



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JUNE • 2023

# Hello Summer

***Be prepared for  
the Summer Heat!***  
***See Pg.7***



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## CEO REPORT- Selina De La Peña

*June News*

Greetings to All,

In May, FAIHP had our second Staff GONA. During this three-day training, our staff participated in many activities focusing on the GONA principles: Belonging, Mastery, Interdependence, and Generosity. Our team was fully engaged and excited to keep committing their time and energy to our FAIHP community. This event allowed for our staff to build stronger bonds to one another and to provide acknowledgement to the importance of each our roles in our organization. From activities, to shared meals and many great laughs, I must say, we had a great turnout for all 3 days. We also have two youth GONA's one for 7-12yrs and one for 13-17yrs during the summer.





# Summer Fun

It is almost officially the summer season, a time to welcome the sunshine's warmth and fun activities. Though many youth are on summer break now, it is still important to incorporate enrichment activities to keep their minds moving. This can be done in a lot of ways such as visiting a museum, at-home research using an educational website, forum or database, and math/reading challenges.

Here are a few easy activities for functional learning opportunities to do with your youth.

## Scavenger Hunt

This can be done inside or outside (ie. Native language, color coded, etc.) Try and identify the objects, plants, and animals in your environment. This is a good way to make connections between everyday things and their importance in your family's lives.

## Create a 'Zine'

Short for magazine, your youth can create a work of their own that tells a fictional or family story, details a subject, place or person they are interested in, or anything really! This can be a good time to incorporate Native languages, cultural traditions, creative writing, and poetry.

## Summer Scrapbooking

This can be done with items such as a folder, disposable film camera, stickers, markers, and memorabilia from the summer such as movie ticket stubs or dried plants. Reflect and write down details that occurred, that will be fun to look back on later down the road!

## Visit your local library

Create a summer book list and check out a few books each week of Summer Vacation. At the end of break, you can tally up and see how many books your children read and congratulate them on this accomplishment. (Bonus points if you read them together!)

## Summer Celebrations

The summer solstice this year will be on June 21st, 2023 this year. This marks the longest day of the year, where the sun is at its highest point in the sky. Many Native cultures recognize this as an important time in the year. Attend a powwow, farmers market, gardening/gathering activity, or create your own way to honor the season. Have a happy summer everyone!

**Clubhouse times are Monday through Thursday from 2pm-5pm.  
Through the first week of August**



Pride Month 2023, by Alma Santiago, ASW

## HISTORY

June is Pride month - a time to honor the LGBTQIA community, to lift their voices, celebrate their cultures, and recognize the progress and remaining work in the fight for LGBTQ+ rights. Inspired by the 1969 Stonewall Uprising, a tipping point in the LGBTQ+ rights movement in the United States, Pride is part celebration and part political activism. The purpose of the month is to recognize the impact that LGBTQ individuals have had on society locally, nationally and internationally. While a lot has changed in the 53 years since the Stonewall Uprising, the LGBTQ+ community still faces discrimination interpersonally and systemically.

## What does LGBTQIA+ mean?

LGBTQIA is an inclusive term that describes a range of sexual orientations and gender identities. The acronym stands for: Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual.

## TWO-SPIRIT

Though Two-Spirit may now be included in the umbrella of LGBTQ, the term "Two-Spirit" does not simply mean someone who is a Native American/Alaska Native and gay.

Traditionally, Native American two-spirit people were male, female, and sometimes intersexed individuals who combined activities of both men and women with traits unique to their status as two-spirit people. In most tribes, they were considered neither men nor women; they occupied a distinct, alternative gender status. In tribes where two-spirit males and females were referred to with the same term, this status amounted to a third gender. In other cases, two-spirit females were referred to with a distinct term and, therefore, constituted a fourth gender. Although there were important variations in two-spirit roles across North America, they shared some common traits: specialized work roles, gender variation, spiritual sanction, and same-sex relations. Most Indigenous communities have specific terms in their own languages for the gender-variant members of their communities and the social and spiritual roles these individuals fulfill. Today, lesbian, gay, bisexual, and transgender native people throughout North America are reviving the two-spirit role and its traditions. National gatherings of two-spirit people have been held since the early 1990s, and regional gatherings are held in many parts of the country.

## REFERENCES

<https://withtherapy.com/mental-health-resources/what-does-lgbtqia-mean/>  
<https://mhanational.org/lgbtq/pride>  
<https://www.ihs.gov/lgbt/health/twospirit/>





# DIABETES AND ORAL HEALTH

***A healthy mouth is important for everyone, but high blood sugar can make it harder to keep your mouth healthy.***

Do your gums bleed when you brush or floss? Having swollen, bleeding, or receding gums, loose or missing teeth, and even persistent bad breath are all signs of gum disease. If you have diabetes, you're at higher risk for both gingivitis (early-stage gum disease) and periodontitis (advanced gum disease).

Both start with plaque, a soft, sticky substance that accumulates on your teeth as you eat and is made up mostly of bacteria. More than 500 types of bacteria can be found in plaque—some are good for your mouth and some aren't.

Bacteria in a person living with diabetes is no different than people who do not have diabetes. The difference is how the body deals with the bacteria. If you have diabetes—especially if you're not meeting your targets—you will have more of an inflammatory response, which could result in a loss of supporting tissue for your teeth. Eventually, the tooth could become so loose it has to be removed. At the same time, poor oral health can cause blood sugars to rise, making it even harder to meet blood sugar goals.

There are some oral conditions that are more common in people with diabetes, such as dry mouth. It may be a result of aging or medications, but it could also be a complication of diabetes. Whatever the cause, the lack of saliva from dry mouth means food debris, sugar, acid and bacteria don't get washed away as easily, making it even more important to practice good oral hygiene.

There's plenty you can do to prevent gum disease. If you manage your diabetes and your oral health, you will reduce your risk.

## **What can you do?**

Good blood glucose control is key to controlling and preventing mouth problems. People with poor blood glucose control get gum disease more often and more severely than people whose diabetes is well controlled. If you have diabetes, be sure to:

- Control your blood glucose.
- Brush twice a day and floss regularly.
- Visit your dentist for routine check-ups, at least twice a year. Be sure to tell your dentist that you have diabetes.
- Tell your dentist if your dentures do not fit right, or if your gums are sore.
- Quit smoking. Smoking makes gum disease worse. Your physician or dentist can help you quit.

## Baby's First Food: What should they eat?

### Is your baby Ready for their first foods?

It's a myth that introducing solid foods to a baby less than 6 month old will help them sleep, develop, or grow better.

Here are some signs that your baby is ready for solid foods:

- ◇ They can hold their own head up
- ◇ They can sit up with support
- ◇ They show interest in food by staring or grabbing at food

*Even if baby is ready , it may take them some time to learn how to eat solid foods*



### Dangers of Starting Solids Too Early

Babies do not need solid foods, such as baby cereal, before 6 months old.

Starting solids too early might:

1. Pose a risk of choking because they may not be ready to swallow solid foods
2. Cause a baby to fill up on food and not get the nutrition they need from breast milk or formula
3. Increase a baby's risk of gaining too much unhealthy weight
4. Cause upset stomach because their digestive system might not be developed enough

### What to Serve

For babies solid foods are not meant to replace breast milk/ formula feeding. Please keep in mind:

- ◆ When adding foods, feeding should still start with breast milk or formula
- ◆ Keep it simple—offer single ingredient foods (make sure there is no added salt or sugar)
- ◆ Try offering 1-2 teaspoons of food once a day and increase according to babies' ability and appetite
- ◆ Wait a week between introducing each new food
- ◆ First foods should be smooth or finely mashed

### Foods to Avoid before 12-Months

**Honey:**—May cause food poisoning also called Botulism. This includes foods that contain honey such as graham crackers

**Cow's Milk:**—May put baby at risk for intestinal bleeding

**Unpasteurized Food/Drink:**—Wait until after a year

**Foods that may cause Choking:**—Includes Hot Dogs or Grapes

### FIRST FOODS FOR BABIES

**FRUITS:** Start with puree or finely mashed fruit (some fruits may need to be cooked to be softened).

Over time, fruits can be offered in bite size pieces. Fruits like bananas, avocados, or unsweetened applesauce are a good place to start.

**VEGETABLES:** Wash, peel, and cook fresh vegetables until tender (These can also be prepared from frozen , but avoid canned)

**MEAT & FISH:** Make sure it is soft , free of tiny bones., and easy to eat. Babies often prefer well-cooked shredded chicken.

**GRAINS & CEREALS:** Iron fortified baby cereals are often the first foods served to babies over six months of age.

**BEANS & LEGUMES:** Make sure they are cooked and have a soft texture. If canned, choose low-sodium varieties.

***Baby food can always be made at home.***

***Try making your own baby foods—this will give your baby the freshest food available.***

### 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.



# SUMMER SAFETY FOR OLDER ADULTS



**Wear sunscreen and use it correctly.**



**Avoid direct sun, especially between 10 a.m. and 4 p.m.**



**Wear sunglasses any time you're outdoors.**



**Stay hydrated—drink fluids even if you don't feel thirsty.**



**Wear loose-fitting clothing. Natural fibers like cotton are best.**



**Cool your home with air conditioning or fans, or go to a cooler place.**

## KNOW THE SIGNS OF HEATSTROKE.

- Fainting, unconsciousness
- Confusion, agitation, acting strangely
- Body temperature higher than 104°
- Dry, flushed skin, no sweating
- Very rapid or very slow pulse

**Heatstroke is an emergency. Call 911 right away.**



## National Week of Action for MMIW

In May the Native Wellness Department partnered with Owen's Valley Career Development Center (OVCDC) hosting a 5-day ribbon skirt workshop raising awareness and providing education on Missing Murdered Indigenous Women (MMIW). This workshop brought together the women's empowerment groups at FAIHP and the families at OVCDC to work, learn and heal together. Our teachers for the sessions were FAIHP community member Angela Aguilar, Paula Davila (OVCDC Language Department) and Jenny Garcia (FAIHP Family Advocate). We greatly appreciate them coming together to share their expertise in ribbon skirt making and sewing. On Friday there was a closing ceremony with lunch and closing prayer. Participants were honored with gifts for their dedication and commitment for the week. We appreciate all of the women who made each day special! Thank you all for supporting the skirt making sessions and coming together to stand in solidarity around this very important issue.



### About the National Week of Action for MMIW:

The crisis of Missing and Murdered Indigenous Women (MMIW) is a result of government policies permitting forced removal, land seizures, and violence inflicted on Native peoples. Native communities struggle and continue to struggle with the highest rates of abduction and murder of women.

The current spectrum of violence against Native women is not a "new" issue. American Indian and Alaska Native women suffer the highest rates of domestic violence and sexual assault, with more than 4 in 5 — a staggering 84.3% — having experienced violence in their lifetime. In addition, 96% of American Indian and Alaska Native female victims of sexual violence experienced violence at the hands of a non-Native perpetrator (i.e. individuals of other races).

For questions on MMIW, please contact Teela Kipp, Domestic Violence Prevention Coordinator at [tkipp@faihp.org](mailto:tkipp@faihp.org) 559-320-0490 ext. 506





# Summer

The arrival of summer is a good time to consider becoming more active when you are on a journey toward recovery from substance use or when you are trying to maintain sobriety. When you are energetic, your body releases endorphins, making you feel happier. There is no denying the warmth of the summer sunshine, especially after the record-setting winter and rain so many of us had prayed for!

When you are active outside, it can improve your mood.

Pow Wow season is here, and being around ceremonies and community is healthy. Summer is a new beginning, just as recovery is a new beginning. When you've been dealing with substance use for long periods of time, it's easy to separate yourself from people, places, and things that used to bring beauty into your life. By walking in summertime's beauty and Wellbriety, you are starting a new beginning!

If you are struggling with substance use or are seeking sober support and have made a decision to do something about it, contact FAIHP.

We have cultural knowledge and experience to help you with your Wellbriety goals, including credentialed substance use professionals and peer support through culturally based programs.

Contact Deborah 559.230.0490 or at [dgilleraan@faihp.org](mailto:dgilleraan@faihp.org)





**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:

**Jenny Garcia**

@ [jgarcia@faihp.org](mailto:jgarcia@faihp.org) ☎ 559-320-0490







**FAIHP**  
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**WISE**

WELLNESS IN OUR SENIOR YEARs Support Group

**Join the WISE Group every 2nd  
& 4th Thursday of the month**



START TIME

**1:00 pm**

END TIME

**3:00 pm**

RSVP to Jenny G. at  
559-320-0490  
[jgarcia@faihp.org](mailto:jgarcia@faihp.org)

1551 E. Shaw Ave Ste 101

[www.faihp.org](http://www.faihp.org)



# GONA

## SAVE THE DATE

### JULY 24-28, 2023

**Camp Oakhurst**

(36611 Mudge Ranch Rd, Coarsegold, CA 93614)

### Gathering of Native Americans 2023

**For Native youth ages 13-17**

Have a blast while learning about your culture, meet new friends and connect with our Native community. This camp will utilize the principles of GONA in a new and fun way! The Gathering of Native Americans is a free, week-long cultural camp.

There will be a mandatory youth and parent orientation in early/mid July.

To be added to our e-mail list and get notified when registrations are available, scan here or call Youth Services at (559) 320-0490 (press 4)

**LOGO CONTEST -**

Youth ages 13-17 can enter to have their design as the GONA 2023 logo. Contact [dandrews@faihp.org](mailto:dandrews@faihp.org) for more information.

**VOLUNTEERS** - we will need dedicated adult volunteers at GONA, if interested complete a Volunteer Application (on [faihp.org](http://faihp.org)) and return to our front office by May 31st. Mandatory training and orientation will be scheduled for GONA Volunteers.



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SCAN ME



**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](http://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)

- Monday through Thursday from 2pm-5pm. Through the first week of August

## **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, June 15, 2023**

### **How can I get involved with the CAC?**

Please contact Ruben Garcia at [rgarcia@faihp.org](mailto:rgarcia@faihp.org). He can send you more information and the Zoom link to our next meeting.