



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

MARCH • 2022

Welcome Spring

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CEO REPORT- Selina De La Peña

Hello FAIHP Community!

Honoring of Pam Coronado

On Friday, February 11, 2022, FAIHP hosted a small celebration to honor Pam Coronado's years of service to Fresno American Indian Health Project's Board of Directors. FAIHP Board Members offer an important and crucial role in the leadership and direction of FAIHP, Pam embodies those leadership qualities and has helped us get to where we are today. Pam served from September 2015 through December 2021. It was a very special day. A Blanket Ceremony was provided by Leece Lee-Oliver, Victoria Garcia, Ariana Murillo. Jeremy Aliason, Ralph Vigil, Grace Robinson, Jennifer Ruiz, and Darlene Franco offered special words of acknowledgment. Delaine Bill offered honor and traveling songs.



YOUTH NEWS

February Clubhouse started the month off with game week. They also participated in cooking a healthy meal as well as learning nutrition facts and what makes a well-balanced breakfast. Valentines week we had crafts and the youth celebrated with sandwiches and Valentine treats.

As we get closer to warm days and are preparing for our 2022 GONA (Gathering of Native Americans), keep an eye out for Peacekeeper dates and the GONA registration. This year GONA will be June 13 -17, 2022 for Native youth ages 12-17 years old. If you would like to add your name to email list to receive a reminder when the registration is available, please contact Youth Services at 559-320-0490 (press 4 for Youth Services)

New Staff!

Jeremy Bill is joining the Youth Services team as the Health Promotion Manager! Jeremy is Dunlap Mono & Tachi-Yokut. He has worked the social services area for about 10 years and comes to us with a great deal of experience in working with our Native people. Jeremy will be assisting with various activities that focus on healthy lifestyles including substance use prevention, HIV education and navigation, and cultural workshops for young people, parents/supports, and community.



Upcoming Events

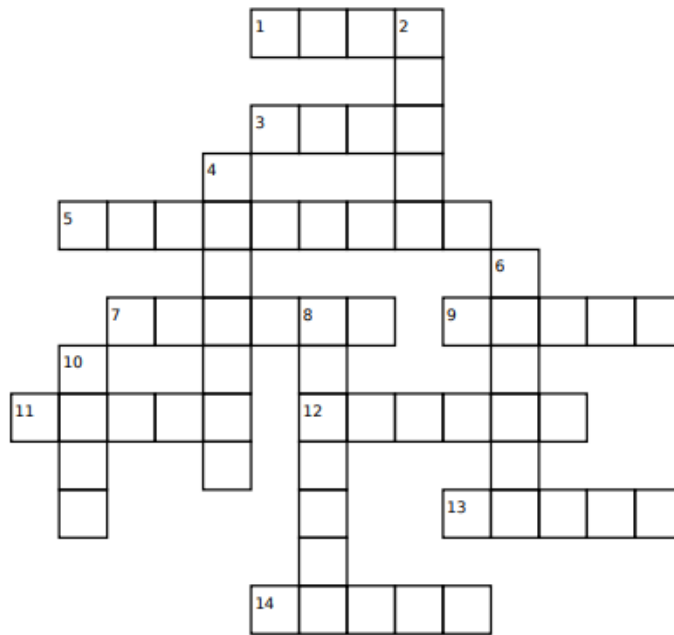
Honoring Indigenous Women March 26th

Peacekeepers- April 23rd

GONA – June 13-17, 2022



Crossword Puzzle



Down:

- 2. Eligibility Coordinator
- 4. Native Wellness Director
- 6. Red Warrior Lead Navigator
- 8. Family Spirit
- 10. Nurse Practitioner

Across:

- 1. Transportation
- 3. Youth Coordinator
- 5. Pediatrician
- 7. CEO
- 9. Client Advocate
- 11. Clubhouse Program Manager
- 12. Youth Services Director
- 13. Outpatient Therapist
- 14. Garden Coordinator

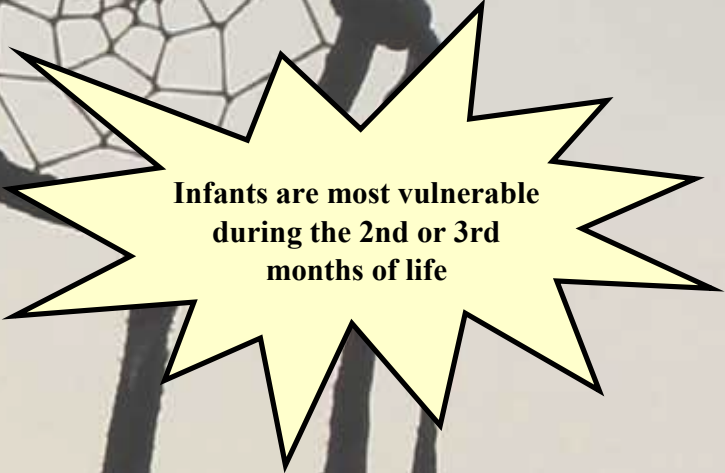
Answer key on Page 11

Safe Sleep practices for Babies is the best way to reduce the chance of Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden unexplained death of a baby under one year

Risk Factors:

- ◇ Premature birth
- ◇ Smoking
- ◇ Drug or alcohol use during pregnancy
- ◇ Smoking near baby after birth



A Safe Sleep environment reduces the chances SIDS could happen !!! It also reduces the chances of suffocation

Tips for Safe Sleep Environment

Always place a baby on their back for sleep and naps

SIDS occurs more in babies who sleep on their stomachs or sides

Share a room, but not your bed

Sharing a bed can lead to suffocation or being rolled over

Keep all objects **OUT** of baby's sleep area

Objects in sleep area could lead to suffocation or strangulation

Use a Firm Flat Sleep Surface with a tight fitting sheet (no bumpers or incline)

Soft surfaces (ex. couch) increase the risk of

Practice safe swaddling as it is a great way to keep infants warm and soothed

Swaddling should be snug, (not too tight / loose). Avoid overheating with swaddling by using light-weight swaddle.

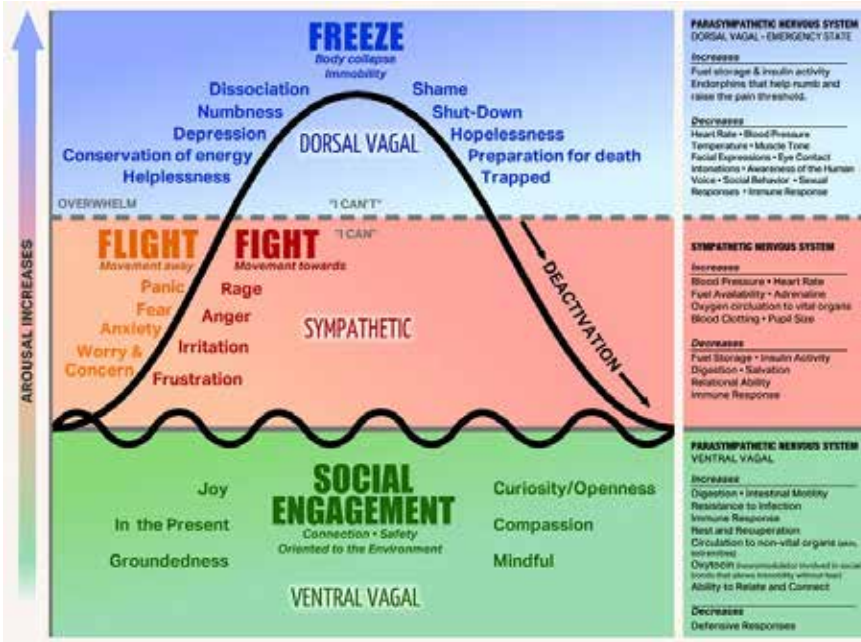
DO NOT RELY ON PRODUCTS THAT CLAIM TO MONITOR INFANTS BREATHING

American Indian/Alaska Natives have almost twice the infant mortality rate as non-Hispanic whites

Have questions about prenatal care, postpartum care, or child development? 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.

What is Polyvagal Theory?

Polyvagal Theory was introduced by Dr. Stephen Porges in the early 90's. Polyvagal theory focuses on the vagus nerve which is the 10th cranial nerve and is part of the autonomic nervous system (Porges 2017). The vagus nerve connects your ears, throat, heart, lungs and digestive tract to your brain and is considered a significant mind-body connection (Psychology today).



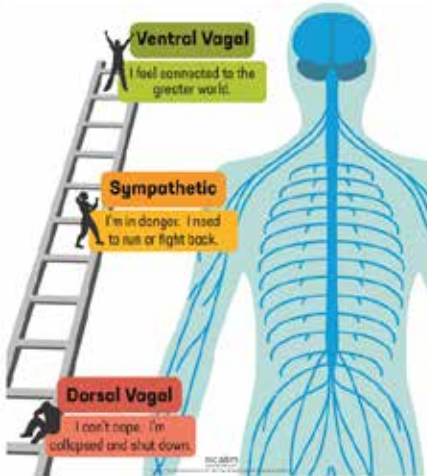
Why is this important? Dr. Porges didn't consider the impact his work would have on the understanding of trauma. It was believed that trauma would turn on and off the switch that controls your fight, flight, freeze and fawn response. According to Polyvagal Theory, your body's response to trauma is more like a dial or dimmer control. All maybe on but on different settings depending on your environment and if you perceive any risk to your wellbeing. This means that the way your ears, throat, heart, lungs and digestive tract function are being impacted by the way your body responds

to trauma or incidents that activates your body to feel what it felt during a traumatic experience.

From this understanding, trauma researchers developed different tools to help individuals relax their vagus nerve. In February, I did a short video showing 4 of the different exercises you can do to help your nervous system. There's also a book by Deb Dana, who help translate Dr. Porges work into the therapy world, called Polyvagal Exercises for Safety and Connection. There are Youtube videos that you can watch that demonstrate some of the different exercises as well as further explain Polyvagal Theory.

I hope you're able to find a few exercises that you like that will help you and your nervous system.

Polyvagal Theory: The Autonomic Ladder
Understanding the Nervous System
Adapted from Deb Dana, LCSW



Autonomic Nervous System- Part of the nervous system that regulates internal organs without conscious awareness. It's divided into two different systems: Parasympathetic nervous system and Sympathetic nervous system.

References:

The Polyvagal theory: New insights into adaptive reactions of the autonomic nervous system <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/pdf/nihms-299331.pdf>
<https://www.psychologytoday.com/us/basics/vagus-nerve#:~:text=The%20vagus%20nerve%2C%20the%20longest,focus%20attention%20on%20other%20matters.>
 Porges, Stephen. The Pocket Guide to the Polyvagal Theory, The Transformative Power of Feeling Safe. W.W. Norton, 2017.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Celebrate a World of Flavors

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. You may also come across ingredients and flavors you've never experienced before.

Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced, and bursting with flavor.

Trying new flavors and foods from around the world can also help you increase the variety in the foods you eat. Choosing a variety of nutritious foods from all of the food groups (fruits, vegetables, grains, dairy, and protein foods) and in the recommended amounts will help you get the nutrients that are needed for good health.

Incorporate your favorite cultural foods and traditions, as you "Celebrate a World of Flavors" during National Nutrition Month® and throughout the year. These are a few ways to embrace global cultures and cuisines when planning your meals and snacks:

Vary your breakfast (or first meal of the day) to include favorites from around the world.

Healthful options are available, even if time is limited. These are just a few examples for on-the-go or when more time is allowed for eating.

- A smoothie with low-fat yogurt or buttermilk and tropical fruits, like papaya or mango.
- Za'atar mixed with a little olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumber, and fresh mint.
- Scottish oatmeal or bulgur with low-fat or fat-free milk or fortified soymilk with a topping of fruit and nuts or nut butter.
- Congee, a Chinese rice porridge, that can be served plain or with vegetables and a protein food, such as cooked chicken, meat or fish.
- Vegetable upma, an Asian Indian dish, that can be made with semolina or rice, spiced with ginger and other seasonings.
- A Spanish omelet with potatoes and other veggies, topped with a sprinkle of cheese.
- Or, an omelet filled with fried rice, known as omurice in Japan.



GROWING INDIGENOUS LEADERS

This will be an exciting 19-week hybrid hands on and zoom program. Space is limited so claim your youths spot now!

For Ages 7-18

Zoom Orientation will be held

2/28/2022

5:30pm-6:30pm

We will go over expectations, Project goals and Q&A for youth and parents. Sign up by phone or email to receive your zoom invitation!

Fresno American Indian Health Project

Contact: Naomi Sanchez - nsanchez@faihp.org

Community Garden Coordinator

559-320-0490 Ext 111



FAIHP
Fresno American Indian Health Project

HEALTHY EATING AND "INDIGENIZE" YOUR MENU!

Over the last few weeks, we have discovered some great Cooks in our community!

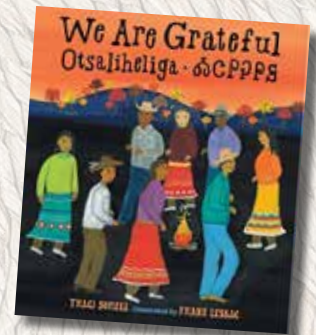
In December we held a ClubWISE event for a multigenerational cooking activity. Our Health Educator Nettie prepared some delicious Savory Squash Soup and Darlene made some Rosehip, Sage & Honey Tea and Infused fruit water for all the families that participated. We also provided:

- Salmon and/or Chicken breasts
- Wild Rice from Mino Mashkiki "Good Medicine" of Minnesota
- Salt Grass from Blue's of Lemoore
- Acorn Mush from Arrows Native Foods of Auberry
- Acorn Bites from the California Indian Museum of Santa Rosa
- Yogurt & Fresh Fruit for dessert



We started the night off with a prayer, held breakout sessions with elders & youth, shared about indigenous foods, changes to lifestyles and so much more.

We read the "We are Grateful - Otsaliheliga" book by Traci Sorrel - Cherokee and talked about the different seasons of the year, giving blessings, gathering food, how the earth changes, ceremonies, honoring animal & plant life, family roles, singing, cultural activities, games and storytelling. All families were provided a book for their family libraries. Everyone learned about healthier drink options and finally, we cooked together, all on ZOOM!



In January, we started a six week "Cooking Matters" course with Luis from the Fresno Metro Ministry organization. Each week, all families are provided with a bag of groceries. Luis teaches about healthy eating habits, portions, how to read labels, making better food choices, food preparation and even knife skills! So far, the class has made a Broccoli pasta, Black Bean Quesadillas and Turkey Burgers with Sweet potato Fries. Please contact the Native Wellness Department if you would like to join the next class.

Black Bean & Veggie Quesadilla

Ingredients

- ¼ (15½-ounce) can black beans, no salt added
- 2 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 ear fresh corn or 1 cup canned corn
- 4 ounces low-fat cheddar cheese
- 1 Tablespoon canola oil
- Pinch ground cayenne pepper
- 1-2 teaspoons water
- ½ teaspoon ground black pepper
- 6 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Optional Ingredients

- 3 Tablespoons fresh parsley or cilantro

Directions

1. In a colander, drain and rinse black beans.
2. Rinse zucchini. Cut into thin slices or shred with a grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1-2 teaspoons water to make a bean-and-veggie paste.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
10. Spread vegetable mixture evenly on half of each tortilla. Top with cheese. Fold tortillas over. Press lightly with spatula to flatten.
11. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
12. Cut each quesadilla into 2 wedges. Serve while hot.



Get Vaccinated, Get a Bear!



**Children 5yrs to 11yrs old
can get Vaccinated! Call for
an Appointment Today to
protect your Child!**

FAIHP Health & Wellness Center



FAIHP
Fresno American Indian Health Project

1551 E. Shaw Ave., Ste. 128 - Fresno, California 93710
Phone: (559) 320-0490 Opt. 2

New Employee Spotlight

Stefani Koda MSW ACSW CADC-III



My name is Stefani Koda and I was born and raised in Fresno, Ca. I love family, traveling, art hopping, and riding roller coasters. In 2017, I started my journey as a Social Work Intern at FAIHP and earned a Bachelor's degree in Social Work at California State University, Fresno. After graduating, I took a position at First Steps Recovery as a Social Worker for four years where I gained experience in case management, business development, outreach, crisis stabilization, family systems, and researching outcome measures for substance use disorders. I continued my education at University of Nevada, Reno where I earned a Masters degree in Social Work and obtained certification as a CADC-III, International Certified Drug and Alcohol Counselor. I am currently an Associate Clinical Social Worker and provide services to children, adolescents, and adults focusing on the utilization of evidence-based practices and explorations in existential and mindfulness concepts. I am passionate about serving the Native American community and excited to be on the FAIHP team! I believe that every person has a unique story that is to be honored and shared in their own way, and that we all have the power to decide how our next chapter will go.



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, 11:00-12:00pm

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.)

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.

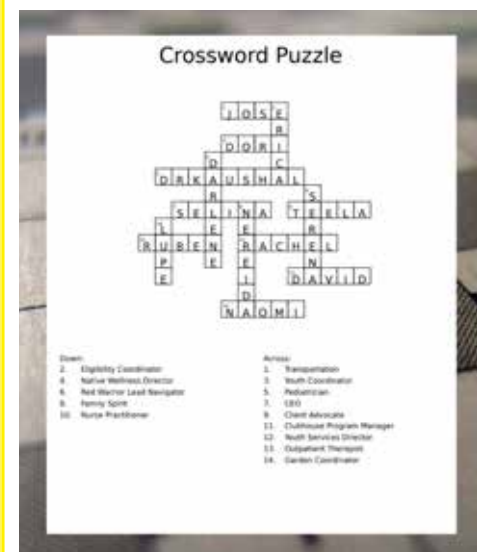
When does the CAC meet?

The CAC meets every 3rd Monday of each month from 5:30-7:30pm via Zoom.

Our next meeting is Monday, March 21, 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

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

Leece Lee Oliver - Chair
 Jeremy Aliason - Vice Chair
 Bernadette Alvarez - Treasurer
 Brandy Jaramillo - Secretary
 Ralph Vigil - Member
 Esther Cuevas - 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.