



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

APRIL • 2024



**OUR SECOND
ANNUAL
SPIRIT RUN
HAPPENS
THIS MONTH!**



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(Runner, Christina T.)

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CEO REPORT- Selina De La Peña

APRIL News

Dear FAIHP Community,

Throughout March, our community engaged in a series of diverse events and activities. Starting with a Youth Self Defense session on March 1st, we delved into discussions on Indian citizenship rights at Fresno State on March 5th. The China Creek event in Sanger on March 10th provided an opportunity for cultural exchange, while March 16th we honored Indigenous Women at our Indigenous Women's Conference.

The California Conference on American Indian Education from March 17th to 19th focused on educational advancement. March 19th marked the Spring Equinox Gathering hosted by WISE, followed by a Bobby Martin Paint Night and a discussion on Two-Spirit identity on March 29th.

Our weekly youth drum circle commenced, offering cultural expression every Thursday evening. Alongside these events, ongoing activities such as beading, yoga, and Clubhouse gatherings continued. The outreach team also hosted a table at Arthrop. March concluded with a ladybug release party at the garden on March 28th and a Youth Council gathering on March 30th, emphasizing community involvement and empowerment throughout the month.

The 2nd Annual 5K Spirit Run - is this month on April 27th: Venue Changed but still the same great event!**

We are excited to host the 2nd Annual 5K Spirit Run on April 27th. This event is growing each year with more runners and community joining the festivities. We invite each of you to join us for this exciting occasion. The new location is: California Health Sciences University 120 Clovis Avenue, Clovis, CA 93612. The cross streets are Herndon and Clovis just before Sierra (down from In-N-Out).

We are excited to serve our community in so many unique and meaningful ways.

Kind regards,

Selina De La Peña
CEO, FAIHP



Youth Happenings

Clubhouse started off the month of February with a parent committee. This meeting was much needed and provided a space for the clubhouse parents to come and express their concerns and provide the Youth Services Staff with ideas for future activities.



Clubhouse Education Team also started the month off with a book reading of I am Osage Author Kim Rogers and Illustrated by Bobby Martin. During the week Bobby joined Clubhouse in reading the book and signed autographs for the youth that attended. On Feb 9th Shane Lara came to do a Poetry night with the teen youth. The week of Valentine's day the youth had Valentine parties and ended the week with a paint night with Bobby Martin.

Also, the youth planted a garden in front of the clubhouse with our garden coordinator Michelle Pipkin. They planted things like lettuce, beets, and white root. In March the youth were cooking apple pie turnovers and be doing some Stem and Gardening activities during spring break. Also in March our Teen youth attended the 44th Indian Education Conference in Sacramento. Please stay tuned for more exciting Clubhouse updates.



If you are interested in signing your youth up for Clubhouse please fill out a FAIHP and clubhouse packet online. You can also reach us at 559-320-0490 option 4 for clubhouse. We also offer tutoring and transportation services as applicable.

WELCOME TO OUR TEAM!

Veronica Taylor

Veronica (she/her/they/them) is an Associate Clinical Social Worker, identifying as Afro-Indigenous, with Diné and Creole ancestral roots. Though she was born in the San Fernando Valley, Veronica has called the Central Valley home for over 20 years. She received both her Bachelor's Degree in Psychology and Master's Degree in Social Work from CSU Fresno.

Veronica has practiced in a variety of integrated behavioral health, private practice and nonprofit settings, specializing in individual, couples and family therapy with adolescents, adults and older adults. Veronica is especially attuned to challenges and experiences within LGBTQIA+ and BIPOC populations.

Utilizing an integrated, trauma-informed, emotion-focused approach to treatment, Veronica applies a combination of CBT, DBT, ACT, somatic, and creative therapies. Veronica, who is also a musician and creative entrepreneur, emphasizes the positive impacts expressive arts and cultural engagement have upon the mind, body and spirit. In her free time, Veronica enjoys hiking, nature watching, drumming, reading, journaling, traveling, and spending time with loved ones.

Veronica aims to serve the Native community by offering a supportive space to heal and grow in ways fostering holistic wellness, self-expression, social connection, and a deep sense of belonging.



Top Five



Foods for Eye Health

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about the top foods for eye health. But don't count on popping a pill to get these nutrients — your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect.

Kale: See the Light

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You “C” Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Salmon: Goodbye, Dry Eyes

Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D.

Green Tea: Antioxidant Powerhouse

A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.



Sleep for Infants and Children

Sleeping is where we grow and heal. For infants and children, it is crucial for physical growth, cognitive development, and emotional well-being. Developing good sleep habits during their first six months of life can create positive sleep associations and pave the way for lifelong wellness.

It's never too late to start developing good sleep habits – Start Today!

HOW TO DEVELOP GOOD SLEEPING HABITS

Here are some steps you can take to help babies and toddlers get a good night's rest:

1. Develop a bedtime routine
2. Stay consistent with the time for bed
3. Allow self-soothing
4. Adopt a security object
5. Pay attention to naps
6. Transitions to separate bedrooms starting at 6 months to a year and begin with midday naps
7. Switch from crib to bed around age 2 or 3 years

SLEEP CHART FOR KIDS		
AGE	Recommendation	Not Recommended
Newborns 0-3 months	14-17 hours	<i>Less than 11 hours</i> <i>More than 19 hours</i>
Infants 4-11 months	12-15 hours	<i>Less than 10 hours</i> <i>More than 18 hours</i>
Toddlers 1-2 years	11-14 hours	<i>Less than 9 hours</i> <i>More than 16 hours</i>
Preschoolers 3-5 years	10-13 hours	<i>Less than 8 hours</i> <i>More than 14 hours</i>
School-Aged 6-13 years	9-11 hours	<i>Less than 7 hours</i> <i>More than 12 hours</i>
Teenagers 14-17 years	8-10 hours	<i>Less than 7 hours</i> <i>More than 11 hours</i>

BACK SLEEPING - NO VOMIT RISK

- Babies naturally swallow or cough up fluids – it is a reflex that all people have to make sure their airway is kept clear.
- Babies clear fluids better when on their backs.
- The trachea (windpipe) lies on top of the oesophagus (stomach tube).

Baby sleeping on BACK

Baby sleeping on BACK

Anything coming up through the stomach tube will settle downwards with gravity and **cannot enter the windpipe to cause choking.**

Baby sleeping on STOMACH

Baby sleeping on STOMACH

Anything coming up through the stomach tube will pool at the opening of the windpipe, **making choking much more likely.**

TIPS TO CREATE A SAFE SLEEP AREA FOR INFANTS

1. Place your baby on his/her back for all sleep times
2. Use a firm, flat sleep surface
3. Keep your baby's sleep area in the same room where you sleep until they are at least 6 months old
4. Keep soft bedding (blankets, pillows, bumper pads, soft toys) out of their sleeping area
5. Do not cover the baby's head or allow it to get too hot



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.

ALLERGY SEASON

To avoid sneezing and red eyes, seek allergy relief.



Keep Windows and Doors Shut



Change Clothes After Exposure



Monitor Pollen Level Daily



Shower Before Bed



Wear an Allergy Mask



Use Allergy Filters

Native Wellness Beading

We host Beading groups every Tuesday from 5:30pm to 7:30 pm at Native Wellness department suite 101. Beading has had many facilitators to keep it going throughout the years. Sometimes our groups collaborate with other groups and organizations for special events or sessions. Anyone is welcome to come to Beading group. All youth ages are welcome but must be accompanied by an adult the whole session.



Native Wellness WISE (Wellness in our Senior Years)

WISE is every 2nd and 4th Thursday of each month from 12pm to 2 pm. WISE is an Elders Social and Support group that provides a safe space to gather together to socialize, do activities, share a meal, and connect as a community. WISE is beneficial for our elder community and it builds Elder support mentally, emotionally, and physically. We work hard to create a positive mental health atmosphere. It does include a light lunch and group activity such as Elderberry Syrup making, painting, and other activities. Elders share their stories, play bingo, eat lunch, and receive prizes. Native Wellness Staff assist and facilitate memorable afternoons. At FAIHP, we aim to honor our Elders in any way we can, and WISE is a rewarding outlet for staff and participants. This is one of the most fun groups we have and we look forward to it every other Thursday!



Connect with Jenny at jgarcia@faihp.org or call 559-320-0490 ext. 504, for questions about participation or any other WISE related inquiries!



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

1551 E. Shaw Ave Ste 101

www.faihp.org



5K RUN/WALK



REGISTRATION IS OPEN!

**SAME
DAY &
TIME**

SATURDAY, APRIL 27, 2024
2024 5K Spirit Run has been moved to:
California Health Sciences University
120 Clovis Avenue Clovis, CA 93612

**SAME
DAY &
TIME**

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

- OUR EVENT FEATURES:**
- 5K RUN / 2 MILE WALK
 - FUN FOR THE WHOLE FAMILY
 - NATIVE DRUMMING
 - ROUND DANCE

- RACE DAY**
- SIGN IN STARTS @8:00AM
 - 5K RUN BEGINS @ 9:30AM
 - WALK BEGINS @9:35
 - TROPHIES FOR 1ST IN EACH AGE CATEGORY



Scan To Register!

Please note: Pre-registration is limited to the first 300 runners/walkers. They will receive a Participant Bag. Pick up your Participant Bag on event day only, from 7:00-8:30AM. Items are not guaranteed for late arrivals.



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(559) 320-0490 www.faihp.org

For more information visit:
<https://runsignup.com/Race/CA/Fresno/FresnoSpiritRun>
or contact: Mike Colvard,
mcolvard@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 you; 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
(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 for updated information and flyers and registration links.

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

- In-person
- 3rd Thursday each month, 12:00-2:00pm

Nutrition Counseling

- Via phone or video

Clubhouse Tutoring/Educational Support

- In-person (Limited capacity)

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 April 15, 2024

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

Brandy Jaramillo - Chair

Ralph Vigil - Vice Chair

Pam Coronado - Secretary

Bernadette Alvarez - Treasurer

Leece Lee Oliver - 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.