



# FAIHP

Fresno American Indian Health Project

# DRUM BEATS

Volume 7 • Issue 6 • June • 2014



GONA 2014 is quickly approaching. This year's event will be taking place from July 14th through July 18th at Camp Sierra near Shaver Lake. It is sure to be the best yet! If you know Native youth between the ages of 12 and 17 who want to participate in Fresno American Indian Health Project's third year of GONA, please make sure that they complete

their registration by June 20th. You can get registrations at our office or online at [faihp.org](http://faihp.org). Contact Rachel Ramirez if you have any questions, phone: 559-320-0490 E-mail: [rramirez@faihp.org](mailto:rramirez@faihp.org).

On the topic of GONA, we would like to remind those of you who are 18 years and older that YOU can be a part of GONA as well. We are hoping to have many community members join in on the opportunity to help teach and guide the youth.

Volunteer applications and other necessary screenings must be completed by Monday, June 13th. It is also encouraged, but not required, to attend a FAIHP Volunteer Orientation (held monthly) in order to learn about what areas of the FAIHP office you might be interested in volunteering in. Please contact our office for more information on this process.

Once you have completed your volunteer application, you will be invited to a mandatory Volunteer and Staff Orientation on Monday, June 30th at Camp Sierra. This orientation will give you the chance to see what the camp has to offer the youth, become well-prepared for your role, and get to know the other volunteers you will be working with.



We are looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



**June 13th – Volunteer Application Deadline**  
**June 20th – Youth Registration Deadline**  
**June 30th – Volunteer and Staff Orientation**  
**July 1,2,3 - Youth Orientation (Locations TBA)**  
*Youth only need to attend one orientation*  
**July 14th – 18th – GONA!**



## Calling ALL Native Artists, ages 12-17!

Use your talent and ideas to design our 2014 GONA T-shirts.

The winner will receive a \$50 gift card!

All entries must be turned in to FAIHP by June 12.

Design must include the word GONA and the year 2014  
Theme: Culture is Prevention

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## Youth News & Events!

### CLUBHOUSE STAR STUDENT OF THE MONTH



**Roman C.** Clubhouse is pleased to have Roman as our Star Student of the month. Roman was awarded Sparthenian of the Quarter at his school. He also received a Recognition of achievement. He received the award for being an outstanding student. At clubhouse Roman has demonstrated good listening skills, and is well mannered. He is very respectful towards others and completes his tasks when needed. Way to go Roman awesome job!!!

### College Is Possible

If you're still in high school or an adult and interested in going to college it is always possible. There are so many opportunities in our community and in our state to apply for college. It may seem hard or something that you think is hard to complete but you will never know if you never apply. Whether it is a community college or university it is still college. And taking that first step by researching the many colleges that are available is the best step to take. It is proven that if you go to college, you'll gain information and skills that you'll use for the rest of your life. That's reason enough to pursue an education beyond high school, but here are more practical considerations.

**Have more job opportunities**

The world is changing rapidly. More and more jobs require education beyond high school. College graduates have more jobs to choose from.

**Earn more money**

A person who goes to college usually earns more than a person who doesn't. On average, over a lifetime, someone who spends two years in college earns \$250,000 more than someone who doesn't. That's a quarter of a million dollars more over a lifetime.

**Expand your knowledge base**

A college education helps you acquire a range of knowledge in many subjects, as well as advanced knowledge in the specific subjects you're most interested in. It also increases your ability to think abstractly and critically, to express thoughts clearly in speech and in writing, and to make wise decisions. These skills are useful both on and off the job.

**Increase your potential**

A college education can help increase your understanding of the community and the world as you explore interests, discover new areas of knowledge, and consider lifelong goals.

Getting a college education is an investment that will pay back for a lifetime. People with a college education have better job opportunities, earn more money, and develop skills that can never be taken away.

For more info please check out this website. <https://www.scholarships.com/resources/college-prep/preparing-for-college/why-go-to-college/>

For more information or help please feel free to contact Paula Davila: (559) 320-0490

### Clubhouse Update

Clubhouse would like to welcome our two new volunteers, Danielle S. and Natalie M. They will be helping with planning and crafts for the children. Come see what's been growing at Clubhouse.



David and the kids have been working hard on our vegetable garden. We have been growing yellow squash, zucchini, carrots,



cucumbers, green beans, and strawberries, watermelon and of course SAGE! Each youth planted their own sage and will be able to take their

plant home once it gets big enough to be planted. Each Clubhouse youth will be able to grow and care for their own medicine! Clubhouse would like to send out a big Thank You to Louie, who donated his time to give Clubhouse a fresh clean look with a coat of new paint!

### Summer!

Clubhouse will start having lunch along with activities and trips over the summer vacation. We are very excited about preparing for our upcoming events, GONA (Teens camp 12-17) and summer camp (Children 5-12). For more information on summer camp or GONA call FAIHP's main office number (559)320-0490



Please submit report cards and any certificates that your child receives. Clubhouse would like to highlight your child's hard work and achievements.

# The Importance of Family Dinner!



60 Years Ago, the average dinnertime was 90 minutes. Today it is less than 12 minutes. Kids and teens who share family dinners 3 or more times per week:

- Are less likely to be overweight
- Are more likely to eat healthy foods
- Perform better academically
- Are less likely to engage in risky behaviors (drugs, alcohol, sexual activity)
- Have better relationships with their parents
- And “More frequent family dinners are related to fewer emotional and behavioral problems, greater emotional well-being, more trusting and helpful behaviors towards others and higher life satisfaction, “Journal of Adolescent Health” April 2012.

Parents today are busier than ever before. But we hunger for more of a connection with our families, and we want to eat healthier, too. We are running in so many directions that eating dinner together often becomes an afterthought. In fact, a recent poll found that half of children now live in homes where families don't regularly eat dinner together.

For most families, dinnertime is when parents and kids can all be in the same room at the same time. Sometimes, dinnertime is often the **ONLY** time we can disconnect from technology and connect with each other around real conversations. So, make the commitment to your family's health...

... All you have to do is commit to sitting down to dinner with your family at least 3 times a week. It's that simple...and that important!

<http://www.thescramble.com/family-dinner-challenge/#sthash.PHhrC8pO.dpuf>

REMINDER: Diabetes Class is cancelled for June and July. Next class will be August 21, 2014.

# National Men's Health Week

## Men can make their health a priority. Take daily steps to be healthier and stronger.

Celebrate National Men's Health Week, June 9-15, 2014.

- Take a bike ride.
- Toss a ball.
- Eat less salt.
- Try more veggies.

There are many easy things you can do every day to improve your health and stay healthy.

## Get Good Sleep

Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. Sleep guidelines from the National Sleep Foundation have noted that sleep needs change as we age. In general, adults need between 7-9 hours of sleep.

## Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Also avoid being around secondhand smoke.

## Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.

## Eat Healthy

Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.

## Tame Stress

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

## Stay on Top of Your Game

See your doctor or nurse for regular checkups. Certain diseases and conditions may not have symptoms, so checkups help diagnose issues early or before they can become a problem. Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor right away. Don't wait!

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have.



Get vaccinated. Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time.

Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history.

Vaccines can protect you, your loved ones, and your community from serious diseases like: influenza (flu); shingles; pneumococcal disease; human papillomavirus (HPV) infection; and tetanus, diphtheria, and pertussis (whooping cough)--all three of which the Tdap shot protects against.

Other vaccinations you may need include those that protect against hepatitis A, hepatitis B, chickenpox (varicella), measles, mumps, and rubella. Ask your doctor or nurse which vaccines you need to stay healthy.

# FAIHP CBANS PROGRAM UPDATES

The Fresno WISE had their very first and very successful fundraiser of the year. The WISE group had a rummage sale, sold some baked goodies and of course the delicious Indian tacos. When it comes down to pulling things together, we could always count on our Elders. WISE it was a job well done! We also had some very special visitors whose faces are becoming more and more familiar. The American Indian Veterans Association (AIVA) joined in by donating items for the raffle, along with providing tremendous support as always. Special thanks to all those who joined in and thank you for your service!



CBANS has been very busy in the community throughout the month of May. CBANS is proud to say that they were able to provide information at the National Alliance on Mental Illness (NAMI) Walk. It was an honor for the FAIHP to be a part of the sharing of information with people with mental illness, their friends, families and the whole community to raise awareness and reduce the stigma in the general public. It was a beautiful day at Woodward Park, CBANS is looking forward to attending another great outreach focused on mental illness. Thanks NAMI.

CBANS along with the Paula our Clubhouse youth coordinator and a volunteer attended the Big Sandy Pow Wow. It was a great turn out and great to see all the support in the native community. Some youth stopped by to visit and pick up their GONA registrations. CBANS always has a great time working with the Big Sandy Rancheria and will always show our support in reaching the community. We had some of our very own FAIHP Clubhouse youth who danced

in the Pow Wow, which was a great treat. Thanks for another great time at the Pow Wow at Big Sandy Rancheria.

CBANS attended our very first Clovis Memorial Senior Run/Walk event, along with our proactive WISE member, Eleanor Castro. This event was held at the Clovis Community center supporting the seniors in the community. There was a crowd of very motivated seniors who took part in the Run/Walk. With the sun shining and a slight breeze, it could not have been a better day for a Run/Walk. CBANS was able to take advantage of the opportunity to reach the senior crowd and share our resource information with the Clovis Community. Special thanks to our very dedicated volunteer Eleanor Castro, thanks for all you do. Eleanor you are appreciated!

With May behind us, CBANS will continue to roll into the year reaching out and inviting everyone to stop by and see what CBANS has to offer. For more information on any services or activities, feel free to contact Cynthia Igasan, or Ruben Garcia at (559)320-0490.



**WISE Support Group: TBA Call for details**

**Stress Management: TBA Call for details**

**Tea: Twice TBA Call for details**

**Wellbriety: Weds at 7:00pm - 9:30pm**

Times and Dates are Subject to change

Please call Cynthia Igasan or Ruben Garcia at (559) 320-0490



For GONA registration please contact Rachel Ramirez at; rramirez@faihp.org, visit our website at faihp.org or call FAIHP 559-320-0490 to get your registration packet. FAX completed registrations to our FAX number 559-320-0494

## **GONA Dates are July 14-18, 2014**

Location: Camp Sierra, Big Creek CA.

## **Tween and Teen Group!**

American Indian Life Skills group meets weekly on Friday at the clubhouse. 3:00 – 5:30pm. Contact Jackie Badoni for more information (559) 320-0490 jbadoni@faihp.org

*“In 2006, suicide was the leading cause of death for AI/AN males ages 10-14. For AI/AN young adults ages 15 to 24, one-fifth of them died by suicide in that same year.” (SOURCE: U.S. Department of Health and Human Services, National Center for Health Statistics, Centers for Disease Control, 2010)*



**Daughters of Tradition GIRL POWER!** Group meets weekly on Thursday.  
**Positive Indian Parenting Group** meets weekly on Tuesday 3:00-5:00pm  
 Contact Jackie Badoni for more information (559) 320-0490 jbadoni@faihp.org

## *Marijuana Prevention Education*

One of the biggest factors in the prevention of marijuana use is education. This needs to be targeted at high school students and even younger students. It is important that kids know the dangers and possible long-term effects of marijuana use. Education is especially important in terms of dispelling the myth that marijuana is not very dangerous. Another potential problem with marijuana use is that teens and young adults may be interested in whether or not you used marijuana when younger. Many people of the Baby Boomer generation, and the generation following, experimented with marijuana. It is important to present your kids with the facts. Make sure they know that you aren't proud of what you did. Here are some things you can point out about marijuana use:

- **It is illegal. Point out that your child will face the consequences of possession. The fact that you tried marijuana doesn't change that.**
- **Marijuana is more potent now. Make it clear that marijuana is up to 25 times stronger than it was when you smoked marijuana. It has increased in danger.**
- **Recall the negatives. Point out that you might have been “in a haze.” Also, if you had unpleasant reactions, such as nausea or other side effects, point those out.**

The key is to focus on the now, make it clear that marijuana use comes with very real risks and consequences that can follow a teen or young adult through life.

### **Be involved**

Parental involvement - and involvement of other loved ones - is one of the most important factors in the prevention of marijuana use. Indeed, you need to set clear expectations for behavior, and make it clear that drug use - including marijuana use - is not to be tolerated. Make sure that you provide opportunities for open communication.

### **Signs of marijuana use:**

Bloodshot eyes  
 Dilated pupils, Smell  
 Marijuana paraphernalia  
 Appears sleepy, Less motivation  
 Short-term memory loss  
 Signs of respiratory problems.

### **Street terms for marijuana:**

- Weed
- Mary Jane
- Grass
- Ganja
- Bud
- Blunt
- Herb
- Homegrown
- Dope

<http://www.marijuanaaddictiontreatment.org/>

## JUNE 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 JUST WALK 11-12pm at Manchester Mall	3 PIP (Positive Indian Parenting)	4 Exercise Class 11-12 Wellbriety 7:00-9:30pm	5 BSR/CSR WISE 12-2	6	7 Tule River Youth Pow Wow
8	9 Stress Mang. Monday Cafe Community Advisory Committee 10-12pm JUST WALK 11-12pm at Manchester Mall	10 PIP (Positive Indian Parenting)	11 Exercise Class 11-12 Wellbriety 7:00-9:30pm	12 FRESNO WISE 12-2	13	14 Flag Day  Table Mt. Pow Wow
15 Father's Day	16 GONA Volunteer App. Deadline JUST WALK 11-12pm at Manchester Mall	17 <b>GONA Facilitator Training</b>	18 Exercise Class 11-12 Wellbriety 7:00-9:30pm	19	20 <b>GONA Signup Deadline</b>	21 June Solstice
22	23 Stress Mang. Monday Cafe JUST WALK 11-12pm at Manchester Mall	24 Fresno State Native Alumni 6-8pm PIP (Positive Indian Parenting)	25 Exercise Class 11-12 Wellbriety Celebration Potluck 7:00-9:30pm	26 FRESNO WISE Time TBA	27	28
29	30 GONA Volunteer Orientation @ Camp Sierra JUST WALK 11-12pm at Manchester Mall					
		May 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		July 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

## JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 July 1,2,3 - Youth Orientation (Youth need to only attend one orientation -Locations TBA) PIP (Positive Indian Parenting)	2 Exercise Class 11-12 Wellbriety 7:00-9:30pm	3	4 Independence Day	5
6	7 JUST WALK 11-12PM at Manchester Mall	8 PIP (Positive Indian Parenting)	9 Exercise Class 11-12 Wellbriety 7:00-9:30pm	10	11	12
13	14	<b>GONA</b>		17 Wellbriety 7:00-9:30pm	18	19
20	21 JUST WALK 11-12PM at Manchester Mall	<b>UAII Youth Summer Camp</b>		24 Exercise Class 11-12 Wellbriety 7:00-9:30pm	25	26
27 Parents' Day	28 JUST WALK 11-12PM at Manchester Mall	<b>UAII Youth Summer Camp</b>		30 Exercise Class 11-12 Wellbriety Celebration Potluck 7:00-9:30pm	31	
		June 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		August 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

Based on our Community Advisory Board feedback there was a great interest in Native language classes, so FAIHP would like to promote OVDC's Native Language classes that are open to the community. All classes will be held at OVDC facilities please contact Raelene Osborne to find out more information and to sign up for classes at 559-738-8248

Excerpts from OVDC newsletter

## Learn Your Language Through Games

Submitted by: Carly Tex, Nüümü Yadoha Language Program, Linguist



Let's play a game! Games are interactive, spontaneous, repetitive, and a great way to help your students acquire language. I adapted several games for my Conversational Mono class, but I will share two of my favorites with you here: Jenga and Scrabble.



The rules for Jenga are simple: you pull a block from the bottom and must stack it on top without tipping the tower! A topic is written on random blocks. Some are easy, such as "name 3 body parts" some are difficult such as "talk about what you will do tomorrow". Each block starts a new conversation, which players must discuss in our language! Sometimes the conversations are fast, and sometimes they last a long time, it depends on how much you have to say about the topic. In Scrabble, you can *only play a word if you are able to describe it or use it in a sentence in your language*. This game is spontaneous and each word is up for interpretation. This is a picture of a Scrabble game played in my class. How would you describe or translate those words in your language? Be creative.



Don't know what to play? Don't have the time to make up your own game? Take some help from games that are already out there, such as Go Fish or Memory; use board games like Monopoly or Chutes and Ladders. Go to your local school supply store, Target or Walmart and spend time in the toys and games section. Think about how you can adapt the games for language learning. Take it home, follow the instructions, and practice with someone. How much do you talk while you play? Does the game use numbers and expressions that you can translate into your language? If so, then this might be the game for you. Figure out how to say, "I win!" "It's your turn," "It's my turn," "I have 25 points," "how do you say this word," "whose turn is it?" in your language. Your students will learn, laugh, and more importantly, have fun!

Used with permission from OVDC Newsletter



# Tulare and Fresno County Class Schedules

## Wukchumni Language Class

Instructors:

Juanita Malone & Rebecca Malone

Every **Tuesday, & Wednesday**

From 3pm-6pm

All classes are held at the Visalia Language Building

2370 W. Whitendale Ave., Visalia

HIDEH

## Western Mono B Language Class

Instructors:

Irene Osborne, Katherine Bustamante

& Aaron Ortiz

Tuesdays from 6pm-8pm &

Fridays from 6pm-8pm

Classes held at Fresno TANF office

## Western Mono A Language Class

Instructors:

Don Jack & Roberta Jack

Every **Wednesday** from 6pm-8pm

&

Every **Saturday** from 10am-2pm

at 5070 N Sixth St. Suite 110, Fresno

MUNAHOO

## Western Mono C Language Class

Instructors: Pearl Hutchins

Fluent Speaker: Marie Cohoe

**Wednesdays** from 10am-2pm

**Fridays** from 11:30am-2:30pm

37387 Auberry Mission Rd, Auberry

Instructor:

Don Jack and Darlene Oliver

Every **Tuesday** from 5pm-7pm

Cold Springs TANF located at  
32535 Sycamore Rd., Tollhouse, CA

## Conversational Mono Class

Instructor: Carly Tex

Classes held at 5070 N. Sixth St. Suite 110,  
Fresno

Every **Thursday** from 5:30pm-7:30pm

## Pascua Yaqui Language Class

Instructors:

Guadalupe Valenzuela &

Diana Dominguez-Uresti

**Tuesdays** from 5pm-8pm

1001 W. Tower Way, Ste.225, Bakersfield

**Wednesdays** from 5pm-7pm at

5070 N. Sixth St., **Fresno**

**Thursdays** from 5:30pm-7:30pm at

191 W. Poplar Ave., **Porterville**



# FAIHP

Fresno American Indian Health Project

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[www.faihp.org](http://www.faihp.org)

**Follow Us on:**



## Fresno American Indian Health Project

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 by logging on our website & utilizing the PayPal "donate" link.

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:

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

### OUR BOARD OF DIRECTORS

Pedro "Pete" Molina, Pascua Yaqui  
Enrique Rudino, Apache/Tarahumara  
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Gavin Begaye, Cold Springs Mono