



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

FEBRUARY • 2023

Love
Always
Wins!



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CEO REPORT- Selina De La Peña

February News

Greetings to All,

The new year is in full effect at FAIHP! We have an awesome team working here to embrace and empower people from all nations and communities. All of our health and wellness services are culturally-based and support the mental, emotional, physical and/or spiritual needs of our community.

For the first time in a long time (before COVID), we are rebuilding our Physical Wellness Services and have hired a new Cultural Wellness Instructor. Before the pandemic, we had active Walking Groups and Exercise Classes and plan to start those up again beginning February 1st. Look out for flyers and advertisements detailing how to join in!

Focusing on Mental and Emotional health needs, we have been challenged with an increased demand for services in these two areas from our community. FAIHP is recruiting for an additional Outpatient Therapist to work in the Behavioral Health Services Department, which will grow our total number of Outpatient Therapists to five.

We are also looking to grow our Medical Services Department so be on the lookout for new medical service providers here at FAIHP in the coming months!

Since purchasing our building a year ago, we have some exciting new relocation projects going on. The Native Wellness Department has moved to Suite 101. This new space is almost three times bigger than the old one (e.g. from 703 to 2,000 square feet) and it looks great!. They now have five offices for staff, a large group area for cultural classes and activities, and a gym space that is currently being furnished! Thanks to our community members, we received some donated exercise equipment items and are looking for funding to get it fully furnished this year. Continue to check our website, social media, and flyers for detailed information on all of our cultural classes and physical fitness activities.

Growing Prevention Programs continues to be a big focus for FAIHP! We now offer several support groups each month, such as: The Sacred Indigenous Sisters - focused on wellness for women; Beading for stress management; W.I.S.E. Group for our elders; Sacred Circle for those in recovery; Physical Wellness Classes for clients, staff and community; Medicine Wheel 12 Step for those in sobriety; and the return of the Phoenix Club for individuals impacted by violence. Please do not hesitate to contact our front desk for all the details (e.g. date, time, location, etc.).

Every year, we try to host a community health fair event and this year is no different. Please join us at our Shaw office on March 10, 2023, from 2:00-6:00 pm for a fantastic event! Our staff will table and share health and wellness information and services, along with community based organizations hosting informational booths and community vendors selling your favorite items.

I look forward to seeing you at our location soon and wish you all a healthy and prosperous 2023!



FAIHP

Fresno American Indian Health Project

P R E S E N T S

FRESNO UNIFIED NATIVE FAMILY PAINT NIGHT

WITH
BOBBY MARTIN

**FEBRUARY
10**

START TIME
5:30PM
END TIME
7:00PM



PLEASE RSVP BY CONTACTING

ANTHONY UTTERBACK

MICHELLE LIRA (FUSD)

AUTTERBACK@FAIHP.ORG

MICHELLE.LIRA@FRESNOUNIFIED.ORG

559-320-0490 | 559-457-3949

2348 MARIPOSA STREET

(FUSD ENGLISH LEARNER SERVICES)



Welcome Alma!

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. I am bilingual/Spanish-speaking and have experience in advocacy, trauma-informed care, crisis response, medical social work, and behavioral interventions. In my free time I enjoy reading, photography, spending time in nature, traveling near and far, and trying new foods! I am incredibly grateful to now be a part of FAIHP and honored to be able to serve the Native American community.



Alma Santiago, ASW 109121
Outpatient Therapist

This Year, Love Your Heart

Heart disease continues to be the leading cause of death in America. American Indians/Alaska Natives are 50% more likely to be diagnosed with coronary heart disease compared to other groups. Did you know that many of these deaths and risk factors are preventable?

Food and lifestyle choices have a big impact on whether or not you will be diagnosed with heart disease. Many things can increase your chance of getting heart disease such as high blood pressure, high cholesterol, not getting enough exercise, drinking too much alcohol, and using tobacco products. Studies show that your health status and your health behaviors may play an even greater role than your genetics, age, or gender.

For 2023, here are a few steps that may help you on your way to having a healthier heart!

Step 1: Make Healthy Food Choices

Making healthy food choices starts by eating a variety of nutrient dense foods.

Eat More:

- Fruits, vegetables, whole grains, legumes and fatty fish. Aim to fill half your plate with fruits and vegetables. Eat salmon, lake trout, albacore tuna, mackerel or sardines twice a week.
- Legumes, such as beans and lentils, are great sources of fiber and low-fat sources of protein. They're also budget-friendly.
- Choose whole-grain foods most often and minimize refined grains. Think brown rice over white and popcorn over Cheetos.

Eat Less:

- Foods that have added salt, sugars and fats. Reduce these foods by preparing more meals and snacks at home. Most packaged and take-out meals are high in added salt, fats, and sugars without you even knowing it.
- Trans fats and saturated fat. This includes limiting use of margarines, shortening, lard, fried foods, and high-fat dairy products.

Step 2: Get Active

Regular, moderate physical activity lowers blood pressure and helps your body control stress and weight. Be physically active in your own way. Start by doing what you can, at least 10 minutes at a time. Always check with your physician before beginning a workout regimen.

Step 3: Manage Stress

Yoga, therapy, ping pong, restorative sleep, walking, jogging, meditation, dancing wildly to the oldies — whatever works for you, figure out a way to reduce stress!

Step 4: Don't Smoke

Smoking increases your risk for heart disease. If you smoke, please quit. FAIHP has resources to help you quit smoking!



February is National Children's Dental Health Month

Did you know that Cavities are the most common health condition among children?! Sadly, poor oral health can lead to numerous health problems not associated with teeth and gums. Luckily, Cavities are also the mostly preventable. Here are some things you and your child can do to reduce the risk of cavities and improve oral health.

WHAT IS A CAVITY?

A cavity is a hole that develops on a tooth due to decay. A cavity can be painful, become infected, and lead to other problems !!!

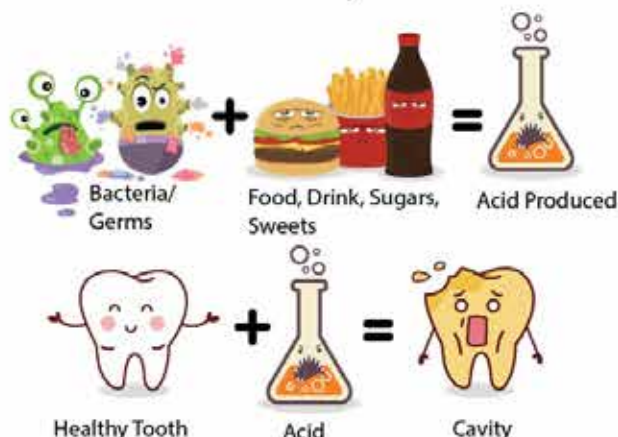
TIPS FOR BABIES

-  Wipe gums twice a day with clean wash cloth or finger brush
-  Brush baby teeth twice a day with small-bristled toothbrush and water
-  Schedule an appointment with a dentist by first birthday
-  Ask the dentist/doctor about putting a fluoride varnish on your babies' teeth

TIPS FOR CHILDREN

-  Brush teeth twice a day with fluoride toothpaste
-  Help child brush their teeth until they can do a good job on their own
-  Visit dentist 2 times a year
-  Ask the dentist to apply sealants when appropriate
-  Drink water that contains fluoride
-  Begin flossing when child is around 2-3 years

Dental Decay Process



DECAY CAN ALSO LEAD TO PROBLEMS WITH SPEAKING, EATING, PLAYING, & LEARNING

RISK FACTORS FOR CAVITIES

Everyone is at risk for cavities. Here is a list of factors that increase the risk:

- ⇒ Tooth Location—Cavities occur more in the back teeth
- ⇒ Certain foods/drinks—Foods that are sugary, sticky, or cling to teeth
- ⇒ Infant bedtime Feeding
- ⇒ Inadequate Brushing
- ⇒ Dry mouth
- ⇒ Acid Reflex or Heartburn
- ⇒ Family history of cavities—Siblings and parents



PREVENTING BABY BOTTLE TOOTH DECAY

- ◆ Avoid putting infant/toddler to bed with a bottle
- ◆ Brush teeth twice a day
- ◆ Don't let children carry around bottle or sippy cup of milk, juice or sugary drinks between meals

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.

Growing Indigenous Youth Leaders

Jenny Garcia – Garden Coordinator

The youth have been busy attending workshops these past few months. We studied different curriculum and videos on how to create salve and lip balm. They are also learning how to use plants they gather from the FAIHP'S Community Garden and even from their own home gardens. Purple Sage was harvested from the FAIHP garden and infused in oil to make salve and lip balms. The youth also created a lavender lip-balm with the lavender we currently have here at FAIHP. We continue to share ideas and learn about other herbal medicines and uses for salves.

Since this program started, the youth have gained more interest and knowledge in herbs. They are learning the healing uses herbs can contribute for various reasons and what nutritious vitamins are absorbed when consumed. Youth are now inspired to learn about other items they can create from a garden to help build their own business. We will continue learning more about the current garden herbs for upcoming seasons such as Spring time salads and summer salads. The youth will all be creating a business plan to share their new-found knowledge.



MEDICINE WHEEL 12 STEP CLASS

STARTING FEBRUARY 14TH, 2023
WEEKLY FOR 13 WEEKS • 10:30AM • 12:30PM

Are You in Recovery?
Do You Have A Social
Sober Support Group?
Have You Heard About
the Medicine Wheel
12 Step Program?

Please join us for a:
13 Week Program, Working
One Step Per Session
Work the steps together,
create friendships and a
sober support network.

First Session: Introduction to
Wellbriety & The 12 Steps
Steps 1-3:
Honesty, Hope, Faith
Steps 4-6:
Courage, Integrity, Willingness
Steps 7-9:
Humility, Forgiveness, Justice
Steps 10-12:
Perseverance,
Spiritual Awareness,
Service

Space is Limited.
Please call for registration:
Deborah Gilleran CADCI
559-320-0490 Ext. 138
dgilleran@faihp.org



FAIHP
Fresno American Indian Health Project

Native Wellness Department
1551 E. Shaw Ave. - Suite 101, Fresno CA 93710



Healing for All

Groups Starting in February



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.

1st Thursday of the month
1:00pm - 3:00pm at the NWD Ste. 101
Starting Feb. 4th 2023

1551 E. Shaw Ave. Fresno, CA 93710

Contact Teela to reserve a spot now!
559-320-0490 Ext. 105
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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360X4 Strengthening the Circle

February 11, 2023, February 25, 2023,

and March 11, 2023.

10:00am-2:00pm

(@Old Clubhouse Suite 121)

Youth 13-18 years of age.

This will be meeting one of a four part series. Meeting one will be dedicated to understanding the Mental aspect of the medicine wheel. The goal of the 360x4 program is to equip our youth with resources, perspectives and tools that will help them build a strong foundation that they can build on. They can engage with other youth from the community and gain knowledge that can be applicable to all areas of life.

It is our goal to fill the entire four days with unique lessons that will have a lasting impression on all our participants. Come network, get incentives and have fun with youth from all around the valley. This is a drug and alcohol free event.

Please call and register today.

Contact: Jeremy Bill at: jbill@faihp.org

or call 559-320-0490



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Fresno CA 93710

www.faihp.org



SCAN ME

To Register



Across Indian Country, Teen Dating Violence Awareness Month (TDVAM) is an important opportunity to listen to and talk with youth and teens about healthy relationships and dating violence. As Native people, relationships represent our sacred connections with each other, grounded in the traditional understanding that “we are all related”. However, we also know that relationships are challenging and especially so for Native youth and teens that are exploring romantic

relationships for the first time. As advocates, parents and teachers, it is important we listen to and center the needs of Native youth, providing safe, non-judgmental spaces for our young relatives to talk about dating violence and healthy relationships. We can provide guidance and support on traditional ways of caring for each other and teach Indigenous values of compassion, kindness, honor and respect. Strengthening and balancing the relationships in our lives cannot be done alone - it is up to all of us to support and listen to the next generation. Because we are connected in the sacred circle of life, violence against youth and teens affects us all.

Nationally, nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year, and about 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year. No one deserves to be abused in any way. Romantic relationships should be grounded in respect, not based on power and control masked as love. ***Dating violence is not our tradition.*** Our young relatives deserve healthy, respectful love.

Below you will find more information about the signs of dating violence, what to do if a young relative is being abused, and resources to help get involved.

Dating violence is a type of relationship violence that occurs between young people. It is defined as when a person uses a pattern of abusive behavior toward their partner to gain power and control over them. Dating violence can include one or more types of abuse, and it can look like:

- Physical abuse: pushes, shakes, slaps, kicks or spits on you. Holds you down. Throws or breaks your personal belongings (ex. books, cell phone, etc.)
- Emotional abuse: insults you, calls you hurtful names or embarrasses you in public. Constantly accuses you of cheating. Threatens to hurt you or expose secrets about you.
- Financial abuse: Steals money from you, your family or friends.
- Sexual Abuse: unwanted kissing or touching, pressures you to have sex or makes you feel guilty for not wanting to have sex, or demands that you send them explicit photos or videos.
- Digital abuse: constantly calls, texts or DMs you to find out where you are or who you're with, tells you who you can be friends with on social media, or sends mean messages on social media either directly from them or anonymously. Cultural/Spiritual abuse:

Some signs of dating violence can include when a partner:

- Acts extremely jealous or possessive of you Follows you home or to school, or shows up wherever you are unannounced
- Are annoyed or upset when you spend time on the phone with other people
- Tells you who you can or cannot be friends with
- Starts rumors or threatens to start rumors about you
- Excessively texts you or sends non-stop DMs
- Checks your phone for who texts or calls you
- Tags you in hurtful social media memes, posts or pictures
- Criticizes your dreams, goals, family or friends
- Tells you what to wear or how to dress
- Explodes in anger toward you or acts aggressively when they're upset
- Kisses, grabs or touches your body without your permission
- Forces you to take sexually explicit selfies or videos
- Threatens to hurt themselves or commit suicide if you don't do what they want

If you or your young relative need to talk:

- Create a safe space and tell them you're concerned about their safety.
- Be a good relative and listen to their story when they're ready to share.
- Ask how you can help them.
- Offer support and encourage your friend's strength and courage.
- Share resources available online or locally from your community.
- Learn about dating violence and the signs of relationship abuse.
- Avoid confronting the abusive person hurting your loved one. It can escalate the situation and put your young relative in danger.

If needing to talk to someone, please contact:

>>> **Strong Hearts Native Helpline at 1-844-762-8483** or chat at strongheartshelpline.org
They also available to assist Native teens, parents and advocates in navigating unhealthy or abusive relationships.

>>> **The National Domestic Violence Hotline 1-800-799-SAFE (7233)**

Get the **FLU** **SHOT** not the flu!

This flu season is called the “triple-demic” 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

WISE and Beading for Wellness Classes

Teela Kipp, Native Wellness Department

We held our first 2023 WISE and Beading groups at the new Native Wellness Department! We are now located in suite 101 (across from the old Clubhouse). Our WISE group made their own salve and lip balm with all-natural herb ingredients. We are scheduling future presentations with California Indian Legal Services, California Lifeline Telephone program and many more.



Our beading group meets every Tuesday from 5:30 to 7:30. We have been beading necklaces, earrings and medallions.



If you would like to participate in our groups, please contact Teela Kipp at:
559-320-0490 or email at tkipp@faihp.org

New Employee Spotlight



Darin Williams
Cultural Wellness Instructor



Ron Reyes
Human Resource Manager



Kimberly Arredondo
Administrative Assistant



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, February 27, 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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Jeremy Aliasson - Vice Chair
Bernadette Alvarez - Treasurer
Brandy Jaramillo - Secretary
Ralph Vigil - Member
Bobby Von Martin - Member
Audrey Osborne - 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 medical, behavioral health, comprehensive case management, public health nursing, providing health services and prevention education.