



Metal Mark Field Trip



In July, staff took the Warriors Within group on a reward outing to celebrate the drum they made and donated to our Clubhouse with a pizza party and rock climbing.

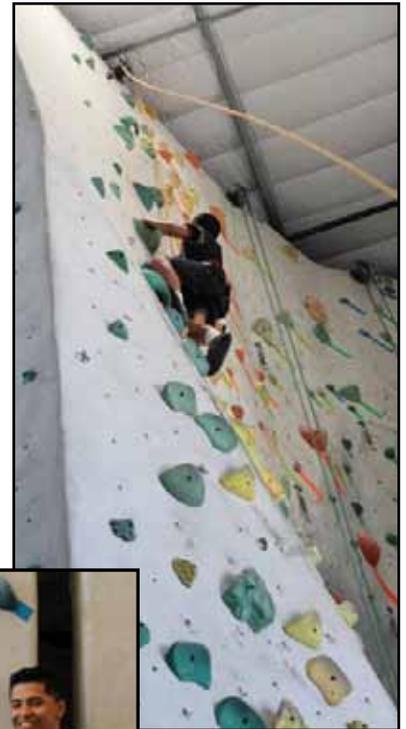
Rock climbing was held at Metal Mark Climbing & Fitness gym here in Fresno. The young men learned how to work together to support each other when they are climbing. One young man has to hold the rope at the bottom to allow the other young man to climb. They went through training on how to properly and safely do this.

Overall the day was successful and filled with team bonding and team activities. These young men earned a special day to enjoy lunch and a fun activity.



FAIHP is very thankful for Metal Mark allowing us to use their facility at a discounted price and to our new board member Ruste Sasser who donated the rest of the cost for admission.

FAIHP sees this as an example of community togetherness to support our young men and the good work they have done for our Clubhouse.



INSIDE THIS ISSUE:

SoC Update	1
Clubhouse News	2
Nutrition News	3
Nursing Corner	4
CBANS News	5
MSPI Updates	6
Counselors Corner	7
Events	8
Calendar	9



The next Community Advisory Board meeting will be Monday, August 12 at 10 a.m. Please join us, your voice is vital to our success! We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



Youth News & Events!



“To me GONA was a good experience because we got to learn about our culture. I also got to make a lot of new friends and see some of my friends from past GONA’s return. We got create stronger bonds through the activities we did at GONA. I really enjoyed the cultural activities. I made a clapper stick, walking stick and I even played hand games, it was fun!”



Isaiah M.



Sammy C.

“To me GONA means FAMILY and having fun with new faces. This was my 3rd GONA and it was fun and I made a lot of new friends. I spent my week at GONA with many different natives, it felt like we were all family and from the same tribe. My GONA experience was one of a kind.”

“GONA was a place that felt like my home. This was my first GONA and I had a lot of fun. I got to meet cool and funny kids my age. It was a great experience for me, I got to learn about not only my culture but different tribes traditions. I really enjoyed hearing Orville R. talk to us about his life.”



Daniel C.



Laura B.

“It was great experience I learned a lot about my culture, made a lot of new friends, got a lot of good advice from the elders and learned about our history and how to keep our generation from repeating our past.”

“GONA was a great experience, you meet new people every year, gain new information like the Belmont process but also people who are there for you because GONA is about Belonging, Mastery, Interdependence, Generosity. The four stages infant for Belonging, youth/teen for Mastery, adult for Interdependence, and elders for generosity. What those four stages means to me, is for belonging it means about finding a place where you feel welcomed, where you can be yourself and people will accept you for who you are no matter what. Mastery is about how to battle yourself from right or wrong, it’s about staying true to yourself clearing all those negative thoughts and feelings. Interdependence is about working together becoming one with one another. And lastly Generosity is about giving to others not only in need but doing it unexpectedly and not wanting nothing back.



Arianna M.

You meet so many people and friends that it’s hard for you to leave at the end of the week, but you manage to stay in touch with others becoming close, half of the people I met last year I really didn’t know very well, but this year I stayed in a room with them and as they opened up to me about their lives back home it made me feel happy that they were comfortable enough with me to tell me their background that’s why it’s so hard to leave your friends behind when you know they need you. I still try to stay in touch with those people even on the phone, they manage to make me laugh with tears. In the end this was a great opportunity for me even though it was my second year. I’m going back next year and if you feel like talking or feel upset about something you can come to me and I will listen. So I hope this will give you a perspective on what GONA is really about.”

TOP 10

REASONS TO VISIT THE DIETITIAN

Do you want to lose or gain weight?

Are you pregnant, looking to become pregnant or just had a child? Are you looking for ways to maintain your health in your older years? Are you an athlete looking to boost performance? These are just a few of the reasons people seek the expert advice of a registered dietitian.

Here are 10 common reasons you may want to consult with a registered dietitian:

1. You have diabetes, cardiovascular problems or high blood pressure. An registered dietitian serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.
2. You are thinking of having or have had gastric bypass surgery. Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.
3. You have digestive problems. A registered dietitian will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.
4. You're pregnant or trying to get pregnant. A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.
5. You need guidance and confidence for breast-feeding your baby. A registered dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.
6. Your child or teenager has issues with food and eating healthfully. A registered dietitian can assist with eating disorders, overweight issues and helping get the right nutrients for their growing bodies.
7. You need to gain or lose weight. A registered dietitian can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while still eating all your favorite foods.
8. You're caring for an aging parent. A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.
9. You want to eat smarter. A registered dietitian can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.
10. You want to improve your performance in sports. A registered dietitian nutritionist can help you set goals to achieve results — whether you're running a marathon, skiing or jogging with your dog.

Here at FAIHP, visits to the dietitian are 100% free and scheduling is very flexible to accommodate any day and time that works well for you. Many people have benefited from seeing a dietitian and you could be the next one! Call 559-320-0490 and ask for Renee.

August is National Immunization Awareness Month



Five Important Reasons to Vaccinate Your Child

You want to do what is best for your children. You know about the importance of car seats, baby gates and other ways to keep them safe. But, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?

Immunizations can save your child's life. Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children, are no longer common in the U.S. – primarily due to safe and effective vaccines. Polio is one example of the great impact that vaccines had in the United States. Polio was once America's most-feared disease, causing death and paralysis across the country, but today, thanks to vaccination, there are no reports of polio in the United States.

Vaccination is very safe and effective. Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent. Serious side effects following vaccination, such as severe allergic reaction, are very rare. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children.

Immunization protects others you care about. Children in the U.S. still get vaccine-preventable diseases. In fact, we have seen resurgences of measles and whooping cough (pertussis) over the past few years.

Since 2010, there have been between 10,000 and 50,000 cases of whooping cough each year in the United States and about 10 to 20 babies, many of which were too young to be fully vaccinated, died each year. While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to severe allergies, weakened immune systems from conditions like leukemia, or other reasons. To help keep them safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

Immunizations can save your family time and money. A child with a vaccine-preventable disease can be denied attendance at schools or daycare facilities. Some vaccine-preventable diseases can result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care. In contrast, getting vaccinated against these diseases is a good investment and usually covered by insurance. The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children from low-income families. Visit <http://www.cdc.gov/vaccines/programs/vfc/index.html> to find out more about the VFC program, or ask your child's health care professional.

Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago. For example, smallpox vaccination eradicated that disease worldwide. Your children don't have to get smallpox shots any more because the disease no longer exists. By vaccinating children against rubella (German measles), the risk that pregnant women will pass this virus on to their fetus or newborn has been dramatically decreased, and birth defects associated with that virus no longer are seen in the United States. If we continue vaccinating now, and vaccinating completely, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future.

For more information about the importance of infant immunization, visit <http://www.cdc.gov/vaccines>.

This document can be found on the CDC website at: <http://www.cdc.gov/vaccines/events/niiw/>



GONA 2015 was a time of learning the principles of Belonging, Interdependence, Mastery & Generosity. It was a time for old friends to reunite and new friendships to be made.

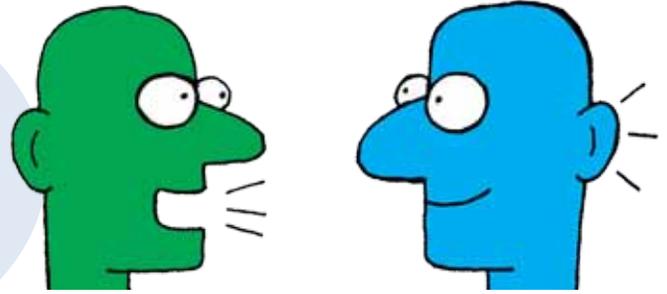
We had over 70 youth representing 18 different tribes and over 40 adult volunteer and staff!

The cultural and spiritual element made this year extra special, so many songs and prayers of blessing. Everyone, young and old learned something about their culture and themselves during this week long GONA.

Thanks to ALL who helped make this week a special one for the youth!
#gona2015

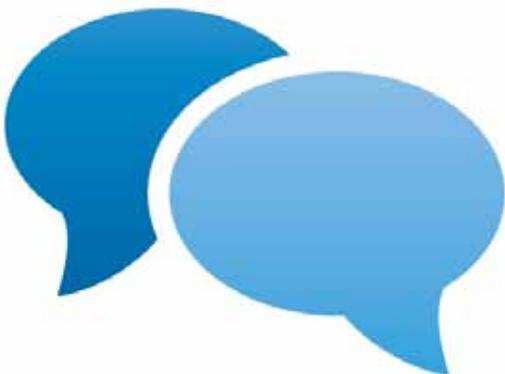


HEALTHY COMMUNICATION



Communication is an essential part of daily living and it contributes to meeting our specific needs. Two types of communication are: verbal communication and non-verbal communication. Verbal communication involves the sharing of information between individuals by using speech. Whereas, non-verbal communication involves sending and receiving wordless (mostly visual) cues between people, for example: body language.

An important part of building relationships with others such as your family, friends, coworkers, etc. is communication and being able to openly process with each other. In doing so, this builds trust and reliability amongst groups or individuals. Remember to be mindful of how we interact with each other, you never know how your message is being communicated.



Here's some healthy tips for communicating with others:

1. Reflect back what is being said. Use their words, not yours.
2. Begin where they are, not where you want them to be.
3. Be curious and open to what they are trying to say.
4. Notice what they are saying and what they are not.
5. Emotionally relate to how they are feeling. Nurture the relationship.
6. Notice how you are feeling. Be honest and authentic.
7. Take responsibility for your part in the conflict or misunderstanding.
8. Try to understand how their past affects who they are and how those experiences affect their relationship with you.
9. Stay with the process and the relationship, not just the solution.

AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Parents' Day	27	28 Beading Class TBA	29	30	31	1
2	3 JUST WALK 11-12PM at Manchester Mall	UAI Summer Camp 2			7	8
9	10 JUST WALK 11-12PM at Manchester Mall	11	12 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	13 Fresno WISE 12-2pm	14	15
16	17 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	18	19 Aviation Day Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	20 Diabetes Class 12pm-2pm	21	22
23	24 JUST WALK 11-12PM at Manchester Mall	25	26 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	27 Fresno WISE 12-2pm	28	29
30	31	July 2015 S M T W T F S 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		September 2015 S M T W T F S 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		

SEPTEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	3	4	5
6	7 Labor Day Office Closed	8	9 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	10	11	12
13 Grandparents Day	14 JUST WALK 11-12PM at Manchester Mall	15	16 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	17 Diabetes Class 12pm-2pm	18	19
20	21 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	22	23 Autumnal equinox Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	24 Fresno WISE 12-2pm	25	26
27	28 JUST WALK 11-12PM at Manchester Mall	29	30 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	1	2	3
4	5	August 2015 S M T W T F S 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 2015 S M T W T F S 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		

All events are subject to change. Please call for more info (559)320-0490



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

Fax: 559.320.0494

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

Enrique Rudino - Board Chair
Gavin Begaye - Treasurer
Ruste Sasser - Secretary