



FAIHP
Fresno American Indian Health Project



DRUM BEATS
The Heartbeat of The Community

November • 2021

Give Thanks

2021
NATIVE DAYS
CAR & BIKE SHOW
FAIHP
SAVE THE DATE!
NOVEMBER 20TH, 2021
11:00AM-3:00PM @ FAIHP



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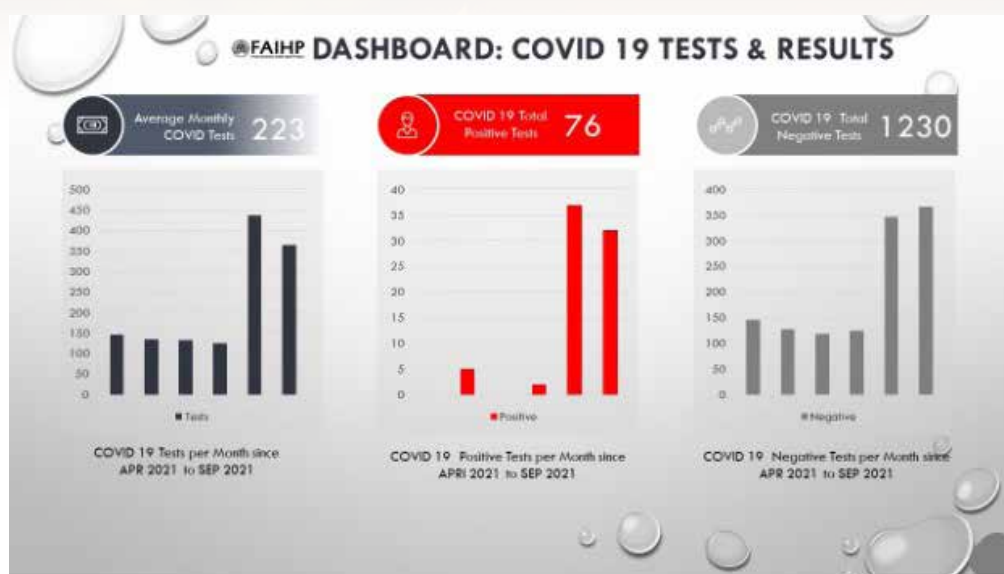


CEO REPORT- Selina De La Peña

COVID 19 Update

I always like to start off these monthly updates in a good way and I am struggling with how much death and illness we are experiencing our community on a monthly and sometimes weekly basis due to COVID 19...

The last time I shared our COVID data with a dashboard was in March of this year. At that time, we averaged 92 tests per month and we now average 223 tests per month. Although testing is a good and important thing we would prefer to see only negative test results. We know that this is not a reasonable expectation and are saddened that for the past six months, we have had a total of 76 positive cases compared to 26 total positive tests since we began testing for COVID 19 back in July of 2020.



Please help us and help our community, our children and our elders to be COVID-Free. We offer all three COVID Vaccines. We have medical providers on staff to serve both adult and pediatric patients. We resumed our Transportation Services and have opened our doors to in person services as a means of trying to “get back to normal”.

Indigenous People’s Day

The City of Fresno officially proclaimed October 11th as Indigenous Peoples’ Day, which intentionally coincides with Columbus Day to reflect on the dark past of Native American tribes in the Central Valley. FAIHP were among many community members and stakeholders in attendance for the celebration sponsored by Fresno City councilmembers Nelson Esparza, Esmeralda Soria, and Tyler Maxwell. The councilmembers, along with mayor Jerry Dyer, joined community leaders for an outdoor celebration for Indigenous Peoples’ Day in front of City Hall.

Mrs. Darlene Franco, our Director of Native Wellness was among several speakers at this historic event and was honored with a Proclamation by the City of Fresno for this day. She is quoted as saying, “I like that it’s a recognition for our people, for the indigenous people to this land.”

As we know, the Central Valley sits on ancestral lands, traditionally home to the Yokuts, Mono, and Miwok tribes. President Biden is the first president in the country’s 245-year history to officially recognize the day. Although, the designation does not raise Indigenous People’s Day to federal holiday status, FAIHP is proud to be a part of good things that work to make progress for Native Americans here in our community. Thank you to all the staff and community members who were able to attend this great event.



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

Clubhouse Highlights:

October was a fun month for the Clubhouse. The youth painted pumpkins, did some ghostly yoga and had a few scavenger hunts. Native Wellness Department staff, Naomi and Teela, worked with youth on creating paper dream catchers while learning more about the purpose and cleansing of them. At the end of the month we celebrated Halloween with a Halloween party where the youth had a costume contest and were able to trick or treat around the different offices at FAIHP. Daughters of Tradition started in October and has been enjoyable. The girls will be making shirts.



The teens have been busy getting ready for the November Native Days Car Show. As some of you may know the teens have had a booth at the car show every year to raise money for their trips and other things they may want to participate in. So we are looking forward to presenting our booth at the car show. Be sure to come by and support our teens.

Upcoming events:

- November- Indigenous Food Challenge
- December- ClubWISE

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



IN PARTNERSHIP WITH UC MERCED, FAIHP PRESENTS

**COLLEGE
"101"**

NOVEMBER 16, 5:30 PM
VIA ZOOM

Students Grade 6-12th and parents welcome to join in and learn about the path to higher education.



For the Zoom link please contact Ruben Garcia at: 559-320-0490 Option 4 or by email: rgarcia@faihp.org



UNIVERSITY OF CALIFORNIA
MERCED

Mental Health & Veterans



Source: www.veteranaddiction.org

Mental illness can arise due to both genetic factors and stressful life events. Within this context, it would make sense that veterans, who are often exposed to combat and other dangerous and stress situations, would experience high rates of mental illness, including post-traumatic stress disorder (PTSD), anxiety, depression, and substance abuse.

Depression is one of the most common mental health disorders among veterans. According to National Alliance on Mental Illness, it also “carries the heaviest burden of disability.” PTSD, also called “shell shock” during WWI and “combat fatigue” in WWII, is a mental health disorder that occurs when a person is exposed to a traumatic event and experiences distressing symptoms related to that exposure for longer than 1 month. PTSD in military veterans can be linked to traumatic events including but not limited to: exposure to combat including roadside bombs, IEDs, traumatic injuries sustained, and multiple tours of duty, natural disasters, molestation, rape, or violent assaults, serious accidents where life or physical integrity was threatened, or terrorist acts.

Co-occurring disorders, also referred to as dual diagnoses, occur when someone has more than one mental health disorder, such as a substance abuse disorder and PTSD. In a large study of veterans receiving primary VA care that screens for and detects mental illness, substance use disorder co-occurred for more than 20% of those with depression, PTSD, anxiety disorder, and serious mental illnesses (e.g., schizophrenia, bipolar disorder). Veterans who have a co-occurring mental health disorder in addition to a substance use disorder are also at risk of increased suicide. Compared to their counterparts without a substance use disorder, these veterans are:

- 8 times more likely to consider suicide.
- 11 times more likely to formulate a plan to attempt suicide.
- 23 times more likely to attempt suicide.
- The correlation between the increased risk of suicide and co-occurring disorders in veterans highlights the urgent need for treatment for veterans’ mental health issues.

In 2018, SAMHSA found that:

- 89.4% of veterans with a SUD did not seek treatment.
- 53.5% of veterans with any mental illness received no treatment.
- 28.8% of veterans with serious mental illnesses did not seek treatment.
- There is a strong correlation between veterans and mental health, as well as a large percentage of veterans dealing with mental health issues who aren’t seeking treatment. Veterans need to know that help is available at little to no cost.

No veteran should have to suffer in silence. There are several methods to help you find peace and start your life in recovery. Contact FAIHP for more information regarding therapy services.



Consider that while almost 30 million people in the U.S. have some form of diabetes, one in four don't even realize they're walking around with the disease! National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes.

This year, National Diabetes Month is focusing on gestational diabetes. This occurs in women who develop diabetes during pregnancy. Once a woman is diagnosed with this form of diabetes in pregnancy, she risks developing diabetes at some point later in her lifetime. You may also have a lifelong risk of diabetes if you give birth to a baby weighing over nine pounds.

How to Observe Diabetes Month

Know Your Risks

You may be predisposed to Type 2 diabetes if you are overweight, older than 45, are AI/AN, your parent had Type 2 diabetes, you barely exercise each week, and you have been diagnosed with prediabetes. Losing weight is a key preventive measure. With a 10-14 pound weight loss, you can improve your chances of avoiding or even beating diabetes. Try to exercise about 30 minutes a day, five times per week.

Commit to a Healthier Lifestyle

Discover ways that you can live a little healthier by reviewing your habits. Are you getting enough sleep? Fatigue can cause a resistance to the insulin your body needs — and daytime tiredness can stop you from getting some life-saving exercise. Drink more water because dehydration keeps your body from functioning well. Be adventurous and add some new veggies and fruits to your diet to help keep those hunger pangs at bay.

Assemble a “Sick Day” Kit

It pays to be ready for those days when your diabetes or some other illness gets you down. With a “sick day” kit, you'll be prepared in case you need to stay home and recuperate or head out to see your doctor. Some of the items in your kit may include blood glucose monitoring supplies, ketone test strips, glucose tablets or gel, a thermometer, hand sanitizer, an alarm clock or timer to stay on top of your glucose levels, and soft tissues. It's your list so tailor it for your needs.

Make Sure You are Following Up on Your Appointments

For those who are living with diabetes, it is important that they see their doctor every 3 months to test their HgA1c and to screen for any other complications that may arise. For those who are at risk or have been told they may have pre-diabetes, your annual health checkup should not be missed. Many of the signs and symptoms of diabetes are silent at first but can still be doing damage. Your doctor will screen to ensure that diabetes is detected before any complications occur.

News from the Native Wellness Department

November is Native American Heritage Month

In 1990, Former President George HW Bush approved for November to be named National American Heritage Month. Since then, other declarations have been made such as Native American Heritage Month & National American Indian and Alaska Native Heritage Month.

It is nice to be honored, and we notice that requests for Native American Education presentations increase during the month of November, as many schools decide to study about the “Indians and Pilgrims” during the Thanksgiving month. That may seem insulting, because we are here 12 months of the year, not just the month of November. But I prefer to see this as an opportunity to provide more education to our own Native community. It not only provides awareness, but it can also increase pride and empowerment.

I have listed a few activities in our community this month, and I added a few links to other websites, webinars, videos and activities in Indian country. Please feel free to reach out if you have any questions, concerns or additional resources. Happy Native American Heritage Month and wishing you many, many more!

Activities:

Rock Your Mocs—began in 2011 and started as a social media event to promote pride and unity in Native Culture. This year it will be celebrated November 15th-21st with the official day being November 15th. On November 3rd & 4th Angela Aguilar, will be teaching a class on making Moccasins. Class size is limited. Please contact the Native Wellness department, if interested.

Book Club will run for 6 weeks, every Tuesday beginning November 9th. This month’s selection was based on recommended books from the “Well Read Native” website. **Five Little Indians** is based on a fictional storyline of 5 survivors of an “Indian School” in Canada.

<https://www.thestar.com/entertainment/books/2020/04/16/michelle-goods-five-little-indians-a-fictional-exploration-of-life-after-residential-school.html>

Native American Youth Conference November 19, 2021 at Fresno State
<https://sites.google.com/mail.fresnostate.edu/2021nacyc/home?authuser=0>

PBS films

<https://www.pbs.org/specials/native-american-heritage-month/>

“Chasing Voices” – The Story of John Peabody Harrington, who collected a large amount of linguistics on Native American languages in North America.
<https://vimeo.com/41726769>

American Indian Film Festival, Virtual Series November 5-13, 2021
<https://www.aifsf.com/>

Joy Harjo -23rd Poet Laureate of the United States.
<https://www.joyharjo.com/>

Well-Read Native
 UPDATED 2021 BOOK LIST
 JOIN US BY VISITING
 WELLREADNATIVE.COM

There There April	SKINNED May	THE LADYBIRD MANIFESTO June	MEN WE REAP July	DOG FLOWERS August
My Grandfather's Knitting Socks September	THE ONLY GOOD INDIANS October	FIVE LITTLE INDIANS November	THE REMOVED December	THE NIGHT WATCHMAN January '22

DATES AND TIMES FOR APRIL-JANUARY MEETINGS TBD!

Gestational Diabetes

Gestational diabetes mellitus (GDM) is a form of diabetes which is developed during pregnancy. This is the most common medical complication of pregnancy and typically develops between the 24th and 28th week. Recent studies found that from 2000 to 2010, the percentage of pregnant women with gestational diabetes increased 56%. This not only has health impacts for the mother, but can also cause higher birth weights, premature birth, low blood sugar, and childhood obesity for the baby. American Indian and Alaska Native women have a higher risk of developing GDM compared to non-Hispanic White women.

Risk Factors

- Maternal overweight and obesity
- Later age at childbearing
- Family history of type 2 diabetes or GDM
- High blood pressure
- Prediabetes
- Hormone Disorders, such as polycystic ovary syndrome
- Previously giving birth to a baby that weighed at least 9 pounds or had a birth defect



1 in 7
Births are
Impacted by
Gestational
Diabetes

Symptoms

- Fatigue
- Extreme thirst
- Frequent urination
- Weight loss with increased appetite
- Yeast infections
- Blurred vision
- Nausea and vomiting

For more information on GDM

If you want to learn more information on Gestational Diabetes Disorders or similar topics, check out FAIHP's **Family Spirit Program**. This is a program for pregnant women and parents or 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.




Native Wellness Garden Updates

Native Americans are more likely to have diabetes, cardiovascular disease, and obesity than other groups. Lack of access to healthy foods and knowledge of how to live a healthy lifestyle may contribute to their health problems.

Cited: <https://nccd.cdc.gov>



The Native Wellness Department Community Garden Coordinator, Naomi Sanchez will be starting a Healthy Eating Educational Series this fall and ongoing.



Topics we hope to bring to the community are geared towards being impactful to your health and knowledge of how to grow and care for home gardens/plants, accessing local fresh fruits and vegetables, how to prep and cook a variety of dishes using fresh foods, minimizing waste, preserving and more!

If you are interested in signing up for this Healthy Eating Educational Series or want more information feel free to contact your Garden Coordinator.

Naomi Sanchez

559-320-0490 ext. 111

Nsanchez@FAIHP.org



National Alzheimer's Disease Awareness Month

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease.

Know the 10 signs of Alzheimer's:

- Memory loss that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar task
- Confusion with time or place
- New problems with words in speaking or writing
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality
- Trouble understanding visual images & spatial relationships
- Misplacing things and losing the ability to retrace steps

Early stage (mild) In the early stage of Alzheimer's, a person may function independently. He or she may still drive, work and be part of social activities. Despite this, the person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects.

Middle stage (moderate) Middle-stage Alzheimer's is typically the longest stage and can last for many years. As the disease progresses, the person with Alzheimer's will require a greater level of care.

Late-stage Alzheimer's (severe) In the final stage of the disease, dementia symptoms are severe. Individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement

For more resources on Alzheimer's: Alzheimer's Association 559-753-8200 or the help line 1-800-272-3900 24/7

<p>Fresno 2 Alzheimer's Caregiver Support Group 4th Wednesday of the month, 10 - 11:30 am Alzheimer's Association 550 W Alluvial #106 Fresno, CA 93711 Facilitated by: Denise Zaknich Contact: 800. 272. 3900 Email: dzaknichalz@gmail.com</p>	<p>Fresno 3 Dementia Caregiver Spouse / Partner Support Group 4th Tuesday of the month, 9:30-11:00 am Fig Garden Library 3071 W Bullard Ave Fresno, CA 93711 Facilitated by: Denise Zaknich Contact: 800. 272. 3900 Email: Bkherrera@gmail.com</p>
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FAIHP on going groups:

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

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

The Phoenix Club every 1st and 3rd Thursday of each month 5:30 – 7:30 pm in person

If interested, please contact Teela Kipp at tkipp@faihp.org or Naomi Sanchez at nsanchez@faihp.org



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, November 15, 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.)

NOW ACCEPTING PATIENTS!



Brand New Facility, Friendly Staff, Low Wait Times!

FAIHP Health & Wellness Center

- COVID-19 Vaccinations & Testing
- Pediatrician on Staff
- Medical Services for Adults and Children
- Flu Shots & Immunizations
- School & Sports Physicals
- Well Child Services
- Diagnosis and Management of Acute and Chronic Diseases
- Physical Examinations
- Preventative Medicine
- Registered Dietitian Available
- Women's Health
- Integrated Behavioral Health Services



FAIHP
Fresno American Indian Health Project

Accepting Most Insurances



Hours: Monday - Friday, 8:00am - 5:00pm
1551 E. Shaw Ave., Ste.128 Fresno, California 93710
(Across the street from The Old Spaghetti Factory)
Phone: (559) 320-0490 Fax: (559) 573-7311



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