



FAIHP
Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

July • 2021



Jade

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TRAIL

During the month of May, we wrapped up the first round of the TRAIL (Together Raising Awareness for Indian Life) Program. Throughout the program, which started in early 2021, 11 youth participated in the group focused on physical activity and diabetes prevention. The youth met with Youth Coordinator, Dori Andrews, each week on Zoom for their session and received items to participate in physical activities at home. During their sessions youth also had the opportunity to make food at home with their families. The youth learned a lot and wanted to share what they learned during their time. Please share with youth or family you may know!

The pancreas is an organ. It makes insulin to help our cells use sugar.

You can eat many foods in moderation

Traditional foods have many benefits, such as being natural and whole. Many foods today have added ingredients. Traditional foods are foods Native people ate before pre-contact.

You can look at the nutrition label to learn more about the food you're eating. Pay attention to the number of servings

You can help your wellness by talking to others. Healthy can be mental, spiritual, physical, and emotional. Examples can be eating vegetables (physical), talking to a friend (emotional), praying (spiritual), and doing puzzles (mental)

The second round of TRAIL will be in August, 2021 for youth ages 7-11. Contact Dori at 559-320-0490 (press 4)

GONA 2021

**JULY 19TH - JULY 22ND
VIA ZOOM**

Youth ages 13-17

Gathering of Native Americans (GONA) is a culture camp designed to strengthen communities and individuals through wellness. This year's GONA will be virtual, the GONA will be implemented through games, challenges, and cultural activities! Find out more about GONA and register by visiting faihp.org, scanning here,



**or contacting Dori at 559-320-0490 (press 4)
or email dandrews@faihp.org**



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Fresno American Indian Health Project

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Clubhouse Highlights:

Surviving Summer School

Taking classes during the regular school semester can be a handful- they seem to go on forever! Similarly, taking a course in the summertime comes with its own set of challenges, such as quicker paced instruction, intense workloads, multiple in-class assignments, and much more since they are taught in a few weeks to a couple of months.

Stay prepared

Ensure you are taking care of yourself, and create a routine that you or your child can follow. Having a morning meal, with plenty of water and snacks throughout the day can fuel a student's brain for the work they are doing. Getting enough sleep (8+ hours), having meals/snacks prepped, backpack ready with supplies, etc. is critical for the school time this season. Keeping a log of school work with important review and test dates is equally helpful, to prepare and perform well.

Review content often

Take advantage of all course resources- compile and study all presentations, homework, handouts, notes, review, etc. These will help you understand and remember important concepts for the semester. Along with putting extra effort into studying before quizzes, or homework days. Highlight any hard-to-memorize material, and organize your classwork in a way that will be beneficial in the long run. (ie. file system, binder, folders, etc.) Lastly, make concept checks fun- try out flashcards, maybe a memory game, a personal jeopardy game, anything to help you in the long run.

Keep focused

Try not to miss classes, as even a small period of instruction could mean you miss out on a much larger area of learning. Work on homework as it is assigned- to avoid piling up any assignments. Set a certain time of the day to work on course work, to avoid forgetting! Be consistent in your daily school routine and your academic success will pay off. If you are in need of academic support, contact your school teacher, counselor, or the academic services here at FAIHP!

Remember: You are worthy, capable, and smart! For more information about tutoring at Clubhouse, please contact the Clubhouse Program Manager, Ruben Garcia at rgarcia@faihp.org, or call (559) 320-0490 (*press 4).



Congratulations to Jade T. for the winning GONA Logo design!

July 19th – July 22nd: Virtual GONA (Gathering of Native Americans) is a free week-long virtual event for youth ages 13-17. GONA is a culture camp designed to strengthen communities and individuals through wellness. Expect games, challenges, and cultural activities!

Registration is now OPEN! Scan here for more information on GONA and to access the registration.



COVID 19 VACCINES FOR PREGNANT AND BREASTFEEDING MOTHERS



Many pregnant and breastfeeding mothers are struggling to decide whether or not to receive the COVID-19 Vaccine. Getting the vaccine is a personal choice and the Centers for Disease Control & Prevention suggest that those facing this decision should consider the following:

- Your risk for exposure to COVID-19
 - Ask yourself — Am I at risk of getting COVID-19?
- The risks of severe illness
 - Do you have a chronic disease such as Diabetes?
- The known benefits of vaccination
 - The vaccine has shown to be effective in offering protection
- The limited but growing evidence about the safety of vaccination during pregnancy
 - Still have questions? Do not be afraid to ask your healthcare provider

“Pregnant and recently pregnant people are at increased risk for severe illness from COVID-19 when compared with non-pregnant people”. They are also at increased risk for preterm birth and other adverse pregnancy outcomes.

Recent data has not identified any safety concerns for pregnant women, who were vaccinated, or for their babies. Based on how vaccines work, the antibodies may pass to the fetus which can offer protection after birth. Recent reports have also found antibodies in the breastmilk of nursing mothers.

Experts believe that the COVID-19 Vaccine does not pose a risk for pregnant and breastfeeding mothers.

Getting Vaccinated against COVID-19 is a personal choice. If you are pregnant or breastfeeding and have a questions about the vaccine you may want to speak with your healthcare provider. You may also contact the free and confidential MotherToBaby experts at 1-866-626-6847 with your questions they are also available via email and chat.

Here at FAIHP, we can help you.

If you are interested in getting the COVID-19 Vaccine please contact us at 559--320-0490

Information obtained from the Centers for Disease Control & Prevention website <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>



Native American HIV/AIDS Candlelight Vigil
June 16, 2021 | 6:30-8:30 PM
 @FAIHP Community Garden of the Discovery Center
 1944 N. Winery Ave, Fresno, CA 93703

In honor of National HIV Testing Awareness Day and Pride Month, FAIHP, Red Warrior Project, and Native Wellness will host a candlelight memorial vigil with special guest speakers and raffle prizes for Native individuals and families who have been affected by the HIV/AIDS epidemic. Refreshments will be provided.

Registration Required
 RSVP to Serena or Darlene by
 06/11/21 at (559)320-0490






In June, the Native Wellness Department and Red Warrior Project partnered to host a candlelight vigil and Indian Taco dinner for over 60 Native peoples from all over the Central Valley. Participants joined together at our Community Garden to acknowledge and honor individuals and families who have been affected by the HIV/AIDS epidemic. Guest speaker Regina Murillo spoke about the challenges of finding care for a loved one diagnosed with HIV in Fresno and the stigmas faced by individuals who are at-risk of contracting HIV.



Red Warrior Project announced that FAIHP was recently awarded 24 self-test HIV kits for Native individuals who are interested in learning their HIV status. Please call Serena or Bear at our FAIHP office if you would like to register for a test kit at (559)320-0490.



Community Advisory Committee (CAC)



THE IMPORTANCE OF COMMUNITY PARTICIPATION IN RESEARCH AND SURVEYS



IMPROVE THE OVERALL HEALTH AND WELLNESS OF THE NATIVE AMERICAN COMMUNITY

The purpose of surveys are to achieve the overall goal of having culturally sensitive health access and advocacy programs designed to enhance the health and well being of the Native American communities.



SUSTAIN EXISTING SERVICES FOR THE NATIVE AMERICAN COMMUNITY

Through survey responses, not only are organizations able to show the use and need of services. But organizations are also able to generate future funding for maintaining services that have been proven successful.

This year we created a Survey Infographic that talks more about five key points regarding the importance of participating in surveys. This month we will share the fourth and fifth points in the newsletter.

Community Advisory Committee

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'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.

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, July 19th.

How can I get involved with the CAC?

Please contact Darlene Franco at dfranco@faihp.org. She can send you more information and the Zoom link to our next meeting.

CAC meets every 3rd Monday of each month from 5:30- 7:30 via Zoom. Our next meeting is scheduled for July 19, 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.

The “Happiness Hormones”

and the best ways to release them naturally.

By David Stroud, LMFT

Hormones are chemicals produced in our bodies that travel through our bloodstream, and play an important part in many bodily processes. One important function is helping to regulate mood. Certain hormones are known to help promote positive feelings, such as happiness and pleasure. These happiness hormones include:

Dopamine is a neurotransmitter associated with pleasurable sensations, and an important part of our brains reward system. How to hack:

- Get enough sleep
- Listen to music
- Eat less saturated fat
- Eat protein rich foods

Serotonin is also a neurotransmitter and helps regulate mood, as well as appetite, digestion, and memory. How to hack:

- Bright light/Sun exposure
- Giving or receiving a massage
- Meditation
- Walk in nature

Oxytocin is often called the “Love Hormone” as it promotes trust, empathy, and bonding within relationships. How to hack:

- Yoga
- Cook and eat with someone you care about
- Holding hands
- Play with a dog

Endorphins are our bodies natural pain relievers, that are produced in response to stress or discomfort. How to hack:

- Exercise
- Lavender essential oils/Aroma therapy
- Laughing with friends
- Perform a random act of kindness

These are a few suggestions you can try on your own, to increase the release of the “Happiness Hormones” in your body. However, don’t hesitate to reach out for more support if these tips aren’t cutting it.

Resources: <https://www.healthline.com/health/happy-hormone>



Summer Food Safety

Healthful eating involves more than just monitoring food categories or nutrients throughout the day. It also involves properly handling the food that's eaten. In order for food to help maintain or improve your health, it must also be safe to eat.

The Centers for Disease Control and Prevention, or CDC, estimates that about 1 in 6 Americans (that's 48 million people!) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases each year. As temperatures rise, so do the risks of food poisoning. Keep outdoor dining safe by following these easy steps:

- **Bust Bacteria.** When cooking on a grill, halt harmful bacteria in its tracks. Scrub the grill with hot, soapy water before cooking up your outdoor favorites.
- **Soap Up Frequently.** Wash hands before, during and after food preparation. Pack moist towelettes or hand sanitizer in your cooler for those moments when soap and water are not available.
- **Prep That Party Food.** Thaw frozen foods in the refrigerator or microwave. Do not thaw frozen foods on the countertop or outside. Marinate foods in the refrigerator, and don't reuse marinades used on raw meat or poultry unless it's boiled first.
- **Keep Coolers Cool.** All perishable foods should be refrigerated promptly below 40°F, so keep coolers stocked with plenty of ice. Freeze bottles of water or juice boxes for a refreshing treat that also will help keep foods packed around them cool. Drop a refrigerator thermometer into the cooler to make sure foods are stored properly. Transport the cooler in the air-conditioned back seat of a car instead of a hot trunk.
- **In-Between Clean.** Make it a habit to clean out coolers with soap and water between uses.
- **Different Plates for Grilling Greats.** Keep raw meats, poultry, seafood, eggs and ready-to-eat foods separate; ditto for the utensils used to handle each. Pack extra color-coded plates and utensils to help prevent cross-contamination. Use different spoons and forks to taste, stir and serve.
- **Stay in Tune with Temps.** Favorite summer foods can be harmful if not fully cooked. Use a food thermometer to make sure grilling favorites such as hamburgers are cooked to a minimum of 160°F, chicken to 165°F and hot dogs to 160°F. Never partially grill meat or poultry to finish cooking later.
- **Escape Expiration.** Pay attention to expiration dates on packaging, especially for raw meats.
- **Be Careful When It's Hot, Hot, Hot.** To prevent growth of harmful bacteria, don't leave food outside in hot weather (90°F or above) for more than one hour. Throw away all perishable foods that have been unrefrigerated for an hour or longer. Remember, it's not just meat that can make you sick. All perishable food should be monitored closely, especially egg, potato and tuna salads made with mayonnaise, cut up fruits and vegetables, and anything dairy-based.

Unfortunately, you cannot see, smell or taste if a food has harmful bacteria or toxins growing in it. Follow these guidelines and you can feel confident that you are not harming yourself or your loved ones at your next BBQ or picnic this summer.



NEWS FROM THE NATIVE WELLNESS DEPARTMENT

By Darlene Franco, Director of Native Wellness

JUNE WAS A BUSY MONTH!

Zooming BookClub

We finished up the 6-week Book Club class and participants are ready to move on to the next book. We read “There, There” by Tommy Orange. The discussions each week were full of past experiences, how we related to what the characters were going thru and anticipation of what might happen next. It was a fun group! If you would like to participate in the next Book Club, please let us know. We are in the process of selecting the next book and it will be announced soon.

Wellness Workshops

On June 9th, we had a Rawhide Rattle making workshop facilitated by Richard Stafford. Everyone was provided a kit and were able to finish the project in one evening session.



Due to the overwhelming response to the Ribbon Skirt and Moccasin making classes, we were able to provide follow up sessions. In the Ribbon skirt class, we learned a lot about why we wear Ribbon Skirts and about the MMIW2S movement.



While making Moccasins, students were able to learn about “Belonging”, the first component of the GONA Teachings, and hear our Health Educator talk about the Family Spirit program we offer here at FAIHP.

HIV/AIDS Candlelight Vigil

We worked with our Red Warrior department to host the First Annual HIV/AIDS Candlelight Vigil. It was held at the Community Garden at the Discovery Center on June 16th. We had a great turnout of over 50 community members, for this first in person event for FAIHP. Of course, COVID safety protocols were in place. And we were able to enjoy fresh NDN Tacos made by Nancy Tex and crew.





On June 18th we helped facilitate the Native Wellness Fest featuring two of **The Thompson Brothers:** Jeremy & Lyle Thompson of the Onondaga Nation. They are world renown Lacrosse Players, founders of “4 the Future Foundation” and their story has been documented in “The Medicine Game” and “Spirit Game”. These young men shared their Lacrosse experiences from both traditional and contemporary viewpoints. They also shared about wearing their hair long and proud.



Also speaking was Toqua-Hanai Ticeahkie, enrolled member of the Comanche Nation Tribe of Oklahoma. He is a motivational speaker working as a Fitness specialist for Indian Health Services. A former professional Arena Football player, he has the official world record for “Most Accumulative Weight Bench Pressed in 60 seconds”. He bench pressed 225 pounds for 58 reps, totaling 13,050 pounds lifted in 60 seconds! He is the founder of “Strong Warriors”.

Our 3rd speaker of the day was Meryl Picard, a member of the Bishop Paiute Tribe. She is a Certified Health and Wellness coach and has worked with hundreds of people guiding them to live their best life. She talked about health challenges, struggles of depression and stress in our Native communities. She shared her own story and intentional steps she took to re-prioritize herself. Now she is speaking out and helping others to do the same.

To end the day, we heard from a panel of local athletes: Jackie Badoni-Cold Springs Rancheria; Gavin Begaye-Cold Springs Rancheria; Darin Williams-Crow Nation; Jeremy Bill-Dunlap Mono, Tachi-Yokut; Rochelle Martinez-Cantu-Chumash/Coastal Band. It was inspiring to hear them talk about sports and the affect it has had in their lives. They offered great words of encouragement and positivity for our participants.



Community Garden Updates



The Garden hosted The Red Warriors's HIV/AIDS Candlelight Vigil, Thank you to all who supported this event!



Did you participant in pumpkin planting? Send Naomi an update and pictures via email!



New Home Garden Of Rose C.



If you participated in any past Garden hosted activities feel free to send photos to nsanchez@faihp.org
Community Garden Coordinator
Naomi Sanchez 559-320-0490
ext 111
Keep an eye out for future garden fun!

CBANS News!

Self-Care Day!

July 24th is Self-Care Day. It's a lifelong habit and culture. It is the practice of individuals looking after their own health based on the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed.

In June, our Garden Coordinator, Naomi Sanchez demonstrated planting pumpkin seeds and provided the soil, pumpkin seeds and water can. We also completed a DIY yarn tapestry. Everyone enjoyed working on their projects.



Upcoming projects, Nereida, Family Spirit Health Educator, will present on COVID 19 and Summer Sun Safety. Brenetta from the Food Bank will present the Cal Fresh for Elders.

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. It is a great place to learn and share what you know.

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

Beading for Stress Management is every Tuesday from 3:00 - 4:30pm

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



Dr. Diana Radakovic DNP, PMHNP- BC Psychiatrist

Graduated from Brandman University with her Doctorate and California State University Long Beach with her Master degrees. She has extensive experience working with a variety of populations including adults, children, teenagers, and elder adults in multiple medical and mental health treatment settings with over 25 years of experience. Her passion and area of specialty is with children with ADHD and Autism. Dr. Radakovic believes in bringing a comprehensive and team approach to care and treatment. She is also bilingual in Spanish.

Call for an appointment today! (559) 320-0490



FAIHP
Fresno American Indian Health Project

Fresno American Indian Health Project
Location: 1551 E. Shaw Avenue, Suite 139
Fresno, CA 93710 - (559) 320-0490

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

Same Day Appointments!

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

FAIHP Will be going back to in-person (limited capacity) and with Zoom meetings per CDC and County Guidelines for your safety!

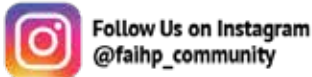
1. WISE Group
 - Zoom Meeting Only
 - 1:00-2:00pm on the 2nd and 4th Thursday each month
2. Beading for Stress Management Group
 - Zoom Meeting
 - Every Tuesday, 3:00-4:30pm
3. Community Advisory Committee
 - Zoom Meeting
 - Third Monday, 5:30-7:30pm
4. Case Management Services
 - In-person (Limited capacity)
 - Via telehealth (phone or Zoom)
5. Therapy Services
 - In-person (Limited capacity)
 - Via telehealth (phone or Zoom)
6. Family Spirit Services
 - In-person (Limited capacity)
 - Via telehealth (phone or Zoom)
7. Nutrition & Wellness Class
 - Zoom Meeting
 - 3rd Thursday each month, 12:00-2:00pm
8. Nutrition Counseling
 - Via telehealth (phone or Zoom)
9. Clubhouse Tutoring/Educational Support
 - In-person (Limited capacity)
 - Via Zoom
10. Clubhouse Program
 - In-person (Limited capacity)
11. Health Services
 - In-person (Limited capacity)
 - Via telehealth (phone or Zoom)



FAIHP

Fresno American Indian Health Project

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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
1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

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

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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.