



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JUNE • 2024

## POW WOW TIME!

**BIG SANDY  
POW WOW**



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## CEO REPORT- Selina De La Peña

*JUNE News*

Dear FAIHP Community,

Our commitment to community engagement and outreach is integral to our organizational ethos. Each outreach event we participate in not only increases our visibility but also fosters stronger connections with diverse groups within our community.

Here's an overview of where we participated in May.

- Art Hop at Fresno EOC LGBTQ+ Resource Center: Monthly
- MMIWG/R Proclamation at Fresno City Hall on May 2nd, 2024
- Parlier Junior High School Car Show: May 3, 2024
- Fresno State MMIW Event: May 5, 2024
- Community Regional Medical Center Diversity Day: May 13, 2024
- Fresno Heart Surgical Hospital: May 15, 2024
- Clovis Community Hospital: May 17, 2024
- Biola Elementary School: May 17, 2024
- BSR Pow-Wow: May 18-19, 2024



Each of these events plays a crucial role in enhancing our visibility and strengthening our community connections. By actively participating in these diverse outreach opportunities, we not only promote our organization but also demonstrate our unwavering commitment to supporting and engaging with all facets of our community. Through these efforts, we continue to build a more inclusive, supportive, and connected community. In July we have our 14th Annual Youth GONA, we are excited and blessed to be able to offer this event every year! It has a huge impact on our youth and Native community.

Kind regards,

Selina De La Peña  
CEO, FAIHP

# Youth Happenings

## YOUTH BASKETBALL CAMP

FAIHP partnered with Brandon Powell Basketball Academy and the Fresno City College RAIN Program to bring a 2-day Youth Basketball Camp to the community. The focus of the camp was health and wellness for young people. Kids had an opportunity to practice, run drills, learn about good sportsmanship and physical exercise through the fundamentals of basketball.



They also heard various teachings from FAIHP and Fresno City staff on healthy lifestyle, balanced diet, the Medicine Wheel, and higher education. Overall, the camp was a great success. Thank you to all the youth and families who attended!



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.

# Five Activities to Build Connections and Boost Joy in Nature

1. **Rainbow Walk:** Go outside for a walk and look for all the colors of the rainbow. This activity is a favorite, fun way to reset and elevate your senses.
2. **Nature Bracelets:** Wrap masking tape around your wrists, sticky side out. Venture outside to collect natural treasures and adorn your bracelet, as well as those of your companions.
3. **Fairy House:** Create a fairy house with nature's elements. Place it in a special place and tell a magical story together.
4. **Hide and Seek Nature Calls:** Child selects a nature sound and hides. Adult mimics the sound, prompting the child to respond, aiding in their discovery. Ensure another adult is present for supervision and safety during hiding.
5. **Nature Scavenger Hunt and Creation:** Go on a nature scavenger hunt and then "make something out of nothing" with the nature that is gathered.

Resource: [www.mainlineplaytherapy.com](http://www.mainlineplaytherapy.com)



## KEEP KIDS COOLER AND SAFER IN HOT WEATHER

Children are one of the groups at greatest risk of heat illness, including kids with disabilities or those with chronic health conditions like asthma or diabetes, so it is important to take extra precautions to protect them during extreme heat.

1.

### Apply sunscreen & drink water.

Shield children's skin from harmful UV rays and encourage children to stay hydrated.

2.

### Dress for the heat.

Wear light-colored, lightweight, loose-fitting, and breathable clothes.

3.

### Limit outdoor activities.

Encourage kids to play indoors or in shaded areas during extreme heat.

4.

### Educate kids on heat safety.

Encourage them to seek help if they or their friends experience symptoms.

5.

### Plan errands with children in mind.

Never leave children alone in a parked car.



For more information or to create an extreme heat plan, visit [HeatReadyCA.com](https://HeatReadyCA.com).



## From Oak Tree to Acorns: Creating a Family Tree



The role of family in child development is essential. Family is a child's primary social group, influencing their learning and socialization. What children see and hear every day makes a great impact on their life as they grow. As parents, caregivers and educators, we have a huge responsibility to help children grow up in a healthy way. Child development is a holistic process. It involves physical, emotional, social, and intellectual growth. To illustrate this, let's imagine a family and an oak tree, with each family member representing an acorn. Just as an oak tree grows from a tiny acorn into a strong and resilient tree, a child grows and develops within a nurturing and loving family environment.

### A strong oak tree is many things...

It is a pillar of support  
It provides stability  
It gives us protection  
It nourishes us

Similarly, a family acts as a beacon of love, support, and guidance to help children become mature, healthy, and strong adults. Strong families give children stability and guidance to explore and to grow.

### Families are important because they:

1. Provide emotional support
2. Foster belonging and identity
3. Promote education
4. Foster cognitive development and academic performance
5. Facilitate socialization
6. Maintain physical health
7. Guide moral development
8. Preserve cultural and traditional transmission
9. Ensure economic support and security

### Families create a healthy environment by:

1. Being a role model
2. Making healthy choices
3. focusing on fun and engaging in outdoor activities
4. Limiting device screen time
5. Checking in with caregivers or educators at school
6. Getting quality sleep (no devices at bedtime)
7. Showing gratitude

### 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.

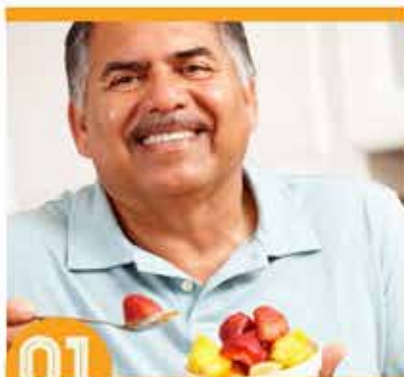
### References:

<https://www.parentingforbrain.com/why-is-family-important/>  
<https://www.all4kids.org/news/blog/the-role-of-family-in-child-development/>  
<https://newsinhealth.nih.gov/2013/02/shape-your-familys-habits>  
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/12-healthy-habits-for-families>



## JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

**Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

**Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2

1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."  
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65-74.

80

### ONLINE RESOURCES

Men's Health Month  
[menshealthmonth.org](http://menshealthmonth.org)

Men's Health Network  
[menshealthnetwork.org](http://menshealthnetwork.org)

Get It Checked  
[getitchecked.com](http://getitchecked.com)

Talking About Men's Health Blog  
[talkingaboutmenshealth.com](http://talkingaboutmenshealth.com)

Women Against Prostate Cancer  
[womenagainstoprostatecancer.org](http://womenagainstoprostatecancer.org)

The Native Wellness Department kicked off the month with a Ribbon Skirt Workshop on May 5th, in honor of MMIW Awareness Month. The workshop aimed to teach participants how to make a ribbon skirt and to support Missing Murdered Indigenous Women, Girls, and Relatives. The department also supported the **MMIWG/R Proclamation at Fresno City Hall** on May 2nd, 2024. Additionally, a self-care booth was set up at the event, providing snacks, water, MMIW swag, information, and a white sage plant for healing, given the sensitive nature of the event's topic.



The proclamation was created to address the historical and ongoing epidemic of violence against Indigenous people. It is a resolution recognizing May 5 as the National Day of Awareness for Missing and Murdered Indigenous Women and Relatives (MMIWR).



***The City of Fresno has permanently designated May as MMIW/R Awareness Month.***



The North Fork Rancheria Tribal TANF held a **Candlelight Vigil** on Sunday, May 5th for Missing Murdered Indigenous Women, Girls, and Relatives. The Native Wellness Department set up an outreach booth to provide resources and information about MMIW and also offered White sage plants as part of the healing process.



For more information on Missing and Murdered Indigenous Women, Girls, and relatives, please refer to the links below. If you have any questions, please contact DV Prevention Coordinator, Teela Kipp at [tkipp@faihp.org](mailto:tkipp@faihp.org).

National Indigenous Women's Resource Center:

<http://www.niwrc.org/resources/tribal-community-response-when-woman-missing-toolkit-action>

<https://www.niwrc.org/resources/pocket-guide/safety-guide>



**FAIHP**  
FEDERAL ARIZONA INDIAN HEALTH PROGRAM

# PLANT TALK

**Soaproot**

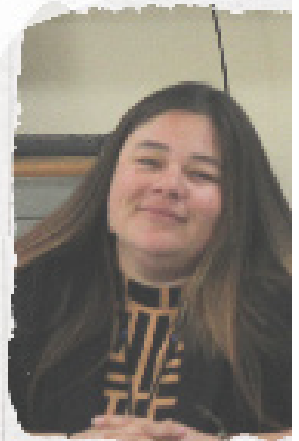
*Chlorogalum pomeridianum*

**FAIHP's Community Garden Coordinator returns with another Plant Talk, now covering Soaproot.**

**Learn about the Soaproot, its uses, and dive into the natural and Native history surrounding this beautiful species!**

**June 18th, 2024  
1:00-2:30PM  
1551 E Shaw Ave  
Suite 139**

**Questions: Michelle Pipkin  
[mpipkin@faihp.org](mailto:mpipkin@faihp.org)  
559-320-0490 ext. 502**



*Michelle Pipkin*



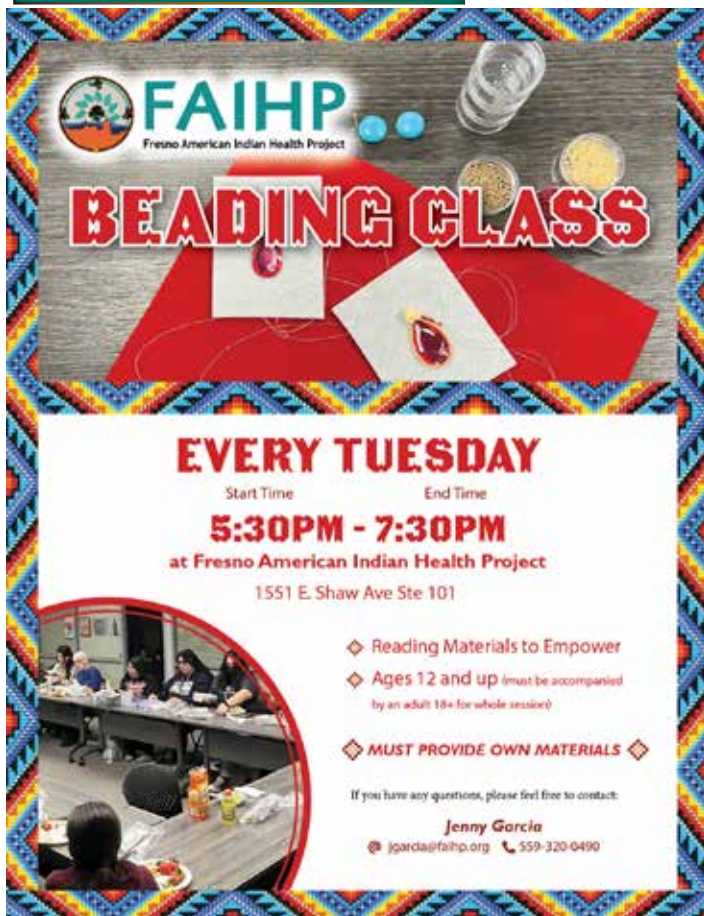
*Soaproot. blooms.*



*Uses:  
antiseptic properties  
cleansing/washing*



*endemic to foothills*



**FAIHP**  
Fresno American Indian Health Project

## BEADING CLASS

**EVERY TUESDAY**  
Start Time      End Time  
**5:30PM - 7:30PM**  
at Fresno American Indian Health Project  
1551 E. Shaw Ave Ste 101

- Reading Materials to Empower
- Ages 12 and up (must be accompanied by an adult 18+ for whole session)
- MUST PROVIDE OWN MATERIALS**

If you have any questions, please feel free to contact:  
**Jenny Garcia**  
jgarcia@faihp.org    559-320-0490



**FAIHP**  
Fresno American Indian Health Project

## WISE

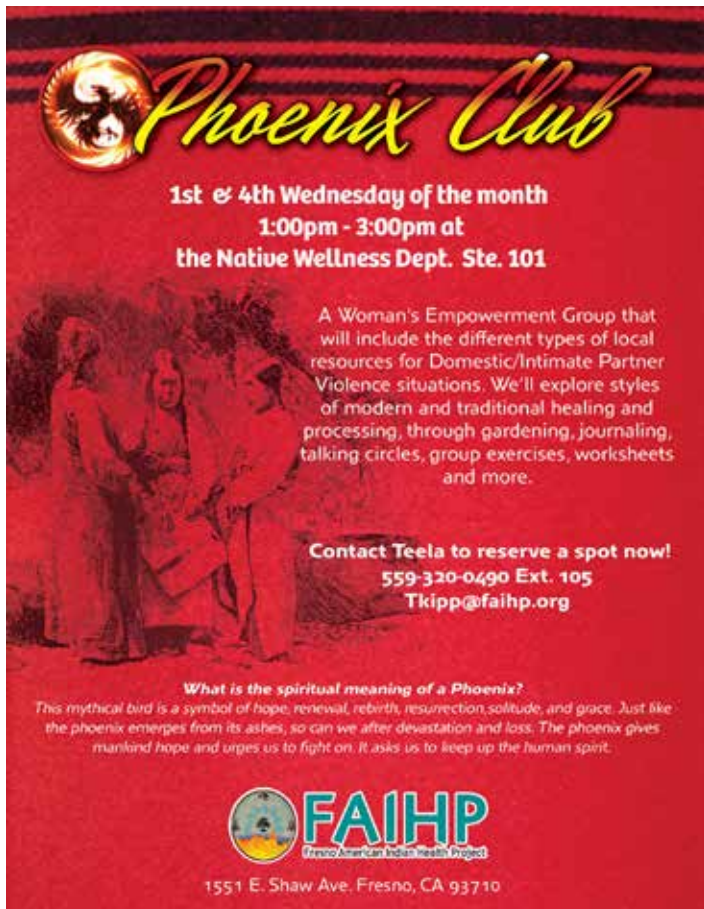
**WELLNESS IN OUR SENIOR YEARS SUPPORT GROUP**

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



**Phoenix Club**


1st & 4th Wednesday of the month  
1:00pm - 3:00pm at  
the Native Wellness Dept. Ste. 101

A Woman's Empowerment Group that will include the different types of local resources for Domestic/Intimate Partner Violence situations. We'll explore styles of modern and traditional healing and processing, through gardening, journaling, talking circles, group exercises, worksheets and more.

Contact Teela to reserve a spot now!  
559-320-0490 Ext. 105  
Tkipp@faihp.org

*What is the spiritual meaning of a Phoenix?*  
This mythical bird is a symbol of hope, renewal, rebirth, resurrection, solitude, and grace. Just like the phoenix emerges from its ashes, so can we after devastation and loss. The phoenix gives mankind hope and urges us to fight on. It asks us to keep up the human spirit.

**FAIHP**  
Fresno American Indian Health Project  
1551 E. Shaw Ave. Fresno, CA 93710



**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

**WELLBRIETY MOVEMENT**

**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!**

# GONA24

JULY 15-19, 2024

@ Camp Sierra



## Gathering of Native Americans 2024

For Native Youth Ages 13-17

Have a blast while learning about your culture, meet new friends, and connect with our Native community. This camp will utilize the principles of GONA in a fun way! The Gathering of Native Americans is a free, week-long culture camp.

There will be a mandatory youth and parent orientation in early July.

Scan to register your youth now.

Give us a call at 559-320-0490 (press 4 for Youth Services)  
if you have any questions.

*This is a drug/smoke/vape free event*



**FAIHP**  
Fresno American Indian Health Project



SCAN ME



# HONORING GRADUATING & PROMOTING CLUBHOUSE YOUTH



## High School Graduates

Devin Rios (McLane)  
Jade Torres (Sierra Charter)  
Amanda Medina (Clovis High)  
Xavier Raintree (Clovis West)

## Middle School Grads

Chance "Ricki" Keohavong  
Gabby Gutierrez  
Kodi Montenegro  
Leonard Andrews  
Skyler Temple  
Raul Juarez

## Elementary School Grads

Jasmine Torres  
Juliet Garcia

## Kindergarten Grads

Melody Kane  
Raymond Lopez



## Ongoing Classes & Meetings

See our Live Calendar @ [www.faihp.org/calendar](http://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 June 17, 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

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](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.