



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

May • 2021

Health & Wellness Center Open!



New Construction
Story on Page 3

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CEO REPORT- Selina De La Peña

Greetings,

I hope everyone is enjoying the wonderful spring weather! For the month of March 2020, we completed 128 COVID 19 Tests, which is a steady amount and less than last month (n=149). One new positive case was identified during March for a total of 26 positive cases since we started testing last summer. Staff surveillance testing has continued. This steady flow for testing was coupled with an increased demand for the new COVID 19 vaccine which is ongoing and in high demand. No major challenges or issues were experienced this past month due to the level of pre-planning, staff training, and workflow improvements, all completed by a strong multidisciplinary team effort.

We have completed a total of 850 Moderna Vaccine doses and 10 Janssen Vaccines for a total of 870 vaccines administered. FAIHP is also offering the Pfizer vaccine which can be given to anyone 16 years of age and above. Please spread the word. Call us today to schedule your appointment.

Out of an abundance of caution, FAIHP paused our use of the Johnson & Johnson (Janssen) COVID-19 vaccine as recommended by the CDC. This “pause” allowed for dedicated time at the national level to learn more about the six reported U.S. cases, involving women between the ages of 18 and 48, of a rare and severe type of blood clot among the 6.8 million people who have received the J&J vaccine. Before the pause, FAIHP had given a total of 10 vaccines and since the pause our Nurse Nancy has followed up with all 10 patients to check on them and advise them about what symptoms to watch for. Now that this “pause” has been lifted and continuing its use has been deemed safe; FAIHP is once again offering the one dose Johnson & Johnson vaccine.

Finally, I realize everyone has a different opinion and concern about getting vaccinated. I - like many of the FAIHP staff members have been vaccinated. Some of us said yes before the vaccines were even available and some of us were hesitant and wanted to wait and see what would happen with the early adopters. We spent time educating other FAIHP staff members - our own family members – our parents, spouses, older children and others. We want to encourage all of our Native Community to get vaccinated.

We have all three approved COVID 19 vaccines available (i.e. Pfizer, Moderna, and Janssen). We can serve anyone over the age of 16 years and encourage all persons especially those working in essential service industries to get vaccinated. For anyone who is reluctant or concerned please contact us with your question and concerns – our clinical team is here to support you and your family members. As for the rising numbers of COVID 19 cases – please – continue to adhere to the safety precautions of wearing a mask; being physically distant from others; and using hand sanitizer and hand washing as much as possible.

Stay Safe!

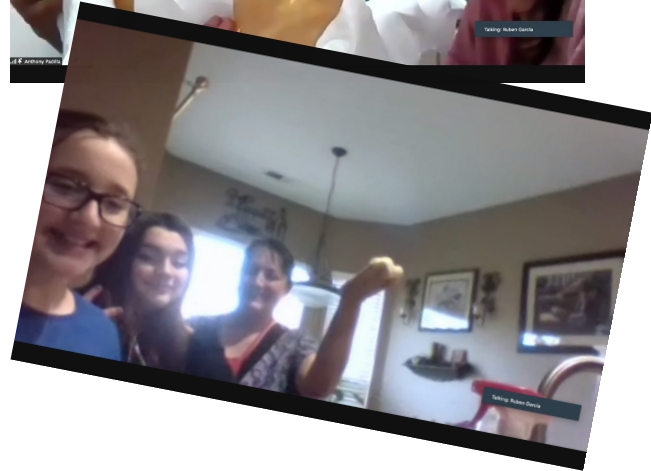
Fresno American Indian Health Project is Growing!

We were excited to have started the new Behavioral Health Offices in the Medical Wing. Construction started in mid-April and the walls are up. We will be adding an additional Therapist to our team to help with the needs of the community. Stay tuned for more updates about opening day.



Clubhouse Highlights:

In April, the Clubhouse finished its Family Literacy Night. The participation for this event was awesome. We would like to thank all our families who attended. We would also like to thank Fresno County Library who collaborated with us and blessed the families with books. This is a program that we would like to continue in the future, if families are interested please contact Ruben or Dori. Our Nutritionist met with the youth and played some physical fitness games with them. The TRAIL youth learned about the importance of reading labels and cooking healthy. The TRAIL youth also got to get in the kitchen and get hands on. They cooked chicken stir fry over brown rice, all youth seemed to really enjoy this activity. We look forward to more activities like this with the youth.



Upcoming Events:

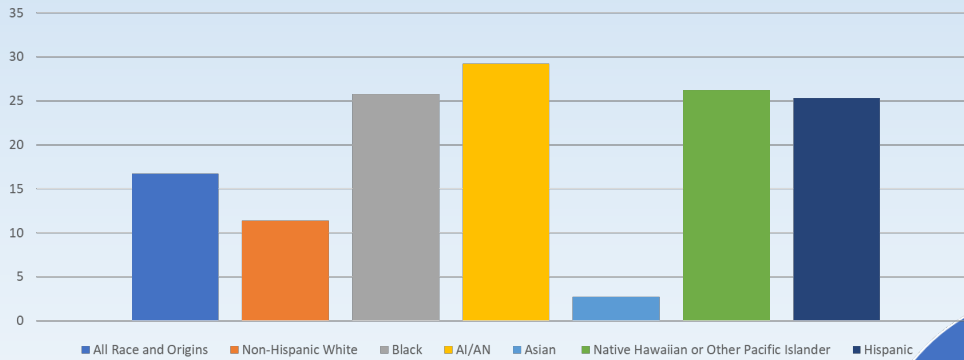
- May 14th Teen Prevention Art contest
- June 18th Native Wellness Fest (virtual)
- July 19th – July 22nd Gathering of Native Americans (virtual)

For more information contact Clubhouse at 559-320-0490 (press 4)

Preventing Teen Pregnancy

The month of May is recognized as National Teen Pregnancy Prevention Month. According to the Centers for Disease Control and Prevention (CDC) teen pregnancy contributes to high school dropout rates. Teenage mothers are also more likely to have health problems, face unemployment, be incarcerated, and have lower incomes (CDC, 2019). Over the last 10 years teen births rates have declined for all racial/ethnic groups, but remains the highest among American Indian/Alaska Natives (AI/AN).

Birth rates, by age of mother (15-19): United States, and by Race and Hispanic Origin



Teens benefit from guidance in understanding peer pressure, their feelings, or how to say no

There are a number of resources for parents and teens on birth control, sex, relationships, pregnancy and sexually transmitted illness (STI's)

AI/AN TEEN PREGNANCY QUICK FACTS

- Teen birth rate is over 250% higher than their Non-Hispanic White counterpart.
- Only 63.7% get prenatal care in first trimester
- 13% seek prenatal care late in pregnancy or not at all
- 14.6% smoked during pregnancy
- 2.5% have pre-pregnancy Diabetes
- 68.4% are overweight or obese
- Second lowest % of infants being breastfed when leaving the hospital (75.7%) (85.1% for Non-Hispanic White)

Source: Marin, J, et al. Births: Final Data for 2019. National vital statistics reports; vol 70 no 2. Hyattsville, MD: National Center for Health Statistics. 2019.

How to Prevent Teen Pregnancy

- Encourage teens not to have sex
- Use Long-Acting Reversible Contraceptives (ex. IUD's or Implants)
- Discuss pros and con of birth control options
- Become aware of programs and funding to cover costs of birth control options
- Remind teens that some birth control options do not protect against sexually transmitted diseases (STI's)
- Communicate with romantic partner

CDC, 2020

FAIHP can Help

Our Health & Wellness Center is now open and offers services in women's health, contraceptives, pregnancy testing, family planning, and other health services.

If you are expecting or are the parent/caregiver of a Native child you may also join our Family Sprint program.

For more information call us at (559) 320-0490.

CLUBHOUSE PRESENTS

8 Dimensions of Wellness



June 2021 - January 2022

This monthly series will address Substance Abuse and Mental Health Service Administration's model of eight dimensions of wellness that play critical roles in optimizing overall health. The eight dimensions include: mental, spiritual, intellectual, physical, environmental, financial, occupational, and social.

Incentives will be provided for participation and in addition, participants will receive the opportunity to enter a raffle for a grand prize for attending all eight workshops.

Participants 18-24 - Registration is required.

For more information about dates, topics, and how to register, contact Ari or Serena at (559)320-0490 and dial 4.

Follow us on Social media



RED WARRIOR PROJECT PRESENTS

The Power of Positive Self-Talk

YOU ARE: WONDERFUL. LOVED. WORTHY.

May 14, 2021 | 4:00-5:30 PM

Youth 13-17

FAIHP's Clubhouse and Red Warrior Project invite teen youth to join us for an evening of art and positive self-expression as we discuss how to practice self-love and self-talk.

Call Clubhouse to register and reserve art materials by 05/09/21
(559)320-0490 (Option 4)

Follow us on *Social media*



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What is National Prevention Week (NPW)?

Prevention is a critical part of the public health system, but it only works when communities have access to the facts and support they need to implement programs that address their unique needs. National Prevention Week is an annual health observance dedicated to increasing public awareness and action around substance use prevention and the promotion of positive mental health. This year, this national initiative, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), will take place May 9 to 15.

What topics does National Prevention Week address?

Each year, SAMHSA incorporates daily health themes to focus on important substance use topics. The 2021 daily health themes are:

- Monday, May 10: Preventing Prescription Drug and Opioid Misuse
- Tuesday, May 11: Preventing Underage Drinking and Alcohol Misuse
- Wednesday, May 12: Preventing Illicit Drug Use and Youth Marijuana Use
- Thursday, May 13: Preventing Youth Tobacco Use (E-cigarettes and Vaping)
- Friday, May 14: Preventing Suicide

Keep up with the Red Warrior Project for special Did You Know posts on Facebook and Instagram every day of NPW 2021

Upcoming Events:

- Red Warrior Project/Clubhouse Self-talk Painting event May 14th, 4:00-5:00 PM
- Clubhouse 8 Dimensions of Wellness Series monthly, beginning June 3, 2021 5:30-7:00 PM



Community Advisory Committee (CAC)

Featured CAC member and FAIHP Board Liason
Grace Robinson - Wintun



Hello, My Name is Grace M. Robinson. I am an Elder in our community, an active participant and volunteer at Fresno American Indian Health Project. My native roots are from Colusa, Ca as my grandmother and mother were native women of the Wintun Tribe.

When FAIHP first opened thirteen years ago, I would bring my mother to Diabetes and WISE classes. For her, it was her joy to be here with Native people from the valley. My mother was an advocate for Native people since the seventies. If she could see how FAIHP has grown, I know she would be shedding tears of joy.

I volunteer monthly for the Community Advisory Committee (CAC). While I enjoy participating in WISE and Beading classing, my time spent at the CAC gives me a different sense of community involvement.

Why should you join CAC?

Because FAIHP is made up of various tribal affiliations here in our valley. We're just like you: Elders, Mothers, Fathers, College students and more.

What do we do?

CAC works with FAIHP Staff and the Board of Directors. This is the only organization that gives Native people a voice on the workings and projects being implemented for the benefit of all in our valley.

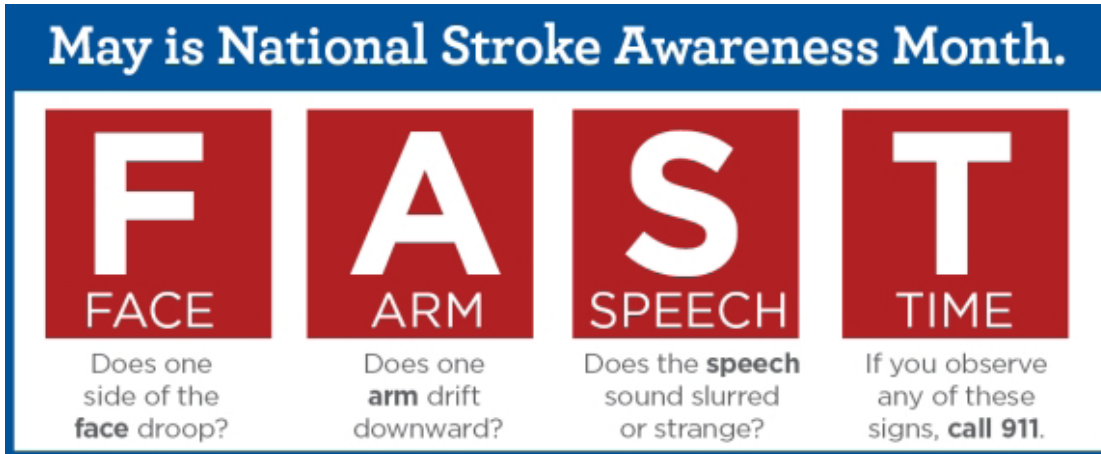
Is it hard?

No, the FAIHP Staff gives us information on projects new and old; and we as a committee give our feedback. Staff does the actual taking of notes to present to the Board of Directors. I am the current Liaison that works directly with CAC and the Board.

It is our hope to have more native people join CAC, as this way we can hear and help with issues that FAIHP may not be aware of. We as a group can improve or give suggestions for upcoming projects. Our FAIHP governing board will have the final word. But as the Liaison, I can tell you personally, that they have been open to the concerns of our Native people.

So please join our group, and be one more voice helping FAIHP, so our people will have the best experience at Fresno American Indian Health Project.

CAC meets every 3rd Monday of each month from 5:30- 7:30 via Zoom. Our next meeting is scheduled for May 17, 2021. If you would like to join, please contact Darlene Franco, Director of Native Wellness at: dfranco@faihp.org. The Zoom link, agenda and other pertinent information will be emailed to you.



Stroke: Act F.A.S.T.

Every 45 seconds, someone in the United States experiences a stroke. Yet, despite being the third leading cause of death and the leading cause of adult disability in this country, fewer than one in five Americans can recognize a symptom of a stroke.

Stroke is one of the most preventable of all life-threatening health problems, provided that you pay proper attention to lifestyle and medical risk factors, such as smoking, high blood pressure, cholesterol and diabetes. Furthermore, treatment exists to help minimize the effects of a stroke, however it must be given within 3 hours of the first symptom.

Recognizing stroke symptoms can be easy if you learn to **Act F.A.S.T.**

- F = Face** Ask the person to smile. Does one side of the face droop?
- A = Arm** Ask the person to raise both arms. Does one arm drift downward?
- S = Speech** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- T = Time** If you observe any of these signs, then it's time to call 9-1-1.

Studies show that stroke patients who arrive at the hospital by ambulance receive quicker treatment than those that arrive by their own means.

REMEMBER TO ACT F.A.S.T. – YOU MAY SAVE A LIFE, AND IT MIGHT BE YOUR OWN!

Be a Savvy Farmers Market Shopper



Farmers Market season is in full swing this month! From savoring produce at the peak of freshness to meeting the people who grow your food, there are countless reasons to make a trip to support our local farmers markets.

And with a little planning, your fieldtrip to the Farmers Market can be a perfect way to introduce your family to new foods while learning where our food comes from — an experience all won't soon forget. When it comes to buying produce, start small — buy salad ingredients to have at dinner each night and fruit for meals or snacks. Purchase vegetables you know how to prepare. Once you gain confidence, add new items. Search for staples you normally buy at the supermarket, such as bread, coffee, nuts, seeds and even soap.

Since items at a Farmers Market change often, bring a general shopping list rather than a specific one for the whole week — ingredients for salads and produce for side dishes that go well with planned dinners and entrées. To prevent rotting fruit in the fridge, estimate how many pieces of fruit you'll need for your lunches or snacks for the week.

Here are a few ideas on maximizing your trip and becoming a savvy Farmers Market shopper.

- **Don't be shy.** The people selling products want to answer your questions. So, go ahead, ask them what sunchokes are. Many will be happy to provide a sample for you too!
- **Do your homework.** Find a market that's in a convenient location and has hours that fit your schedule so you can easily add a shopping trip into your weekly routine. Visit www.localharvest.org for a list of the current markets in our area.
- **Time your outing.** If you can only go on weekends, get there early. Otherwise, go on a weekday during the middle of the day. The less traffic in the market, the more opportunities you'll have to get the best products and chat with vendors. If you're shopping on a budget, going at the end of the market day will usually enable you to get some great deals and negotiate prices with the vendors.
- **Bring cash and reusable bags.** Small bills will make transactions easy, and you'll need a sturdy, eco-friendly bag to carry your purchases home. (Note: many markets will also accept SNAP and WIC vouchers.)
- **Become a gourmet.** Ask the vendors for cooking suggestions; sometimes they provide recipes, but they'll all be more than happy to let you know how they like to eat it best. Few grocery store cashiers or produce stockers will give you tips on how to cook the ingredients you buy, but farmers, ranchers, and artisans at the farmers market are often passionate cooks with plenty of free advice about how to cook the foods they are selling.
- **Be flexible.** Accept that produce will not look perfect. But, it has been grown locally and picked recently, which means it's packed with flavor and nutrients. It is sure to be tastier and healthier than anything you'll find at the supermarket.



USING HERBS FOR WELLNESS

MAY 18, 2021
5:30 TO 6:30

Learn about the benefits and uses of herbs to supplement your daily life.
Presented by Jeanette Acosta - Certified Indigenous Herbologist.

To Register and receive the Zoom link, Contact: Darlene Franco

dfranco@faihp.org

559-320-0490 ext 122



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Making Baby Moccasins

May 12-13, 2021

5:30-7:00pm

Participants will learn about the first component
of GONA - “Belonging”

Belonging-

“A place for all ages, a place for all kinds of people. The first part of the GONA represents infancy and childhood, a time when we need to know how we belong.”

Angela Aguilar - Cherokee, Choctaw, Seminole will be teaching us how to make Baby Moccasins virtually. This is a 2 day event - May 12th & 13th from 5:30 to 7:00pm. We will provide kits to the first 15 registrants. You must pick up supplies by Tuesday May 11th or the kit will go to the next person on the waiting list. Everyone is welcome to attend.

For more information contact: Darlene Franco
Email: dfranco@faihp.org or 559-320-0490

Follow us on *Social media*

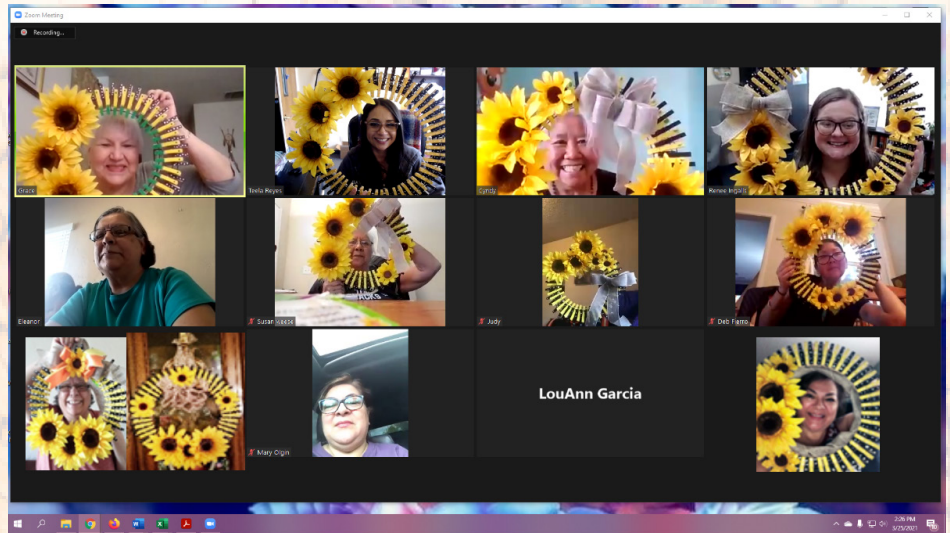


CBANS NEWS

Our WISE (Wellness In Our Senior YEarS) is a support group to encourage healthy lifestyle and mental health for American Indians aged 50 and older and residents in Fresno Country. Beading (Stress Management) is also a support group that's been ongoing for couple of years and is a great place to learn and share what you know.

Our Dietician, Renee instructed a 2-day class with our WISE group on how to make a Sunflower Wreath. Everyone did an amazing job and it was a good time for everyone to talk to one another and do some hands-on projects.

Our WISE group is every 2nd & 4th Thursday of each month from 1:00 - 2:00 pm



Richard, a regular attendee in our Beading class instructed on a project about making Rawhide Rattles. Here are some pictures from our past Beading group.

Our Beading group is every Tuesday from 3:00 - 4:30 pm

Ongoing projects for our WISE and Beading groups in May:
WISE: Red Warrior Project presentation
Beading: Medicine Bags

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

Mental Health Awareness & Children

Source: American Psychological Association

Child and adolescent mental health problems are at a point of crisis for our nation. Approximately one out of every five children in America has a diagnosable mental health disorder. Mental health problems in young people are associated with outcomes such as suicide, substance use, inability to live independently, justice involvement, school dropout, economic hardship and physical health problems.

Far too many children and adolescents lack access to needed mental health and substance use services. Less than half of children with mental health problems get treatment, services or support. Only one in five get treatment from a mental health worker with special training to work with children. Families that are poor,

families of color and families with children with other disabilities or health concerns have an especially difficult time getting services that would identify, prevent and treat mental health problems.

**WE NEED TO
TALK ABOUT
CHILDREN'S
MENTAL
HEALTH...**



Children and adolescents with mental health needs frequently are involved with multiple social services agencies or systems, including public health, mental health and substance use authorities, special education, child welfare and juvenile justice.

Untreated mental health needs among children and youth affect not only the young person and their family, but also schools, communities, workplaces and the nation as a whole. In Fresno County, access to mental health services is increasing. The Fresno County Mental Health Plan is available to respond to your mental health needs 24 hours a day, seven days a week. If you do not have an emergency mental health condition, you can call the Mental Health Plan at 1-800-654-3937. You can call this toll-free number at any time of the day or night to ask questions or request mental health services.

Fresno American Indian Health Project also offers outpatient therapy services via phone and Zoom at this time. Therapists are trained in trauma, substance use, and working with children and families. Please contact us to schedule your first appointment. Let's work together to address and work through any challenges you may face.

Meet Our New Garden Coordinator

Naomi Sanchez

Naomi Sanchez is a proud mother of four and is from the local Wuksachi-Eagle Clan and Choinumni Tribes on her mother's side and is also of proud Mexican American blood on her father's side. She grew up in Squaw Valley/Orange Cove, CA before moving to Fresno in 2006.



Naomi enjoys the serenity of gardening and believes in its power to ground the spirit and improve a person's overall mood. She looks forward to collaborating with our FAIHP families to create a more person centered experience through Native Wellness. If you have any ideas you would like to see happen with our garden activities please don't hesitate to contact her at the office! Naomi is excited to be part of FAIHP Native Wellness Department and is ready to serve her community!

Let's Grow Some Pumpkins For Fall!

Did you know, we are approaching the perfect time to start growing your fall pumpkins!

The average pumpkin takes between 90 to 100 days to grow before they are ready to harvest! Want to try it? Call to sign up before June 1st!



Extra, Extra, Read All About It

If you are interested in volunteering at our garden, please call Naomi to make your appointment time!

(COVID Safety measures will be taken while at the garden)
Naomi Sanchez
Garden Coordinator
559-320-0490 Ext. 111

Important Dates

05/31

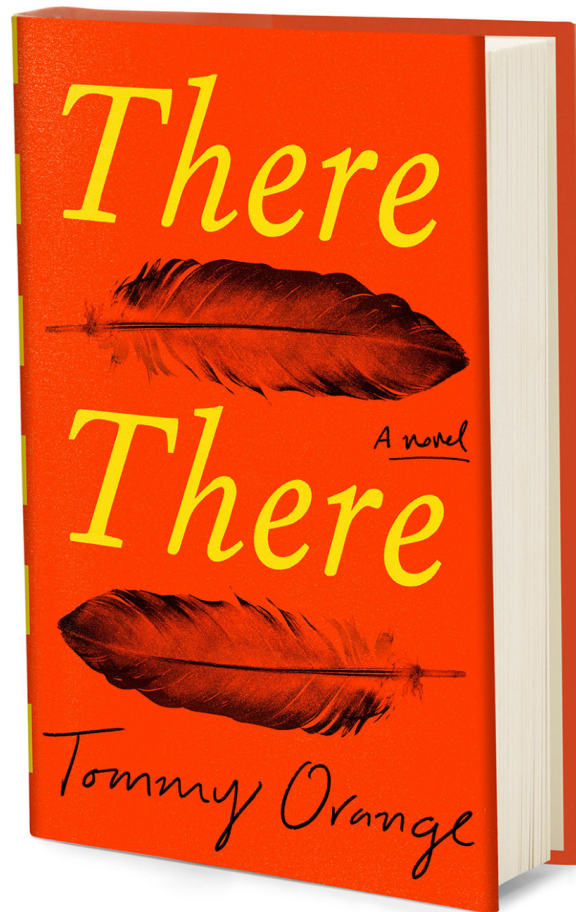
Last day to sign up for pumpkin supplies

06/7-06/10

Pick up pumpkin growing supplies

06/11

Plant with me! Join us on Facebook to plant our pumpkins together!



ZOOMing Book Club

May 4, 2021

Join us as we read our first book by award winning author Tommy Orange. Every Tuesday for 6 weeks. 7:00-8:00pm

TOMMY ORANGE is faculty at the Institute of American Indian Arts MFA program. He is an enrolled member of the Cheyenne and Arapaho Tribes of Oklahoma. He was born and raised in Oakland, California, and currently lives in Angels Camp, California.

For more information contact: Darlene Franco
Email: dfranco@faihp.org or 559-320-0490



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New Employee Spotlight



Tracy Marquez Patient Service Representative

I was born and raised in Fresno California, but lived my younger years on a small farm in Merced California with tons of animals. I love the great outdoors fishing, camping, and shooting with family. I am a proud mother/wife/grandma and enjoying spending quality time with the kids. Teaching and passing on family traditions that were shared with me from my parents and grandparents to our children and grandkids is very fulfilling and rewarding to me. My passion for work is in the medical field where I can help and care for anyone/everyone that needs it. I have many years working as a Certified Nursing Assistant/Medical Assistant/Homehealth Care Assistant/ICU Patient Care Assistant. I am very grateful and excited to start my new journey with such an amazing team of people and call this my second home!

NOW ACCEPTING PATIENTS!



FAIHP Health & Wellness Center

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
- Registered Dietician Available
- Women's Health, Pap Smears, Contraception, Pregnancy Tests, Family Planning and Mammogram Referrals
- Integrated Behavioral Health Services

Se Habla Español

Accepting Most Insurances



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Ave., Ste. 128 Fresno, California 93710
Phone: (559) 320-0490 Fax: (559) 573-7311

Teens 16 & Up!

Get Your COVID-19 Vaccine!

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



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Fresno American Indian Health Project

FAIHP Health & Wellness Center

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

Phone: (559) 320-0490 Fax: (559) 573-7311

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
 - May 17, 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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www.faihp.org



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[@faihp_community](https://www.instagram.com/faihp_community)

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:

- 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

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 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.