



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

NOVEMBER/DECEMBER 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,

Since our last issue, we've been extra busy with events throughout the community and internal teambuilding events, so we hope that you enjoy this special combined issue!

On November 19, 2025, we celebrated a significant milestone for our families and youth - the grand opening of our new Native Wellness and Youth Services spaces. These beautiful new areas allow us to significantly expand our early intervention and prevention services, youth development programs, family support, and wraparound care. With this growth, we are now able to serve an additional 2,000 children and families each year, creating more opportunities for healing, cultural connection, and support for those who need it most. Thank you to everyone who joined us for this momentous celebration and to all who continue to support our mission. Please see Page 5 to read more about this achievement for our organization.



In November, we continued a FAIHP tradition of helping our community members to create a healthy meal with Native ingredients, known as the Indigenous Food Challenge! This year's challenge was presented in partnership with North Fork Rancheria Tribal TANF and featured ingredients consisting of venison, white quinoa, cranberry, and sage! A new addition to this year's event was an in-person event at Fresno State, which featured a warm meal consisting of this year's ingredients and prepared by Chef Alex Zubia of My Homies Kitchen! This warm and welcoming event included a special presentation on cultural burning was shared stressing its significance to the Native community, and its positive impact on our environment. Over 100 community members participated in this year's collaborative event.

As 2025 comes to a close, I am filled with gratitude for the trust you place in us. This year has brought meaningful growth, connection, and progress. We are honored to continue walking alongside you and your families.

In the coming year, we look forward to expanding our programs within our new spaces, strengthening cultural healing pathways, and continuing to build services that uplift the wellness of Native families in Fresno and the surrounding region. Together, we enter 2026 with purpose, hope, and a shared commitment to a healthier and stronger community.

In Community and Partnership,

Selina De La Peña

Selina

COMMUNITY HIGHLIGHTS

HARVEST FAIR

In October, we held an annual tradition of ours, the Harvest Fair! Countless community members and their little ones were treated to games, candy, a cake walk, and costume contests for multiple age groups. To everyone who helped make it such a memorable event, thank you!



NOVEMBER ARTHOP AT CMAC

In honor of Native American Heritage Month, we collaborated with the Community Media Access Collaborative (CMAC) to present a special ArtHop event - a night of stories, art, & culture! As part, our Youth Services team produced a video featuring stories from Mary and Bobby Olgin, two of our local elders. The event also featured local Native craft vendors as well as two sets from our Sacred Circle Drum Group. Thank you to all who helped make the event possible and we look forward to seeing everyone at next year's ArtHop!



COMMUNITY HIGHLIGHTS

2025 CENTRAL VALLEY VETERANS DAY PARADE

This past Veterans Day, we were proud to have a float in the 2025 Central Valley Veterans Day Parade! Our float was made possible by the dedicated community members who volunteered and helped us decorate on the morning of. To all of those that have served for our country and our active-duty members, we recognize your sacrifices not just on Veterans Day - but every day!



6TH ANNUAL NATIVE DAYS CAR & BIKE SHOW

The rainy November weather didn't stop us from holding our 6th Annual FAIHP Native Days Car & Bike Show and making new memories with our community! In addition to being a great day of cars, bikes, vendors, food, and performances - we were beyond grateful to be able to present \$1,000 scholarships to the 15 recipients of our 2025 Native Student Scholarships - our largest recipient group to date! To our staff, volunteers, performers, board members, vendors, raffle donors, community members, and car & bike show participants - thank you all for braving the rainy weather to bring your passion and energy to support our event in such a good way!



COMMUNITY HIGHLIGHTS

PHASE 1 RIBBON CUTTING & OPEN HOUSE

November's Phase 1 Ribbon Cutting & Open House event was the culmination of nearly three years of hard work; cherished support from our community, stakeholders, and local leaders; and a whole lot of heart! Our Native Wellness and Youth Services teams now have brand-new homes to call their own and they will provide services at an enhanced level - and this is just the start of a new era for FAIHP. Our 2nd and 3rd phases of construction will be completed in 2027! This event was a beautiful celebration of not just this achievement, but the partnerships that made it possible!

We'd like to send very special thanks to California Governor Gavin Newsom for his support of our project and award of the Behavioral Health Continuum Infrastructure Program (BHCIP) grant that made all phases of construction a reality! We were honored to be joined today by Mark Faucette on behalf of Advocates for Human Potential, Inc., California Department of Health Care Services (DHCS), and BHCIP whose leadership, support, and guidance on projects like ours has been absolutely paramount.

We were also joined by key members of our community that help make the provision of these crucial services possible. From the dedicated members of our Board to Assemblymember Dr. Joaquin Arambula, the Fresno Chamber of Commerce, the Office of Council President Tyler Maxwell, and Mark Espinosa on behalf of Indian Health Service - your heartfelt words and presentations of support mean the world to us and those that we serve! Additionally, we were joined by the amazing teams behind the design and construction of these wonderful spaces, Victor R. Fabionar Architect, CV Design Interiors, and Zumwalt Construction!

Last, but certainly not least, to our dedicated staff that not only planned this event, but navigated through the long construction process, while continuing their daily work to enrich the lives of our individuals, families, and youth served - THANK YOU. This project would not be the beacon of support that it is for our Native community without you! Stay tuned for updates in the future regarding Phases 2 and 3 of our ongoing construction projects made possible by the BHCIP Round 4 grant!



UPCOMING EVENTS

ACTIVITIES

Activity	Date & Time
Fresno Native Marketplace @FAIHP	Dec. 6 th 9 am - 2 pm
College & Career Workshop @ FAIHP	Dec. 10 th 5:30 - 7 pm
Gardening @ Fresno State's Native Garden ..	Dec. 11 th 9 am - 2 pm
Native Ways to Success @ Auberry CR Center ...	Dec. 13 th 10 am - 12:30 pm
Talking 2Spirit @ FAIHP	Dec. 19 th 2:30 - 5 pm

WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> 11 am - 12 pm Walking and Wellness at Manchester Mall 	<ul style="list-style-type: none"> 5:30 pm Beading at FAIHP in Suite 121 	<ul style="list-style-type: none"> 12 pm Phoenix Group (1st and last Wed monthly) 3 pm Tai Chi 5:30 pm Sacred Circle 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 10 am Tai Chi 12 pm - 1pm Wellbriety Meeting

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



CLUBHOUSE NEWS

Native Skateboard & Art Workshop

We wrapped up the month of September with the Native Skateboard & Art Workshop, held on-site at the Fresno American Indian Health Project. 40 youth came together for a day of culture, creativity, and community. Thanks to our partners at Fresno Skateboard Salvage and Apache Skateboards, each youth received a skateboard and learned some skills and maintenance tips from Native skaters. Additionally, families engaged in cultural activities by learning about traditional basket-making materials and sharing their language knowledge with Carly Tex of Advocates for Indigenous California Language Survival (AICLS). Youth and families spent the day immersed in community and celebrated movement and art.

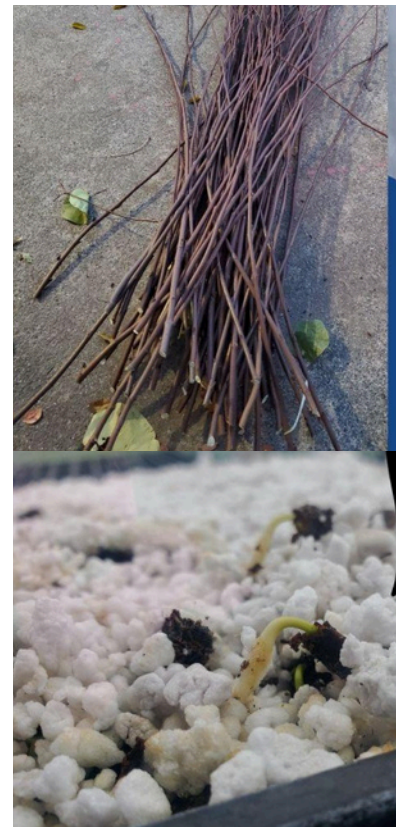


NATIVE WELLNESS

Winter Solstice

“The winter solstice is a special time for us who honor and lead our lives with the patterns of our natural world. When the time comes, the sun is at its lowest point in the sky, resulting in the shortest day of the year in the Northern Hemisphere. For Indigenous people across the globe, the natural world is a source of teachings and healing. When we come to understand the natural world and its interconnectedness of all things, we recognize that the cosmos, the sun, moon, stars, and other planets affect us and connect us in undeniable ways.

The winter solstice is an event that has been observed for millennia by many of our Indigenous ancestors. Some Tribal Nations have maintained teachings, while others may be seeking to revive those ceremonies that were forcibly taken from us. Winter highlights a period meant for gathering and reflection; solstice time is an opportunity to go inward with deep intention, to take care of our spiritual selves, our bodies and minds, our loved ones and families, and to prepare for the longer days ahead. The winter solstice falls on December 21, 2025. As the season changes, December is a special time for Redbud and many weavers will begin gathering material for future work on baskets.” - Michelle Pipkin, Community Garden Coordinator



Balancing Your Blood Sugar

When your blood sugar goes too low or too high, it can cause health problems! It's important to recognize signs and symptoms of high and low blood sugar and know what to do about it!

High Blood Sugar (Hyperglycemia)

Hyperglycemia is when your blood sugar is high. It can happen if you have not taken your diabetes medication, or are sick or stressed.

Signs to Look Out For:

- Frequent urination
- Increased thirst
- Fatigue
- Blurry vision

Actions to Take:

- Take medicine if a dose was missed
- Check blood sugar more often
- Drink plenty of water
- Eat planned meals

Low Blood Sugar (Hypoglycemia)

Hypoglycemia is when your blood sugar is too low. It can happen when you haven't eaten in a while-if you have been more active than usual-or if you have taken too much diabetes medication.

Signs to Look Out For:

- Feeling shaky or lightheaded
- Headaches
- Feeling Weak
- Blurry vision

Actions to Take:

- Eat meals about the same time and amount each day
- Take medicine as prescribed
- Always carry a sugary food or drink in case blood sugar drops
- Carry identification that says the person has diabetes

HAVE QUESTIONS?

Contact Doreen Diaz, RD, CDCES at (559) 320-0490 for more information about Diabetes, Nutrition and Wellness Services.



FAMILY SPIRIT

Prematurity

What is Prematurity?

A baby born before 37 weeks of pregnancy is considered premature (preemie) or born too early. The earlier the birth, the more serious the health risks to the baby. Some of the common risks include breathing problems and trouble maintaining a normal body temperature. Preterm infants may need special care in a Neonatal Intensive Care Unit (NICU) shortly after birth.

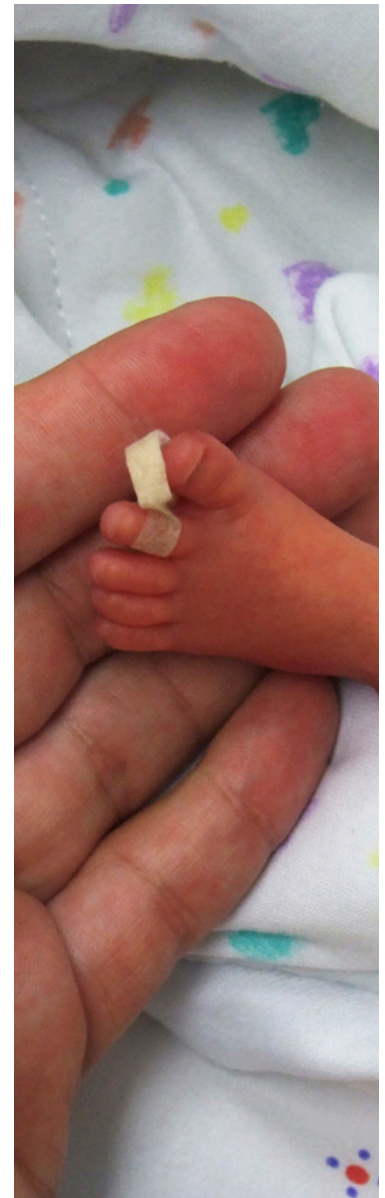
What Causes Prematurity?

- **Causes of Premature Birth:**
 - Direct Causes such as problems with placenta, high blood pressure, history of preterm labor, diabetes, smoking, or using drugs (about 4 out of 5 cases)
 - Medical Necessity (when mother or baby is sick and needs early delivery)
 - Unknown Causes (can occur even with a healthy pregnancy)
- **Potential Triggers of Premature Labor:**
 - Carrying more than one baby
 - Bleeding or other uterine problems
 - High stress levels
 - Infections in the uterus or elsewhere in the body

- **Who is at risk for prematurity?**

Many women have no known risk factors for premature birth, but several things can make premature birth more likely such as:

- Having had a previous preterm labor or birth
- Getting pregnant within a short time (less than a year) after having had a baby
- Carrying twins, triplets, or more babies at one time
- Having an abnormal cervix or uterus
- Being younger than 16 or older than 35
- Being African American
- Having long-term health problems such as heart disease or kidney disease
- Smoking
- Using illegal drugs



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.

NURSES' CORNER

November is National Diabetes Awareness Month

Each November, we recognize National Diabetes Awareness Month, taking time to understand, encourage prevention, and support those living with diabetes.

Diabetes affects millions of people across the country and many don't realize they're at risk. The good news is that diabetes can often be prevented or managed through small, consistent lifestyle changes. Eating balanced meals, staying physically active, maintaining a healthy weight, and keeping up with regular health check-ups all play a major role in managing blood sugar levels. If you have a family history of diabetes or notice symptoms such as increased thirst, frequent urination, or unexplained fatigue - talk to your healthcare provider. A simple blood test can check your blood sugar and help catch problems early.

Let's come together to promote awareness, encourage screening, and support one another in making healthier choices. Small steps today can lead to a healthier tomorrow. For more information or to schedule an appointment, contact your healthcare provider at FAIHP's Medical clinic.

Health Tip Corner: Simple Steps Towards Better Health

- Stay hydrated-choose water or unsweetened tea instead of sugary drinks.
- Adding more movement to your day, even a short walk after meals, helps manage blood sugar.
- Choose fiber rich foods like beans, corn, berries, and leafy greens.
- Schedule your annual checkup and A1C test. Prevention starts with awareness.
- Take care of your spirit. Stress management and good rest support overall wellness.



Managing Emotions During the Holiday Season: Finding Balance, Connection, and Calm in a Busy Time

As the holiday season approaches, it can bring a mix of emotions whether it be joy, gratitude, nostalgia, and sometimes stress, loneliness, or grief. While it's often portrayed as "the most wonderful time of the year," for many people, it can also be emotionally overwhelming. Whether you're navigating family dynamics, financial pressure, or a sense of loss, it's important to remember your feelings are valid. Here are some ways we can manage our emotions during this holiday season.

Acknowledge What You Feel



Trying to "push through" or ignore difficult emotions often intensifies them. Instead, take time to notice what's coming up for you. Are you feeling stretched thin? Missing someone? Overcommitted? Naming emotions is the first step in managing them. Make time to practice self-compassion. You don't have to feel happy all the time to enjoy the season.

Set Realistic Expectations



Perfection does not have to be the goal. It's okay if your celebrations look different this year or if you need to say "no" to certain gatherings or obligations. Setting boundaries protects your emotional energy and helps you stay grounded in what truly matters: Connection, rest, and authenticity.

Prioritize Rest and Routine



The hustle of the holidays can disrupt sleep, nutrition, and exercise. All of which affect mood and stress levels. Try to keep a few routines consistent, even small ones like a morning walk, journaling, or quiet time with coffee. Protecting your peace helps you show up as your best self.

Stay Connected



If you're feeling isolated, reach out to supportive friends, family, or community groups. Shared moments, even brief ones, can help counter feelings of loneliness. If emotions feel heavy, consider connecting with a mental health professional. Accessing support is not a sign of weakness; it's a tool for resilience.

Focus on Meaning, Not Perfection



Shift your focus from doing everything to doing what's meaningful. Traditions, acts of kindness, or moments of reflection can all bring fulfillment. Sometimes, slowing down is the most powerful gift you can give yourself. Remember: The holidays don't have to be perfect to be meaningful. Give yourself permission to feel, rest, and be present.

-Paige Harris, ASW

Fresno American Indian Health Project
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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.