



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

MAY • 2023

CHANGING SEASONS

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CEO REPORT- Selina De La Peña

May News

Greetings to All,

At FAIHP, the changing seasons offer us the opportunity to reflect on the progress we have made towards achieving our purpose, and to plan for new projects and programs that will help us better serve our clients. With each season, we are reminded of the importance of adapting to new challenges and opportunities, and of the hope that comes with each new beginning.

This may mean expanding our services to better meet the needs of our patients, collaborating with other organizations to address community health issues, or launching new outreach programs to improve access to care.

Regardless of the specific project or program, we are committed to working towards our goal of providing high-quality, affordable healthcare to all those who need it, and we are excited for the possibilities that each new season brings.

Sincerely,
Selina De La Peña, MBA
Chief Executive Officer

April was a slower month for Clubhouse as we took a break while the youth were on spring break. In the second week we picked up Mental Health Awareness and an egg hunt. Our Instructional Aides took the youth to the park and educated the youth about earth day.

Native Wellness also graced us with their presence this month and did a spring art activity with youth. Youth Services is preparing our summer activities, only one more month of school left.

FAIHP will be hosting our GONA camp for Native youth ages 13 - 17 years old from June 24 through June 28. Give us a call for more information.



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).



MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month 2023, by David Stroud, LMFT

Mental Health Awareness Month began in the United States in 1949 and was started by the Mental Health America (MHA) organization (then known as the National Association for Mental Health). The purpose of Mental Health Awareness Month is to raise awareness and educate the public about: mental illnesses, the realities of living with these conditions, and strategies for attaining mental health and wellness. Additionally, Mental Health Awareness Month strives to reduce the stigma (negative attitudes and misconceptions) that surrounds mental illnesses.

Mental Health Facts

- 1 in 5 adults in the United States lives with a mental health condition.
- 1 in 25 (10 million) adults in the United States lives with a serious mental illness.
- 60 million people in the United States face the day-to-day reality of living with a mental illness.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help.
- Nearly one fifth (19%) of Native adults experienced mental illness in the last year.
- Suicide is the 10th leading cause of death in the United States, but suicide is preventable.
- The best treatments for serious mental illnesses today are highly effective; between 70 and 90% of individuals have significant reduction of symptoms and improved quality of life with the right treatments and supports.

Seeking Support

People experiencing mental health challenges often face rejection, bullying and even discrimination. This can make their journey to recovery longer and more difficult. Navigating life with a mental health condition can be tough, and secrecy that is often encouraged by stigma, can create huge challenges to getting the support you need and living well. Learning how to cope with, avoid, and address stigma are important for all of us.

You are not alone. Asking for help is the first step to recovering from mental health issues, and no one who cares about you will judge you for recognizing that you need support. In fact, it's one of the strongest things you can do. Please contact FAIHP to find out more about our behavioral health services and/or to schedule an assessment at 559-320-0490.

Resources

Please note: The resources included here are not endorsed by FAIHP, and FAIHP is not responsible for the content of, or service provided by any of these resources.

<https://www.foothill.edu/psychservices/may.html>

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Indigenous>

https://en.wikipedia.org/wiki/Mental_Health_Awareness_Month

Eating With The Seasons : SPRING

Seasonal eating is how our ancestors ate. They grew or foraged what they needed, harvesting plants at just the right time, and then enjoying or preserving the harvest. This wisdom today could help us improve our local communities, support local farmers, and even help stretch our grocery budget. All this while providing us with the best tasting and most nutritious food.

A Different Kind of Fast Food

It is important to eat fruits and vegetables as soon as you can after they have been picked because fresh produce loses nutritional value over time. Some studies show that as much as 50% nutrient loss happens within 3 days of picking; the longer a fruit or vegetable takes to get from field to table, the less nutritious it is to us. And the food you find at the grocery store was typically picked anywhere from a week to a couple of months ago. Look for the fresh, seasonal produce up front where it is usually on sale.

It's important to note that many canned and frozen fruits and vegetables are harvested and packaged at their peak. And frozen foods are processed and packed immediately after picking, which can actually mean they are more nutritious than some of the "fresh" produce we buy.

What to Eat in Spring

Some things to try right now include: asparagus, spinach, radishes, rhubarb, scallions and chives, fiddlehead ferns, ramps (sometimes called wild leeks or spring onions), cabbage, broccoli, citrus fruits, kale, lettuce, peas, and garlic scapes.

Did you know May is National Strawberry Month? It is the perfect month to celebrate them. Try some fresh strawberries as a snack or in a green salad this month:

Kale Salad with Fresh Strawberries and Toasted Almonds Recipe

Ingredients

- 1 large bunch kale leaves (9 cups bite-sized pieces kale leaves)
- Juice of 1 medium orange, divided
- ¼ cup plus 1 tablespoon extra-virgin olive oil, divided
- Pinch of salt
- 1 tablespoon orange zest
- 2 teaspoons honey
- Freshly ground black pepper
- 1 cup sliced strawberries (or blueberries, blackberries or raspberries)
- ¼ cup dried currants or raisins
- ¼ cup slivered almonds or pine nuts, toasted
- ¼ cup crumbled feta cheese, if desired



Directions

1. Remove and discard center ribs and stems from kale leaves. Tear kale leaves into bite-sized pieces.
2. Combine kale, half of orange juice, 1 tablespoon olive oil and salt in a large bowl. Massage kale by scrunching small amounts with your clean hands, then releasing and repeating. With massaging, kale will soften, somewhat deepen in color and become more fragrant, and much better tasting.
3. Make the dressing by whisking remaining orange juice, orange zest, honey and pepper in a small bowl. Gradually whisk remaining ¼ cup olive oil into the juice mixture to combine well. Set aside.
4. Pour the dressing over kale. Add strawberries, currants and toasted almonds. Toss gently. Let salad ingredients marinate for 15 to 20 minutes before serving. If desired, top with feta cheese.

Nutrition Information

Serves 6

Calories: 220; Calories from fat: 130; Total fat: 15g; Saturated fat: 2g; Trans fat: 0g; Cholesterol: 0mg; Sodium 120mg; Total carbohydrate: 21g; Dietary fiber: 4g; Sugars: 12g; Protein 5g

Pregnancy Related PROTECTED LEAVE and INCOME REPLACEMENT

To lose money while pregnant, recovering from childbirth, or taking time to bond with your new baby can be challenging. If you are currently working in California there are a number of programs that may protect your job and provide income replacement. A common barrier is knowing about these programs and being able to access them. Here is some information to help you understand how these programs work and what it takes for you to qualify for them.

PROTECTED LEAVES

Family Medical Leave Act (FMLA)

Provides employees with 12-weeks of job-protected (**unpaid leave**) to care for your pregnancy and to bond with your newborn.

Qualifications

- Must be employed with employer for at least 12-months
- Other qualifications may apply

Other information:

- A father can use FMLA for a birth or to care for pregnant /postpartum spouse
- Must be taken before child 1st birthday

See employer for additional policies

FMLA may also be available for other serious health conditions (yourself or family)

California Family Rights Act (CFRA)

California's provides employees with 12-weeks of job-protected (**unpaid leave**) to bond with newborn.

Qualifications :

- Same qualifications as FMLA

How CFRA differs from FMLA

- Can only be taken after delivery

Other information:

- A father can use CFRA to bond
- Runs at the same time with FMLA
- Must be taken before child 1st birthday

See employer for additional policies

CFRA may also be available for other serious health conditions (yourself or family)

Pregnancy Disability Leave (PDL)

Provides employees up to 4-months of job-protected (**unpaid leave**) for pregnancy related conditions.

Qualifications:

- Must be certified by medical provider (typically done in last month of pregnancy and runs 6-8 weeks after)
- Additional leave may be certified if medically necessary (ex. high risk pregnancy or postpartum depression)
- Eligibility does not depend on how long you have for your employer.

Other information:

- May provide accommodations at work
- Runs at the same time with FMLA

See employer for additional policies



INCOME REPLACEMENT (See Employer for more Details)

Paid Family Leave (PFL)

In California, PFL can provide parents with partial income replacement to bond with their newborn.

- Eligibility does not depend on how long you have for your employer
- Must be claimed by child's 1st birthday
- Maximum of 6 weeks
- Must be taken with FMLA or CFRA for job-protection



Disability Insurance

Pregnant and Postpartum women may qualify for partial income replacement through Disability Insurance (SDI) while on PDL.

- Eligibility does not depend on how long you have for your employer
- Maximum of 52 weeks
- Must be taken with FMLA or PDL for job-protection



Paid Sick Leave and Vacation Time

Parents using PFL can combine a portion of their paid sick leave to total 100% of their wages while on leave.



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.

LOOKING AHEAD

Improving Our Vision for the Future

VISION & EYE PROBLEMS ARE INCREASING AS AMERICA AGES

**90
MILLION**

Americans over 40 have vision and eye problems

That's more than
3 in 5



By 2050, without effective interventions:

- Diabetic retinopathy ↑ 72%
- Cataracts ↑ 87%
- Glaucoma ↑ 100%
- Age-related macular degeneration ↑ 100%
- Vision impairment & blindness ↑ 150%



COST OF VISION PROBLEMS

↑ **157% TO \$373 BILLION**

VISION LOSS TOUCHES EVERY PART OF PEOPLE'S LIVES

People with vision loss are more likely to have:



Type 2 diabetes



Depression



Stroke



Hearing loss



Chronic kidney disease

Vision loss is also related to:



Isolation



Balance problems



Falls & fall-related injuries



Risk of early death

ACCESS TO EYE CARE + EARLY DETECTION = IMPROVED VISION HEALTH + LOWER COSTS

CDC's Vision Health Initiative



ASSESSES the impact of vision loss and identifies populations at risk



AIMS to increase awareness of vision and eye health, improve access to vision care, and promote the health of people with vision loss



Uses **APPLIED** public health research to develop evidence-based interventions and understand the costs of vision loss



ADVANCES vision and eye health as a public health priority through support of state and territorial health department activities

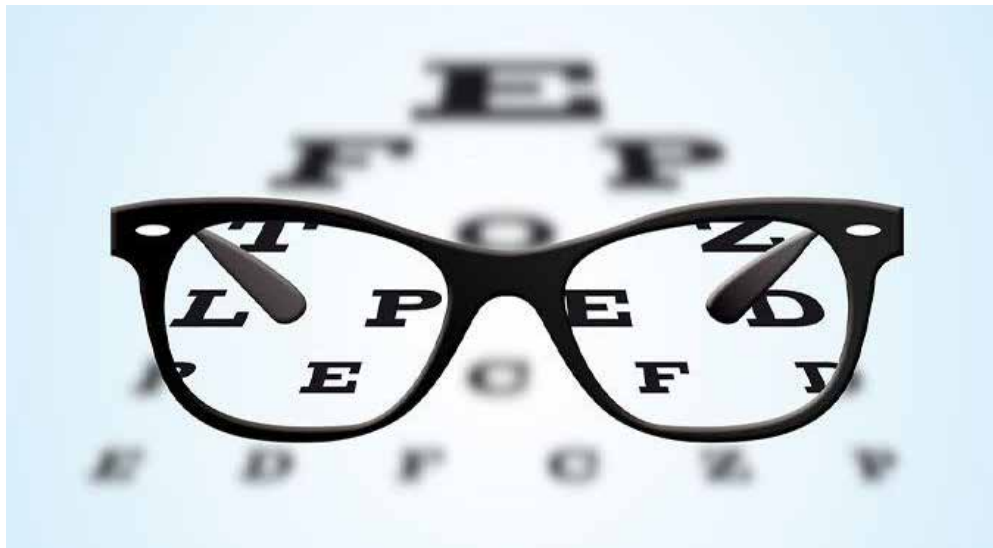


U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

cdc.gov/visionhealth

REFERENCES

Teisack SM, McCoy MA, Woodbury RB, Welp A, eds. Making Eye Health a Population Health Imperative. Vision for Tomorrow: The National Academies of Sciences, Engineering, and Medicine, the National Academies Press. Washington, DC: Willeborn J, Rain D (2014). The Future of Vision: Forecasting the Prevalence and Costs of Vision Problems. Prevent Blindness.





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



Fresno American Indian Health Project's Community Garden is preparing for Spring. Call to schedule an appointment time if you or your family are interested in volunteering in a garden clean up or if you are interested in gardening. The FAIHP garden is located at the Discovery Center in Fresno. Spring is the perfect time to get out and enjoy the nice weather while we have it. Everyone who comes to help at the garden will receive plants to take home and start their own garden. Garden hours can be flexible so please call and find out how we can get you out and planting. Please contact Jenny Garcia at 559-320-0490 option 5

Volunteers are welcome to join in on tending to the garden throughout the whole year. FAIHP understands that everyone may not have the time to participate when garden events are posted. So please reach out to Jenny so she could help accommodate an appropriate time that fits your schedule. We like to think of our garden as a place of healing and self-care so please connect with the FAIHP Garden Coordinator if you would like to take a day outdoors.





FAIHP

Fresno American Indian Health Project

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



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

Accepting New Patients - CALL Today!



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, May 15, 2023

How can I get involved with the CAC?

Please contact Ruben Garcia at rgarcia@faihp.org. He 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 Aliasen - Vice Chair
Bernadette Alvarez - Treasurer
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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.