

# NEWSLETTER



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## CEO REPORT, APRIL 2025

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

### Spirit Run 5K Recap

Our 2025 Spirit Run 5K was a tremendous success! Thank you to everyone who joined us in celebrating wellness, community, and movement. We're proud to recognize our top runners across all age groups:

Age Range	First Place	Runner-Up
10 and Under	Lorin Kane	Izcalli Delgado
11-14	Joshua Kane	Sofia Cisneros
15-19	David Lorta	Blaine Garcia
20-24	Bethany Tapia	Jaselina Garcia
25-29	Teague Rutherford	Gracie McKesson
30-34	Alan Ortega	Josue Alvarez
35-39	Brittany Santellano	Sarah Valentino
40-44	Ruben Tenorio	Sherrie Davis
45-49	Olesya Mance	Tony Torres
50-54	Filo Lopez	Carter Swift
55-59	Nicole Wells	Louie Rodriguez
60-64	Mario Sanchez	Norma Davila
65-69	Ralph Vigil	Johnny Luna
70-74	Jovita Harrah	Ramona Gomez
75 and Up	Ed Borjas	Mona Borjas
Overall Winner!	Sergio Perez	



A special congratulations to Sergio Perez (pictured), our Overall Winner of the Spirit Run! We extend our gratitude to all participants, volunteers, and staff who made the event a joyful and energizing day for our community.

### Facility Update: Construction Notice

Pardon our dust!

Construction for our new and updated facilities is now underway. The old Native Wellness building (west side of the property) and the old Admin building are in various stages of demolition and rebuilding. This work may occasionally cause disruptions to walking paths or increased daytime noise.

We sincerely appreciate the community's patience and understanding as we build a stronger FAIHP for the future.

### Mother's Day Greetings

This month, we honor and celebrate all the mothers, grandmothers, aunties, and caregivers who nurture and raise our next generations. Happy Mother's Day to the beautiful circle of women who carry the spirit of love, resilience, and guidance in our families and communities. Your strength and care are deeply valued.





## COMMUNITY HIGHLIGHTS



Our Spring Native Marketplace had a wonderful turnout out of community, artists, and featured live music! We are very grateful for those who were able to participate and will see you in August!



Our Third Annual Spirit Run 5k was an event for the books! Runners and walkers of all ages enjoyed the beautiful spring morning on the Clovis Trail. Congratulations to our overall winner, Sergio Perez, who came in with an impressive time of 17 minutes 31 seconds (photo on front cover)



The Auberry Community Resource Center hosted a spring paint night and plant talk. Michelle, our garden coordinator, talked about Redbud, and participants got to paint the beautiful blooms onto reusable tote bags!



# 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)  
May 15th, 2025  
6pm-8pm

Talking 2Spirit  
Friday, May 23  
2:30-5:00pm

## UPCOMING EVENTS

**Veterans Outreach and Services Event** - May 3<sup>rd</sup>, 2025, 9am-4pm

**MMIW Hike/Walk** - Native Garden @ Woodward Park, May 5<sup>th</sup>, 2025 9am-1pm

**MMIW Memorial Vigil**, Fresno State Peace Garden, May 5<sup>th</sup> 4pm-7pm

Please check our social media accounts or [faihp.org/calendar](http://faihp.org/calendar) for the latest updates on cancellations of programs and events.

## FAIHP Presents: Veterans Outreach and Services Event



**FAIHP**  
Fresno American Indian Health Project

**Save The Date:**  
**May 3rd, 2025**  
**9am-4pm**



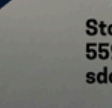
FAIHP  
1551 E Shaw Ave  
Suite 121  
Fresno, CA 93710

Questions or for more information, contact:

Stoney Dodson  
559-320-0490 ext. 125  
[sdodson@faihp.org](mailto:sdodson@faihp.org)



Office of  
Tribal Government  
Relations





# Youth Department News

Clubhouse kicked off spring with an Easter egg hunt. The whole month of April we focused on earth day. The AIEC (American Indian Education) taught about courage and the strength of the bear. At Clubhouse for Spring Break, the youth explored volcanoes through a fun and hands-on project that mixed science and storytelling with the Youth Services SPIP team. They learned about the cultural creation stories of Pele, the Hawaiian goddess of volcanoes, and the legend of Loowit and Mount St. Helens from Native American tradition. After discussing how different communities understand the power of volcanoes, the youth created their own volcano models, combining art, science, and culture into one exciting activity. With some youth still on spring vacation, the clubhouse experimented with making elephant toothpaste. The Red Warrior Project finished off the month with an earth day celebration. We would also like to acknowledge our youth that ran our 5k this year and will be adding Birthdays for clubhouse participants to our monthly newsletter.

May  
Birthdays:  
Youth  
Clubhouse

HAPPY  
BIRTHDAY

Dani Kane

Libbie Garcia

RJ Juarez

Lilyana Rocha



**5k Participants!**  
**Josh Kane 2nd place**  
**Lorin Kane 3rd place**  
**Dani Kane**  
**Melody Kane**  
**Xander Andrews**  
**Noah Barajas**  
**Juliet Garcia**  
**Ruben Garcia**







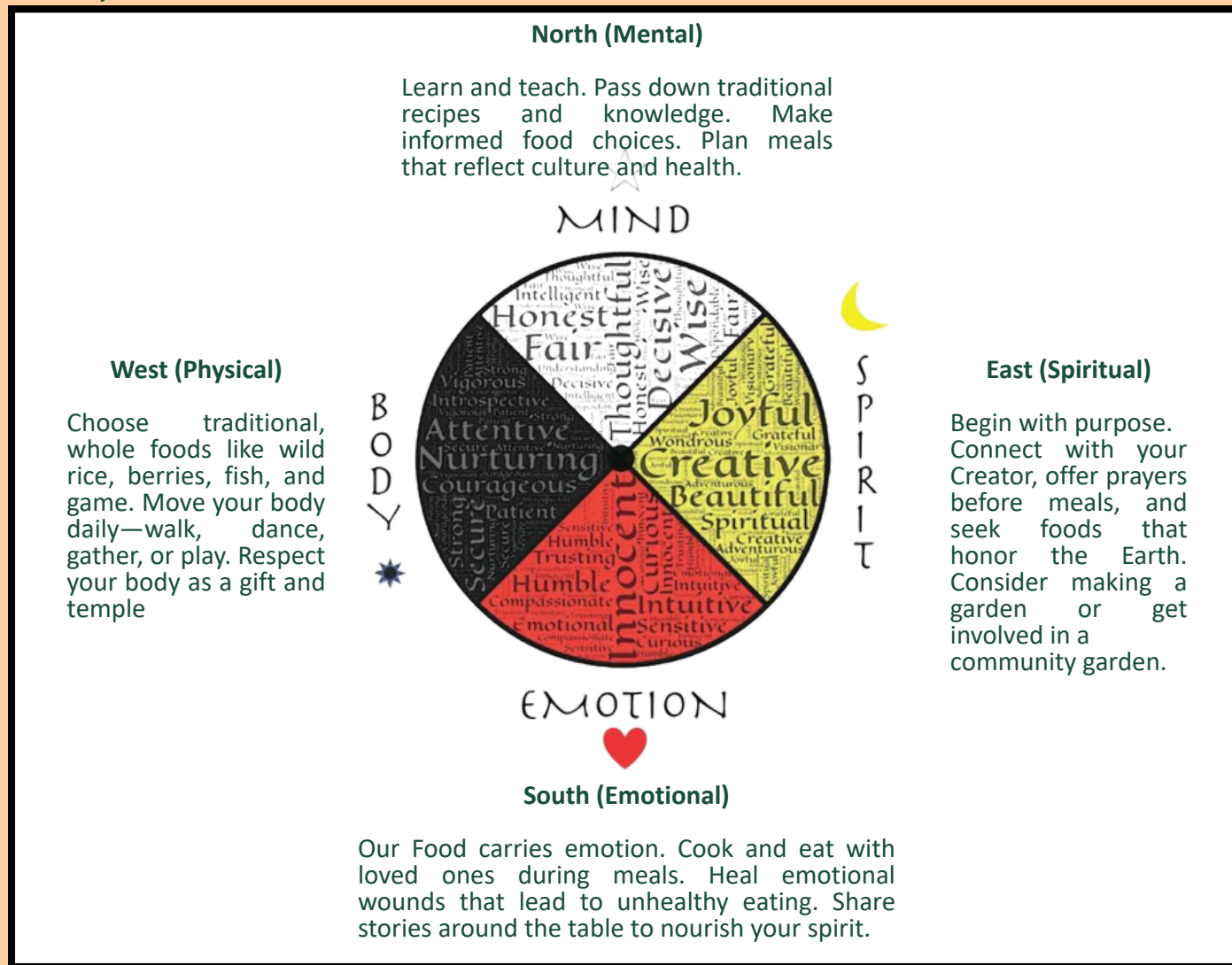


# Nutrition and Wellness

## Nourishing Through Balance: Using the Medicine Wheel for Native Health

Submitted By Roberto Couto - MS, RDN - Registered Dietitian

In many Native cultures, the Medicine Wheel is more than just a symbol—it is a way of life. 1 Ancestors passed down the Medicine Wheel as a sacred tool for balance and healing. Each direction—East, South, West, and North—represents a part of who we are: spiritual, emotional, physical, and mental. “When one area is out of balance, the Native’s whole being is affected.” Today many of us face health challenges like diabetes, heart disease, and addiction. The Medicine Wheel can guide our native community back to harmony.



Using the Medicine Wheel means understanding that health is more than diet. It’s about restoring balance in every part of native people’s lives. As Native people, you carry profound wisdom to share with future generations. When you walk in balance with the Medicine Wheel, you walk in strength, reclaiming your health and honoring your ancestors.

Let the wheel turn in your favor—one meal, step, and prayer at a time - together.

### REFERENCES:

- 1.1.Hutchinson, J. (2024). Medicine wheel (symbol) | EBSCO. EBSCO Information Services, Inc. | [www.ebsco.com](https://www.ebsco.com). Retrieved April 9, 2025, from <https://www.ebsco.com/research-starters/health-and-medicine/medicine-wheel-symbol#:~:text=Typically%20depicted%20as%20a%20circle,wisdom%20inherent%20in%20Indigenous%20cultures.&text=Go%20to%20EBSCOhost%20and%20sign,more%20content%20about%20this%20topic>.
- 2.Bonneau, Athena. “Using the Medicine Wheel to Find Contemporary Healing.” IndigiNews, 24 July 2020, [indiginews.com/okanagan/using-the-medicine-wheel-to-find-contemporary-healing](http://indiginews.com/okanagan/using-the-medicine-wheel-to-find-contemporary-healing). Accessed 10 April 2025.



# Family Spirit

## Emerging Language Skills

### How Young Children Learn Language and Literacy

Babies start learning language from birth by listening, making sounds, and using facial expressions. They don't need fancy lessons just everyday moments like talking, singing, and reading together. Children develop language skills by hearing words, playing with books, and exploring things like magazines and crayons. Language and literacy grow together, helping children learn to communicate and understand the world around them.

### What Parents Can Do:

- ❖ **Talk to Your Child Often** – The more you talk, the more words they learn. Talking during car rides, bath time, or playtime to help build their vocabulary.
- ❖ **Read Books Together** – Reading our load helps your child love books, learn new words, and understand how stories work.
- ❖ **Let Your Child Help with Books** – Let them turn pages, point to pictures, and 'read' in their own way. This builds early reading skills.
- ❖ **Encourage Imitation** – Repeat sounds your child makes to reinforce vocalization. This helps them learn to talk.
- ❖ **Sing and Play Rhyming Games** – Singing and rhyming help children recognize sounds and patterns in words, making it easier for them to learn language.



### 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://childmind.org/article/helping-toddlers-expand-their-language-skills/>
- <https://www.zerotothree.org/resource/supporting-language-and-literacy-skills-from-12-24-months/>



# NURSES CORNER

## May Awareness Month!

We are proud to support health education and awareness for our community. During the month of May, we recognize and bring attention to important health observances that impact individuals and families of all ages.

## May 2025 Health Awareness Highlights

### For Adults & Families:

- Mental Health Awareness Month
- National Nurse Month (Nurses Week May 6<sup>th</sup> - 12<sup>th</sup>)
- National Stroke Awareness Month
- Lupus Awareness Month
- Arthritis Awareness Month
- National High Blood Pressure Education Month
- Healthy vision Month
- National Women's Health Month

### For Children & Pediatrics:

- National Asthma and Allergy Awareness month
- National Physical Fitness and sports Month
- National Teen Self -Esteem & Teen Pregnancy Prevention Month



In May we appreciate our nurses!



**Stella Okeke**  
Family Nurse Practitioner



**Tiffany Noyes**  
Licensed Vocational Nurse



**Bianca Tristan**  
Family Nurse Practitioner



**Together, we can promote better health, awareness, and positive change. Let's make May count!**

**Stay healthy, stay informed!**  
**Contact us call or visit our site.**  
**Fresno American Indian Health Project**  
**1551 E. Shaw Ave. Ste.139, Fresno Ca 93710**

**559-320-0490 option # 2 for Medical dept.**



# NATIVE WELLNESS

## Mother's Day Through Native American Traditions

By Anna Marie Hinojosa, Housing Case Manager

For many Native American communities, Mother's Day is an opportunity to honor the sacred role of mothers and women, who are seen as the life-givers and nurturers, similar to Mother Earth, and to celebrate the interconnectedness of family and tradition.

**Reverence for Women:** Native American cultures historically held women in high regard, recognizing their vital role in sustaining life and passing on traditions. Mothers are often seen as the foundation of the family and community, deserving of respect and care.

**Mother Earth Connection:** The concept of Mother Earth is deeply ingrained in many Native American cultures, and mothers are seen as embodying the same nurturing and life-giving qualities. Honoring mothers involves respecting and caring for the environment too.

**Family and Community:** Mother's Day provides an opportunity to strengthen family bonds and celebrate the importance of community, with many Native American communities hosting powwows, ceremonies, and other gatherings.

**Extended Family Support:** Native American cultures often emphasize the importance of extended family, with mothers receiving support from other family members in raising their children.

**Honoring Traditions:** Mother's Day can be a time to remember and celebrate the traditions and stories passed on through generations, often featuring storytelling, music, and dance. Another way to honor mothers is blessings ceremonies or sharing gifts and tokens. Gift-giving is a common way to show gratitude and respect, with gifts often being given to mothers to express appreciation.

**Changing Woman:** In many Native American cultures, menstruation, or "moon time", is viewed as a sacred natural process, a time of renewal and purification for women, often associated with the moon's cycles and the concept of Grandmother Moon.

A woman's cycle takes about 28 days and the moon takes roughly 29.5 days for the full moon phase. In our culture it is a celebration with ceremonies marking a girl's transition into womanhood, including changes in roles and responsibilities. Honoring Grandmother moon teachings say that when the moon is full, women can ask Grandmother Moon to give them new energy. Some traditions view moon as a time of purification, both physically and spiritually. Other traditions involve specific practices during moon time, such as using sage for smudging, or abstaining from certain activities or foods.

Pouring water for women and children is a blessing and one of the most significant sweats that I have experienced are for the girls who started their moon for the first time. The third round of the sweat is for the women. This is when we honor all women, mother earth and our ancestors. During the third round I would invite all the women to share their view of womanhood and what that means in their culture. I would honor the young lady with a sweat dress and a sage stick. I'd say that during their moon time they are going through their own ceremony and some activities they would refrain from during that time. I would encourage them to honor themselves and be grateful to the Creator for choosing them to be life givers and their roles as a woman.

### A Mothers Role in My Family

I come from a family of strong women on my maternal side. We have (4) four generations of first-born girls; my mom, myself, my daughter, and her daughter. I was taught at an early age to respect our elders. I gave reverence to both my grandmothers, my mother and aunties and followed their teachings.

When it was time for me to step into the role of motherhood, it was my duty to prepare the next generation. I learned that family is crucial for providing love, support, and a sense of belonging, shaping values, and nurturing personal development and well-being, serving as a foundation for a fulfilling life.

As I began to experience my cultural roots, I was encouraged by my grandmother and mom to bring the culture to the family. I abided by their wishes to honor them. I began to introduce the Native American Traditions to the family. As time went on I witnessed our family encompass it and passed it on to their families. I sang songs to my grandchildren while in the womb and sang to them after they were born. Just like the roots of the new planted tree gets stronger as it connects deeper into the earth, my family's culture strengthens.

As I explored sacred ceremonies I always went to my grandmother and mother about my intentions and for their blessing. All these practices have been handed down. Tradition means the transmission of customs or beliefs from generation to generation, or the fact of being passed on in this way.

*Honor your traditions... Honor the givers of life... Honor Mother Earth... Honor women... Honor all Mothers as the Creator has selected them.*



# BEHAVIORAL HEALTH

## Using Our 5 Senses to Cope

By Veronica “Ronnie” Taylor, Outpatient Therapist

Coping skills are activities that help us get through stressful situations. Therapy can be a great place to learn new coping skills, but most of us already have lots of coping skills we use each day. There are many ways to calm our emotions, thoughts and body sensations by activating our five senses– sight, touch, sound, smell and taste.

***What are some ways you use your five senses to cope with stress?***

Circle your favorite examples or add your own ideas to each section:

### Sight

- Look at art or photography
- Watch your favorite movie or show
- Go outside to nature watch
- \_\_\_\_\_
- \_\_\_\_\_



### Touch

- Hold fidget toys, plushies or slime
- Snuggle a blanket, pet or loved one
- Take a relaxing shower or bath
- \_\_\_\_\_
- \_\_\_\_\_



### Sound

- Listen to soothing music or nature sounds
- Listen to an entertaining podcast
- Play an instrument or sing a song
- \_\_\_\_\_
- \_\_\_\_\_



### Smell

- Use essential oils
- Light a scented candle, sage or incense
- Cook with your favorite herbs/spices
- \_\_\_\_\_
- \_\_\_\_\_



### Taste

- Drink warm tea
- Chew gum or a mint
- Drink a refreshing or iced beverage
- \_\_\_\_\_
- \_\_\_\_\_





## 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

### Our Board of Directors

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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.