



FAIHP

Fresno American Indian Health Project

DRUM BEATS

Volume 7 • Issue 9 • September • 2014

Circles of Care is coming up on its third year! So much has happened and it's all thanks to the wonderful work and dedication of our community. Thank you!

Circles of Care in review:

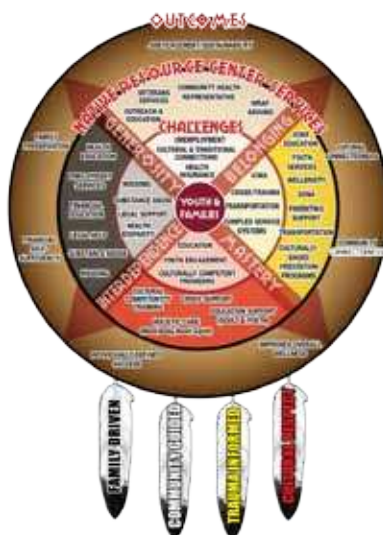
Year 1 – FAIHP strengthened its connections with the community. During this time we engaged the community through the monthly advisory committee, GONA planning, collaborating with the Culturally Based Access Navigational Peer Support Services program and WISE group. Native youth were engaged through GONA, monthly youth council, collaborations with WIND and MSPI. We reached out to other service providers through one on one contacts, service provider fair and trainings, as well as establishing new MOUs.

Year 2 – A busy year with data collection starting with an adult and youth-led survey development for adult and youth surveys. Focus groups which included perspectives from native elders, parents, youth and community members. Also used for input were the Photo voice youth project, and youth-led elder interviews. The team conducted key informant interviews with 14 community-based organizations to gather their input on needed services within the community.



Year 3 – Model development from data collected from year 2 was included into the Needs Assessment's finished product which reflects the end goals for the community. Other activities within year 3 included the Wraparound pilot which aims to address the quality of services provided to youth and their families.

It has been a busy three years with many valuable insights gained from our community. A special thank you to all who participated, we look forward to the next exciting part of this journey.



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

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YOUTH NEWS & EVENTS!

Welcome back to Clubhouse! Summer vacation has been filled with lots of exciting activities and camps, but that doesn't mean that the fun has to stop. Come join us for a new fun filled school year at Clubhouse.



We would like to thank everyone who helped make the **Back to School** event a great success this year. Thank you to all who donated school supplies. We handed out 36 backpacks, filled with school supplies, to our Native youth. All made possible by the donations we received! Eighteen families also received a box of food donated by Pastor Raul from Life Church. Thank You!

The 24th Annual Robert Sundance Summer Camp was a great success. There were 32 youth, including our teen workers, who attended. The teens were a great help. They worked throughout the week getting the



younger kids ready every morning and interacted with them throughout the day. They gained work experience and made a lot of connections with

teens outside of Fresno. Our youth participated in many different activities including: horseback riding, zip-lining, mountain bike riding at Mammoth Resort and swimming at the Bishop City pool. The youth also had the opportunity to participate in different evening activities such as archery, fancy shawl dancing, arts and crafts, the Pinewood derby, and theatre. The 11 and 12 year olds had a blast observing the wildlife and sleeping in tents at the overnight hiking trip. Thank you to all the staff and volunteers who gave their time and effort to ensure our youth had a fun and safe Summer Camp.

This year's GONA was also a success. We had the participation of 70 teens at our new campsite at Camp Sierra. The teens interacted with each other while learning the four GONA principles; Belonging, Mastery, Interdependence, and Generosity. The teens participated in many activities with their clan members. They learned teamwork and made



new friends. They went swimming in the watering holes and hiking on the trails surrounding the camp. They had talking circles and told traditional stories almost every night around the campfire, under the stars. The youth made gifts with Pascal Casey in our arts and crafts activities and made clap sticks with Darlene Franco. The youth learned hand game songs with Carly Tex and Laura Franco. Teens also participated in archery with Hector Cerda, learning safety and the proper technique for target shooting. Thanks to Camp Sierra's management and staff, we were able to have Keith Turner and Darlene Franco offer a sweat lodge for the teens. Those who participated were very grateful; for some, this was their first experience in a sweat lodge. A special thanks to all who participated in this event and made it a great experience for the youth.

THE TRUTH ON FATS

HEALTHY VS. UNHEALTHY

Many people believe that in order to lose fat they must avoid eating fat as a part of their every day diet. The simple truth is, healthy amount of fats in your diet can help you control or lose weight, improve your mood and strengthen your immune system. Fats help your body absorb vitamins such as vitamin A, K, E, and D – hence the name fat-soluble vitamins. Your body needs fats in order to function, but the type of fat is what really matters. Fats should be about 25-30% of your total daily calories

GOOD FATS:

- **Monounsaturated Fats:** Help raise good HDL cholesterol and lower bad LDL cholesterol. These fats help prevent the build-up of plaque in your arteries, and studies have shown that they help prevent belly fat.

Which foods contain these fats? These fats are found in olive oil, canola oil, olives, avocados, almonds, peanuts, peanut butter, and cashews.

- **Polyunsaturated Fats:** These fats contain essential omega-3 fatty acids, which are beneficial to brain function, mood, and your immune system. These fats also contain omega-6 fatty acids to help keep skin and eyes healthy.

Which foods contain these fats? Omega-3's are found in fatty fish such as salmon, mackerel, and herring. These fats are also found in canola oil, flax seed, walnuts, and tofu. Omega-6's are found in corn-fed chicken and beef, corn and safflower oil, and farmed fish.

BAD FATS:

- **Saturated Fats:** These fats raise your cholesterol levels and increase your risk of heart disease.

Which foods contain these fats? Saturated fats can be found in meat or poultry. For example, the skin of a chicken contains saturated fats. Dairy products such as creams, butter, whole or 2% milk as well as coconut or palm oil are all additional sources of saturated fats.

- **Trans Fats:** Trans fats are saturated fats that have been altered to prolong the shelf life of packaged foods. Trans fats raise bad LDL cholesterol and lower good HDL cholesterol, which could increase inflammation in the body.

Which foods contain these fats? Trans fats are found in processed foods such as cookies, crackers, chips, and cakes. They are also found in shortening, margarine, donuts, and French fries.

How Much?

About 2-3 servings (1 teaspoon of oil is considered a serving) of monounsaturated or polyunsaturated fats each day can be beneficial. Try to limit saturated fats to less than 10% of your total daily calories, and it is best to extremely limit the amount of trans fats you consume; try to aim for zero!

http://www.helpguide.org/life/healthy_diet_fats.htm



Our last Diabetes class was fun and informative with lots of raffles and a yummy smoothie demo that everyone enjoyed! Thank you Ashley for your presentation on the important subject of Hydration. And a Big Thank you to volunteers: **Andrea Moreno, Irene Padilla and Elena Najera** for all your help with set-up and clean-up for the class. Your help is always much appreciated!

Next Diabetes Class is Sept. 18, 2014 at 1:00 pm



SEPTEMBER IS NATIONAL LICE PREVENTION MONTH!

Back to school! Back to daycare... might mean back to a lice exposure!

Here are some ways to prevent lice infestation in your family or kids.

10 Steps To Help Keep Head Lice And Their Eggs Out Of Your Child's Hair.

1. Watch for signs of head lice, such as frequent head scratching. Anyone can get head lice... mainly by head-to-head contact but also from sharing hats, brushes and headrests. Lice do not jump or fly.
2. Check all family members for lice and nits (lice eggs) at least once a week. Only those infested should be treated. Lice are reddish-brown wingless insects, nits are grayish-white, always oval shaped, and are glued at an angle to the side of the hair shaft.
3. Be sure not to confuse nits with hair debris such as bright irregularly shaped clumps of dandruff.
4. Consult your pharmacist or physician before applying or using lice treatment pesticides when the person involved is pregnant, nursing, has allergies, asthma, epilepsy, has pre-existing medical conditions, or has lice or nits in the eyebrows or eyelashes. Never use a pesticide on or near the eyes.
5. Remember, all lice-killing products are pesticides. If you choose to purchase an over-the-counter treatment, follow the directions carefully and use with caution. If the product fails, do not switch to other over-the-counter treatments or use any prescription products as a "last resort". This can be potentially harmful. Manual removal is the safe alternative and a necessary component to any head lice treatment.
6. Follow package directions carefully. Use the product over the sink, not in the tub or shower. Always keep the eyes covered.
7. Remove all nits, this assures total lice treatment. Separate hair in sections and remove all attached nits with a lice comb, or your fingernails.
8. Wash bedding and recently worn clothing in hot water and dry in a hot dryer. Combs and brushes may be soaked in hot water (not boiling) for 10 minutes.
9. Avoid lice sprays! Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals and car seats.
10. Check for lice on a regular basis. This is the best way to protect your family and community.

Information provided by the National Pediculosis Association

FAIHP CBANS PROGRAM UPDATES

For the month of August, our CBANS team continue to meet new people as we outreach and share new information and provide resources available to members of the community.

The WISE support group held a very successful



Indian Taco & Craft Sale fundraiser. There was great support and turnout from our community members and surrounding businesses. Many came out and enjoyed meeting, eating, and shopping at the craft sale.



FAIHP CBANS team is proud of our WISE support group who pulled this event together. These events take a lot of effort and hard work, but as a team, and

through respect for each individual and camaraderie with each other, the event was successful. Thank you all for your hard work and devotion.

Other outreach events that we participated in includes the Grizzly Game at Chukchansi Park stadium. During this event, a group of the community members came out and enjoyed a baseball game, some for the very first time, as well as visit the FAIHP informational booth. The community reaction to this event was positive, some said, "We really enjoyed the baseball game, it was our very first time, and it was fun!" Others said, "The atmosphere was calm and stress free; the light breeze was blowing just right, and we really enjoyed ourselves. Thank you for including us in this event."

Another event was the North Fork Pow Wow. One of our volunteers came out and provided information to the community about GONA and the FAIHP nutrition support groups. Thank you Anthony L. for taking time out of your day to join in on this outreach event!



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

MSPI NEWS



Methamphetamine is an illegal drug that has proven to be a big problem in the city of Fresno. Although some have avoided addressing or thinking about the issue, it is a reality that our youth can run into it at anytime and anywhere. It is our goal to create awareness of all the risks and negative effects of this powerful drug. Through MSPI activities, the youth will be creating a strength-based Public Service Announcement in order to gain public awareness of this drug's harmful effects on a person's home life, finances, and long term health.

For the month of September, under the MSPI program, a group of teens will be going to Fresno's Art Hop, which will be held on Thursday, September 4th. The MSPI program aims to prevent the number of youth in the Native community taking part in drug or alcohol abuse and suicide. As a form of prevention, we are encouraging our youth to find

different ways of expressing themselves through various forms of art. The youth will be exposed to many kinds of art such as sculpting, painting, and photography. They will also have a chance to create an art piece of their own, such as clap sticks, dream catchers, and beading. The purpose of this activity is to encourage our youth to find new and different ways of expressing themselves in non-destructive ways.

An average of **208 million** people in the United States have used illegal drugs intentionally, among these are teens. It is our goal that by giving our youth new ways of self-expression, the youth in the Native communities do not become part of this statistic.



METHPROJECT.ORG



SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2	3 Exercise Class 11-12 Wellbriety 7:00-9:30pm	4	5	6
7	8 JUST WALK 11-12PM at Manchester Mall	9 Stress Mang. Group 1-2pm Tuesday Tea 2-3:30	10 Exercise Class 11-12 Wellbriety 7:00-9:30pm	11 Fresno WISE 12-2pm	12	13
14	15 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	16	17 Exercise Class 11-12 Wellbriety 7:00-9:30pm	18 Diabetes Class 1pm	19	20
21	22 JUST WALK 11-12PM at Manchester Mall	23 Stress Mang. Group 1-2pm Tuesday Tea 2-3:30	24 Exercise Class 11-12 Wellbriety Celebration Potluck 7:00-9:30pm	25 Fresno WISE 12-2pm	26 CALIFORNIA INDIAN DAY Office Closed	27
28	29 JUST WALK 11-12PM at Manchester Mall	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		October 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		

OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise Class 11-12 Wellbriety 7:00-9:30pm	2	3	4
5	6 JUST WALK 11-12PM at Manchester Mall	7	8 Exercise Class 11-12 Wellbriety 7:00-9:30pm	9 Fresno WISE 12-2pm	10	11
12	13 JUST WALK 11-12PM at Manchester Mall	14 Stress Mang. Group 1-2pm Tuesday Tea 2-3:30	15 Exercise Class 11-12 Wellbriety 7:00-9:30pm	16	17	18
19	20 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	21	22 Exercise Class 11-12 Wellbriety 7:00-9:30pm	23 WISE/Diabetes Class 12pm-2pm	24	25 Community Health Fair
26	27 JUST WALK 11-12PM at Manchester Mall	28 Stress Mang. Group 1-2pm Tuesday Tea 2-3:30	29 Wellbriety Celebration Potluck 7:00-9:30pm	30	31 Halloween	
		September 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		November 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		

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

Nüümü Yadoha Language Program

2014 Schedule Fresno County

Tuesday

Fresno site -Community -Western Mono B 6-8 pm

Cold springs-Community-Western Mono A 5-7pm

Wednesday

Fresno site-Community-Western Mono A 6-8 pm

Fresno site-Community-Yaqui 5-7 pm

Big Sandy site -Community -Western Mono 10-1pm

Thursday

Big Sandy site-Community-Western Mono 5-7pm

Fresno site-Community -Conversational Mono 5:30pm-7:30pm

Friday

Fresno site -Community -Western Mono B 6-8pm

Location

Big Sandy Rancheria-37190 Jose Basin Rd Auberry, CA 93602
(559) 855-7575

Coldsprings-32535 Sycamore Road Tollhouse, CA 93667
(559) 855-7570

Fresno 5070 N Sixth St, Suite 110 Fresno, CA 93710
(559) 226-2880



Instructors

Big Sandy Rancheria-Marie Cohoe and Pearl Hutchins
Western Mono A-Don Jack , Roberta Jack and Darlene Oliver

Western Mono B-Irene Osborne and Raelene Osborne
Conversational Mono-Carly Tex

Yaqui- Diana Dominguez and Guadalupe Valenzuela

Visit our website for details and registration information <http://www.ovcdc.com/blog/locations/fresno/>

EACH MIND MATTERS

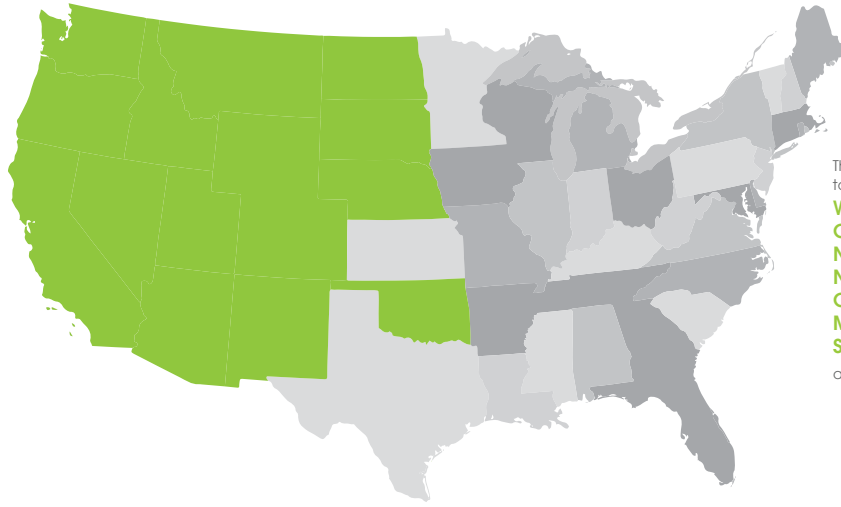
California's Mental Health Movement

We are a community of individuals and organizations dedicated to a new understanding of mental wellness and equality, starting here in California. Early support and help for mental health challenges can reduce suffering and save lives. We all have mental health; our minds deserve the same respect as our bodies.

There is a place for you in **EACH MIND MATTERS**.

1 in 4

American adults
live with a diagnosable
mental illness
in a given year



This is roughly equivalent to the populations of
Washington, Oregon, California, Idaho, Nevada, Arizona, New Mexico, Utah, Colorado, Wyoming, Montana, North Dakota, South Dakota, Nebraska, and Oklahoma combined.

WHY LIME GREEN?

Lime green has emerged as the national color of mental health awareness, and EACH MIND MATTERS has adopted this vibrant color - symbolic of vigorous life and flourishing health - to represent our efforts to overcome the stereotypes, stigma, and discrimination associated with mental illness. Wear the lime green ribbon to take the movement everywhere you go.



Be a part of the movement!

We need your voice to be part of this conversation. There are easy ways to take action and make a change, and many ways to seamlessly integrate **EACH MIND MATTERS** with your work.

FOR YOU

Wear a lime green ribbon - It's a conversation starter!

Write a personal pledge at EachMindMatters.org and become a Change Agent to receive EACH MIND MATTERS movement updates.

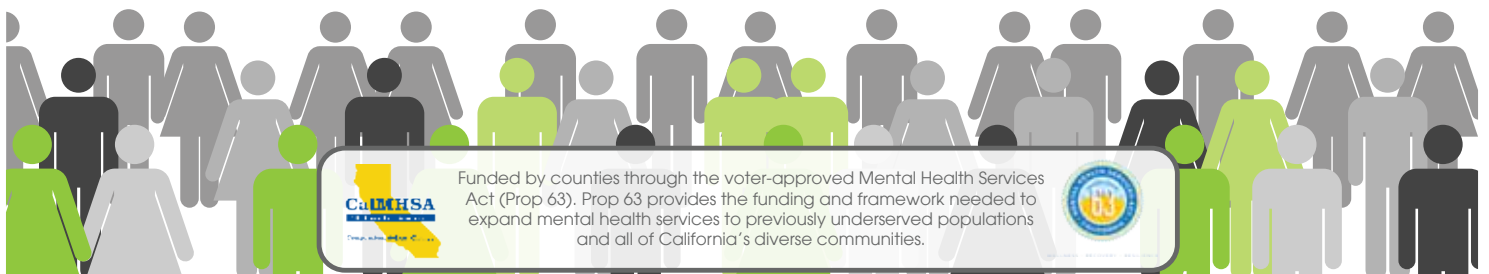
Share your Lime Green Ribbon story, either in person, in public, or online at EachMindMatters.org

FOR YOUR AGENCY

Feature the lime green ribbon, partner logos, and EachMindMatters.org on your website, materials, and at events. Visit EachMindMatters.org for logos and style guide

Order lime green ribbons and other EACH MIND MATTERS items for distribution to your audiences. Email info@eachmindmatters.org with any questions or to place an order.

Contribute to the EACH MIND MATTERS blog with news of your latest accomplishments and innovations. Use the online Contact form at EachMindMatters.org/Contact-Us.



Funded by counties through the voter-approved Mental Health Services Act (Prop 63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.





FAIHP

Fresno American Indian Health Project

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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

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