



New to FAIHP: Red Warrior Project

FAIHP utilizes funding from the Substance Abuse and Mental Health Services Administration (SAMHSA) HIV Prevention Navigator Program to operate The Red Warrior Project, a new program that aims to expand and enhance prevention services in order to sustain alcohol and other drug prevention activities in Fresno’s urban Native teen youth and young adult community. Red Warrior Project (RWP) will provide prevention and HIV/Substance Use education services. Additional services will include prevention outreach and education, case management, assistance in navigating resources for treatment, follow-up for resource linkages, educational workshops, and HIV testing referrals. This grant will support the FAIHP Red Warrior Project team in accomplishing the following goals:

- Goal 1:** Reduce high-risk behaviors of Native American youth, ages 13-24, in Fresno County by implementing evidence-based programs in the community.
- Goal 2:** Improve the access to HIV and substance misuse treatment services for Native American youth in Fresno County.
- Goal 3:** Increase access to harm/risk reduction services for Native American youth in Fresno County.
- Goal 4:** Increase the number of culturally competent HIV and substance misuse treatment providers in Fresno County.

Red Warrior Team



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Upcoming Events:

Keep an eye out for RWP on the FAIHP Facebook page. We have a few projects in the works for National Native HIV/AIDS Awareness Day (March 20th), and will also be teaming up with our Ariana from Youth Services to co-facilitate a series for transitional-age youth (18-24 y/o) that focuses on the eight dimensions of wellness.

NOW OPEN!



FAIHP

Fresno American Indian Health Project

HEALTH & WELLNESS CENTER!

559-320-0490

Call for an appointment

You got the COVID-19 vaccine. Now what?

<https://healthfocussa.net/>

You rolled up your sleeve for the COVID-19 vaccine. You were hit with a wave of joy and relief knowing that the end of the pandemic is in sight. But as you walk away with a bandaged arm into a world that doesn't look any different, you might be wondering—now what?

Distribution of the COVID-19 vaccine raises a lot of questions about when life can return to “normal.” When will we be able to remove our masks? How long does it take for the vaccine to be effective? Will we need a booster shot every year? We answered these questions and more below.

How many doses of the COVID-19 vaccine are required for efficiency?

For the vaccines that are currently authorized, you must get two doses for the vaccine to be effective. For the Pfizer vaccine, the doses will be spaced 21 days apart. For the Moderna vaccine, the doses will be spaced 28 days apart. Is it important to note that without BOTH doses, you are not protected from contracting COVID-19.

What if I experience side effects?

There are reports of the vaccines causing side effects such as arm soreness at the injection site, mild fever and muscle aches. The vaccines do not contain any live or inactive virus, so it is impossible to catch COVID-19 from the vaccine. However, it is possible to become infected with COVID-19 just before or after vaccination, before the vaccine has had time to become effective. If you experience any severe side effects speak with your healthcare provider immediately.

Is it possible to get COVID-19 from the vaccine?

No. The Pfizer and Moderna vaccines use a snippet of genetic code that mimics the COVID-19 protein spike. There is no virus – live or dead – in either vaccine. You cannot get COVID-19 from the vaccine. However, the incubation period for COVID-19 is longer than a typical virus therefore you could have been infected prior to receiving your vaccine. If you develop any COVID-19 symptoms, please reach out to your doctor for information on how to get tested and what to do next.

Will I still need to wear a mask even after I receive both doses of the vaccine?

The short answer is yes. According to the CDC, experts are still learning more about the protection that COVID-19 vaccines provide under real-life conditions. During this time it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often, staying home whenever possible and staying at least 6 feet away from others. Many factors, including how many people get vaccinated and how the virus is spreading in communities, will affect public health officials' decisions to recommend discontinuing practices like masks and physical distancing.

Are there other vaccines that will help prevent COVID-19 such as the flu shot?

No. A flu vaccine will not protect you from getting COVID-19, but it can prevent you from getting influenza (flu) at the same time as COVID-19. This can keep you from having a more severe illness. Read this blog to learn why it is more important than ever to get your flu shot.

What is herd immunity and when will it be achieved with the COVID-19 vaccine?

Herd immunity is a term used to describe when enough people have protection—either from previous infection or vaccination—that it is unlikely a virus or bacteria can spread and cause disease. As a result, everyone within the community is protected even if some people don't have any protection themselves. The percentage of people who need to have protection in order to achieve herd immunity varies by disease. Experts do not currently know what percentage of people would need to get vaccinated to achieve herd immunity to COVID-19.

Will the COVID-19 vaccine become a yearly vaccine like the flu shot?

We won't know how long immunity lasts until we have more data on how well the vaccine works. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. Both natural immunity and vaccine-induced immunity are important aspects of stopping COVID-19 that experts are trying to learn more about.

How long after the second dose of the COVID-19 vaccine will I be protected from the COVID-19 virus?

Experts are saying you will get maximum protection from the vaccine a few weeks after getting your second dose. It is important you still wear a mask, social distance, and wash your hands often. All these efforts combined will offer the best protection from COVID-19 and help us get “back to normal” sooner.

If I have already had COVID-19 do I still need the vaccine?

You are eligible for the COVID-19 vaccine regardless of if you have already had COVID-19. Anyone currently infected with COVID-19 should wait to get vaccinated until after their illness has resolved and after they have met the criteria to discontinue isolation. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. Therefore, people with a recent infection may delay vaccination until the end of that 90-day period if desired.

FACT OR FICTION?

National Nutrition Month® 2021 Quiz

Circle the correct answer.

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully. **FACT OR FICTION?**
2. Added sugars and naturally occurring sugars are the same. **FACT OR FICTION?**
3. A vegetarian diet can provide the recommended amount of protein for people of all ages. **FACT OR FICTION?**
4. Foods that contain carbohydrates should be avoided. **FACT OR FICTION?**
5. All types of dietary fat are the same. **FACT OR FICTION?**
6. Frozen and canned fruits and vegetables can be nutritious choices. **FACT OR FICTION?**
7. A gluten-free diet is recommended for weight loss. **FACT OR FICTION?**
8. Some processed foods can be healthful. **FACT OR FICTION?**
9. Adding salt at the table is the main source of sodium in the U.S. **FACT OR FICTION?**
10. Three servings from the Dairy Group are recommended daily for adolescents and adults. **FACT OR FICTION?**

(Answers on page 10)

World Sleep Day

Hosted by World Sleep Society

MARCH 19, 2021

REGULAR SLEEP
HEALTHY FUTURE

The focus on regular sleep for 2021 is based on the benefits that regular sleep offers. Studies have demonstrated that stable bedtimes and rise times are associated with better sleep quality in young, middle-aged adults, and seniors. Regular sleepers have better mood, psychomotor performance, and academic achievement.

The World Sleep Society recommends the following 10 steps to achieve healthy sleep

1. Fix a bedtime and an awakening time.
2. If you are in the habit of taking a nap, do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.
4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
6. Exercise regularly, but not right before bed.
7. Use comfortable bedding.
8. Find a comfortable temperature setting for sleeping and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Reserve the bed for sleep. Don't use the bed as an office or workroom.

FAIHP Virtual Groups

We're continuing our virtual zoom meeting groups with our WISE and Beading. We have presenters join our WISE group with nutrition, health active living style and beading instructors demonstrating different projects with beading materials.

Our WISE (Wellness In Our Senior YEarS) supports groups that encourages healthy lifestyles and mental wellness for American Indians aged 50 years and older and residents of Fresno County. Groups sessions are twice a month to encourage social support, participate in group activities and build knowledge of local resources. Our WISE meetings are every 2nd and 4th Thursday from 1:00 – 2:00 pm of each month.

Our FAIHP beading group supports mental health and wellbeing. It's a place for everyone to still stay connected with our Native culture and a safe talking zone. Our beading meetings are held every Tuesday from 3:00 – 4: 30 pm.

Social Work Month

By: Cresencia Cruz, LMFT

March is Social Work Month, where the U.S. celebrates and recognizes the work of social workers in our communities. President Ronald Regan, through proclamation 5167 in 1984, proclaimed March as National Social Work month to, "...express our appreciation to the many thousands of dedicated men and women in all parts of our Nation who have devoted their lives to helping those in need. For more than a century, social workers have been committed to the betterment and general welfare of all our society. They have helped implement social services with creativity, resourcefulness, and true professionalism."

Now I want you to take a moment to think what comes to mind when you hear/read the words social worker. Some of you may start to think about your therapists or the people in the hospitals that help get you connected to resources. Some people may think CPS/Child Protective Service. I want to acknowledge that while the profession of social worker is to help others, some in the community may not have positive experiences with social workers or even some mental health professionals.

Social workers (SW), Marriage and Family Therapist (MFT), Psychologist and Psychiatrist are sometimes confused for being the same thing. While all can offer therapy services, psychiatrists are the only ones that can prescribe medications as they have all gone to medical school. Psychologists can administer certain tests that Marriage and Family Therapists and Social Workers are not able to. Psychologists with the exception of school psychologists go through doctorate programs. Licensed clinical social workers require a master's or doctorate degree in order to practice therapy. Marriage and family therapists can either do a master's degree or a doctorate if they wish to do research or run an MFT graduate program. A doctoral degree can make things a little tricky in the sense that one that obtains a doctorate/PhD is called doctor/Dr. Medical doctors will have M.D. (Doctors of Medicine) or D.O. (Doctors of Osteopathic Medicine) behind their names while dentists will have DDS (Doctor of Dental Surgery) or DMD (Doctor of Medicine in Dentistry). Otherwise you'll see PhD or PsyD behind their name. If you ever have any questions as to what a particular person does, please don't hesitate to ask.

Now I'd like to take this opportunity to recognize our Director of Behavioral Health, Amber Molina, LCSW and registered play therapist for the work she has done with FAIHP. I'd also like to recognize my colleague David Stroud, LMFT and all other social workers and mental health professionals for the work they continue to do during these difficult times. Graduate school has not taught us to work during a pandemic but as mental health community we have continued to support each other so that we may continue to provide care for the rest of our community.

References:

<https://www.presidency.ucsb.edu/documents/proclamation-5167-national-social-work-month-1984>

[https://www.mouthhealthy.org/en/az-topics/d/dds-dmd#:~:text=The%20DDS%20\(Doctor%20of%20Dental,use%20the%20same%20curriculum%20requirements.](https://www.mouthhealthy.org/en/az-topics/d/dds-dmd#:~:text=The%20DDS%20(Doctor%20of%20Dental,use%20the%20same%20curriculum%20requirements.)

<https://www.medicalnewstoday.com/articles/do-vs-md>

Call For An Appointment Today!



**CORONAVIRUS
TESTING**

(559) 320-0490

Answers (continued from Nutrition page 7)

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

FICTION: A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older. It can also help with managing many chronic diseases or reducing their risk.

2. Added sugars and naturally occurring sugars are the same.

FICTION: Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

FACT: A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.

4. Foods that contain carbohydrates should be avoided.

FICTION: Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.

5. All types of dietary fat are the same.

FICTION: Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.

6. Frozen and canned fruits and vegetables can be nutritious choices.

FACT: Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.

7. A gluten-free diet is recommended for weight loss.

FICTION: A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a registered dietitian nutritionist to help meet nutrient needs.

8. Some processed foods can be healthful.

FACT: There are different types of processed foods – some are only minimally processed, such as baby carrots or bagged spinach. Others are highly processed, like pre-made meals, frozen side dishes, and other convenience-type foods. Compare labels to find healthier options when purchasing these types of foods.

9. Adding salt at the table is the main source of sodium in the U.S.

FICTION: Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as “No Salt Added” or “Reduced Sodium” when shopping.

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

FACT: For both males and females ages 9 and older, 3 cups (or cup equivalents) of low-fat or fat-free dairy products, such as milk, cheese, yogurt, or calcium-fortified soy milk are recommended per day. These foods and beverages provide important nutrients, like calcium and vitamin D.

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
 - March 15, 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

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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.

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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.