



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JANUARY • 2022

Happy & Healthy New Year 2022



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(559) 320-0490



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CEO REPORT- Selina De La Peña

Happy New Year to our FAIHP Community Members!

Yes - 2021 was an eventful year and the good news is that we worked together to persevere through this pandemic – holding our heads high; maintaining the delivery of FAIHP Services; and steadily welcoming new patients and their families to our new Community Health Center!

We hope that 2022, will bring us more blessings in the form of beating the COVID 19 Pandemic and allowing us all to heal from the tremendous amount of loss so many have experienced over the past couple of years. As we keep the focus and expect good things for this new year, we must stay vigilant with the necessary safety precautions such as masking, sanitizing and vaccinating. The latest COVID variant is here and together we can protect ourselves, our children, our elders and our community. Please help us!

As the new year approaches, we will be entering year three of our five-year Strategic Plan. Our five Key Strategic Initiatives include:

- Strengthen Operational Sustainability
- Implement an Integrated Wellness Services Model that includes Medical, Behavioral Health, Nutrition, and other internal services
- Strengthen Supportive Services
- Improved Quality, Data, System Capacity & Infrastructure to promote organizational excellence
- Support Community Unification & Infrastructure Development

Stay tuned for updates on how we are progressing in each of these areas!

Finally, a few weeks ago we hosted a visit from Governor Gavin Newsom’s office with Ms. Maria Herrera, Central California Regional Director and shared our organizational history and services. We emphasized our Native focus and reminded her of the State’s role in helping to ensure the health and wellness for all Natives residing here.



Darlene Franco, Selina De La Peña, Maria Herrera, Leece Lee-Oliver, Virginia Hedrick, Jeremy Aliason

Virginia Hedrick, Executive Director California Consortium for Urban Indian Health was also present and a strong advocate for Urban Indian Health. She has a wealth of knowledge and experience concerning the relationship between tribes and the State of California and helped us voice our needs and hopes for the future collaboration with the Governor’s office.

Also present at this amazing meeting were our Board members; Dr. Leece Lee-Oliver & Jeremy Aliason; as well as our staff, Darlene Franco (Native Wellness Director), Bertha Ramirez

(Director of Operations) and Mike Colvard (Media Manager). Ms. Herrera represented the State Office well and was eager to learn more about our COVID-19 Vaccination Program. We finished the visit with a tour the Clubhouse and our Medical Clinic.

We are looking forward to some great and exciting things for the New Year!

Winter Rest and Reset

Happy January! Welcome to the beginning of the new year, 2022. Being on winter break, this is a great time of year to sit down and reflect on how the past year has gone for your child, and where it is currently headed. A key to having a 'true' break from school can be rebalancing your child's mind again after the past semester full of (often) intense learning. Below are a few activities that can help with this.

Disconnect: Devices can wait, unearth last year's project or even start a new one! Other outdoor activities such as playing catch, drawing with chalk, or taking a walk are awesome starts.

Play games: Crafts and puzzles, etc. are great for strengthening cognitive skills, or playing a board game can boost your child's mood and encourage healthy competition.

Get creative: Try different methods and supplies through art to experience new things (clay, soap bubbles, paint, mosaics, glitter, plants, sandpaper, etc.)

Read: Find a new book together with your child or even exchange favorites. Sitting down for individual or group reading is great for an hour out of the day.

Engage in new traditions: Keep a family legacy going and/or create a new tradition, this can be baking/cooking together, watching a movie or travelling somewhere new (there's lots to see here in our valley)

Clean and reorganize your learning space: 'Resetting' your child's Zooming or homework zone can make a big difference for the start of the year, based on what has or hasn't worked so far.

Schedule tutoring sessions for the rest of the school year! For more details please contact; Instructional Aide, Victoria (vgarcia@faihp.org) or Clubhouse staff at (559)320-0490 Option 4 (Youth Services).

Students will be returning to the final stretch of the year, and in preparation of the new semester may need to first decompress from the past year and have healthy family fun. Try a few of these and see how many memories can be made before and after school starts again!

CLUBHOUSE HIGHLIGHTS:

December was an exciting last month of the year. Clubhouse youth participated in some art expressions and created their own stories. They also learned about fun movement with our health educator as well as learned about some of our local Native foods with our Native Wellness Director.

The youth had a little christmas party at clubhouse before their Christmas break. On the Christmas break some youth participated in a STEM camp where the younger youth built robots and the teens created their own video games. We hope everyone had a great holiday and we are wishing everyone well for the upcoming year.



Youth Services Events/Activities:

- Stem Camp for teens January 3rd-10th 4pm-6pm
- Clubhouse After school Program (ages 5-17)
Monday – Friday, afternoons
- Homework Assistance (ages 5-17)
Monday – Friday, afternoons (call for appointment)
- Talking Two Spirit Coffee Hour (ages 18+)
First Friday of the month, 11:00am – 1:00pm

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

Understanding Paternity

The birth of a child is a wonderful blessing. In the U.S., every child that is born will be issued a birth certificate and social security card. These documents are necessary for things like a passport, school registration, proof of citizenship, and other legal proposes. When a child a born or conceived during a marriage the husband is recognized as the legal biological father and thus establishes Paternity. Paternity means being a child's biological father. However, in many U.S. States, children born to an unmarried mother will often be listed with no father on the birth certificate meaning no established Paternity.

Paternity provides legal benefits and rights. In California Paternity (biological fatherhood) can be established by signing a Voluntary Declaration of Paternity Form. The Declaration Form can be done at the hospital or a later time. If signed at the hospital upon birth, both parents' names will appear on the birth certificate. If a father refuses to admit he is the parent the courts may order genetic testing (Paternity test) of the alleged father to establish Paternity. Paternity only establishes biological fatherhood and is necessary for establishing parental rights. In the State of California parental rights can only be terminated by a court order. If you would like more information about establishing Paternity, child custody, visitation, or child support please contact you local Family Law Department.

Why Establish Paternity:

- To be sure that the baby's father is legally recognized
- To protects the child's rights and contributes to his/her wellbeing
- To make child eligible for benefits like social security, veterans' benefits, or health care
- To help create a bond between the father and child
- To file for custody or visitation rights, Paternity must be established
- To be sure that a father's rights to care for and raise his child are protected

How to Establish Paternity:

The process for establishing Paternity depends on state and tribal laws. In some states, fathers can file documents with the court. In some states, a father's name on the baby's birth certificate establishes legal Paternity. In most states, when a child is born and the mother is unmarried and hasn't been married is the past 10 months, no father is listed on the birth certificate. The mother and father both need to sign and file an Acknowledgment of Paternity form to establish Paternity. These forms are available at all birthing hospitals.

What is a Paternity test:

A Paternity test can determine if someone is actually the baby's biological father. DNA tests are the most popular and accurate (99.9%) types of Paternity tests. A sample of cells are brushed off the inside of the cheek of the man, child and mother, and compared. The DNA of each person is unique. Both parents pass on their DNA (genes) to their children. So, it can be used to establish who the biological father is.

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If you would like to learn more information on Understanding Paternity or a similar topic, 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.

MINDFUL GRATITUDE FOR THE NEW YEAR

by David Stroud, LMFT

The following is a journaling exercise to start the New Year 2022 with Mindful Gratitude. Every night for the next week, just before you go to bed, reflect on anything good that happened to you during the day. Write down three of these things.

Instructions: Remember exactly how each good thing happened, then think about why each thing happened, and the emotion/s you experienced. Make a point to recognize the person who made this pleasant thing happen, if another person was involved. For example, maybe a coworker brought you a cup of coffee, or a friend called just to check-in. Maybe somebody held the door for you or let you merge into traffic. Maybe you had a meaningful conversation with an elder. It doesn't matter whether the experience was big or small. Bring it to mind and reexperience it as fully as you are able to. It's been shown that the longer one holds an emotionally charged event in his/her awareness, the stronger it remains in memory.

- 1. What: One good thing that happened today:**
- 2. How: It happened like this:**
- 3. Why: It happened because:**
- 4. Feel: When it happened, these are the emotions I felt:**

Adapted from 101 Trauma-Informed Interventions by Linda A. Curan

Nutrition and Wellness Class: Healthy Eating

When: Thursday, January 20, 2022

Time: 12:00-2:00 pm

Location: Zoom

Join Zoom Meeting

<https://us06web.zoom.us/j/87924477240?pwd=czQ4RIA4WHZrN2FGWU0xdS9RaFZoUT09>

Meeting ID: 879 2447 7240

Passcode: 931741

Please call Nereida Boyle at (559) 320-0490 if you have any questions, would like to register, or need assistance.



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Phoenix Club

A Woman's Empowerment Group that will include the different types of local resources for Domestic/Intimate Partner Violence situations. We'll explore styles of modern and traditional healing and processing, through gardening, journaling, talking circles, group exercises, worksheets and more.

We will meet every 1st and 3rd Thursday of the month.

5:30pm - 7:30pm

at our FAIHP Community Garden located
at the Fresno Discovery Center
1937 N. Winery Ave. Fresno, CA 93703

Contact Naomi Ext 111 or Teela Ext. 105 to reserve a spot now!

559-320-0490

Nsanchez@faihp.org or Tkipp@faihp.org

What is the spiritual meaning of a Phoenix?

This mythical bird is a symbol of hope, renewal, rebirth, resurrection, solitude, and grace. Just like the phoenix emerges from its ashes, so can we after devastation and loss. The phoenix gives mankind hope and urges us to fight on. It asks us to keep up the human spirit



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Happy Holidays

Our WISE group participated in Christmas Wreath making and our Health Educator Nereida Boyle presented on Oral hygiene.



Native Wellness Department 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 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

Merry Christmas and a Happy New Year!



**NOW ACCEPTING
NEW PATIENTS**

559-320-0490

WWW.FAIHP.ORG



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**OUR NEXT MEETING
IS MONDAY,
JANUARY 17, 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, January 17, 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



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

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Leece Lee Oliver - Vice Chair
Jeremy Aliason - Treasurer
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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.