



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JANUARY • 2024

# HAPPY 2024!

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## CEO REPORT- Selina De La Peña

JANUARY News

Dear FAIHP Family,

As we approach the end of another remarkable year, I find myself reflecting on the incredible journey we've undertaken together at FAIHP. It has been a year filled with challenges, triumphs, and most importantly, unwavering dedication from each member of our esteemed team.

### **A Year of Growth and Achievements:**

This past year has seen FAIHP achieve remarkable milestones that would not have been possible without the collective efforts of our dedicated staff. From innovative projects that have pushed the boundaries of what we thought possible, to the successful partnerships forged with clients who believe in our vision, we have much to celebrate.

Our commitment to excellence and client satisfaction has been the driving force behind our success. As we continue to grow and evolve, we remain steadfast in our mission to deliver the highest quality services and solutions to our clients.

To our esteemed clients, I extend my heartfelt gratitude for your trust and partnership. Your confidence in FAIHP has been the catalyst for our achievements. We value the relationships we've built and look forward to further collaboration in the years to come. Your feedback has been invaluable, propelling us to constantly raise the bar and exceed expectations.

### **A Shoutout to Our Exceptional Team:**

Behind every success story is an exceptional team, and FAIHP is no exception. Our talented and dedicated staff have been the pillars of strength that have propelled us forward. Your hard work, passion, and unwavering commitment to excellence have been the driving force behind our achievements. Thank you for your dedication and for making FAIHP a great place to work.

As we bid farewell to this year, let us embrace the changes and challenges that the new year will undoubtedly bring. FAIHP is poised for even greater success, and I am confident that, together, we will overcome any obstacle and achieve new heights.

Our commitment to innovation, collaboration, and client satisfaction will remain at the forefront of everything we do. I am excited about the possibilities that the future holds for FAIHP, and I am grateful to have such an incredible team and client base by our side.

Thank you, FAIHP family, for your hard work, dedication, and passion. May the coming year be filled with joy, success, and new opportunities for us all.

Wishing you a joyful holiday season and a prosperous New Year!

Warm regards,  
Selina De La Peña  
CEO, FAIHP



# Youth Happenings

In December we had our **Annual ClubWISE** get together as well as our Christmas parties and exchanges with youth. It was a fun time enjoying time with our Elders, we made wooden holiday houses, a nice breakfast and a presentation on Cedar Bark houses by Anthony Utterback.



## We also held our first Handgame Tournament!

FAIHP held a Hand Games Workshop & Tournament in partnership with the Fresno State Neum Native American Student Association. Youth and community members attended various cultural-educational workshops on site which included learning how to make hand game sets, how to make clapsticks, and how to play hand games. After a nice lunch was the tournament where the Crazy Kids team took home 1st place. This will be an annual event with the Neum Native student club and we look forward to the next Hand Games Workshop/Tournament in 2024.





# Coping in an Anxious World

By: Paige Harris, ASW

Our ever-changing world can make it difficult to feel secure and at peace. Rumors of wars, conflicts, political unrest, rising cost of living, and just plain ole bad news can stoke fear and anxiety for us all. The unpredictability and uncertainty of our world can cause anxiety for anyone because let's be honest, there is a lot we don't have control over. Despite all this, anxiety is treatable and manageable.

## What is Anxiety?

According to the American Psychological Association, anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness, or a rapid heartbeat. Anxiety is considered a future-oriented, long-acting response broadly focused on a diffuse threat. Symptoms can include restlessness, feeling on edge, difficulty controlling worry, fatigue, irritability, muscle tension, sleep disturbance, and inability to function due to constant anxiety.

As we embark on a new year, here are ways of coping with anxiety and resources if you need additional support:

## Coping Tools.

- Limit your media exposure. Emotionally gripping news sells, news that affects you negatively, and scrolling social media can be addictive. Attempt to limit your exposure to media to less than 30 minutes daily, and try to avoid exposure before bed. Grab a new book or learning a new hobby can help distract you from engaging in media.
- **Reach out to others.** Channeling anxiety into meaningful connection may lower your sense of helplessness.
- **Cultivate compassion.** Anxiety can produce anger and frustration causing us to lose compassion for others and ourselves. You can challenge anger and frustration with compassion. Start by paying more attention to kindness around you, implement empathy, attempt to limit your judgments, and try to appreciate other perspectives.
- **Change your routine.** Limiting media exposure, news updates, and political discussions can increase your free time during the day. Adding walks outside, grounding techniques, mindfulness and deep breathing exercises, as well as increasing stress reducing hormones through physical exercise can help manage anxiety.
- **Access Local Resources for Support.** Asking for help can be challenging. You can call

2-1-1 to access local community resources. Another good place is your local community center or department of social services office to assist you with necessary resources.

## Finding Additional Support

For the many people struggling with anxiety, the symptoms will peak and then gradually pass. However, severe anxiety symptoms may require further attention. If anxiety gets worse and starts to interfere with your daily functioning, you can seek support through your primary care physician or local mental health clinic. Remember, your wellbeing is important and there is no shame in getting help.

The Disaster Distress Helpline (800-985-5990) and The Suicide and Crisis Lifeline (988) is available 24/7 for crisis counseling, and they also provide referrals to local resources.

## References

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Grupe D.W., Nitschke J.B. Uncertainty and anticipation in anxiety: an integrated neurobiological and psychological perspective. *Nat Rev Neuroscience*. 2013 Jul;14(7):488-501. doi:10.1038/nrn3524. PMID: 23783199; PMCID: PMC4276319.

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# Late Night Snacking

After-dinner and before-bedtime snacking (when not hungry) can result in consuming too many calories. We often snack like this due to boredom, stress or tiredness. Try these tips to help stop evening cravings and curb after-dinner snacking.

*...and if you do snack → go for nutritious options!*

## 1) End Mealtime Madness

Spend a little time planning ahead and grocery shopping for nutritious meals, including breakfast, and snacks throughout the week. When you eat a variety of foods throughout the day according to your hunger and fullness, you are less likely to overeat at night.

## 2) Boost Protein and Load up on Fiber

Protein can help you feel full faster and for a longer period of time. Try to incorporate protein during meals and snacks which may help with mindless snacking.

Some options include:

@ **Breakfast** have oatmeal with a cup of low-fat or fat-free milk, small handful of nuts and fruit, which provide approximately 20 grams of protein.

@ **Lunch** have a couple of tablespoons of peanut butter (7 grams of protein), half a can of tuna fish (16 grams of protein), half a cup of black beans (7 grams of protein) or a small 4-ounce salmon filet (25 grams of protein) can help push up protein.

@ **Dinner** aim for recommended serving sizes such as a small — the size of a deck of cards — 3-ounce chicken breast (27 grams of protein) or a 3-ounce lean top sirloin steak (26 grams of protein).

Dietary fiber also helps us feel full, in addition to being protective of intestinal and heart health. Find fiber in whole grains, legumes such as beans and lentils, vegetables, fruits, nuts and seeds. The daily recommendation for dietary fiber is 14 grams for every 1,000 calories; which is about 25 grams for women and 38 grams for men per day.

## 3) Get Enough Sleep

Sleep deprivation can impair glucose metabolism and affect hormones linked to hunger, appetite and body weight regulation. When we get too little sleep, we may confuse tiredness for hunger. If you're tempted to keep snacking after a balanced dinner, that may be a sign that your body needs rest. Adults should strive for 7 to 9 hours of sleep every night!

## 4) Turn off the Screen before You Pick up Your Fork

Screen time may encourage mindless eating and increased food intake. Eating in front of the TV, while playing video games or surfing the Internet can distract attention from what and how much you eat. It can also reduce satiety signals sent to the brain and lessen memory of snacking.

## 5) Still Starving after Dinner?

People often eat out of boredom, because of stress or out of habit rather than from true hunger. Consider asking yourself the following questions before eating: Am I hungry? Am I thirsty? Am I tired? Am I bored? Am I sad?

If you are still hungry after ruling out other factors, it's OK to have a snack. Pick foods with high protein and fiber and eat small portions slowly. Enjoy your food without distractions.

# TIPS FOR KEEPING KIDS HEALTHY DURING COLD & FLU SEASON

## PRACTICE GOOD HEALTH HABITS—

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

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

## SLEEP, EXERCISE, and NUTRITION—

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

**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



## 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.

## 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.

## STAY HOME WHEN SICK—

This helps prevent the spread of illness to others

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

### Top 5 MYTHS About the Flu

- 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.
- Healthy people don't need a flu shot.**  
**FALSE.** The CDC recommends flu shots for every person over the age of six months old.
- The flu is just a really bad cold.**  
**FALSE.** In 2018, more than 36,000 people died from the flu in the United States.
- If I get the flu, I can just take antibiotics.**  
**FALSE.** Antibiotics treat bacterial issues, but the flu is a viral infection.
- 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.



# 7 HEALTH TIPS FOR THE NEW YEAR!



## Sleep eight hours every night:

Most people need about 7 to 9 hours of sleep per night. Research shows a relationship between lack of sleep and declining health.

## Eat breakfast:

Start your day off right! Having a healthy, protein focused meal when you wake leads to prolonged energy, balanced hormones, and a better regulated nervous system!



## Feed yourself mindfully:

Your body is sacred! Maintaining a healthy, nutritionally diverse, and fiber rich diet helps your body to operate at optimal levels.

## Prioritize movement:

We are designed to move. Try cycling in low-impact exercise, like walking or yoga, daily. Higher impact cardio helps your heart perform and stay healthy!



## Make self-care a routine:

Check in with yourself often, as your mental health is just as worthy of time and attention as your physical health!

## Seek support:

Community creates abundant health! Start a walking group, join a yoga class, or invite a friend on a hike. You don't have to go it alone!



## Don't give up!

Change happens gradually! Maintaining a healthy lifestyle is a process, not an outcome, and should be enjoyable. Be gentle with yourself, and bring joy to reaching your health goals!

## NATIONAL AWARENESS HUMAN TRAFFICKING DAY JANUARY 11TH, 2024

What Human Trafficking Is, and Isn't: Human trafficking is the business of stealing freedom for profit. In some cases, traffickers trick, defraud or physically force victims into providing commercial sex. In others, victims are lied to, assaulted, threatened or manipulated into working under inhumane, illegal or otherwise unacceptable conditions. It is a multi-billion dollar criminal industry that denies freedom to 24.9 million people around the world. Please scroll down to learn more about what constitutes the crime of trafficking. We hope this information is useful to you. Please note that the staff of the National Hotline is focused on assisting victims and survivors and is not available to answer more general questions about their work or about human trafficking generally for research or other purposes.

**Force, Fraud, or Coercion:** U.S. law defines human trafficking as the use of force, fraud, or coercion to compel a person into commercial sex acts or labor or services against his or her will. The one exception involves minors and commercial sex. Inducing a minor into commercial sex is considered human trafficking regardless of the presence of force, fraud or coercion.

**Action-Means-Purpose:** The Action-Means-Purpose (AMP) Model can help understand the federal law. Human trafficking occurs when a perpetrator, often referred to as a trafficker, takes an Action and then employs the Means of force, fraud or coercion for compelling the victim to provide commercial sex acts or labor or services. At a minimum, one element from each column must be present to establish a potential situation of human trafficking.

### The A-M-P Model

- Action: Induce, Recruits, Harbors, Transports, Provides or Obtains
- Means\* Force, Fraud, or Coercion
- Purpose: Commercial Sex (Sex Trafficking) or Labor/Services (Labor Trafficking)

\*Minors induced into commercial sex are human trafficking victims — regardless if force, fraud, or coercion is present.

**How Many People Are Trafficked in the U.S. Yearly?** In 2017, Polaris worked on 8,759 cases of human trafficking reported to the Polaris-operated National Human Trafficking Hotline and Be Free Text line. These cases involved 10,615 individual victims; nearly 5,000 potential traffickers and 1,698 trafficking businesses. Human trafficking is notoriously underreported. Shocking as these numbers are, they are likely only a tiny fraction of the actual problem.

**Who is Vulnerable?** Human trafficking can happen to anyone but some people are more vulnerable than others. Significant risk factors include recent migration or relocation, substance use, mental health concerns, involvement with the children's welfare system, and being a runaway or homeless youth. Often, traffickers identify and leverage their victims' vulnerabilities in order to create dependency.

**Who are the Traffickers?** Perpetrators of human trafficking span all racial, ethnic, and gender demographics and are as diverse as survivors. Some use their privilege, wealth, and power as a means of control while others experience the same socio-economic oppression as their victims. They include individuals, business owners, members of a gang or network, parents or family members of victims, intimate partners, owners of farms or restaurants, and powerful corporate executives and government representatives.

**How do Traffickers Control Victims?** Traffickers employ a variety of control tactics, the most common include physical and emotional abuse and threats, isolation from friends and family, and economic abuse. They make promises aimed at addressing the needs of their target to impose control. As a result, victims become trapped and fear leaving for myriad reasons, including psychological trauma, shame, emotional attachment, or physical threats to themselves or their families.

**Who are the Survivors?** Victims and survivors of human trafficking represent every race and ethnicity but some forms of trafficking are more likely to affect specific ethnic groups.

If you may have information about a potential trafficking situation, please contact the U.S. National Human Trafficking Hotline. Below is the information on Human Trafficking on signs, Labor Trafficking, Federal Law, Etc.

National Human Trafficking Hotline  
 NationalHumanTraffickingHotline.org  
 Get Help|24/7  
 Confidential 1-888-373-7888  
 TTY: 711  
 Text\* 233733

Domestic Violence Prevention Coordinator, Teela Kipp tkipp@faip.org 559-320-0490 ext. 506



# 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!



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

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

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



# FATHERHOOD IS SACRED

Starts January 9, 2024  
5:30-7:00pm

“Families are at the heart of all cultures. There is no work more important than fatherhood and motherhood” -  
NAFFA Program will meet on Tuesdays and will run for 12 weeks.



Contact Person: Jeremy Bill  
jbill@faihp.org  
559-320-0490 (Option 405)



Register with  
the QR Code:



1551 E. Shaw Ave. Fresno, CA 93611



## 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
- 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, January 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.





# FAIHP

Fresno American Indian Health Project

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[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.