



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

MARCH • 2023

Spring A Time for Fresh Beginnings

Big Event

2023 FREE! HEALTH FAIR +
MARCH 10TH
Start Time: **2:00 PM**
End Time: **6:00 PM**
+
AT FRESNO AMERICAN INDIAN HEALTH PROJECT
1301 E. 3RD AVE. FRESNO CA 93716
+
FOR MORE INFORMATION:
WWW.FAIHP.ORG (559) 310-0490

FAIHP
Fresno American Indian Health Project
Fun for the Whole Family
Fun Zone for the Kids
FREE Medical Screenings
FREE COVID Vaccines & Boosters
20 Great Vendors
+
Raffles
Yummy Food



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CEO REPORT- Selina De La Peña

March News

Greetings to All,

As we begin our new year and enter the month of March, we continue to build momentum to continue promoting a culture of wellness for our community – one that enhances the quality of life for the Native American clients we serve. Please read on to hear about this month's updates.

First, I am happy to report that FAIHP worked hard last year to secure funding that will allow us to renovate and expand our space over the next three years. We serve many pregnant women, children, young adults and their families and the goal of this expansion and renovation project is to increase these services in a space that can support growth for decades to come. We will be using a Design-Build approach for this project. A lot of planning will go into this large construction project and we look forward to collaborating with our community, which includes but is not limited to our wonderful and growing FAIHP Staff Members; our supportive Board of Directors; our Clients and Patients who have become dedicated users of our services; and our supportive Advisory Committee members. Please be on the look out for announcements and polls and solicitations for your feedback and input – we will need your to “Design-Build” in a culturally responsive way and make FAIHP even stronger!

At this time, I am asking readers of our monthly newsletter, to please take the time to share with us the names and contact information of any Native artists, contractors, and/or designers that you think would be willing to contribute their knowledge, experience, and expertise to the project. Please note, as with any formal construction project there will be a bid process for all interested vendors. If you are interested or know someone who would be good for us to speak to, please email me at info@faihp.org.

Second, I have some bittersweet news about the transition happening within our Native Wellness Services Department. As you may know, Mrs. Darlene Franco has resigned from the Director position and is moving on to embark on the next phase of her career, where she will dedicate her talents and her time to directly supporting her tribe in Visalia. The words “thank you” seem inadequate to express my gratitude for working with Darlene over the past few years. Darlene is a respected Native leader within the community and has been an incredible voice and advocate for a holistic approach to health and wellness. If I had to describe a theme for Darlene's work, it would be her Relentless Promotion of Inclusivity for All. Her time here at FAIHP is represented by tremendous growth of the Native Wellness Services Department.

As Darlene transitions out of her role, we are happy to announce that our current Clubhouse Program Manager, Ruben Garcia, has been selected as the new department Director. Many of you already know Ruben from his long history with FAIHP, starting as a volunteer in 2012; being hired to work at FAIHP and steadily rising through the ranks of leadership at the organization. Ruben is a strong Native leader and excellent GONA Facilitator and we're not the only ones who appreciate this talent. Ruben is often sought out by other organizations from around the country to weigh in as a Subject Matter Expert and is invited to directly support their efforts. We are very lucky to have him working here at FAIHP. I am very excited to have him join our Leadership Team in this new Director role!

Finally, as we grow and expand services, we need to have a great team in place! Please review and share our many open positions with individuals who may want to work at FAIHP. Keep a lookout on our social media and website, www.faihp.org for job posting updates!

Sincerely,
Selina De La Peña, MBA
Chief Executive Officer

The start of the New Year has been busy for Clubhouse. In February the youth started the month off with beading earrings. The youth learned a Cherokee beading design. The following week our Dietician came to clubhouse and taught the youth all about carrots and their benefits to their health. They even made carrot soup.

For Valentine week the youth made heart shaped tie pillows and our Thursday group started their first Native Hope curriculum. This curriculum is based on suicide awareness and substance abuse prevention.

Native Wellness came in and worked with the youth on compost education and the youth ended the month with a visit from Reptile Ron and his bird show. We look forward to many more events and activities in the upcoming months.



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).

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

March is National Developmental Disability Awareness Month

National Developmental Disabilities Awareness Month (DDAM), observed throughout March, is a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers that those with disabilities face. Inclusion is necessary since about 15% of the world's population lives with a disability. DDAM is about understanding the relationship between the way people function and how they participate in society and making sure everybody has the same opportunities in every aspect of life to the best of their abilities.

The D.D. Act of 1984 set up much of the system we all experience today. The emphasis on goals for services for people with developmental disabilities is “to achieve their maximum through increased independence, productivity, and integration into the community.” State Developmental Disabilities Councils were implemented in all states and territories. These were intended to provide additional training to individuals, families, and service delivery systems. They were to develop a statewide strategic plan for services over the next five years to build on community needs.

Disability awareness signifies educating society regarding disability and how we as individuals can bring about the necessary change. Learning acceptance is the fundamental approach to understanding disability awareness, which can take place anywhere such as at home, school, workplace, and health institutes.

Many adults with disabilities report frequent mental distress. Adults with disabilities report experiencing frequent mental distress almost 5 times as often as adults without disabilities. A recent study found that adults with disabilities report experiencing more mental distress than those without disabilities. In 2018, an estimated 17.4 million (32.9%) adults with disabilities experienced frequent mental distress, defined as 14 or more reported mentally unhealthy days in the past 30 days. Frequent mental distress is associated with poor health behaviors, increased use of health services, mental disorders, chronic disease, and limitations in daily life.

People with disabilities or developmental delays may respond strongly to the stress of a crisis. When navigating both physical and mental health care, it's important to have as much information as possible. When searching for a provider, it is important to invest the time needed to learn how the health systems work and look for providers who are willing to help you explore potential options.

Resource: nationaltoday.com, cdc.gov, nami.org

Eat Right

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

Fuel for the Future

No matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Plus, the benefits of eating healthfully can add up over time.

Ways we can Fuel for the Future:

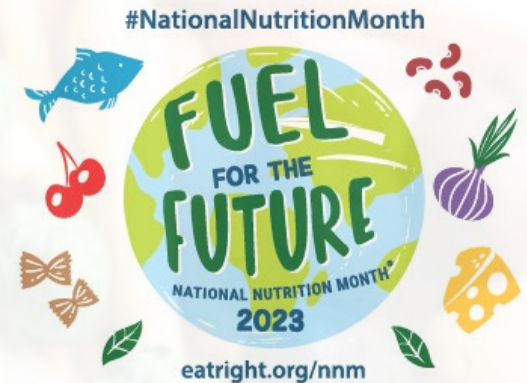
Eat with the environment in mind. Buying foods in season and shopping locally, when possible, not only benefits the planet, but it also may help you keep food costs down. Enjoying more plant-based meals and snacks is another option. Try more meatless meals or substituting some or all of the meat in recipes with plant-based proteins.

Stay nourished and save money. When prices of food and other goods go up, buying healthful foods may not feel like a priority. Yet, many healthful foods are filling, cost less overall and help to manage or reduce your chances of developing certain chronic diseases. A little planning before you shop can go a long way in choosing foods that are affordable, satisfying and have a higher amount of nutrition.

Eat a variety of foods from all food groups. Fruits, vegetables, grains, protein foods and dairy all play a role in fueling our bodies. Choosing a variety of healthful foods is important, since foods can differ in the nutrients they provide. Follow MyPlate's Daily Recommendations for each food group to get the nutrients you need at each life stage. Eat foods in various forms including fresh, frozen, canned and dried.

Make tasty foods at home. To increase variety in your eating routine, try new flavors and foods from around the world. Another way to eat healthier and save money is to learn cooking and meal preparation skills. This can help you find creative ways to use leftovers rather than tossing them.

Putting it all together Finding ways to include the foods you enjoy while getting the nutrients you need is important at any age. The foods and drinks we choose can be influenced by a variety of things, such as taste, cost, culture, convenience and cooking skills. For help in reaching your health goals, consult a registered dietitian nutritionist. RDNs are the nutrition experts and can provide individualized nutrition advice to help you Fuel for the Future.



Poison Prevention for Infants and Toddlers

Most Poisonings occur when parents /caregiver is home but not paying attention!!!

Most Dangerous Potential Poisons

- ◇ Medicines
- ◇ Cleaning Products
- ◇ Liquid Nicotine (vaping liquid)
- ◇ Antifreeze
- ◇ Windshield Wiper Fluid
- ◇ Pesticides
- ◇ Furniture Polish
- ◇ Kerosene/Lamp Oil
- ◇ Gasoline



In recent years, the COVID-19 Pandemic has resulted in an increase of Pediatric Poisoning Fatalities.



How to Prevent Poisoning in Your Home

- ◆ Keep medicines, and other poisonous substances, in locked cabinets or out of reach for children
- ◆ Keep medicines and cleaning supplies in their original containers and properly labeled
- ◆ Do not store food products and household cleaning supplies in same cabinet (may confuse a child)
- ◆ Use child-resistant packing /locks (ensure to replace caps securely)
- ◆ Keep purses out of your child's reach
- ◆ Keep button batteries out of reach of children (if swallowed they can burn a hole in the esophagus in just 2 hours)
- ◆ Child /Poison proof every home your child spends time in
- ◆ Keep alcohol and toiletries out of reach of children

CONTACT POISON CONTROL RIGHT AWAY IF YOU SUSPECT A POISONING — 1-800-222-1222

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.

As part of our ongoing **Traditional Ecological Knowledge (TEK)** series, the Sons and Daughters of Tradition participated in a traditional Cultural Burn with the Honorable Ron Goode of the North Fork Mono Tribe. Cultural Burning is a practice to keep culture and traditions alive by using fire in a respectful and ceremonial way. Fire is needed to prevent destructive wildfires, return water back to the rivers and restore the plants that our people depend on to make baskets, gather food and medicine and ultimately continue our culture and traditional way of life. The youth had a great time as they learned to clean the land, restore water and tend to Native plants and cultural resources with good fire.





360X4 Strengthening the Circle

March 11, 2023

**10:00am-2:00pm
(@Old Clubhouse Suite 121)**

Youth 13-18 years of age.

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



1551 E. Shaw Ave. Ste 139
Fresno CA 93710
www.faihp.org





Anxiety and Substance Use Disorder

Submitted by Deborah Gilleran

- Anxiety is the feeling a person gets when they are stressed, worried or afraid of something.
- Anxiety can affect the way a person feels physically, emotionally, spiritually and mentally.
- Anxiety is a normal part of life that everyone feels from time to time. For example, it is normal to feel anxious, stressed or worried before a test or a job interview. It is also normal to feel anxious when something dangerous might be about to happen. A certain amount of anxiety is helpful in these situations because it helps a person prepare to perform at their best or to avoid dangerous situations.
- Anxiety can become a problem if it is so overwhelming that it starts to get in the way of daily life, that is, when it interferes with work, study or home life, or when it has a negative impact on relationships professionally or with, family or friends.

Sometimes people use alcohol, tobacco or other drugs to cope with their anxiety. This is often called 'self-medication'.

While alcohol, tobacco or other drug use may provide short-term relief from anxiety, in the long-term, it can actually make the anxiety worse. Alcohol, tobacco or other drug use can cause anxiety.

Also, people often feel anxious when they are craving alcohol, tobacco or other drugs. Anxiety is usually present when they are coming down or withdrawing from alcohol, tobacco or other drugs.

Because of this, it can lead to a cycle where the anxiety and alcohol, tobacco or other drug use, feed off each other. Some people find that they develop alcohol, tobacco or other drug problems because they feel that they need to drink or use greater amounts more frequently to cope with their anxiety.

There is help! The Fresno American Indian Health Project offers a wide variety of services including substance use disorder counseling or referral to treatment, such as: Case management, Therapy, Nutrition, Physical wellness, and even youth programming. All services here at FAIHP are culturally based and encourage, physical, mental, emotional and spiritual growth!

MEDICINE WHEEL 12 STEP CLASS

WEEKLY FOR 13 WEEKS • 10:30AM • 12:30PM

CALL FOR CLASS TIMES AND DATES

**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 CADC I
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



FAIHP

Fresno American Indian Health Project

BEADING CLASS

EVERY TUESDAY

Start Time

End Time

5:30PM - 7:30PM

at Fresno American Indian Health Project

1551 E. Shaw Ave Ste 101



- ◆ Bead Materials to Start
- ◆ Reading Materials to Empower
- ◆ Ages 12 and up

◆ **MUST PROVIDE OWN MATERIALS** ◆

If you have any questions, please feel free to contact:

TEELA KIPP

@ Tkipp@faihp.org ☎ 559-320-0490 ext 105



FAIHP

Fresno American Indian Health Project

**Fun for the
Whole Family**

**Fun Zone +
for the Kids**

**FREE Medical
Screenings**

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Vaccines & Boosters**

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**2023 FREE!
HEALTH
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MARCH 10TH**

START TIME:

2:00 PM

END TIME:

6:00 PM

**AT FRESNO AMERICAN INDIAN HEALTH PROJECT
1551 E. SHAW AVE. FRESNO CA 93710**




FOR MORE INFORMATION:



SCAN ME

If you would like to be a vendor please contact us or scan the QR code to register.

 **WWW.FAIHP.ORG**

 **(559) 320-0490**

Honoring Indigenous Women

March 18, 2023



FAIHP

Fresno American Indian Health Project

@FAIHP COMMUNITY GARDEN (DISCOVERY CENTER)
10:00AM - 2:00PM

Please join us for our Annual Honoring Indigenous Women's Event! This year it will be held in person so please come for a day of education and fun! Food will be provided. We will be discussing the topic of Domestic Violence as well as having a self-defense demonstration. During the self-defense demonstration we will have a breakout session for the youth 5-11yrs on the topic of setting healthy boundaries and identifying safe adults.

Contact: Ariana Murillo or Teela Kipp
call: (559)320-0490



Scan To Register



FAIHP

Fresno American Indian Health Project

COVID-19 Vaccinations & Testing
Services for Adults and Children
Immunizations
Well Child Services
Physical Examinations
Sports Physicals
Preventative Medicine
Integrated Behavioral Health



1551 E. Shaw Ave. Ste. 128
Fresno, California 93710
Phone: 559-320-0490
www.faihp.org

NOW Accepting Patients!

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, MARCH 20, 2023

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

Leece Lee Oliver - Chair
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.