



FAIHP
Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

October • 2021

FALL IS HERE



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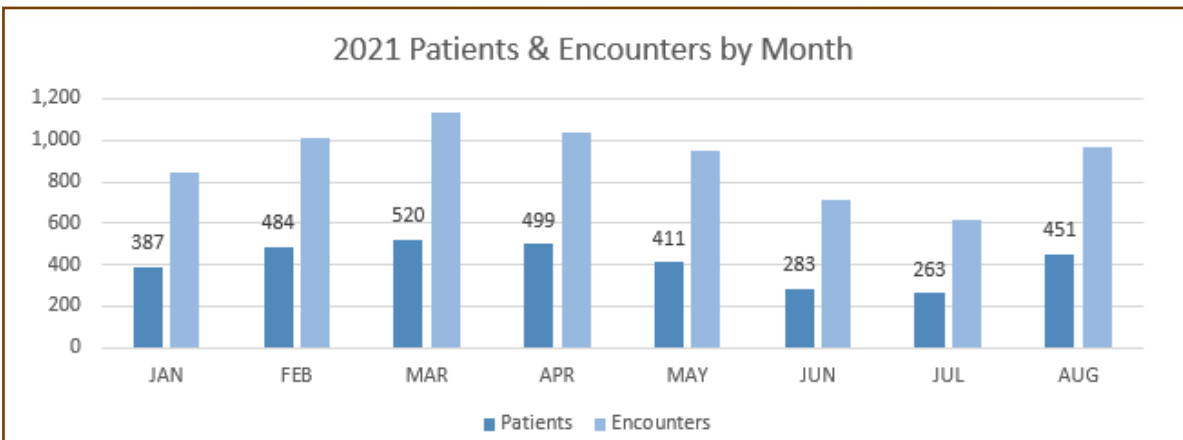
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CEO REPORT- Selina De La Peña

Greetings,

Fall is here and we have so many things to be thankful for! So far this year we have seen an average of 400 clients and patients per month. Last month we experienced a spike in everything – the number of patients, the number of encounters and the number of positive COVID cases (n=37). I want to encourage everyone to stay healthy and safe. Please call us for anything COVID related – questions, tests, and vaccines.



We are grateful and thankful for the Chukchansi Cares program; we were one of several organizations who had the opportunity to participate and win additional funds for our program. Last month on September 10th, our program was invited to spin the wheel, and our own Nikki Redmond spun the wheel three times and the total of the three spins was \$7,200!



This month, we have our HalloWheels Drive Through Event on October 29th, this fun event will be held in the FAIHP parking lot- join us for lots of fun, candy and goodies for everyone. We will be adhering to COVID safety guidelines. Please bring your family here to participate! In November, we will be holding our 3rd Annual Native Days Car & Bike Show event. This will be a community event with vendors, FAIHP program booths and of course custom cars and motorcycles. We had to cancel it last year and are very excited to offer another great family and community event.

Our Behavioral Health Program is growing and on the move! By the time you read this, the current team of three therapists will have moved department to their brand-new offices next door to the Medical Services department. In October, this team will grow as we add a new Therapist to continue offering high quality services. I am so excited to share all of the great things going on here at FAIHP. We have a great team doing great work and want to encourage our clients and the community to stay engaged with us as we move into a new season of accomplishments.



FAIHP

Fresno American Indian Health Project

PRESENTS

HALLOWHEELS EVENT

FRIDAY OCT. 29

3PM-6PM @ FAIHP

INFO

FUN

TREATS

GOODIES



MASKS
REQUIRED

DRIVE THRU EVENT

FUN FOR THE WHOLE FAMILY!

CALL 559-320-0490 FOR MORE INFO

1551 E. SHAW - FRESNO, CA 93710

Clubhouse Highlights:

Youth services has been busy this September! Health Educator, Nereida Boyle presented to Clubhouse youth this month. They got to experiment and taste a variety of fruits and vegetables we don't normally see. Youth then created their own "edible arrangement". This fun activity promoted healthy eating and cooking skills. Lead Navigator, Serena, and Peer Mentor, Ari, assisted with Clubhouse this month by working with youth on positive affirmations. This was a powerful activity where youth practiced giving themselves words of encouragement and encouraging their peers.



Try it!

Positive affirmations are the encouraging words we say to encourage and motivate ourselves along the way. These are phrases like, "I can do this," and "Today will be a great day." Seemingly simple words that have a big impact on our minds.

Grab 5 sticky notes and write, "I am" at the beginning and choose a word that describes yourself. Something positive. Positive affirmations are compliments to yourself. Choose somewhere around your house to place these notes, look at them and recognize that you have any gifts!



Youth Services Events/Activities:

- Clubhouse After school Program (ages 5-17)
 - o Monday – Friday, afternoons
- Homework Assistance (ages 5-17)
 - o Monday – Friday, afternoons (call for appointment)
- Talking Two Spirit Coffee Hour (ages 18+)
 - o First Fridays of the month, 11 – 1
- Fresno AIDS Walk
 - o October 23rd
 - o Sign up, walk, and receive a free shirt



Call Clubhouse Youth Services for more information. 559-320-0490 (press 4)

Sudden Infant Death Syndrome

Sudden Infant Death Syndrome is when a baby under the age of 1 year dies without explanation. This diagnosis is only given when other possible causes of death are eliminated. Studies have shown that there are some factors that increase and decrease the likelihood of SIDS.

The good news is that cases of SIDS has decreased by over 50% in the past 2 decades. The bad news is that it is still the third leading cause of infant death. Annually, 3,500 babies die of SIDS in the U.S.

WHAT PUTS INFANTS AT RISK FOR SIDS

- Bed-sharing with parents
- Stomach or side sleeping
- Exposure to smoke, especially tobacco
- Sleeping on a sofa or couch
- Soft bedding or excessive blankets and pillows

WAYS TO PREVENT SIDS

- Breast feeding
- Sleeping on back
- Firm mattress that meets national safety standards
- Room-sharing

IMPACT ON AMERICAN INDIAN/ALASKA NATIVE (AI/AN) COMMUNITIES

- AI/AN have the highest rates of SIDS compared to other racial groups in the United States
- AI/AN have the second lowest rates of Breast feeding
- AI/AN have high rates of bed sharing

INTERESTING FIGURES/STATISTICS

- Exclusively breast feeding for the first month reduces an infant's risk of SIDS by 50%
 - Talk to our Health Educator or your Medical Provider about how to get started.
- Smoking around an infant increases the likelihood of SIDS by five times
 - We can help you quit smoking. Please don't smoke around others, especially babies.

FOR MORE INFORMATION ON SIDS

If you would like more information about Sudden Infant Death Syndrome or other topics related to infant care, you can join FAIHP's Family Spirit Program. If you are interested in learning about more, contact at (559) 320-0490.

The Benefits of Progressive Muscle Relaxation

by David Stroud, LMFT

It's normal to feel stressed sometimes. But if your stress builds up, or it continues for a period of time, you might carry the tension in your muscles. You could have muscle tightness without even realizing it. One way to relieve muscle tension is to do progressive muscle relaxation (PMR), a form of therapy that involves tightening and relaxing your muscle groups, one at a time. The goal is to release tension from your muscles, while helping you recognize what that tension feels like.

What are the benefits?

- **Reduces anxiety and tension:** Anxiety relief is one of the major benefits of PMR. This includes generalized anxiety disorder or anxiety due to a stressful situation. A 2019 study of 50 unemployed individuals found that PMR reduced symptoms of depression, anxiety, and stress. At the same time, it improved feelings of well-being and quality of life.
- **Improves sleep:** Because PMR induces relaxation, it may also help you get better sleep.
- **Improves systolic blood pressure:** Hypertension, or high blood pressure, increases your risk for heart disease and stroke. Stress can worsen the condition, but PMR may help.
- **Reduces low back pain:** Low back pain is another common condition. It has many potential causes, but stress can make it worse. A 2018 study found that 8 weeks of PMR may help decrease chronic low back pain.

How to do progressive muscle relaxation

PMR is an easy technique to do at home. You don't need any special equipment or gear. All you need is focus, attention, and a quiet spot where you won't be distracted. The key with this technique is to tense each muscle group and hold for 5 seconds. Then, you exhale as you let your muscles fully relax for 10 to 20 seconds before you move on to the next muscle group.

How to do it

1. Start by lying or sitting down. Relax your entire body. Take five deep, slow breaths.
2. Lift your toes upward. Hold, then let go. Pull your toes downward. Hold, then let go.
3. Next, tense your calf muscles, then let go.
4. Move your knees toward each other. Hold, then let go.
5. Squeeze your thigh muscles. Hold, then let go.
6. Clench your hands. Pause, then let go.
7. Tense your arms. Hold, then let go.
8. Squeeze your buttocks. Pause, then let go.
9. Contract your abdominal muscles. Pause, then let go.
10. Inhale and tighten your chest. Hold, then exhale and let go.
11. Raise your shoulders to your ears. Pause, then let go.
12. Purse your lips together. Hold, then release.
13. Open your mouth wide. Hold, then let go.
14. Close your eyes tightly. Pause, then release.
15. Lift your eyebrows. Hold, then release.

Source: <https://www.healthline.com/health/progressive-muscle-relaxation>

JOIN FAIHP'S 6TH ANNUAL INDIGENOUS FOOD CHALLENGE!

Think about everything that you have eaten in the last month. How many roots, berries, or fresh fish did you have? Would your ancestors recognize any of it as food? It's likely that they wouldn't.

Our Native American ancestors dined on a variety of foods. Most tribes, whether coastal or inland, ate a variety of delicacies from the land and sea-- usually 300+ different types of food throughout the year. But they didn't have processed foods, energy drinks, or alcohol.

Today, it is typical for us to have a limited variety of foods in our diet—on average only 17-40, but combined together and processed into different colorful and eye-catching packages. Most of today's foods are processed beyond recognition as anything that came from the land, and they are contributing to the widespread obesity, heart disease, and diabetes in our community.

Food was our first medicine. It has the power to heal. Traditional foods are gifts from our Creator. They promote a healthy next generation, and can prevent chronic disease.

During the first week of November, we ask participants to join us in eating foods indigenous to North America, pre-colonial contact. This year, we will be providing each participant 4 meal kits, complete with all supplies and instructions. No need to plan, shop, or search for recipes, simply follow along with the recipe cards to have a healthy, indigenous meal each night. Post a picture of each of your completed meals onto FAIHP's Facebook or Instagram account to be entered to win a grand prize!



Why Might Someone Consider the Challenge?

- To gain some skills in the kitchen and ideas on healthy, traditional cooking.
- To spiritually reconnect with the natural world, the ancestors, and seasonal cycles.
- To contrast the impact of today's diet and a traditional one on your own health.
- To jump start a fast or other life change.
- To empower our communities by reclaiming our food legacy and culture
- To strengthen Native pride and traditions.

Challenge Details

- Sign up to participate by October 25th. Call front desk at (559) 320-0490
- Runs November 1st-7th 2021
- Kick-off: Monday November 1st 2-6pm, pick up supplies at FAIHP
- Post a picture of each of your meals on FAIHP's Facebook or Instagram Account (each picture is an entry to the grand prize) by Monday, November 8th
- Look for daily Inspiration and recipe ideas posted to Facebook



INDIGENOUS PEOPLES' DAY



Contrary to what many were taught in our educational systems... Christopher Columbus did not discover America. How could he discover land that was already inhabited by so many people? It is up to us to help change these outdated curriculums and really teach our children the truth.

Yet, we have been forced to recognize “Columbus Day”, as a day to honor this man, who was actually lost at sea. Well, many Native people had enough of this nonsense and started a movement to change “Columbus Day” to “Indigenous Peoples’ Day”. It was started by South Dakota in 1990, when this state was the first to formally adopt this change.

In California, Berkeley City Council was the first city to rename Columbus Day to Indigenous Peoples’ Day. This was in 1992, and since then, 17 states and the District of Columbia now observe Native American or Indigenous Peoples’ Day instead of (or in addition to), Columbus Day.

I encourage all of you celebrate Indigenous Peoples’ Day on Monday October 11, 2021. Learn what you can about this day and spread your teachings widely, especially to our younger generations.

Always remember that the youth of today, are our future leaders and can make changes to our world. They are a very important asset. If you are an “Elder”, please share your knowledge, our youth are hungry for the teachings.



NATIVE DAYS CAR & BIKE SHOW



FAIHP
Fresno American Indian Health Project

SAVE THE DATE!
NOVEMBER 20TH, 2021
11:00AM-3:00PM @ FAIHP

To register your ride, be a vendor or donate, please call 559-320-0490 ask for Nikki Redmond
Join us for a good time; raffles prizes, food vendors, native arts & crafts, music and more!

FAIHP is a nonprofit 501(c)3 organization all donations are tax-deductable.

Alcohol, Drug & Smoke Free Event

Native Wellness Garden Updates

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH!



Every heard Friendship Plants?
A Friendship plant bears its name due to the rapid rooting of cuttings that can be established for new plants to give to friends and family

Lateral violence. One of the consequences of oppression and historical trauma is lateral violence. Lateral violence happens when people who are victims of dominance, turn on each other rather than confront the system oppressing them. Lateral violence occurs when oppressed groups or individuals internalize feelings, such as anger and rage, and manifest them through other behaviors, such as gossip, jealousy, putdowns, and blame. Adult bullying behavior can also be a manifestation of lateral violence. In addition to raising awareness about youth bullying, communities may also want to raise awareness about lateral violence, its relationship to historical trauma, and steps people can take to counteract it.

Cited: SAMHSA

Share The Love! How to Repot Friendship Plant



Aloe Vera- Aloe also reproduces independently by producing offsets or pups. These are small plants that grow from the base of the parent plant. Over time, more and more pups will grow. As a plant owner, you can separate these offsets to grow new aloe plants and pass some on to a friend!



Pilea involucrata-Pilea involucrata is very easy to propagate from stem cuttings or by planting the baby offsets that grow along the stems of mature plants. They rarely need to be repotted. Wait until showing signs of becoming rootbound and increase the pot size by a maximum of 1-2 inches.



Pilea Peperomioides-Don't start removing the babies as soon as you see tiny leaves appear. Be patient and make sure you wait long enough for the babies to be able to survive on their own. Wait till they are at least about 2-3" tall before removing them from the mother plant. The longer you leave the baby attached to the mother to grow, the better chance you have of successfully growing a new thriving Pilea plant.

What is domestic violence?

“Domestic violence is not physical violence alone, it’s any behavior the purpose of which is to gain power and control over a spouse, partner, girl/boyfriend or intimate family member. Abuse is a learned behavior; it is not caused by anger, mental problems, drugs or alcohol, or other common excuses.”

Domestic violence is more than just physical violence. Far too often people don’t consider a behavior “abuse” or “violence”, but all abuse is violence, whether it involves mental and emotional abuse or physical abuse. Another important distinction to make is about the cause of domestic violence; it is most definitely NOT the victim. Due to manipulation, domination, and gas lighting commonly found in abusive relationships, some victims may find themselves feeling that they are to blame for the violence being afflicted on them, but this is simply not true.

It is agreed that abuse is a learned behavior, or something that is a part of the abuser’s personality, not something the victim is accountable for. “Some people with very traditional beliefs may think they have the right to control their partner, and that women are not equal to men. Others may have an undiagnosed personality disorder or psychological disorder and others may have learned this behavior from growing up in a household where domestic violence was accepted as a normal part of being raised in their family...often...abusers learn violent behavior from their family. They may have seen violence or they may have been victims themselves. Children who witness or are the victims of violence may learn to believe that violence is a reasonable way to resolve conflict between people. Boys who learn that women are not to be valued or respected and who see violence directed against women are more likely to abuse women when they grow up. Girls who witness domestic violence in their families of origin are more likely to be victimized by their own husbands. Although women are most often the victim of domestic violence, the gender roles can and are reversed sometimes.”

Knowing the signs:

When someone close to you is trying to limit, isolate, or control you, in any way big or small, this should be a big red flag. Some examples of this type of controlling behavior include, but are not limited to:

- Jealousy when the victim is away from the abuser/with other people
- Working to isolate the victim from other sources of support
- Telling the victim s/he is worthless, or other negative comments meant to break down self-esteem
- Taking over big decisions in the victim’s life for him/her
- Taking over small decisions like what to wear, eat, where to go
- Destructive behavior towards the victim’s possessions
- Stalking

To clarify, this is not the same as consensual dominant behavior: However, there is a huge difference between things like role play, or falling into traditional gender roles consensually, and someone dominating another person by force.

FAIHP has a Women’s Empowerment Group - “The Phoenix Club” every 1st and 3rd Thursday of each month from 5:30 – 7:30 pm. If interested, please contact Naomi Sanchez at nsanchez@faihp.org or Teela Kipp at tkipp@faihp.org

FAIHP has on going groups:

WISE every 2nd & 4th Thursday of each month 1:00-2:00 pm via zoom.

Recent WISE presentations:

California Indian Legal Services, 209-594-8225 or aduran@calindian.org

Valley Caregiver Resource Center, Jennifer Webb HICAP 559-224-9117 or jwebb@valleycrc.org

Beading every Tuesday 3:00-4:30 pm via zoom

Recent Beading projects:

Paula Davila, Language Specialist, Owens Valley Career Development Center (OVCDC)

Beading phone pop sockets.

Big “Thank You” to the agencies that provided the presentation and informative resources to the groups. We always gain more insight for our community Native Wellness.

New Employee Spotlight



Delorise “Della” McClindon Director of Health Services

My name is Delorise “Della” McClindon. It is my pleasure to join FAIHP as Director of Health Services.

I am currently in the last phase of completing my MPH program with Grand Canyon University and I most recently graduated from Merced College with my RN,ASN. I am awaiting RN state board testing. I have been in the medical field for 30 plus years. I worked for a FQHC for the last 16 years as a Director of Operations where I have had the pleasure of working with an amazing team of patient care professionals. I have worked on several projects to improve the health of those within our community. Some of the programs that I have had the pleasure to lead include Mobile Mammogram Screening clinic, Vaccination Clinics, Behavioral Telehealth clinics.

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, October 18 2021

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.



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

See our Live Calendar @ www.faihp.org/calendar

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)

Phoenix Club

- 1st & 3rd Thursday In-person 5:30-7:30pm (@The Garden)

(Dates and times subject to change without notice.)



FAIHP

Fresno American Indian Health Project

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www.faihp.org



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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.