



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

APRIL • 2022

Nature is Healing

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CEO REPORT- Selina De La Peña

Spring Happenings!

We are growing and are glad to introduce some new staff members to the organization. First we would like to welcome Stefani Koda our new Therapist. Stefani previously interned at our organization; and has now returned as part of our growing team. We are glad to have her help in supporting our community needs. We also brought on a Substance Use Counselor Deborah Gilleran. Deborah has worked here at FAIHP previously and is committed to helping our Native Community. We are also excited to announce our newest Board Member, artist and community member Bobby Von Martin. Bobby is an enrolled member of the Choctaw Nation of Oklahoma. He resides in Fresno, CA with his wife Soupie and three children. Bobby is well known in the community and has donated his time and talents to help our community many times, we are delighted to have him on the Board.

I am happy to announce that we are planning a Staff GONA. In December 2021, a request was made to SAMHSA's Tribal Training and Technical Assistance Center requesting Gathering of Native Americans (GONA) training of facilitators for Fresno American Indian Health Project staff. FAIHP has utilized the GONA principles in many areas of the organization as well as during the annual youth GONA camp. With the growth of the organization, the request was made to assist staff in learning about GONA, identify roles at GONA, identify how principles can be used in the workplace, learn about historical and current events affecting Native people, and practice team building.

The training is set to take place April 11- 13th and our offices will be closed during this time.

The Youth GONA will be held in person at Camp Sierra on June 13th – 17th. Due to COVID, the camp will be smaller to allow for distancing. The GONA curriculum is a culturally-based substance abuse prevention curriculum that provides community awareness and education to youth; it also engages youth in strategic planning for solving community problems and encourages leadership skills. The GONA curriculum focuses on the themes of belonging, mastery, interdependence, and generosity.

Basic Life Support Train the Trainer: We have three staff members that will be trained on Basic Life Support. This training will allow us to have staff internally that can provide CPR training to our staff on an annual basis and provide classes for our community.

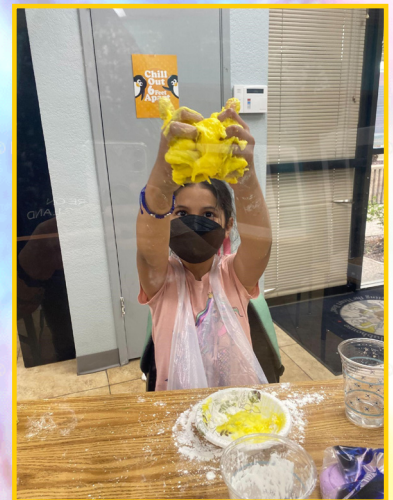
So as we grow we will continue to add the needed services and staff to meet the needs of our community. Our staff and organization are committed to serving our Native community in as many areas as we can. We look forward to a bright start to our year and welcome a beautiful Spring!

YOUTH NEWS

March was an awesome month for Clubhouse. The beginning of the month kicked off with the youth GONA Peacekeepers Training! 9 Native youth came together and began discussions on belonging in preparation for their leadership role at GONA 2022. Each of the youth have great strengths. Also in March, the youth worked with the dietician about healthy decisions. The teens worked on their affirmation scrapbooks, and all youth learned about mental health awareness with and then worked with their hands with clay. Peer Mentor, Ari Murillo and Youth Coordinator, Dori Andrews, led this important discussion.



This month the Sons and Daughters of Tradition joined forces at the garden for some projects, Bobby Martin had his first paint class and the youth did a mosaic at the garden. The youth also got to make slime, fluffy and edible. As the months get warmer we are hoping to do more outside activity with the youth. If you are interested in signing your youth up for Clubhouse please contact Youth Services at 559-320-0490



Upcoming events:

Clubhouse closed April 11-15th

Bobby Martin Paint Class April 22nd

GONA Peacekeepers Training April 23rd

Youth Gathering of Native Americans (GONA) June 13th – June 27th



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:

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



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It takes a Community:

How the wisdom of our elders, family, and friends can help prevent SIDS



The birth of a child is a blessing and honor and the involvement of extended family members in the raising of a child is customary in many Native households.

By recognizing the support and wisdom of the generations that have come before us we ensure customs and traditions may continue.

Those involved in the raising of an infant can safeguard the future of our youngest warriors by always applying Safe Sleep Environment Recommendations.

SAFE SLEEP ENVIRONMENT RECOMMENDATIONS

1. **Baby always on their back for naps and at night**
2. **Share a room not a bed** (Baby sleeps alone)
3. **Use a firm flat sleep surface like crib, bassinet, or cradle board for baby**
4. **No other items in sleeping area** (Keep pillows, bumpers, bedding, and other items out)
5. **Swaddle or dress baby in sleep clothing** (Do not use loose blanket or over bundle)
6. **Do not allow anyone to smoke around baby**

Always move a baby to a Safe Sleep Environment if:

1. They fall asleep on a bouncer, high chair, or swing
2. Fall asleep in car seat (once home and no longer driving)



Have questions about Safe Sleep Environments for Infants?

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.



Welcome aboard, Stefani Koda

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 Master's 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.

VALLEY PEOPLE NEED VALLEY BLOOD

Jamie Parmer
Life Saved



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FRESNO AMERICAN INDIAN HEALTH PROJECT BLOOD DRIVE

THURSDAY, APRIL 28
10:00 A.M. - 2:00 P.M.

Blood Drive Contact:
Mike Colvard
(559) 320-0490

Fresno American Indian
Health Project
1551 E. Shaw Ave. Ste. 139,
Fresno, CA 93710

For More Information:
Ralph Ramirez
(559) 290-0806



Central California Blood Center

TOGETHER, LIFE FLOWS FROM HERE.

donateblood.org

Blood donation takes less than one hour to complete. Donors must be in good general health, weigh a minimum of 110 pounds and be at least 18 years of age (16 and 17-year-olds must have written parental consent). Senior citizens are encouraged to donate, as there is no upper age limit. Donors should eat a good meal and drink plenty of water within four hours prior to their donation. Donors can give blood every eight weeks. Photo ID is required at donor registration.

Growing Indigenous Leaders

(Youth Permaculture & Agriculture Program)

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

4/25/2022

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

1551 E. Shaw Ave #139

Fresno, CA 93710

Community Garden Coordinator

Naomi Sanchez

559-320-0490 Ext. 111

Nsanchez@faihp.org



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NATIVE WELLNESS DEPARTMENT RESOURCES FOR THE COMMUNITY

Food Programs:

Agency on Aging – Home-Delivered Meals	214-0299
CalFresh – Fresno County	855-832-8082
CalFresh – Madera County	675-2300
Central California Food Bank	237-3663
Madera County Food Bank	674-1482

Older Adult Apartments, Retirement Communities & Mobile home Park Listings

Agency on Aging	214-0299
Housing Authority – Fresno County	TTY 800-735-2929 443-8400
Housing Authority – City of Madera	674-5695
Housing Advocacy: State of California	
Dept. of Fair Employment & Housing	TDD 800-700-2320 800-884-1684
Mobile home Assistance Center	TTY 800-735-2929 800-952-8356
Fair Housing Council of Central California	TTY 800-855-7100 244-2950

Legal:

Central California Legal Services - Legal Advice Line	800-675-8001
California Rural Legal Assistance – Fresno County	441-8721
California Rural Legal Assistance – Madera County	674-5671
Fresno County Bar Association – Attorney Referral and Information	264-0137
Superior Court of California – Family Law/Self Help Center :	
Fresno County	457-2143
Madera County	416-5520

Transportation:

Chowchilla Area Transit (CATX)	665-8655
Clovis Stageline	324-2770
Eastern Madera County Senior Citizen Bus & Medical Escort Service	658-5555
Fresno Area Express (FAX)	621-7433
Fresno County Rural Transit Agency	855-612-5184
Fresno County Taxi Scrip Program (Age 70+)	233-4148
Madera Area Express (MAX)	661-7433
Madera County Connection (MCC)	263-8080

Utilities Assistance:

California LifeLine (Telephone Service)	TTY 866-272-0358 ... 866-272-0349
PG&E-California Alternative Rates for Energy (CARE)	866-743-2273
PG&E-Medical Baseline Allowance	800-743-5000
PG&E-Relief for Energy Assistance through Community Help (REACH).....	800-933-9677
Low-Income Home Energy Assistance Program (LIHEAP)	
Community Action Partnership of Madera County	673-9173
Fresno EOC	263-8300

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



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Fresno American Indian Health Project

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

New Employee Spotlight

Deborah Gilleran SUD Counselor



Osiyo, my name is Deborah Gilleran. I am Cherokee and Dine'. I am a trained White Bison and GONA Facilitator. I was previously the Community Health Worker for FAIHP and I am now the Substance Use Disorder Counselor here at Fresno American Indian Health Project. I've worked with the Native and recovering community for many years and look forward to promoting a culture of wellness and Wellbriety to enhance the quality of life for all Tribal Nations and Communities. Wellbriety means including the mental, emotional, physical, and spiritual needs of our communities and I am honored to work with such an inspiring team.

Wado!

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, April 18, 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.



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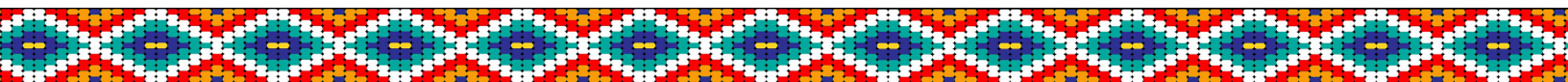
Fresno American Indian Health Project

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

OUR BOARD OF DIRECTORS

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