



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

AUGUST • 2023

EXTREME HEAT SAFETY



INSIDE THIS ISSUE:

CEO Report	2
Youth News	3
Counselors Corner	4
Nutrition News	5
Family Spirit.....	6
Nurses Corner	7
Native Wellness	8-9
Community News.....	10
Calendar	11



CEO REPORT- Selina De La Peña

AUGUST News

Hello Everyone,

I am happy to announce that we just finished the 12th Youth GONA (Gathering Of Native Americans) Camp! This year, we hosted over 60 youth at Camp Oakhurst, and it was a meaningful, educational, and fun time with our youth. We had over 20 staff and volunteers who went and helped in many different capacities. There were several extra amenities for the youth including sweat, archery, swimming, and hiking. We would like to thank all participants, volunteers, and staff for another great GONA



In October, we will host the first Annual Spirit Run Event on October 15, 2023. This unique event, the first of its kind in the Valley, is something we're eagerly anticipating. The potential it holds to invigorate our community is thrilling, and we can't wait to witness it.

Best,
Selina De La Peña



GONA

Gathering of Native Americans (GONA) is a wellness curriculum that explores the issues brought on by historical/intergenerational trauma through culture, healing, and traditional knowledge. This summer, FAIHP held its inaugural Cub GONA for youth ages 7-12. This 4-day journey consisted of various cultural teachings, fun activities, and field trips for the youth, with each day representing one of the principles of GONA: Belonging, Mastery, Interdependence, and Generosity.

Belonging

The first day of GONA focuses on Belonging and represents infancy. This is a time when infants and children learn who they are and where they belong. Nervousness and shyness are to be expected on this first day, so building relationships and making connections are key to establishing a sense of belonging and purpose for everyone in the group. As a group, we established norms, discussed positive affirmations, and learned about the spirit table. The youth played games to get to know their peers and make everyone feel comfortable to share and participate. They were later placed into their clans where they created their own name, symbol and chant that represents everyone in the group. To finish Belonging, the youth took a trip to the Fresno Chaffee Zoo.

Mastery

The second day is about Mastery. Mastery represents childhood and adolescence and is a time where we learn about who we are and where we come from. After energizers and storytelling, the youth learned how to take care of sage plants, and how to recognize the signs that a plant is well or unwell. The youth understood that the sage plant needs water, sun, space, soil to grow and to be healthy. They also understood that without these things, the sage cannot be well. Just like the sage plants, the youth learned that they too need certain people, teachings and tools to grow up to be strong, healthy Native people. The second day ended with a field trip to Defy and ice cream at Baskin Robbins.

Interdependence

Interdependence represents adulthood and focuses on the importance of working together. Basketry is the perfect example of interdependence. As Native people, we gather materials from the land to create our baskets which represent our spiritual connection to the earth. Each stick and shoot is harvested, cleaned, and then woven together to create a strong basket. As human beings, we are a lot like baskets in that we are different people from different places that work together to make something beautiful that helps the people. We are all interconnected and need each other. The youth then took a field trip to the Sierra Mono Museum where they saw baskets made by local elders and their ancestors, and they made traditional beaded necklaces.

Generosity

The last principle of GONA is Generosity which represents our elders. Generosity is about sharing your knowledge and giving back to the people. The youth attentively learned how to make medicine bags which they would gift to an elder in their community or family member they would like to honor. After sharing the positive words of affirmation that were shared throughout the 4-day journey, each youth received a gift from the generosity table to take home. The GONA concluded with fun activities and games at the park. The very first Cub GONA was a great success and we look forward to seeing the young ones again next year!

Social Media and Youth Mental Health



The U.S. Surgeon General's Advisory

Social media use among young people is nearly universal, with up to 95% of teenagers, and even 40% of children aged 8-12, on social media. Despite this widespread use among children and adolescents, we do not yet have enough evidence to determine if social media use is sufficiently safe for them—especially during adolescence, a particularly vulnerable period of brain development. Social media has both positive and negative impacts on children and adolescents. Different children and adolescents are affected by social media in different ways based on their individual strengths and vulnerabilities and based on cultural, historical, and socio-economic factors.

Social media can provide benefits for some children, including by serving as a source of connection for youth who are often marginalized, such as the LGBTQ+ community and people with disabilities, providing positive or identity-affirming content, creating a space for self-expression, and helping youth feel accepted. However, increasingly, evidence is indicating there is reason to be concerned about the risk of harm social media use poses to children and adolescents. Children and adolescents on social media are commonly exposed to extreme, inappropriate, and harmful content, and those who spend more than 3 hours a day on social media face double the risk of poor mental health including experiencing symptoms of depression and anxiety. This is deeply concerning as a recent survey of teenagers showed that, on average, they spend 3.5 hours a day on social media.

What's driving the growing concerns?

Social media can expose children to content that presents risks of harm:

- Social media may perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls.
- When asked about the impact of social media on their body image: 46% of adolescents aged 13-17 said social media makes them feel worse, 40% said it makes them feel neither better nor worse, and only 14% said it makes them feel better.
- Roughly two-thirds (64%) of adolescents are “often” or “sometimes” exposed to hate based content.
- Some social media platforms show suicide- and self-harm-related content including even live depictions of self-harm acts, content which, in certain tragic cases, has been linked to childhood deaths.

Social media use can be excessive and problematic for some children:

- On a typical weekday, nearly one-in-three adolescents report using screens (most commonly social media) until midnight or later.
- Studies have shown a relationship between excessive social media use and poor sleep quality, reduced sleep duration, sleep difficulties, and depression among youth.
- One-third or more of girls aged 11-15 say they feel “addicted” to certain social media platforms and over half of teenager’s report that it would be hard to give up social media

Suggestions For Protecting Your Mental Health (NAMI)

Here are a few suggestions to maintain your mental health while using social media:

- Limit your time on social media platforms. Some platforms, such as Apple and Google, have settings to help you do this automatically on your phone.
- Consider what sites and profiles you visit; if they make you feel bad, unfollow them
- Before you post something about yourself or someone else, consider if you would make this comment in an in-person setting
- Remember that what you post will be very hard to take back or remove
- Remember that what people post, or what you see, may not be honest or real presentations of their experiences or lives
- Leave or unfollow a profile/page/site if it is making you feel worse
- Report posts that are hurtful or making you worried
- Tell an adult you trust — a parent, teacher, school counselor — immediately if a friend is posting content that worries you or suggests that they may be in a serious situation.

If you or someone you know is struggling or in crisis, help is available. Call 988 or chat 988lifeline.org or you can text: (MHA to 741741).

Sources: National Alliance on Mental Illness (NAMI). Social Media and Youth Mental Health. website. 2023. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/Social-Media-and-Mental-Health> U.S. Surgeon General Executive Summary, Social Media and Youth Mental Health. website. 2023. <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/social-media/index.html>

Dietary Supplements and Women's Health

When it comes to making sure you are getting the vitamins and minerals your body needs, food is always the best option. Most women can get the nutrients they need by choosing a healthy eating style, which includes a variety of vegetables, fruits, whole grains, low-fat or fat free dairy and lean protein foods. In some cases, though, a dietary supplement may be needed. For example, during pregnancy, when eating less to promote weight loss, in later life, and if a vitamin or mineral deficiency has been diagnosed. Important vitamins and minerals for women's health are:



Calcium

Calcium helps keep bones strong and may reduce the risk of certain diseases such as osteoporosis. Focus on getting the calcium you need from foods and beverages, such as low-fat or fat-free milk, cheese and yogurt. Fortified sources, including some cereals, soy products and 100% juices can also contribute this important nutrient.

Vitamin D

Vitamin D is called the sunshine vitamin, due to our body's ability to produce it after being out in the sun. However, location, time of year and use of sunscreen can all influence this natural source of vitamin D. You can also get vitamin D from foods, such as eggs, fatty fish, fortified milk products and mushrooms. Vitamin D plays a role in bone health and helps with the absorption of calcium.

Vitamin B12

Vitamin B12 is found in animal products. Lean meats, fish, poultry, eggs and low-fat dairy foods are good sources of this vitamin. Vegetarians, vegans and others who avoid these foods can get vitamin B12 from fortified foods including some breakfast cereals and meat substitutes, but a supplement may also be needed.

Folate and Folic Acid

Your body needs folate to keep red blood cells working normally. It also has been found to help prevent birth defects caused by neural tube defects. Thus, folic acid, the supplemental form of folate, is included in prenatal vitamins. Most women can get the folate they need by including a variety of food sources, such as dark green leafy vegetables, oranges, nuts, beans, seafood and dairy products in their eating patterns. Plus, many breakfast cereals and breads are enriched with folic acid.

Magnesium

Many Americans do not get the daily recommended amount of magnesium in their diet, yet a variety of foods provide it. Sources of magnesium include: beans, nuts, whole grains and green leafy vegetables. Although some studies have found that magnesium supplements may help reduce symptoms of certain health conditions, more research is still needed. Plus, magnesium supplements may not be recommended if you are taking certain medications. So focusing on food sources of magnesium is often preferable.

Eye Health for Infants, Toddlers, and Pregnant Women

Children's Eye Health and Safety Month is celebrated every August to bring awareness about the importance of taking care of children's eyes. Eye Health is essential to children's development and careful attention can help catch problems early. Here is some information about a child's eyes and problems parents should never ignore.

BABIES

- At 3-5 months a babies' eyes should start focusing and follow objects.
- At 5-9 months old, babies get better at reaching for objects and see three dimensional.
- At 9-12 months old, the babies' eyes have nearly turned to the last color of development.
- At 1-2 years old the child can roll back and forth their eyes to help the child keep track of objects.

TODDLERS

- In early stages of life, toddlers can develop misalignment—this is where one eye looks straight but the other eye drifts off.
- The virus Measles is the cause of many children's blindness in the U.S. and Europe. It's important to make sure to get your kid vaccinated.
- Make sure to keep toddlers away from cleaning products of any type to ensure no damages to the toddler's eyes.

SCHOOL-AGE CHILDREN

- During this stage of life most school-age children are farsighted and won't need glasses.
- Some children have significant farsightedness, which can lead to of strabismus (cross eyes) and amblyopia ("lazy eye") if left untreated
- Encourage your child to follow the 20-20-20 rule where your child looks up from the screen every 20 minutes, focus 20 feet away, and for 20 seconds (see Tips below).

PREGNANCY

Smoking while pregnant can harm an unborn child's eyes and led to premature birth.

Babies born too early (Preemies) are more likely to have permanent vision loss or even blindness.

How to Promote Eye Health

BOOST VISUAL ENGAGEMENT: Use high contrast colors/patters in toys and décor. Approach from all angles to get child comfortable with wider field of vision. Play peek-a-boo (infants) or a game of catch (toddlers/older children) to stimulates hand-eye coordination.

PROVIDE BALANCED DIET: Nutrients such as zin, omega-3's, lutein, and vitamins A, C, and E are beneficial for eye health. These nutrients can be found in oranges, strawberries, mangos, leafy greens, eggs, nuts, and most fish.

PROTECT EYES: Keep screens 18-24 inches from eyes. Practice the e 20-20-20 rule, which is to look away from screen every 20 minutes and look at least 20 feet away for at least 20 seconds.

REGULAR EYE EXAMS: It is recommended that children should start vision screening at around 3 years old. However, talk to your pediatrician or eye doctor anytime you suspect an vision problems.



Warning Signs!!!

- ◇ Blurred or double Vision
- ◇ Crossed eyes
- ◇ Eyes turn in or out and do not focus
- ◇ Redness or welling of the yes
- ◇ Eyes are sensitive to light
- ◇ Eyes appear to Bulge
- ◇ Excessive tearing/drainage of the eyes
- ◇ Squinting
- ◇ Excessive eye rubbing
- ◇ Difficulty reading
- ◇ Tilting of head to see
- ◇ Difficulty performing "close-up" tasks
- ◇ Jiggly/Dancing eyes
- ◇ Abnormal sized eyes
- ◇ Droopy eyelid



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.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
 - You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
 - Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



Native Wellness Monthly news and updates

Good day to you all from the Native Wellness Department at FAIHP. Our garden has produced some tomatoes, bell pepper, chili's and zucchini recently and were given to our WISE group. We share tips and tricks about gardening at WISE as well at other groups. Many of our community members that have been participating at our groups have also brought seeds or plants in to share with other community members. From our FAIHP garden we have also harvested and gifted away seeds grown in our garden. We currently have Arugula seeds, white sage, broccoli seeds, and River sage seeds.

Gardening activities are currently incorporated into some of our groups at various times.



TOMATOE



BELL PEPPER



ZUCCHINI



CHILI, TOMATO, BELL PEPPER

WISE group is every 2nd & 4th Thursday of the month from 1pm to 3pm in our Native Wellness Department suite 101.



Beading group is Every Tuesday from 5 :30pm to 7:30 pm in our Native Wellness Department suite 101.



BEADING

If anyone is interested in Gardening, WISE, or Beading please contact Jenny Garcia from our Native Wellness Department at Fresno American Indian Health Project.

If anyone is interested in joining any other groups offered at FAIHP, please call the front office so you could be connected with the right staff in charge of individual groups you are interested in.

Fresno American Indian Health Project.

1551 E. Shaw Ave., Fresno, California 93710.

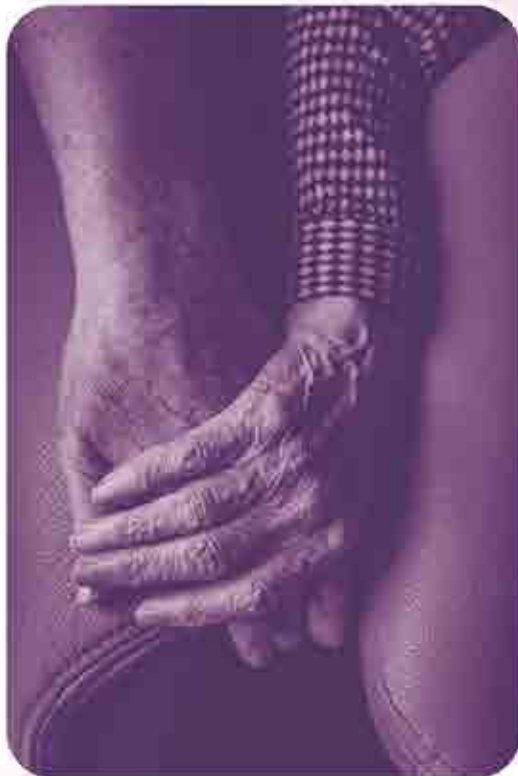
Phone: (559) 320-0490

2nd Annual

Native American Caregiver Forum



***For Those Experiencing Or Caring For Memory Loss,
Alzheimer's, and Dementia***



Date: August 18th, 2023
Time: 9:00 AM - 2:00 PM

**Place: Clovis Veterans Memorial District
808 4th Street, Clovis CA 93612
Veterans Room A & B**

- **Special Guest Presenters**
- **Vendor Booths**
- **Resources**
- **Lunch Provided**

***For more information contact Teela at (559) 320-0490
or tkipp@faihp.org***

Scan QR Code to register

Presented by:



FAIHP
Fresno American Indian Health Project





OCTOBER 15, 2023

AT WOODWARD PARK, FRESNO, CA

The Spirit Run is a Free community event aimed at promoting health and wellness among Native American communities in the Fresno area.

Featuring:

- 5K Run / 2 Mile Walk
- Native Drumming
- Ceremonies
- Light Refreshments
- Inter-Tribal Participation
- FUN for The Whole Family
- Must Register to Participate

For more information about our Spirit Run, please contact FAIHP at 559-320-0490



FAIHP
Fresno American Indian Health Project

(559) 320-0490
www.faihp.org



**You Must Register
To Participate for the event
Please scan QR Code**

Please note: Pre-registration is limited to the first 250 runners/walkers. They will receive a Participant Bag, which includes: timing bib, t-shirt, bag, and packet of items, per participant. Pick up your Participant Bag on event day only, from 7:00-8:30AM. Items are not guaranteed for late arrivals.



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

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

- Via phone or video

Talking Two Spirit Coffee Hour

- 1st Friday - 11:00-1:00pm

- In-person

- or Via Zoom

Women's Wellness Group

- Fridays - 5:30-7:30pm

- In-person

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, AUGUST 14, 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 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.