



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

FEBRUARY • 2022

GOOD MEDICINE HERE

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CEO REPORT- Selina De La Peña

Hello FAIHP Community!

Here we grow again! FAIHP is proud to be a trusted partner to work with the Native American community of Fresno & surrounding areas. For the third time, the State of California has entrusted our organization with an opportunity to receive funding to educate and care for our Native residents. Specifically, Sierra Health Foundation (on behalf of the state Department of Health) recently awarded FAIHP a COVID Vaccine Grant to help improve the rates of vaccination for American Indians and Alaska Natives in targeted areas of Fresno County.

Community education and outreach efforts will be used to reach existing Native clients and their families as well as other Natives living in targeted zip codes known to have some of the lowest vaccination rates. In order to reach our goal of increasing the COVID Vaccination Rate for Native residents, FAIHP will work with local businesses and other Native serving organizations to address misinformation, and schedule appointments at our new community health center. .

Led by our Marketing & Quality Improvement Departments, our approach is to put boots on the ground and go out into the community to reach Native residents and their families. We hope to increase protection for Native Families, Native Youth, Native Elders & the Native Community at Large.

Outreach activities will include community canvassing of preprinted brochures at target businesses & schools; conducting phone, text and email banking to reach our clients and their families; social media communications; groups training; events & meetings; & FAX bus advertisements. Look out for volunteers over the next few months working who may be in your area trying to help protect our Native community from COVID 19 and help us with this effort!

Protect Native Communities
#GetVaccinated

#GetVaccinated

Activities you can do at home together as a family:
- modeling, making herbal tea, reading, baking, meditating,
- praying, doing puzzles, playing board games, drawing,
- singing, drumming, and dancing.

California Board of Indian Health Services
COVID-19 Resources
<https://cibhs.org/prevention-and-education/public-health>

Scan to Protect Native Families

Protect Native Elders

Why You Should Get Vaccinated for COVID-19

- Native American communities have been deeply impacted by COVID-19, which is a serious threat to the survival of our Native Elders.
- Native American communities have had some of the highest rates of infection and death from COVID-19. Getting vaccinated protects our elders and keeps people from getting sick and dying before their time.

Get the facts and protect our Native American Community:

- The three major vaccines have been tested with our people and found to be safe and effective.
- The vaccine is available to everyone over 5 years of age and is Free for everyone.

FAIHP
1551 E. Shaw Ave., Ste. 128 - Fresno, CA 93710

SCAN
to Protect Native Elders

Call Today for an appointment
(559) 320-0490
www.faihp.org

Bus Ads



Counter Cards

STEM

Happy New Year Clubhouse families and friends! We hope everyone has had a safe and happy New Year. During the winter vacation, the Clubhouse welcomed Growth Point Technologies and worked with youth ages 7-17. The youngest group learned the basics of coding and were able to control small robots and made them complete obstacles and “sing”. Middle school students were taught how to use the Lego Spike program to code their creations, turning them from normal Lego structures to robots with a purpose. Over the course of 6 sessions, students completed several Lego robot builds including a moving cart, a dancing robot that doubled as a timer, and an electronic grabber claw. The teen group used the Roblox set up to create and publish their own video games. The youth that attended seem to really enjoy this program. Clubhouse has some exciting activities and events planned for the new year. Please stay tuned for updates.





Motivating Young Minds

Happy February! This month celebrates National Youth Leadership, recognizing the accomplishments that young people are able to achieve and continue to do. To help nurture the next generation of leaders, here are some ways to mentor your child at home and school.

- Help your child set goals for themselves. Big or small! Having encouragement on responsibilities will show them that they are capable and supported.
- Listen to what you say to your child. Your attitude is passed on to them. If you say, “I don’t know why the teacher gave you that homework,” your child might think it is not important to do. Your excitement about school and your child’s learning will be contagious to your child.
- Give specific praise to your child. Instead of saying, “You are a great kid,” try to be specific and give examples: “You are a great kid because you took out the garbage without being asked.” Praise can be very motivating to children.

We are emphasizing the importance of helping motivate your young ones in their educational/learning endeavors more than ever in the midst of the ongoing pandemic. Tutoring services are available at FAIHP, Monday through Friday, virtual and in-person appointments welcome. For more details please contact: Instructional Aide, Victoria (vgarcia@faihp.org) or Clubhouse staff at 559-320-0490 Option 4 (Youth Services).

Youth Services Events/Activities:

- 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)

Why Prenatal and Postpartum Care Matters

Prenatal Care: medical checkups throughout a pregnancy to monitor a baby’s development, do routine testing, and identify potential problems.

- Go to the doctor as soon as you suspect you are pregnant
- Discuss issues, learn about your pregnancy, and ask questions
- Keep all appointments to make sure mom and baby are healthy
- Appointments allows for the early detection of health problems
- Women who delay or do not have prenatal care have an increased chance of poor maternal and infant outcomes (low-birth weight, preterm birth, illness or death of mother or baby).

Native women are more likely to have pregnancy related complications, delay or not have prenatal care, and be diagnosed with pregnancy related conditions

Postpartum Care: medical checkups following delivery to make sure recovery is going well

- Usually scheduled 4-6 weeks after
- This is a checkup to make sure your recovery is going well.
- Even if you “feel fine”, keep your first appointment– as new moms can be at risk for life-threatening complications after delivery
- You will be screened for postpartum depression; can talk about birth control options; and learn about birth spacing
- Keep appointment even if you have a miscarriage, stillbirth, or lose a child in the first month (neonatal death). These issues may put you at risk in a future pregnancy

Keeping Prenatal and Postpartum appointments can help increase the chances of a healthy pregnancy and delivery

Have questions about prenatal and postpartum care? The Family Spirit Program at FAIHP is here to help. 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.

NATIONAL PLAY THERAPY WEEK

Feb. 6-12, 2022



Let's Play! National Play Therapy Week

By: Amber Molina, LCSW, Registered Play Therapist

Did you know during the month of February, play therapists from around the world celebrate National Play Therapy Week? It is February 6-12, 2022. Association for Play Therapy defines play therapy as “the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development.”

Why play therapy?

Play therapy can help a child express their emotions, communicate with others, and learn healthy behaviors. Often times, children have difficulty expressing their feelings; which often results in temper tantrums, arguing, or withdrawal. Play therapy is a healthy approach for children to utilize toys as their words and allow others to peek into their world through the power of play.

How does play therapy work?

Play therapy can often help a child deal with their emotions, find resolutions to their problems, and cope with various challenges they may be facing (bullying, low self-esteem, grief and loss, divorce, anxiety, depression, trauma, etc.). Play therapy is not only helpful for young children, but teenagers and adults can also benefit from it.

Can my family also be involved?

YES! Families play a very crucial role in the play therapy process with a child. Challenges that a child is facing can often affect the family or may have been caused by a family disturbance. Therefore, it is important to include the immediate family in the child's healing process and build connectedness for future support.

Remember, talking about our feelings can be challenging, especially for children. Through play therapy, children have an outlet to express themselves in a safe environment. It allows for growth and support. If you are interested in seeking therapy services for you or your family, please contact FAIHP for more information, we'd love to meet you!

Nutrition and Wellness Class:

Moving to Stay Healthy

When: Thursday, February 17, 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.



FAIHP
Fresno American Indian Health Project

Native Wellness Garden Word Search

E	L	S	L	E	S	O	H	S	E	C	S	H	Z
D	T	G	A	E	E	I	G	O	I	I	G	T	L
I	E	G	V	M	D	A	E	I	N	T	R	R	S
R	G	E	E	U	N	A	H	L	D	U	E	A	T
P	A	N	N	G	S	E	H	L	I	P	E	E	R
U	S	K	D	W	L	S	T	S	G	A	N	R	A
R	E	S	E	O	B	W	A	T	E	R	O	E	W
P	T	N	R	R	A	E	E	D	N	E	N	H	B
L	I	E	I	T	S	S	E	O	O	H	I	T	E
E	H	L	A	H	F	D	H	S	U	T	O	O	R
S	W	A	W	T	S	A	N	O	S	R	N	M	R
A	L	I	S	A	B	N	I	A	V	Z	E	N	I
G	R	O	S	E	S	O	U	H	E	E	H	W	E
E	W	E	L	L	N	E	S	S	P	R	L	E	S

SUNSHINE
LAVENDER
THERAPUTIC
STRAWBERRIES
BEES
ZEN
FAIHP
INDIGENOUS
PURPLE SAGE
SOIL
SHADE
HUGWORT
SHOVEL
GREEN ONION
RAKE
MOTHER EARTH
BASIL
WHITE SAGE
ROSES
WELLNESS
HOSE
WATER

Play this puzzle online at : <https://thewordsearch.com/puzzle/3197550/>

Answer Key on Pg. 11



FAIHP
Francisco American Indian Health Project



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 Monday starting:

February 7th, 2022

5:30pm - 6:30pm

On ZOOM

1551 E. Shaw Ave. Fresno, CA 93710

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



FAIHP
Fresno American Indian Health Project



**NOW ACCEPTING
NEW PATIENTS**

559-320-0490

WWW.FAIHP.ORG



FAIHP
Fresno American Indian Health Project



**OUR NEXT MEETING
IS MONDAY,
FEBRUARY 28, 2022**

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, February 28, 2022**

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
- 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

- Via telehealth (phone or Zoom)

Therapy Services

- Via telehealth (phone or Zoom)

Family Spirit Services

- 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)

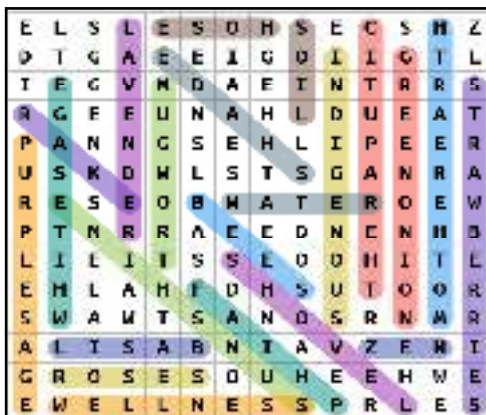
Phoenix Club

- Every Monday - Zoom 5:30-6:30pm

Talking Two Spirit Coffee Hour

- 1st Monday - 11:00-1:00pm
- In-person (Limited capacity)
- or Via Zoom

(Dates and times subject to change without notice.)



Answer Key from Pg. 8



FAIHP

Fresno American Indian Health Project

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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

Leece Lee Oliver - Chair
Jeremy Aliason - Vice Chair
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.