



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

July 2025

In this issue:

- CEO ReportPage 2
- Community HighlightsPage 3
- Community CalendarPage 4
- Clubhouse NewsPage 5 - 6
- Nutrition NewsPage 7
- Family Spirit ArticlePage 8
- Nurses CornerPage 9
- Native WellnessPage 10
- Behavioral Health.....Page 11

Where to find us:



www.faihp.org



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



facebook.com/fresnofaihp



CEO REPORT

**Selina De La Peña, CEO Fresno
American Indian Health Project**

Happy Summer Everyone,

June was busy - from graduations to awards to celebrations! I am proud to share we had 11 students from Youth Clubhouse who promoted up or graduated high school. Knowledge is a key pillar to success. I am happy to share that 3 FAIHP staff received awards this month. Working outside of our four walls is essential to having a greater community impact. Being an FAIHP Board Member is a tall order - attending monthly meetings, special events, and signing checks. Volunteering is a selfless act.



Amber Molina, Director of Behavioral Health, received the "Insight to Action Award" from the Boys & Girls Club of America in recognition of her outstanding work in advancing trauma-informed practice and training at FAIHP.



Felicia Batts, Director of Care Integration, and Akeya Maddox, Care Coordinator were honored by Jewel of Justice at the Black Maternal Health Freedom Event for their participation, leadership, and impact in Maternal Child Health in the Fresno Community.



Bernadette Alvarez has submitted her resignation from the Board. Most recently as Treasurer, she has served with dedication since 2019. We are grateful for her and her daughter, Hummingbird, who has been a big part of Clubhouse. We wish them the best as they begin their new chapter in life!

Summer is here. Please be safe with all family gatherings and events. Staying hydrated is essential for health and wellness, especially for small children and elders. Sadly, every year, children and animals die in hot cars. Please remember to check on your children, check on your elders, and check your back seat.

Be Safe & Have Fun!

COMMUNITY HIGHLIGHTS

CUB GONA



Day 1:
Belonging

Day 2:
Mastery



Day 3:
Interdependence

Day 4:
Generosity



Youth in grades 1st through 5th, took part in a 4 day cultural curriculum that strengthens Native American culture and identity through healing & wellness.

Brothers of the Earth



Community gathered for this one-day event to celebrate the Native men who shape our lives through culture and connection. Activities included Talking Circles, Hand Games, Clapstick Making, and Gratitude Cards.

CURRENT EVENTS

JULY'S ACTIVITIES

Event	Date & Time
Youth GONA	July 14 th - 19 th
NAYAC - Skate Night	July 19 th 6:30 - 8:30p
Community Advisory Committee	July 21 st 5:30 - 7:30p
Talking 2 Spirit	July 25 st 5:00 - 7:30p

WEEKLY SCHEDULE

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

UPCOMING EVENTS

Event	Date & Time
Back[Pack] To School Drive	August 7 th 6:00 - 8:00p
Sundance Film Screening	August 8 th 5:00 - 8:00p
Native Marketplace	August 9 th 9:00 - 2:00p

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 Update

Wow, is it really July! Last month youth started their summer with our Academic success ceremony. Congratulations to Bella Garcia, Syana Mills, Mason Andrews, Klohe Rush, Analieah Oliver, Josh Kane, Libbie Garcia, Addy Farley, Peter Christman, Lilyana Ramirez and Dani Kane.

Clubhouse started the month with making beaded sun catchers. Then followed with learning Humming bird teachings as well as making feeders.

Last but not least they learned about the significance of Juneteenth and created a footprint of how they can help advocate for diversity. June was a short month for clubhouse as we held a week of our 3rd Annual Cub GONA. The youth participated in the 4 principles of GONA and did activities as well engaged in cultural teachings and activities. The youth went on field trips such as Fresno Flats Historic Village and Park, Forestierre Underground Garden, San Joaquin River Parkway Trust, and Central Unified Aquatics center. Clubhouse also took a group of youth to the unity conference in San Diego.



Happy Birthday

Lorin Kane! Makaila Gonzalez! Analieagh Oliver! Sage McCombs

GONA IS
RIGHT
AROUND THE
CORNER!

Park Safety and Learning

Creating safe and engaging playground spaces helps children thrive. Outdoor play builds strength, creativity, and problem-solving skills—but safety must come first. With proper supervision and regular equipment checks, we can ensure that playtime stays fun and injury-free for all ages.

Ensuring Safe and Fun Playgrounds for Kids

Playgrounds and outdoor play areas give kids a fun way to stay active, play with friends, and use their imagination. Playing outside helps them grow strong, build skills, and solve problems.

To keep kids safe, check the area and equipment to make nothing is missing, rusted or broken. If a playground is not constructed properly, injuries can occur. Supervise children playing on playgrounds at all times to ensure safety.

Playground Safety Tips

- ✓ **Actively Supervise** children while they play. They'll likely be excited to show off their climbing, jumping, and swinging skills.
- ✓ **Check Playgrounds** for hazards like rusted or broken equipment and unsafe surfaces.
Report any issues to the school or local authorities.
- ✓ **Teach Children** that pushing, shoving, or crowding on the playground can lead to injuries.
- ✓ **Dress Appropriately** by removing necklaces, scarves, purses, and clothing with drawstrings that could get caught on equipment.
- ✓ **Use Separate Play Areas** for younger children, as kids under five play differently than older children.
- ✓ **Choose the Right Play Area** based on your child's age to ensure a safe and fun experience.

-----REMEMBER-----

Even on safe, age-appropriate playgrounds, adult guidance and supervision is the best way to prevent injuries. In fact, researchers say lack of supervision is linked with nearly half of playground-related injuries. So, as your child climbs, slides, swings and glides, keep an eye on the action and be ready to intervene if they are using the equipment inappropriately.

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.



REFERENCES:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Safety-on-the-Playground.aspx>
https://www.safekids.org/sites/default/files/documents/playground_safety_tips-2015.pdf

DIABETES EDUCATION

Moving to Stay Healthy

Getting active doesn't have to be a chore! Participating in regular physical activity can help boost your mood and take care of your health!

Why Be Active?

For years, Native people have lived very active lives. It is very good medicine, as participating in daily physical activity (exercise) offers benefits for physical, mental, and spiritual well-being. Some benefits include:

- Increasing energy
- Losing weight
- Coping with stress
- Improve blood sugar, blood pressure, and cholesterol levels
- Increase strength, balance, and flexibility

Getting Started

To start doing physical activity, first check in with your health care provider! For people with diabetes or other chronic conditions, this is just about finding out what is safe and best for you.

Choose a form of exercise that you like to do! It can help you remain consistent in doing it everyday!

Here are examples of different kinds of physical activity:

- Walking
- Dancing
- Gardening and doing yard work
- Yoga and tai chi
- Chair exercises and arm movements



Being active is good for you, and can bring feelings of peace and pride. Your family will see how hard you are working and how it helps to manage your diabetes!

REFERENCES:

- Indian Health Service. (2003) Balancing Your Life and Diabetes [Curriculum] Albuquerque, New Mexico
- Being Active is Traditional | Physical Activity. (2017). Being Active is Traditional | Physical Activity.
- Division of Diabetes Treatment and Prevention.
- <https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/physical-activity/being-active-is-traditional/>

Heat-Related Illnesses

Working or spending time in extreme heat can lead to serious health issues. Staying cool and hydrated is key to preventing illness.

TYPES

Common heat-related illnesses include heat stroke, heat exhaustion, and heat cramps

HEAT STROKE

The most dangerous heat illness. It happens when the body overheats and can't cool down.

Symptoms include:

Confusion, slurred speech, unconsciousness, hot/dry skin or heavy sweating, seizures, and body temperatures above 106°F.

Seek emergency care immediately.

FIRST AID:

- Drink water or a sports drink
- Avoid salt tablets
- Get medical help if cramps last over 1 hour or if the person has heart issues

FIRST AID FOR HEAT STROKE:

- Call 911
- Move the person to shade and remove extra clothing
- Cool with cold water, ice, or wet cloths
- Circulate air and apply cold to the head, neck, armpits and groin.

HEAT EXHAUSTION

Caused by loss of water and salt through heavy sweating.

Symptoms include:

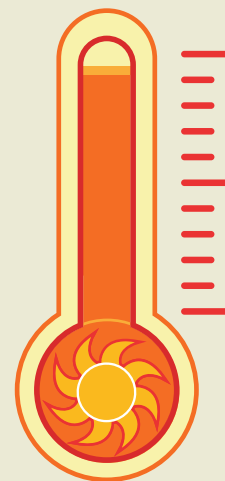
Headache, dizziness, weakness, nausea, heavy sweating, and low urine output.

HEAT CRAMPS

Happen after heavy sweating depletes salt levels.

Symptoms:

Muscle cramps or spasms in the arms, legs, or abdomen.



WISE Family Trees

Our WISE Group meets every 2nd and 4th Thursday of the month and is made up of older adults from many backgrounds. In recent gatherings, we've been exploring Family Trees and personal ancestry. Many participants have never created a Family Tree before, and through this process, we're uncovering deep connections, memories, and even healing.

Creating a Family Tree is often a requirement when enrolling in a Federally recognized tribe, though each tribe's enrollment process is different. Some participants build their trees through DNA testing, while others rely on documents like birth certificates and family records. It's a meaningful journey either way.

Several community members have successfully traced their lineage back 10 to 16 generations. Along the way, they've uncovered photos, school records, and family resemblances that were once unknown—like seeing a great-grandparent's childhood picture for the first time. These discoveries are powerful and emotional, connecting the past to the present in ways that bring joy and insight.

Family Tree work has sparked storytelling and laughter in our group. Elders share memories of their childhood, family teachings, and ceremonies passed down by their grandparents. These stories can't be found in books or online—they're lived experiences that light up our gatherings with warmth and wisdom.

FAIHP serves all tribes and community members, regardless of enrollment status. You do not need to be enrolled in a Federally recognized tribe to access many of our services. If you can show Native lineage—through a parent or grandparent—you may still qualify for support.

We invite you to join our WISE Group to learn, share, and grow through activities like Family Tree building. It's more than research—it's a celebration of identity, culture, and connection.

To get started or learn more, register with FAIHP. We're here to support your journey.

National Minority Awareness Mental Health Month

Resource / U.S. Food & Drug Administration & Mental Health America

July is National Minority Mental Health Awareness Month. It is a time to bring awareness to the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness. Obstacles for many include a lack of health insurance, less access to treatment, and stigma.

Mental illness can affect individuals of all races and ethnicities. Show your support this month and beyond by learning more about mental health. Culture, ethnicity, and race all play a role in the way that each person experiences the world. These factors, among others, have profound effects on mental health. When communities face violence or discrimination, the resulting trauma from these attacks can be difficult to heal. Finding ways to process your feelings, feel more grounded, and take action can support you and your community in healing together.

Pause and Reflect

After experiencing a traumatic event, it is important to allow yourself to feel your feelings. Take the time to process your emotions and reflect on what you and your community are going through.

Feeling Safe

Experiencing a traumatic event can make you feel unsafe and unstable. Thinking of things that have provided you with a sense of security in the past can help you feel more grounded.

Taking Action

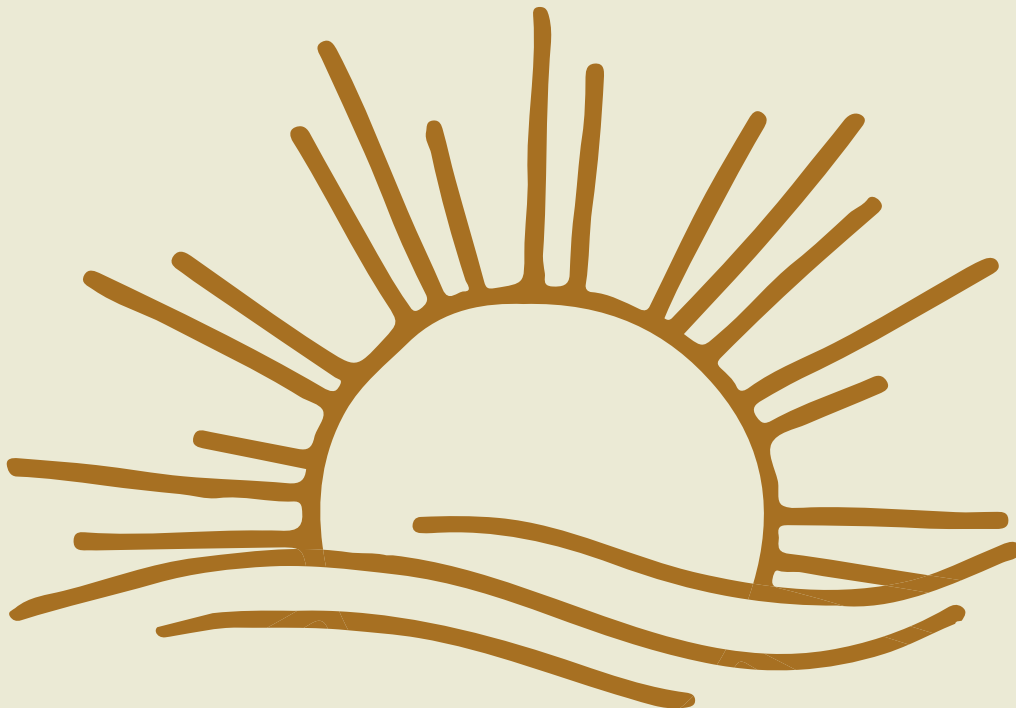
For some people, taking action can be a helpful way to cope with trauma. Once you have established your own sense of safety again, you may start to notice that you want to support the people around you or those who share your identity. This can increase feelings of connection and decrease feelings of helplessness.



SHARE YOUR STORY

Storytelling is one of the most effective ways to fight mental health stigma. When people who live with a mental health condition share their stories, it can help others feel less alone and reduce any shame they may have when talking about their own mental health.

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

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 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.