



**FAIHP**  
Fresno American Indian Health Project



**DRUM BEATS**

*The Heartbeat of The Community*

August • 2021

# Back to School

**HEALTH & WELLNESS CLINIC**

**OPEN HOUSE**

**AUGUST 4TH, 2021**

**5:00PM-7:00PM**

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## CEO REPORT- Selina De La Peña

Greetings,

I hope you are all enjoying your summer and have been able to incorporate some self-care into your days.

### COVID 19 Update

If you have not been vaccinated, this is a critical time to do so. The Delta Variant is growing in the Valley. We are being told that patients hospitalized with COVID-19 have not been vaccinated. We have access to all three of vaccines and are here to serve. Incentive giveaways (goodie-bags) are still being handed out for our clients who get fully vaccinated at our location. These giveaways include a bag to put your medicines, "I Got My Vaccine" buttons, hand sanitizer, masks, other swag and a thermometer. We also continue to do COVID-19 testing.

### Medical Updates

I am happy to announce that Dr. Richa Kaushal will be joining FAIHP as our Deputy Medical Director and will be seeing pediatric patients on a part-time basis. Dr. Richa Kaushal is a board-certified pediatrician. Dr. Kaushal's journey into medicine began in India, where she completed her basic medical education, after which she moved to the United States to do her residency training in Pediatrics at the William Beaumont Pediatric Residency Program in Royal Oak, Michigan. After graduating, Dr. Kaushal worked as full-time faculty in the Department of Pediatrics at University of California in San Francisco, Dr. Kaushal considers herself both privileged and honored to have this opportunity to serve the Native American Community through the Fresno American Health Project, as Deputy Medical Director. She will start seeing patients on July 27, 2021. Please call 559-320-0490 to schedule an appointment.

I am sad to announce that the Psychiatrist, Diana Radakovic, DNP that was assigned to our facility has resigned her last day will be July 30th. Psychiatric Medical Practitioners is looking for another Psychiatrist to be assigned to our location.

### Services Update

We are planning an Open House on August 4th from 5:00 p.m. to 7:00 p.m. to celebrate summer and the coming school year. This in person event is designed to bring the community on to our campus to meet all of our staff, learn more about our programs and meet our staff members and help to build our patient case load for the new health center. I hope to see you there.

Transportation Services are starting to open up. We are transporting to CVIH on Tuesday and Thursday mornings. If you are needing transportation services please call us to assist you.

We have been very busy getting programs and staffing in place to serve our community and look forward to continued growth the rest of this year!



## Tips on How to Prepare

After a long time being in the midst of a pandemic, some children may now be transitioning to being on campus for the school day for the first time. This comes with its own set of both advantages and challenges, no matter the youth's experience during distance learning. Here are some items to consider while getting ready for the school year.

- Set your kids' sleep schedules back to "School Time" two weeks before the first day. Developing a routine can increase confidence/independence, greater self control, reduce stress, and expose students to healthy habits. Setting and enforcing regular weekday and weekend bedtimes is key to getting into the groove of it. Encourage your kids to lay out their school clothes and bags the night before- this is especially helpful for mornings with a time crunch!
- Refresh your rules about screen time for the school year. What's allowed and when? For some students, this may be a tough habit to break after a long time spending a majority of the day online- but this is a healthy boundary to establish. Instead of playing games, try a mind-stimulating puzzle, art/creative activity, or listening to/reading a book.
- Visit your child's school together so you both can get familiar with their new environments. Where are their classes, and where will they spend breaks/recess? Knowing this can help ease both you and your child's anticipated first day of school, and also in the future for pick ups/drop offs.
- Establish a specific space like the family room as the official 'homework area'. This can be redesignating their distance learning area to now be for after-school time, or in a completely new space. Having a space with their materials easily accessible and neat is key- with a quiet environment such as in the kitchen.
- Have your kids set realistic goals for the new year, such as reading 30 books. Post this goal somewhere in the house and reflect as time goes by on how to reach that. Growing your child's accomplishments this route can be a positive way to encourage both learning and self-determination.
- Determine how long it takes your child to do assignments to help with time management. This can help a student know what to expect from their homework time, and avoid slacking off. This is not necessarily timing an assignment and measuring worth by time taken on an assignment, but rather 'time budgeting' to ensure your youth can prioritize and stay organized for all of their assignments.

Lastly, do something fun to diffuse this stressful time of year for all of you! Whether this is a trip to the park, family game night, a movie outing, a trip to the mountains, etc.- it will surely set the tone leading into the school year.



# FAIHP

Fresno American Indian Health Project

## HEALTH & WELLNESS CLINIC

### OPEN HOUSE

### AUGUST 4TH, 2021

### 5:00PM-7:00PM



**COMMUNITY WELCOME! MEET THE STAFF!**

**HEALTH SCREENINGS, VACCINES, COMMUNITY RESOURCES,  
HEALTH EDUCATION, FOOD, RAFFLES, KID ACTIVITIES & MORE!**

**1551 E. SHAW AVE. #128 - FRESNO, CA 93710**

**(559) 320-0490**

RED WARRIOR PROJECT PRESENTS

# TALKING TWO SPIRIT COFFEE HOUR

August 6, 2021  
11:00am - 1:00pm

Talking Two Spirit is back as a monthly social hour! Drop in for a quick snack or beverage or swing by for a chat with Lead Navigator Serena Cuevas. Resources available. (559)320-0490  
18yrs and up. FAIHP Gathering Corner  
1551 E. Shaw Ave #122, Fresno, CA 93710



# Clubhouse Highlights:

On July 2nd the youth attended an in-person event at Scout's Island. The staff divided the youth into groups and did different projects with them. They gathered sage and wrapped it. They went on a photo shoot nature walk, gathered and cleaned materials for clap sticks. The youth were also able to do a water relay in teams. The team that won got to wet the Youth



Coordinator and Clubhouse Manager. The youth were given lunch before they traveled home. It was an awesome day where youth were able to safely gather again. The day was filled with lots of laugh and learning.

*Upcoming Events: Health & Wellness Center Open House (FAIHP's medical clinic) August 4th Youth Services will have Reptile Ron!*



# BACK PAIN DURING PREGNANCY

## *Causes and Solutions*

Lower back pain is the most common cause of pain for expectant mothers; impacting over half of pregnant women. Through the course of pregnancy, the ligaments in the back begin to soften. The good news is that the body alignment is preparing to give birth. The not so good news is that these changes oftentimes produce increased strain on joints in the lower back. Back pain usually starts sometime between the fifth and seventh month of pregnancy. It is important to develop ways to reduce back pain during pregnancy as about half of mothers still have back pain up to a year after delivery.

68% of women experience lower back pain during pregnancy

### *Causes of Low Back Pain*

- Poor Posture
- Performing daily tasks in a way which places extra weight on the lower back
- Gaining more than 25-35 pounds over the course of pregnancy
- Changing hormones
- Developing baby adding weight and strain on lower back



### *Solutions to Help Low Back Pain*

- Light physical exercise, for example: yoga and swimming
- Improving standing and sitting posture
- Performing proper sit-to-stand transitions
- Using a hot or cold compress at the origin of the back pain
- Using sleep support, such as a pregnancy pillow
- Speaking with your health care provider if your back pain is persistent, severe, or causes you concern

If you would like to learn more information on back pain during pregnancy or similar topics, check out FAIHP's Family Spirit Program. This is a program for pregnant women and parents/caregivers of Native children under the age of 3 years. To learn more please call FAIHP at (559) 320-0490 to speak to our Health Educator.

# Tapping

Resource: [thetappingsolution.com](http://thetappingsolution.com)

The basic Tapping technique requires you to focus on a negative emotion at hand. This can be a fear, a worry, or any unresolved problem. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on 9 specific meridian points of the body (more specific information on this below).

Tapping on meridian points sends a calming signal to the brain, letting your brain know it's safe to relax. So, for example, when you receive bad news from your boss or you begin to worry about future events, it triggers a part of your brain called the amygdala.

When you think of the amygdala, one word should come to mind: Fear.

This part of the brain is responsible for triggering the stress response in our bodies, releasing stress-related hormones into the bloodstream. Also popularly known as the fight-or-flight response, it is the body's natural reaction to a perceived threat.

The problem is, we tend to have our amygdala in charge way more often than we want.

The amygdala's response is effective when you're faced with real-life danger but damaging when you want to feel calm and confident during a high-stakes meeting. And most of the time when this is happening in your body, you aren't experiencing the fight-or-flight (or freeze) response for the same reason that our ancestors did long ago were. There is no tiger in the woods, but the response in your body is still the same.

Tapping on these meridian points (the same used in acupuncture) while you think about what is causing you stress helps your mind understand that you are not in any physical danger and it is safe to relax, reducing cortisol levels.

Tapping gives you the opportunity to bring your life back into balance and reduce stress around your relationships, finances, weight, pain, fears, and so much more.

Meridian Points Include (Refer to FB video post on FAIHP page)

1. Side of hand
2. Top of head
3. Eyebrow
4. Side of eye
5. Under eye
6. Under nose
7. Center chin
8. Under armpit





# How to Get Kids to Eat Healthful Foods

How do you get kids to choose healthy foods without constant nagging? Try these tips:

## Location, Location, Location

Keep whole fresh fruits and vegetables in a bowl or basket on the table or counter at all times. Cut up others and put them right at your child's eye level in the refrigerator, ready to grab and go. This visual cue will help children choose the healthy option when looking for a quick snack.



## Stock Up

Shopping for nutritious ingredients for great-tasting meals and snacks is a must for presenting healthful foods to children. Fill your refrigerator, freezer and cupboards with fresh or canned fruit in its own juice, fresh vegetables prepared for snacking, whole-grain breads, cereals and crackers, nuts and nut-butters, hardboiled eggs, low-fat milk or fortified soy milk, yogurt and cheese.

Once you have all this great food, make sure your family knows it is there and for the taking. Make nutritious foods easy to access.

## Think Small

Young children may prefer small foods and lose interest when served larger portions of healthy items. Serve bite-size cubes of cheese, baked chicken and tofu, small melon balls or sliced vegetables as part of snacks or meals. Bake whole-grain mini-muffins and prepare smaller pizzas by using a whole-grain English muffin for a crust. For children younger than 4, serve soft, cooked meats and vegetables and foods cut into ½-inch pieces or smaller to prevent choking. Nut butters can be spread in a thin layer on bread with jelly but avoid whole nuts and popcorn when feeding toddlers.

## Creativity Counts

Some children love seeing their food cut up into a different shape every day. If your child doesn't like traditional sandwiches, try whole-grain wraps sliced into rounds. These portions are perfect for pint-sized hands. Or, instead of presenting a snack of a glass of milk with fruit, blend the two together for a colorful, nutritious smoothie. Looking for another snack idea? Kids love fruit and vegetable kebabs, which pair well with sweet or savory yogurt dip. Grapes and cherry tomatoes should be cut into quarters for very young children.

## Mix It Up

While it's nice to be able to make food into fun shapes, it is certainly not a necessity. The key is to expose children to a variety of foods and textures to keep their interest in healthy food. Children may turn up their noses at a meal where everything is the same texture or color. Instead of baked chicken, mashed potatoes, regular pasta and a banana, try offering them whole-grain pasta, steamed green beans, mashed sweet potatoes, shredded rotisserie chicken and sliced strawberries.

## Do as You Say

Remember, the most important tip for getting kids to eat healthy food starts with you. All the food styling in the world won't help kids form these healthy habits unless you follow suit. Parents are the biggest influence on children's eating habits, so you need to eat right, too!

## NEWS FROM THE NATIVE WELLNESS DEPARTMENT

By Darlene Franco, Director of Native Wellness

### GOOD NEWS!

We were recently awarded a youth grant under the Native American Agriculture Fund! This grant initiative is about “supporting Beginning Native Farmers and Ranchers in the central valley”. Under this project, Naomi will be using 4-H curriculum while working with our youth. There will be a lot of fun activities happening and a lot of new knowledge to be gained. We will be working at both the Garden site at the Discovery Center Garden and also at the Scout Island. This project will be starting in September, so watch for the flyer to be coming out soon. Space will be limited, so if you know anyone interested in this program, please contact Naomi Sanchez at 559 320-0490 or by email at [nsanchez@faihp.org](mailto:nsanchez@faihp.org).



Painting by Rafaela Stoeckley

A shawl class was started for those that completed their Ribbon Skirts and provided pictures to us. The first session was facilitated by Paige De la Cruz and will be completed in August. Ribbon Skirt teachings and lessons about the Shawl were shared with participants. We will share photos of the beautiful Shawls in the next newsletter.



## 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.



### IDENTIFY THE NEEDS OF THE NATIVE AMERICAN COMMUNITY

Identifying community needs is a way of analyzing gaps in community services. It also determines the strengths and assets available in the community. Usually this is done through a needs assessment and the results help organizations better understand what programs have to accomplish.



### DEVELOP SERVICES FOR THE NATIVE AMERICAN COMMUNITY

Once a community needs assessment is conducted and produces a comprehensive and insightful report, it's time to use those findings and create a more culturally appropriate program for it.



### 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.



### 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, August 16, 2021

### How can I get involved with the CAC?

Please contact Darlene Franco at [dfranco@faihp.org](mailto: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 August 16, 2021. If you would like to join, please contact Darlene Franco, Director of Native Wellness at: [dfranco@faihp.org](mailto:dfranco@faihp.org). The Zoom link, agenda and other pertinent information will be emailed to you.

# Native Wellness Garden Updates

## Pumpkin Planters

If your seeds have sprouted, we'd love to get photo updates! Also, if you need a new pot for transfer or if you would like to plant your pumpkin at our Community garden, please contact Naomi to reserve your spot now!

## Home Garden

If you received home garden supplies, we'd love to receive more updates on how its going, Send pictures to Naomi!

## Upcoming

Native Wellness Department will be hosting an on-going series of **Domestic/Intimate Partner Violence** support group through gardening, journaling and talking circles. Call Naomi for more detail and to reserve your spot, space is limited!

Contact your Community Garden Coordinator

Naomi Sanchez for sign ups, questions, comments, concerns and updates!

[Nsanchez@faihp.org](mailto:Nsanchez@faihp.org)

559-320-0490 EXT 111

# CBANS News!

## HAPPY FRIENDSHIP DAY



Friendship Day is celebrated on August 01, 2021. It takes place on the first Sunday in August each year. Friendship is a relationship of mutual affection between two or more people. Friendship is a stronger form of interpersonal bond than an association. Friendship has been studied in academic fields such as sociology, social psychology, anthropology, and philosophy. Various academic theories of friendship have been proposed, including social exchange theory, equity theory, relational dialectics, and attachment styles. A World Happiness Database study found that people with close friendships are happier.

Although there are many forms of friendship, some of which may vary from place to place, certain characteristics are present in many types of friendship. Such characteristics include affection, sympathy, empathy, honesty, altruism, mutual understanding and compassion, enjoyment of each other's company, trust, and the ability to be oneself, express one's feelings, and make mistakes without fear of judgment from the friend. While there is no practical limit on what types of people can form a friendship, friends tend to share common backgrounds, occupations, or interests, and have similar demographics.

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.

Upcoming projects for the end of July and August for our WISE group we have Family Spirit Health Educator, Nereida will presenting on Disaster Preparedness & Understanding Medications and projects with our Garden Coordinator, Naomi at FAIHP Garden and our Beading group we have instructor Darlene Oliver on beading hoop earrings and OVCDC instructor Paula Davilla on beading phone pop sockets.

Our WISE and Beading groups are still virtual via zoom. For more information, please contact FAIHP.

**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 email at [treyes@faihp.org](mailto:treyes@faihp.org)**

# Welcome to the TEAM!

## ***Richa Kaushal MD FAAP*** ***Deputy Medical Director - Pediatrician***

Dr. Richa Kaushal is a board-certified pediatrician. Dr. Kaushal's journey into medicine began in India, where she completed her basic medical education, after which she moved to the United States to do her residency training in Pediatrics at the William Beaumont Pediatric Residency Program in Royal Oak, Michigan. After graduating, Dr. Kaushal worked as full-time faculty in the Department of Pediatrics at University of California in San Francisco, Fresno.

As a teaching doctor at UCSF Fresno, Dr. Kaushal further refined her skills as a pediatric clinician, and as importantly, gained a lot of exposure to the relevance and importance of advocating for and counselling children and their families.

As a fellow of the American Academy of Pediatrics (FAAP), Dr. Kaushal actively advocates on issues close to her heart such as immigrant child health, vaccine hesitancy, climate change and clean air, child nutrition, LGBTQ health and health care access and coverage.

Dr. Kaushal considers herself both privileged and honored to have this opportunity to serve the Native American Community through the Fresno American Health Project, as Deputy Medical Director.



## ***Delaine Bill Sr.*** ***Cultural Support Specialist***

(Full blood Mono/Yokut)

Delaine was born and raised in Dunlap, CA. He is the son of Lawrence and Barbara Bill. His father was a logger and his mother was a well-known basket maker.

Delaine attended Dunlap schools and graduated from Reedley High School. Delaine also went to Kicking Horse Career Program in Montana, later in life he became a logger. Throughout the years, he always remembered how his parents would take groceries/wood to the people, especially the elderly.

Delaine would make different crafts alongside his grandmothers or his mom. He remembers them always working on something, from sun up to sun down, they were always busy.

“I remember my mother was always beading, making baskets, or shelling acorns. Everything was a process, she would gather, clean, and prepare them to make something. When I'm working on a drum or getting materials for clapper sticks, I think about my people and remember that they lived a much simpler time and life. I don't want to forget who I am and where I come from.”

-Nume (people)

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

**WISE Group**

- Zoom Meeting Only
- 1:00-2:00pm on the 2nd and 4th Thursday each month

**Beading for Stress Management Group**

- Zoom Meeting
- Every Tuesday, 3:00-4:30pm

**Wellbriety**

- Every Wednesday, 5:30-7:30pm
- In-person (Limited capacity)

**Community Advisory Committee**

- Zoom Meeting
- Third Monday, 5:30-7:30pm

**Case Management Services**

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)

**Therapy Services**

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)

**Family Spirit Services**

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)

**Nutrition & Wellness Class**

- Zoom Meeting
- 3rd Thursday each month, 12:00-2:00pm

**Nutrition Counseling**

- Via telehealth (phone or Zoom)

**Clubhouse Tutoring/Educational Support**

- In-person (Limited capacity)
- Via Zoom

**Clubhouse Program**

- In-person (Limited capacity)

**Health Services**

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)



[WWW.FAIHP.ORG](http://WWW.FAIHP.ORG)

**NOW ACCEPTING  
NEW PATIENTS**

**559-320-0490**



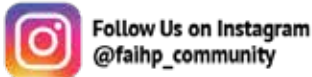
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# FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139  
Fresno, CA 93710  
559.320.0490  
Fax: 559.320.0494  
[www.faihp.org](http://www.faihp.org)



**ATTENTION: If you would like to receive the Newsletter in digital format only please let us know @ [mcolvard@faihp.org](mailto: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: \_\_\_\_\_

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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

### OUR BOARD OF DIRECTORS

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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.*