



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JANUARY • 2023



Soaring Into 2023!

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CEO REPORT- Selina De La Peña

January News

Greetings to all,

As we move into 2023, I want to reflect on 2022 and its successes. We had many terrific events across all departments, including our GONA Youth camp with 45 youth participants, our first-ever Staff GONA, and our annual car show fundraiser with over 60 cars, bikes, and motorcycles in attendance. Over 1,000 visitors from our community came out to our event. In addition, FAIHP had many memorable community awareness events, including the Suicide Vigil, HIV/AIDS Vigil, and Harvest Fair. We are so grateful for our committed staff and, most of all, our community for the tremendous support given to our organization.

FAIHP had significant growth in 2022. We were able to secure the purchase of our property and expand access to our health and wellness services. We had 716 new patients registered with our organization.

The new year of 2023 brings many exciting opportunities for the organization, and much expansion and growth are planned for the year ahead. Please join me in welcoming the New Year and the new opportunities it will bring.

I wish you and your loved ones a happy, healthy, and prosperous 2023!



Native Days Car & Bike Show



Halloween Harvest Party



Native Youth Conference



Suicide Vigil



Youth GONA



ClubWISE

YOUTH NEWS

In December the youth designed a bench that will be displayed at Circle V Ranch representing FAIHP Clubhouse Youth.

They also met with our Dietician and played a trivia game about all the healthy things they learned throughout the year.

Our Native Wellness Department made gingerbread tipis with the youth.



Finally we had our annual ClubWISE event with Clubhouse youth and families and our WISE group elders. Everyone shared a meal together and made wreaths. There was also a presentation on mental wellness during the holidays.

We are starting a new year and plan to make 2023 great for youth as well as our Clubhouse families.



Clubhouse is an afterschool program for American Indian/ Alaska Native youth ages 5-17. Give us a call if you have any questions regarding registration 559-320-0490 (press 4).

Setting Intentions for The New Year 2023

By David Stroud

The new year is a perfect time to reflect on our growth throughout the previous year; to review what we've learned and explore how we've grown through the inevitable challenges that life presents. Growth can be painful, but brings resilience and awareness with it. By setting intentions for the year to come, it can help direct the mind and gives us purpose. Intention means aim or purpose, and it speaks to the core of who we are as people, and lays a framework for how we want to live and how we want to be.

1. The first step for setting intentions is generating a list of traits you admire—in yourself and others. Turn on a calming piece of music and take out a piece of paper. Free-write terms and traits as they come to you. Here's a list of examples to jumpstart your thinking.

Honesty Authenticity Generosity Caring Creativity Fellowship

Spirituality Calm Patience Work Ethic Intelligence Leadership

2. Now that you have a list of traits, rank them in order of importance. This can be challenging, but listen to your intuition. There is no need to overthink. Intentions work best when you have five to seven, so the point of ranking your traits is to help narrow in on the ones that mean the most to who you are right now.
3. Take a trait from your list and connect it to an experience in your life, or a vision for the future. Using that inspiration, create an intention statement. These statements generally begin with "My intention is." Here's an example:
 - a. If you want to commit yourself to embracing your spiritual side, your intention might be, "My intention is to connect with my spirituality, find opportunities to nurture my wiser self, and connect with like-minded individuals."
4. Setting intentions takes time. You may not have a full list of intentions after a day. Take a week or so to sit with your ideas about the traits that matter the most, and don't be afraid to edit your intentions throughout the new year. Intentions will likely change over time as your experiences shift.
5. Once you have a list of intentions for 2023, set reminders. You could print your list out and tape it to the front door, or you could set calendar reminders on your phone once a week to review your list. Another idea is journaling about a different intention once a week or month. Create reminders that work for you.

Happy New Year, and happy intention setting!

References: bemeditation.com and wanderlust.com

Maintain a Healthy Body Weight: A Cheat Sheet for Success

It's that time of year again where many of us vow to make a big change in our health. In 2022, a national poll determined that 23% of people resolved to "live healthier" and 20% were trying to "lose weight." If you are considering a New Year's Resolution to get healthy this year, please consider this:

Diets Are Not the Answer

Diets can do more harm than good. Research suggests that those who 'diet' end up weighing more than non-dieters, with lower self-esteem and greater risk for eating disorders. These strategies have been shown to promote a healthy weight for the long term:

- **Be active.** 30 minutes of moderate-to-vigorous activity per day is the baseline for our health, double that if weight loss is your goal. Plan activities with friends and family that get everyone moving such as biking, after-dinner walks, basketball or soccer at the park.
- **Make mealtimes special.** Sit down and enjoy your meals. Avoid multitasking while eating, or eating on-the-go which encourages mindless eating and overeating.
- **Eat breakfast.** Go beyond cereal and milk and try a breakfast burrito made with a scrambled egg, cheese and salsa wrapped in a flour tortilla. Use the blender to make your own breakfast smoothie or have yogurt with toppings like whole grain cereal, dried fruit and unsalted nuts. Try to get in a serving of fruit and/or vegetables to start your day off right.
- **Don't forbid foods or use food as a reward.** Forbidding foods only increases the desire for that food. Instead of saying no to your favorite food, limit the portion size. Use non-food rewards as a motivator to reward yourself as you reach your goals.
- **Dine out responsibly.** When dining at a restaurant, look for nutritious options. If you order takeout or home delivery, remember that you can add to the meal by adding a side salad or some fruit.
- **Enjoy a rainbow of fruits and vegetables.** Serve juicy, crunchy, delicious fruits and vegetables at every meal and snack. Fresh, frozen, dried and canned — all types of produce contribute to good health.
- **Try mindful eating.** Recognize the importance of trusting and listening to internal body cues before, during, and after you eat. Focus on the food you are eating, enjoying the flavors and texture, and keep noticing how your level of fullness changes throughout the meal.
- **Choose healthful beverages.** Water is key to our health. Try to meet your body's hydration needs mostly with water, adding coffee, tea, or juice for flavor or enjoyment.
- **Get a good night's sleep.** Those who get enough sleep are more likely to maintain a healthy weight and perform better during the day.

Are You Concerned for Your Child's Health?

When children are young, parents and other caregivers are responsible for providing an environment that helps them maintain a lifestyle that is beneficial to their health. You can help your child by doing the following:

- Be a positive role model for healthful eating and activity habits.
- Provide a calm, reassuring atmosphere at regular meal and snack times.
- Set appropriate limits on screen entertainment like television, tablets and video games.
- Involve the whole family in fun physical activities.
- Help children develop and maintain a positive body image.
- Avoid restrictive diets and excessive exercise regimens.

If you have any further questions or are looking to make a healthy change this year, please call 559-320-0490 to make an appointment with our Registered Dietitian Nutritionist.

FINE MOTOR SKILLS

Did you know that **Fine Motor Skills** are the ability to use the muscles in our hands, and other small muscles to do every day tasks. These skills are linked to:

Physical Development

Academic Success

Independence

Play Activities

Self-Care

Fine Motor Skills begin in infancy and improve as we get older. Your child's doctor will track these skills (milestones) according to their age and may recommend some things to do at home that promote the development of these skills.

Fine Motor Skills Milestones by Age

By 2 months

- ◆ Begin to push up on tummy
- ◆ Start to make deliberate movements with legs and arms

By 4 months

- ◆ Hold head upright
- ◆ Push up from tummy to elbows

By 6 months

- ◆ Sit without support
- ◆ Roll Over
- ◆ Move objects from one hand to the other

By 9 months

- ◆ Crawl or scoot
- ◆ Pick up small pieces of food
- ◆ Reach and point at things

By 12 months

- ◆ Drink from a sippy cup
- ◆ Shake/throw objects
- ◆ Stand with support/take steps while holding onto something

18 months to 2 years

- ◆ Walk forward and backwards
- ◆ Eat with utensil
- ◆ Throw a ball
- ◆ Hold a thick crayon or marker

Ages 3-4

- ◆ Use door handles
- ◆ Jump with two feet
- ◆ Put together simple puzzles

Ages 5-6

- ◆ Run, hop, skip, and jump
- ◆ Copy shapes and letters
- ◆ Brush own teeth

Ages 7-8

- ◆ Ride bike without training wheels
- ◆ Do chores (sweeping/making bed)
- ◆ Tie shoes and button/zip clothes independently



Activities that Promote Fine Motor Skills

0-3 months: Tummy time, putting fingers/rattle in their palm, dangling toys from baby gym

4-6 months: Soft block and shifting baby's position so they learn to play in new positions

7-9 months: Let your baby make a mess with food and toys. This promotes independence

10-12 months: Point to people/things and describe (ex. momma, nose, dog) when talking and reading

Toddlers: Play dough, puzzles, drawing, coloring, and painting.

Fine Motor Skill Delays

Children with fine motor skills delays often struggle with self-esteem, school, feeding/dressing themselves, health problems, and other everyday tasks. Talk to your child's health care provider if you have any concerns.



Teach and Practice: Pre-School/School Age Children

1. Tie their shoes
2. Button /Zip clothes
3. Use toddler scissors
4. Trace Letters/Numbers



Do you have Questions about this topic?

The Family Spirit Program at FAIHP is here to help. This program is 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.

The Women's Wellness S.I.S (Sacred Indigenous Sisters)

December Updates

We met two times in December for a Breakfast Club Gathering, with the last meeting on Dec 17, 2022, our Holiday Party. The Women exchanged gifts and had a delicious breakfast. As we transition into our new Native Wellness Department, we will be adjusting the days and times for our meetings. Feel free to come to join us as Sacred Indigenous Sisters.

We learn from each other through field trips, gatherings, and more! For more information, please call Deborah at 559-320-0490 ext. 138



Culturally Based Healing for Indigenous People **THE WELLBRIETY MOVEMENT**

To be sober and well. That's what White Bison wants for our community; that's why we're a proud facilitator of the Wellbriety Movement. We must find sobriety and recover from the harmful effects of substance use disorders.

TO GO BEYOND

The "Well" in Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing every day. Many use White Bison's healing resource products, attend its learning circles, & volunteer their services to help themselves and others achieve wellness.

A RESOURCE TO THE COMMUNITY

White Bison offers sobriety, recovery, substance use disorder prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. Our resources are also available to non-Native people.

The Four Laws of Change

- *Change is from within*
- *For development to occur, it must be preceded by a vision*
- *A great learning must take place*
- *You must create a Healing Forest*

OUR CULTURE IS PREVENTION

*For more information, contact Deborah
dgilleraan@faihp.org or 559-320-0490*

THE RED WARRIOR PROJECT

The Red Warrior Project wrapped up a great November. They had their HIV/AIDS Vigil where the Lead Navigator Serena Cuevas shared some valuable information and resources to all the participants who attended. The night was filled with amazing food, music and an atmosphere of people wanting to learn and come together for a great cause that isn't often discussed within our Native Community.



The Red Warrior Project also attended the annual Fresno AIDS walk at Woodward park. They had an outreach booth and brought a team to participate in the walk. This was an early morning event that consisted of laughter and a nice brisk walk around the park. The Fresno American Indian Health Project Red Warrior Team took third place this year.



December first was World AIDS day, the Red Warrior Project team put out a post in observance of the day.

“The HIV/AIDS pandemic took a life every minute in 2021, even though effective treatments are available. This #WorldAIDSDay, let's promise ourselves to be sympathetic and empathetic towards people at-risk of and living with HIV/AIDS, and show support to relatives and caregivers. Hope and strength is the only way to fight the battle against this life-threatening disease. Don't forget: FREE rapid HIV take-home testing kits are available through Red Warrior Project, and may more services are available locally through The Living Room, a Project of WestCare. Let's #Equalize!”

The Red Warrior Project would like to thank everyone who came out to the events and they hope to see you at the future events that they have in store. The success of the Red Warrior Project would not be possible without the help of all the community, the Red Warrior Project is proud to be community made.



This flu season is called the “triple endemic” with surging cases of Covid-19, RSV (respiratory syncytial virus) and the Flu virus.

The flu virus can cause serious problems or complications in:

- **Adults ages 65 and older**
- **People of any age with chronic medical conditions like asthma, diabetes or heart disease**
- **Pregnant people**
- **Kids younger than 5 years old**

You can reduce you and your families risk by getting yourself and everyone in your family over the age of 6 months a flu shot. Call and schedule an appointment to receive the Flu Vaccination at our office. 559-320-0490



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Fresno American Indian Health Project

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Dr. Richa Kaushal **Board Certified** **Pediatrician**

Now Accepting Patients



Dr. Kaushal is an experienced Board Certified Pediatrician who focuses on managing the health of infants, children, adolescents and young adults from 0-18 years of age. She specialises in preventing, detecting and managing physical, behavioral and developmental issues that affect children.

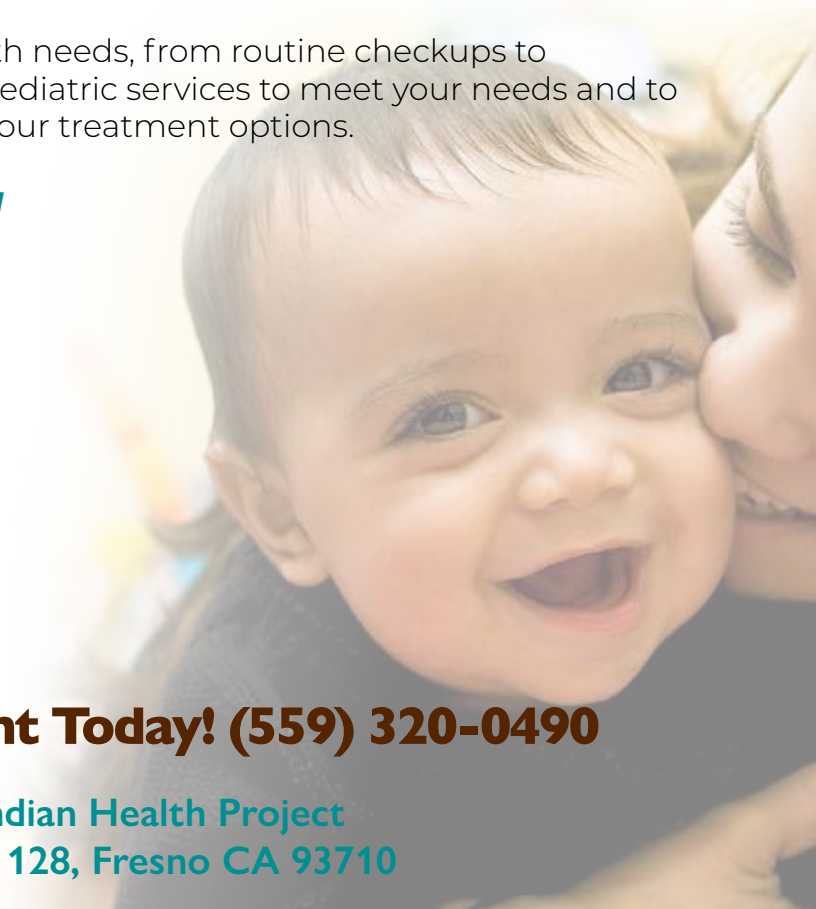
Dr. Kaushal can handle all of your child's health needs, from routine checkups to immunizations. We provide a wide range of pediatric services to meet your needs and to assist you and your family in understanding your treatment options.

Following are the pediatric services offered at our clinic:

- School and sports physicals
- Newborn care
- ADHD evaluation and treatment
- Asthma management
- Sick visits
- Child immunizations

Call For An Appointment Today! (559) 320-0490

Fresno American Indian Health Project
1551 E. Shaw Ave. Ste 128, Fresno CA 93710



New Employee Spotlight



Alma Santiago Outpatient Therapist

My name is Alma Santiago, and I am a proud Indigenous Zapotec woman with ancestral roots in Oaxaca, Mexico. I was born and raised in Fresno, CA, and spent the last 10 years living in both Northern and Southern California. I attended the University of California, Davis where I graduated with a Bachelor's Degree in Sociology and Psychology. After spending some time working with Madera County Behavioral Health as a Case Manager, I decided to return to school and pursue my degree to become a Therapist. In 2021, I graduated with my Master's Degree in Social Work from San Diego State University. Since then, I have had a wonderful experience working with diverse communities and children, youth, and adults of all ages. My goal as a therapist is to create a safe and comfortable space for each and every person, to promote wellness with a holistic approach, and to honor each person in being a part of their treatment.



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

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 & In-person
- 1:00-3:00pm on the 2nd and 4th Thursday each month

Beading for Stress Management Group

- Zoom & In-person
- Every Tuesday, 5:30-7:30pm

Sacred Circle

- Every Wednesday, 5:30-7:30pm
- In-person (Limited capacity)

Community Advisory Committee

- Zoom Meeting/In-person
- Third Monday, 5:30-7:30pm

Case Management Services

- Via phone or In-person

Therapy Services

- In-person
- Via phone or video

Family Spirit Services

- In-person
- Via telehealth (phone or Zoom)

Nutrition & Wellness Class

- Zoom & In-person
- 3rd Thursday each month, 12:00-2:00pm

Nutrition Counseling

- Via phone or video

Clubhouse Tutoring/Educational Support

- In-person (Limited capacity)
- Via Zoom

Clubhouse Program

- In-person (Limited capacity)

Health Services

- In-person (Limited capacity)
- Via phone or video

Talking Two Spirit Coffee Hour

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

Women's Wellness Group

- Fridays - 5:30-7:30pm
- In-person (Limited capacity)

Alcohol & Drug Prevention & Counseling

- In-person (Limited capacity)

(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 In-person & via Zoom.

Our next meeting is Monday, January 9, 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 contact: mcolvard@faihp.org

Fresno American Indian Health Project

Donation Opportunity

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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*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 medical, behavioral health, comprehensive case management, public health nursing, providing health services and prevention education.