

NEWSLETTER



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CEO REPORT

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

Dear Community,

May was a month full of meaningful connection, cultural celebration, and continued growth—both in spirit and in infrastructure. As we welcome the warmth of summer, we've been staying busy!

Community Highlights

Honoring Veterans Resource Fair

We began the month by recognizing our Native veterans with a heartfelt blanket ceremony. Thank you to all who joined us in honoring their service.



Honoring the Women Who Shape Us – Auberry Community Resource Center

This gathering brought together families to celebrate the women who guide and strengthen our lives. Your presence made the day truly special.

Mother's Day Pine Needle Workshop

Led by Carly Tex, this hands-on session taught participants how to weave pine needle medallions while sharing the cultural roots of basketry.

Sobriety GONA

Our latest GONA gathering offered space for healing, prayer, and connection. Every story and shared moment reminded us of our collective strength. Thank you to the Native Wellness Department for making this event a success!

Construction Progress

Construction on our new facility is moving forward! Steel framing is up, walls are taking shape, and the unique circular ceiling structure is nearly complete. These exciting updates bring us one step closer to opening a space designed with and for our community. Thank you for your continued patience during this phase. We can't wait to welcome you into a new home for health, culture, and connection.



With gratitude,
Selina De La Peña
Chief Executive Officer

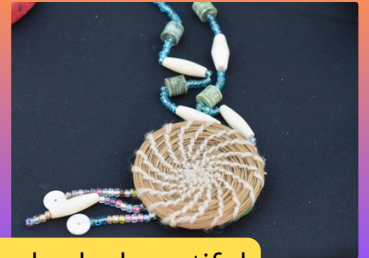
COMMUNITY HIGHLIGHTS



Our Honoring Veterans Resource Fair started May off with an opportunity for outreach with local Native veterans. We honored FAIHP community members with a blanket ceremony.



At the Auberry Community Resource Center staff hosted a “Honoring the Women Who Shape Us” event! We had such a great turnout, and it was wonderful to see so many of you enjoying the day, connecting, and celebrating the amazing women in our lives. Your energy and support made the event truly special!



Our pine needle medallion workshop led by Carly Tex for Mother’s Day had a beautiful turnout. This event taught participants the process of weaving a pine needle medallion and the basics of the history and tradition of basket making.



We hosted another Sobriety GONA, which brought together our community in strength, healing, and purpose. From the opening prayers to the shared stories, laughter, and support—every moment reminded us of why we walk this path together.

COMMUNITY HIGHLIGHTS AND CALENDAR

Monday:

Walking and Wellness

Manchester Mall

11am-12pm

Tuesday:

- **5:30pm Beading**

Wednesday:

- **3pm Tai Chi**
- **12 pm Phoenix Group (1st and last Wed monthly)**
- **5:30pm Sacred Circle**

Thursday:

- **12-2pm WISE Elder Support Group (2nd and 4th Thursday)**
- **3-5pm Men's Talking Circle**
- **5-7:30pm Hatha Yoga**

Friday:

- **10am Tai Chi**
- **12pm-1pm Wellbriety Meeting**

MONTHLY EVENTS

Native American Young Adult Committee (NAYAC)

June 19th

6pm-8pm

Talking 2Spirit (New time!)

June 27th

5:00-7:30pm

UPCOMING EVENTS

Youth Council Movie Night

June 6th, 6:30-9:30pm

FAIHP Offices Closed - June 19th

Monthly Nutrition and Wellness

Class: Every 3rd Thursday of the

Month Starting July 3

GONA Youth Camp @ Camp

Sierra July 14-18th



GONA IS NEXT MONTH!!!



FOR MORE INFORMATION ON HOW TO SIGN UP YOUR YOUTH, SEE PAGE 6!

Youth Department News

May was an awesome month at clubhouse. AIEC (American Indian Education Center) did a soap stone carving teaching with the youth. Elevate youth talked about the MMIP crisis within Native countries and made a really cool art project surrounding the discussion. Clubhouse experimented with different slime making techniques. On the 16th Clubhouse held a Bobby Martin Paint Night for Clubhouse families and community members. SPIP (Suicide prevention intervention and postvention) did self-care kits to focus on Mental Health awareness month. Elevate youth held another class on Mental Health Awareness and did a QPR (Question, Persuade, Refer) training. The Red Warrior Project finished off the month with a color by number activity to help calm the mind.

**June Birthdays:
Youth Clubhouse**

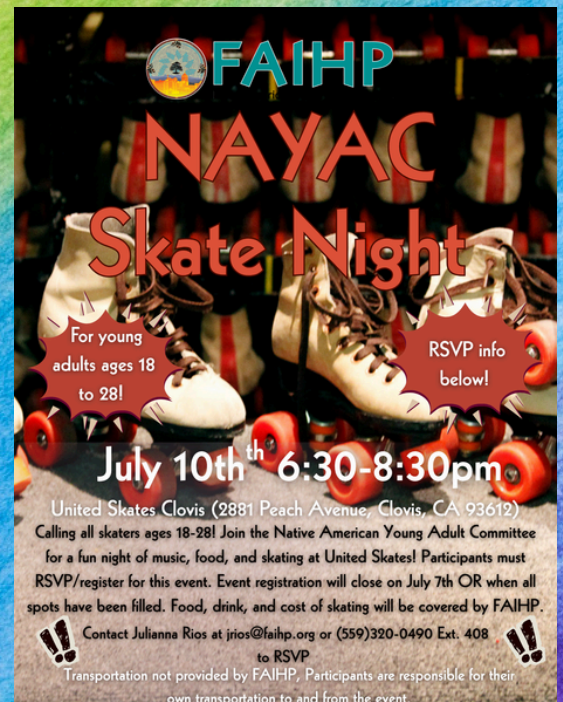
HAPPY BIRTHDAY

Leo Dine

Khloe Rush

Be on the lookout for upcoming flyers and events:

- Bobby Martin Paint Night
- Youth Drum Circle
- Elevate Youth
- NAYAC(Native American Young Adult Committee)
- Youth Council Movie Night June 6th
- Talking Two Spirit



FAIHP NAYAC Skate Night

For young adults ages 18 to 28! RSVP info below!

July 10th 6:30-8:30pm

United Skates Clovis (2881 Peach Avenue, Clovis, CA 93612)

Calling all skaters ages 18-28! Join the Native American Young Adult Committee for a fun night of music, food, and skating at United Skates! Participants must RSVP/register for this event. Event registration will close on July 7th OR when all spots have been filled. Food, drink, and cost of skating will be covered by FAIHP.

!! Contact Julianna Rios at jrios@faihp.org or (559)320-0490 Ext. 408 to RSVP !!

Transportation not provided by FAIHP. Participants are responsible for their own transportation to and from the event.



Gathering of Native Americans (GONA) is a five-day overnight camp for Native youth ages 13-17 years old, designed to promote wellness through culture, storytelling, community-building, and fun! This year's GONA will be **July 14-18, 2025**. Join us! Register today!

For Questions, contact:
Dori Andrews 559-320-0490 Option 4
dandrews@faihp.org



Nutrition and Wellness

Healthy Eating - All Day - Every Day

Healthy eating is universal. Healthy eating is vital for a strong body and mind. Eat Healthy Always. Food choices recommended for diabetes management are actually ideal for the whole family!

Model Healthy Eating Habits for Your Family

Eat well together! It helps everyone feel better, stay healthy, manage weight, and prevent or delay diabetes. Some of the ways people can eat healthy include eating smaller portions and drinking plenty of water. Boost your health by prioritizing fiber-rich foods like fruits, vegetables, and whole grains while making mindful choices to limit fats and sugars. Eating less sugar and fat can help lower your risk for heart disease, lower blood sugar, and reduce weight.

Basics of Healthy Eating

All food can be grouped as:

- Starch: Bread, tortillas, pasta, rice, cereal, legumes, potatoes, squash
- Fruit: Apples, oranges, berries, and all other fruit – either fresh, frozen, or canned
- Vegetables: Carrots, lettuce, green beans, onions, broccoli, and all other vegetables
- Milk and Yogurt: All milk products and yogurt
- Fat and Oils: Butter, margarine, cream, oil, coffee creamer, nuts and seeds
- Sugary Foods: Soda, candy, honey, maple syrup, cakes

Healthy eating doesn't have to be complicated!

The Plate Method makes it easy. Just fill half your plate with vegetables, divide the other half between protein and grains, add a side of fruit, and choose water. It's that simple!



REFERENCES:

References:

Indian Health Service. (2003) Balancing Your Life and Diabetes [Curriculum]. Albuquerque, New Mexico
Indian Health Service, Division of Diabetes Treatment and Prevention. (2024). My Native Plate. In Indian Health Service.
<https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/nutrition/my-native-plate>

Family Spirit

Cardiac Pulmonary Resuscitation (aka CPR)

CPR is Done Differently for Infants and Children

CPR is one of those things that everyone should know how to do even if everyone hopes they'll never have to use it. This is especially true for parents and other caregivers, since knowing CPR could save a child's life. The best way to be fully prepared for an emergency is to take a certification course. However, it is crucial that everyone at least know the basics.

How to Perform Infant and Child CPR

Step 1. MAKE SURE THE SCENE IS SAFE.

- Check to see if the infant or child is awake and breathing normally.

Step 2. SHOUT OUT FOR HELP.

- If you're alone and have a phone, call 9-1-1 and perform CPR with 30 compressions and then 2 breaths.
- If you need to leave the child or infant to call 9-1-1, make sure to provide 5 cycles of 30 compressions and 2 breaths before leaving to call 911 and get the AED.
- If help is available, phone 9-1-1. Send someone to get an Automated External Defibrillator (AED) while you start CPR.

Step 3. PLACE THE CHILD OR BABY ON THEIR BACK ON A FIRM, FLAT SURFACE. PROVIDE CPR WITH COMPRESSIONS AND BREATHS.

- Infant CPR – Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers. Provide 30 compressions and then 2 breaths. Repeat cycles.
- Child CPR – Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands. Provide 30 compressions and then 2 breaths. Repeat cycles.

Use the AED as soon as it arrives. Continue CPR until emergency medical services arrive.

Have questions?

The Family Spirit Program at FAIHP is here to help. This is a program for pregnant women and parents or 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://cpr.heart.org/en/-/media/CPR-Files/Training-Programs/Community-Programs/Infant-CPR/KJ1424_How_to_Perform_ChildInf_CPR_231120.pdf?sc_lang=en
- https://www.redcross.org/take-a-class/cpr/performing-cpr/child-baby-cpr?srsId=AfmBOohyCaf_tgr1YT4l10RZHtFEyDJKZp1Lb6_58NP9xpy0Ubko23g



NURSES CORNER

June is Men's Health Awareness Month

Men's Health is an annual observance that aims to raise awareness about the health challenges faced by men and promote strategies for better physical and mental well-being. This significant event encourages men of all ages to prioritize their health, seek preventive care, and engage in conversations about important health issues.

What is Men's Health 2025?

Men's Health is a dedicated month that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and managing health issues proactively. Men's Health Month encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed.

When is Men's Health Month 2025?

Men's Health Month is observed annually during the month of June leading up to Father's Day. This timing provides an excellent opportunity to engage fathers, brothers, sons, and male friends in discussions about their health while emphasizing the significance of men's well-being within the context of family and community.

How can I get involved in Men's Health 2025?

Participating in Men's Health allows individuals to promote a holistic approach to men's health and support the well-being of the men in their lives. Here are some impactful ways to get involved:

1. **Schedule a Health Check-up:** Encourage the men in your life to schedule regular check-ups with their healthcare providers. Routine screenings, such as blood pressure, cholesterol, and prostate exams, can help detect potential health concerns early on, enabling timely intervention and treatment.
2. **Organize Health Education Sessions:** Arrange informative sessions or workshops that address men's health topics. These can cover areas such as nutrition, exercise, mental health, stress management, and healthy lifestyle habits. Involve local healthcare professionals, fitness experts, and mental health specialists to provide valuable insights and practical tips.
3. **Engage in Physical Activities:** Promote physical fitness by organizing group activities or sports events during Men's Health Week. Encourage participation in activities such as group walks, sports tournaments, or fitness challenges. Physical exercise not only enhances physical health but also supports mental well-being.
4. **Share Health Information:** Utilize social media platforms, local newsletters, or community notice boards to share educational content related to men's health. Raise awareness about specific health concerns, prevention strategies, and available resources. Engage in discussions about the importance of mental health and destigmatize seeking help when needed.
5. **Support Men's Health Organizations:** Donate to or volunteer with organizations dedicated to promoting men's health. These organizations often provide valuable resources, support groups, and educational campaigns to raise awareness and facilitate access to healthcare services for men.

The History of Men's Health 2025:

Men's Health originated in the United States in 1994 and has since spread to countries around the world. This was established as an opportunity to address the disparities in men's health outcomes and advocate for improved health education and awareness among men.

By focusing on preventive measures, early detection, and proactive health management, Men's Health plays a crucial role in encouraging men to take responsibility for their well-being. It aims to reduce the stigma surrounding men's health issues, promote open dialogue, and empower men to make informed decisions about their health.

Men's Health 2025 presents a valuable opportunity to prioritize men's well-being, address health challenges, and promote healthy lifestyles. By actively participating in this empowering month, we can make a positive impact on the lives of men in our communities. Whether it's encouraging regular check-ups, organizing educational sessions, engaging in physical activities, sharing health information, or supporting men's health organizations, every effort counts towards creating a culture of proactive and holistic health among men.

Let us embrace Men's Health 2025 as a time to raise awareness, foster open conversations, and empower men to take control of their physical and mental well-being. Together, we can make a difference and inspire a healthier future for all.



NATIVE WELLNESS

Offering Meditation and Benefits in Wellness

by Michael Jimenez, Peer Support Specialist



I am here today to talk about the benefits of Hatha Yoga and Tai-Chi. These two disciplines are from two different cultures and have distinct historical origins.

Hatha Yoga has roots in India and emerged around the 15th century. Yoga as a broader tradition dates back thousands of years to the Vedic period around 1500 BCE. The philosophy of Yoga/Hatha Yoga is rooted in Hindu and later Buddhist and Jain traditions. The focus in Hatha Yoga emphasizes physical positions (Asanas), breath control (pranayama), and meditation. This prepares the body and mind for spiritual awakening and balance.

Tai-Chi has origins in China and was developed in the 17th century. This discipline has philosophical roots that go back further, connecting to Taoist, Confucian, and Buddhist ideas. Tai-Chi is a Martial art that has evolved into a slow, graceful form of moving meditation. This art emphasizes balance, breath, and energy flow. Tai-Chi is practiced to create longevity in health and internal strength.

Despite the cultural differences and geographic roots, both practices have similar traits. Tai-Chi and Yoga have goals of promoting physical health, mental clarity, spiritual wellbeing, and meditation. When the mind can rest for periods and extended periods through meditation, the brain can heal. New neuro pathways and networks can be created. In other words, one can create new solutions to old problems. New behaviors and habits that promote healthy living.

FAIHP offers Hatha Yoga and Tai-Chi classes for free. Statewide wide on average, a Yoga session can cost from \$10.00 to \$21.00, and Tai-Chi classes can cost from \$10.00 to \$30.00 a class. FAIHP provides qualified and proven leadership in each of these classes. Join the Hatha Yoga class on Thursday nights at 5:15 pm, led by me, Peer Support Specialist Michael Jimenez. Tai-Chi meets twice a week, on Wednesday at 3:00 PM and Friday at 10:00 AM. This class is facilitated by Mary Ann Villegas and co-facilitated by me, Michael Jimenez. We look forward to seeing you out there and to being part of your wellness journey.

BEHAVIORAL HEALTH

Dads Deserve Mental Wellness Too

By Paige Harris, Outpatient Therapist

As Father's Day approaches, it is important to remember that Dads mental health matters. Mental wellness is crucial to Dads' overall wellbeing and it is often overlooked. According to the Anxiety and Depression Association of America, 1 in 10 men experience anxiety and depression with less than half getting treatment. Research has shown that when a fathers' mental health declines, so does the quality of their co-parenting relationships and relationships with their children (ADAA, 2025). Dads who struggle with mental health issues often have children who struggle to manage their emotions and behaviors. Fathers' mental health directly impacts the stability of their families.

Warning Signs and Symptoms

Symptoms of mental health disorders in men may look like this (ADAA, 2025):

- Escapist behavior, such as spending a lot of time at work or on sports
- Physical symptoms, such as headaches, digestive problems, and pain
- Misuse of alcohol and/or drugs
- Controlling, violent or abusive behavior
- Anger, irritability, or aggressiveness (inappropriate anger)
- Risky behavior, such as reckless driving
- Noticeable changes in mood, energy level, or appetite
- Difficulty concentrating, feeling restless, or on edge
- Feel sad, hopeless, or empty
- Feel extremely tired
- Have difficulty sleeping or sleep too much
- Not getting pleasure from activities usually enjoyed
- Suicidal thoughts

According to the American Foundation of Suicide prevention, men are 3.85 times more likely to complete suicide than women. If you or someone you know is struggling with suicidal thoughts or in crisis, please reach out for help. You can call 911 or call or text the 988 Suicide & Crisis Lifeline at 988. If you are in Fresno County, you can call the Fresno Crisis Response Team 24/7 at **(559) 600-6000**.

Treatment

Asking for help can be challenging, but not receiving treatment can cause symptoms to worsen. If you are experiencing any of the symptoms, talk with your doctor or mental health professional.

Dads deserve support too.

References

<https://adaa.org/find-help/by-demographics/mens-mental-health>

<https://afsp.org/suicide-statistics/>

<https://www.fresnocountyca.gov/Departments/Behavioral-Health/Care-Services/Programs-Services/Fresno-Mobile-Crisis>



Fresno American Indian Health Project

1551 E Shaw Ave, Suite 139

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.

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
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition Counseling

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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.