



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

FEBRUARY • 2024

*We Love Serving  
Our Community!*



## 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 .....	10-12
Calendar .....	13



## CEO REPORT- Selina De La Peña

*FEBRUARY News*

Dear FAIHP Community,

It's a thrilling time at the Fresno American Indian Health Project (FAIHP) as we gear up for a period of significant growth. Our commitment to advancing innovative healthcare practices is reaching new heights, and we are delighted to share the exciting developments with you.

FAIHP is undergoing a transformative phase with renovations aimed at creating a more welcoming and advanced healthcare environment. These improvements reflect our dedication to providing the best possible care for our community. From upgraded facilities to enhanced amenities, these changes are designed to elevate the overall experience for our patients and staff.

The Fresno American Indian Health Project received a \$9000 donation from Picayune Rancheria of the Chukchansi Indians. The funds received will be directed towards suicide prevention efforts. The donation stemmed from a fundraising event on September 30 at Chukchansi. Orianna Walker from the Picayune Rancheria of the Chukchansi Indians shared that the goal was to support organizations aiding individuals affected by suicide. The successful gala included dinner, presenters, and entertainment, and the community exceeded expectations.

A special thank you to the Picayune Rancheria of the Chukchansi Indians for their dedication to preventing suicide in the indigenous community.



In January, we had some awesome workshops and classes like the Eagle Walk, Youth Karate, Bobby Martin Paint Night, Fatherhood Is Sacred, Bi-weekly Yoga, Youth Drum Circle, Garden Workshops, Sons of Tradition at the Alcatraz Sunrise Ceremony, and Talking 2-Spirit. Lots of fun and learning in our ongoing groups too!

### **\*\*Save the Date: 2nd Annual 5K Spirit Run - April 27th:\*\***

In the spirit of Unity, we are thrilled to announce the 2nd Annual 5K Spirit Run on April 27th. This event is not only a fun and fitness-filled day but also a chance for our community to come together and strengthen the bonds that make FAIHP so special. We invite each of you to mark your calendars and join us for this exciting occasion.

As we embark on this journey of growth, we extend our gratitude to the FAIHP community for your continued support. Together, we are building a healthier and more vibrant future.

Warm regards,

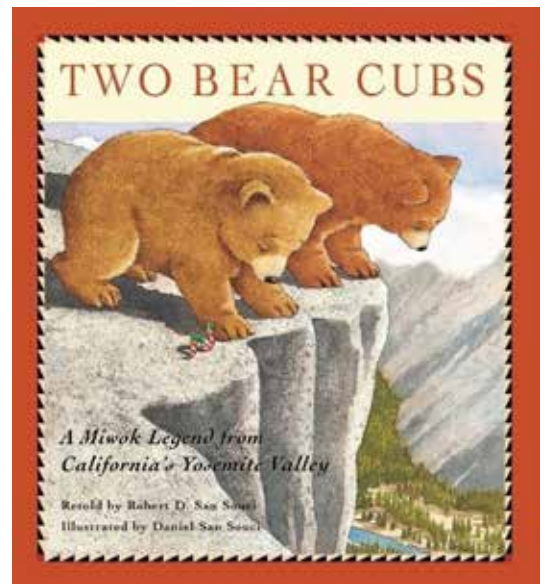
Selina De La Peña  
CEO, FAIHP





# Youth Happenings

For 2024, Youth Services will be conducting Reading Circles once a month with Clubhouse youth! The purpose of the Reading Circles is to give youth the opportunity to practice their literacy skills with their Clubhouse peers and to get engaged with books in a fun and meaningful way. The book of the month for January 2024 was *Two Bear Cubs: A Miwok Legend From California's Yosemite Valley* by Robert D. San Souci. Each youth made a bear necklace as a cultural activity and they all took home their own copy of *Two Bear Cubs* to build their libraries of Native American children's books and stories at home.



# Mental Health Benefits of Walking:

by David Stroud, LMFT

- Regular walking helps slow the decline of cognitive functioning as you age.
- Walking helps relive insomnia and encourages more restful sleep.
- Walking releases endorphins and has been shown to improve the mood of those experiencing depression.
- Walking and getting healthier may help boost confidence and self-esteem.
- Some studies show that regular exercise works as well as medication for some symptoms of anxiety and depression.
- Walking in nature may improve short-term memory and attention span.

## **Walking Reduces Risk Factors Associated With:**

- High blood pressure
- Heart disease
- Osteoporosis
- Breast cancer
- Colon cancer
- High cholesterol
- Diabetes

## **Build a Walking Routine with These 4 Steps:**

1. Plan a route that fits your ability. Make it challenging, but not so hard you don't want to do it.
2. Warm up by walking briskly for 5-10 minutes until you feel your heart rate pick up.
3. Cool down at the end of your walk by taking it slow for about 5-10 minutes. This helps your muscles cool down and your heart rate return to normal.
4. Stretch out your body after your walk. Post-work out is considered the best time to stretch.

Reference: Goodtherapy.org





# 25 Heart-Healthy Cooking Tips

**To lower your risk of developing heart disease or to manage your existing disease, try these tips for preparing meals:**

## Limit Intake of Fats, Particularly Saturated and Trans Fat

- Include plant foods as your source of protein, including soybeans, pinto beans, lentils and nuts.
- If you eat meat, lower your portion size and select lean cuts, especially those with “loin” or “round” in their name.
- Cut back on processed meats, which are high in saturated fat and carcinogens, such as hot dogs, salami and bacon.
- Bake, broil, roast, or stew lean meats, fish or poultry.
- Drain the fat off of cooked, ground meat and remove the skin off of fish and poultry.
- When you make a stew or soup, refrigerate leftovers and skim off the fat with a spoon before reheating and serving.
- Reduce the amount of cheese that you consume. Replace higher-fat cheeses with lower-fat options such as reduced-fat feta and part-skim mozzarella.
- Thicken sauces with evaporated fat-free milk instead of whole milk, or even instant potatoes.
- Move toward using plant-based or lower-fat milk and yogurt. Start with 2-percent products, then move to 1-percent and finally to fat-free to adjust to the new taste.
- When baking, use liquid vegetable oils and soft margarine instead of stick margarine or shortening. Even better, try using applesauce or mashed bananas.
- Limit trans fats often found in foods such as cakes, cookies, crackers, pastries, pies, muffins, doughnuts and french fries. Many food manufacturers have removed trans fats from their foods. Check the Nutrition Facts Label on food packaging to see if trans fats are listed.
- Use small amounts of oils such as canola and olive in recipes and for sautéing. Always keep trying to reduce the amount of oil you are using.

## Eat Whole Foods that Contain Omega-3 Fatty Acids

- Select whole foods that provide omega-3 fatty acids, such as flaxseeds, chia seeds, and walnuts.
- Add walnuts to cereal, salads or muffins.
- If you eat meat, try replacing some of your meat dishes with two 4-ounce portions of fatty fish each week, such as salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.
- Reduce Salt (Sodium)
- Prepare foods at home so you can control the amount of salt in your meals.
- Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
- Add no additional salt to food at the table.
- Select reduced-sodium or no-salt-added canned soups and vegetables.
- Check the Nutrition Facts Label for sodium and choose products with lower sodium content.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

## Bulk Up on Whole Grains & Veggies

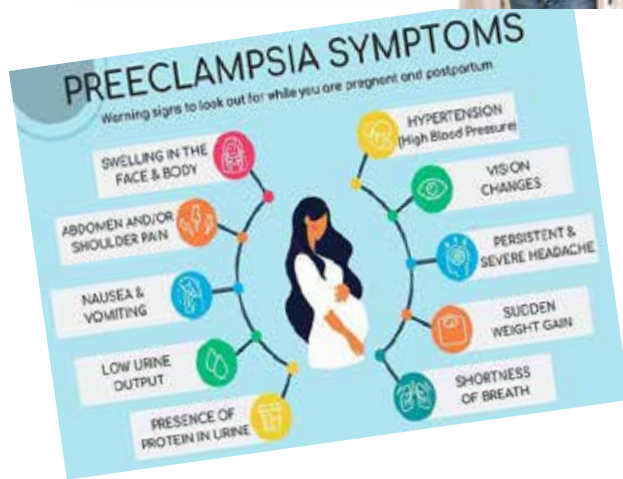
- There may be no more important foods to add to your diet to reduce your chances of heart disease than whole grains and green vegetables. Try to plan your meals around these nutrition powerhouses.
- Numerous studies have found that 3 servings a day of whole grains (such as brown rice, quinoa, barley, and oats) can reduce your chances of heart disease by 25%!
- Green vegetables (the darker the better) contain high concentrations of vitamins and minerals that your body needs to keep your heart and arteries working in top condition. Try to get five servings of vegetables a day, at least 2 of them dark, leafy greens.

## Preeclampsia & Postpartum Preeclampsia

### What is Postpartum Preeclampsia?

Postpartum preeclampsia is a serious condition related to high blood pressure.

It can happen to any woman who just had a baby. It has most of the same features of preeclampsia or other hypertensive disorders of pregnancy, without affecting the baby.



### DANGERS OF PREECLAMPSIA

#### FOR BABY

- Not enough blood, oxygen and nutrients
- Preterm Birth
- Placenta Abruption (Risk of breathing/hearing/ feeding problems)
- Risk of developmental delays and cerebral palsy
- Heavy Bleeding/Miscarriage
- Newborn Death

#### FOR MOTHER

- Impaired kidney and Liver function
- Blood clotting problems
- Organ Damage
- Fluid in lungs
- Brain Injury from Stroke
- Death

### What is Preeclampsia?

One of the most common complications of pregnancy, affecting 5-8% of all pregnancies. It is typically diagnosed by the presence of high blood pressure with protein often also being found in the urine. This is why urine and blood pressure is checked at every appointment.

### What is Eclampsia and HELLP Syndrome?

Eclampsia and HELPP Syndrome (hemolysis, elevated liver enzymes, low platelet count) are forms of preeclampsia. When a mother has a seizure, she is said to have eclampsia. HELPP Syndrome is one of the most severe forms of preeclampsia and can harm a mother's liver, red blood cells, and platelets.

### What are the causes, treatment and prevention of Preeclampsia?

There is no cure for Preeclampsia, but treatment may involve blood pressure monitoring, early delivery, fetal monitoring, or medications. Prenatal Aspirin may prevent or delay it in women at risk for Preeclampsia. The cause remains unknown, but there are some known risk factors.

### When can I get Preeclampsia?

Preeclampsia usually occurs in the 3rd trimester and very rarely prior to 20 weeks. Preeclampsia usually resolves within 72 hours after delivery, but serious complications can occur as late as six weeks postpartum.



Contact your doctor if you are experiencing any of these symptoms or believe you have Preeclampsia or Postpartum Preeclampsia

### 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.





Visit your local  
Urban Indian  
Organization to  
get up to date  
with the **flu**, **RSV**,  
and **COVID-19**  
vaccines.

For more info, please visit: <https://www.cdc.gov/respiratory-viruses/index.html>

# GET VACCINATED

For the elders. For the youth. For the future.

[ncuih.org](https://ncuih.org)



#BeAGoodRelative

#NCUIH

#NativeHealth

This content was funded in part by a cooperative agreement with the Centers for Disease Control and Prevention (CDC-RFA-IP21-2107). The Centers for Disease Control and Prevention is an agency within the Department of Health and Human Services (HHS). The contents of this resource do not necessarily represent the policy of CDC or HHS and should not be considered an endorsement by the Federal Government.





**FAIHP**  
Fresno American Indian Health Project



**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)

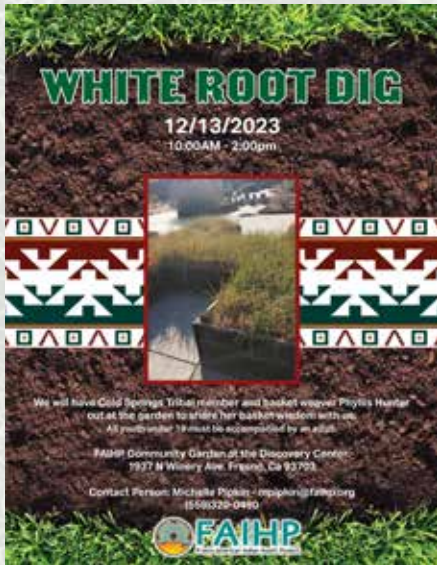
**1551 E. Shaw Ave Ste 101**

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



# News from the Garden

Hello FAIHP community! This is your friendly Garden Coordinator Michelle, so many exciting things are happening out at our community garden. We have recently put up a greenhouse and are working really hard to get it functioning. We will then have the ability to grow our own plants both veggies and perennials from seed and cuttings.



We also had two wonderful hands-on workshops in December and again in January. Local basket weaver Phyllis Hunter blessed us with her wisdom and knowledge. She led the way and taught us how to harvest, clean, and prep the roots for weaving baskets.

I will be starting a bi-monthly Plant Talk starting on February 20, 2024. Each talk will highlight different California Native Plants, expanding our knowledge of indigenous plants and their uses.

Be on the lookout for upcoming events and activities! January is a good time to start Tomatoes and Peppers seed in the greenhouse.



Tuesday, February 20, 2024 @ 1pm-3pm	Whiteroot; Carex barbara
Saturday, April 13, 2024 @ 10am-12pm	Sourberry; Rhus aromatica
Tuesday June 18, 2024 @ 1pm-3pm	Redbud; Cercis occidentalis
Saturday, August 17, 2024 @ 10am-12pm	Elderberry; Sambucus cerulea
Tuesday, October 8, 2024 10/23/24 @ 1pm-3pm	Soaproot; Chlorogalum pomeridianum
Saturday, December 7, 2024 12/18/24 @ 12pm-2pm	Wild Mint; Mentha arvensis

*For more information about the garden contact: [mpipkin@faihp.org](mailto:mpipkin@faihp.org) or (559) 320-0490 ext 502*





# 5K RUN/WALK

2

0

2

4

**EVENT FEATURES:**  
5K RUN / 2 MILE WALK  
FAMILY FUN  
NATIVE DRUMMING  
ROUND DANCE

**More Info  
To Come!**

**SATURDAY, APRIL 27, 2024**  
**AT WOODWARD PARK FRESNO, CA**

## SAVE THE DATE!

*The Spirit Run is a community event aimed at promoting health and wellness among Native American communities in the Fresno area. This years event will be bigger and better, registration opens in February TBD!*



**FAIHP**  
Fresno American Indian Health Project

Contact: Mike Colvard,  
[mcolvard@faihp.org](mailto:mcolvard@faihp.org)

**(559) 320-0490 [www.faihp.org](http://www.faihp.org)**



# Wellbriety Meetings

Every Friday  
12:00pm- 1:00pm

1st Friday Open Meeting  
2nd Friday Topic Stick Meeting  
3rd Friday Step Study  
4th Friday Birthday Meeting



**FAIHP**  
Fresno American Indian Health Project

Come join us for noon meetings to create a place to support recovery and obtain sober support and friends in recovery. You do not need to sign up!



Meetings at:  
1551 E. Shaw Ave.  
Suite 121,  
Old Clubhouse,  
Fresno CA 93710

Questions?  
Contact:  
Deborah or Michael  
Native Wellness  
559-320-0490

**Show up and get your  
wellbriety on!**





# YOGA

All are welcome (staff and community) to come join us for an hour and a half of the mindful practice of Hatha Yoga. With this type of yoga, you move your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness. Each session will begin with grounding through smudging and a meditation reading. This exercise is intended to bring wellness to your; spiritual, physical, mental and emotional health.

**This group will meet twice a week beginning January 8th, 2024.**

- Every Monday from 1:30pm to 3:00pm
- Every Thursday from 5:00pm to 6:30pm

Poses are modified to meet participants limits and skill set. All children 10 and older are welcome when accompanied by an adult.

Contact Person: Michael Jimenez  
Contact Email: [mjimenez@faihp.org](mailto:mjimenez@faihp.org)  
(559) 320-0490 ext.501



**FAIHP**

Fresno American Indian Health Project

1551 E. Shaw #121, Fresno CA 93710



Scan QR Code  
to register



## Ongoing Classes & Meetings

See our Live Calendar @ [www.faihp.org/calendar](http://www.faihp.org/calendar)

### WISE Group

- Zoom & In-person
- 12:00-2:00pm 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, February 26, 2024**

### 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.





# 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](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

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](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.