



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

AUGUST • 2024



ANOTHER YEAR TO SHINE!

BACK TO SCHOOL

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CEO REPORT- Selina De La Peña

AUGUST News

Dear FAIHP Community,

Home Depot Foundation Grant

In July, FAIHP was honored with a \$6,000 grant to help revitalize the FAIHP Community Garden, thanks to the support of the Home Depot Foundation. On August 16th, Home Depot employees and our dedicated staff will join forces to transform the space with picnic tables, landscaping, shade areas, and more. One of the benefits of this program is that FAIHP gets to keep all the tools and supplies purchased for the project! We are incredibly grateful for the involvement of Home Depot and our staff in this exciting initiative.



Three Successful GONAs

June and July were focused on our Gatherings of Native Americans (GONAs), and I'm thrilled to report that we had three successful events thanks to everyone's hard work.



Youth GONA - 13th Annual

During the week of July 15th, we held our 13th annual Youth GONA with 23 teenagers from 10 tribal affiliations. Supported by community volunteers, including past participants and students from Fresno State and Fresno City College, the week was full of learning and growth. Brent Kerehona from New Zealand joined us, and artist Bobby Von Martin spoke on Mastery. Activities included a fun day at Shaver Lake and lessons on local traditions.

Sobriety GONA

The Sobriety GONA took place during the week of June 25th at the Iupin Native Plant Garden, with 25 participants and 8 facilitators from FAIHP and Turtle Lodge. A highlight of the event was the preparation of a land section for the "Sobriety Circle," a commitment made by Laura Wass. The event focused on the GONA principles and included cultural teachings and gardening activities.



CUB GONA - 2nd Annual

During the week of June 24th, we hosted the second annual Cub GONA for children entering grades 1-5. With 11 participants, the week featured traditional games, basket weaving, and making clap sticks. The children learned about Belonging, Mastery, Interdependence, and Generosity in a fun and engaging way. These events would not have been possible without the support of our community, volunteers, staff, and partners. We are deeply grateful for your contributions and commitment.

Native Days Car & Bike Show Fundraiser

Mark your calendars for October 5th, 2024, for the Native Days Car & Bike Show. This year, we're moving to a new venue with more space and a wider range of vendors. Enjoy a variety of Native Arts & Crafts, tasty food, and unique gifts, along with additional cultural activities. Proceeds from the event will support educational scholarships and charity care. We look forward to seeing you there!

Kind regards,

Selina De La Peña
CEO, FAIHP

Youth Happenings



During the week of July 15th, Fresno American Indian Health Project hosted our 13th annual youth Gathering of Native Americans! Twenty-three teenage youth joined us this representing 10 tribal affiliations. Many community volunteers and staff supported the youth during their week of learning, healing, and fun. Throughout the week, youth learned about the four principles of Belonging, Mastery, Interdependence, and Generosity. On Tuesday, we were joined by artist Bobby Von Martin who told his own story that tied into Mastery, overcoming hardships and finding his strengths that he shares to the community. On Wednesday, all had a blast at Shaver Lake swimming, singing, and enjoying each other's company. On Thursday, we were joined by members of the community who shared their knowledge. Phyllis Hunter taught youth about acorns and the process of cleaning them, Chrissy Atwell shared about sour berries and the various uses, Alexis Valle taught about local baskets and basket-making, Shane Lara shared about his experiences being a local Native poet, and Michelle Pipkin took youth on a Nature walk explaining the local plants and growing in the area.



Animals and Mental Health

Did you know National Dog Day is coming up? Each year on August 26th, people across the country recognize and celebrate the many ways dogs help save lives, protect others, and provide comfort. Dogs are considered “man’s best friend,” but there are many other types of animal friends who can bring companionship, unconditional love, and joy into our lives. These positive experiences can enhance our mental health and well-being. In fact, recent studies have shown the therapeutic bond between animals and humans can help treat some symptoms related to anxiety, depression, and PTSD.

How do pets positively impact our wellness?

Reduce stress and anxiety: Interacting with animals can help lower our cortisol levels, which are hormones associated with stress. This is why many people feel a relaxed sense of calm when petting a dog or cat. Pets often provide unconditional love and acceptance that makes us feel valued and understood. This non-judgmental presence can help reduce feelings of anxiety.

Increase mood and well-being: Spending time with animals can increase levels of serotonin and dopamine, which are neurotransmitters that increase our feelings of happiness and well-being. Caring for a pet can also provide people a sense of purpose and routine, which is very helpful in reducing symptoms of depression.

Reduce loneliness and isolation: For many people, pets are like family companions and can help reduce feelings of loneliness. Pet owners can also develop a sense of community with other animal lovers when sharing conversations about their pets or organizing play dates.

Improve physical health: Some pets require regular exercise, such as daily walks, playtime, or other outdoor activities. Engaging in physical activities with pets can help improve our physical health while also boosting mood and reducing stress.

What if I don't have a pet?

If you're in a position to care for a pet that fits your lifestyle and living situation, you can adopt or foster rescued animals from a local animal shelter. Some well-known shelters in Fresno include Valley Animal Center, Animal Rescue of Fresno, and Fresno Animal Center.

If you're unable to commit to adopting or fostering a pet, local animal shelters often seek volunteer support from community members. Volunteering at local shelters can be a rewarding experience while also allowing you to spend time with animals.

If adopting, fostering or volunteering aren't within your capacity, you can also participate in pet-friendly community events, including adoption fairs, rescue fundraisers, animal yoga, and more! Participating in these events can be a fun way to engage with animals and meet other pet lovers.

Whether you access the healing power of animals at home or in the community, make sure to thank our animal friends for the positivity they bring into our lives. You might even give them a treat!

Citations:

1. Centers for Disease Control and Prevention (CDC). Healthy Pets, Healthy People.
2. National Institutes of Health (NIH). The Power of Pets.



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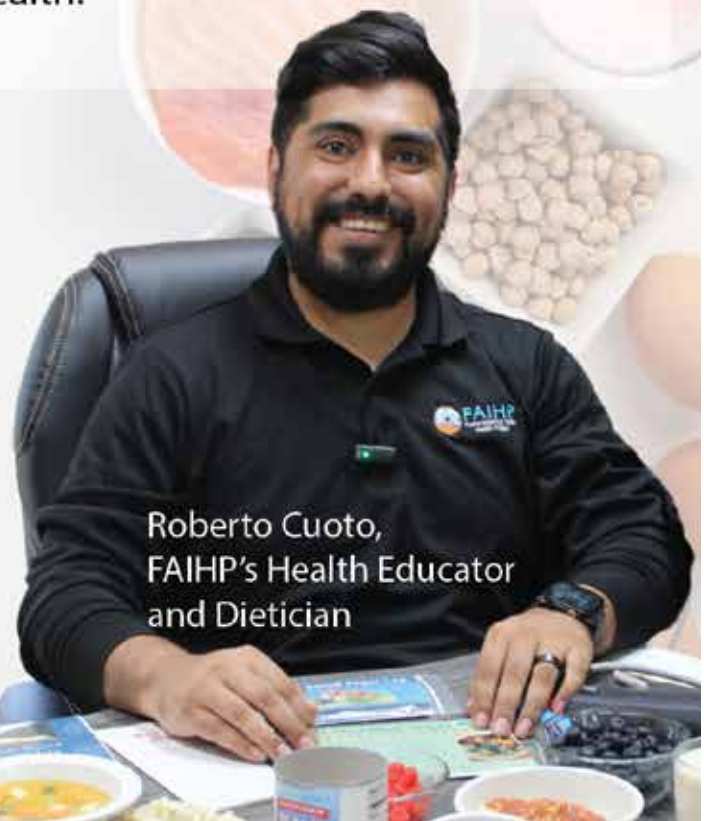
Nutrition & Wellness Class

This fun and engaging FREE monthly class will cover a multitude of health and wellness topics, especially those concerning diabetes management and care.

Community is welcome to attend to educate themselves more about nutrition, receive support and information, and learn about the services and opportunities FAIHP provides to the Fresno Area in regards to diet and health!

Whether you or a loved one is facing diabetic health concerns, join us and empower yourself and your health.

AT FAIHP
1551 E Shaw Ave
Suite 139
12:00pm-2:00pm
Every month on
the 3rd Thursday!



Roberto Cuoto,
FAIHP's Health Educator
and Dietician

Family Fun!



Family Time, the cornerstone of creating and sharing memories across generations, is a powerful source of joy and happiness. Having time with your family not only aids in developing social skills for younger members but also conveys crucial values, making it an essential aspect of life.

The Benefits of Family Time

Family Time is essential—regardless of which family member you spend time with. Some benefits of engaging with loved ones include:

- Builds solid emotional ties that help you overcome life's challenges
- Helps children perform better in school
- Creates self-confidence in all members of the family
- Teaches about conflict resolution and problem-solving
- Improves everyone's mental health

Multi-Generational Family Relationships

Studies have shown that intergenerational experiences can build needed social skills and help strengthen traditional and cultural norms, beliefs, and values. When possibly spend time with Elders, Adults and Children in your family at the same time! When you do this, it helps younger generations create a strong sense of self-identity and gives younger and older generations a different perspective on life.

Family Fun on a Budget

Hanging out with the family doesn't have to be an expensive outing. Remember, family time is about quality, not quantity. Even a few minutes a day with loved ones can benefit everyone involved. So, take a breath, relax, and enjoy these moments without feeling the pressure of time or money.

Here are some ideas that are also easy on the wallet:

- Go for walks or hikes at a local park
- Have a cookout
- Visit the local public library
- Enjoy a movie marathon at home
- Have a game night

References:

<https://www.universityhealth.com/blog/family-time>

<https://highlandspringsclinic.org/the-top-ten-benefits-of-spending-time-with-family/>

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.

Youth



SPORTS PHYSICALS

We are doing sport physicals for \$25.00 flat fee for our patient or non FAIHP patients. This is a basic physical, immunization is not included in this flat fee.

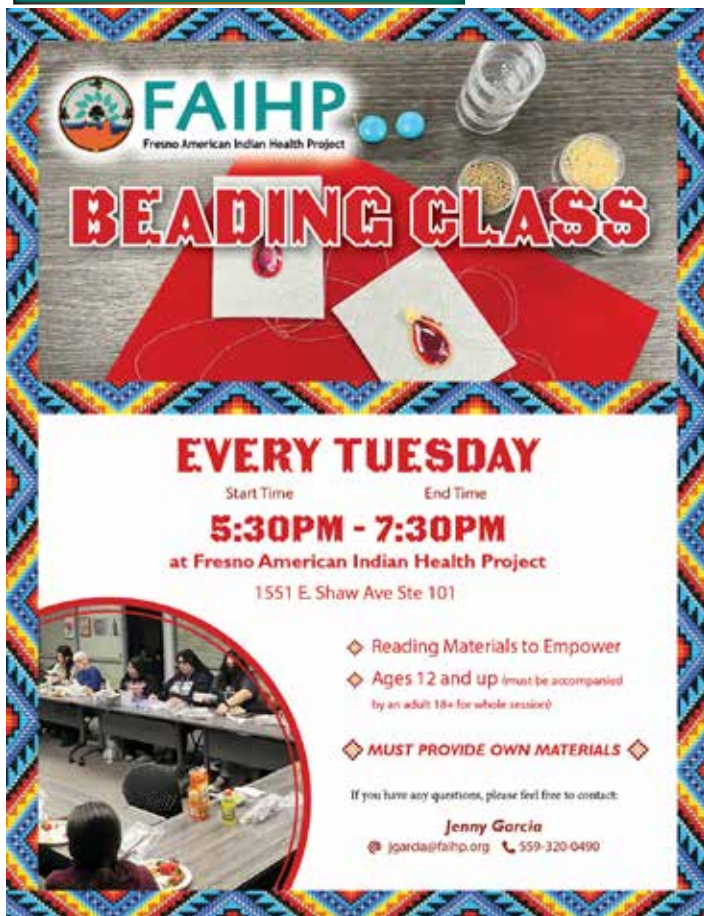
MAKE AN APPOINTMENT TODAY: (559) 320-0490



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Ave., #128
Fresno, CA 93710
M-F 8:00am- 5:00pm



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



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WISE

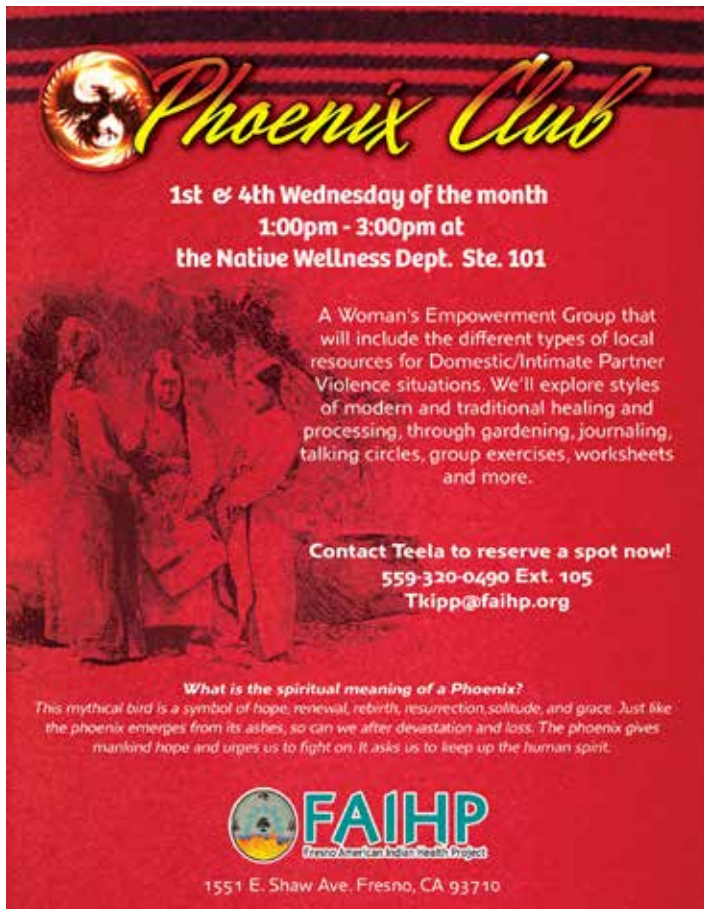
WELLNESS IN OUR SENIOR YEARS SUPPORT GROUP

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

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.

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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!

August *at a glance*

Weekly Programs:

Medicine Wheel 12 Step:

Mondays + Wednesdays 10am-12pm

Hatha Yoga

Mondays 1pm-3:30pm

Thursdays 5pm-6:30pm

Tai Chi

Wednesdays 3pm-4pm

Fridays 10am-11am

Sacred Circle

Mondays + Wednesdays + Fridays

5:30-7:30pm

Beading Class

Tuesdays 5:30pm

Wellbriety Support Circle

Fridays 12pm-1pm

Ongoing Programs & Events:

WISE Elder Support Group

2nd and 4th Thursdays

Aug 8th and 22nd 12pm-2pm

Phoenix Support Group

First and Last Wednesdays

Aug 7th and 28th 12pm-1:30pm

Nutrition and Wellness Class

Every 3rd Thursday Monthly

Native American Young Adult Committee (NAYAC)

3rd Thursday Monthly

Aug 15th 6pm-8pm

Plant Talk: Elderberry

August 17th

10am- 12pm

Talking 2Spirit

4th Friday Monthly

August 23rd 2:30-5:00pm

Keep up with cancellations and other events at faihp.org/calendar, or follow us on our social media platforms. Last minute cancellations and rescheduling can occur so feel free to connect with us prior to attending any programs!

FRESNO STATE
American Indian Studies

BOWLING

FUN

PLANETARIUM
VISIT

ROPES
COURSE



Scan to register!

**AUGUST 7TH, 16TH, & 23RD, 2024
9:30AM-5:00PM**

@RESNICK STUDENT UNION, FRESNO STATE UNIVERSITY

Please join the Fresno State American Indian Studies Department and the Fresno American Indian Health Project for a fun education series at Fresno State! Native American First Time Freshmen, Transfer Students and High School students are invited to attend the Native American Student Success Pipeline at Fresno State. Students will make connections to the people and resources that support Native American students on campus, as well as participate in fun relationship building activities Fresno State has to offer -- bowling, a planetarium visit and an obstacle course. Register today!

Contact Person: David Alvarez, Jr. - davidalvarez@mail.fresnostate.edu

FRESNO STATE
American Indian Studies



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Fresno American Indian Health Project



SAVE THE DATE!

OCTOBER 5, 2024



NATIVE DAYS



CAR & BIKE SHOW

EDUCATION & CHARITY CARE FUNDRAISER

Location California Health Sciences University
120 Clovis Ave, Clovis, CA 93612



Join us for a day of Cars, Culture & Fun, featuring:

Native American Drumming and
Dancers - Craft Vendors - Food
Kids Zone - Music - Classic Cars
Hot Rods - Motorcycles & More!

Sponsorship & Vendor opportunities available!



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Fresno American Indian Health Project

(559) 320-0490 www.faihp.org

Contact: Mike Colvard
mcolvard@faihp.org

SUBSCRIBE TO OUR NEW DIGITAL NEWSLETTER

For A Chance
to WIN!

RAFFLE

\$50 Gift
Card



**FOR CURRENT
PAPER
NEWSLETTER
CLIENTS**

Only 1
entry per
address!

STEP 1

Fill Out The Form

STEP 2

This will opt you out of the paper newsletter

STEP 3

Be entered to win a \$50 GIFT CARD



faihp.org



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 August 19, 2024.

How can I get involved with the CAC?



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



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**Visit Page 12 to learn how you
can have a chance to WIN \$50!**



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

Ralph Vigil - Board Member

Pam Coronado - Board Member

Bernadette Alvarez - Board Member

Leece Lee Oliver - Board Member

Bobby Von Martin - Board Member

Audrey Osborne - Board 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.