

ABC



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007 SEPTEMBER • 2023

Back to School



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CEO REPORT- Selina De La Peña

SEPTEMBER News

Hello Everyone,

We're thrilled to invite you to a unique event that combines fitness, culture, and community – the Fresno American Indian's Health Project's Spirit 5K Run/Walk. Taking place on October 15th, 2023, at Woodward Park in Fresno, California, this 5K goes beyond the ordinary. We will be hosting some of the local tribes who will send two runners to represent them on race day!

We will be offering traditional drums and the grace of Native Dancers to start and finish this unique FREE event. More than a race, this event celebrates our heritage through cultural performances and ceremonies. Your participation not only promotes your own health but also supports our purpose to provide crucial health services to the Native American communities we serve. Mark your calendar for this exceptional day of unity and wellness. We have a handfull of spots left so please register soon.

Best,
Selina De La Peña

SPRIT RUN
1st ANNUAL

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

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

FAIHP
(559) 320-0490
www.faihp.org

Please note: Free registration is limited to the first 200 runners/walkers. They will receive a Participant Bag, which includes running shoes, a water bottle, and a medal. A fee, per participant, will be charged for the event. Registration is open from 7:00 AM to 11:00 AM. Spaces are not guaranteed for late arrivals.



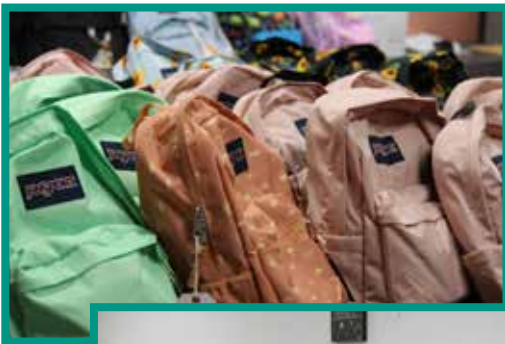
Youth Services had a busy summer! **GONA** took place July 24 - July 28, 2023 at Camp Oakhurst. There were 55 youth ages 13-17 years old who attended representing 15 tribal groups. Throughout the week the youth learned about the teachings of Gathering of Native Americans: Belonging, Mastery, Interdependence, and Generosity and learned about wellness and community-building.



Youth participated in activities including sweat, drumming, swimming, archery, and hiking. All youth also participated in a painting session with Native artist Bobby Martin. Thank you to all of the youth who participated and to all of the volunteers who helped! If you're interested in volunteering at FAIHP future events, please connect with the front office to learn how.



The **FAIHP Backpack Giveaway** took place on August 8, 2023. 77 backpacks were distributed during the event and we had 112 participants, there was face painting and balloon making for the youth to enjoy while they received a backpack. We hope all the students in our community are having an awesome start to the school year!



P.A.I.R. U.P. WITH MINDFULNESS

by David Stroud, LMFT

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. It has been found to be a key element in stress reduction and overall happiness. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, and are better able to form deep connections with others.

The following acronym P.A.I.R. U.P. is one way to bring mindfulness into your life and relationships. It doesn't mean things are going to be perfect, but accepts that sometimes life can have challenges. Developing these skills can help you find balance and shift your perspective. Read the following explanations and answer the questions below.



P: Present-Moment Participation

Whole-hearted participation and engagement with others, helps to build trust and develops stronger connections and friendships.

A: Attuned Acceptance

You might not be able to control everything that happens in your life, but you can control your attitude. Acceptance offers greater calm, and attunement means having more empathy and understanding of others, even if they don't agree with you.

R: Reflection

Pause and reflect on your relationships. Think about which values matter the most to you. This can help you discover fresh insights and move in new directions.

U: Understanding of Suffering

When you realize all people suffer in some way, you gain a greater sense of patience and compassion for others.

P: Purposeful Partnerships

By finding your purpose and supporting others, you develop a network of meaningful relationships and community partnerships.

Reflecting on the following questions can help increase self-awareness about your impact on others.

- 1: Which one of these skills would make a positive difference in your life right now, and why?
- 2: Which skill feels the most challenging to you, and why?
- 3: Which of these skills do you currently use in your life and relationships?
- 4: What would most change in your life if you could bring P.A.I.R. U.P. into it?

References: <https://www.helpguide.org/harvard/benefits-of-mindfulness> The Mindfulness Toolbox for Relationships by Donald Altman



Focus on Nutrition in Every Decade of Your Life

Can I eat the same way in my 40s as I did in my 20s? Each decade brings specific health concerns and different nutrition needs. Eat right for your age to help you sail through your life feeling great!

Teens to 20s: Bone Building

In your 20s, you're still building bone density and you want to help them grow as strong as possible. The stronger they are now, the better bone density in your later years. Try to eat 1-3 servings of low-fat or fat-free dairy products, calcium-fortified foods and beverages (such as soy milk, 100% fruit juices and cereals), and include other calcium sources like beans, leafy greens, almonds and canned salmon, daily. Cutting back on soda and coffee will also help to keep calcium stores high.

20s to 30s: Baby on Board

A healthy woman's body needs to take in folate or folic acid, an important nutrient throughout these two decades. This B Vitamin helps prevent neural tube birth defects such as spina bifida. Many women don't get enough of this vitamin. Many breads, cereals and grain products are fortified with folic acid; whereas numerous fruits and vegetables are good sources of folate.

During these years of life, it is also important to think about how to prevent chronic diseases that become more prevalent as we age. A well-planned eating pattern based mostly on whole plant foods including whole grains, legumes, fruits, vegetables, nuts and seeds can help reduce the risk of chronic diseases such as Type 2 diabetes, coronary heart disease and certain types of cancer now and later in life.

30s to 40s: Keeping Score

During your 30s and 40s, it is a good time to be vigilant about eating plenty of fruits and vegetables, which contain health-promoting vitamins, minerals, antioxidants, and dietary fiber. Adults in this age range need at least 1½ to 2 cups of fruit and 2½ to 3 cups of vegetables a day for women and men, respectively. Explore new tastes by trying a new fruit or vegetable a couple of times a month!

40s to 50s: Mindful Eating

A lot of change happens in these two decades, especially for women. Hormone fluctuations cause changes in metabolism and body weight. Focus on mindful eating and regular physical activity.

Men also need to consider the changes that occur as they age. Around age 40, calorie needs to start to decrease so eating the same amount as you did in your 20s and 30s may cause weight gain. Of course, regular physical activity can help with weight maintenance and provide other benefits, too. A minimum of 150 minutes of moderate-intensity physical activity is recommended weekly for adults.

60s and Beyond: Protein Power

We tend to lose muscle as we age. Protein, along with regular strength building activities, is essential for maintaining muscle. Consuming enough protein may also be linked with good bone health.

Fetal Alcohol Syndrome

What is Fetal Alcohol Syndrome?

...it's an irreversible condition affecting children caused by alcohol exposure during pregnancy. Fetal Alcohol Syndrome causes brain damage, growth and behavioral problems.

BEHAVIORAL & SOCIAL PROBLEMS

- ⇒ Poor Social Skills
- ⇒ Problems in School
- ⇒ Impulse Control and Behavioral Struggles
- ⇒ Difficulty Adapting to Change
- ⇒ Problems with Planning
- ⇒ Trouble getting along with others



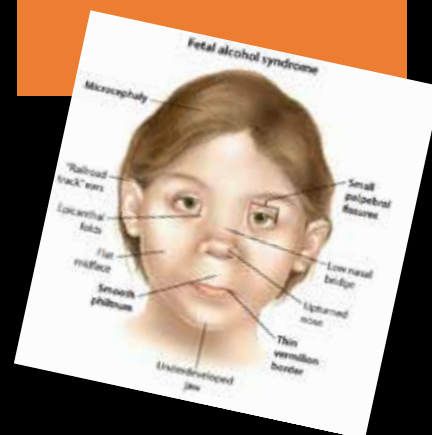
BRAIN & CENTRAL NERVOUS SYSTEM ISSUES

- ⇒ Learning Disorders
- ⇒ Intellectual Disabilities
- ⇒ Developmental Delays
- ⇒ Memory and Attention Difficulties
- ⇒ Problem Solving and Reasoning Issues
- ⇒ Hyperactivity
- ⇒ Poor Coordination and Balance
- ⇒ Rapid Mood Swings



PHYSICAL DEFECTS

- ⇒ Distinctive facial features
- ⇒ Thin upper lip and small eyes
- ⇒ Slow growth rate
- ⇒ Small brain and head circumference
- ⇒ Vision and Hearing difficulties
- ⇒ Limb, finger, and joint



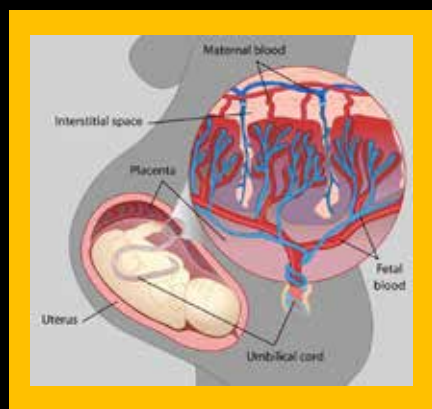
There is **NO KNOWN SAFE AMOUNT** of alcohol use during pregnancy or while trying to get pregnant!!!

***All types of alcohol (beer, wine, liquor) are equally harmful

***Alcohol can cause problems for the baby throughout pregnancy (even before a woman knows she is pregnant)

Reasons to Avoid Alcohol BEFORE Getting Pregnant

- ◇ May be pregnant and not know it yet
- ◇ Most women do not know they are pregnant for up to 4-to-6 weeks
- ◇ May be exposing baby to alcohol without meaning to
- ◇ Alcohol use during pregnancy can lead to miscarriage, stillbirth, or other disabilities



Do you have Questions about this topic?

The FAIHP Family Spirit Program 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.

Water is Sacred, Water is Life

Hydration is the easiest and most crucial way to ensure your body is handling extreme heat effectively.

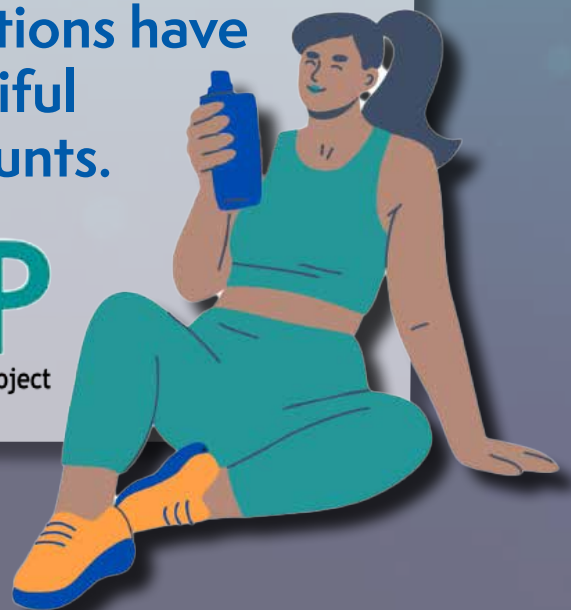
Staying hydrated means you're replacing fluids lost during the day, which keeps your body operating smoothly.

This summer, be mindful of conserving water. Water is the source of life, a precious gift and resource. To ensure our future generations have access to clean and plentiful water, every drop today counts.



FAIHP

Fresno American Indian Health Project





Meet Doria our Wellbriety Champion! Celebrating one year of continuous sobriety on October 21, 2023

Doria struggled with substance use disorders in the past, including alcohol, and decided to change her life. Doria stated that “through CPS involvement,” she knew she had to change for herself and her children.” She started her recovery by attending a treatment program at Pacific Shores in Newport Beach. Upon returning home to Lemoore, she started to attend The Sacred Circle Meetings, where she gained cultural and community support. Doria also attended and graduated from The Medicine Wheel 12 Step Classes at FAIHP,

which offers a culturally sensitive approach for Native Americans addressing substance use disorders. Doria graduated and has prioritized her recovery in her life—**We are very proud of her accomplishments!**

Through these steps, Doria has completed all the requirements for CPS and regained custody of her children. Doria has become involved in The Traditional Circle with her Mom and Tribe. Doria continues to Walk The Red Road to Wellbriety. (Wellbriety means to be sober and well) Doria exemplifies hard work and dedication for herself, her children, and the community! **Doria, you are an inspiration!**

For information about the Medicine Wheel 12 Step Classes, contact Deborah at 559-320-0490 or dgilleran@faihp.org



**Save the Date:
November 18th, 2023!**

1551 E. Shaw Ave. Fresno CA 93710

Mark your calendars for the most exciting event of the year! The Fresno American Indian Health Project is proud to announce the Native Days Car & Bike Show, taking place on November 18th, 2023, at FAIHP.

Join us for a day of cultural celebration, featuring traditional Native American dance performances, craft vendors, music, food, and more. See a variety of classic cars, hot rods, motorcycles, and other vehicles on display in the car and bike show.

But that's not all – the Native Days Car & Bike Show is also a scholarship fundraiser, with proceeds going towards providing financial support for Native American students in the Fresno area. By attending the event, you'll not only have a great time, but you'll also be making a difference in the lives of people in our community.

If you would like to be a vendor or enter your Car or Motorcycle we have registration forms available now.

Sponsorship & Donation opportunities are available, call today!
1551 E. Shaw Ave. #139 - Fresno CA 93710
(559) 320-0490 - www.faihp.org



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- FUN for The Whole Family
- Must Register to Participate

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



(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, September 18, 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

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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.