



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

OCTOBER 2025

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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

Greetings FAIHP Community,

In September, we had the honor of not only attending, but presenting at the National Indian Health Board's (NIHB) 2025 National Tribal Health Conference in Phoenix, AZ! To our amazing team of Felicia, Akeya, and Stoney - thank you for representing us so well! Read more about the conference on Page 2!



Later in the month, we were honored to welcome representatives from the Montana Consortium Urban Indian Health for a site visit organized by the California Consortium for Urban Indian Health (CCUIH). During their visit, we shared the history of our organization, highlighted the services we provide, provided a tour of our facility, discussed the challenges that Fresno's urban Indian population faces, and engaged in meaningful conversations about best practices. The exchange



MONTANA CONSORTIUM FOR
Urban Indian Health

created space to discuss collaborative ideas and explore ways we can continue strengthening the health and wellness of our communities together.

We also look forward to sharing our work with you! Please join us on November 19, 2025, from 10:00 am to 1:00 pm for the Ribbon Cutting and Open House of Phase 1 of our ongoing construction project, where you'll have the opportunity to see our new Native Wellness Services and Youth Services spaces. This expansion was made possible through BHCIP Round 4 funding, which has enabled us to create spaces better suited to serve our community's needs. Please see Page 5 for the Save the Date and we hope to see you then!

We are grateful for the opportunity to build these relationships and look forward to celebrating this next chapter with our community.

In Community and Partnership,

Selina

COMMUNITY HIGHLIGHTS

2025 NATIONAL TRIBAL HEALTH CONFERENCE

In September, we were honored to be invited by the National Indian Health Board (NIHB) to present at the 2025 National Tribal Health Conference in Phoenix, AZ. This event brought together Tribal leaders, health professionals, and advocates from across Indian Country to share strategies for improving maternal health and advancing health equity.

As part of the conference, FAIHP presented on our successful efforts with adapting maternal health materials from the Centers for Disease Control and Prevention (CDC) as part of a national campaign working to raise awareness of urgent maternal warning signs. The campaign encourages providers, families, and communities to listen and act when Native women voice concerns about their health in order to reduce the number of mothers and newborns dying at delivery and/or within the first year of life.

Known as the Hear Her Concerns Campaign, our team conducted outreach to various OB/GYN, WIC and Native-serving organizations here in Fresno County, who knew about us and want to work with us more on addressing this issue for their Native patients and clients.

The conference underscored that community buy-in is vital to lasting change. FAIHP is proud to have represented our community on this national stage and remains committed to advancing maternal health equity through education, outreach, and advocacy while working to preserve and integrate cultural traditions and community-centered dialogue.



Felicia Batts,
Director of Care Integration

Akeya Maddox,
Care Coordinator

Stoney Dodson, Events & Community
Relations Coordinator

UPCOMING EVENTS

ACTIVITIES

Event	Date & Time
Nutrition & Wellness Class	Oct. 16 th 12 - 2pm
Financial Wellness Class	Oct. 21 st 1 - 2 pm
Talking 2Spirit	Oct. 24 th 5 - 7:30 pm

WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
11 am - 12 pm Walking and Wellness at Manchester Mall	5:30 pm Beading at FAIHP in Suite 121	12 pm Phoenix Group (1st and last Wed monthly) 3 pm Tai Chi 5:30 pm Sacred Circle	12 - 2 pm WISE Elder Support Group (2nd and 4th Thursday) 3 - 5 pm Men's Talking Circle 5 - 7:30 pm Vinyasa Yoga 6 - 8 pm NAYAC (3rd Thursday)	10 am Tai Chi 12 pm - 1pm Wellbriety Meeting

UPCOMING EVENTS

Event	Date & Time
Harvest Fair	Oct. 24 th 3 - 6 pm
Scholarship Application Deadline	Oct. 27 th 5 pm
6 th Annual Native Days Car & Bike Show	Nov. 15 th 10 am - 4 pm
FAIHP Ribbon Cutting/Open House	Nov. 19 th 1 pm - 4 pm

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



UPCOMING EVENTS (Cont.)



SAVE THE DATE

HARVEST FAIR

Friday, October 24th
4:30p-7:00p

Games!
Costume Contest!
Resources!
Cake Walk!
Prizes!

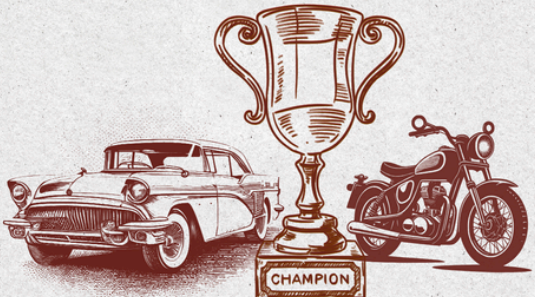


BOYS & GIRLS CLUB
OF FRESNO AMERICAN
INDIAN HEALTH PROJECT



6TH ANNUAL NATIVE DAYS CAR & BIKE SHOW

NOVEMBER 15, 2025 10AM-4PM



CALIFORNIA HEALTH SCIENCES UNIVERSITY
120 N. CLOVIS AVE. CLOVIS, CA 93612

Car & Bike Registration
Deadline to register - Nov. 7th

Vendor Registration
Deadline to register - Nov. 7th

Questions?
Contact Michael Mygind
(559) 320-0490 Ext. 142



YOU ARE INVITED TO OUR

GRAND Opening

RIBBON CUTTING & OPEN HOUSE CELEBRATION

JOIN US FOR A TOUR OF OUR NEWLY RENOVATED
NATIVE WELLNESS AND YOUTH SERVICES SPACES!

10:00 AM
UNTIL 1:00 PM

WEDNESDAY
NOV. 19

1551 E. SHAW AVE.
FRESNO, CA 93710



FOR MORE INFO, CONTACT
MICHAEL MYGIND, COMMUNICATIONS MANAGER:
MMYGIND@FAIHP.ORG
(559) 320-0490

RSVP BY
SCANNING
THIS CODE:



5

CLUBHOUSE NEWS

In September, youth served by the Clubhouse took part in a wide variety of fun projects and activities! They learned to play hand games and in recognition of mental health awareness, built a house of strength and created bath salts for relaxation. They also had fun with making tie-died items such as small bags, aprons, and t-shirts.

On September 26, they proudly celebrated California Native Day. The youth spent the last week learning to make items like the walnut gambling game taught by Cecelia Moreno, mini nobi's, and soaproot brushes taught by Delaine Bill.

The month ended with our annual Native Youth Skateboard and Mural Project on September 28 where our youth received skateboards and protective gear courtesy of Fresno Skateboard Salvage, Inc. The Apache Skateboards team was there and painted a mural with the kids.

Happy Birthday to:

- Lilyana Ramirez
- Vanessa Flores



Taking Control: The ABCs of Diabetes

There are four important numbers to know when managing your Diabetes:

- 1) Your daily blood sugar level
- 2) Your Hemoglobin A1C level
- 3) Your blood pressure level
- 4) Your cholesterol level

Understanding what these numbers mean will help you to create a plan for your health.

A is for A1C

An A1c blood test can be performed in the clinic or a lab. It measures a person's blood sugar average over three months and it's one way to know if your blood sugar is in its target range. People with diabetes are recommended to have an A1c test every three to six months and the target goal is less than 7%. Having a level greater than 7% means that the blood sugar is higher than normal. You can reach your A1c goal by controlling your blood sugar and making healthy food choices, participating in daily physical activity, and taking medications as prescribed!

B is for Blood Pressure

It is important for people with diabetes to also know their blood pressure level. Get your blood pressure checked at every clinic visit! Having high blood pressure, also known as hypertension, can make the heart work too hard and damage blood vessels. This increases the risk of a person to experience heart attacks and strokes. Someone who has diabetes should aim for their blood pressure to be below 130/80. Ways to control your blood pressure include taking blood pressure medication if needed, participating in daily physical activity, and eating less salt.

C is for Cholesterol

Cholesterol is a kind of blood fat. It includes LDL cholesterol, known as "bad cholesterol" and HDL cholesterol, known as "good cholesterol." LDL is known to deposit fat in blood vessels, while HDL actually helps remove fat from blood and protect against heart disease. Knowing and controlling your cholesterol levels will lower your chances of heart attack and stroke! Simple changes like being active, eating well, and taking your medicine can help keep your cholesterol numbers healthy. Your doctor or care provider will check your numbers. Talk with your doctor about setting a goal if your levels are too high and don't forget to limit the amount of fried foods that you eat!

REFERENCES: [Indian Health Service. \(2003\) Balancing Your Life and Diabetes \[Curriculum\] Albuquerque, New Mexico](#)



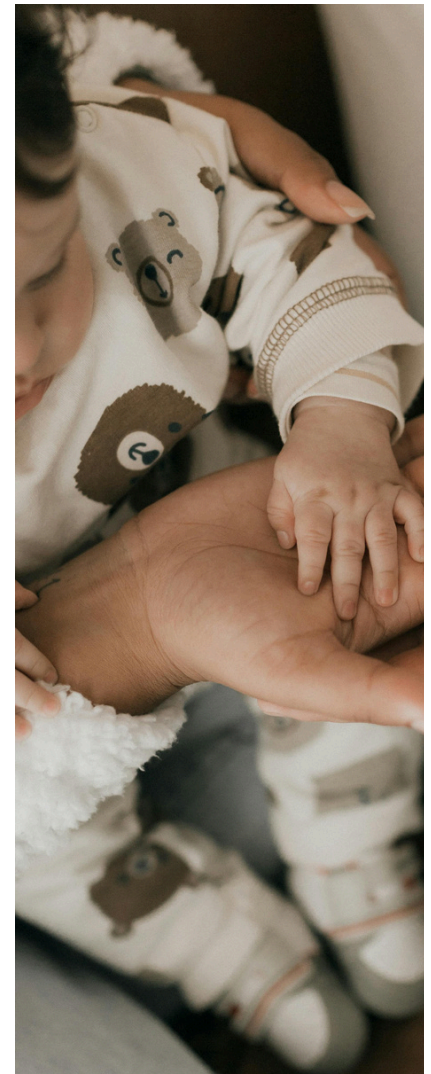
FAMILY SPIRIT

Postpartum Physical Therapy

Physical therapy for pelvic health is a vital part of recovery in the postpartum period. It can aid in muscle control, tissue repair, and the healing of internal portions of cesarean section scars. However, many mothers are unaware of the benefits of pelvic health physical therapy. This can lead to delays in, or even an absence of, proper postpartum care which can have lifelong negative effects for mothers. The goal of postpartum physical therapy is to address spinal and pelvic floor dysfunction along with muscle weakness resulting from nine months of development, followed by a birthing experience. Postpartum physical therapy is designed to help the body's natural postpartum healing processes and potentially address unique muscular issues.

How Postpartum Physical Therapy Can Help:

- **Urinary Incontinence**
 - Strengthens weakened pelvic floor muscles to reduce leakage
 - Helps restore muscle control after pregnancy-related stretching
- **Low Back Pain**
 - Improves core stability to support the spine
 - Addresses changes in spinal alignment and muscle imbalances
- **Diastasis Recti**
 - Helps close the abdominal muscle separation
 - Strengthens the core to prevent further weakening or tearing
- **Pelvic Pain or Dysfunction**
 - Supports recovery from pelvic floor trauma or weak overstretched muscles
 - Treats pain during sex, pelvic organ prolapse (out of place or protruded), and gap or widening of the pelvic joint
- **Physical Therapy Options**
 - Provides individualized treatment plans for postpartum recovery
 - Helps retrain pelvic floor muscles and restore strength effectively



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:

- [American Physical Therapy Association](#)
- [Very Well Health: "Pelvic Floor Therapy: What to Expect" \(February 17, 2025\) by Kristen Gasnick, PT, DPT](#)

NURSES' CORNER

Influenza (seasonal)

With October here, we often think of fall traditions - the smell of pies and time spent with family and friends. It's also a good time to remember the importance of our health. The Fresno American Indian Health Project is offering influenza immunizations, so please call us today at (559) 320-0490 to schedule your appointment.

Key Facts:

- There are around a billion cases of seasonal influenza annually, including 3 - 5 million cases of severe illness.
- Influenza causes 290,000 to 650,000 respiratory deaths annually.
- 99% of deaths are in children under 5 years of age with influenza-related lower respiratory tract infections.
- Symptoms begin 1 to 4 days after infection and usually last around a week.

Overview:

- Seasonal influenza (the flu) is an acute respiratory infection caused by influenza viruses. It is common in all parts of the world. Most people recover without treatment.
- Influenza spreads easily between people when they cough or sneeze. Vaccination is the best way to prevent the disease.
- Symptoms of influenza include acute onset of fever, cough, sore throat, body aches and fatigue.
- Treatment should aim to relieve symptoms. People with the flu should rest and drink plenty of liquids. Most people will recover on their own within a week. Medical care may be needed in severe cases and for people with risk factors.

Signs & Symptoms:

- | | | |
|-------------------------|-------------------------|------------------|
| • Sudden onset of fever | • Muscle and joint pain | • Severe malaise |
| • Cough (usually dry) | • Sore throat | (Feeling unwell) |
| • Headache | • Runny Nose | |



NATIVE WELLNESS

Native American Heritage Month

Native American Heritage Month is an annual observance in the United States held during November to celebrate and raise awareness of the rich and diverse histories, cultures, traditions, and contributions of indigenous people. This recognition includes Native Americans, Alaska Natives, Native Hawaiians, and other affiliated island communities.

Key aspects of the month include:

- Celebrating Achievements - Honoring the achievements and enduring legacies of Native Americans who have contributed significantly to the nation's character and culture.
- Promoting Education - Taking time to learn about the unique histories and perspectives of indigenous peoples. Educational programs and events in schools, museums, and other organizations help to provide a more complete historical narrative that counters past inaccuracies and erasure.
- Heritage Month - Celebrating the heritage of self, family, community and all from the past, present, and future. This is a time to recognize the resilience of our ancestors through death, slavery, colonialism, separation, imprisonment, and the loss of ceremony, family, home, tribes, people, and medicine.

The heritage of our nation's creation rests on our relatives and relations. We must always remember who we are and where we come from. Our heritage must be regarded with all that we say and do and we should never forget to give thanks for the day and the days to come. Thank you and always believe in the ancestors. To all my relations." - Delaine Bill, Cultural Support Specialist

HEALING GARDEN

"This fall, the Healing Garden is alive with late blooms and the turning of leaves. Our Summer Greenhouse Watering Program is coming to a close and I want to extend a heartfelt thank you to our faithful volunteers whose dedication kept the greenhouse and garden thriving through the hot weekends. You ladies are truly appreciated!

We've been busy weeding, planting, and tending to all the garden boxes. The rose bushes are now heavy with hips, ready for gathering, and the garden continues to offer beauty and medicine with each visit. I'll admit I'm a little behind on fall seeding, but the soil is ready and with a little help, we can still sow what needs to grow for the colder months ahead.

If you'd like to join us in seeding and preparing the garden for fall and winter, please reach out at mpipkin@faihp.org. Your hands and heart make all the difference in keeping the Healing Garden strong.

In addition, there is a bi-weekly volunteer opportunity at the Fresno State Native Garden. It's a wonderful way to connect with other native plant enthusiasts, learn more about seasonal care, and lend your support to another space dedicated to restoring our cultural plants." - Michaelle Pipkin, Community Garden Coordinator

The poster features a collage of images: pink roses, a garden path, and a shovel digging in soil. The title "NATIVE GARDEN VOLUNTEER OPPORTUNITY" is prominently displayed in white text on a dark background. Below the title, it says "Along with Garden Coordinator Michelle Pipkin, help maintain the Native Garden at Fresno State! This is an open invitation for community to learn and assist in the care of native plants." A note mentions parking fees. It lists the location as Fresno State Native Garden, the time as Thursdays bi-weekly from 8:30-10AM, and upcoming dates as 10/2, 10/30, 11/6, and 12/11. Contact information for Michelle Pipkin is provided, along with the FAIHP logo and the Fresno American Indian Health Project name.

**NATIVE GARDEN
VOLUNTEER OPPORTUNITY**

Along with Garden Coordinator Michelle Pipkin, help maintain the Native Garden at Fresno State! This is an open invitation for community to learn and assist in the care of native plants.

Note: Volunteers parking on campus are subject to FSU's parking fees

LOCATION: FRESNO STATE NATIVE GARDEN
TIME: THURSDAYS BI-WEEKLY FROM 8:30- 10AM
UPCOMING DATES: 10/2, 10/30, 11/6., 12/11

Questions?
Contact Michelle Pipkin
(559)320-0490 ext 502
mpipkin@faihp.org

 **FAIHP**
Fresno American Indian Health Project

Finding Calm Moments in the Fall Season

As the days grow shorter and the air turns crisp, October invites us into a season of change. For some, Autumn feels cozy and energizing. For others, seasonal changes can cause stress, low mood, or a sense of instability. One powerful way to care for your wellness this month is through grounding - a simple mindfulness practice that reconnects you to the present moment using your five senses. Grounding is a mindfulness technique that shifts attention away from distracted or anxious thoughts, bringing our awareness towards our body and surrounding environment.

The fall season is great for focusing on the sensations around us - the colors of changing leaves, the chill of a fresh breeze, the sound of leaves crunching under your shoes, the smell of cinnamon, or the taste of a pumpkin spice latte!

Grounding Activity:

Step outside and try this quick exercise yourself! All you need is a pen/pencil, a few minutes, and your five senses. Write down the sensations you notice around you.

Five Things You Can See:

1. _____
2. _____
3. _____
4. _____
5. _____

Four Things You Can Feel/Touch:

1. _____
2. _____
3. _____
4. _____

Three Things You Can Hear:

1. _____
2. _____
3. _____

Two Things You Can Smell:

1. _____
2. _____

One Thing You Can Taste:

1. _____

After you've finished, do you notice feeling a bit calmer? Do you feel more focused than before?

When seasons change, our bodies, thoughts, and emotions change too. Grounding is a gentle reminder that we can meet these changes with presence, steadiness, and even curiosity. Your senses are always with you, ready to guide you back to the present moment.

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
Bobby Von Martin - Treasurer
Dr. Leece Lee Oliver - 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 5:30 pm.

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.