



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

December • 2021

Happy Holidays

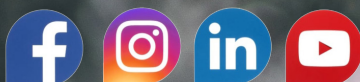


**Schedule Your
FLU Shot TODAY!
Call:
(559) 320-0490**



INSIDE THIS ISSUE:

CEO Report	2
Youth News	3-4
Family Spirit.....	5
Counselors Corner	6
Nutrition News	7
Garden News	8
Native Wellness	9
Family Advocate	10
Community	11
Calendar	12



LIKE & FOLLOW US



CEO REPORT- Selina De La Peña

Greetings,

As we look forward to the Holidays and a New Year, we hope for a healthier year for all of our clients and friends.

November was Native American Heritage Month. FAIHP was honored to part of a Proclamation signing at the Fresno City Hall. We also had a very successful Indigenous Food Challenge. We had 70 participants who were able to cook traditional meals for a week. Participants were encouraged to post photos of the meals they created and were entered in a raffle for an air fryer! The Native Wellness department had several offerings to celebrate the month and even had a moccasin making class.



Participant-Lisa R.

Because of COVID-19 it was decided to postpone our Native Days Car & Bike Show, we feel it was the best decision given the amount of people who typically attend this great fund-raiser, we are looking at dates in April & May 2022.



In November we also hosted Jake Mizner, Field Representative for Devin Nunez. We shared our history, needs and hopes for the future collaboration with the Congressman Nunes' office. We had Board members; Pam Coronado, Dr. Leece Lee-Oliver, Jeremy Aliason,



Native Wellness Director Darlene Franco, Director of Operations Nikki Redmond and Media Manager Mike Colvard in attendance. Jake was very attentive and eager to work with our organization. At the end of the meeting he was able to tour the Clubhouse and our Medical Clinic.

CLUBHOUSE WINTER STEM SESSIONS

Open to all Clubhouse youth. If youth is not registered, parents can complete a quick one-page demographic sheet that can be found at FAIHP front desk or can be mailed.

Please register for session before **Wednesday December 22, 2021**

EDISON ROBOTICS: 3-5TH GRADE

Edison is a programmable robot designed to be a complete STEM teaching for coding and robotics education for students in 3rd-5th grades.

SCHEDULE **Date:** December 20-22nd & December 27-29th

Time: 10am-1pm

LEGO ROBOTICS: 6-8TH GRADE

Participants will design and build their robotic hardware out of Legos while working to code and program the software that will bring the Lego Robot to life.

Due to the creativity in construction and coding this session is ideal for grades 6-8th.

SCHEDULE **Date:** December 20-22nd & December 27-29th

Time: 10am-1pm

GAME DEVELOPMENT: 9-12TH GRADE

This session is focused on coding and creating a 2-bit gaming program. Each game will be playable on a public forum by the end of this session. **NOTICE:** This session requires an estimated 40 hours to complete and will continue through winter break finishing on January 11th.

SCHEDULE

Date: December 20-22nd
December 27-29th
January 3rd
Time: 1pm-5pm

After Winter Break Hours

Date: Jan: 4th-11th
Time: 4-6pm

For any questions regarding the scheduling or the Demographic Sheet please call or email Rachel Ramirez or Ruben Garcia @ rgarcia@faihp.org / rramirez@faihp.org or call 559-320-490 Option 4.

CLUBHOUSE HIGHLIGHTS:

In November some of the youth rode on the Veterans Day Float downtown, as well as participated in the FAIHP indigenous food challenge. The Daughters of Tradition made sunflower crusted salmon and wild rice. We were proud of all the youth for trying the food they cooked. The teen group made the three sisters salad and cornmeal cakes, it was very tasty.

Also in November the youth were encouraged to reflect on things they are grateful for year around, we did some fun activities. The youth also made their own healthy granola with

our health educator and used it to

make yummy parfaits. The youth were in the kitchen a lot in November and seem to really enjoy it. Some teens participated in the Fresno State Youth Conference on November 19th. This conference was so engaging and the youth really enjoyed it.



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
- Upcoming events: Clubwise December 16th

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

CAR SEATS

A child having a proper car safety seat can be the difference of life and death in a crash. Several factors, including age, weight, and height must be considered when deciding what type of car safety seat is a best fit for your child. Here at FAIHP, we have certified Car Seat Technicians who can help you check your child's car seat to ensure that it is installed properly. It is important to follow the instructions provided on your child's car seat for proper use, how long it can be used and how to install it.



Top 5 Things to Do

- **Right Seat:** Is it appropriate for child's age, weight, and height. Check the label for this information and also ensure car seat has not expired.
- **Right Place:** All children must ride in the back seat until they are 13.
- **Right Direction:** Keep a child rear-facing for as long as possible, usually around age 2.
- **Inch Test:** A car seat that is installed properly should not move more than an inch.
- **Pinch Test:** Make sure harness is tightly buckled and you are unable to pinch any excess webbing with the chest clip placed at armpit level.
- **Appropriate Car Seat**
 - **Rear-Facing Car Seat:** For children aged 0-2 year (0-1 in some states) or when the child exceeds weight and height limits
 - **Forward-Facing Car Seat:** For children aged 2-3 years or when they outgrow their rear-facing car seat
 - **Booster Seat:** For children aged 4-7 years or when they outgrow their forward-facing car seat
 - **Seat Belt Only (No Car Seat):** For children able to sit comfortably without the booster seat.
 - This is when the shoulder belt is fitted across the shoulder and chest and the lap belt is fitted across the upper thighs.

Did you Know?

Car seat use reduces the risk for injury in crashes by up to 82%!

Help protect children with proper car seat safety practices and remember to review car seat and vehicle manuals.

To Learn More About Car Safety Seats

If you want to learn more information on Car Safety Seats 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.

BOUNDARIES AND CONSENT

by Cresencia Cruz, LMFT

The holidays are here and some families will be gathering together to celebrate. That also means children will be asked or even forced to hug or kiss relatives. Sometime children may know these relatives but don't feel comfortable with them and sometimes these relatives are strangers to them. When we ask children to do things they don't feel comfortable with, we are basically telling them that what they feel doesn't matter. When this happens children learn to put their needs aside to best meet the needs of others. It is important for children to learn about boundaries and consent from a young age.

“Boundaries are essentially about understanding and respecting our own needs, and being respectful and understanding of the needs of others,” explains Stephanie Dowd, PsyD, a clinical psychologist...” (Jacobson). Safe Secure Kids defines consent as: “giving someone a choice about touch or actions and respecting their answer. With children, we often use the language ‘asking for permission.’”

If your child does not give consent to hug or kiss a relative you could offer them suggestions. Some children might prefer to give out high 5s or a hand shake. Other children might want to do a fist bump, an air hug, sending an air kiss or waving. The most important thing is for your child to know they have your support in choosing what feels comfortable for them.

Below is a list of books to help teach children about boundaries, consent, respect and good touch/bad touch.

Books about boundaries:

- Teach Your Dragon Body Safety: A Story about Personal Boundaries, Appropriate and Inappropriate Touching
- Let's Talk About Body Boundaries, Consent and Respect: Teach children about body ownership, respect, feelings, choices and recognizing bullying behaviors
- Consent (for Kids!): Boundaries, Respect and Being in Charge of YOU by Rachel Brian
- Boundaries with Kids: How Healthy Choices Grow Healthy Children by Henry Cloud, John Townsend, et al.
- No Means No!: Teaching personal boundaries, consent; empowering children by respecting their choices and right to say 'no!' by Jayneen Sanders and Cherie Zamazing
- My Body Belongs to Me: From My Head to My Toes, by Dagmar Geisler, International Center For Assault Prevention, et al.

Citation:

Jacobson, Rae “Teaching Kids About Boundaries: Why empathy and self-awareness play a major role.” Child Mind Institute, https://childmind.org/article/teaching-kids-boundaries-empathy/#full_article

Safe Secure Kids, “Teaching Consent.” <https://www.safesecurekids.org/teaching-consent>

My Body Safety Rules

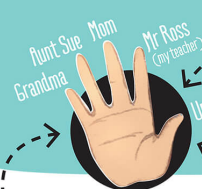
My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.
I can give them a high five, shake their hand or blow them a kiss.
I am the boss of my body and what I say goes!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.
If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe I may sweat a lot, get a sick tummy, become shaky and my heart might beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



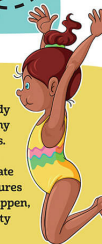
Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Private Parts

My private parts are the parts of my body under my bathing suit. I always call my private parts by their correct names.
No one can touch my private parts.
No one can ask me to touch their private parts. And no one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



© Upload Publishing Pty Ltd
For more information go to www.e2epublishing.info



Spotlight on Pears

“...and a partridge in a pear tree.” Did you know that December is National Pear Month? Want a better way to celebrate pears than by doing more than just singing about them? Eat them!

Nutrition

Pears are a highly nutritious treat. They are low in calories, low in fat, and high in fiber and a variety of vitamins and minerals. These include Copper, Vitamin C, Folate, Vitamin A, Niacin, and Potassium. These all interact to help important cellular functions, as well as skin health and wound healing. They are also a great source of polyphenols, antioxidants that are important in reversing oxidative stress in all of our cell, helping our bodies function more efficiently and decrease cellular aging. Be sure to eat the whole pear, though, as the peel has more fiber and six times more polyphenols than the flesh!

But the pears greatest benefit to us might just be its fiber and pectin content. Pears are excellent sources of both soluble and insoluble fiber, which are essential for digestive health. One medium pear had about 1/4 of your daily requirement for fiber, and have been shown to promote bowel regularity, constipation relief, and overall digestive health.

Types

The most common types found at the grocers are Bosc, Bartlett, and D’Anjou, but there are over 100 varieties of pears worldwide. Think you might not like pears? Try another variety!

Cooking

Pears are good in both sweet and savory dishes, and are great raw as a healthy, quick snack. See recipe below for your new favorite side salad.

Selection, Storage and Prep

Try to avoid pears that have bruises or torn skin. Pears ripen from the inside out so a firm one on the outside may be just perfect on the inside. The best way to tell is to grasp the fruit and press gently on the upper neck around the stem. If it gives, it’s ripe. If it remains hard, it still needs a little time. The average ripening time for pears is about 5-7 days when placed on the counter. If it ripens before you are ready to eat it, transfer it to the refrigerator and it will remain good for another week.



Honey Dijon Vinaigrette with Arugula, Pear and Walnut Salad Recipe

Ingredients

Vinaigrette (makes 4 tablespoons)

- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 tablespoon lemon juice

Salad

- 8 cups arugula
- 2 red pears, thinly sliced
- 1/2 cup chopped walnuts

Directions

Before you begin: Wash your hands.

1. Whisk vinaigrette ingredients until smooth.
2. Toss vinaigrette with salad ingredients.

Nutrition Information

2 cups salad and 1 tablespoon dressing

Calories: 200; Total Fat: 13g; Saturated Fat: 1.5g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 190mg; Total Carbohydrate: 21g; Dietary Fiber: 4g; Sugars: 13g; Protein: 4g; Vitamin A: 20%; Vitamin C: 20%; Calcium: 8%; Iron: 6%.



Native Wellness Garden Updates

The Native Wellness Department is happy to share that a recent collaboration was created between us, Fresno Barrios Unidos and Growing the Table.

Together we joined forces to increase access to food aid for the food-insecure by distributing fresh produce boxes that are open to people in need.

FAIHP receives a limited number of boxes every Wednesday and will distribute on a first come, first serve basis while supplies last.

If you are interested in being notified when boxes are available, please call our office for more detail.

This pilot program ends 12/15/2021

Contact 559-320-0490

Naomi Sanchez @ Ext. 111 Or Teela Kipp @ Ext. 105

Pick up is at our office

1551 E. Shaw Ave #139

Fresno, CA 93710



Stress-Free Winter Holidays

One after another, the holidays in December and January add warmth to the cold winter. Unfortunately, they can also add stress for busy families. But they don't have to. Here are some tips to keep your family cool and calm, so the holiday memories are warm and colorful.

Stay cool, calm and collected...

From Chanukah, Christmas, Kwanzaa, and Boxing Day through the New Year, families come together to share and build memories. That's why December is known as National Stress-Free Family Holidays month. How can busy families do that? Organize, plan, and decide if you really need to do everything you have planned. Keep the tone warm by staying cool. Frantic parents may be trying too hard and defeating the goal of building warm memories.

Keep a Planning Calendar. Set dates to complete key tasks and record upcoming events. A calendar will help organize your plans in order of when each task must be done. For example, select the date that you will:

- Select and send holiday cards.
- Create holiday decorations
- Plan the party and or holiday meal menus and prepare shopping lists.
- Make handcrafted gifts
- Complete gift and party supply purchases.
- Make travel arrangement.
- Wrap holiday gifts
- Bake traditional foods and holiday.

You don't have to do all the cleaning, cooking and shopping alone. Which jobs can you assign to other family members? How can you divide the work or make your list less overwhelming? Be sure you enjoy your own holidays and parties. Encourage peace and caring for others this holiday season. Let family and friends know that the gift of time helping each other is as precious as wrapped gifts.

Involving the Kids in Winter Holidays. Children's fond memories can be of working together, cooking and decorating for the holidays, as well as enjoying the fruits of their labors. Make sure children are aware of the reasons for, and the primary message of each holiday you celebrate. Receiving gifts may be the child's focus until you explain the origin and broader meaning of the holiday. Lights (stars,

lamps, candles), foods, and gifts often play a central role in winter holidays. Brainstorm the shopping list as a family.

Children often have perfect ideas for gifts for relatives and family friends. Cook together. Each family member can help in the kitchen, from chopping to washing. Hold a whole family cookie-baking event, or experiment with different latke recipes and have the family vote at a tasting party. Wrap it up together. Sing along with seasonal music while everyone helps tie the ribbons and make the gift tags.

Keep the kids busy with holiday fun

When kids are out of school for the holiday break, keep them busy. Less sibling arguments occur when kids are engaged in fun activities. Quiet quarrels and lessen stress by suggesting the following activities to your kids:

- Send Thank You notes.
- Make holiday scrapbooks.
- Practice some math activities or make print and play games.
- Write a holiday story and submit to Books and Beyond.
- Create snow related crafts.
- Think offbeat and fun.
- Create family traditions
- Play and sing together

Hearts among generations by holding on to traditions that are dear. Start some new too, to carry into the future. Play and sing together. Serenade people who will appreciate your holiday cheer. Share your seasonal celebrations with others who are interested in learning about others' traditions. Create a holiday scrapbook with the children illustrating memorable events of this year's celebrations.

Count down the hours until the new year starts with several generations of family and friends.

Fill a family time capsule with children's drawings, news articles, and other artifacts.

Treasure today for tomorrow. What better time to reminisce with loved ones about fun times you've spent together and talk about what is important to each of you. Take time on this holiday to talk, heart to heart.

FAIHP upcoming events:

Upcoming event: Virtual ClubWISE December 16th via zoom 5:30-7:30pm

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



NOW ACCEPTING NEW PATIENTS

559-320-0490

WWW.FAIHP.ORG



FAIHP
Fresno American Indian Health Project



**OUR NEXT MEETING
IS MONDAY,
DECEMBER 20, 2021**

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, December 20, 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

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



Follow Us on
Facebook



Follow Us on Instagram
[@faihp_community](https://www.instagram.com/faihp_community)

ATTENTION: If you would like to receive the Newsletter in digital format only please let us know @ mcolvard@faihp.org or call (559) 320-0490

Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project
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

Pam Coronado - Chair
Leece Lee Oliver - Vice Chair
Jeremy Aliasson - Treasurer
Brandy Jaramillo - Secretary
Ralph Vigil - Member
Esther Cuevas - Member
Bernadette Alvarez - Member

Learn more about the board
at www.faihp.org/about-us/board-of-directors

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.