



FAIHP
Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

April • 2021

Celebrate Spring



Ribbon Cutting Ceremony;
Story on Page 3

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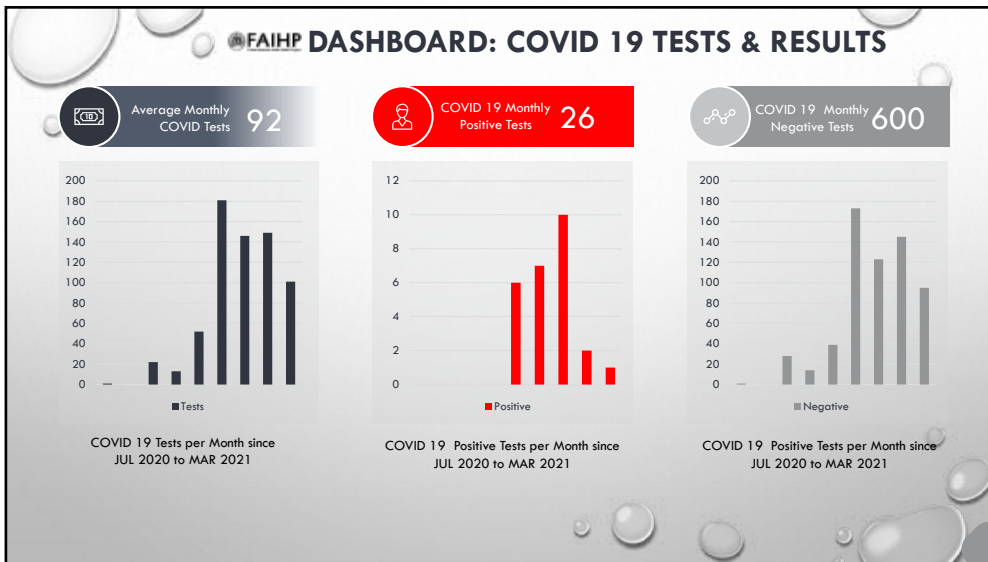
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CEO REPORT- Selina De La Peña

COVID-19 Update

Since March 2020, FAIHP has refused to let the COVID-19 Pandemic impede our organization’s progress. We persevered through many challenges this past year and have maintained a strong determination to be even more productive in this new year.



We received new federal funding to implement COVID-19 Services and have hired new staff, implemented stronger safety precautions, and purchased additional personal protective equipment for staff and clients. The two main programs under our COVID-19 Services are Testing and Vaccines.

We started completing COVID-19 Point of Care Tests in July 2020 and have completed 665 tests that are mostly (92%) negative. Improved

patient care protocols have been implemented to ensure that positive patients isolate for 10 days and exposed patients quarantine for 7 to 14 days.

So far this year, the monthly testing rate has more than doubled the total number of tests completed in 2020 keeping our Medical Clinic Staff very busy. To date 630 COVID-19 Vaccines have been given and 210 are scheduled in the coming weeks. We currently have the Moderna Vaccine and the Johnson & Johnson and anticipate receipt of the Pfizer vaccine in a few days.

We are very proud of the design and implementation work related to our COVID Vaccine Program as we have delineated staff roles; created new workflows; designed ordering, storage, reporting and tracking processes; and implemented an appointment scheduling system that ensured Zero Waste of our limited COVID-19 vaccines!

Ribbon Cutting

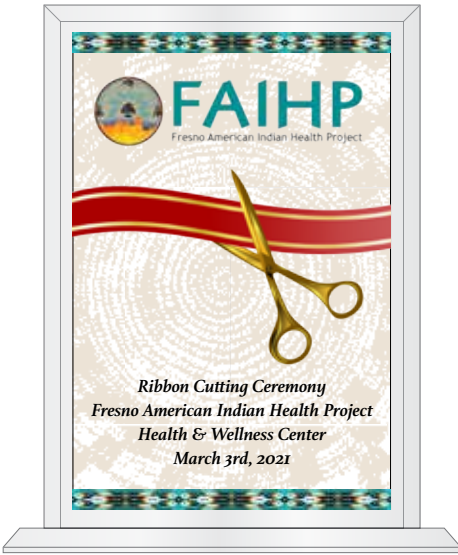
Fresno American Indian Health Project celebrated the opening of its new Health & Wellness Center with a beautiful, but limited (due to COVID) Ribbon Cutting Ceremony on March 3rd, 2021.

We were excited to have Fresno Mayor Jerry Dyer attend and stay for the whole event, as well as District 4 City Councilman, Tyler Maxwell. Both shared wonderful speeches and presented a plaque of recognition to FAIHP. We were also blessed to have the day start in a “good way” with a drum and singers from the Four Directions Wellbriety Drum Group and a posting of the colors by the Indigenous Warriors Veterans Flag Group. The media was there and FAIHP got great coverage in the community.

Our current and some past Board Members were present for the ceremony. We heard from Pam Coronado, Board Chair, our own Lupe Gomez-Martinez, Family Nurse Practitioner and Dr. Nidia Payan, Medical Director of FAIHP as well. The Fresno Chamber of Commerce was very helpful with the event and the president of the Chamber, Scott Miller was present as well.

The morning culminated with a beautiful prayer and a song from Keith Turner our spiritual leader. Then ended the actual Ribbon Cutting!

We want to thank Kaiser Permanente who provided funding for the project and all who were able to participate, we wished more of our community and friends could have attended, but we know you were there in spirit!

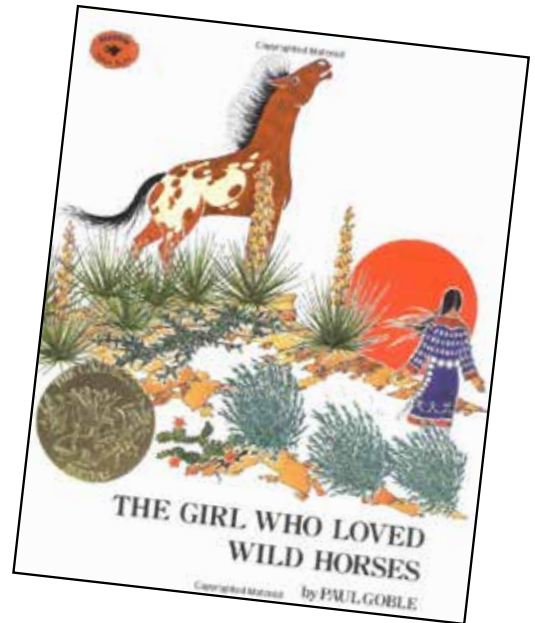


Mayor Jerry Dyer



Clubhouse Highlights:

The first week in March we held a Family Literacy Night in collaboration with the Fresno County Library. There were 22 participants. The families played games and won books as prizes. We also held a family literacy at the end of March and families shared stories and also shared family heirlooms. April's group will read "The Girl Who Loved Horses"



March was Nutrition awareness month and the youth met with our Registered Dietician, Renee Ingalls, to make healthy after school snacks. Also this month we talked about stress and how to manage stress in these trying times, as well as made stress balls. The end of the month the youth made medicine bags with our Cultural Coordinator, Darlene Franco. All activities continue virtually.

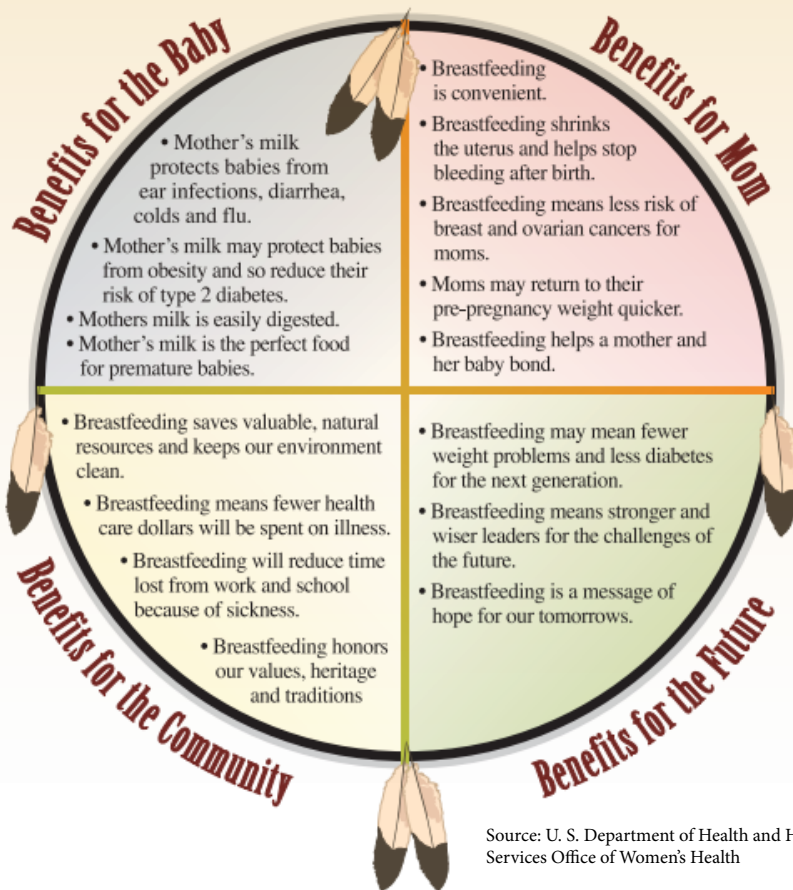


BOYS & GIRLS CLUBS
OF FRESNO AMERICAN INDIAN HEALTH PROJECT

Clubhouse is now a chapter of the Boys & Girls Club, known as the Boys & Girls Club of Fresno American Indian Health Project. We are excited for the new opportunities this will bring to the organization, youth, and families. Be on the lookout for more information in upcoming newsletters and on our social media platforms.

BREAST IS BEST

Breastfeeding is considered the best source of food for a baby. It is free, requires no equipment, and requires little preparation. Breast milk is packed with the nutrients that help with baby's growth and development. It is also rich in antibodies (protection from infection) which have been proven to reduce the risk for infant colds, flu, ear infections, diarrhea, allergies, and other diseases. Breastfeeding may be challenging for some at first, but if you are patient, use proper technique, and seek assistance from a lactation specialist (if needed), it will become easier. Experts recommend breastfeeding as long as possible and to continue to do so even if you have to return to work or school. The amount of milk you produce depends on how much your baby suckles. You may also pump/express milk so that baby continues to drink breast milk while you are away.



Source: U. S. Department of Health and Human Services Office of Women's Health

Cultural Corner: Babies are born to be Breastfeed

Breastfeeding is, and has always been, a traditional practice of Native communities. This traditional practice is encouraged to promote the well-being for the generations to come.

Breastfeeding honors values, tradition, and help keeps the environment clean. Historically, our Native ancestors have viewed breastfeeding as a spiritual connection to baby providing strength and protecting life. Breastmilk is thought of as a medicine and a gift from mother to baby.

If you are having trouble breastfeeding, would like to learn about pumping/storage, or would like more information about breastfeeding 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. The 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.

NATIONAL YOUTH HIV & AIDS AWARENESS DAY

APRIL 10

National Youth HIV/AIDS Awareness Day is April 10. Did you know that one in five new HIV diagnoses in the United States occurs in young people aged 13-24? Young people are the least likely age group to know their HIV status, be linked to care in a timely manner and have a suppressed viral load. Addressing HIV in youth requires that young people have access to information and tools they need to reduce their risk, make healthy decisions, and get treatment and care if they have HIV. Share information with young people in your lives about HIV and sexual risk behaviors. Learn about HIV and youth and their unique prevention challenges: <http://bit.ly/2M5gKF8>. Together, we can help keep young people healthy by talking about HIV and helping connect youth to health services for testing, prevention, and treatment.

#StopHIVTogether #NYHAAD

Common risk factors for youth substance use and sexual risk behaviors include:

- Extreme economic deprivation (poverty, over-crowding)
- Family history of the problem behavior; family conflict, and family management problems
- Favorable parental attitudes towards the problem behavior and/or parental involvement in the problem behavior
- Lack of positive parent engagement
- Association with substance using peers
- Alienation and rebelliousness
- Lack of school connectedness

For primary prevention activities targeting youth substance use and sexual risk behaviors to be effective, they should include:

- School-based programs that promote social and emotional competence
- Peer-led drug and alcohol resistance programs
- Parenting skills training
- Parent engagement
- Family support programs

Source: CDC. Youth Risk Behavior Surveillance—United States, 2019. MMWR Suppl 2020;69(1):1-83.



What is the Community Advisory Committee (CAC)?

Fresno American Indian Health Project's Community Advisory Committee (CAC) originated in 2012 and is made up of Native parents, elders, community members, and supporters. We meet regularly to provide our feedback to ensure the delivery of culturally appropriate services to the American Indian Alaska Native residents of Fresno and its surrounding communities.

What does the CAC do?

The CAC hosts monthly meetings and is a space where community needs are heard and thoughts are expressed in a safe environment. It is also a source for receiving a variety of agency-wide information.

How does the CAC work?

The CAC uses a collaborative decision-making process to provide feedback and give input on FAIHP Health and Wellness Initiatives.

Why should I participate in or support the CAC?

CAC meetings provide an opportunity for all members to get to know other Native community members; build relationships with them; and directly engage with the FAIHP CEO, Board of Directors and organization employees in a collaborative manner. We work collectively in a positive and healthy way in order to promote culture, healing, and connectedness for our clients.



THE IMPORTANCE OF COMMUNITY PARTICIPATION IN RESEARCH AND SURVEYS

BREAK THE STIGMA OF SURVEYS AND RESEARCH IN THE NATIVE AMERICAN COMMUNITY



Native American communities have a history of distrust when it comes to surveys and evaluations. There has been a failure on the part of researchers to administer studies in a more collaborative approach. However, if organizations are able to successfully gain trust, not only will organizations improve the health and well being but also improve relations with researchers and the Native American community.

What's the current focus of the CAC?

This year FAIHP will complete a Strength and Needs Assessment and are working to encourage community feedback by completing different surveys. We understand there may be reluctance to complete surveys and we know how important it is to provide more community education and information about efforts like this.

This year we created a Survey Infographic that talks more about five key points regarding the importance of participating in surveys. To the right of this article is the first main point of that new document. Each month a new piece of information will be shared in the newsletter.

When does the CAC meet?

The CAC meets every 3rd Monday of each month from 5:30-7:30pm via Zoom. Our next meeting is Monday, April 19th.

How can I get involved with the CAC?

Please contact Darlene Franco dfranco@faihp.org. She is our Director of Native Wellness Services by emailing her. She can send you more information and the Zoom link to our next meeting.

From the Nurses Corner

As everyone is aware Healthcare workers from across the globe have been working harder than ever, and here is some good news finally! Here are some updates from my desk to you.

- FAIHP has given **650 doses of Moderna COVID vaccines!** We want to continue to get the word out, if you know someone who needs the vaccine please, please tell them to call us regardless of their age (18 and over) they will be able to get an appointment very soon.
- **WE ARE READY TO GIVE MORE!**
- FAIHP will soon be getting the Johnson & Johnson vaccine also in addition to the Moderna 2 dose. You should not be choosy, you should get the first vaccine that is made available to you. All three vaccines prevented death in 100% of all persons immunized from COVID-19. The J & J vaccine does take approximately 4 weeks for full immune response in your body.
- Do you know the best vaccine is the one that is in your arm!
- FAIHP has provided 621 tests for COVID-19 !! out of those 26 have been positive. We are still testing, if you or someone you know are having any symptoms of COVID-19 please call and make an appointment to get tested.
- In February Nurse Nancy completed 141 referrals to a combination of Pharmacy, Dental, and Other agencies.

California in General

- California has had 3,530,055 cases of COVID-19 since 3/15/2020, with 55,372 deaths.
- Over 12,000 doses of vaccine have been given (IHS facilities in California).

World View

- In the world there have been 120,435,308 cases of COVID-19
- 29,512,462 in the United States, with 536,000 deaths in the US.
Sobering facts, but very interesting.

And the good news is that even though there are new variants to COVID-19 being discovered and causing some issues mainly in Europe, there has been a decline in cases throughout the world. The more people are vaccinated the more “herd immunity” we will have this means that fewer loved ones will get sick. Please get vaccinated, get your loved ones vaccinated and your neighbors vaccinated.

Call for more information. (559) 320-0490

Say “Yes!” to Non-Food Rewards

What parent doesn't want good behavior and great grades?

Rewarding children for good choices is an effective way to encourage behaviors that parents value. Unfortunately, adults sometimes reward children with sweets and other food because it tastes good and kids get excited about it. Even though bribing children with candy to clean their rooms and eat their vegetables may lead to a clean room and a clean plate, there can be negative long-term consequences.

When food is given as a reward, children start to connect it with something good or bad, rather than to see food as fuel for their body. In the long run, this could lead to emotional eating as adults and generate an unhealthy relationship with food. Food rewards also teach kids to expect food when they've done something well, which can lead to poor nutrient intakes, eating when not hungry and excess calories. And it teaches them that the food rewarded is more desirable than other foods. Non-food rewards may be a wiser strategy.

Non-Food Rewards Kids Love

Praise is highly effective and costs nothing. Take time to identify additional non-food rewards that motivate your children. If your children are old enough, brainstorm a list of incentives with them. Here are several to consider:

- **Stickers**
- **Play date with friends**
- **Sleepover with friends**
- **Special time with parents or grandparents**
- **Sitting at the head of the table for dinner**
- **Trip to the park, pool, skating rink, bowling alley or movies**
- **Time off from chores**
- **More screen time (computer, tablet, TV, video games)**
- **Additional minutes on the cell phone**
- **Additional car privileges**



Please keep in mind that some of the listed non-food rewards may need to be modified to follow safe COVID-19 precautions.

Non-Food Rewards at School

You may have a successful non-food reward system at home, but food rewards in school might send mixed messages to your children. Discuss your concerns with your children's teachers. Explain the downsides of rewarding children with candy or celebrating a class victory with an ice cream party. Then, offer other options such as temporary tattoos, student of the week awards, eating lunch in a special place, additional time for recess, class field trips and watching movies.

Instead of using food as rewards, use outdoor activities that encourage physical activity such as going to the park, riding the bike or playing basketball. Show your kid you enjoy these activities and be a good role model for them to follow. By emphasizing non-food rewards, your children will strive for those.

Sage Blessings

March was a blessed month for our Native Community. A local farmer recently purchased a plot a land that had about 5 acres of White Sage growing. He planned to plow it up to prepare the fields for his crop. When he learned that White Sage was precious to the Native community, he welcomed us to harvest the medicine and even allowed us to uproot the Sage and plant them at home. Some of our FAIHP staff were able to bring some back to the office to share. We were able to come together and teach some of our new staff members the meaning of sage, smudging and wrapping. We were in all good spirits and enjoying the time to feel at peace with wrapping the sage and just being able to gift them.



On Saturday, Native community members from different cities and tribes left offerings of gratitude to Farming Family for letting so many Native families pick the sage before plowing the field. With drumming, blessings and honorings it became a spiritual celebration.

I was taught that white sage is native to high deserts, but is most commonly found in California and the mountainous American west. And Native Americans were the first on record for using it in a ceremonial or ritual manner. For many of these cultures, white sage went by the name "Sacred Sage." It was used to get rid of any unwanted persisting energies, to ask the spirits for blessings, prosperity, protection and more.

In many native cultures, plants are more than living things, they have

a soul, a spirit and sage is no different. Burning sage is a way of communing with the spiritual realm, connecting to the spirit of the plant, the earth and our creator. By burning the sage with intention, you are asking the spirit of the sage to lend its cleansing and protective energy into your space, body and energy. – Teela Reyes



Mental Health Benefits of Walking

by David Stroud, LMFT

Mental Health Benefits of Walking:

- Regular walking helps slow the decline of cognitive functioning as you age.
- Walking helps relive insomnia and encourages more restful sleep.
- Walking releases endorphins and has been shown to improve the mood of those experiencing depression.
- Walking and getting healthier may help boost confidence and self-esteem.
- Some studies show that regular exercise works as well as medication for some symptoms of anxiety and depression.
- Walking in nature may improve short-term memory and attention span.

Walking Reduces Risk Factors Associated With:

- High blood pressure
- Heart disease
- Osteoporosis
- Breast cancer
- Colon cancer
- High cholesterol
- Diabetes

Build a Walking Routine with These 4 Steps:

1. Plan a route that fits your ability. Make it challenging, but not so hard you don't want to do it.
2. Warm up by walking briskly for 5-10 minutes until you feel your heart rate pick up.
3. Cool down at the end of your walk by taking it slow for about 5-10 minutes. This helps your muscles cool down and your heart rate return to normal.
4. Stretch out your body after your walk. Post-work out is considered the best time to stretch.



FAIHP Health & Wellness Center

NOW Accepting Patients!



Our Provider:

Lupe Gomez-Martinez, FNP-C, is a Family Nurse Practitioner and a proud member of the Tule River Indian Tribe of California, a sovereign nation of the Yokut people. Lupe graduated from California State University, Fresno in 2014 with her Masters of Science in Nursing – Primary Care. She is board certified through The American Academy of Nurse Practitioners National Certification Board. She has over 25 years registered nurse experience in inpatient hospital, ER, outpatient clinical settings and managed care.

Health Services Offered:

- COVID-19 Vaccinations & Testing
- Services for adults and children
- Diagnosis and management of acute and chronic diseases
- Immunizations
- Well child services
- Physical examinations
- Preventative medicine
- Women's health, pap smears, contraception, pregnancy tests, family planning and mammogram referrals
- Integrated behavioral health services

Tele Health Visits Are Available Now!
Call to schedule your appointment at

(559) 320-0490

Accepting most insurances



FAIHP
Fresno American Indian Health Project



1551 E. Shaw Ave., Ste. 139 Fresno, California 93710
Phones: (559) 320-0490 Fax: (559) 320-0494

Teens 16 & Up!

Get Your COVID-19 Vaccine!

Call To Be Put On Our Waitlist
For An Appointment (559)320-0490



FAIHP

Fresno American Indian Health Project

FAIHP Health & Wellness Center

1551 E. Shaw Ave., Ste. 128 - Fresno, California 93710

Phone: (559) 320-0490 Fax: (559) 320-0494

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
 - April 19, 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)

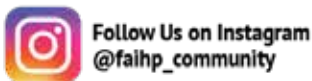
If you would like to attend you will need an invite from the facilitator.



FAIHP

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1551 E. Shaw Avenue, Ste. 139
Fresno, CA 93710
559.320.0490
Fax: 559.320.0494
www.faihp.org



ATTENTION: If you would like to receive the Newsletter in digital format only please let us know @ mcolvard@faihp.org or call (559) 320-0490

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

OUR BOARD OF DIRECTORS

- Pam Coronado - Chair
- Leece Lee Oliver - Vice Chair
- Jeremy Aliason - 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.