



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

DECEMBER • 2023

# Happy Holidays



December 9 @ FAIHP



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## CEO REPORT- Selina De La Peña

DECEMBER News

Dear valued friends and community members,

As we bid farewell to another transformative year at Fresno American Indian Health Project, I am overwhelmed with gratitude for the incredible journey we've shared. Together, we've accomplished remarkable milestones, advancing our mission to enhance the health and well-being of our community.

In the spirit of reflection, we've witnessed the positive impact of our collective efforts—improving healthcare access, promoting wellness, and fostering a sense of unity among us. The dedication of our team and the resilience of our clients have been the driving forces behind these achievements.

### ***November Highlights:***

We held our Annual Native Days Car Show, even though it was a rainy day we still had a great turnout. We were excited to give out \$10,000 worth of educational scholarships to 10 worthy recipients with the help of our community sponsors through generous donations.



We extend our deepest appreciation to each client who entrusted us with their health and well-being. Your trust motivates us to continually strive for excellence in providing culturally sensitive and comprehensive care. Looking forward, we're excited about making our services better, reaching more people, and getting even more involved in the community. Wishing you all a wonderful holiday season and a year ahead full of good things.

Sincerely,

Selina De La Peña

# Youth Happenings

Clubhouse was jammed packed with events in November. We started the month Pnishing off with Halloween parties. Being that November was Native American Heritage month the youth did activities that were rich with culture. Throughout the month the youth beaded, made pine needle baskets, did the FAIHP indigenous food challenge and wrote a paragraph about what being Native American means to them. The SONS of Tradition got to take a trip to Alcatraz for the sunrise ceremony and had a blast.



We are looking forward to December and our Annual Clubwise get together as well as our Christmas parties and exchanges with youth.

## December Events:

- Handgame Tournament Dec. 2nd- Need to Register with Anthony Utterback
- Clubwise Dec. 16th- Need to Register with Dori or Jenny
- No Clubhouse Dec. 8th, 20th, 22nd-Jan 2nd





# Coping With Holiday Stress

Stefani Koda ASW, CADC-III, Outpatient Therapist

Looking ahead to holiday gatherings, events and activities may fill you with anticipation and excitement, along with a little angst. You may feel that build-up of anxiety as the holidays approach. According to a recent APA poll, nearly one in three Americans expects to be more stressed this holiday season than last year. On top of the inevitable complexities and tensions of family relationships, you may be feeling the pressures of holiday shopping, gift and travel expenses, the stress of hosting gatherings or managing a packed calendar of holiday events. High, and sometimes unrealistic expectations for the holidays can add to the stress. Loneliness and grief can also be heightened during the holidays.

Here are some coping strategies to help you bolster your mental health during the holidays.

## **Practice Mindfulness and Meditation**

Mindfulness can be a valuable mental wellness tool. Mindfulness practices can be particularly helpful if you are traveling or dealing with an unusual schedule. If you're new to mindfulness, there are many online resources and apps to help you; here's a quick beginner's guide to help you get started and more on mindfulness from the University of Minnesota, Center for Spirituality and Healing. You can search here for mindfulness apps.

## **Preventing Burnout — It's OK to Say No**

For many, the holiday season brings joy, but it can also bring more stress and some conflicting obligations. It is important to prioritize and simplify: prioritize what brings joy and emotional recharge (people or activities) and simplify when you can. It might be nice to make your grandmother's cookie recipe from scratch for every holiday, but if that's stressful for you, buy cookies at the store and celebrate. It's okay to say no to situations that stress you out, whether it's attending a party with people who have mistreated you or missing a party in a week that's been too intense at work.

## **Take a break**

Many families have that one member who can turn a pleasant conversation into a family feud. If you see things are starting to take a turn for the worse, try not to let it escalate. There is no shame in removing yourself from the situation. Get up and leave the room or step outside until everyone cools down.

## **Get Some Fresh Air and Sunlight**

Even if you're not a big winter sports enthusiast, getting outside and some fresh air and exposure to sunlight can help relax you and lift your mood. Many people struggle with some feelings of depression during the winter months with fewer hours of sunlight and more time spent indoors. Walking outside in the sun can be an effective centering and calming tool. Numerous studies have pointed to the mental health benefits of spending time in nature, including stress relief, better concentration, lower levels of inflammation and improved mental energy.

## **If You're in Therapy, Stay in Therapy**

Although the holiday season may be overwhelmingly busy, try to keep any regularly scheduled therapy a priority. The holidays can bring up difficult emotions. Keeping scheduled therapy sessions helps ensure you have built-in time to explore anything that comes up. If you are going out of town and you typically meet in person, ask your therapist about a virtual meeting.

Managing mental illness is a challenge, and it can be particularly difficult during the holiday season. While the struggle can feel isolating, remember that you are far from alone. Talk with supportive friends and family and seek help from a mental professional if you need to, maintain your self-care routines, and consider including mindfulness practices into your days as you navigate your way through the holidays.

## **Grief and Loss**

During the holiday season, many people may have a more difficult time missing a loved one they have lost or simply experience increased grief or loss. This can be especially true for people having their first holiday season without a loved one. Instead of trying to avoid thinking about your loved one, psychiatrist Ludmila De Faria, M.D., suggests honoring and celebrating them by getting together with other family members and friends and treasuring their life stories, especially stories that highlight important aspects of their life and personality.

## **Financial stress**

Holiday spending can easily leave people in debt, contributing to stress that may last well into the new year. This year's inflation is only adding to the financial burden. Try to avoid overspending and focus on celebrating together and showing affection by being present, engaging, and supporting each other. Instead of one gift per person, consider a Secret Santa, instead of expensive gifts, consider homemade or handmade items, that may carry special meaning to those receiving them.

**For more information about resources for therapy, see our website: Fresno American Indian Health Project [www.faihp.org](http://www.faihp.org) or call (559) 320-0490**

Article Resource: American Psychiatric Association, December 21, 2022

Weblink: <https://www.psychiatry.org/news-room/apa-blogs/seven-ways-to-cope-with-holiday-stress>



The holidays are a time to enjoy **friends**, **family** and **food**. And - contrary to popular belief, you can have all three without putting on the extra pounds!

On average, **Americans gain approximately one to two pounds during the holiday season**. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through Mindful Eating. To eat this way means, we think about our motivation behind eating and we pay attention to how much we eat. Here are a few simple strategies to help you eat better this holiday season!

### 1) Don't Skip Meals (especially Breakfast)

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. High-fiber foods are high in volume and will satisfy hunger, but are lower in calories.

### 2) Remember: Everything in Moderation!

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

### 3) Use a Smaller Plate (a 9-inch plate is an ideal size)

There are many strategies to help you avoid overeating, such as using a smaller plate. When you eat off of a smaller plate it allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.

### 4) Get moving!

Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.



## TIPS FOR KEEPING KIDS HEALTHY DURING COLD & FLU SEASON

**AVOID CLOSS CONTACT**—Close contact may result in germs that can spread directly from person to person

**CLEAN YOUR HANDS**—Wash hands with soap and water for at least 20 seconds. Alcohol based sanitizer can be used when soap and water is not available

**COVER YOUR MOUTH AND NOSE**—Always cover your nose/mouth when coughing or sneezing. Viruses mostly spread through droplets when people cough, sneeze or talk.

### PRACTICE GOOD HEALTH HABITS—

Clean and disinfect frequently touches surfaces at home, work, and school



**GET VACCINATED**—Protect your family by getting the flu vaccine annually. This vaccine helps prevent illnesses, medical visits, hospitalizations, and even death.

### SLEEP, EXERCISE, and NUTRITION—

Children need balance nutrition, exercise, and enough sleep to keep their bodies strong

**AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH**—A person can get sick if they touch something that is contaminated with germs and then touch their eyes, nose, or mouth.

**STAY HOME WHEN SICK**—This helps prevent the spread of illness to others

### Top 5 MYTHS About the Flu

1. Flu shots can give you the flu.  
**FALSE.** It takes 7-14 days for the vaccine to work. If you get sick after a flu shot, you were going to get sick anyway.
2. Healthy people don't need a flu shot.  
**FALSE.** The CDC recommends flu shots for every person over the age of six months old.
3. The flu is just a really bad cold.  
**FALSE.** In 2018, more than 36,000 people died from the flu in the United States.
4. If I get the flu, I can just take antibiotics.  
**FALSE.** Antibiotics treat bacterial issues, but the flu is a viral infection.
5. I had a flu shot last year, I'm all set.  
**FALSE.** Unlike some vaccines, the flu shot must be given annually to be effective. The virus changes each year and each new strain requires a new vaccine.

IS IT A COLD OR FLU?		
Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

### 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.

# Protecting Yourself From Flu



Wash your hands



Wear your mask



Sanitize your hands

Keep your distance



Get vaccinated



## Common vaccine side effects may include:

- Soreness, redness, and swelling where you got the shot
- Fever
- Headache
- Muscle aches

These side effects are typically mild and don't last long! They aren't "sickness", and are your bodies natural way of reacting to the vaccine.



## Benefits of the flu shot

- Make it less likely you get sick
- Reduce the seriousness of illness if you do get sick
- Protect our communities

*Schedule your flu shot today!*  
559-320-0490 Option 2





## Sober Holiday Support Systems

**Meetings** – If you are a 12-step member – Come to the Red Road Pow Wow, where we offer meetings and a Soberity countdown to bring the New Year In in a good way, also weekly Sacred Circle Meetings Wednesdays at 5:30 pm or Noon meetings starting Friday, December 15, 2023 at 12:00pm-1:00pm lunchtime check-in!

**Limit triggers** – It is important to take care of your basic needs first (food, sleep, and mood) in order to manage your triggers. Once you identify your triggers, take notice of your warning signs (thinking patterns and seeking out unhealthy situations). FAIHP has therapists and counselors to help!

**Engage in healthy self-care** – Pick up a new, healthy activity this holiday season so you do not revert back to old patterns. Come to FAIHP and join our Walking or Exercise Group!

**Set boundaries** – Rehearse how you will decline alcoholic beverages or substances and practice how you will respond to questions about your recovery that you are not ready to answer.

**Peer Support** – If you are part of a support group, make the time to engage in more meetings during the holiday season! Come to FAIHP and meet Michael Jimenez, our Peer Support Specialist!

**Be intentional about the invitations you accept** – Your peace of mind is important and can be maintained by saying yes to celebrating in ways and with people who support your Wellbriety or recovery. Wellbriety means to be Sober and Well.

**Create a plan** – Start each day with a plan to prevent high-risk situations. This could include bringing an accountable person to holiday events, bringing your own safe foods or drinks to enjoy, or creating an exit plan should you find yourself in an unhealthy situation.

**Connect with sober contacts** – During these very stressful times, it is important to maintain connections to others in sobriety. Attend the Sacred Circle! Don't be afraid to reach out!

**For more information Contact:** SUD Counselor; Deborah Gilleran-dgilleran@faihp and Peer Support Specialist; Michael Jimenez-mjimenez@faihp.org



**FAIHP**  
Fresno American Indian Health Project

1551 E. Shaw Ave. Fresno CA 93710  
(559) 320-0490



# Winter Holiday Craft Fair Dec. 9, 2023

10:00am-4:00pm @FAIHP

*The FAIHP Community Advisory Committee (CAC) and OVCD beading classes will be joining together for a holiday craft sale. Stop by for any hand beaded or hand crafted gifts for your family and friends. The CAC is working to create space and opportunity for vendors to share their talents and amazing work!*



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







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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

**12:00 pm**

END TIME

**2:00 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)**



**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

## **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, December 18, 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.



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1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

Fax: 559.320.0494

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



**ATTENTION:** If you would like to receive the Newsletter in digital format only please let us know contact: [mcolvard@faihp.org](mailto: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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*Learn more about the board  
at [www.faihp.org/about-us/board-of-directors](http://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.