



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JANUARY/FEBRUARY 2026

In this Issue:

- CEO Report Page 2
- Community Highlights Pages 3 - 4
- Upcoming Events Page 5
- Clubhouse News Page 6
- Native Wellness Page 7
- Family Spirit Page 8
- Nutrition News Page 9
- Nurse's Corner Page 10
- Behavioral Health Page 11

Where to find us:  www.faihp.org



@faihp_community



facebook.com/fresnofaihp



CEO REPORT

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

Happy New Year!

As we begin this new year, I want to thank our incredible staff and community for your dedication, resilience, and continued commitment to our shared purpose. It is because of you that Fresno American Indian Health Project continues to thrive and make a meaningful difference in the lives of those we serve. I look forward to another year of growth, collaboration, and impact together.

We are proud to recognize and celebrate our staff who have reached meaningful years-of-service milestones at FAIHP, including 1-year, 3-year, 5-year, and 10-year anniversaries. Their dedication, compassion, and commitment to serving our community make a lasting impact every day. We are deeply grateful for the care, knowledge, and heart that they bring to FAIHP and the community & families we serve. Thank you for continuing to walk alongside our community with purpose and pride.

1 YEAR RECIPIENTS

- ◆ Veronica Taylor
- ◆ April Blair
- ◆ Samuel Torres
- ◆ Larry Heredia
- ◆ Stella Okeke
- ◆ Violeta Sanders
- ◆ Julianna Rios
- ◆ Anna Marie Hinojosa
- ◆ Rene Picaso
- ◆ Stoney Dodson
- ◆ Bianca Tristan
- ◆ Jennifer Aguirre



3 YEAR RECIPIENTS

- ◆ Alma Santiago
- ◆ Heather Fuentez
- ◆ Dr. Karen Wammack
- ◆ Jenny Garcia
- ◆ Janet Cabrera
- ◆ Jeremy Bill
- ◆ Linda Bowman
- ◆ Anthony Utterback

5 YEAR RECIPIENTS

- ◆ Tiffany Noyes
- ◆ Felicia Batts
- ◆ Deborah Gilleran
- ◆ Neredia Boyle
- ◆ Gracie Walker

10 YEAR RECIPIENTS

- ◆ Amber Molina

In Community and Partnership,

Selina De La Peña

Selina

COMMUNITY HIGHLIGHTS

STAFF GONA

To wrap up the 2025 year, FAIHP staff completed a 3 day Staff GONA with special focus on teamwork. Activities included a cultural focus on the GONA principles; playing games; completing team bonding exercises; participating in an art activity; & making staff affirmation cards.

We extend our heartfelt thanks to all team members for bringing honesty, positivity, and care to help create a nurturing and supportive environment for everyone involved. Special appreciation goes to our incredible facilitators, Barbara Aragon and Bobbie Arthur, for thoughtfully guiding us through this meaningful experience. We also thank our talented board member, Bobby Von Martin, for sharing his powerful personal story and leading our team in a beautiful watercolor painting activity.

As we move forward into the new year, we hope everyone carries this good medicine with them and continues to positively impact the lives of those we serve, while working as a team and valuing each team member's talents and contributions.



COMMUNITY HIGHLIGHTS

FRESNO NATIVE MARKETPLACE

On December 9th, FAIHP proudly hosted our Winter Fresno Native Marketplace on site from 9:00 a.m. to 2:00 p.m. The event brought together a vibrant group of local Native artists, crafters, food vendors, and vintage clothing booths who traveled from near and far to share their unique goods, creativity, and cultural offerings with the community. Attendees had the opportunity to connect directly with vendors, support Native-owned businesses, and experience the richness and diversity of Indigenous art and entrepreneurship.

Gatherings like the Fresno Native Marketplace are essential because they create a welcoming, collaborative space where artists and community members can come together to celebrate culture, creativity, and economic empowerment.

These events not only uplift local vendors but also strengthen community ties and provide meaningful opportunities for cultural exchange. FAIHP is excited to continue hosting the Fresno Native Marketplace several times a year and looks forward to growing the event to be even bigger and better in the future, expanding opportunities for vendors and creating an even more enriching experience for our community.



UPCOMING EVENTS

ACTIVITIES

Activity	Date & Time
Community Advisory Committee.....	Feb. 16 th 5:30pm - 7:30pm
Gardening @ Fresno State's Native Garden ..	Feb. 19 th 9am - 2pm
Nutrition & Wellness Class	Feb. 19 th 12pm - 2pm
NAYAC	Feb. 19 th 6pm - 8pm
Talking 2Spirit @ FAIHP	Feb. 27 th 5pm - 7:30pm

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 	<ul style="list-style-type: none"> • 12 pm Phoenix Group (1st and last Wed monthly) • 3 pm Tai Chi 	<ul style="list-style-type: none"> • 12 - 2 pm WISE Elder Support Group (2nd and 4th Thursday) • 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

Youth Services Book Fair Brings Free Books to the Community

This winter, Youth Services hosted a DIY Book Fair at the newly renovated Youth Services space, creating a welcoming and engaging environment for youth and families. Attendees were invited to explore and take home free books, many written by Native authors, allowing youth to see their identities and cultures reflected in the stories they read. The event promoted literacy, learning, and a love of reading for all ages in a supportive community setting.



We are grateful for the funding support provided by the Boys & Girls Club of America through the Smithsonian, as well as the generous book donations from the Fresno County Library. Through these partnerships, approximately 900 books were distributed during the event, benefiting a total of 90 community members. One participant shared, "This is a blessing to the community," highlighting the meaningful impact of the event.

Youth Services looks forward to continuing similar opportunities that promote literacy, cultural connection, and community engagement.



NATIVE WELLNESS

Central Valley Red Road New Years Eve Pow Wow

FAIHP helped ring in the New Year through the Central Valley Red Road New Year's Eve Powwow, where our Substance Use Disorder Counselor proudly served on the powwow committee. The evening centered on sobriety, culture, and community, featuring 15 Twelve-Step meetings held hourly, supported by volunteer secretaries from Alcoholics Anonymous, Narcotics Anonymous, and the Wellbriety Movement

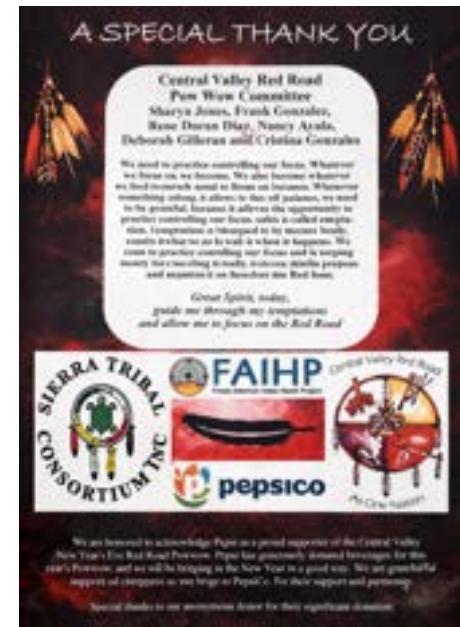


The event included six informational booths and over 50 vendors traveling from California, Arizona, and Washington. Our host drum was led by one of our employees, with the spirit ground carried by a Northern host drum. Celebration at the powwow emphasized family, connection, and sober living.

Event shirts, designed by Horizon Graphic Designs, honored Gregoria Molina, an elder whose presence and contributions were cherished by the community.

As midnight approached, attendees gathered for a round dance and sobriety countdown, welcoming the New Year together in a meaningful, sober way. The event reflected the heart of the Red Road tradition: bringing in the New Year through fellowship, wellness, culture, and sobriety.

FAIHP is honored to support this annual gathering, offering a safe, welcoming space for families and community members. Special thanks to Diego Espinoza, Teela Kipp, Deborah Gilleran, and Felicia Batts for their dedication to uplifting and supporting the community through planning, outreach, and service during the annual cultural event.



Hygiene and Illness Prevention

The Importance of Hand Hygiene in Preventing Disease

Germs are Everywhere! Let's prevent the spread harmful diseases with good Hand Hygiene.

Germs move quickly with direct contact from people, with contaminated objects, and on surfaces.

Germs get stronger every year and children are very vulnerable to different illnesses.

Help protect children by washing your hands and your children's hands frequently with soap and water for at least 20 seconds. This good health practice can help to prevent illness and infections.

Use anti-bacterial wipes to clean high touch surfaces such as:

- ★ All door knobs
- ★ Kitchen counters when cooking
- ★ Bathroom facets and counters

Washing hands properly and frequently is very important to help prevent the spread of germs and disease such as respiratory infections, skin and eye diseases, and diarrhea.



Essential Hygiene Practices to Prevent Infections

- Wash your hands properly when you: Use the bathroom, handle food, care for pets, or are around sick individuals.
- Cover your cough or sneeze: Use a tissue or your elbow to prevent spreading germs and dispose of tissues properly.
- Care for wounds: Wash and bandage cuts to prevent infection and seek medical attention for serious cuts or bites.
- Avoid touching healing wounds or blemishes: Picking at wounds or squeezing pimples can lead to infections.
- Do not share personal items: Avoid sharing dishes, glasses, utensils, or other personal items with another person to minimize germ transmission.
- Stay away from contaminated objects: Avoid direct contact with used tissues, used napkins, or used handkerchiefs from others.

Have Questions?

The Family Spirit Program is here to help. This program is 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 a Health Educator.

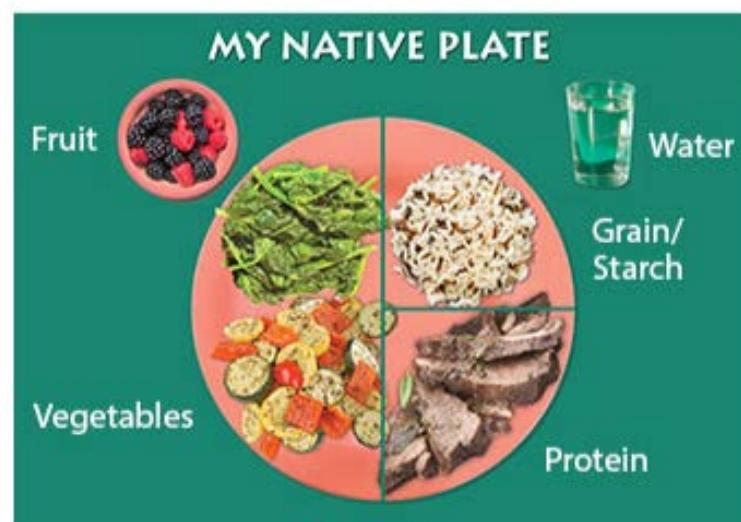
NUTRITION NEWS

A Fresh Start with Ancient Roots: Mastering Portions in 2026

As the winter frost settles and we welcome the New Year, many of us look toward personal renewal. For those of us walking the path of Diabetes Management, this season offers a beautiful opportunity to reconnect with a foundational principle of health: BALANCE!

Our ancestors recognized that food is medicine and that true nourishment comes from honoring the body's needs. Today, portion distortion—driven by oversized servings—often leads to overeating, calorie creep, weight gain, and increased blood sugar levels.

Research shows that losing just 5–7% of body weight can improve insulin sensitivity and lower A1c for those with or at risk for Type 2 Diabetes—and one simple way to do this is by returning to the Native Plate.



You can naturally regulate your glucose levels by:

- Filling one half of your plate with non-starchy vegetables (like winter squash or greens)
- Having one-quarter of your plate filled with lean protein (like beans or fish) and
- Having one-quarter of your plate filled with complex starches (like wild rice or corn)



We honor both our heritage and our health when our physical, mental, emotional and spiritual health are in Balance.

Let's make 2026 a year of BALANCE - one plate at a time!

Need assistance with your Fresh Start for 2026, please contact Doreen Diaz, RDN, CDCES - Registered Dietitian (559) 320-0490 to schedule your individual nutrition appointment.

NURSES' CORNER

February is American Heart Month

a time to prioritize your heart health and take steps toward a healthier future.

Your heart works hard for you every day, and caring for it is one of the most important investments you can make in your overall well-being. Heart disease remains the leading cause of illness, but the good news is that many risk factors can be prevented, detected early, and effectively managed with regular medical care and healthy lifestyle choices.

This Month, Focus On

- Maintaining healthy blood pressure through regular checks
- Staying on top of cholesterol screenings
- Managing diabetes
- Adopting heart-healthy habits such as balanced nutrition and physical activity

Preventive primary care visits play a vital role in identifying concerns before they become serious.

How FAIHP Supports Your Heart Health

- We offer routine check-ups & screenings
- Personalized medication management
- Nutrition and wellness guidance
- Comprehensive primary care for patients of all ages

Now Accepting
New Patients!

Call for an appointment: (559)320-0490, Option 2 for Medical

Visit: faihp.org



Mindful Moments: Caring for Your Wellness This Year

As we enter the new year, it can often bring a mix of emotions: joy, nostalgia, stress, eagerness, etc. Between closing out holiday gatherings, year-end deadlines, and changing routines, it's easy to feel overwhelmed when starting a new year. This month, take a moment to pause and care for your mental well-being.

1. Prioritize Rest and Reflection

The holiday season was busy, but rest is essential. Schedule downtime, even short breaks, to recharge. Reflect on your achievements and growth from the past year, no matter how small.

2. Set Realistic Expectations

Perfection isn't the goal. It's okay to say no, simplify plans, or create new traditions that feel right for you. Focus on connection and meaning rather than pressure or comparison.

3. Practice Gratitude and Giving

Gratitude helps shift focus from what's missing to what's meaningful. A simple note, call, or act of kindness can boost both your mood and someone else's.

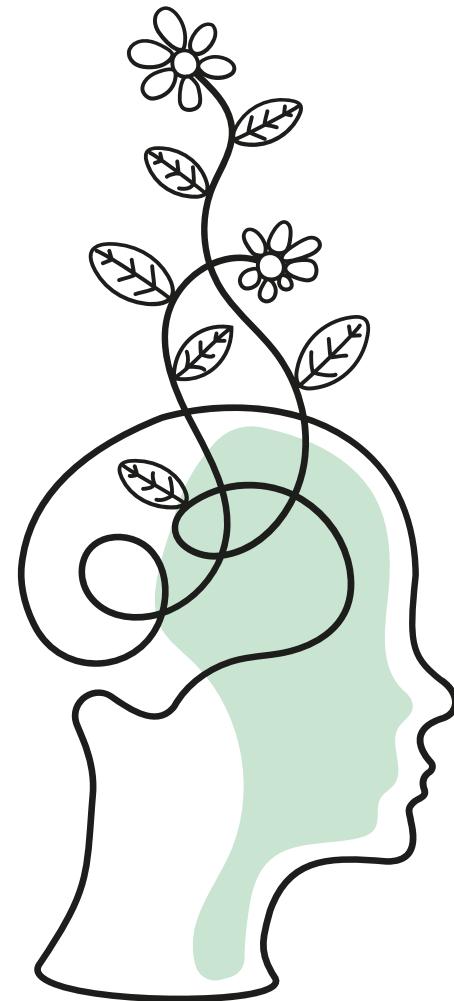
4. Seek Support When Needed

If feelings of sadness or anxiety persist, reach out to a friend, family member, or a professional counselor. You don't have to go through it alone.

This year, give yourself the gift of compassion. Slow down, breathe deeply, and embrace the moments that bring peace and purpose.

Wishing you a calm, healthy, and hopeful upcoming year!

Amber Molina, LCSW, RPT



Fresno American Indian Health Project
1551 E Shaw Ave, Suite 101
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.