



# FAIHP

Fresno American Indian Health Project

*Serving The Native Community Since 2007*

**AUGUST 2025**

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Where to find us:  [www.faihp.org](http://www.faihp.org)

 [@faihp\\_community](https://www.instagram.com/faihp_community)

 [facebook.com/fresnofaihp](https://www.facebook.com/fresnofaihp)





# CEO REPORT

Selina De La Peña, CEO Fresno  
American Indian Health Project

**Hello Community,**

## **Back-to-School Celebration**

Join us at FAIHP on August 8th, 6–8pm for our annual Back-to-School event! Youth Services will be giving away 100 free JanSport backpacks filled with school supplies. Families can also connect with education resources from FUSD, Fresno State, Fresno City College, and more. Enjoy art booths, a food truck, raffle prizes, and community fun!

**No backpack registration required to attend—everyone is welcome!**

## **Join Us for the Mobile Food Unit Launch!**

Meet our team, connect with partners, and celebrate this important step toward addressing food insecurity.

On Thursday, August 15th, from 10am–12pm, FAIHP and Save the Children invite you to a community celebration to unveil our new Mobile Food Unit!

Enjoy a ribbon cutting, naming ceremony, and learn how this unit will bring fresh, healthy food to families through monthly pop-up pantries—both at FAIHP and partner sites. Wrapped in powerful artwork that tells the story of our urban Native community and our connection to land and culture, the unit will soon be seen across the city.

## **Welcome New Staff!**



**Martha Sanchez**

*Health Services Coordinator*



**Anastasia Arevalo Lopez**

*Medical Assistant*



**Lisa Marie Flores**

*Doula/Native Birthworker*

**With Gratitude.**

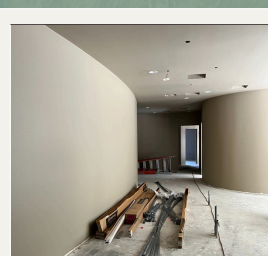
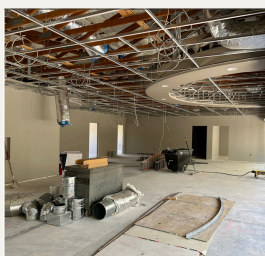
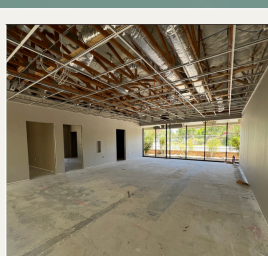
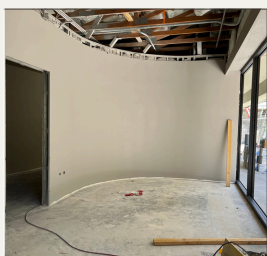
# COMMUNITY HIGHLIGHTS

## YOUTH GONA

Our annual Gathering of Native Americans camp took place at Camp Sierra near Shaver Lake in July! Youth took part in an array of cultural activities like creating soap brushes, tule boats, and more! Our goal is to strengthen the identities of our youth through culture and connection with one another. We couldn't have done it without the relentless dedication of our facilitators, staff, and volunteers.



## CONSTRUCTION UPDATE



We're thrilled to share that Phase I of our major construction project is nearly complete! The brand-new Native Wellness and Youth Services buildings are almost ready—offering more space, upgraded features, and room to grow. Phase II kicks off next, combining two existing buildings into one expanded, Behavioral Health and Medical facility. This next step will elevate the way we deliver integrated care and improve the experience for our community and staff alike. Then comes the biggest transformation yet—Phase III. We'll be demolishing two current buildings to make way for a bold new two-story Administrative Building, complete with expanded community spaces designed for gathering, collaboration, and future growth. While all of this exciting progress is underway, we want to reassure you that we are still open and continuing to provide all services without interruption. The full project is set to be complete by mid-2027—and we can't wait to share this next chapter with you!



# CURRENT EVENTS

## AUGUST'S ACTIVITIES

### Event

### Date & Time

Talking 2Spirit .....August 22<sup>nd</sup> - 5-7:30p  
 Elavate Youth ..... August 23<sup>rd</sup> - 11-2p  
 Nutrition & Wellness Class ..... August 21<sup>st</sup> Noon - 2p  
 Fresno State Garden Volunteer Opportunity ....August 7<sup>th</sup> / 21<sup>st</sup> 8:30 - 10am

## WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Walking and Wellness Manchester Mall 11am-12pm</li> </ul>	<ul style="list-style-type: none"> <li>Beading at FAIHP Suite 121 at 5:30pm</li> </ul>	<ul style="list-style-type: none"> <li>3pm Tai Chi</li> <li>12 pm Phoenix Group (1st and last Wed monthly)</li> <li>5:30pm Sacred Circle</li> </ul>	<ul style="list-style-type: none"> <li>12-2pm WISE Elder Support Group (2nd and 4th Thursday)</li> <li>3-5pm Men's Talking Circle</li> <li>5-7:30pm Hatha Yoga</li> </ul>	<ul style="list-style-type: none"> <li>10am Tai Chi</li> <li>12pm-1pm Wellbriety Meeting</li> </ul>

## UPCOMING EVENTS

### Event

### Date & Time

Back[Pack] To School Drive August 7<sup>th</sup> 6:00 - 8:00p  
 Sundance Film Screening August 8<sup>th</sup> 5:00 - 8:00p  
 Native Marketplace August 9<sup>th</sup> 7:00 - 12:00p

## Community Advisory Committee

FAIHP's Community Advisory Committee originated in 2012 and is made of up Native parents, elders, community members, and supporters. Meetings are held regularly on the third Monday of the month via zoom and in person from 5:30 - 7:30 pm. The CAC's goal is to provide feedback & ensure the delivery of culturally appropriate services to the American Indian Alaska Native residents of Fresno and its surrounding communities.

If you are interested in getting involved, contact Ruben Garcia at [@rgarcia@faihp.org](mailto:@rgarcia@faihp.org).





# CLUBHOUSE NEWS

In July, Clubhouse hosted our annual GONA (Gathering of Native Americans) camp—a cherished tradition that brings together youth for a week of cultural learning, connection, and healing.

This year, we welcomed 31 youth participants who spent the week exploring the four core GONA principles: Belonging, Mastery, Interdependence, and Generosity. Through guided activities and teachings, these values came to life in meaningful and memorable ways.



Set in a culturally rich environment, youth had the opportunity to engage in traditional hands-on crafts such as making soaproot brushes, tule boats, and hand drums. They also participated in sweat lodge ceremonies, embracing spiritual practices that connect us to our ancestors and to one another. Throughout the week, traditional songs and drumming echoed through camp as facilitators shared powerful teachings on the impacts of historical trauma—what has broken our Indian world apart—and the strength, knowledge, and traditions that bring us back together.

A highlight of the week was a day trip to Shaver Lake, where youth sailed the tule boats they had crafted, enjoying nature and the spirit of community. On the final evening, the camp concluded with a celebratory dance—an uplifting and joyful way to close out the experience.

We are grateful for the time spent together and inspired by the resilience and energy of our youth. We look forward to building on this year's success and hope to welcome even more participants at next year's GONA camp.



HAPPY BIRTHDAY

**THEODOORE ANGEL!**



## Back[Pack] to School Drive

August 7<sup>th</sup>, 2025

6-8p

1551 E. Shaw Ave

Education  
Resources!

Games!

Food!

& More!



Registration  
**CLOSED**

Please join us as we help prepare for the 25-26 school year! We will have outdoor activities, educational booths, and community resources available. Food will be available for purchase, and backpacks will be provided for those who register. Raffles and activities will be provided for participants.

Questions?

Contact Victoria Garcia  
Vgarcia@faihp.org  
(559)320-0490 Ext. 406



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## Diabetes Medicine

To help maintain healthy blood sugar levels and prevent diabetes complications, many individuals rely on various medications as an important part of their treatment plan. However, they are not meant to work alone! They work best when a person makes healthy food choices, participates in daily physical activity, and stays at a healthy weight. Together, they are powerful in lowering your blood sugar.

### TYPES OF DIABETES MEDICINES

There are different kinds of medicines, and they all work in their own way to help lower your blood sugar. One common medicine is called Metformin. It is a pill that helps your body use sugar better and stops the liver from making too much sugar. Other people with diabetes may need insulin. Insulin is a shot that gives the body the insulin that is missing or not using well. Newer medicines are also being created to assist with diabetes management. These can help lower blood sugar, keeping the heart and kidneys healthy, and even help with weight loss. Your doctor or care provider will help you choose the best medicine for you and work alongside you when finding the best treatment plan for you.

### TAKING YOUR DIABETES MEDICATION

Medicine works best if taken at the same time every day. Here are a couple tips to help you

remember to take your medicines on time!

- Ask family members or a close friend to remind you
- Set an alarm as a reminder on your personal device
- Consider taking medicines at the same time you do other daily activities - like when you brush your teeth
- Use a pill box



**Additionally,** there are other things that can be done to ensure you are taking your medications safely:

- Do not take anyone else's medicine
- Learn the names of the medicines you are taking, including how much and how often
- Read the label when picking up medicine from the pharmacy
- Do not use medicines that have expired or have changed colors



## Children and Reading

### Why is Reading to Young Children Important?

- Reading to young children is important for growth and development.
- Reading to young children helps them learn new words and understand the world around them.
- Reading to young children teaches them about emotions and how to deal with difficult feelings.
- Reading to young children gives you a chance to connect and spend time with your child.

You can spend as little as a few minutes of reading to help your child's brain grow and make learning easier as they enter school.

There's no one right way to read to your child. You can read to them in any language, or multiple languages. You can do it at the same time every day or change up the routine. The important thing is for your child to hear words and language and to have books be part of their daily life. Any steps you're able to take can make a big difference. Let us know if you need any children books!

### Tips for Making Reading Fun and Engaging

- Choose books that are appropriate for your child's age and interests.
- Allow your child to choose books that interest them especially as they get older.
- Make your reading time interactive and fun.
- Talk about the pictures as you read.
- Build your child's vocabulary by focusing on and talking about new words.
- Connect the story to your child's world.
- Ask questions about the story and encourage your child to share their thoughts.
- Spend 15 minutes a day to read out loud to make a big difference and raise a reader.
- Visit your local library together and explore all that it has to offer.



#### HAVE QUESTIONS?

The Family Spirit Program at FAIHP is here to help. This is a program 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.

Reference: <https://childmind.org/article/why-is-it-important-to-read-to-your-child/>



## Vaccinations

As school approaches many children may be due for vaccinations. Please call us today and schedule your appointment for your child's vaccinations.

### VACCINE SAFETY

The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year. Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough.



### Side Effects

Vaccines, like any medication, may cause some side effects. Most of these side effects are very minor, like soreness where the shot was given, fussiness, or a low-grade fever. These side effects typically only last a couple of days and are treatable. For example, you can apply a cool, wet washcloth on the sore area to ease discomfort. Serious side effects after vaccination, such as a severe allergic reaction, are very rare and doctors and clinic staff are trained to deal with them. The **disease-prevention benefits** of getting vaccines are much greater than the possible side effects for almost all children. There is no scientific studies that links vaccinations to autism.



## WELLBRIETY DINNER

Recovery Month – September  
3rd Annual Wellbriety Champions Dinner

Each September, we celebrate Recovery Month by honoring our Wellbriety Champions –those walking the Red Road of healing and sobriety. This year marks our third annual celebration dinner!

Save the Date  
September 19, 2025  
6:00 - 9:00 pm

1551 E Shaw Ave Suite 121  
Fresno Ca 93710  
553-320-0490  
Contact Deborah  
[dgillera@faihp.org](mailto:dgillera@faihp.org)



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## The Benefits of Progressive Muscle Relaxation

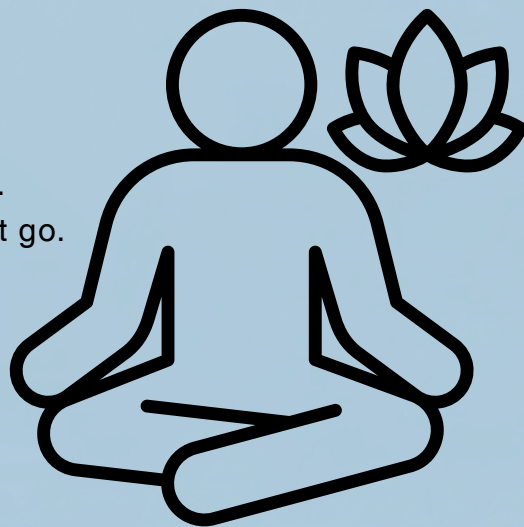
It's normal to feel stressed sometimes. But when stress builds up or lasts a while, you may carry that tension in your muscles—often without realizing it. One way to release this built-up tension is through progressive muscle relaxation (PMR), a simple technique where you tighten and relax muscle groups one at a time. The goal is to help you release physical tension and become more aware of how it feels.

### HOW TO DO PMR

PMR is easy to do at home. You don't need any special equipment—just focus, attention, and a quiet place without distractions. The basic idea is to tense each muscle group for about 5 seconds, then fully relax for 10 to 20 seconds before moving on.

### STEP-BY-STEP INSTRUCTIONS

1. Sit or lie down. Relax and take five slow, deep breaths.
2. Lift your toes upward. Hold, then let go. Pull your toes downward. Hold, then let go.
3. Tense your calf muscles. Hold, then relax.
4. Move your knees toward each other. Hold, then let go.
5. Squeeze your thigh muscles. Hold, then release.
6. Clench your hands. Pause, then let go.
7. Tense your arms. Hold, then release.
8. Squeeze your buttocks. Pause, then relax.
9. Contract your abdominal muscles. Pause, then release.
10. Inhale and tighten your chest. Hold, then exhale and let go.
11. Raise your shoulders to your ears. Pause, then let go.
12. Purse your lips. Hold, then release.
13. Open your mouth wide. Hold, then let go.
14. Close your eyes tightly. Pause, then relax.
15. Lift your eyebrows. Hold, then release.



### TIPS FOR BEGINNERS

Set aside 15–20 minutes in a quiet area. Turn off your phone to avoid distractions. Don't hold your breath—breathe deeply and fully. Start at your head or feet—whatever feels natural. Wear comfortable clothing, and try PMR even when you're calm so the technique becomes easier over time.



**Fresno American Indian Health Project**  
**1551 E Shaw Ave, Suite 103**  
**Fresno, CA 93710**



#### **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 or electronically.**



**Please make all checks payable to:**  
**Fresno American Indian Health Project**  
**1551 E. Shaw Avenue, Suite 103, Fresno CA 93710**

#### **SERVICES**

- Medical Appointments
- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition Counseling

#### **BOARD OF DIRECTORS**

**Pam Coronado - Chair**

**Ralph Vigil - Vice Chair**

**Janet Bill - Secretary**

**Dr. 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](http://www.faihp.org/about-us/board-of-directors)**

**The Board of Directors meets the 4th Tuesday of every month, at 5:30pm. If you'd like to attend the board meeting, contact Kylie Sherman at [ksherman@faihp.org](mailto:ksherman@faihp.org) or by calling 559-320-0490.**

*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.*